

## **MEDIA RELEASE**

Tuesday 10<sup>th</sup> August 2021

### **Changing Young People's Lives**

#### **Triple Care Farm's Gabriella Holmes selected as a Westfield Local Heroes finalist for her work with young people in crisis**

Congratulations to Mission Australia's Gabriella Holmes from Triple Care Farm on being a finalist in the *2021 Westfield Local Heroes Program*, in recognition of her work with young people in crisis.

Gabriella is one of six finalists to progress to the voting phase (10 – 30 August), where the three finalists with the most votes will become this year's Westfield Local Heroes. Each Westfield Local Hero will receive a grant of \$10,000 for their organisation.

The Westfield Local Heroes grants program launched in 2018 and recognises inspiring local leaders and programs that connect communities.

Gabriella was nominated for the *2021 Westfield Local Heroes Program* by Sir David Martin Foundation, the major funder of Triple Care Farm. Run by Mission Australia and located in Robertson NSW, Triple Care Farm is a best practice youth drug and alcohol program offering withdrawal, rehabilitation and aftercare support to young people aged 16 to 24.

Sir David Martin Foundation General Manager, Helen Connealy congratulated Gabriella on the accolade, saying it is a fitting acknowledgment of the important work that Gabriella and her team are doing each day to change the lives of young people in crisis.

"Gabriella is a Westfield Local Hero and a true hero to those she nurtures, young people with complex needs including substance misuse, mental illness, family breakdown, abuse and trauma."

"She has a great passion to help others and knows the importance of providing youth appropriate care and a safe place for change. Through her determination, thousands of young people have turned their lives around to lead positive, healthy lives.

"Under Gab's leadership we have seen so many young people get a second chance and prepare for new opportunities. Congratulations Gab – you deserve this recognition and we are so proud of you!"

Voting for the *2021 Westfield Local Heroes* **opens at 9am AEST on Tuesday 10 August** via the [Westfield Sydney Local Heroes webpage](#)

## **About Gabriella Holmes, Area Manager: AOD Services South Coast & Triple Care Farm, Mission Australia**

Gabriella has helped thousands of young people with complex needs over the past two decades. She is passionate about youth support and working alongside young people to turn their lives around and set them up for a brighter future.

One of her most recent successes was helping her staff respond to the difficult challenges of delivering care safely through the COVID-19 pandemic.

Gabriella says it is lovely to be nominated as a Westfield Local Hero. "I love nothing more than to help these brave young people who come to Triple Care Farm."

"What I see, time and time again, is young people develop a sense of worth and start to connect and have the strength to step out of trauma that they've experienced," she said.

Gabriella is a registered psychologist completing her studies at the University of Wollongong with a Bachelor of Arts (Psychology), a Graduate Diploma in Applied Psychology and holds a Masters in Adolescent Mental Health through the NSW Institute of Psychiatry. She is a past president of Network of Alcohol and other Drugs Agencies (NADA).

## **About Sir David Martin Foundation**

[Sir David Martin Foundation](#) has been helping young people in crisis for over 30 years. As the major philanthropic partner of Mission Australia, we have raised over \$65M since 1990. This partnership has enabled best practice model of treatment for young people with drug and alcohol addiction.

The Foundation is the major funder of Mission Australia's [Triple Care Farm](#), a unique, holistic treatment centre, which each year gives over 200 vulnerable young Australians aged 16-24 a safe place to get well and prepare for new opportunities.

Located in the Robertson NSW, Triple Care Farm offers holistic, innovative and evidence-based programs. There are three stages of the program: Withdrawal (2 -4 weeks), Residential Rehabilitation (12 weeks) and Aftercare (6 months), providing support for graduates post-recovery as they live back in the community.

Read more about Triple Care Farm at <https://martinfoundation.org.au/youth-programs/triple-care-farm/>

**ENDS**

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