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FUTURE GENERATION
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Impact on children and youth mental health



Establishment of Australia's first intensive outpatient program for young people aged 14-24 with eating disorders



Development and trial of a mobile phone-based messaging system for suicide prevention across three hospitals in NSW and Queensland.

Development and implementation of online clinical assessment tools for 500 young people experiencing suicidal thoughts and behaviours.



A targeted national awareness campaign via mainstream press and social media, reaching 4.7 million young adults.



Development and promotion of a website assisting parents and carers on raising healthy resilient children aged 0-12 years.



Research project to improve a Help Centre supporting young adults with complex mental illness.

Research project on defining and measuring resilience in children.



Trial of an app to collect data about young people's social connectedness to identify those most at risk of mental illness.



500 'share plans' created for young people and their families for highly personalised treatments by clinicians.



Research project to investigate barriers in seeking mental health services across rural and regional Australia.

Development of place-based research project for youth suicide and self-harm prevention focused on North and West Melbourne.



Aboriginal and Torres Strait Islander Traineeship Program assisting 300 Aboriginal and Torres Strait Islanders access culturally relevant mental health services in the Northern Territory.



Designated Charities



beyondblue works to help all Australians achieve their best possible mental health.

beyondblue provides evidence-based services, programs, research and resources to help people who are affected by depression, anxiety and suicide risk to find support whenever they need it. Through strong partnerships with academics, governments, service providers, workplaces, schools and the community, *beyondblue* promotes good mental health for Australians where they live, learn, work and play.

healthyfamilies.beyondblue.org.au

Impact: 1 October 2016 – 30 June 2017

FGG funding of \$231,578 for the period to 30 June 2017 has enabled *beyondblue* to undertake two projects in a five-year plan to help young Australians achieve a mentally healthy start in life – with a special focus on children from birth to age 12.

The first project was the development and promotion of the Healthy Families website which provides parents and carers with evidence-based information and advice about raising healthy, resilient children. Key results were:

- Within 11 months 290,000 people had visited the Healthy Families website – 45% above the first-year target of 200,000.
- More than 80% of 200 people surveyed in an independent evaluation of the website rated it 4 or 5 (5 being the highest).

The second project undertaken with FGG funding is research into defining and measuring resilience in children. For the first time in Australia an expert panel was convened to reach consensus on what resilience means and how it can be developed in children. The research will be used to develop practical guidelines for practitioners.

Planned Impact: 1 July 2017 – 30 June 2018

Further FGG funding will use findings from the independent evaluation of the Healthy Families website (due October 2017) to improve usability and respond to audience needs, increase visitor numbers, and develop a 12-month plan for new website content. It will also develop a national strategy to promote and distribute the practitioners' guidelines – developed from the Children's Resilience Research findings. Finally, it will assess the feasibility of a pilot intervention into children's resilience.

Designated Charities



Black Dog Institute combines high quality research with clinical expertise and education programs which are delivered to schools, workplaces, health professionals and the broader community.

blackdoginstitute.org.au

Impact: 1 October 2016 – 30 June 2017

FGG funding of \$253,191 has helped establish the Black Dog Institute's Youth Centre for Research Excellence in Suicide Prevention.

In the period to 30 June 2017, the Black Dog Institute began trialling a mobile phone-based messaging system, 'RAFT', in three hospitals (Prince of Wales Sydney, Toowoomba and Royal Brisbane in Queensland) to provide follow-up care after discharge for young people who have recently attempted suicide.

The Black Dog Institute also undertook a feasibility trial with a Year 8 cohort at a NSW high school of 'Socialise', an app which uses Bluetooth technology to passively collect data about a young person's social connectedness. Black Dog knows that teenagers at-risk of mental health issues operate on the edge of social groups, rather than being centrally connected. 'Socialise' aims to identify young people most at-risk of developing mental illness, so timely intervention can be delivered.

Planned Impact: 1 July 2017 – 30 June 2018

FGG support for the 12 months to 30 June 2018 will enable recruitment of another researcher to evaluate an online program to help young people manage suicidal thoughts.

During the period, Black Dog will further refine and evaluate 'Socialise' in two additional high schools and will continue its three hospital trial of 'RAFT'.

Once rigorously evaluated, Black Dog aims to make these three programs widely available, to reach the estimated 460,000 young Australians with suicidal thoughts and the 9,000 young people annually admitted to hospital for self-harm.

Designated Charities



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THE UNIVERSITY OF
SYDNEY

**Brain and Mind
Centre**

Brain and Mind Centre develops clinical, online and treatment programs for young people with emerging anxiety and depressive disorders. It partners with other FGG charities including Orygen, headspace, Black Dog Institute and ReachOut.

sydney.edu.au/brain-mind

Impact: 1 October 2016 – 30 June 2017

FGG funding of \$237,181 for the period to 30 June 2017 has supported the design, development and implementation of new and innovative online clinical assessment tools for young people experiencing mental ill-health or suicidal thoughts and behaviours. So far it has been implemented at five headspace sites in Sydney (Ashfield, Bondi Junction, Camperdown, Hurstville and Miranda). These e-tools provide much more specialised assessment and guide clinicians to deliver highly-personalised treatments through development of a common 'share plan' with the young person and their family. To date, almost 500 'share plans' have been created.

Planned Impact: 1 July 2017 – 30 June 2018

FGG funding for the 12 months to 30 June 2018 will contribute to the expansion of the project to include other headspace sites in NSW and interstate – with an emphasis on deployment in regional and rural settings that do not have access to more specialised assessment or treatment centres. Over the course of the project the technology will link together clustered networks of youth primary mental health care services to achieve significant system reform. Consequently, an estimated 20,000 young people over five years will benefit from much more comprehensive and specialised mental health care.



Butterfly Foundation is committed to ensuring that any Australian with an eating disorder can access affordable, evidence-based care irrespective of their location or economic status. In addition to advocacy work to raise awareness about eating disorders, Butterfly provides education, support and some treatment services.

thebutterflyfoundation.org.au

Impact: 1 October 2016 – 30 June 2017

FGG's funding of \$291,381 for the period to 30 June 2017 has focused on the establishment and implementation of evidence-based programs, the Intensive Outpatient Program (IOP) and the Outpatient Program for Young People (Youth Program), centred on effective, early intervention for young people aged 14-24 years with disordered eating and eating disorders.

Specific achievements included:

- Five young people aged between 14-24 years attended the IOP
- Establishment of the Youth Program; the early intervention stream of the Butterfly programs at Butterfly House, Crows Nest in Sydney
- Strong community partnership through referrals and financial support, with headspace Chatswood and Brookvale in Sydney
- In July 2017, the Youth Program rolled out its first 10 week program.

Planned Impact: 1 July 2017 – 30 June 2018

FGG funding for the 12 months to 30 June 2018 will support the roll-out of three youth programs. Two of these programs will be run from Butterfly House, Crows Nest and an additional stream will be developed in the Greater Sydney region. The programs will directly support approximately 24 young people currently at risk, along with their families.



headspace is the National Youth Mental Health Foundation, providing early intervention mental health services to 12-25-year-olds.

headspace services cover four core areas: mental health, physical health (including sexual health), work and study support and alcohol and other drug services. Services are confidential, youth friendly and free or low cost. Young people and their families can access services face-to-face at one of 99 headspace centres across Australia, which can be located at

www.headspace.org.au, or online phone support via eheadspace at www.eheadspace.org.au.

[headspace.org.au](http://www.headspace.org.au)

Impact: 1 October 2016 – 30 June 2017

Through FGG's funding of \$235,259 for the period to 30 June 2017, headspace has piloted an Aboriginal and Torres Strait Islander Traineeship Program. This program will contribute to the development of a sustainable Aboriginal and Torres Strait Islander mental health and wellbeing workforce in regional and remote areas of Australia to ensure all young people can access culturally relevant, appropriate and effective mental health services.

This program has employed an Aboriginal Project Coordinator and two youth trainees in the Northern Territory, and is supported by headspace Darwin. The trainees are expected to graduate from their Certificate IV in Mental Health in late 2017 and future employment opportunities are already being explored.

Since January 2017, the trainees have assisted in supporting almost 300 Aboriginal and Torres Strait Islander young people, 170 family and community members and more than 50 professionals providing services to Aboriginal and Torres Strait Islander young people.

Planned Impact: 1 July 2017 – 30 June 2018

Funding from FGG for the 12 months to 30 June 2018 will employ two new trainees in the Northern Territory and dependent on the funding amount, expansion into regional Queensland or Western Australia.

This would enable the program to support 500 Aboriginal and Torres Strait Islander young people, 300 family and community members and more than 100 professionals.

Over time, this program will increase the availability of a competent Aboriginal and Torres Strait Islander mental health and wellbeing workforce; result in a greater engagement with Aboriginal communities in regional and remote parts of Northern Australia; and see more Aboriginal and Torres Strait Islander young people accessing mental health services.

Designated Charities



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Established in 2002, Orygen is widely regarded as one of the world's leading research organisations focusing on mental ill-health in young people. Orygen has driven a shift in services and treatments to focus on early intervention.

orygen.org.au

Impact: 1 October 2016 – 30 June 2017

FGG funding of \$213,193 for the period to 30 June 2017 helped gain a better understanding of the needs of young people who come to local hospital emergency departments each year after self-harming, with the goal of developing far better responses. The project is a multi-level place-based strategy for youth suicide and self-harm prevention focused on North and West Melbourne. To date, data has been collected from three emergency departments (EDs) for the period 2012 to 2016. The findings show that during this time 1,852 young people presented to these sites with self-harm, approximately 463 per year, with around two-thirds being female. The majority presented during the night, and less than half received a mental health assessment. Approximately 17% of young people re-present with further incidents of self-harm. Given that this group are at a much higher risk of suicide, the delivery of timely and effective interventions is critical.

Planned Impact: 1 July 2017 – 30 June 2018

FGG funding for the 12 months to 30 June 2018 will help Orygen in collecting data and commence work with the ED staff (estimated 400) in examining the barriers to delivering the best care to these young people. From this, Orygen will make a series of recommendations regarding how service delivery can be improved that will result in better care delivered to over 6,000 young people.

It will also develop and evaluate resources to help families support young people who self-harm. The resources will be provided to all youth mental health services in the North and West of Melbourne, including local headspace centres, who support over 5,000 young people and their families annually.

Finally, in partnership with Facebook and a local digital media company, Orygen will commence a social media campaign designed to raise awareness and to promote help-seeking for young people across the region.

Designated Charities



ReachOut is Australia's leading online mental health organisation for young people and their parents. ReachOut has been changing the way people access help since launching as the world's first online mental health service nearly 20 years ago.

Practical support, tools and tips help young people get through anything from everyday issues to tough times. The information they offer parents makes it easier for them to help their teenagers too.

Available for free anytime and anywhere, ReachOut is accessed by 132,000 people in Australia every month. That's more than 1.58 million each year.

au.reachout.com

Impact: 1 October 2016 – 30 June 2017

FGG's funding of \$236,880 for the period to 30 June 2017 has been used to investigate the barriers to help-seeking experienced by young people living in rural and regional areas across Australia.

The research insights will help transform the mental health landscape, and will be used to improve digital self-help that is offered so that ReachOut better meets the needs of this target group. Specific results included:

- Conducted in-depth interviews with 17 service providers
- Six co-design workshops with 60 young people in areas including Wagga Wagga and Griffith in NSW, Merredin and Geraldton in WA, and Bundaberg and Gympie in QLD
- Online diary study of 16 young people
- National survey to establish a benchmark to evaluate effectiveness of this work.

Planned Impact: 1 July 2017 – 30 June 2018

Funding for the 12 months to 30 June 2018 will be used to translate research insights into actions to help support and improve mental health outcomes to an additional 77,000 rural and regional Australians. Key activities include:

- Auditing existing content and developing new content that address relevant life experiences
- Improve access and pathways to informal and formal self-help options
- Co-design and run behaviour change campaigns that improve problem recognition and attitude to seeking help.

For every dollar spent on media, ReachOut will leverage \$3 in in-kind value enabling it to reach more people and scale more effectively.

Designated Charities



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sane

A U S T R A L I A

SANE Australia is a national mental health charity working to support four million Australians affected by complex mental illness including schizophrenia, bipolar, borderline personality disorder, eating disorders, Obsessive Compulsive Disorder, Post-Traumatic Stress Disorder and severe depression and anxiety. SANE's work includes information, support, advocacy and research.

sane.org

Impact: 1 July 2016 – 30 June 2017

The \$214,790 funding from FGG for the period to 30 June 2017 has enabled SANE Australia to conduct a number of vital initiatives, including research about young adults using its help centre services and a comprehensive review of issues faced by youth living with complex mental illness in rural and regional Australia.

During Schizophrenia Awareness Week in May 2017, SANE used FGG funding to run a fully integrated awareness campaign that saw them reach and engage with more young adults than ever before.

A suite of content was distributed nationally through mainstream press, YouTube, Facebook and Australia's fastest growing youth media site Junkee which included a powerful opinion piece by SANE Board Member and host of 'The Bachelor/Bachelorette Australia,' Osher Gunsberg, about his journey with mental illness. A compelling video of an inspiring young woman, Hannah, complemented Osher's opinion piece and collectively reached 4,765,716 people, resulting in an increased number of calls to the SANE Help Centre.

Planned Impact: 1 July 2017 – 30 June 2018

With learnings gathered from this year's activities, SANE plans to execute another youth-lead awareness campaign across rural and regional Australia in the next 12 months. This campaign will seek to increase (from baseline) the number of young people engaging with the SANE Forums and Help Centre. They will partner with youth serving organisations to host a number of online events for young people living with complex mental illness. SANE will also conduct further analysis of the needs of young people with complex mental illness engaging with support services and will publish a piece for academic literature.



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www.futuregeninvest.com