

Your Social Investment



THE WORK OF OUR CHARITY PARTNERS

Your support has enabled Future Generation Global to invest over \$14 million in Australian charities since 2016. Our charity partners value this annual contribution, as they often work with the uncertainty of short-term grants and fluctuating public donations.

As you will see, your social investment supports young people affected by mental ill health in a variety of ways. The outcomes are equally broad, from the deeply personal impact of long-term counselling, to advancing our mental healthcare system through innovative technology.

Our charity partners tell us that having Future Generation Global's support has often been the impetus for innovating and driving improvements in their work. This is critical in the pursuit of mental wellbeing for all young Australians.

**Future
Generation
Global**
INVESTMENT & SOCIAL RETURNS



**Black Dog
Institute**

blackdoginstitute.org.au

What is the purpose of the funded work?

In Australia, there are over 450 suicide deaths and 10,000 suicide attempts among 15-24 year olds annually. Future Generation Global's support employs talented senior researchers to conduct innovative research that develops and tests technology-based approaches to reducing suicide. This support is applied in the early part of the research cycle, which aims to determine and widely scale the most promising technologies.

What have been the outcomes to date?

We have developed Reconnecting After Discharge (RAFT), a messaging system that provides continuity of care to young people leaving hospital following a suicide attempt. Our three-hospital pilot program showed a 50% decrease in young participants' suicidal ideation at six weeks, six months and one year and a reduction in self-harm events by more than half.

We have also developed Socialise, an app to detect social withdrawal, a known risk factor for suicide. Initial insights drawn have led to a revised app that collects broader behavioural data, used in our Future Proofing trial. The trial includes 20,000 young people in 400 high schools and is being used to determine how digital interventions can prevent onset of mental ill-health at scale.

We have also developed LifeBuoy, an online therapeutic program to help young people manage suicidal thoughts.

What is your focus for the coming year?

We are focused on launching a trial of RAFT in New South Wales and Queensland hospitals to determine its effectiveness. We are also rolling out the Future Proofing trial to 140 high schools in New South Wales, Queensland, South Australia and Western Australia.

What have been the outcomes to date?

The early technology prototypes have been made scalable through additional investment and have resulted in the InnoWell Platform. It has been implemented into 11 headspace services in metropolitan Sydney, New South Wales North Coast and South Australia. InnoWell facilitates an innovative model of care (developed through more than 10 years of clinical research) to guide clinicians to provide right care, first time. It is currently being used by 50 clinicians and 2,200 young people, of whom 58% have improved wellbeing.

However, varying clinician skill has highlighted care gaps and recently Future Generation Global funds have supported the development of an accredited education and training program. To date, the eight seminars have been viewed more than 400 times. Using a train-the-trainer model, five clinicians have also been upskilled to deliver in-clinic sessions, of which 10 headspace services have now participated.

What is your focus for the coming year?

Ongoing implementation of InnoWell and the education and training program into youth mental health services (including 12 potential new headspaces in New South Wales and Western Australia). We are also exploring scaling the education and training program online.



THE UNIVERSITY OF
SYDNEY
—
Brain and Mind
Centre

sydney.edu.au/brain-mind

What is the purpose of the funded work?

Future Generation Global contributes to the ongoing design, development and implementation of innovative online clinical assessment and longitudinal tracking tools for use in youth mental health care. Specifically, it funds the clinical, research and technology personnel required to lead this work as well as associated training of the mental health workforce.



butterfly.org.au

What is the purpose of the funded work?

The Youth Program caters for a gap in services for young people with eating disorders in Sydney. It is an Australian first trial of a community- based outpatient treatment for people with eating disorders.

A Virtual Youth Program is now also underway to support those outside metropolitan areas.

What have been the outcomes to date?

Since April 2017, 40 young people aged between 16 and 24 years have participated in the 10-week program that covers a range of topics and offers meal support with therapists. The program has helped reduce participants' distress around food by exploring feared foods and food rituals and challenging belief systems around food, weight, health and diets.

An analysis of the first four of seven groups conducted to date showed all participants had progressed in their readiness to recover (expressed by progression through stages of change). On commencing the program, 63% of clients were in the early stages of change (not yet or only contemplating it), by the end 77% of clients were in the later stages – either preparing for or already actively engaging in strategies for recovery.

All of the participants gained insight into their eating disorder thoughts and behaviours and increased their understanding about responsibility towards change. The majority had moved out of self-denial into acceptance and were either preparing to or taking action to change.

What is your focus for the coming year?

Our focus is to support a further 60 young people suffering from an eating disorder towards recovery through the Youth and Virtual Youth Programs.

What have been the outcomes to date?

We have delivered support to 1,800 young people across Australia to date and have established the 'proof of concept' for the platform with our research and evaluation partners at the University of Sydney. We were able to rapidly deploy a specialised Circles program to support 499 young people moving into social isolation due to the coronavirus crisis. These clients accessed 5,166 Circles sessions over a month.

Circles clients with moderate to severe symptoms reported improvements in depression (51%), anxiety (55%) or stress (63%), as well as improved ability to engage with other support channels because of their participation in Circles.

As a result, significant funding was recently secured from the Bupa Foundation for Circles.

What is your focus for the coming year?

Contact to Kids Helpline through webchat is experiencing exponential growth and we are only able to respond to 35% of these young people currently. The support of Future Generation Global will be directed to increasing our workforce capacity and improving our productivity through technology so we can increase our webchat response rate.



kidshelpline.com.au

What is the purpose of the funded work?

To develop a national platform delivering expert group counselling for young people (13-25 years) who are struggling with mental health and are at risk of suicide, self-harm and other issues. Circles is a purpose built, 24 hour, seven days a week, mental health social networking platform that is safe, free and private for young people.



orygen.org.au

What is the purpose of the funded work?

Future Generation Global's support allows us to employ talented researchers who have built a multi-faceted workplan across North-West Melbourne. Their research aims to shed new light on improving care and outcomes for young people and ultimately preventing suicide through a whole of community approach.

What have been the outcomes to date?

We have piloted an online intervention for suicidal young people, which is safe and potentially efficacious when delivered alongside clinical care. A number of studies have also commenced that will examine self-harm presentations to emergency departments (ED), deliver training to school staff, parents and students and provide online treatment to students who are at risk.

In addition, we have trained over 100 ED staff in managing self-harm presentation, produced resources for parents and other community members (with more than 1,200 downloads) and engaged the local community via forums, events and social media.

We have also leveraged over \$7 million from other sources to grow the work program and have invested in the next generation of suicide researchers, increasing from one part time researcher in 2016 to 11 in 2020.

What is your focus for the coming year?

We will provide suicide prevention training to 15 secondary schools, extend the ED study and training across eight sites and plan an aftercare service for young people who have presented with suicide risk. We will develop protocols for integrating on- and off-line care to young people.

What have been the outcomes to date?

We have developed and promoted engaging content that responds to rural young people's mental health needs and preferences, based on insights from our comprehensive research and web analytics data. Over four years we have grown our reach into these communities by 160%. Our recent research shows that 85% of young people experienced a sense of relief in the short term as a result of using ReachOut.

We have advocated for the needs of rural young people and attracted additional investment to support them to navigate the recent crises of drought, bushfires and the coronavirus.

What is your focus for the coming year?

Our research shows that young people are more likely to look for support online rather than through the health system or other means. This coupled with regional young people's preference for autonomy and self-reliance points to the increasing importance of having high quality online information and tools, such as those available on ReachOut.com, for young people to help themselves, as well as clear referral pathways for those who need clinical support.

We will continue to grow our reach into the country, and provide support to 250,000 young people, as well as the important adults in their lives – parents, carers and teachers.



au.reachout.com

What is the purpose of the funded work?

We are working to increase engagement with ReachOut among young people living in regional, rural and remote Australia. By doing so, we expect they will use more self-help strategies, online peer support, and other mental health services, to in turn improve their mental health.



**SANE
AUSTRALIA**

sane.org

What is the purpose of the funded work?

SANE Australia has supported people with complex mental health issues for 34 years, historically catering mostly for older people. The support of Future Generation Global has enabled SANE to partner with young people to redesign and promote its digital services, particularly for those in their early 20s transitioning out of youth mental health services or experiencing complex conditions for the first time.

What have been the outcomes to date?

Five years ago, we engaged with around 340 young people each day. Today we engage with 830 young people daily through our digital stories, peer support forums, campaigns and Help Centre.

Research has shown that 80% of young adults using SANE services have increased their knowledge and awareness of complex mental health issues. They have a better understanding of their service options, are more confident of getting treatment and are better managing their mental health.

What is your focus for the coming year?

We are focused on delivering an integrated digital service that better supports young people however they come to us, assist young people after they are discharged from mental health care, and provide more direct support.

What have been the outcomes to date?

From 2016 to 2019, 250 young people were supported with professional counselling, for an average of 26 weeks each. The average client age was 16 and the most common issues were depression, anxiety, family conflict and suicidal ideation. Of these clients, 97% reported an improvement in their psychological wellbeing and a positive experience of the service.

The Vocational Support Program has supported 49 young people through 771 occasions of service. 15 clients have secured employment, education or work experience, five attended their first job interview and seven are being supported to obtain government financial assistance.

What is your focus for the coming year?

The program will be expanded to support 22 more young people into employment and education. Youth Focus will also continue to develop new and strengthen existing relationships with suitable employers and education providers.



youthfocus

youthfocus.com.au

What is the purpose of the funded work?

Future Generation Global supported the delivery of free and uncapped professional counselling to young Western Australians from 2016 to 2019. In 2019, Future Generation Global supported the introduction of a Vocational Support Program to assist Youth Focus clients in securing and maintaining meaningful employment or education.

