

Your Social Investment

2021



Thank you for joining with
Future Generation Global to
invest in the lives and future of
young Australians. Read on to
find out more about the work
and impact of our partners.



Social Impact

INVESTMENT

1

\$19.8m

DONATED TO DATE

Since inception in 2015, we have invested 1.0% of our net tangible assets each year.

2

PORTFOLIO

Over six years, our 10 partner organisations have undertaken a range of activities in working with young Australians experiencing mental ill-health.



**Black Dog
Institute**

Suicide prevention through technology



THE UNIVERSITY OF
SYDNEY
Brain and Mind
Centre

Technology-enabled and measurement-based
personalised clinical care



Butterfly
LET'S TALK eating disorders

Community-based early intervention
for eating disorders



**Beyond
Blue**

Raise awareness among parents and carers
about fostering resilience in their children



headspace

Aboriginal and Torres Strait Islander mental health
workforce development



kids helpline
Anytime | Any Reason

Peer support with mental health



Preventing suicide through a whole
of community approach



Expanding reach to and encouraging help seeking
among rural and regional young people

**SANE
AUSTRALIA**

Expanding reach to young people experiencing
complex mental health issues



youthfocus

Counselling and employment support

Across the portfolio, we see six main areas of social return for our investment. These outcomes will have ongoing impact for young people, their families, communities and the mental health sector continuing long into the future. Our partners have leveraged our support to raise millions of additional dollars towards their ongoing work in improving youth mental health and preventing suicide. Many have been recognised for advancing the field with significant funding from the Federal Government as part of its historic investment into mental health this year.

Innovative programs targeting unmet needs

- Community-based prevention program for early-stage eating disorders
- Australia's first residential centre for the treatment of eating disorders
- World-first social networking group counselling platform for 'the missing middle'
- Specialised employment service for young people experiencing mental health issues
- Online platform providing evidence-based care to young people following a suicide attempt

Increased public awareness of mental health, supports available and reduced stigma

- Various specialised websites, media and social media campaigns and resources – about reliance, self-help, help-seeking, suicide and self-harm
- Young people and their communities empowered to act to prevent suicide
- Communication guidelines developed and available in 11 different countries and to Facebook and Instagram's 3.7 billion users worldwide via their safety centres

Greater understanding about young people's needs and experiences with mental health

- In-depth understanding and knowledge about experiences of mental ill-health among rural and regional young people, young people self-harming, those with suicidal ideation and young people with complex mental health issues

Those around young people learnt new skills - Emergency Department staff, community mental health providers, GPs, parents and carers, school teachers, community members

- Workforce development: mental health traineeships
- Training about providing young people with personalised, measurement-based care and identifying and supporting those self-harming and experiencing suicidal ideation
- Resources developed about resilience in children, suicide and self-harm, and communicating safely

Advances in cutting-edge science

- Technology-based innovations developed and tested for reducing suicide, providing personalised care, support after a suicide attempt and identifying social withdrawal early
- Increased capacity in the research field of youth mental health and suicide prevention
- Built on the evidence base about 'what works' in youth mental health and suicide prevention, including hundreds of papers published about scientific advances in mental health

Improved online support and reach to young people at risk

- Online services better tailored to the needs of rural and regional young people, Aboriginal and Torres Strait Islanders, young people with complex mental health issues, Culturally and Linguistically Diverse and LGBTQI+ young people – and more young people engaging with services as a result
- Services expanded rapidly and tailored to meet dramatic increase in demand as a result of the coronavirus pandemic

Reducing youth suicide with new technology

Black Dog Institute pioneers innovative research into reducing youth suicide through new therapies via smartphones that are co-designed with young people.

Two apps and one messaging system are showing great promise in providing novel and effective therapies that will reduce suicide among young Australians. They include; *Lifebuoy*, a self-management tool for suicidal thoughts; *Reconnecting After Discharge* (RAFT), providing continuity of care to young people leaving hospital following a suicide attempt; and *Socialise*, detecting and preventing social withdrawal, a risk factor for suicide.

"I would like to extend my gratitude for creating both awareness and a screening that identifies what most parents fear - that their children are not coping and don't even know it. We appreciate the school engaging our daughter in your program and referring her for the help she needs to build the confidence and resilience she needs during these tough times."

PARENT OF A PROGRAM USER (SYDNEY)



THE UNIVERSITY OF
SYDNEY
—
Brain and Mind
Centre

Right care, the first time, for young people



The Brain and Mind Centre's Youth Model aims to promote an enhanced model of mental health care. It uses online assessment and real-time symptom tracking to guide clinicians in providing the right care, the first time young people need it.

Training for providing technology-enabled care has been developed and delivered to mental health professionals at 10 'Hespa' services across New South Wales. Social media-based training is currently being co-developed with young people with lived experience of mental ill-health.

Having a digital tool personalised to me and my care, has given me the chance to take charge of my own mental wellbeing anywhere, anytime. The skills I have learned are reinforced outside of the therapy room, I feel motivated and supported in between therapy sessions as well as being able to apply learned skills to my unique personal situation.

LIVED EXPERIENCE RESEARCHER, BRAIN AND MIND CENTRE

Transforming treatment for eating disorders

It is estimated that one million Australians have an eating disorder but less than 25% of them receive treatment.

Butterfly Foundation's Youth Program provides young people with the opportunity to learn skills to manage behaviours, thoughts, and core eating disorder symptoms such as body image and dietary restriction in a recovery-focused group setting. In July, Butterfly Foundation opened Australia's first residential centre for the treatment of eating disorders.

"Many of the participants reported that the Youth Program was 'eye opening' and 'life changing'. Participants reported that they felt very supported by the program, and now feel more comfortable in eating a greater variety of foods."

BUTTERFLY FOUNDATION



30 years of being on call for kids in distress

"I was struggling with depression and anxiety. I was self harming and suicidal. Then I called Kids Helpline, they were great. They were always there to support and help me to get through everything that was going on. I just couldn't tell anyone else what was going on. I am alive today because of this service."

GRACE (AGE 15)



Since first picking up the phone 30 years ago, Kids Helpline has responded to more than 8.4 million contacts from children across Australia. Today, children contact Kids Helpline with more complex mental health and wellbeing issues than ever before, with session times tripling in three decades to an average of 45 minutes in 2021.

The pandemic initiated a dramatic increase in demand for Kids Helpline. There has been an 80% increase in contacts from children aged five to 12 years old and a 99% increase in counsellors deeming children at imminent risk of harm and making contact with police, child safety or ambulance for emergency interventions. Kids Helpline is embarking on a digital transformation to keep up with increasing demand and to meet the changing needs of young Australians.

A multifaceted approach to preventing youth suicide

orygen

Orygen's program of youth suicide prevention initiatives include improving access to clinical care, increasing the evidence base of what works and empowering young people and their communities to act to prevent suicide.

Orygen's work has provided additional support to young people across various settings, including emergency departments, GP clinics, schools, specialist mental health services and social media. Training healthcare workers, parents, carers and community members means they can recognise and respond to signs of suicide risk and better support young people.

"The work you have done has truly impacted my life and those of my friends. A couple of years ago, we lost a friend to suicide. Participating in this campaign has given me a great sense of closure."

A PARTICIPANT IN ORYGEN'S #CHATSAFE SOCIAL MEDIA CAMPAIGN



REACH
OUT.COM

New hope among rural and regional young people

ReachOut's service includes self-help strategies, online peer support, and referral pathways so that young people can be happy and well. Everything ReachOut creates is based on evidence, and is designed with experts and young people.

ReachOut's development of digital self-help resources provides improved access to mental health support for young people living in regional, rural and remote Australia.

"ReachOut was there for me when no one else was, I was a teenager in a small town and the only thing that gave me an escape from my everyday life was the internet. And coming across the ReachOut website one night when I most needed something gave me a new hope, that I wasn't alone and they honestly saved me."

SUMMER (QUEENSLAND)



Reaching more young people than ever

SANE Australia works to improve support services for young people who are aged 18 to 30, providing continuity of mental health care during the period of transition from youth to adult, helping young people avoid disengaging at a critical time in their recovery.

More young people than ever before are accessing SANE's Help Centre via phone, webchat and email with service improvements and promotional activity designed by young people. After contacting the Help Centre, an average of 70% of young people reported feeling better and 56% reported greater knowledge of mental health.

"I feel SANE sees the power in my lived experience to promote change. For me, it's about planting seeds of change within the community. I may never see the seeds grow into forests, but my hope is that I can help those going through similar experiences."

JOSH (PEER AMBASSADOR)



Young people on their way to meaningful careers

"A lot of my success has been because of Youth Focus and the guidance of the Vocational Support Program. It's been invaluable in helping me achieve my goals. I am so grateful for the support of Youth Focus. With this help, my dreams have become a reality."

AALIYAH (AGE 18)



Youth Focus facilitates a Vocational Support Program, assisting young people experiencing mental health issues to secure and maintain meaningful employment or education.

The program is complementary to the counselling sessions provided by Youth Focus and helps young people obtain employment that they are interested in and passionate about. Since beginning in 2020, 63 young people have been supported into employment and education.

Prior to the program, Aaliyah was homeless, struggling to finish Year 12 and facing a range of mental health challenges. With the support of Youth Focus Aaliyah, became the first graduate of the program and is now on her way to a career in aged care.



Future Generation Global

INVESTMENT & SOCIAL RETURNS

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