



**ANNUAL  
REPORT**

2014

**CORNER**  **STONE**  
YOUTH SERVICES INC

Contributing to *happier* and  
*healthier* young people in  
our community.



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## the board //



### **Hugh McKenzie**

Hugh McKenzie was elected to the Board of Cornerstone Youth Services as Chair in October 2012.

Hugh is a chartered accountant, having been a partner with the international advisory firm KPMG for 24 years and brings strong financial and analytical skills to the CYS Board. He was elected an Alderman of the Launceston City Council in October 2011.

This position has enabled Hugh to keep in touch with the community, understand how important health and wellbeing is and appreciate its many challenges. Hugh believes that a strong primary health care sector is a key ingredient to addressing these challenges. Hugh also brings a strategic approach with a strong risk management focus to the CYS Board which, together with a good understanding of governance, are essential ingredients for an effective Board. Whilst Hugh does not have a clinical background, he has acted as an advisor and accountant to many primary care, allied, general and specialist practitioners and has recently been appointed Director to the Tasmania Medicare Local Board.



### **Stuart Auckland**

Stuart Auckland is currently the Program Coordinator for Community Health Development at the University Department of Rural Health, Tasmania (UDRH). Stuart also holds the title of Lecturer, Community Engagement.

During the 1990s Stuart was employed as projects coordinator by the Tasmanian Department of Primary Industry, Water and Energy (DPIWE).

Prior to moving to Tasmania, Stuart was the Manager, Technical Services at Goodman Fielder Wattie, a large corporate food production company in Tamworth, NSW.

Stuart has extensive experience in rural community development both within Tasmania and mainland Australia and has undertaken a range of community-based projects and participatory research initiatives in both the resource management and health sectors.

He has presented his work at a number of National and State conferences and has published his work in a number of leading journals and text books.

His current interests lie in population and community health, primary health and health impact assessment.



### **Mark Broxton**

Mark assumed the role as Director of Clinical Services for Tasmania Medicare Local in Northern Tasmania in November 2012. He has a Bachelor of Applied Science (Medical Science) and 30 years experience in diagnostic sciences and health management working in the areas of medical pathology, tertiary education, public health, and allied health services.

He is committed to identifying and implementing innovative ways of improving equity and access to primary health care with reference to the social determinants of health.

Mark has an interest in the importance of disease prevention, health promotion and community-based health interventions in reducing negative impacts on health outcomes to individuals, the community, health clinicians and all other relevant primary health care stakeholders.



### **Philip Morris**

Phil Morris has worked in Sydney and Launceston in health and human services in non-government, tertiary education and government organisations for over 36 years.

He is currently an executive manager of primary health services with Tasmanian Health Organisation North.

Phil has degrees in social work and public policy and is interested in community service, theatre, ideas, literature, film, food and travel. He has three grown-up children who live in Melbourne and Perth who are all doing jobs that weren't invented when they left school. Philip is a member of the Board of Uniting Care Tasmania.



### **Bill Smith**

Bill attained a Bachelor of Social Work with Honours in 1992. Between 1993 and 1998 he was Manager at the Launceston Community Legal Centre and was involved with a number of state and national, government and nongovernment organisations.

This included a number of years as a Commissioner on the Legal Aid Commission of Tasmania and as Convener of the Tasmanian Association of Community Legal Centres. Between 1994 and 1998 he was on the Board of the Tasmanian Council of Social Services (TasCOSS) and was a Board member on the Australian Council of Social Services (ACOSS).

In 1998 Bill moved to the Department of Health and Human Services (DHHS) and from 2000 to 2004 was Statewide Manager of DHHS Child Youth and Family Support. He has been the Manager of DHHS Custodial Youth Justice at Ashley Youth Detention Centre since 2004.



### **Shireen Thomas**

Shireen is currently the principal of Brooks High School in Launceston. She is passionate about leadership and harnessing the potential of young people and is an inspiring mentor for learners and educators alike.

She has a lengthy history in education throughout Tasmania both in teaching and administration, including principalships, governance and university secondments.

Her absolute focus is on creating positive futures and good lives for young people through the provision of rigorous and relevant educational programs.

Shireen's work has been presented at international forums in Australia, the United States and Asia. Her contributions to educational leadership were recently recognised with a Fellowship to the Australian Council for Educational Leaders.



### **Bianca Welsh**

Bianca is 26 years old and is a co-owner of two Launceston restaurants: Stillwater Restaurant and the Black Cow Bistro.

She is passionate about mental health and wellbeing, having experienced how both physical and psychological conditions impair the lives of friends, family and colleagues.

Bianca is dedicated to helping people live a healthier and happier life.

Desiring a further understanding of people and how the mind works, she has undertaken a Behavioural Science degree with UTAS and hopes to graduate with a Masters in Psychology.

She has received numerous awards for both the restaurant and her personal achievements and is honoured to be part of the Cornerstone Youth Services board and hopes her contribution can assist the local community.

## Cornerstone Team // CYS

Cornerstone Youth Services Inc. (CYS) delivers a broad range of services to our community of young people aged 12 to 25 in north and north-west Tasmania.

We focus on health promotion, prevention, education, early intervention and developing help-seeking behaviours.

Our services to the young people of northern Tasmania include access to 'no charge', fully functional, General Practitioners and specialist Youth Health Nurse clinics; immediate support via an intake service with an Allied Health Practitioner; individual and group support and activities; school programs; and advocacy to access many other services to improve general or specific health and wellbeing.

**Cornerstone Youth Services employs 32 professionals in full-time, part-time and casual roles supplying administrative, liaison and support services, along with clinicians who specialise in youth health covering mental, sexual and physical fields as well as motivational and vocational guidance.**





### Objectives and purposes of CYS

- To provide accessible, integrated, quality mental health services to young people in Tasmania.
- To provide accessible, integrated, quality drug and alcohol related services, support and education.
- To provide a range of direct services to young people including (but not limited to) health, social, educational, community and vocational.
- To deliver and promote community awareness relating to the health, social and economic outcomes of young people.
- To enhance the health, social and economic outcomes of young people as a focus for community care, community awareness, provision of services and research.
- To enable the youth sector to share responsibility for care of young people through fostering integrated service delivery within the sector.
- To provide ongoing education, support and workforce development to the youth sector.
- To have input into the planning of health, social and educational services for young people in terms of government policy and services.
- To establish and develop a centre of excellence relating to research across a range of health, social and community aspects that impacts on the wellbeing of young people.
- To administer such funds as may be provided for projects or programs in primary care, social, community, educational, vocational, including research and training within the youth sector.

## Chairman's Report //

Well, another eventful year for Cornerstone. We said farewell to our CEO Cate Sinclair in April after 2 years as she decided she needed to be closer to family and friends in Sydney. We thank Cate for her great contribution. We were fortunate to immediately fill her position with the appointment of Brian Wightman, who has been fantastic in developing a positive culture and using his political skills to continue to build the profile of the organisation and develop new partnerships. Sadly, we have also farewelled Brain in recent weeks but the organisation is in good shape, with Kate Brennan acting as CEO, as we commence the search for our new leader. We are very positive about an early appointment as the organisation is in very good order and significant interest has been shown in the position.

We are fortunate to have a committed staff and I would like to thank them all for their contribution to the organisation. Youth services can provide its challenges but the professionalism and caring displayed by all our staff is what makes Cornerstone a place where young people feel safe and their issues are treated seriously and sensitively.

In most businesses a measure of success is increased sales, I am not sure this is necessarily the correct measure for a business like ours but we have had an increase in occasions of service during the past year which we hope is as a result of young people feeling comfortable to access our service offerings. We also acknowledge that there are many issues in our community for our young people and, as such pointing to a greater need.



We are now in our final year of our headspace funding (June 2015) so we have to play the waiting game for the outcome of the Federal Mental Health Review but are hopeful funding for headspace nationally will continue. Assuming it will, there is every confidence we will receive funding for the next period, as we are regarded highly by headspace nationally. Our outreach service in Devonport has been in high demand and is providing a vital service on the North- West Coast.

I would also like to acknowledge all the other great programs carried out by Cornerstone which are detailed throughout the Annual report and we look forward to continuing to making a positive contribution to the lives of our young people in the next twelve months and beyond.

Finally, I would like to thank my Board for another great year. The collective skills you bring to the board table each month and the robust discussion you contribute to our decision making, ensure a strong governance structure is in place.

*Hugh McKenzie*

CHAIRMAN  
Cornerstone

## CEO Report //

Cornerstone Youth Services Inc. has had an outstanding year supporting the needs of young people aged 12-25 years in the northern Tasmanian community. Our organisation is deeply respected and has grown to be viewed as the peak advocacy body for young people and the issues that they face.

CYS is fortunate to work with headspace National Office in order to deliver a truly integrated range of services which provide an early intervention and prevention model of care for young people.

We have been working diligently to increase the awareness of the “Cornerstone brand” and a number of strategic partnerships have been established to enable and showcase the exemplary services of our organization. The team at CYS, led with the support of the Board has been very clear about our objective to join forces with service providers in order to reduce duplication and deliver a more coordinated range of services.

During 2013/2014 we were in the top 10 across headspace Centre’s nationally with regard to media coverage. The messages that we share deliver credibility in the market place and also encourage local stakeholders, service providers and the business community to recognize that youth voice is essential for vibrant communities.

This year we have established our youth advisory group and this dedicated group of young people has been integral in organizing events for us this year and also giving the organization a youth voice.

I wish to pay particular tribute to our team at Devonport where the service provision has grown exponentially. From a satellite service opened in 2013, we are now in a position to make a case to headspace National office that the north and North West Coast of Tasmania should be a key focus for increased services.

I consider myself to have been extremely fortunate to be part of Cornerstone Youth Services Inc. It is an outstanding organisation that works in a difficult and challenging, but highly rewarding sector of our community.



*Kate Brennan*

ACTING CEO  
Clinical Services Manager

## About headspace // **CYS**

is the lead agency for headspace  
Launceston and headspace Devonport.



### What We're About

Over the past five years, headspace Launceston has delivered in excess of 15,000 occasions of service to young people aged 12 to 25 in the northern Tasmania region. We seek to ensure that young people are provided with the Integrations and supports they required to maximise their capacity for personal, physical, mental and social wellbeing.

We help young people who are going through a tough time, support them as individuals, their families and their carers.

The primary focus of headspace is to optimise the overall health and wellbeing of all Australians. We focus on early intervention, we encourage help-seeking behaviours and we deliver education and health promotion to make a difference.

### The headspace core pillars include

- general physical health
- mental health support and counselling including individual and group work
- alcohol and other drug services
- education, employment and other vocational services

### So young people come to us if they

- feel down, stressed or can't stop worrying
- haven't felt like themselves for a long time
- can't deal with school or are finding it hard to concentrate
- feel sick or worried about their health
- want to cut down on their drinking or drug use
- want to talk about sexuality, identity or relationships
- are having difficulties with friendships
- have sexual health issues or want to learn about contraception
- are being bullied, hurt or harassed
- are worried about work or study
- are having money troubles

## headspace Devonport //



headspace Devonport has been established as a satellite model, managed by CYS in Launceston, with the key care focus area of mental health provision.

Since its inception in June 2013, headspace Devonport has witnessed a growing demand for mental health support amongst young people, recruiting additional staff to meet the needs of the north west coast. Community partnerships with other organisations such as GP's, drug and alcohol programs, employment agencies and homelessness services have been established to address the wide variety of issues impacting the region.

Involvement in community events has been key for headspace Devonport to engage young people and build partnerships with other services. We have been involved in a number of exhibitions during Youth Week, Mental Health Week and collaborating with other youth services to deliver skill building sessions in local high schools and colleges. headspace Devonport recently celebrated their 1st Birthday by providing valuable resources, giveaways and delicious birthday cake to interested community members. Through increased community awareness the demand for headspace has grown – to date delivering services to 120 young people since doors opened in July 2013.

The highlight of the past 12 months in the support received from The Cradle Coast Talent Search. An enthusiastic group of TasTAFE students organised an evening to showcase the talent of young people from the region, offering some great prizes, creating awareness and raising funds to go toward program delivery in the Devonport region.

With community awareness and the number of young people presenting at headspace increasing, we look forward to continuing to build on partnerships and support young people on the north west.



I have been going to head space on a regular basis for just over a year, and I would recommend going to see the people at Headspace to anyone.

When I first started going I was anxious and an unsure person, I was in high school and it was coming up to the big change of the year, going into college. Just a few months before I started seeing the team at headspace I had lost my mum. I got recommended by the schools social worker to see someone at Headspace, as the change was huge. It took a big toll on my everyday life; I was not motivated and did not have such a big smile on my face as I do today.

Since seeing the team I have learnt new things about myself and how I have changed into the young woman I am today; I have matured beyond comparison. I have learnt that not to worry about insignificant problems but to concentrate more on myself rather than on others. I also learnt control techniques to lessen how anxious I always felt. I got suggested to use the Smiling Mind application for my phone. The techniques used in the app' and with the regular sessions of seeing someone got me to understand and learn how to handle my anxiety. Thanks to the team at Headspace I am more confident, can handle situations that used to scare me and have a broader knowledge about myself.



## Our headspace centres are youth-friendly.

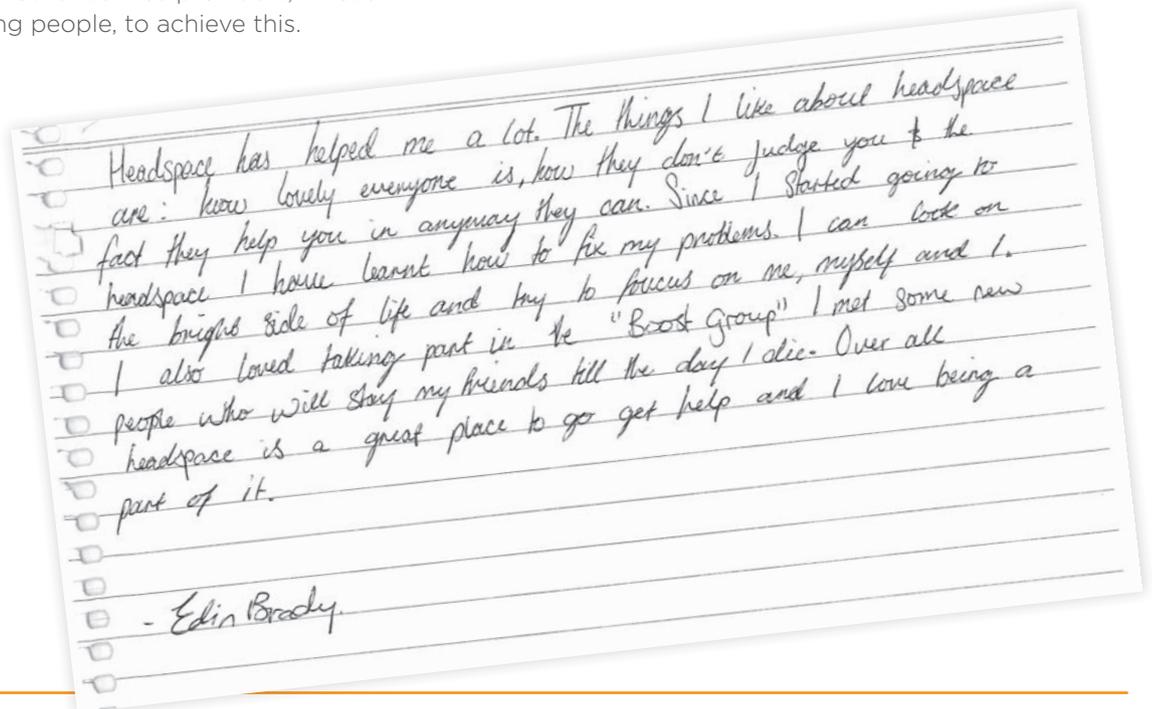
There is a welcoming open door to young people, their families and carers. Clients can talk to a professional about any issue in confidence and comfort.

Often our clients have issues that cross the boundaries of health, social services, education and youth justice systems.

We are committed to a client-centric approach and we work closely with other service providers, whose focus is also on young people, to achieve this.

CYS is delighted to have been appointed as the lead agency for headspace Devonport which was launched in June 2013.

Still in its evolution phase, headspace Devonport is delivered and managed by CYS based in Launceston. Being a satellite model, headspace Devonport's key care focus is in the areas of mental and physical health provision. As we evolve the service, we will add other pillars of care to the market in Devonport and the north-west region of Tasmania.



## headspace centres //



**Ring** 03 6335 3100

**Email** [headspace@cornerstoneyouthservices.com.au](mailto:headspace@cornerstoneyouthservices.com.au)

**Visit** Cnr of Brisbane and Wellington Streets  
(opposite Morty's)



### DEVONPORT

**Ring** 03 6424 2144

**Email** [headspace@cornerstoneyouthservices.com.au](mailto:headspace@cornerstoneyouthservices.com.au)

**Visit** 64 Stewart Street  
(up the hill from the mall)



**yAdas works with young Aboriginal people aged between 12-25 who seek support around substance use and mental health issues.**



The service delivery model is two-tiered, with a community education and development approach integrated with a individual care co-ordination framework..

The community education and engagement arm is a key component of the yAdas model and aims to educate and build relationships with the community. This year we have worked with high school groups in the Launceston region, have delivered services to Flinders and Cape Barren Island, delivered the Art Attack group to young women and have attended community events such as World No Tobacco Day, Youth Week, Mental Health Week and community lunches at Riawunna.

The care co-ordination program of the yAdas works 1-1 with young people, their families and communities. Workers have developed and maintained strong networks

with services such as accommodations providers, government departments, school and medical practitioners to ensure young people can be supported to reach their goals. This year yAdas has worked with 47 young people and has used a focused approach that has been driven by the young people and their self-identified needs. This approach has allowed for collaboration and capacity building within the young people with whom we are working.



## CYS Programs // **#switchitround**

social media and the arts  
productions

### What is #switchitround?

The #switchitround project is a state-wide project funded through Tasmania Medicare Local (TML) based at Cornerstone Youth Services. The #switchitround project is arts based and involves young people producing products for social media platforms such as Facebook, Instagram and YouTube. It aims to educate young people on the risk associated with smoking and excessive alcohol consumption. As a state wide project, #switchitround has partnered with multiple services and organisations to ensure all young people have a voice and can contribute to the creation of products for the project.

What goals do we plan to kick with young people in the community?

- Lower the numbers of young people smoking and drinking excessively
- Increased understanding of health risks for young people smoking and drinking
- Changing behaviours and attitudes of young people towards smoking and drinking



Follow #switchitround on its Facebook page switchitround or the Instagram page switchitround.



### Why do it this way?

#switchitround knows that the best way to get the message out to young people is through other young people. This is why young people will lead the project, ensuring the products and information is relevant and appropriate for young people aged 12 - 25.

Different ways young people can be involved in #switchitround project include:

- Being part of the #switchitround advisory group SWAG
- Filling in surveys
- Creating products
- Promoting product/s
- Sharing ideas and opinions

The #switchitround project celebrated Work No Tobacco Day in May by hosting a BBQ in conjunction with Quit Tasmania and the Healthy Lifestyle Program. The event attracted 170 young people 80 of which participated in a survey on facts and myths regarding tobacco use. The #switchitround project will continue to run events and activities for the youth population of Tasmania as well as launched products and concepts regarding health on the social media pages.

*Dominique Smith*

PROJECT MANAGER



**#switchitround**

## Boost

early intervention program

**Boost is an early intervention program, for girls aged 12-25, designed to promote discussions around health self-esteem and improved confidence.**



Through interactions with young people and other service providers the headspace mental health team has consistently identified poor self-esteem, low confidence and body image as major concerns amongst young people.

The Mission Australia National Youth Survey 2013 also identified body image and bullying as key issues of concern young Australians and in particular, young women.

The 12-25 age range is a period of time when one's sense of identity and self-esteem is undergoing transformation. As a result Boost is an ideal minimal intervention strategy to promote the establishment of healthy self-esteem.

This program was developed using resources from the True Colours manual, Dove Body Think program as well

as the Rock and Water handbook. Boost provides the girls with an opportunity to engage in several activities including; group discussions around self-esteem and other relevant topics (i.e. social media), relevant guest speakers, role playing to practise skills in assertiveness, arts based activities, physical activities based on the Rock and Water model as well as group trips to local activities (i.e. rock climbing).



This workshop was presented over two consecutive days and conducted within the week prior to re-commencement of the first school term.

Sessions ran from 10am- 2:30pm, a shared lunch being provided as a half hour break in the middle.

The pilot group included male and female participants aged 13-16yrs. All participants had experienced stress as a result of bullying, some more recently than others, but concerns about the possibility/probability of future bullying was a common factor in all cases.

Material was presented in a variety of ways to facilitate interest, stimulate group interaction and cohesion, and promote learning via a combination of information followed by opportunity to trial strategies and develop new skills. Delivery included use of sharing in smaller subgroups prior to giving feedback to the larger group, brainstorming, role play, breath and body awareness, an arts based project.

Results from the evaluation questionnaire suggest participants felt more optimistic post-workshop about their ability to deal with bullying effectively. Comments also highlighted that the most valued aspect of the experience was learning that they were not alone in their experience, either that directly connected to the bullying, or in several cases, the absence of adequate empathic support or protection from family.

Group attendees reported that they had experienced an immense sense of support and validation from



**A workshop for young people encountering significant bullying**

the group and wanted to share contact details with one another to allow for contact following the group.

Two Follow-up 90 minute sessions were held 4 & 8 weeks from the workshop to establish whether the gains made, in terms of confidence and implementation of strategies, have been incorporated/consolidated. A discussion took place around the value for / interest in establishing a support group over a longer period - ie a few additional meetings to track the progress of participants and provide a venue for re-reinforcing strategies and skills.



## CYS Community Events //

### 5th Birthday Party

On the 16th January headspace Launceston celebrated their 5th birthday. After consultation with young members of our community the birthday party was planned and held at the Cataract Gorge.

At the birthday party there was a free BBQ which over 300 sausages were given out and also birthday cake, plenty of outdoor games to play, free water and sunscreen lotion and also a chill out space for the young community members to hang out in.

The birthday party was a great way for young people to connect with headspace, and for the CYS and headspace team to raise awareness of healthy lifestyle choices, and how young people can connect with the organisation.

### ANZAC Day Football Game at Ulverstone

On the 25th April the headspace Devonport Crew and the Community Liaison Officer from CYS attended the ANZAC Day Football Game at Ulverstone.

This game was to raise awareness of mental health in the community. The CYS and headspace pop up tent was at the football game with plenty of information about mental health issues, wrist bands,

bandanas, tattoos, water and apples.

Umpires were dressed in the headspace shirts during the day. Many people supported this community event on the day of a great national significance, and also be part of a wonderful initiative to raise awareness of mental health problems.

### 5th Army March

On Friday 28th March at the Launceston Mall was a sea of 'headspace tee-shirts' and 'camo gear' as headspace and Fifth Army supporters were dressed to make an impact. The focus of the day was 'how to maintain a healthy headspace' as our volunteers exchange ideas, share advice and experiences on mental health topics with other young people.

The Launceston headspace/ Cornerstone Youth Services Youth Advisory Group -Northern Youth headspace Team (NYhT) had created discussion boards on the mental health topics identified as being the most important to young people - Education, Social Media, Alcohol, Drugs and Identity (Who am I?). There was also a chance for young people to post their own ideas about how they manage stress and maintain a healthy headspace.

With a focus on interactivity and information sharing, there was headspace clinicians on hand to share information about the services available to support young people.

### Other Activities

Other activities and events that CYS have been involved in for 2014 included

- headspace Devonport 1st birthday
- ARU OK Day
- Get Funky for Youth Depression Night
- International Youth Day
- World No Smoking Day
- Stress down Day
- TAFE Market Day
- O Week
- ANZAC Day Football Game
- Youth Week Launceston and Devonport
- CYS & headspace "Youth Space" Launch
- Fifth Army March for Mental Health
- 5klm fun/run walk
- Skate and Scoot and BMX "know your Odds" Event
- Headspace Launceston 5th Birthday
- Mental Health Week
- Drug Action Week
- Party Safe
- AGFEST
- Presentations at schools

These were opportunities for CYS to connect with young people and the wider community.



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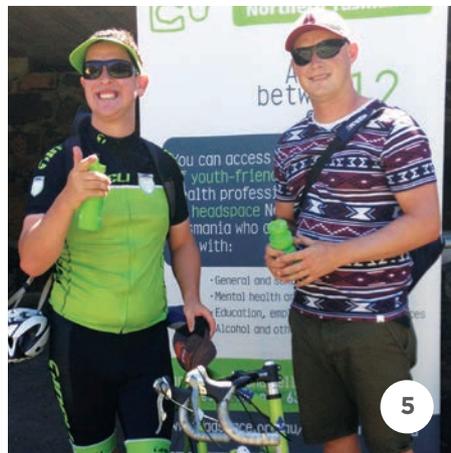
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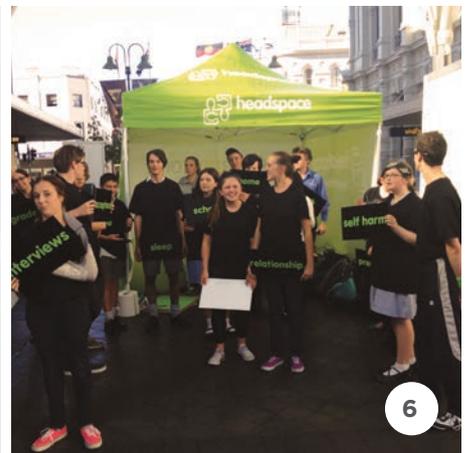
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6



7



8

- 1 O Week
- 2 International Youth Day
- 3 Busk a Move, Irish Band
- 4 Fifth Army Day of Action
- 5 5th Birthday Party at the Gorge
- 6 Fifth Army Day of Action
- 7 Beyond Blue Cup - ANZAC Day
- 8 Beyond Blue Cup - ANZAC Day

## RUOK Day message: Get talking and maybe save a life



Headspace community liaison officer Alison Filgate and headspace project manager Dominique Smith with bumper stickers for RUOK Day. Photo: Phil Gavanon

**NORTHERN** Tasmanians are encouraged to take time out to relax and look after each other for RUOK Day, which falls on the 17th of May. The day is a national day of awareness and prevention aimed at encouraging people to check in on their friends and family. With suicide the leading cause of death for Tasmanians under 45, headspace project manager Dominique Smith said the day was about giving support to communities, family and friends, particularly in providing a change in behaviour. "It's a community level to raise awareness and to get people's minds and hearts," she said. She reiterated the message of the day, "a conversation could save a life". The RUOK Day working group, made up of the representatives from Launceston, Launceston, Launceston and Launceston, have planned a free event for Tasmanians. The event will be held at the Launceston Community Centre from 12-2pm. The event will include live music to create a fun atmosphere. Newstead College will also be participating in the day of strangers to encourage talking and listening and awareness.

## Honesty key in teen sex education

TASMANIANS must be open and honest when delivering sex education to teens, says Cornerstone Youth Services chief executive Brian Wightman.

The 2013 National Survey of Australian Secondary Students and Sexual Health, which was released on Sunday by La Trobe University, revealed almost half of year 10 to 12 students believed the sex education they received at school was either irrelevant or somewhat relevant to their lives.

One student said it felt as though teachers employed a "tick-the-box" approach to sex education, while another complained of the scare tactics employed.

Mr Wightman said it was



Brian Wightman

important that sex education delivered in schools was "exemplary".

"The teacher is absolutely key — they must be trusted and respected by students," he said.

"It's important the lesson engages, but doesn't scare."

"This is not a matter we can sweep under the carpet."

Mr Wightman said it was crucial that parents maintained honest communication with their children from a young age.

The survey also revealed that 66 per cent of respondents found their education provided little information for lesbian, gay, bisexual, transgender and intersex teens.

Rainbow Communities vice-chairman Don Macdonald said the LGBTI advocacy group was involved in developing an inclusive program with Tasmania's Department of Education.

"We're very, very happy with that and are hoping that will continue." Mr Macdonald said.



Launceston College students Alice Goss, 17, Maddy McNear, 17, and Breanna Mason, 17, make the most of a free barbecue at Headspace in Launceston yesterday with #switchitround project manager Dominique Smith. Picture: GEOFF ROBSON

## Youth give tips on how to stay healthy and happy

By JESSIE LE FEVRE  
University journalism student

MENTAL health and the need to divert youth from alcohol consumption and smoking were key issues highlighted at an International Youth Day celebration in Launceston yesterday.

The event, which was held by Headspace's #switchitround health project team, gave young people an opportunity to share their tips on how to stay healthy and

happy, while they enjoyed a free barbecue, fun activities and giveaways.

Project manager Dominique Smith said the project aimed to reduce drinking and smoking rates among young people and to shift ideas of socially acceptable behaviour.

"I'm trying to reduce the rates of smoking and drinking with young people and getting them to think of alternatives — getting them to participate in activities

that don't involve smoking and drinking," she said.

"It's not putting the blame and pointing the finger at young people but it's getting them to think about positive things."

Ms Smith said that yesterday's event aimed to highlight the mental health issues that young people were dealing with and alert them to Headspace's services.

She said some had even inspired her with their tips

on how to stay happy and healthy.

Launceston College students Alice Goss, Maddy McNear and Breanna Mason, all 17, said it was important for people suffering from mental health issues to talk to someone they trusted.

An Instagram page for #switchitround was launched at yesterday's event, which encouraged youth to hashtag the project with photos or videos.

## Mental health spotlight

By JODIE STEPHENS

HEADSPACE Launceston and Cornerstone Youth Services yesterday launched a pop-up youth space in an event designed to increase awareness of mental health.

The pop-up space, a bright green tent, will appear at various locations and events in Launceston, offering activities, information about other services and youth providers, and a place to offer ideas and have a chat.

The organisations launched the pop-up youth space in the Brisbane Street Mall, before parading through the mall as part of The Fifth Army's day of action.

The Fifth Army is a movement

that aims to raise awareness and reduce stigma around mental health issues.

CYS community liaison officer Alison Filgate said about 25 people marched through the mall wearing shirts with just one word describing what stressed them, such as "school" and "sexuality".

She said Launceston recruits in the army had participated in daily and weekly missions to accrue points, such as challenges to improve mood, pop quizzes to learn more about mental health, and complimenting other people.

"We got second of all the Headspaces in Australia, we were just beaten by Maroochydore," Ms Filgate said.



Cornerstone chairman Hugh McKenzie, Cornerstone chief executive Cate Sinclair and Launceston Mayor Albert van Zetten with (in front) Kendal Peters, Jorjie Kelb, Cassandra Berry and Amanda Farmer. Picture: NEIL RICHARDSON

## WHAT IS THE BIGGEST ISSUE FACING YOUTH TODAY?

From first hand experience I think it is the bullying, discrimination and being told that you're not good enough to do what you want to do - it really sucks and hurts. You just have to accept who you are and push through it."

● **Cody Cooper, 15, of Brooks High School**

"It's choosing [as a career] what I want to do because I'm not sure, so I have just been cruising through school choosing subjects that look like they might be a bit of fun. Now I am a college student there is a bit more pressure... and I have to really decide."

● **Tully Aubrich, 16, of Newcastle College**



"I feel like one of the biggest issue for kids our age is accepting individuality. There is a lot of pressure to fit into a social group and to act a lot older than you are. There is this certain pressure you're meant to be. If you're a girl you're supposed to be pretty, petite and smart, while guys are meant to be 'buff'."

● **Logan Pigez, 17, of Newcastle College**

"The biggest issue for me personally is the pressure to succeed at school, especially to get good grades. It is something that leans into what you're going to do later in life and it is such a big deal, not just in the mind of us, but adults."

● **Georgia Clarke, 15, of Exeter High School**

## Young given a helping hand

BY COREY MARTIN

**NORTHERN** Tasmania's HeadSpace is the nation with about 100 young people aged 12-25 years seeking help across Launceston and Devonport each day.

Coronerstone Youth Services chief executive Brian Wightman said the Launceston-based mental health organisation, formerly funded by the Tasmanian Government, is extremely busy with enquiries to its new service HeadSpace, in its newly built premises in the heart of Launceston.

The two centres in the North and North West received 1450 new clients in the 2013-14 financial year and had 566 occasions of service - a majority presenting with problems about how they felt.

"Ideally we would like to see decreasing numbers, but I think Northern Tasmania is very fortunate that we have the range of services that we do have," he said. "We run a preventative model, but that relies on people coming through the door and I certainly believe the community needs to have a conversation about the issues that young people face."

It is not as simple as some of the lines that are delivered by political parties when it comes to funding.

The most common age group in Launceston was people 18 to 20, which clinical services manager Kate Brennan said had increased from 13 to 17 as awareness grows more towards university and college students.

Devonport was in line with the national 15 to 17 age group statistics as people "struggle" with study, home life, work and relationship pressure.

Ms Brennan said mental, physical and sexual health were the main reasons young people attended HeadSpace.

"We are here predominantly to provide early intervention to prevent any further symptoms progressing into something more," she said.

"A lot of the presentations are young people presenting with

### Males 'needing help to speak out'

OF the 5666 Northern youths who sought help at HeadSpace last financial year, a high percentage of them were girls.

About 67 per cent were girls and 33 per cent were boys - slightly higher than the national average.

It is a statistic that Coronerstone Youth Services chief executive Brian Wightman said showed there was still work to be done in getting boys to speak up.

He said about 50 per cent of clients had never seen a mental health professional before.

"Young females are better at talking about mental health

issues than young males and certainly in my age group, issues would have come out in different ways as opposed to speaking to a counsellor," he said.

"What we need to get to, in my view, is a point that our community accepts that if you have a cold, you go to the GP, and if you have a mental health issue you go and see a professional.

"We have got a long way to go when it comes to that."

Mr Wightman said sporting groups could play a significant role in breaking the stigma of

asking for help that, which is fantastic," she said.

"A younger person today is a lot more aware of what sexual health is about so they are coming in and seeking help, to talk about protective measures and what's happening within their own bodies."

Mr Wightman said it is rare that someone presents with acute psychosis or is at crisis point.

He said there is scope for outreach services that are funded by the general public. It would require a level of community support to assist us and we are not at a point to offer

a full range of services at the moment," he said.

"I have had discussion with interested parties interested in delivering those services - it is everyone's responsibility to look after the most vulnerable in our community."

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### Factfile

2013-14 HeadSpace Launceston and Devonport statistics

**New clients:** 1545.  
**Occasions of service:** 5666.  
**Most common group:** Launceston 18-20, Devonport: 15-17, nationally 15-17.

**Gender:** 67 per cent female and 33 per cent male.  
**Most common reason for presenting:** Problems with how I feel.

**Fact:** About 50 per cent of clients had never seen a mental health professional before.  
**Postcode:** A majority of clients are from the 7250 postcode.

**Most common reasons for presenting to HeadSpace:**

- Mental health and behaviour.
- Physical health.
- Sexual health.
- Substance.

anxiety, stress, maybe having some sleep issues and just general worries and concerns.

"We find that once they have come and spoken to us, learned some strategies to manage that stress and anxiety they are getting on with their lives and moving forward."

In May, she said 222 young people visited HeadSpace General Practitioners, for five, to address issues to do with the common cold, weight issues, body image and sexual health problems such as sexually transmitted infections and contraception.

Ms Brennan said there had also been many homeless young people asking for help that had experienced conflict in their family environments.

"Certainly there is probably an increase in sexually transmitted diseases as there always is, but the young people are coming in an

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Coronerstone Youth Services chief executive Brian Wightman sits down and relaxes with staff Brad Hales, Hugh McKenzie, Alison Filgate, Issy Morse, Phoebe Hudson, Joe Freeman, Lynette Kerrigan, Lewis Perkins, Jo Cameron, Alison Roberts, Jen Lee and Kate Brennan. Picture: PAUL SCAMBLER

## Pjama party wake-up call to fight stress

By EMILY BAKER

YESTERDAY was about comfort with a cause for the team at Coronerstone Youth Services.

The staff donned pyjamas at work for Lifeline's Stress Down Day, a day aimed at raising awareness of stress in the workplace.

Coronerstone Youth Services chief executive Brian Wightman said staff also held a morning tea to raise funds for the crisis support service.

"It's a good bit of fun, using humour in the workplace to

reduce stress in the workplace," a dressing gown-clad Mr Wightman said.

Mr Wightman suggested workplaces ensured that a level of camaraderie, open communication and trust was maintained among staff.

He reminded workers to try and "switch off" at home.

"To actually be able to switch off from social media is actually really important — to differentiate what needs to be done," he said.

Coronerstone Youth Services chairman Hugh McKenzie

commended the organisation on its efforts.

"We must recognise as a community that there are a number of service providers working to support the increasingly complex needs of Northern Tasmanians, particularly young people," Mr McKenzie said.

"Coronerstone Youth Services stands ready to collaborate in order to reduce duplication through streamlining services."

To donate to Lifeline, call 131 114 or visit lifeline.org.au

## Initiative achieving its aim

### HeadSpace gives early access to mental health

By HOLLY MONERY

EXPANSION of some HeadSpace services is needed to fully support youth mental health, suggests research published in the Medical Journal of Australia.

The report said the HeadSpace initiative is mostly achieving its aim to improve early access for youth in the development of mental health issues, but demographic data of clients show there is scope for more services.

Almost two-thirds of HeadSpace clients are female and 71.6 per cent of people who present to centres were having problems with how they felt.

More than half had low or very high levels of psychological distress.

With the high volume of young people with mental health issues presenting to HeadSpace, this research shows more qualified clinicians are needed for formal diagnosis and learning experience for a

A spokesperson from HeadSpace said the workforce had been identified as a priority and it would soon employ a national workforce specialist to ensure long term sustainability.

Additionally, the report recommends that HeadSpace needs to respond more effectively to mental health in young men, which typically manifests through substance abuse and behavioural problems, conditions which can mask underlying emotional disorders.

"We know young men are a hard to reach group and are less likely to get professional support for their problems."

"We have a number of campaigns that are designed to reach young men, including our national awareness campaign which is heavily skewed towards young males and the issues they face," the HeadSpace spokesperson said.

"We also reach young men through our involvement with events like Big Day Out and sporting organisations, like our recent partnership with the Big Bash team, the Melbourne Stars."

### HeadSpace gives early access to mental health



HELP IS AT HAND: Encouraging people to seek support from headspace is HeadSpace Devonport youth health practitioner Claire Stucas. Picture: Meg Windram.

Coronerstone Youth Services delivers HeadSpace in a dental drop-in centre it's a bit of a different model to what young people are used to, but we're starting to leverage really strong relationships with schools to drive awareness," she said.

"Because it's a free, confidential drop-in centre it's a bit of a different model to what young people are used to, but we're starting to leverage really strong relationships with schools to drive awareness," she said.

Every Thursday is intake day at Devonport HeadSpace, 64 Stewart Street. Between 9am and 5pm anyone aged 12-25 interested in HeadSpace and its services can drop in without an appointment for a chat or referral.

## Students prove their talent

By DOUG DINGWALL, Nov. 15, 2013, 1 a.m

THEY started with no budget, three months to organise a fund-raiser and little experience in managing events. The TasTAFE students done a certificate III in events met the challenge of running a youth talent search that raised \$1800 for mental health service HeadSpace.

Money raised at last Saturday's Cradle Coast Talent Search will go towards mental health programs for the

North-West's young people.

The TasTAFE course required students to create an event. Eight students started the talent search from scratch, needing to raise money.

They approached businesses for support and raised \$3300 for the event.

The group drew in talented performers and held the talent

search at the Reece High School auditorium.

Judges at the show commended the class for the effort.

Twenty-one entrants performed at the talent search, including singers, dancers, gymnasts and bands.

Some of the performers included Ruby Austin-Land won the event, and second place went to Sheffield harpist Marietta Minor. Student Bianca Allford said class members now had the skills to manage events themselves.

They built rapport with businesses and grew their networks through the assessment. Class members didn't think about their certificate when working on the event.

"It was more than a class for us - it was personal," Ms Allford said. "We were on a mission to succeed."

Teacher Linda Denny said many fund-raising groups took nine months longer to organise similar events.

"It was a learning experience for all of us," she said.

## Youth Advisory Group (YAG) //

Our Youth Advisory Group (YAG) is made up of 8 young people from the north and north-west region of Tasmania.

This group provides feedback on activities and services implemented by CYS to ensure they remain relevant and responsive to the needs of the Youth Community.

YAG members are also given the opportunity to share stories of their experiences and those of their peers. This invaluable information ensures responsive services can be provided that target presenting issues amongst this community.

YAG also provides these young people with the opportunity to develop vital skills in leadership, time and project management, social competence and social responsibility.

Alongside the monthly meetings to discuss headspace services and presenting issues in the community YAG has participated in several activities including; the Fifth Army campaign which required members to undertake daily activities related to mental wellbeing, attending several community forums including the Launceston City Heart Project forum, assisting headspace staff at several community events such as the Aboriginal and Torres Strait Islander Campaign Launch and organising their own community events such as the Mental Health Expo Chill Out Room.



## Our Partners //

Leveraging the power and support of the partners that we work with makes it possible for CYS to deliver excellent integrated and holistic care.

CYS would like to thank our partners for their commitment to working together and allowing collaborative and cohesive pathways.



## Financial Summary

This financial summary is a special purpose financial report which can be read in conjunction with the audited financial statements.

The committee has determined that Cornerstone Youth Services Inc is a non-reporting entity.

The increase in grant income in 2014 was due to the addition of headspace Devonport.

Employment expenses have increased in 2014 due to additional staff being employed for service delivery, including additional staff for the Devonport operation.

Direct program related expenses include payments to subcontractors and other agencies for program delivery.

Indirect program costs include depreciation, insurance, office expenditure, and cleaning.

## Summary Profit & Loss

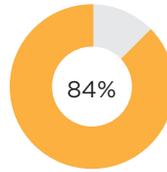
for the year ended 30th June 2014

	2014	2013
<b>REVENUE</b>		
Grants	1,774,560	1,342,189
Medicare and related income	107,639	136,244
Interest	12,113	18,836
Other income	44,191	92,554
	<b>\$1,938,503</b>	<b>\$1,589,823</b>

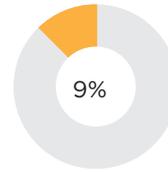
<b>EXPENDITURE</b>		
Employment expenses	\$1,512,894	1,138,912
Direct program related expenses	\$233,934	221,888
Indirect program related expenses	\$262,432	209,054
	<b>\$2,009,260</b>	<b>\$1,569,854</b>
<b>Surplus</b>	<b>-\$70,757</b>	<b>\$19,969</b>

➔ **REVENUE BY SOURCE**

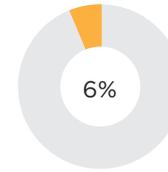
Shows for the 2014 financial year 84% of revenue for CYs is by way of Commonwealth and State grants to deliver programs such as headspace and yAdas.



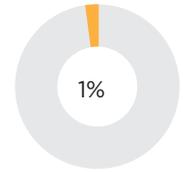
Grants  
\$ 1,342,189



Medicare / GPs  
\$ 136,244



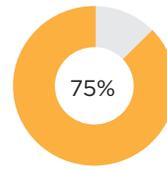
Other Income  
\$ 92,554



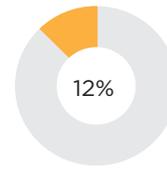
Interest  
\$ 18,836

➔ **EXPENDITURE BY CATEGORY**

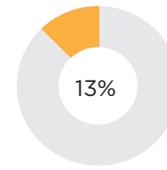
The expenditure for the 2014 financial year. Employment expenses are directly related to program delivery. Indirect program expenses include items such as office expenses, utilities and insurance.



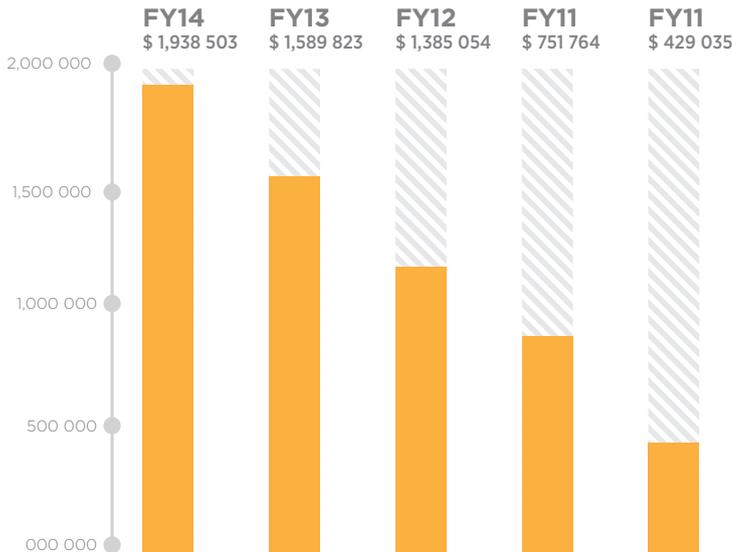
Employment expenses  
\$ 1,512,894



Direct program related expenses  
\$ 233,934



Indirect Program related expenses  
\$ 262,432



⬅ **REVENUE GROWTH YEAR TO YEAR**

Revenue growth from 2010 to 2014 particularly in the area of grants for program delivery.

# Future Objectives //

## The Twelve Month Plan

### **Sustainability**

- Diversify funding streams and develop organic revenue-generating strategies
- Create focussed leadership succession plans
- Become a recognised 'Employer of Choice'

### **Maximising Stakeholder Relationships**

- Increase the voice of young people in how we grow our service
- Leverage engagement of stakeholders
- Maintain focussed marketing strategies to stakeholder segments

### **Enhancing Service Delivery**

- Trial alternative service delivery models
- Increase outreach services
- Launch tele and e-health services

### **Optimising Awareness**

- Consolidate media and stakeholder relationships
- Increase community activities
- Develop CYS ambassador program, led by young people



### *Our Vision*

Contribute to happier and healthier young people in our community

### *Our Mission*

Lead with relevance in youth health and wellbeing.

### *Our Values*

- Connect with and 'get' young people, in their own space
- Develop collaborative partnerships
- Respect diversity
- To innovate with distinction

*Lead* with relevance  
in youth *health* and  
wellbeing.

