

2015
ANNUAL
REPORT

DEMOGRAPHICS

2014/2015



MALE OCCASIONS OF SERVICE BY AGE

AGE 12-17	555
AGE 18-25	1013



FEMALE OCCASIONS OF SERVICE BY AGE

AGE 12-17	1947
AGE 18-25	2023



NEW
YOUNG
PEOPLE
750

SERVICED
YOUNG
PEOPLE
1439

OCCASIONS
OF THE
SERVICE
5612



VISITS TO
DOCTORS
1578
12 HOURS
A WEEK

VISITS TO
NURSES
592
32 HOURS
A WEEK

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THE CHAIRMAN REPORT.

HUGH MCKENZIE
CHAIRMAN
CORNERSTONE

As I sit and write my third Annual Report I reflect with pride on an organisation that is continuing to provide high quality service in an environment that has a growing need but lives in the shadow of continual funding reviews.

Unfortunately, we live in interesting funding times. Last year we had the yAdas review which extended our tenure for twelve months in this program and this year the Federal Government mental health review has placed our funding under the headspace contract on a twelve month extension. Pleasingly, we have now had our yAsp contract renewed for another three years and we are confident that the headspace model, which is well regarded and our metrics and feedback from National Office would suggest we are performing well, will receive good news.

Clearly, this uncertainty is challenging for staff, but resilience is something we prescribe for our young clients and our staff show this in buckets. Accordingly, I would like to publicly thank them for their efforts and endeavours in which has been another busy year.

At the time of writing last year's report I noted that we were in the process of recruiting a new Chief Executive Officer to replace Brian Wightman.

We were pleased to welcome David O'Sign to Cornerstone in early January. He walked into a business with the funding challenges mentioned above and a need to review our working model and make organisational change to cope with our ever evolving space. We at board level have been impressed with his strategic and operational focus which has compared how we operate today alongside what we need to look like tomorrow in very clear terms, ensuring we have a sustainable model in to the future. There is no doubt our community still has a growing need in youth health services and we trust the funders continue to see us as a preferred option.

A key part of our strategic focus identifies the need to find other sources of funding to enable us to expand our outreach work and complement our current programs. To that end we are working on establishing partnerships and corporate relationships to assist us in our endeavours. As an example we are delighted to partner with the Blue Sky Ball this year. The funds raised from this event will go towards funding additional group based programs aimed at high needs areas. We will continue to explore more of these opportunities over the coming months and are looking for businesses and organisations who will align well with our brand and are interested in making a difference to young people's lives.

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A KEY PART OF OUR STRATEGIC FOCUS IDENTIFIES THE NEED TO FIND OTHER SOURCES OF FUNDING TO ENABLE US TO EXPAND OUR OUTREACH WORK AND COMPLEMENT OUR CURRENT PROGRAMS.

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I am a great believer in philanthropy and giving and I can think of nothing better than focussing this on our youth, our future.

Before being side tracked I was welcoming David to the business, it would be remiss of me not to publicly thank Kate Brennan for the outstanding job she did as the acting CEO up until David's appointment. She may have been reluctant but her contribution was appreciated by us all.

As I said last year this is all about teamwork and I would again like to thank my Board for their sage advice and insightful contribution. They bring a diverse skill base and an enquiring and strategic mindset to board discussions which gives me confidence in our long term direction.



THE CEO REPORT ■

DAVID O'SIGN
CEO
CORNERSTONE

The past 12 months has been a rewarding year for Cornerstone on several fronts. Young people's satisfaction with our headspace programs in Launceston and Devonport rated above national standards on measures of staff, centre and overall satisfaction. Our headspace Launceston site remains to be one of the most highly regarded nationally. An example of this is the delivery of our newly implemented telehealth psychiatric service which is viewed as a model for other headspace centres to aspire to. Our headspace Devonport site continues to grow its presence with a quality of service that mirrors that of the Launceston site.

The (yAsp) re-named yAdas program has developed into an holistic service that pleasingly has secured funding for a further three year period. This change in the nature of the program is an exciting development for Cornerstone as it allows our staff to provide a more complete and comprehensive level of support.

Our #switchitround program has allowed us to have a statewide presence. The young people involved in the program have produced an array of creative and powerful messages.

The common thread in the messages above is that of our dedicated and passionate

staff. Being relatively new to Cornerstone, I have been lucky enough to have stepped into an organisation comprising staff with an obvious commitment to the young people who access our services.

For all of the positives that have come out of the past 12 months, it has not been without its challenges. We are operating in an increasingly tight financial environment with an ever increasing demand on services. With these challenges in mind we are looking to the future with our eyes set on sustainability, demand management, extending our reach, and maintaining our workplace culture as one which continues to attract and retain staff of the highest quality.

We have already taken steps to achieve these goals and staff have embraced the necessary changes. We are exploring creative ways of developing a greater presence throughout the north of the state, engaging with private clinicians, and increasing collaboration with key stakeholders.

I would like to take the opportunity to express my thanks to the Cornerstone Board and Chairman Hugh McKenzie for their ongoing support. Thanks to all of Cornerstone's partners and sponsors, and to the dedicated Cornerstone staff; in particular the Cornerstone leadership team. We look forward to engaging and supporting the young people of Tasmania in the year ahead.

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WE ARE EXPLORING CREATIVE WAYS OF DEVELOPING A GREATER PRESENCE THROUGHOUT THE NORTH OF THE STATE, ENGAGING WITH PRIVATE CLINICIANS, AND INCREASING COLLABORATION WITH KEY STAKEHOLDERS.

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HOW CAN YOU HELP

Fund raising and support are important areas of focus for Cornerstone. Support to Cornerstone can take many forms, including:

IN KIND

SUPPORT THROUGH THE USE OF, AND ACCESS TO, SHARED FACILITIES.

MONETARY

SUPPORT THROUGH DONATIONS GENERATED FROM FUNDRAISING EVENTS.

GENERAL

GENERAL COLLABORATION ON PROJECTS WITH A SHARED VISION.

This type of support enables Cornerstone the potential to provide services over and above the core services on offer across our programs. This may include the implementation of group based programs such as:

BOOST

BOOST, A GROUP PROGRAM FOR YOUNG WOMEN TARGETED AT IMPROVING SELF ESTEEM, CONFIDENCE AND ASSERTIVENESS.

TUNING INTO TEENS

TUNING INTO TEENS, A PARENT EDUCATION AND SKILL DEVELOPMENT PROGRAM TO ASSIST IN COACHING EMOTIONAL INTELLIGENCE IN THEIR ADOLESCENT CHILDREN.

For Cornerstone, the implementation of group programs equates to greater access to our services to a greater number of young people.

Similarly, support to Cornerstone assists us in exploring options for outreach support to areas in need of an increase in services to young people.



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 Primary Health Tasmania Board.



BIANCA WELSH

Bianca 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.



MARK BROXTON

Mark is the General Manager for Service Innovation, Implementation & Redesign for Primary Health Tasmania.

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.



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.



SHIREEN THOMAS

Shireen is currently the Principal Network Leader, Eastern Network, Learning Services Northern Region. 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.



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.

Philip has recently retired as the 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.



THE CORNERSTONE TEAM.

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.



WHAT ARE THE OBJECTIVES AND PURPOSES

- 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.

ABOUT HEADSPACE

WE HELP YOUNG PEOPLE WHO ARE GOING THROUGH A TOUGH TIME, SUPPORT THEM AS INDIVIDUALS, THEIR FAMILIES AND THEIR CARERS.

CYS - IS THE LEAD AGENCY FOR HEADSPACE LAUNCESTON AND HEADSPACE DEVONPORT.



Over the past six 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

OUR MISSION

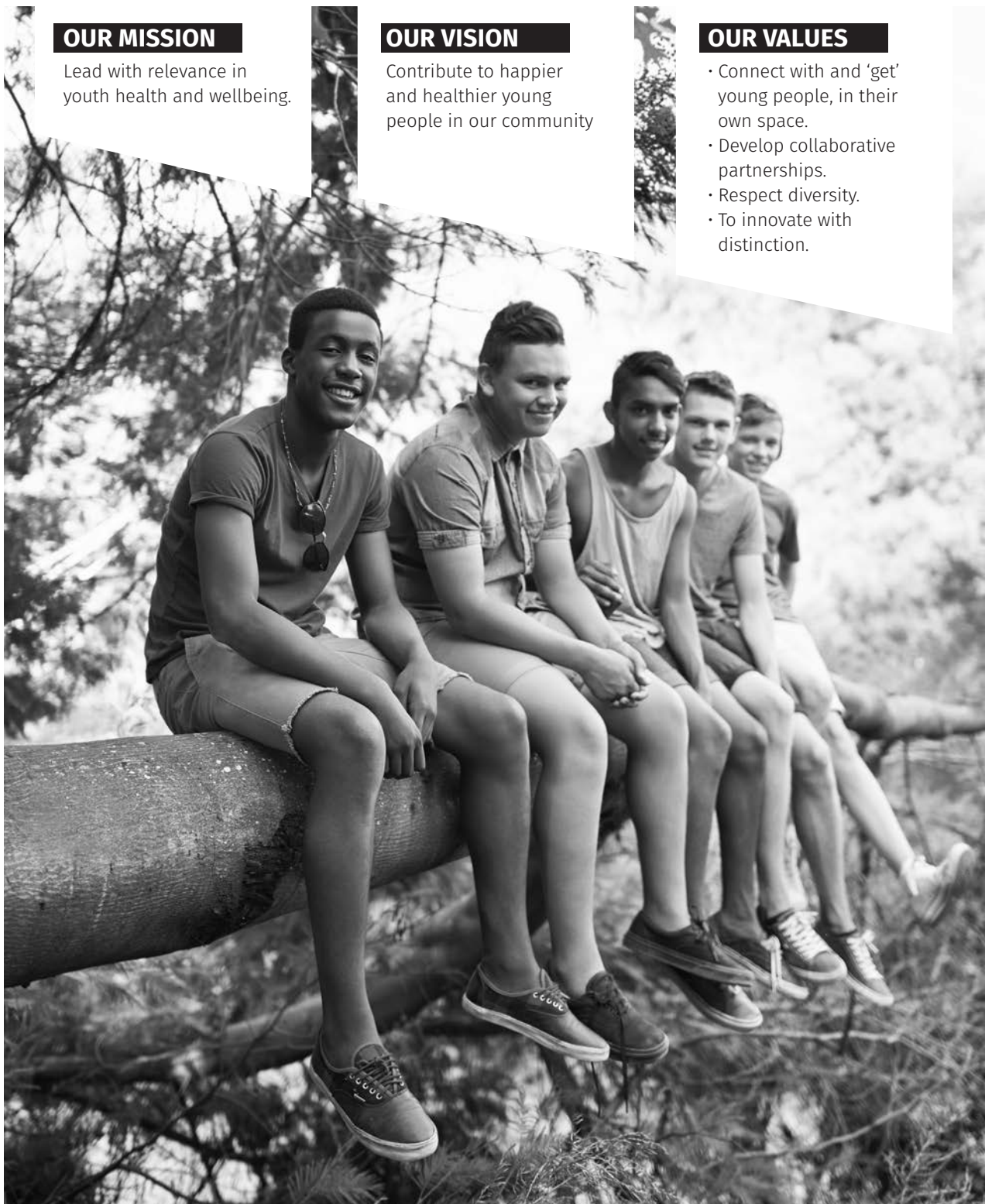
Lead with relevance in youth health and wellbeing.

OUR VISION

Contribute to happier and healthier young people in our community

OUR VALUES

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





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 2nd 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 243 young people since doors opened in July 2013.

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.



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.



01 CLIENT STORY

My name is Rebecca, I have 2 daughters receiving support from headspace. H has Aspergers and her anxiety is very high, while C suffers depression and anorexia.

After searching for counsellors for my daughters for a long time we came across headspace. Since coming here both have had huge changes in their home life. **H** is adapting to change a bit better and she now has new coping strategies and she looks forward to her time with youth worker Kim.

This service has afforded her some piece of mind and security that someone (besides mummy) understands and can help her with her issues, no matter how small they are to us we know they are big to her. **C**'s counsellor, Claire has been an amazing help to **C** and myself in getting **C** to open up and try new techniques to control her anxiety and depression, she has been a fountain of valuable information and a pillar of support.

It was after we started seeing Claire that **C** finally felt brave enough to come forward about her anorexia, affording us the ability to help her, I firmly believe this is purely because of the strength that Claire offers **C** with each session. I cannot place a value on the help we have received from this service and I cannot express my gratitude fully to the wonderful staff here.

Claire and Kim have made an immense difference to my children and myself with their help. There is no dollar value I can put on their help.

Thanks to all who make this possible.

BEC STUART

IN THE MEDIA



New Cornerstone Youth Services chief executive Brian Wightman on the job yesterday. Picture: PAUL SCAMBLETT

Funding flipside for Wightman in new role

By EMILY BAKER

ON Tuesday, Brian Wightman walked to work, finished on time and saw his children.

It was a different day than the one his former colleagues had when State Parliament resumed this week, but while he says he will miss the theories of politics, the new chief executive of Cornerstone Youth Services is happy with where he is.

Today marks the last day of his first week. "I've been taking time this week to learn how this place works and the role it plays in the community," Mr Wightman said from his Launceston office yesterday. He said he was pleasantly surprised by the depth of the

services the youth body delivered.

From its Wellington Street headquarters, Cornerstone Youth Services delivers Headspace.

Other programs include Mind and Body, which works with children close to the justice system, and Boost, a program for young women with self-esteem issues.

Mr Wightman said he would watch next Tuesday's federal budget keenly to see if Aboriginal drug and alcohol service Yandas received the funding he said was desperately needed.

While championing this cause, Mr Wightman will watch the television on May 15 with some empathy: in his first week as a minister, he

was forced to make a decision on the abrupt ridden and unpopular Brighton By-pass.

He reflected on his time with Labor positively and said he stood by each decision he helped make.

"I'm proud of my four years," he said. "I look at the appointments we made... we strengthened our laws, and we made some difficult decisions."

"But things happen for a reason. There are far worse things than losing a seat, I've been very fortunate."

It was little more than a month between jobs for Mr Wightman, who had considered a return to teaching before finding the Corner-

stone Youth Services role in the positions vacant section of the newspaper.

He sent in his resume, sat the interview and was awarded the job.

He told his interviewers the biggest problem facing youth was the complexity of business partnerships, strengthening the Cornerstone name. Mr Wightman is positive he has the connections and knowledge to make it all happen.

Will he return to politics?

"I look forward to another opportunity," he said. "I'm happy, it's a very different lifestyle now, and I'm very energised."

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. Picture: PAUL SCAMBLETT

NORTHERN Tasmanians are encouraged to take time out to relax and look after each other for just one day next month.

RUOK Day, which falls on September 11, was started in 2009 to raise awareness and prevent suicide by encouraging people to check up on their loved ones.

With suicide the leading cause of death for Tasmanians under 45, headspace project manager Dominique Smith said the day was about providing support to communities, family and friends, particularly when noticing a change in behaviour.

"It's very important on a community level to raise awareness and respond to people's feelings and issues," she said.

She reiterated the message of the day: "A conversation could save a life."

The RUOK Day working group, made up of representatives from The Salvation Army and headspace, have planned a few events for Launceston.

Various organisations will gather in the Brisbane Street Mall to spread awareness about RUOK day through giveaways and information from 12-2pm.

Shots On Wax will stage live music to coffee from 4-6pm.

Newstead College will also be brightening up the day of strangers by handing out balloons and flowers.

Headspace thumbs up in North

By EMILY BAKER

MOST people accessing Headspace Launceston and Devonport have reported above-average satisfaction with the service, despite national criticism of the model.

The national organisation, which focuses on the health and wellbeing of 12- to 25-year-olds, came under scrutiny earlier this year when mental health experts accused the facility of failing young people as it presented the "McDonald's version of healthcare".

Cornerstone Youth Services chief executive David O'Sign - who oversees the deliverance of Headspace services in Launceston and Devonport - said the indication of satisfaction in Tasmania showed the model worked.

Clients reported satisfaction ratings of 4.51 for staff, 3.99 for outcomes, 4.41 for the centre and 4.33 overall, each out of a possible five.

Mr O'Sign pointed to the skills of staff to explain the

high ratings: "Historically, we've recruited well," he said.

He said the challenge for the organisation would be maintaining that satisfaction level after Headspace received a 12-month extension on 2014-15 funding levels in contrast to its request for a three-year funding model.

Practically, Mr O'Sign said that meant Headspace had not received a funding increase and that the organisation might not be able to reach out into Tasmania's more isolated regions as effectively as it hoped.

"The challenge for us is sustainability in maintaining staffing levels and maintaining a mix of skills," he said.

"Because funding levels remain the same doesn't mean our costs remain the same.

"We need to be smart about how we move forward."

Headspace Launceston dealt with 10,000 occasions of service last year.

Youth seeking help can visit headspace.org.au or contact 1800 650 890.



Mental Health Week Expo organiser Alison Filgate, from Cornerstone Youth Services, at yesterday's event held at Launceston's Albert Hall. Picture: NEIL RICHARDSON

Expo shows Colony 47's move into Launceston

By JODIE STEPHENS

GOOD mental, physical and social health was the theme at an event at Launceston's Albert Hall yesterday.

For community organisation Colony 47, the Mental Health Week Expo presented an opportunity to get news of their expansion out to the Northern community.

The not-for-profit has had a presence in Southern Tasmania for more than 40 years, but has introduced three new programs in Launceston.

Northern operations manager Elizabeth Daly said new programs would offer financial coun-

selling and literacy support for those experiencing money troubles, help for Aboriginal families to engage with their children's education, and support to people with severe and persistent mental illness.

Mrs Daly said the organisation was responding to demand in the North.

"There's lots of pressure on

parents, on young people, jobs are not as readily available as they were, and early intervention is really important," Mrs Daly said.

Colony 47 had one of 30 stalls at the expo yesterday, which included a Headspace "chill-out room", a children's corner with speakers and activities such as massages, tai chi and zumba classes.



The laneway comes to life

Youth Week festival gets bigger

By HOLLY MONERY

ROOKE Laneway in Devonport was brought to life last night as part of National Youth Week.

The Reclaim the Lane festival is in its third year. Devonport City Council community sustainability coordinator Damien Collins said each year the event has grown due to support from young people and the broader community.

"Its primary objective was to be a part of celebrating National Youth Week. Within that were two goals, to offer young people a celebration of youth culture and the second objective was to offer a chance for the rest of the community to celebrate young people," Mr Collins said.

With free pizza slices as a draw card, young people enjoyed live music, an



Attractions: The scene for the Reclaim the Lane Youth Music and Arts Festival in Rooke Lane, Devonport, yesterday. Picture: Meg Windram.

aerobics art demonstration, free hair cuts and received information from a variety of local service providers.

"We hope they had fun,

maybe they tried something new that they haven't tried before," Mr Collins said.

"We've had a lot of young

people involved in the implementation [of the festival] so for those young people we hope that they have learned new skills

and lastly, we hope to have showed off the positive attributes the young people have brought to our community."

Talent on show in Burnie

THE You Can Make It Young Makers Market and Street Performer Festival takes place today in Burnie in conjunction with National Youth Week.

Twelve makers will be at the Marine Terrace Plaza from 11am until 3pm, and 12 buskers will be scattered throughout the CBD.

A map to show where all the buskers are throughout the CBD will be available at the market.

The event is an opportunity for young people to showcase their talent and potentially make a few dollars from selling their creations.

The event was run by the council in combination with the Devonport Regional Gallery and Youth family and community connections.

OUR PROGRAMS

yAdas REPORT

ALISON ROBERTS
OPERATIONS SERVICES MANAGER
CORNERSTONE

YOUNG ABORIGINAL DRUG AND ALCOHOL SERVICE



The yAdas (young Aboriginal drug and alcohol service) is a program to assist young Tasmanian Aboriginals between the ages of 12-25. There are two distinct components to the program. First is the individual support that is provided to assist the young people to reach their identified goals. Some examples of past goals include: giving up smoking; obtaining a driver's licence; gaining employment; skills for independent living; improving school attendance and performance and learning a new skill such as playing the guitar.

The second part of the program is the drug and alcohol education program that is delivered in schools across the north of the state. This program provides participants with knowledge on drugs and alcohol and also creates a space for them to discuss personal experiences and related topics and build relationships with fellow group members.

yAdas has had many successes in the past year with many participants successfully attaining their goals and the education program being delivered in seven northern high schools. A memorable session was the program that was delivered on Flinders Island in partnership with Family Planning Tas. The 22 students participated in a range of activities on topics such as alcohol, smoking, mental health and sexual health. Feedback was positive with the most enjoyable activities being the beer goggles and the condom demonstration.



YADAS HAS HAD MANY SUCCESSES IN THE PAST YEAR WITH MANY PARTICIPANTS SUCCESSFULLY ATTAINING THEIR GOALS AND THE EDUCATION PROGRAM BEING DELIVERED IN SEVEN NORTHERN HIGH SCHOOLS.



OUR PROGRAMS

#switchitround REPORT

DOMINIQUE SMITH
PROJECT MANAGER
CORNERSTONE

SOCIAL MEDIA AND THE ARTS PRODUCTIONS



#switchitround

This year the primary focus of the #switchitround program has been engaging with young people across the state to develop social media based products aimed at reducing excessive drinking and tobacco use in young people aged 12-25 years of age. It has been inspiring to see the enthusiasm of the young people as they have engaged with the project. The young people use media such as art, film and photography to create health messages on the risks associated with tobacco and excessive alcohol, which are then distributed on various social media platforms.

The process commences with the young people exploring their attitudes and beliefs on the use of alcohol and tobacco. They then create a concept that they feel will engage their peers and inform them of the health risks of alcohol and tobacco use, which is then used to create a product in the medium of their choosing. A benefit of the sessions is the relationships that are established between the participants as they discuss and develop their ideas. Throughout the process they are provided with further education and information about tobacco and alcohol



use and are offered assistance and referral to specialist services if required.

During the past 12 months the Facebook and Instagram pages for the project have been launched. Both these pages have a growing community of followers who are regularly exposed to the exciting works that are being created by the Tasmanian youth. In the coming months it is planned to launch the programs Youtube channel.





YAG GROUP REPORT.

RAE IKIN
MENTAL HEALTH TEAM
CORNERSTONE

YOUTH ADVISORY GROUP (YAG)

The Cornerstone youth services advisory group AKA the NYhT (Northern Youth headspace Team) have once again been instrumental in providing CYS with valuable feedback about current and future proposed services as well as becoming increasingly active members of the community representing NYhT and CYS. We have also seen some of our valued members leave to take up opportunities interstate and welcome some enthusiastic new members.

15 YOUNG PEOPLE
FROM THE NORTH & NORTH/
WEST REGION OF TASMANIA
MAKE UP THE NYHT TEAM

SOME OF THE KEY ACTIVITIES THE TEAM HAVE PARTICIPATED IN DURING THE PAST 12 MONTHS INCLUDE:



MENTAL HEALTH WEEK

OCTOBER 2014

The team worked closely with one of the headspace social work students to create a chill out room to support the Mental Health Expo – This provided a space for people to experience some fun activities and gain some practical tips on how to de-stress.

HEADSPACE CONFERENCE

2015

Cassandra one of our founding members had the opportunity to travel to Melbourne and participate in the national headspace conference.

RELAY FOR LIFE

MARCH 2015

On the 22nd of March 2015 four members from the Northern Youth Headspace Team took part in the annual Relay for Life. The purpose being to raise money for the Cancer Council, awareness of the effects of cancer, and allow for a time of reflection to family and friends who had lost a loved one and survivors. Des, Tim and Bianca took the late night shift from 12pm till 6 am and was later joined by our team leader Alison and fellow team member Kendall Peters. Our team baton was Thor's mighty hammer and utilizing its strength together we walked over one hundred and fifty laps! Not only did we get the chance to raise money for a worthy organization, but it allowed us to bond as a team.



02 CLIENT STORY

RETHINK MENTAL HEALTH PROJECT:

the NYhT group participated in a consultation process which focuses on youth mental health, providing feedback about local services.

CITY PROM YOUTH SPACES

This was another great opportunity for our group to provide feedback on how 'spaces' around our city could be more young people friendly.

I have been using headspace as my counselling base for the last 10 months. When I first started with headspace, I was struggling with my sexuality.

I was at a point where I was coming to terms with being gay. I had been struggling with it for the past 5 years prior to my first appointment.

I found that I wasn't able to handle it on my own anymore and so counselling seemed like the better option. I was hesitant when I first went because I had been through a few counsellors over the past 3 years and found that none of them were beneficial for me and what I was experiencing at that stage of my life.

Since starting with headspace, I have come to terms with my sexuality and had help to accept that my family wouldn't be supportive. I also took on the care of my 15 year old cousin and had help from headspace in relation to him and how best to care for him whether it be getting him into counselling, doctors appointments and a few appointments through the Aboriginal program.

headspace has been beneficial in providing me with the tools that help me to help myself. Susan has helped me to evaluate my life and make changes in the way I view myself to help me be better equipped in providing love and care for my cousin. She has challenged the way I parent **A** and this has created a better home life for both myself and **A** as I feel better able to reflect and respond in appropriate ways. headspace has been an amazing organisation to assist me with my mental health, but also my personal life with friends and partners.

FINANCIAL SUMMARY

FOR THE YEAR ENDED 30TH JUNE 2015

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 decrease in grant income in 2015 was due to the adjustment made in 2014 for headspace Devonport.

Employment expenses have increased in 2015 due to additional staff being employed for service delivery.

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

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

REVENUE BY SOURCE

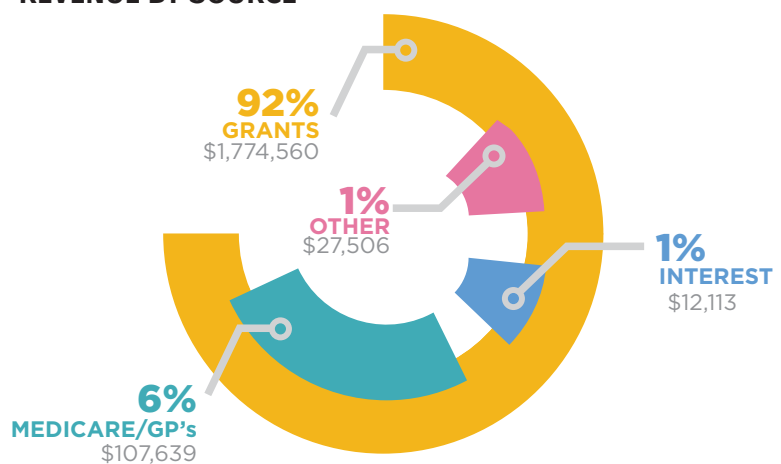
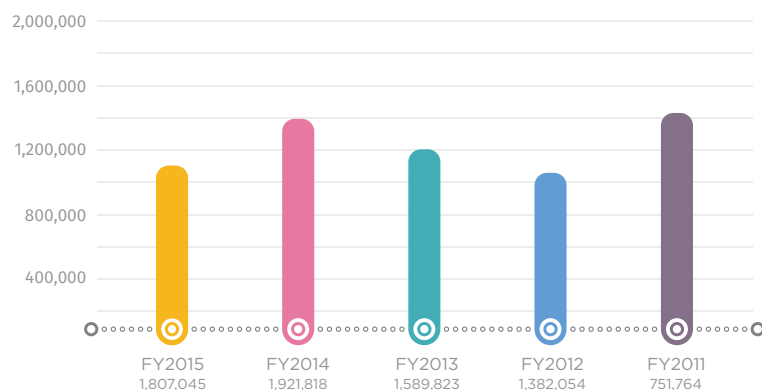


Chart 1 shows for the 2015 financial year 92% of revenue for CYS is by way of Commonwealth and State grants to deliver programs such as headspace and yAdas.

REVENUE YEAR ON YEAR



Revenue levels for 2011 to 2015.
Revenue for 2014 included a prior year adjustment of \$96,840.

SUMMARY PROFIT & LOSS

FOR THE YEAR ENDED 30TH JUNE 2015

REVENUE	2015 \$	2014 \$
Grants	1,668,792	1,774,560
Medicare and related income	114,485	107,639
Interest	9,209	12,113
Other income	14,559	27,506
	1,807,045	1,921,818
EXPENDITURE		
Employment expenses	1,597,275	1,512,894
Direct program related expenses	226,503	233,934
Indirect program related expenses	201,858	245,747
	2,025,636	1,992,575
Deficit	-218,591	-70,757

EXPENDITURE BY CATEGORY



The above chart shows the expenditure for the 2015 financial year. Employment expenses are directly related to program delivery. Indirect program expenses include items such as office expenses, utilities and insurance.

COMMUNITY EVENTS

ALISON FILGATE
COMMUNITY LIASON OFFICER
CORNERSTONE

Cornerstone Youth Services offer a range of support services, youth activities and events for young people. CYS also hosts community events and youth activities, with local councils, community organisations and visits other community events and schools in the North East and North West of Tasmania.

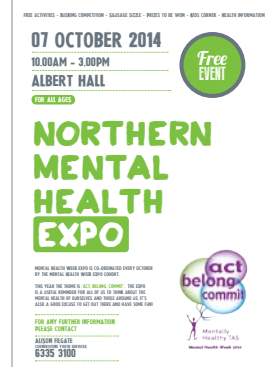
At CYS we believe that youth participation is fundamental to the delivery of quality events for young people. We aim to provide young people with opportunities to meaningfully participate and collaborate in community events.

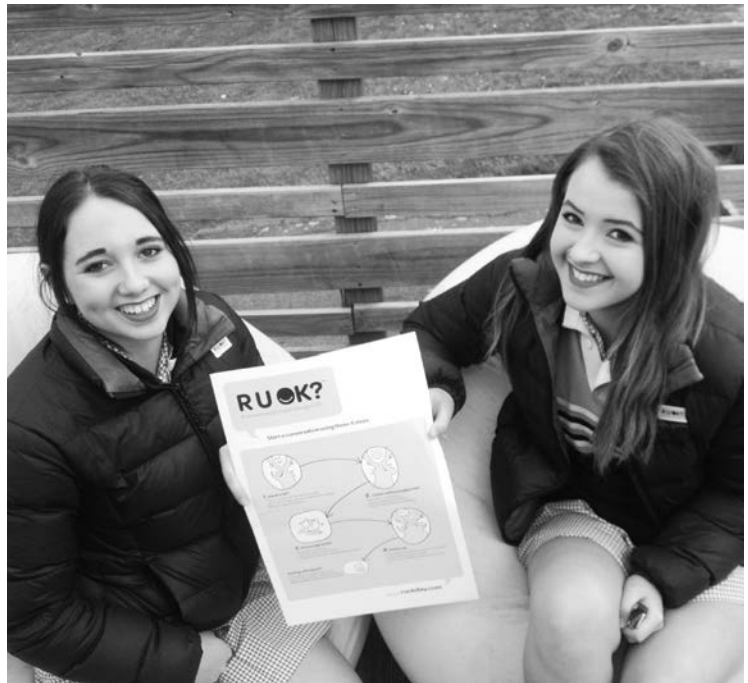
Our Youth Advisory Group (YAG) come along to an array of community events such as RUOK Day, Mental Health Week and National Youth Week to advocate for Cornerstone Youth Services.

The CYS crew engaged with young people at events during 2014-2015 including

- Yarn Safe
- Chill out zone at the Mental Health Week Expo
- Relay For Life
- R U OK? Day
- O Week
- Party Safe with Grade 10's
- LGBTI Living Library and Q&A
- Youth forums
- Pop-up information centre
- School

Our teams handed out information and chatted with participants.





FUTURE OBJECTIVES ■

THE 12 MONTH PLAN

SUSTAINABILITY

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

ENHANCING SERVICE DELIVERY

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

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

OPTIMISING AWARENESS

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

HOW TO CONTACT US ■



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EMAIL headspace@cornerstoneyouthservices.com.au
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 (up the hill from the mall)



RING 03 6335 3100
EMAIL headspace@cornerstoneyouthservices.com.au
VISIT Cnr of Brisbane and Wellington Streets
 (opposite Morty's)

OUR PARTNERS







**LEAD WITH
RELEVANCE IN
YOUTH HEALTH
AND WELLBEING**