



Investing In Our Youth Inc is a not for profit community based organisation that promotes the healthy development of CHILDREN and YOUNG PEOPLE in the South West Region.

E-NEWSLETTER

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Contact us at:

T 9721 6951

E [iioy@iinet.net.au](mailto:iioy@iinet.net.au)

[www.investinginouryouth.com.au](http://www.investinginouryouth.com.au)

community support through a fund raising raffle.

Fortunately, many generous people committed their hard earned cash to purchase a \$100 raffle ticket (or pooled funds to make a syndicate purchase). The following very deserving raffle winners took home cash prizes:

★★★★★★★★★★★★★★★★

First prize: St John of God Palliative Care Team 3

Second Prize: Janet Wilson

Third Prize: Chris Howe

★★★★★★★★★★★★★★★★

Thank you for investing in early intervention and prevention locally. Please note that we are always interested in listening to any suggestions and ideas on how we can work 'smarter' and increase our effectiveness.

**LOOKING FORWARD**

I hope your Christmas and New Year went well. This is traditionally a time of reflection and a time to look forward to the coming year.

Investing In Our Youth (IIOY) plan to continue to target underage drinking in 2012. Sustained effort is needed to achieve change.

In 2011 many organisations in the youth sector participated in Be Alcohol Aware youth led alcohol awareness activities and promoted alcohol guidelines with young people.

This work was shared and supported by the SW Community Drug Service Team, SW Population Health Unit, SW Aboriginal Medical Service, Local government, other not for profit organisations and business people.

IIOY have completed funding applications to the Foundation for Alcohol Research and Education and the National Binge Drinking Strategy in the hope of locating resources to continue this work.

Reliable statistics are available on the number of young people transported in SW ambulances who have been harmed by alcohol. These stats can be used as one measure of how our community is faring in addressing underage drinking. It would be fantastic to see this number decrease in 2012.

**RIPPA Fest 2011**

The City of Bunbury kindly supported another RIPPA Fest event in Bunbury in December 2011.



The aim of RIPPA Fest is to celebrate people with disability and their participation in the wider community. This is captured in the acronym RIPPA: Respect, Include, Participate, Promote health, Achieve.

RIPPA Fest is aimed at the youth demographic but also has relevance to all age groups. The festive atmosphere of the event can be viewed in a short video by Ruslan Kulski from ABC Open <http://vimeo.com/33260156>.



Pictured are some young lads trying out the beach wheelchair (bookings managed through Enable Southwest)

More information on RIPPA Fest is available on the IIOY web site at [www.investinginouryouth.com.au](http://www.investinginouryouth.com.au)

**FUNDRAISING THANK YOU**

Investing In Our Youth is a community organisation that aims to support the healthy development of children and young people in the South West region. As a non-denominational entity that does not come under the umbrella of a national organisation we have great freedom to be innovative. We also have an independent voice and can petition politicians and policy makers on behalf of the child and youth service sector.

Small independent not for profit organisations need to maintain their own flow of operating funds. We are considering suggestions for generating income and recently called for

## RELEASE OF LEAF RESOURCE PACKAGE



The Linking Education and Families (LEAF) program has achieved another milestone with the release of the LEAF resource package expected this month.

Developed by Fiona Farren of South Bunbury Primary School, the LEAF program assists children to have the best possible start to their education.

Young families are invited to attend 'Play Cafes' at the kindergarten and are offered a family visit and kindy orientation session. These strategies reduce anxiety about the transition from home to school and provide opportunities to intervene early with any issues that may impact on learning

There has been great interest from around the State in the LEAF program and a multi-media resource package will be well received.

The resource package was supported through South West Development Commission Royalties for Regions funds brokered by Investing In Our Youth in 2010.



Fiona Farren has been supported in crafting the package by design team Glide Strategic with video footage shot by Waveview Pty Ltd.

WA Commissioner for Children and Young People Michelle Scott kindly provided a preface to the package citing the package as 'an excellent example of how a community-based project can deliver evidence-based benefits to young children's development and wellbeing.'

## EARLY YEARS SERVICES

A brief Bunbury directory of services for families with young children has been updated by Investing In Our Youth for release in 2012.

The directory was originally developed by the LEAF steering committee so that school teachers could access information on support services for local families.

The directory has since proved to be useful to a range of professionals including doctors and police officers.

Some laminated copies are available now from IIOY on request. Printing and laminating costs have been met by a small early years funding allocation from Milligan.

Alternatively, feel free to download copies from the IIOY web site.



## AUSTRALIAN CHILDREN'S TRUST

A new partnership is currently being brokered between IIOY and the Australian Children's Trust for Healthy People (ACT). The ACT was founded by Andrew and Nicola Forrest for the principal purpose of the prevention and control of disease and other human conditions in the Australian community. The strategy of the Trust is the pursuit of early intervention and awareness, especially in the field of early childhood health and education.

The ACT has expressed an interest in supporting IIOY in working with a highly motivated group of education and health representatives who see value in exploring collaborative school based models of service delivery. The role of IIOY will be to make connections, to listen, and to provide research and administration support.

The 'Schools of the Future' working group has an early intervention and prevention focus, and is interested in exploring ways to improve health and learning outcomes for families with children aged 0-8 years.

Supported strategies may include a public forum in the second quarter of this year where education and health delegates will have the opportunity to

hear about innovative service models that have been trialed locally and in other areas.

There are various measures that can be used to gauge how young children are faring. The Australian Early Development Index is one way that progress can be measured in this population group. It would be great to aim for high AEDI ratings in the South West and to be in the position to share any positive gains with others.



## SPECIAL ACKNOWLEDGEMENTS

*Chris Howe looked a lot like Father Christmas when he came to our door carrying a bag of cash recently.*

The money had been raised through a raffle at 'Fungalore'. Each month Chris and his brother Tim coordinate a program for local bands who gain performance experience at the Prince of Wales Hotel. Event raffle proceeds are donated to local community organisations and charities. This thoughtfulness is most appreciated by all.

IIOY is very reliant on the generosity of community champions and appreciates the support of corporate members the South West Development Commission and Cristal Global.



Looking back over this quarter acknowledgment must go to Juliet Harrop (moral and financial support). Ongoing thanks also to Beth Ferguson of Main Event Media who provides a helpful sounding board for all things relevant to PR.

STOP PRESS: And a big thank you to Councillor Cameron Bridges also for a very welcome donation ☺.

## **BOARD MEMBER PROFILE**

Investing In Our Youth could not operate without the support of committed Board members including Deputy Chairperson Raquel Willis.

### **Tell us about your background...**

I have a background in youth work and psychology and have worked with young people at risk in a variety of settings. I was an outreach worker in inner city Perth in the 1990s and I also worked with Graffiti Writers in the Northern Suburbs of Perth. As a youth worker in Carnarvon I was working with Yamatji young people, and realised that health issues and poor school attendance were related to offending and decided to work towards prevention.

I completed a post grad in Anthropology via external studies and later a Masters of Arts (Anthropology) via research which I completed in 1997 – examining the graffiti subculture of Perth. I moved to the South West in 1997 with my husband and started working in the Alcohol and Other Drugs section of the Public Health Unit.

### **Why do you support IIOY?**

IIOY is advocating for the South West community and governments and businesses to invest resources into the prevention of mental illness amongst young people and children of the South West. IIOY is actually a drug prevention agency, a crime prevention agency and a mental health promotion agency because the organisation has a clear focus on building the skills and knowledge of the community sector and families to become more prevention focused.

### **What would you like IIOY to achieve in the future?**

To work with the youth sector and the community to build the evidence base for prevention work. To develop a culture in the South West that knows that a program or intervention can change attitudes and behaviours that put young people and children at risk of becoming mentally unwell, or becoming an offender. I would like IIOY to be outspoken about why the South West needs young people that grow into adults that are functioning, caring contributors.

### **What are some of your other interests?**

I work part time in the Public Health Unit. I have 2 children aged 5 and 8 years. I am involved in a number of community groups including playing Bass Clarinet with the South West Wind and Jazz Orchestra and publicity officer for the Australian Breastfeeding Association. I also wish I had more time to spend in my vegie patch.



This 'work in progress' is shaping up to be a great event with plans to showcase local performances; stage BMX and skating workshops; feature opportunities to create art works; access careers, education and employment advice; and health and well-being information.

A small National Youth Week grant will support Investing In Our Youth to conduct a poll at the event on key issues for young people in the South West.

Anyone wishing to either volunteer their time or contribute sponsorship support should contact Amanda by email on [Amanda.Taylor@communities.wa.gov.au](mailto:Amanda.Taylor@communities.wa.gov.au) or Tel 9792 2000.

## **NEW SUPPORT GROUP**

### **South West Autism Network (SWAN)**

Membership is free and open to all family members touched by autism. Support is offered in many forms including accessible information and help in finding respite. Get-togethers are regularly held in Bunbury, Busselton, Dunsborough and Margaret River. Find SWAN on Facebook or contact President Deborah Cant for more information on mob 0410445798, email [deb@swanautism.org.au](mailto:deb@swanautism.org.au) or visit the website at [www.swanautism.org.au](http://www.swanautism.org.au)

## **PARENT WEB RESOURCE**

Despite 90 per cent of adolescents drinking alcohol by the age of 14, there is a lack of widely available evidence-based guidelines for parents on how to respond to requests for alcohol from their children.

New 'Parenting Strategies' website:

<http://www.parentingstrategies.net/> gives families practical strategies for dealing with the common dilemma of when to allow their children to drink alcohol. The site aims to help parents who are struggling to cope with adolescent drinking, and/or want to know how to prevent their child from developing drinking problems.

## **WORLD CONFERENCE IN PERTH**

A biennial international conference on the promotion of mental health will be held in Perth on October 17-19.

The mental health and wellbeing of children (0-12 years) and young people (13-25 years) are one of the eight conference topic areas.

More information on the '21st Approach to Mental Health' conference can be found at <http://www.perth2012.org/>

## **DEVELOPMENTS AND TRENDS**

### **HEADSPACE**

*Headspace* is coming to Bunbury! *Headspace* is a national model of youth mental health service delivery that recognises that young people have complex needs and require coordinated service support.

*Headspace* aims to better integrate the activities of mental health services, general practitioners, drug and alcohol services and vocational support to try to prevent young people falling through the gaps.

The model has bipartisan federal government support and the *Headspace* foundation is in the process of adding to the 30 centres already operating across Australia.

*Headspace* is currently in negotiation with a local consortium of service providers with the aim of developing a *headspace* site that is expected to be launched in Bunbury in 2013.

*Headspace* also provides 24 hour online and telephone support to 12-25 year olds anywhere across Australia (*eheadspace*). *eheadspace* can be accessed through [eheadspace.org.au](http://eheadspace.org.au), or telephone 1800 650 890.

### **NATIONAL YOUTH WEEK UPDATE**

Plans for the WA launch of National Youth Week in the South West (April 13-22) are progressing well with the participation of young people, the State government, Local Governments, not for profit organisations, and local business partners.