



SIR
david martin
FOUNDATION

helping young people in crisis

Impact



Introducing Youth Recovery Month

This September Sir David Martin Foundation will launch the inaugural **Youth Recovery Month** to create community awareness and greater understanding of the complexities faced by young people recovering from drug and alcohol addiction.

We know that prevention and getting the right help early gives young people a much better chance of going on to lead a full and healthy life.

Leaving judgement aside, the respectful promotion of this health and social problem will inform and educate the public and spread the word that investing in our youth is vital for our future.



During **Youth Recovery Month** we will:

- **Challenge views**

Our new online fundraising campaign, Reset Challenge, seeks to challenge and broaden perceptions about youth recovery by highlighting the importance of forming new and sustainable behaviours. We know it takes 30 days to form a healthy habit. What part of YOUR life can you reset this September?

- **Inform and educate**

The exclusive Understanding Youth Addiction online panel discussion, MC'ed by ABC Broadcaster Sophie Scott, will provide valuable insights on youth addiction and effective treatments, as well as explain risk factors, triggers, co-morbidity and the impact of mental illness on young people's addictions.

- **Collaborate**

The Foundation will bring together key players in the field of youth drug and alcohol treatment in a series of roundtables to discuss what more can be done to address the needs in our community.

Visit martinfoundation.org.au and follow our Facebook page to find out more about these initiatives and how you can get involved in **Youth Recovery Month**.

'Understanding Youth Addiction'

ONLINE PANEL DISCUSSION



Many thanks from Sam...



Sam at Triple Care Farm Graduation 2019

Sam is now committed to her fitness goals

Sam graduating with her degree

Triple Care Farm graduate, Sam, bravely shared her story in 2020 to encourage donations to help others.

Today, Sam is celebrating 12 years free from drugs and using both her personal experiences and professional qualifications to 'give back' and help others in need.

But at just 19, Sam was admitted to hospital experiencing psychosis and suffering acute liver failure. Her parents were told to prepare for the worst. She went on to seek treatment for drug addiction at Triple Care Farm, describing her three months in the program as 'the hardest times of my life'.

Since graduating from Triple Care Farm, Sam has become a lifelong learner, completing a Certificate in Youth Work and Mental Health, a Diploma in Mental Health Drug and Alcohol and a Degree in Paramedicine. Next year Sam hopes to begin post graduate studies in Chronic Disease Management.

When not hitting the books, Sam also

works full time helping people living with mental illness to manage their weight, physical health and fitness. In this role she draws on her expertise and professional knowledge to inspire, motivate and support others.

'I am so thankful for the supporters of Sir David Martin Foundation. Thank you so much for believing in people like me. My life was gone, but Triple Care Farm helped me to find not only myself, but it gave me direction, purpose, strength and ability.'

We would like to thank Sam for sharing her story and sincerely thank all those who were inspired to give generously in response.

Sam is living proof of what can be achieved through investment in best practice programs – and she is a shining example of hope for other vulnerable young people.

P.S. If you haven't had a chance, visit martinfoundation.org.au to read Sam's story, where you can also watch a short excerpt from her address to the 2019 Triple Care Farm Graduates.

Empowered to independence:

92% of young people treated are engaged in education and employment



More young people will get help



A new youth Residential Rehabilitation program will open in Bateman's Bay, NSW in 2022.

Drawing on the best practice model developed at Triple Care Farm, the new Mission Australia program will be a 10-bed residential facility.

Locations are currently being researched and community engagement will be undertaken to build an integrated care model to incorporate the specific needs that may arise in this area of high demand.

Triple Care Farm's Gabriella Holmes has been promoted to Mission Australia's Area Manager, Alcohol & Other Drug (AOD) South Coast and will oversee both facilities.

The Board of Governors and Foundation staff send heartfelt congratulation to Gab and are delighted that she has received this well-deserved recognition.

The Foundation recognises that more needs to be done for young people in crisis. In August, we will launch a commissioned *Research Report, Evolve 2020: Are we doing enough for young people with drug and alcohol addiction?*

This published evidence has informed a new future strategy, which will be shared on 12 August at a special virtual event to coincide with Sir David's anniversary. If you are interested in attending, please email c.isted@martinfoundation.org.au



Are you ready to reset?

As part of **Youth Recovery Month**, this September we're challenging you to reset your lifestyle and create new healthy habits – all in the name of supporting young people in crisis.

The **Reset Challenge** is Sir David Martin Foundation's fun new online fundraising campaign, which invites everyone to choose a challenge that will help reset their life, commit for 30 days and ultimately form a new positive habit/routine.

Your challenge might include continuing a positive routine you've developed during COVID-19 overcoming a bad habit or maybe trying something completely new to reinvigorate your mind, body or relationships.

Once you've decided on your challenge, it's time to rally your friends, family and colleagues to support you along the way. Share your nominated challenge and ask them to help keep you motivated and accountable for

the month of September and make a donation to help you meet your fundraising goals.

Getting involved is easy:

Simply **register** online, **choose** your reset challenge, **commit for 30 days** and **encourage friends and family** to show support via donations to Sir David Martin Foundation.

Visit martinfoundation.org.au for more details about the **Reset Challenge** and how you can help vulnerable young people reset their lives and have a brighter future.



Some Reset examples might include committing to:

- 30 minutes of **mindfulness** each day
- Being **healthier** by cutting sugar, alcohol or tobacco
- Ditching the screens & **reconnecting** with your kids in new activities
- Replacing the evening wine with a **workout**
- **Making time** to ring, visit or write to someone important in your life
- Carry out random acts of **kindness** (big or small) in your community

COVID-19 delivers change and opportunity



David Martin Place, Triple Care Farm

COVID-19 has changed the way that many of us connect and interact with friends, colleagues and loved ones.

Thankfully, programs at Triple Care Farm have continued throughout the pandemic. The young people and staff have adapted to the new normal, with a range of precautions in place to ensure appropriate social distancing and protect the health and safety of all at the facility.

Here at the Foundation we have had to rethink the way we engage with our supporters and stakeholders – with

many of our planned 2020 events cancelled, postponed or converted to virtual events. The pandemic has challenged us to find new and creative ways to connect digitally, which has presented exciting opportunities to reach new audiences and celebrate the successes of young people with more people than ever before.

As we continue to navigate the unprecedented challenges presented by COVID-19, we would like to thank you for your ongoing support and consideration over the past few months.

To help young people in crisis, our family foundation needs consistent funding.

Regular monthly giving allows us to plan for the future, knowing what funds will be available.

Your gift can be small or large, but we appreciate it monthly even more.

Please see the enclosed donation form, call **(02) 9219 2002** or donate online.

Donate today

martinfoundation.org.au/donate-now



From our GM

Remember 30 years ago when we didn't talk about mental illness? Lots of good things have evolved since 1990 (our founding year) and thanks to more awareness we now recognise the high incidence of mental illness and its impact on individuals, families and the wider community.

However, many of our young people feel judged for the paths they have taken. Risk taking and social drinking are normal for many young people. But those who become addicted often have experienced trauma and poor mental health. These are the young people we help.

The Foundation wants to give a voice to these vulnerable people and share more information about why we do what we do.

If you'd like to hear more about our future strategy, including our latest health promotion, **Youth Recovery Month**, we will be hosting some exciting online events in August and September. Please register your interest via the Foundation website or email:

c.isted@martinfoundation.org.au

Kind wishes

Helen Connealy
General Manager

Country lunches go virtual



Our generous supporters Helen and Margaret Kirby from the James N Kirby Foundation enjoying the virtual Autumn Country Lunch.

Our first virtual Country Lunch event in May was a great success, with guests heading online to share a BYO bowl of pumpkin soup whilst learning more about Triple Care Farm's vital work.

Many thanks to all our wonderful supporters who attended and embraced this new format.

Join us for the next Virtual Country Lunch event on Thursday, 30th July, where you will be joined by Gab Holmes and Clinical Nurse Educator, Beth Horner from the Withdrawal program at David Martin Place. Beth

joined the expert team earlier this year and has a true passion for educating young people. Together Beth and Gab will share latest updates and insights from the Farm and engage in a lively Q&A with attendees. We hope to see you there!

When? Thursday, 30th July at 12pm.

Where? Attendees will receive an email with a link to join the event online

RSVP? Please contact Anna at a.beaumont@martinfoundation.org.au or on **0414 616 804** if you are interested in attending.

Donor profile:

'Why I support Sir David Martin Foundation'



'I do not recall exactly what it was about Sir David Martin that impressed me so much. It may have been his quiet dignity, his energy and cheerfulness or maybe his aura of confidence. No doubt there were other things. He was, as they say, a class act.'

The work of the Foundation, created by Sir David prior to his untimely passing, is focused on helping youth in crisis, in particular, those with drug and alcohol addiction. Addressing this type of significant problem is exactly what you would have expected Sir David to have left as his legacy. The value to society, but more importantly to the individuals themselves, of getting young derailed lives back on track is immeasurable.

I have been really pleased to have been a supporter of the Foundation almost from its inception because I believe in the importance of its work and of honouring Sir David's memory.'

David Richardson, Sir David Martin Foundation Donor

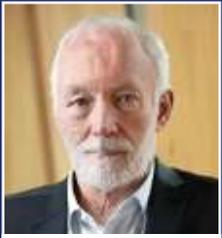


Ingredients

- 3kg butternut pumpkin
- 1 kg sweet potato
- 2ltr chicken stock
- 4 onions chopped
- Nutmeg
- Salt and pepper
- Oil
- Greek yoghurt or Light cream
- Optional cumin / sumac / chilli

Method

1. Dice onions and brown in a shallow pan in oil – then add to slow cooker
2. Peel and de-seed pumpkin, peel sweet potato, then cut each into cubes no bigger than 1 inch
3. Put pumpkin and sweet potato in the slow cooker
4. Pour over 1.5 litres of stock
5. Season with salt and pepper, and a sprinkle of Nutmeg if you like
6. Place on lid of slow cooker and set to low for 8 hours (can be done overnight)
7. Once all soft use a blitzing stick to combine all ingredients in the pot to a soup consistency
8. Season to taste by adding chilli for heat, cumin for earthy tones or sumac for smokiness
9. Blitz last time after seasoning
10. When ready to serve pour in light cream or Greek yoghurt and stir. Enjoy!



Prof. Pat McGorry AO



Dr Suzie Hudson



Gabriella Holmes

'Understanding Youth Addiction' VIRTUAL PANEL EVENT

As part of **Youth Recovery Month** Sir David Martin Foundation invites you to join our 'Understanding Youth Addiction' virtual event.

Moderated by award winning ABC medical journalist, Sophie Scott, the interactive panel discussion will feature an expert lineup, including Professor Pat McGorry AO, Dr Suzie Hudson and Gabriella Holmes to discuss complex issues surrounding youth addiction.

Date? Thursday 17th September 2020, 6-7pm

Cost? Attendance is FREE but registration is essential

Register? Email c.isted@martinfoundation.org.au or register your interest via martinfoundation.org.au



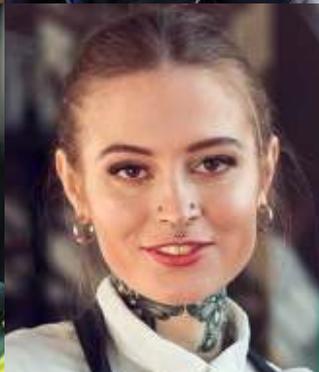
Sir David Martin Foundation's most thrilling event will be back in 2021 – bigger and better than ever!

Participants will have the chance to zipline, abseil (or both) 130 metres over Pitt Street Mall in the heart of Sydney's CBD.

When? Wednesday 24th & Thursday 25th March 2021

Funds raised help young people in crisis.

To find out more about **Abseil for Youth 2021** email c.isted@martinfoundation.org.au



Celebrating 30 years of support for young people in crisis

