Outback Futures

Annual Report 2019

outback futures

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Outback Futures would like to acknowledge Agi Davis Photography for the images throughout this report.

> We are now powered by a team of 36 people, all passionate about and committed to our outback family.

On behalf of the board and the Outback Futures team, we are pleased to present our Annual Report and share with you some highlights of the journey that has been the 2018/19 financial year.

What an exciting year it has been for Outback Futures in terms of growth and development: deepening relationships, expanding services and strengthening donor partnerships, as well as many new and dynamic opportunities.

12 months on, we continue to have many of our communities battling ongoing drought with all the enormous challenges that brings in terms of personal wellbeing and business management. Additionally, the commencement of 2019 saw the catastrophic flood event in the North West, with Outback Futures being supported by Alliance Airlines to be on the ground and responding to the need in new regions, through a newly formed partnership with the Mount Isa School of the Air community.

Our growth and development would not be possible however, without the dedicated and increased support of our key funding bodies and community supporters. This last year has seen the Tim Fairfax Family Foundation make a further, powerful three and a half year commitment to support Outback Futures' capacity to the tune of $1.1 million dollars. We have also deepened our connections with other supporters including The John Villiers Trust, Vanderfield and IOR Petroleum. We feel so fortunate to have the support of such dedicated, like-minded organisations.

We are now powered by a team of 36 people, all passionate about and committed to our outback family. The demand for appointments is growing rapidly, both at our Resilience Clinics and via our Stay With Me video connect program, and our clinical team continues to rise to the challenge. The logistics to make this happen however are never easy, particularly when dealing with such challenges as group travel and limited bandwidth, but our dedicated program and office teams have ensured best practise and quality service.

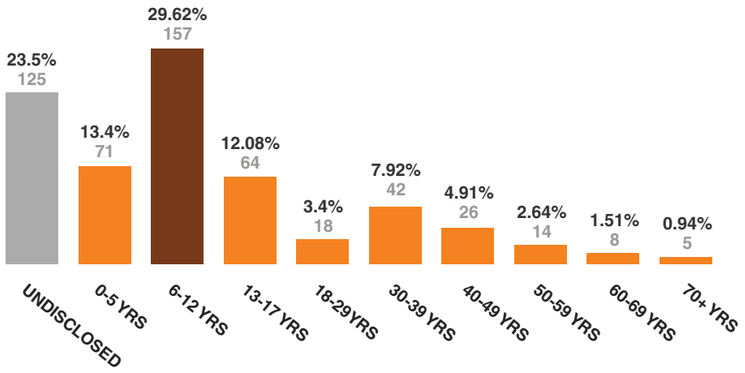
It is such a privilege to be journeying with children, individuals and families as they experience the hope and change that can result from seeking help and receiving quality, consistent service. Outback Futures is all about seeing people, families and communities gain hope and confidence around their mental health and wellbeing, and there is no question that we are seeing some real change. This is powerfully exemplified through an exciting partnership in the innovative and community driven, mental health and wellbeing initiative in the Barcaldine Region, called HEAD YAKKA.

Thank you so much to our team of clinicians and our amazing office staff for your dedication and talent and to our donors and supporters for your faith in us, and contribution to making a difference for people living in remote communities.

Peter Whip
Board Chair

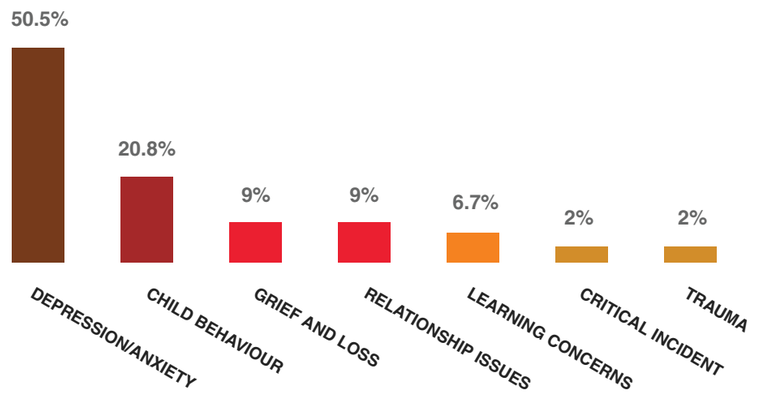
Selena Gomersall
CEO

Client Ages

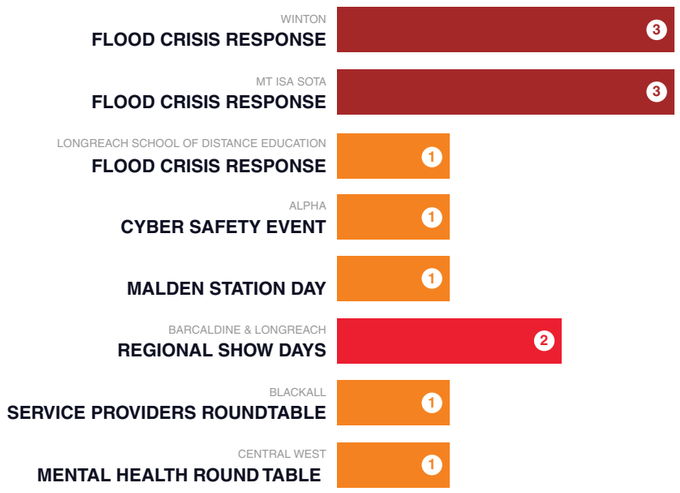


Total clients directly serviced : 530. 23.5% of clients chose not to disclose their age.

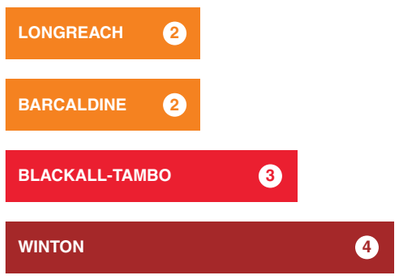
Reason For Client Intake



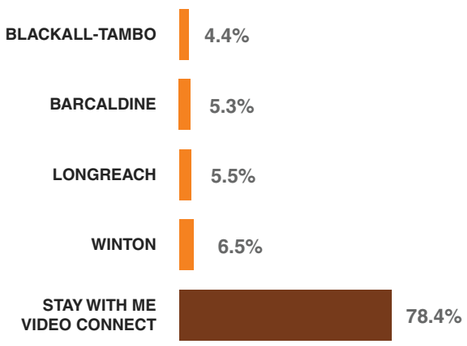
Responsive Community Events



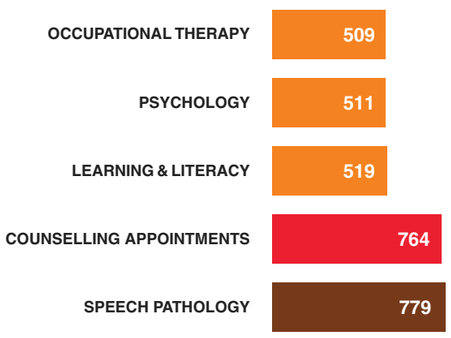
Scheduled Resilience Clinics



Appointment Breakdown By Region

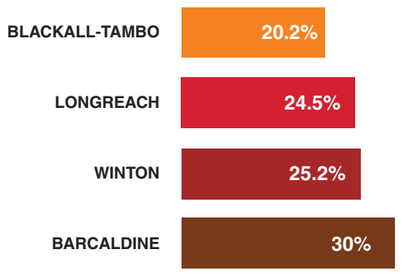


Appointment Breakdown By Clinical Specialty



Note: Total appointments: 3082

Face-To-Face Appointment Breakdown By Region



Note: Excluding Stay With Me video connect i.e. face-to-face appointment delivery only.

Growth In Total Consultations 2018-2019

	2018	2019
MARCH	125	382
APRIL	103	177
MAY	200	401
JUNE	256	331

Note: we only started collecting this data from March 2018 onwards

NEW INITIATIVES TRIPS
Barcaldine Head Yakka

5 Council Depot presentations.

2 community round table meetings.

1 council management workshop

$35,519

INVESTED BACK INTO COMMUNITIES

through accommodation, food and incidentals.

$72,460

SPENT ON AIRFARES

for clinical travel.

217,690

KILOMETRES TRAVELLED BY AIR

for clinical visits.

163 DAYS

OF CLINICAL SERVICE DELIVERED

in all of our partner communities

73 VISITS

BY OUR CLINICIANS

out to rural communities across remote Queensland

713

FACE-TO-FACE ASSESSMENTS

& appointments facilitated in communities.

A closer look at what we achieved in 2019

WE REFINED OUR MODEL

> 12 months on, we continue to have many of our communities battling ongoing drought with all the enormous associated challenges.

The Outback Futures Community Facilitation Model evolved organically in the bush and is committed to a bush informed agenda. It is a strategic developmental approach to long term suicide prevention, based on genuine community engagement and trusted relationship.

This model is about facilitating a new story of community wellness by establishing a collective vision for positive mental health and wellbeing across entire communities, through safe and accessible—in-person and remote—clinical support.

Working at the individual, community and agency levels enables meaningful, positive and long term change for our outback communities.

“Every community has a journey and a story that is unique, and we know that no single solution will respond to all the enormous associated challenges across our diverse remote communities. The Outback Futures model creates a space for communities to work collaboratively to identify the key issues facing their people, and design a solution to address these issues in partnership with Outback Futures”.

Selena Gomersall CEO, Outback Futures.

Outback Futures **Community Facilitation Model**

The Outback Futures Community Facilitation Model™ is a unique, long term approach to suicide prevention and better mental health outcomes (including disaster impact-proofing) for rural and remote communities. By prioritising and addressing social-emotional and developmental issues in children and families, Outback Futures is investing in a preferred future for our rural and remote populations.

Community Initiated Engagement → 12 months to 3 years → **Co-Designed Intervention** → Up to 10 years → **Community Owned & Driven Future**

Disaster Recovery

Personal Experience/ Referral

Critical Incident

1. Invitation to Respond

3. Uniquely Tailored Combination of:

2. Focussed Genuine Community Engagement

Multi-Disciplinary Face-to-Face Clinics

Consistent, Regular, Remote Telehealth

Critical Incident Support

Mobilisation

Child/ Family

Community

Agency

HEAD YAKKA

Working together for OUTBACK MENTAL HEALTH AND WELLBEING

A community-based and led program to reduce suicide and build long-term resilience

Rural and Remote Long-term, Community-Driven Suicide Prevention and Disaster Impact-Proofing

WHAT MAKES THE OUTBACK FUTURES RESPONSE UNIQUE? Developed in the bush – combined bush and city governance with a bush-informed agenda | Longevity & experience of workforce + safety/anonymity from extended FIFO approach | A developmental and intergenerational approach to community mental health | No referral restrictions or requirements | Producing change from within

outback futures COMMUNITY FACILITATION MODEL™

WE STRENGTHENED COMMUNITY PARTNERSHIPS IN CENTRAL WEST QUEENSLAND

In 2019, we continued deepening connections with our four existing partner communities in Central West Queensland. Through our Community Facilitation Model we have worked with these communities, evolving and adjusting our response according to their articulated needs and priorities.

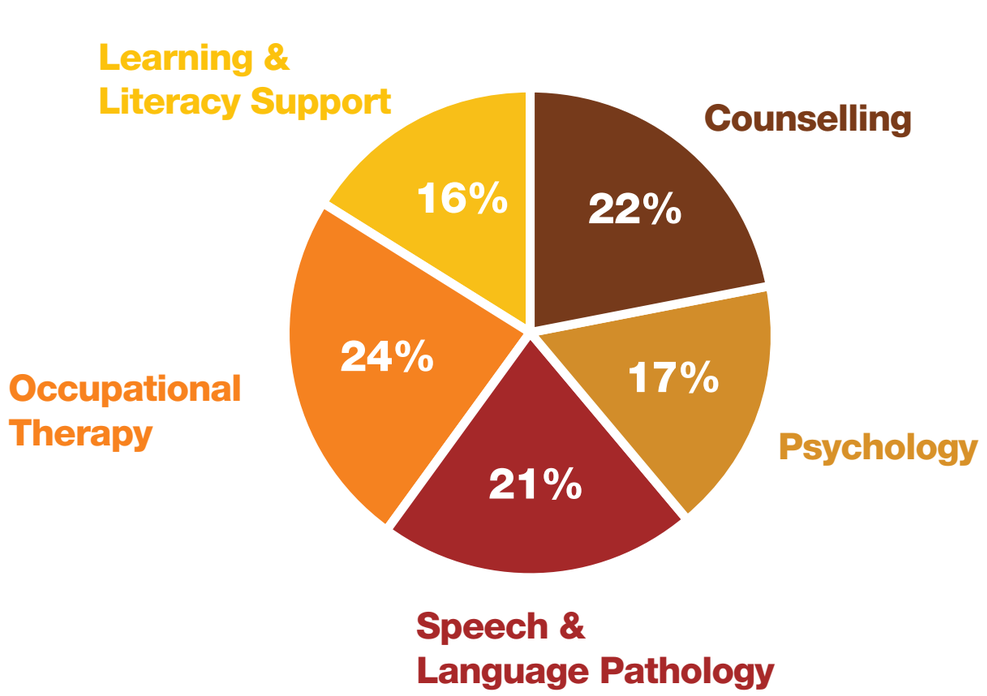
Here's a snapshot of what we've been working on with each of these communities:

Barcaldine Region

Alpha - Aramac - Barcaldine - Jericho - Muttaburra

Barcaldine Region Clinics continue to be huge and exciting events on our Outback Futures calendar, with the five towns requiring a team of up to 17 practitioners dedicated to meeting demand for appointments last year. The five Barcaldine Region communities we work with (Barcaldine, Alpha, Jericho, Muttaburra, Aramac) have fully embraced the opportunity for consistent and trusted service provision and our team is kept at capacity as we work together to improve outcomes for individuals and families.

The recent emergence of the HEAD YAKKA program in this region has exemplified this by adding a new dimension of community involvement and energy around long-term change in health and wellbeing for all ages. Last year, 30 percent of all Outback Futures' face-to-face appointments were facilitated in the Barcaldine Region. We are proud to be journeying alongside the Barcaldine Region and thank each of the communities for their commitment to achieving better mental health outcomes in the region.



11 **CLINICAL TEAM MEMBERS**

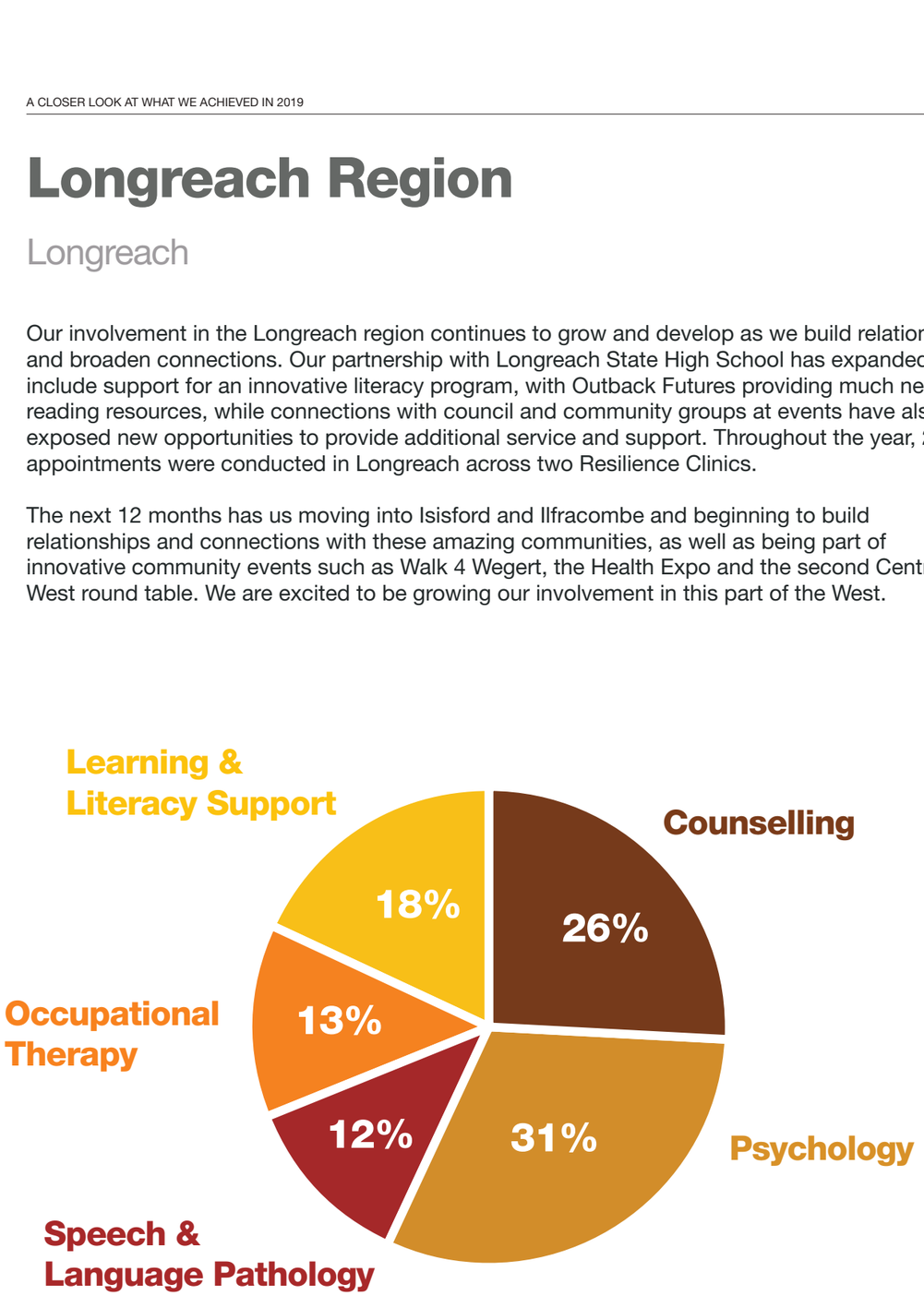
Working regularly with clients in the Barcaldine region

Longreach Region

Longreach

Our involvement in the Longreach region continues to grow and develop as we build relationships and broaden connections. Our partnership with Longreach State High School has expanded to include support for an innovative literacy program, with Outback Futures providing much needed reading resources, while connections with council and community groups at events have also exposed new opportunities to provide additional service and support. Throughout the year, 236 appointments were conducted in Longreach across two Resilience Clinics.

The next 12 months has us moving into Isisford and Ilfracombe and beginning to build relationships and connections with these amazing communities, as well as being part of innovative community events such as Walk 4 Wegert, the Health Expo and the second Central West round table. We are excited to be growing our involvement in this part of the West.



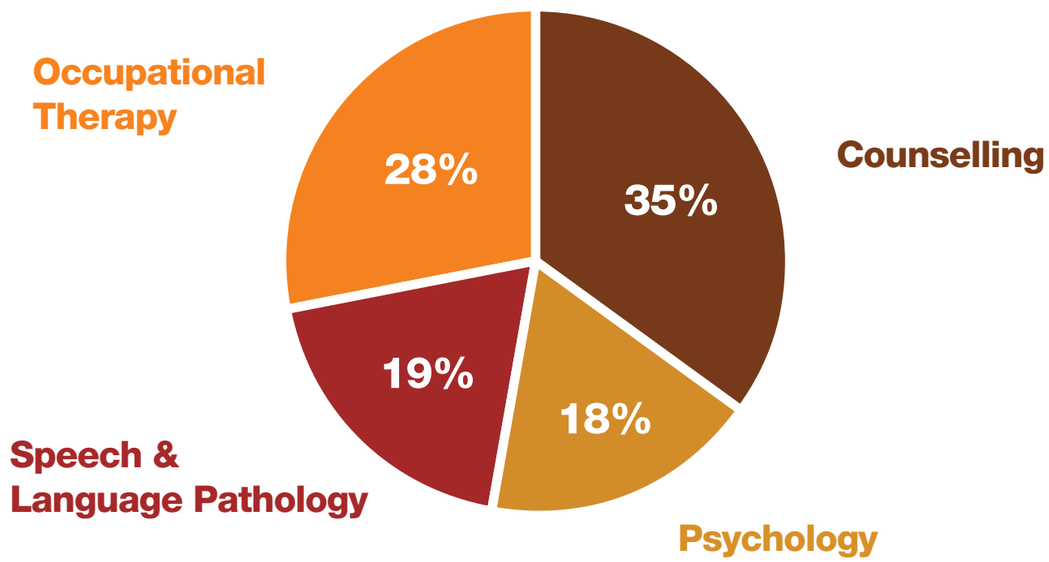
11 **CLINICAL TEAM MEMBERS**
Working regularly with clients in the Longreach region

Winton Region

Winton

Outback Futures' relationship with Winton has deepened over the last 12 months, particularly with requests for increased support in response to the catastrophic flooding event early in 2019, that impacted so many in this amazing community. Our team responded to an invitation to travel to Winton immediately after the event, working closely with other agencies to ensure the community had consistent and accessible support during the crisis. This initial trip established the relationships and trust required for ongoing support which saw the Outback Futures Winton team deliver three subsequent Resilience clinics and participate in other great community initiatives such as 'Gems of the West'. The provision of access to ongoing, reliable support in the wake of these devastating events is crucial to the mental health and wellbeing of these entire communities.

Our dedicated multidisciplinary Winton team has been at capacity, supporting children and families through many of the schools, childcare centre and neighbourhood centres in this region offering workshops, assessments and regular support. Working with the people of the Winton Region has been such a privilege as this area becomes more proactive around mental health and wellbeing.



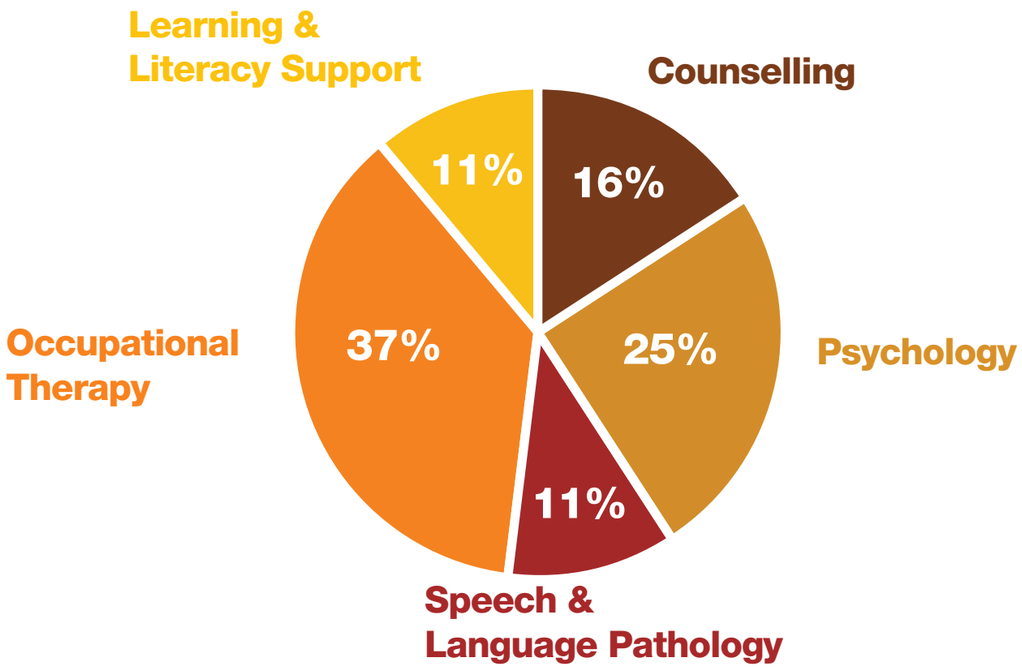
6 **CLINICAL TEAM MEMBERS**
Working regularly with clients in the Winton region

Blackall-Tambo Region

Blackall - Tambo

The Blackall-Tambo Regional Council and community have been very committed over the past year to supporting the work of Outback Futures throughout the region. Our team has deepened its relationships with all facets of the communities from the medical centres through to the child care centres, and has also begun working to support local initiatives being driven by the Neighbourhood Centre. Our team is proud to be working with community advocates to support the planning and delivery of training and workshops across a variety of mental health and wellbeing topics.

We were also fortunate enough to receive a small grant towards specific costs of program delivery from the Blackall-Tambo Regional Council, which included being granted access to the local hostel to accommodate our clinical team during our visits. This region is certainly becoming more proactive and passionate about mental health and wellbeing, and we are looking forward to responding in the coming year, with requests from council to explore how we can encourage a more intentional and holistic community response to long-term wellbeing.



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CLINICAL TEAM MEMBERS

Working regularly with clients in the Blackall-Tambo region.

WE RESPONDED TO THE FLOODS AND ESTABLISHED A PARTNERSHIP WITH MOUNT ISA SCHOOL OF THE AIR

Embracing change and dealing with loss can be challenging at any time, but particularly when recovering from the unexpected and harrowing circumstances faced by our North West families following the catastrophic flood event in February.

Outback Futures was provided with some initial funds by Alliance Airlines and asked to provide much needed support to flood-affected communities. In order to maintain the integrity of our model and consistency of service, our initial response was focussed on the Mount Isa School of the Air community. Our work has provided wrap-around service offering support, education and strategies to help encourage people to prioritise taking care of themselves and their family's mental health and emotional wellbeing.

Outback Futures has committed to a dedicated process of engagement, ensuring that we are listening and responding to local voice which tells us what kind of support and mode of delivery is most useful and appropriate. Our passionate North West team has been connecting with families through School of the Air events, working primarily in Normanton, Julia Creek and Cloncurry.

It has been a privilege to get to know families, hear their stories, and witness their sense of shared strength, courage, and hope in rebuilding and identifying their "new normal", and pathways for the future. Amongst this quiet fortitude, there are stories of incredible loss and grief, and an awareness that these new beginnings are the first steps on a long and difficult journey to recovery. For many, taking time out to pause and reflect on the magnitude of their recent experience and contemplating an uncertain future can be scary, and seem unnecessary. However, in the long term, taking this time will give the mind and body time to process and heal.

It is our intention to stay connected with families, and continue to strengthen out relationships with the broader Julia Creek and Cloncurry communities with additional funding contributions from our partners. As we are gaining a deeper understanding of the challenges communities are facing in their future recovery, we will continue to be responsive to the needs identified, and work collaboratively to support these families as they establish their new beginnings and face the long road ahead towards recovery.

HEAD YAKKA

Working together for

OUTBACK MENTAL HEALTH AND WELLBEING

WE LAUNCHED A NEW COMMUNITY INITIATIVE "HEAD YAKKA"

After years of crippling drought and social, emotional and economic struggle throughout the region, the Barcaldine Regional Council has developed a vision around strengthening the mental health and wellbeing of their communities for the long term. This year "HEAD YAKKA" was born. HEAD YAKKA is an innovative three-way collaboration between the Barcaldine Regional Council, The University of Southern Queensland's Institute of Resilient Regions and Outback Futures and while this program is very much in its infancy, there are some exciting plans for the year ahead.

HEAD YAKKA is a long-term community-based and led program aimed at developing a culture of holistic wellbeing that prevents self-harm and suicide and builds genuine intergenerational and long-term resilience.

> "My dream is that one day Head Yakka is a nation-wide program getting results for rural communities all over Australia."

HEAD YAKKA: a unique approach.

- Born in response to local initiative.
- A place-based approach drawing on existing networks and resources
- Strategically affecting generational change
- High community visibility and engagement
- Addressing the whole person in their whole community

HEAD YAKKA has a unique, community-driven impetus, with solid clinical backing and an experienced, high quality evaluative process built in from the outset. It will be an innovative, replicable and scalable program that will lead the way in positive long-term change for rural and remote mental health and wellbeing. Outback Futures is proud to be partnering with the Barcaldine Regional Council and the University of Southern Queensland to achieve a shared 10-year vision for transformational change in mental health and wellbeing. We are looking forward to what the next 12 months will bring in terms of community ownership and initiative as we gain momentum with the HEAD YAKKA program.

"It makes me so personally satisfied to see Barcaldine Regional Council and Outback Futures starting to get traction on the ground, both within our workforce and the wider community, in terms of our holistic wellbeing initiative "Head Yakka". Our strong advocacy for this initiative also appears to be working, with both state and federal governments now interested in what we are doing, as are neighbouring communities and other employers within our region. My dream is that one day Head Yakka is a nation-wide program getting results for rural communities all over Australia"

Steven Boxall, CEO Barcaldine Regional Council

WE SECURED MULTI-YEAR CAPACITY SUPPORT FROM THE TIM FAIRFAX FAMILY FOUNDATION

> We are proud to partner with Outback Futures as they continue to work closely and compassionately with communities.

In February, our team received confirmation that the Tim Fairfax Family Foundation (TFFF) had approved our application for capacity support across four financial years to the value of $1,165,000. Over the past three years, TFFF has been an avid supporter of Outback Futures and has partnered with our team to help us build a solid foundation for growth. We are delighted to continue to grow this partnership with TFFF and look forward to sharing the success of this investment in the years to come.

"The Tim Fairfax Family Foundation has been pleased to support the work of Outback Futures since 2016. We have heard first-hand about how they have empowered people to stand up to the challenges of living on the land- as individuals, families and communities. We are proud to partner with Outback Futures as they continue to work closely and compassionately with communities, supporting wellbeing and building on their strength and resilience to embrace both the challenges and joys of living in rural Queensland."

Tim and Gina Fairfax, Tim Fairfax Family Foundation.

WE HOSTED OUR THIRD IMMERSION TRIP

One of the ongoing challenges we have experienced as an organisation is to connect our city-based supporters with the stories and experiences of our outback communities. Last year we launched a new initiative to help build this understanding by taking friends of Outback Futures on a 24 hour Immersion Trip to our partner communities.

This year, we hosted two Immersion Trips. The second trip, hosted in May, saw us invite six friends of Outback Futures to join us for an overnight trip to Barcaldine and Longreach for an authentic outback experience. Departing Brisbane in the early hours of the morning, our guests were flown to Barcaldine and Longreach on a chartered plane generously donated by our long-term supporters at Vanderfield.

Over the course of the day, we had the privilege of hearing directly from a small group of people from the Barcaldine community who have received support from the Outback Futures team, as well as from Pam Seymore (Learning & Literacy Specialist, Outback Futures) and Brendan Kreuger (Principal, Longreach State High School).

For the evening, the group was generously hosted by our Chairperson, Peter Whip and his wife Raeleen on their property, 'Royston', complete with shearer's quarters accommodation, a property tour, a bonfire and of course plenty of frogs in search of water. After a 5am wake up call, our guests were treated to an outback breakfast in the main farmhouse with sunrise views before jetting back to Brisbane in time for the work day.

These Immersion Tours are invaluable in their power to connect friends of Outback Futures with the individuals we work with and the challenges faced by so many of our rural and remote communities. We would like to thank our guests Kevin Boyle, Gina Fairfax, Tim Fairfax AC, Ian Galloway AM, Scott McMillan, Danny Sheehan and Courtney Talbot for donating your time to join us on this journey and for your ongoing support of our programs.

We would like to extend our gratitude to everyone who made this Immersion Trip possible: our community representatives who bravely shared their stories, Vanderfield for the generous use of their plane for the 24 hours, Peter and Raeleen Whip for showing true country hospitality and everyone else who played a part in this outback experience.

WE CONTINUED STRENGTHENING OUR CLINICAL GOVERNANCE

This year has seen Outback Futures invest significantly in new clinical governance processes to ensure best practice and quality care for our clients and communities. We kicked off the year with inservice training for all staff, to update data management procedures and clinical reporting standards with regular audits scheduled to ensure high standards of clinical reporting. The mid-year team retreat included 'child safe' training and revision of associated policies for the clinical team, to ensure everyone is up to date and operating with uniform expectations and standards. Outback Futures' case conferencing guidelines have also been revised and updated to ensure high levels of confidentiality and best multidisciplinary practice.

There has been a commitment to having all key non-clinical staff trained in Mental Health First Aid and this has been implemented in the first half of 2019.

With increasing demand for service and major organisational growth, a commitment to the highest standards of clinical governance moving forward, has been made. This has resulted in planning for the establishment of a formal 'clinical governance committee' with representatives from across the disciplines, that will meet regularly, ensuring more comprehensive and accountable service delivery. The inaugural meeting of this group is planned for before the close of the 2019 calendar year.

WE ADVOCATED FOR BETTER RURAL AND REMOTE MENTAL HEALTH SERVICES

The last 12 months has seen some exciting opportunities for Outback Futures to be speaking into the rural and remote mental health context through various conferences, roundtables and interagency collaborations. With natural disasters, rising suicide rates, and a growing focus on mental health both nationally and globally, this is a key space for Outback Futures to be participating in. The Outback Futures Community Facilitation Model is a unique approach for rural and remote communities and has the potential to make a significant contribution to long-term, intergenerational changes.

A few highlights of our work in the advocacy space have been:

The National Rural and Remote Mental Health Symposium and the Global Implementation Summit, Melbourne.

The Global Implementation Summit offered an exciting opportunity for Outback Futures to be part of a panel, leading discussion around the challenges of implementing evidence based programs in unique contexts such as 'rural and remote'. A powerful dialogue resulted between implementation scientists, implementing organisations and practitioners, around balancing the critical rigour of research and evaluation with the need to be relevant and accessible to a wide range of population contexts and demographics. To have the Outback Futures Community Facilitation Model speaking into these conversations was an important and exciting progression for our work.

National Drought Task Force, Sydney & Brisbane

As much of Queensland and beyond continues to battle the worst drought in recorded history, the Federal Government is working to better understand the challenges this type of disaster creates for communities, and how best to respond in meaningful and impactful ways, through the engagement of a Drought Task Force. Outback Futures was invited to present to, and participate in Major General Stephen Day's National Mental Health round table meetings, as stakeholders and agencies from around the country gathered to discuss the needs and challenges of our communities and develop recommendations to the Prime Minister moving forward.

Central West Mental Health Round Table, Longreach.

On a more local level, Selena Gomersall and Peter Whip represented Outback Futures at the West Queensland Primary Health Network's inaugural Mental Health Round Table, commissioned by the Remote Area Planning and Development Board (RAPAD) in Longreach.. This event provided a unique opportunity to bring all key mental health players in the Central West together as "Team Central West" with the aim of working more effectively together to identify service needs and gaps. The ultimate goal of this Round Table was to establish a more collaborative approach to providing comprehensive and integrated mental health and wellbeing support to individuals and communities in the Central West. It was the inaugural event, with plans to ensure this collaboration is sustained through annual round table forums.

> Outback Futures is committed to long term and consistent support for the recovery process, and working with our families and communities to develop genuine skills, strategies and processes for long-term resilience.
>
> There is a sense that as the relationship with Outback Futures continues, the willingness of families to embrace the process of recovery will grow as trust and engagement with the team ripples through this geographically diverse landscape. Over time, more will access the professional training and support for long-term resilience.
>
> -- **Janeen Fricke**
> Principal Mt Isa School of the Air

WE PITCHED AT A CROWDFUNDING EVENT

In June, Outback Futures was selected as one of three organisations to pitch at The Funding Network's Brisbane event hosted by Deloitte. Standing alongside two remarkable organisations, Library For All and Peach Tree Perinatal Wellness, our CEO Selena Gomersall did a fabulous job engaging with the crowd and sharing the experiences of our team in outback Queensland and our mission to improve mental health in outback communities. By the end of the night, over $41,000 was raised for Outback Futures alone- no small feat for a Tuesday night! As well as the cash component, Outback Futures was approached by two creative agencies, Link Pixel and Studio Hyphen which both offered ongoing in-kind support. Since June, Link Pixel has helped us launch a brand new website and Studio Hyphen has helped redesign and develop new communications materials for our communities and supporters, including this annual report!

A heartfelt thanks goes to The Funding Network, Link Pixel, Studio Hyphen and all the wonderful donors who chose to support Outback Futures in hope of realising better mental health outcomes for our outback family.

THE FUNDING NETWORK AUSTRALIA

LINK.PIXEL DIGITAL BUSINESS

studio hyphen.

The people that make it all possible

Our Team

Clinical Team: The ones you'll see in the community

Psychology & Counselling

Gavin Brown
Psychologist

Jeanne Currie
Educational Psychologist

Wendy Ferguson
Counsellor

Tom Greer-Smith
Psychologist with Provisional Registration

Pauline Guthrie
Counsellor

Laura Healy
Psychologist with Provisional Registration

Kathy Jones
Counsellor

Adrienne Miller
Educational Psychologist

Pauline Ogilvy
Educational Psychologist

Wendy Soares
Counsellor

Rae Turner
Counsellor

Helen Wilkinson
Counsellor

Speech & Language

Alex Callins
Speech & Language Pathologist

Jenny Franklin
Speech & Language Pathologist

Sunshine Macdonald
Speech & Language Pathologist

Occupational Therapist

Nataya Branjerdporn
Occupational Therapist

Zac Jessup
Occupational Therapist

Lara Moes
Occupational Therapist

Jaiden Patience
Occupational Therapist

Tessa Sutherland
Occupational Therapist

Rachel Marshall
Occupational Therapist

Learning & Literacy

Shelley Ringelstein
Learning Specialist

Pamela Seymore
Learning Specialist

Helen Stuart
Learning Specialist

Programs Support Team: The ones helping connect you with the right person

Lucy Harriman
Intake Officer

Annita Irving
Clinic Coordinator

Corporate Services Team: The ones doing the accounts and IT work

Travis McAuliffe
Accountant

Vernita Dale
Finance Officer

Brian Moes
Information Systems Integrator

Alice Middleton
Caretaker

Programs Leadership Team: The ones who make the clinics and clinical work happen

Louise Middleton
Programs Manager Clinics

Wendy Phillpotts
Programs Manager Stay With Me

Tracey Cronin
Clinical Director & Psychologist

Peter Trask
Community Engagement Psychologist

Executive Team: The ones developing the organisational strategy and enabling growth.

Selena Gomersall
Chief Executive Officer

Rhys Tregenza
Executive Manager

Victoria Allison
Business Development Director

Scott Dale
Finance Committee Consultant

Board of Directors: The ones making sure we're holding true to our mission and doing it in the right way

Peter Whip
Chairperson

Nathan Donovan
Director

Simon Gomersall
Director

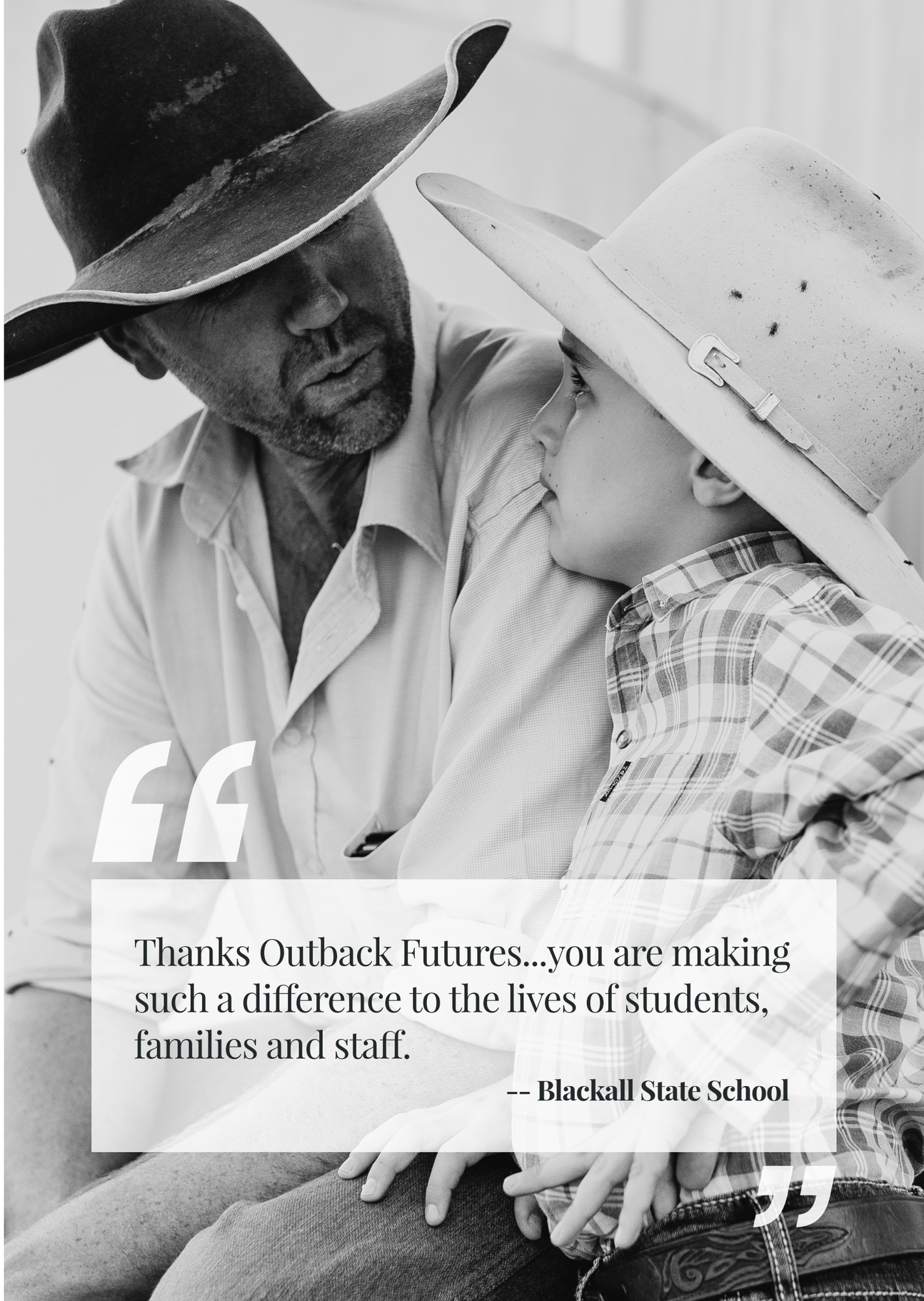
Wayne Middleton
Director

Tony Simmons
Director

Sue Vandersee
Director

Chris Thomas
Westpac Board Observer Program

Elaine Jacobie
Director



> Thanks Outback Futures...you are making such a difference to the lives of students, families and staff.
>
> -- Blackall State School

Meet Jeanne Currie

Educational Psychologist Extraordinaire!

Jeanne is a qualified Educational Psychologist with a range of experience working as a school teacher in South Africa and England in addition to ten years experience with child and adolescent counselling and psychology. Throughout her professional journey, Jeanne has worked collaboratively with young people, their families, school teams and other professionals to assess, develop and implement individual support plans. Much of her work in New Zealand was focused on youth mental health including low mood, anxiety and body image.

> When you are the consistent and reliable ‘face’ they see over time, the relationship starts to form, and trust develops

Jeanne was drawn to work with Outback Futures based on the opportunity to connect meaningfully with young people in remote areas. Working predominantly with young people aged 12 years and older, Jeanne facilitates individual sessions as well as group workshops and presentations. These workshops present an opportunity for Jeanne to connect with the parents, carers and teachers of the individuals she works with, to consolidate strategies and build the capacity of everyone in the community to manage things such as anxiety, body image and valuing self. By working with different school groups and families, Jeanne is able to tailor her workshops to address the key issues facing each individual client group. Of all the aspects of her job as an Educational Psychologist, Jeanne loves the fact that she gets to travel to the outback and connect face-to-face with communities whilst continuing to provide remote support once she gets home.

“I have found that young people are similar anywhere you go, the main difference may be the environment around them. Some young people are more open about their current difficulties and others take a while to open up. I think the main difference is the access to and frequency of service for young people requiring moderate mental health support. Early access, i.e. initial presentation of mental health difficulty, can make a huge difference and mean that young people can develop and implement strategies resulting in mood improvement and a shift in their wellbeing trajectory.

From my experience over the years, I have noticed that communities can take a while to open up, as they may be familiar with certain organisations and people coming and going. When you are the consistent and reliable ‘face’ they see over time, the relationship starts to form, and trust develops.” Jeanne Currie

“Jeanne is such an asset to the Outback Futures team. She brings a real commitment to providing best practice and high standards for our remote communities and has a genuine passion for seeing young people and their families reach their potential. Jeanne’s capacity to work skillfully with groups, and deliver service in a workshop format, gives her approach a very empowering edge, as she equips and resources the people and community in a way that will make a long term difference” Selena Gomersall CEO.

Our Partners

Our strategic solution to suicide prevention and improved mental health and wellbeing in outback communities relies on a diverse group of partners. 2018-19 has been a year of major growth in partnerships for Outback Futures across all areas. We are proud to be partnering with a range of dedicated organisations who are all passionate about achieving better outcomes for outback Australia.

Philanthropic

Collier Charitable Fund

John Villiers Trust

Marian & E.H. Flack Trust

Tim Fairfax Family Foundation

Westpac Foundation

Corporate

Alliance Airlines

GBA Consulting

Olssons

Vanderfield

Corporate Snapshots

IOR Petroleum

IOR is supporting Outback Futures to help renew hope in outback communities. Together we're building resilience and strengthening mental health and wellbeing. IOR is a family-owned integrated supplier of fuels to regional, rural and remote Australia. From IOR's humble beginnings in 1984 as a small oil refinery in the far western Queensland town of Eromanga, they've developed a strong connection to the heartbeat of regional Australia and her people from the bush to the beach. They are passionate about making sure their hard working customers can fuel up their equipment, fleet, and aircraft so they can keep going - and use IOR's technology to reduce administration costs so they can keep growing.

IOR's approach is built on community and having the integrity to do the right thing. IOR is determined to push the bar, innovate, and continue to help, develop and grow Australian communities. Outback Futures is proud to be associated with an organisation like IOR Petroleum and looks forward to strengthening this relationship in the coming years.

Snap Milton

Snap Milton always goes above and beyond what we ask of their team and generously provides us with the highest quality printed materials for our communities and supporters. Thank you to Cynthia, Susan and the team at Snap Milton for your ongoing wisdom, experience and support.

Westpoint Autos

Westpoint Autos has generously provided the Outback Futures team with two fabulous 4WD vehicles fitted with accessories that are based in Longreach for use during clinics. When our clinical teams land in Longreach, the two cars are ready and waiting to take us around town for clinical appointments. Thanks Westpoint Autos for getting our clinicians safely from point a to point b.

Event

One Girl Studio

Three Girls Skipping

Queensland Bulls Masters

Government

Barcaldine Regional Council

Blackall-Tambo Regional Council

Longreach Regional Council

Mount Isa School of the Air

Remote Area Planning And Development Board

West Queensland Primary Health Network

Winton Shire Council

Community

Scripture Union Queensland

The Funding Network

Uniting Care Queensland

In-Kind

Sheehan Events

The Sheehan family have been long-term supporters of Outback Futures and continue to provide much needed advocacy and support. Whether its cleaning and maintaining our Outback Futures cars in Longreach or dedicating community fundraising events to Outback Futures, Danny and Julie's dedication to Outback Futures is so appreciated. Thank you for your support!

Link Pixel

After generously donating to Outback Futures at The Funding Network event, James Webb and his team met with Selena to discuss how they could help Outback Futures build a stronger online presence, including guiding us through the development of a new website. Over the following months, James, Hazel and the team at Link Pixel were a fountain of knowledge for our team as we pulled together our new website. The time and energy given by the Link Pixel team to this project was unbelievable. For a medium sized not-for-profit organisation, this level of in-kind support is invaluable in helping us reach new audiences and communicate more effectively with our communities. A heartfelt thanks goes to the team at Link Pixel for their contribution to Outback Futures and our partner communities.

Studio Hyphen

After introducing himself to the Outback Futures team at The Funding Network event in June, Sandy Lokas, Managing Director of Studio Hyphen, was interested in exploring how he could contribute to our work using his graphic design and communications skills. After just a few weeks, Sandy and his team had already helped us redesign our e-newsletter template, developed a new community engagement brochure and offered to help design this year's annual report. Studio Hyphen's expertise, passion and generosity are so incredibly valued by the team at Outback Futures. Thank you to the team at Studio Hyphen for all you've done and continue to do for our outback families.

The financials

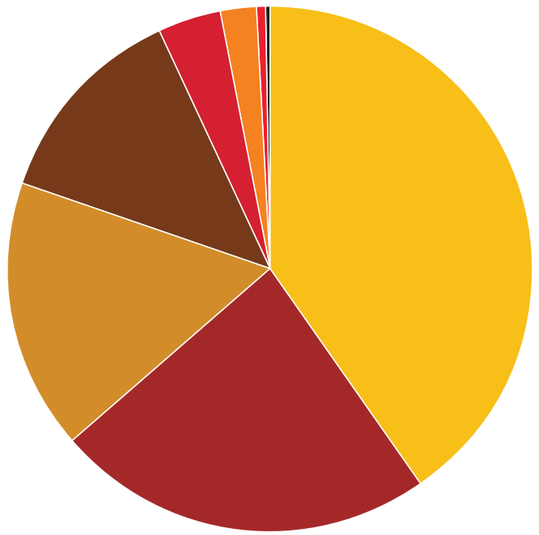
Our corporate services team works tirelessly to ensure our books are balanced, our team is paid on time and our supporters are acknowledged.

After her morning cycle to work along the river, Vernita Dale, our resident Finance Officer sorts through our donations, coordinates payroll and helps manage everything finance-related. She also monitors our team coffee intake. If you have a question about a donation or receipt, Vernita is usually the one who you'll be put in touch with.

2018-19 saw major growth in income, with our total revenue growing by just under 100 percent thanks to the dedication and generosity of existing and new philanthropic, corporate, community and government partners.

Income Breakdown

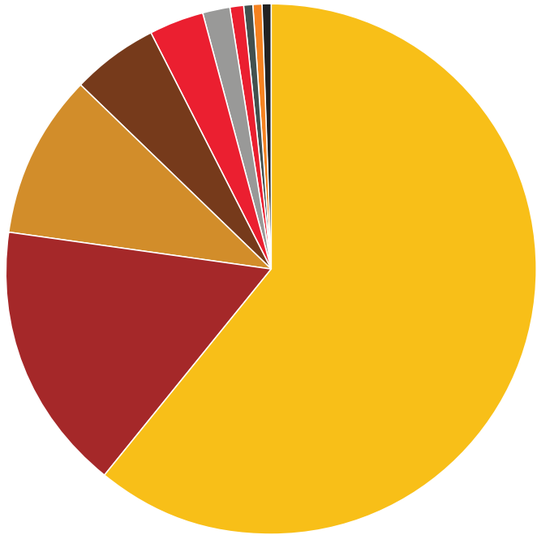
Philanthropic Gifts & Grants	$600,500
Government Grant	$350,000
General Donations	$246,443
Corporate Sponsorship	$190,000
Fee for service	$59,106
In-kind	$34,273
Events	$5,625
Miscellaneous	$3,383
Total	**$1,489,330**



Increased demand for our services this year led to a 121% increase in expenditure compared to the previous financial year. The addition of new clinical and office staff was required to allow for major growth in service delivery to our existing partner regions and our new, most remote region of Mount Isa. This year, Outback Futures established several new partnerships which have provided in-kind support to reduce costs associated with operations. Outback Futures aims to minimise costs where possible, however, our priority is to continue providing outback communities with quality, consistent care and support and we will ensure that this is never compromised.

Expenditure Breakdown

Employee expenses	$753,667
Travel expenses (airfares, accommodation etc)	$204,183
Clinical expenses	$122,277
Office expenses (rent, supplies, repairs, non-clinical expenses)	$65,229
Marketing & Fundraising	$42,682
IT expenses	$19,986
Other	$9,536
Fees, insurance	$7,824
Banking & Finance	$6,844
Consultants	$4,490
Total	**$1,236,718**



> Outback Futures are a wonderful service that provides professional skills to us out in the rural remote areas. We have suffered a catastrophic disaster this year and this business has been there to help many families and I. This service needs to continue its fantastic service to these isolated areas.
>
> -- Parent

What's in store for 2020

We can already tell the next 12 months is going to involve further growth and expansion for Outback Futures. Demand for support continues to increase, invitations from new regions are emerging and an expansion of commitment and vision around mental health has already been articulated by some of our partner communities. Alongside the development of services and implementation of our model, however, is a growing urgency to engage with policy and process at Federal, State and Local Government levels, around shifting long-term mental health and wellbeing outcomes for our rural and remote communities.

The Outback Futures Community Facilitation Model is contributing to significant mobilisation in our Central West regions and speaks powerfully into the current national and global emphases on reducing suicide and shifting outcomes in mental health for future generations.

We are excited to see where 2020 takes us and look forward to journeying more deeply with our outback communities and supporting them to see transformation in how their people understand, value and advocate for their own mental health and wellbeing.

outback futures

Renewing hope. Building resilience. Strengthening community.

Outback Futures Ltd.
ABN 68 457 355 933
16 Grove Street Toowong, QLD 4066
PO Box 1232 Kenmore, QLD 4069

info@outbackfutures.org.au
0417 703 729

outbackfutures.org.au
facebook.com/outbackfutures
instagram.com/outbackfutures/
linkedin.com/company/outback-futures/
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Your contribution can make a lifelong difference to our outback families. To make a donation, please visit our website at www.outbackfutures.org.au