

IN THIS ISSUE: ENDING HOMELESSNESS - DRAMATIC FINDINGS; THE ART OF CHRISTMAS GIVING **PAGE 2**; YOUTH SUPPORTING YOUTH; FOREVER DREAMING CLOTHING COMPANY **PAGE 3**; STAFF PROFILE: KAL KAPHLE, BYS CENTRE FOR YOUNG FAMILIES; NEWS, EVENTS & IDEAS **PAGE 4**

A NEW FUTURE

SHEER DETERMINATION BRINGS SHINING SUCCESS

NATALIE WAS 16, SELF-HARMING AND HOMELESS AFTER LEAVING A family environment of domestic violence, physical and mental illness. Distressing mental health symptoms led her to seek help from various services including Brisbane Youth Service (BYS), where she met Laura from the Health Team.

While supporting her mother through treatment for cancer, and struggling with her own pain and grief Natalie developed an eating disorder and at times had suicidal thoughts. At that time mental health professionals gave Natalie conflicting diagnoses and an array of medications.

Laura advocated for Natalie to help her find housing and to get the treatment needed for her mental health. Consultations at our free medical clinic built a trusting rapport with the clinic doctor and nurse, and the doctor initiated a review of Natalie's medications which found over-medication was contributing to her poor health.

Natalie's ongoing relationship with BYS helped her to stabilise and build her confidence. She joined the BYS-Virgin Airlines "Champions Program", participated in a specialised drama program, and studied broadcasting at Radio ZZZ. This led to radio work and a desire to take on further study. "I had learning difficulties at school and parents who didn't value education", said Natalie. "BYS helped

me approach the education system and realise I could complete a course. I was keen to learn and better myself".

Thanks to an education grant from the Rotary Club of Brisbane, Natalie completed pharmacy studies which led to a pharmacy job where her contributions and achievements led to further training. Natalie eventually took a step up, successfully applying for a sales and marketing job in the health industry. After just six months Natalie was training regional teams, quickly progressing to a Regional Manager and national advisory role. "The trust the company placed in me amazed me and meant so much", Natalie said. Recently Natalie became a State Manager supervising hundreds of staff. She settled into her new city and just loves it.

During her journey, which at times was complex and challenging, Laura assisted Natalie to move from crisis youth shelters to transitional housing and eventually to the private rental market. The impact the BYS team and supporters have had on Natalie's life and her achievements has been significant. "Natalie's story highlights the impact of the work we do and that young people do have an incredible capacity for change. When we stand strong by the young people who need our help great things can happen", Laura said.

Former BYS client Natalie has achieved personal and career success through her incredible determination and with the support of her youth worker, Laura (right), and the BYS team.

Young people do have an incredible capacity for change. When we stand strong by those who need our help great things can happen.

NEW FUTURES FOR YOUNG PEOPLE



The talented Gala on the Green Committee presented a cheque to BYS at a celebration event in the ambience of the Brisbane Riverview Hotel on Kingsford Smith Drive.

Ruan & Kylie Burger of TIME Home Loans with BYS Board President Helen Wood at the Brisbane Riverview Hotel event. TIME Home Loans has a proud history of giving back to the community.



YOUNG PROFESSIONALS GIVE BACK

THE GALA BALL THAT CHANGES LIVES

GALA ON THE GREEN WAS ESTABLISHED IN 2011 BY A GROUP OF young professionals who wanted to support Brisbane's homeless and at-risk youth by raising funds for BYS. Their inaugural gala ball raised around \$6,000 with 250 guests and over the years has gone from strength to strength raising close to \$110,000.

In the last two years ticket sales have skyrocketed. In 2014 more than 600 tickets were sold in just a few days, and in 2015, tickets sold out within an hour of release!

The 2015 ball in September at The Triffid had both indoor and outdoor spaces and a mezzanine used as a sponsors VIP room. The talented Committee create an exciting theme each year with the 2015 theme being "Rio Carnivale". The experience included drinks, amazing food and live music, photo booth, cocktails, auctions and a mega multi-draw raffle including flights to L.A. donated by Virgin Australia.

The 2015 Committee President Jessica Fraser said that Gala on the Green was a humbling and empowering experience. "It gave me the opportunity to meet, work with and learn from extraordinary people, including committee members, corporate sponsors, and the team and clients at BYS. Most importantly it has enabled me

to contribute to raising much needed funds for such a deserving charity. I highly recommend it to anyone wanting to give back to the community."

Sponsorship for Gala has grown with TIME Home Loans becoming Naming Rights sponsor and Brisbane Riverview Hotel joining as Platinum Sponsors. Other sponsors included Black Jacket Suiting and Rewardle. Brisbane Riverview Hotel hosted a cheque presentation event in November which was also a chance to celebrate 5 years of Gala with BYS, sponsors and past committee members.

Lucy Follent, incoming Committee President said that the 2016 Committee was gearing up for a big year. "Each year we aim to raise the bar and create a new and exciting experience at our event. It is always motivating to work with BYS and see first-hand how the funds we raise make a difference for so many young people in need. Our goal is set to raise more funds than ever before".

If you would like to sponsor Gala on the Green 2016, or plan your own fundraising event in support of homeless youth, please contact BYS on 3620 2423 or email fundraising@brisyouth.org

Each year we aim to raise the bar and create a new and exciting experience at our event. It is always motivating to work with BYS and see first-hand how the funds we raise make a difference for so many young people in need

ENDING HOMELESSNESS FOR YOUNG PEOPLE

IN 2014/15 BRISBANE YOUTH SERVICE SUPPORTED 1,298 YOUNG people to find safe and affordable housing, maintain their tenancies, address physical and mental health issues and establish positive relationships and support networks.

While BYS has been assisting a growing number of young people and young families since its inception in 1977, the quantum of young people we see each year means little in isolation. It is essential that we understand if we are actually making a difference. To this end, BYS has established a part time Research and Evaluation position and commenced collecting data which measures the impact of our services on young people's lives. This information is vital to ensuring we continue to provide responsive and effective services and it is encouraging to see that our support and interventions are benefiting vulnerable young people.

The majority (64%) of young people who come to BYS for support are in housing crisis or in a serious/concerning housing situation. Thirty seven percent of young people are couch surfing or sleeping rough when they come to BYS. A further 15% are staying in a crisis/homelessness service or boarding house.

While some young people who ask for help inevitably disappear or move on and we can't track them down, the majority of young people (76%) who engage for housing support go on to achieve a moderate to strong living situation while we are supporting them. Importantly our findings confirm that the longer young people are engaged with BYS, the better their housing result. This is why BYS provides a holistic, flexible "duration of need" model of support that allows young people to access services for as long as they need support.

Many of our findings are reflected in an insightful new report entitled Home and Away — Child and Youth Homelessness released by Mission Australia.

The report outlines results from a survey of nearly 19,000 young people aged 15-19 years from all states and territories and from all walks of life.

The report states that 13.5% or 1 in 7 young people spent time away from home in the last three years because they felt they couldn't go back. Eighty five percent had spent time couch surfing.

The report confirms what we know only too well at BYS — that young people are overrepresented in the homeless population and are likely to cycle in and out of homelessness. The figures speak for themselves — there are 88 homeless young people for every 10,000 of the population compared to 49 out of 10,000 for the general population.

As we know, an experience of homelessness can result in trauma and ongoing mental health concerns, educational disruption and persistent disadvantage. The effects of homelessness on young people can be devastating with ongoing generational costs to society and local communities.

The report calls for a range of intervention measures including early intervention programs, a net year on year increase in government funding for youth homelessness, and more support for sustainable housing from government and the community. In the meantime, our work at BYS continues with the knowledge, and for the first time, the hard data to demonstrate that we are making a significant difference to addressing youth homelessness in Brisbane.

A. Callander
ANNEMAREE CALLANDER, CEO



After support from BYS, the number of young people living in unsafe/risky situations dropped from 22% to 3%. Those living in stable or suitable housing increased from 19% to 47%.

THE ART OF CHRISTMAS GIVING

CREATIVE MINDS AND BIG HEARTS ALIGNED when a diverse collection of supporters gave to BYS for Christmas. Fundraisers, gift card drives, food collections, toys, gifts and new clothes fulfilled our wish list to overflowing. Minter Ellison created and sold a cookbook and did wonders packing hampers, Living Faith Uniting Church and many others gave abundant gifts of food, toiletries and Christmas treats, and Karma Cola donated cartons of soft drink. Grill'd were very generous with their "Making Christmas Matter" initiatives which included Christmas parties, donations and a working bee at one of our centres.

Every child received a gift, there was new clothing and footwear for children and young people, and we gave out over 400

Christmas hampers. Thanks to all who gave, there are too many to list but we appreciate every one! The winners were young people experiencing homelessness and their children who were able to enjoy the spirit of Christmas through your generosity and these gifts.

Thank you also to the individuals, small businesses and families who donated funds to our Summer Appeal for a new garden and playground. Some families donated in lieu of sharing their own Christmas gifts which really touched our hearts. Property Industry Foundation volunteers have put in the hard yards with working bees to get things started. A full report will feature in the next newsletter with photos of the finished project.



Ben, BYS volunteer, with a mountain of bears donated by customers and management of The Calendar Club in Carindale.

Below: A stunning home-made ginger bread house baked, decorated and donated by Cassie Dolan of Temptations Baking. The kids loved it!



Julie Johnson from BYS with David Fenton from MetroArts at their stunning Christmas art event. BYS was fortunate to share in funds raised.



The Grant Thornton Foundation gave toys, gift cards and Christmas treats — Kate & Sam had a great time shopping!



Shane, Executive Officer from Queensland Treasury, with toys donated by Queensland Treasury staff.



A working bee by Grill'd Camp Hill staff was one of many Grill'd activities during the festive season.



YOUTH SUPPORTING YOUTH

REIDY HOUSE STUDENTS KEEP IT REAL

YOUNG PEOPLE FROM ALL WALKS OF LIFE ARE SOME OF THE MOST dedicated supporters of homeless and disadvantaged young people, including the students of Reidy House at St Joseph's College, Gregory Terrace who have supported BYS for many years.

Rob Johnson, teacher and Dean of Reidy House said that the nine house groups at Terrace had formed relationships with different community organisations. "The aim of forming 'friendships' with these groups is to move away from the charity model of interaction. The relationship is built on mutuality, learning about each other's work and sharing in each other's story," he said.

Reidy House organises a range of activities for students which contribute to greater social awareness. The annual Rice Lunch in March raises funds and gives students a chance to experience how it feels for those who don't have enough to eat. In June/July students also participate in fundraising for BYS's "Daggy Jumper Day".

Last year 23 Grade 7 and 8 students participated in a sleep-out at the school, and BYS Fundraising Manager Lisa Rayner and BYS Program Manager Kirstin Cooper dropped in. Kirstin told her story and involved the boys in a quiz which gave insights into the issue of youth homelessness. Individual students had also raised substantial funds with the help of supportive parents who attended a barbeque the next morning where the students reflected on their experience.

Each year Reidy House holds a Year 11 Leadership Camp. Rob Johnson said that the Terrace leadership model for students is based around Servant Leadership. Our mission is to create 'men of faith and learning who make a difference in the world'. On the



last day of the camp Reidy has a day of activities connecting with groups that support homeless people, including a visit to BYS for a tour and talks.

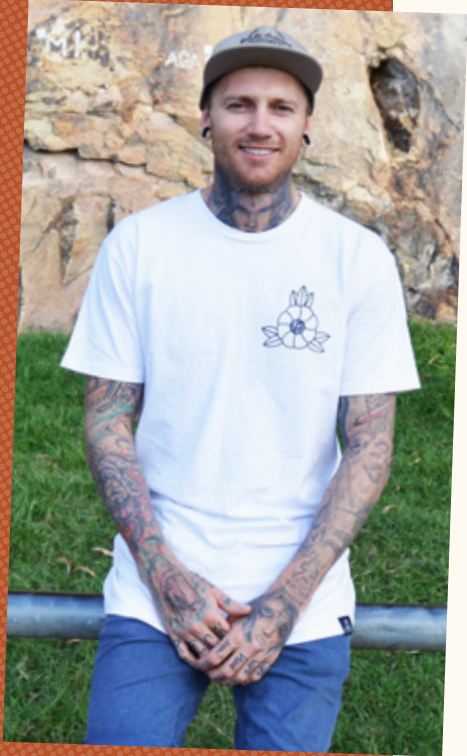
"Our relationship with BYS is incredibly beneficial for our boys as it raises their awareness of the homelessness issue," said Rob. "It sparks discussions and questions about how things can change into the future. Whilst we raise money and donate goods, the benefits for us are far greater."

We value our connection with Gregory Terrace through Reidy House - their strong commitment to social justice certainly makes a difference in the lives of the young people we support. If your school would like to support BYS please contact fundraising@brisyouth.org or phone 3620 2423 for a chat.

Pictured here at their recent Rice Lunch Day are Jordan Rogers and Sam Dodson (Year 12), Ben & Will Ames (Years 5 & 6) and House Dean Rob Johnson.



Our relationship with BYS is incredibly beneficial for our boys as it raises their awareness of the homelessness issue



The fearless Ryan Robinson — chasing his dreams has paid off for young people in Brisbane experiencing homelessness.

FOREVER DREAMING THE CLOTHING COMPANY MAKING DREAMS A REALITY

RYAN ROBINSON HAS ALWAYS BEEN A GUY WITH BIG dreams. Since he was a little grommet he's lived life to the fullest, enjoying motocross, travelling within Australia, being creative, socialising with friends and simply loving life.

A pivotal moment for Ryan came in 2015 when he broke his ankle in two places. Not one to sit on his hands, Ryan conceived his online business Forever Dreaming Clothing Co. Drawing on his childhood experiences while helping out in his stepfather's screen printing business, Ryan created a range of casual designs that were simplistic but sharp, along with a brand and philanthropic concept that went far beyond the art portrayed in the designs.

"Lose Those Fears/Chase Those Dreams" is the slogan of the business, and Ryan's dream always included helping disadvantaged youth, so he decided to donate \$5 from the sale of every Tee to Brisbane Youth Service.

"I chose to donate to Brisbane Youth Service because in my eyes I couldn't have had a more perfect upbringing. My mum and dad have always been the best support

in my life and no matter what I did they would try their best to help me in any way possible. After realising this I thought it would be awesome to give something back. I may not be able to give much but every little bit counts," said Ryan.

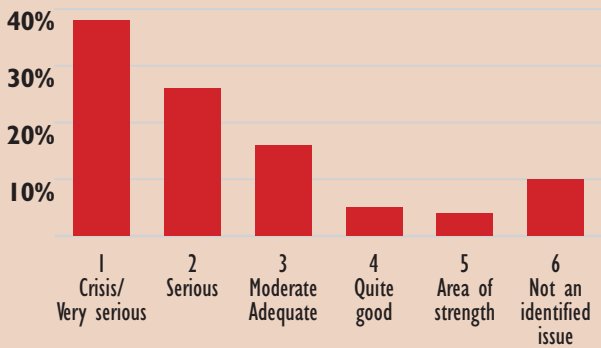
Despite Ryan's modest predictions, since the business started in late October he has made four generous donations to BYS totalling more than \$1,000! We are absolutely thrilled to see this dream become a reality with the proceeds helping young people lose their fears and chase their dreams with the support of BYS.

To stay updated with Forever Dreaming Clothing Co follow their Instagram @foreverdreamingclothingco or visit www.foreverdreamingclothingco.com to check out the range and purchase for yourself or friends and family. If you would like to discuss your philanthropic "for-profit" idea, please contact our Fundraising Manager on 3620 2423 or email fundraising@brisyouth.org

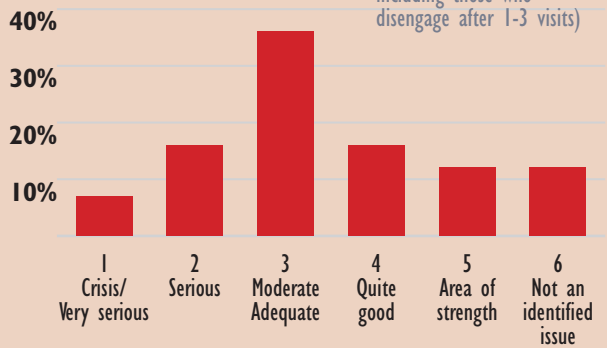


SERIOUSNESS OF HOUSING SITUATION BEFORE & AFTER BYS SUPPORT - JULY 2015-FEB 2016

BEFORE SUPPORT



AFTER SUPPORT



(All young people, including those who disengage after 1-3 visits)

GIVING CHILDREN AND FAMILIES A FUTURE

STAFF PROFILE — KAL KAPHLE, MANAGER, CENTRE FOR YOUNG FAMILIES

Kal Kaphle has worked with BYS for 10 years. Kal spoke to us about her passion for her work and the career path that led her to working with young children and families.
Where did you work before BYS?

I started in Nepal at Tribhuvan University, where I graduated with a degree in Public Health and worked there for a year before migrating to Australia. In Australia I did my Masters in Public Health and Honours in Social Work, and got my first job with NSW Health in the Health Promotion Unit, focussing on health and nutrition. I then spent many years in the area of child development. For a short period I worked as a Child Safety Officer and then as a counsellor with women and children who were victims of domestic violence.

My journey at BYS started as a Family Support Worker. I became Program Manager after a few years and studied additional courses in areas which included child development, bonding and attachment and infant mental health.

Tell us about the Centre for Young Families

I lead a team of five — Bettina, Renee, Laura and Hannah are all Social Workers trained in attachment work, and Cathy is our childcare worker. We are all passionate about supporting parents and young children through our work advocating for secure housing, helping them navigate the system, and supporting their tenancies so they can maintain affordable housing.

We base a large part of our work on trauma informed practice. Attachment research shows that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure. The Centre for Young Families conducts regular group work with families, focusing on bonding and attachment and parent/child interaction through play. Videotapes are used

so parents can observe how their child is reacting and progressing each week. We provide positive role modelling and guidance to parents in a group environment, and also conduct in-home support.

Other activities are based around development of social skills and peer support models to break the isolation many young parents experience. They meet other families and develop meaningful friendships and a connection to the community.

Why do you like this kind of work?

I believe I am contributing to the development of more resilient adolescents and adults. The work we do helps improve mental health and contributes to minimising generational homelessness. Most of all I am touched by the trust that clients place in us. They are open and honest about their stories giving us insight into their histories and struggles and enabling us to provide the most appropriate support. It's a privilege.

What are some of the obstacles and challenges in doing this work?

The biggest challenges are finding affordable housing and the difficulty accessing the private rental market due to cost. At BYS we carry the financial cost of crisis housing when a family has nowhere to stay. Due to their personal histories and circumstances, young parents are often isolated and have no family support.

What do you find the most rewarding?

From an early age I have loved working with children and parents. I strongly feel that if I want to make a difference, early intervention and prevention is the way to go. Seeing the children smiling at you, happy, their pureness at the beginning of their time in this world is very touching. Their parents never had a positive role model in their lives, but we can change that. We walk beside them in their journey, so they make a positive change — that's my kick!



Kal Kaphle, Manager, Centre for Young Families

Seeing the children smiling at you, happy, at the beginning of their time in this world is very rewarding

Note: Images, names and identifying details of young people mentioned in this newsletter have been changed to protect their privacy.



FAST FUNDRAISERS!

We started the year with two huge fundraisers - Ride the Night and Febfast. Hosted by youth support and advocacy service YSAS, BYS was the very grateful beneficiary in Brisbane for both events. Ride the Night was a first for Brisbane, and we were wowed by the magic of the event and the support from the cycling community. Best of all, there were around 970 registrations — close to the goal of 1,000. Febfast attracted supporters who got sponsored for giving up sugar or alcohol in February. We are awaiting results of funds raised for both events — look out for a detailed report with photos in our next Newsletter.

COMING SOON!

We have many exciting activities coming up this year, including a gocard drive in April, a new raffle of flights and other prizes, and special events to be announced. Our Fundraising Calendar and event announcements can be found on our website www.brisyouth.org. Check it regularly for updates! You can also keep in touch with us on Facebook or Twitter — links on our website.

DONATE TODAY AND CHANGE A LIFE

Phone: 07 3620 2423 to donate by credit card

Online: Go to www.brisyouth.org and click on Donate Now for our secure online donation form

Mail: Credit Card or Cheque, complete the donation slip and post in the enclosed Reply Paid Envelope.

Brisbane Youth Service,
PO Box 1389 Fortitude Valley Q 4006
ABN 83 967 756 338

CUT HERE

CHANGE THE LIVES OF YOUNG PEOPLE EXPERIENCING HOMELESSNESS – DONATE NOW!

Full name _____

Date of Birth ____ / ____ / ____ (helps us get to know you and plan more relevant communications)

Organisation/Position _____

Address _____

Postcode _____

Phone home () _____ Mobile _____

Phone work () _____ Email _____

☐ Please find attached my cheque or money order payable to Brisbane Youth Service

OR please debit my ☐ Mastercard ☐ Visa

Credit Card Number

Name on card _____

Expiry Date _____ Signature _____

Amount Options are:

☐ \$30 ☐ \$60 ☐ \$120 ☐ \$500 ☐ \$1500 ☐ \$5,000

Or other amount \$ _____

☐ YES I would like to become a regular giver to BYS.
Please debit my credit card each fortnight / month for \$ _____
Circle applicable period.
Monthly payments will be debited on approximately the 1st of each month and fortnightly payments on the 1st and 15th

☐ Please send me information on leaving BYS a bequest in my Will.

BYS understands the importance of protecting your privacy and will not provide your details to any outside entity. Should you wish to opt out of receiving information from us, or to opt out of appeals and just receive our Newsletter, please call 3620 2423 and let us know your requirements.

Donations of \$2 or more are tax deductible.

