

HEALTH SERVICES

- **Medical Clinic**
- **Day to Day Living Program**
- **Alcohol and Other Drugs Support**
- **Street Outreach**
- **Adventure Therapy Program**

Medical Clinic

The Medical Clinic is staffed by a Registered Nurse, working the equivalent of four days per week, with a GP two half days per week. The Clinic provides primary health care to young people and their children to improve young people's access to health care information and services, promote wellbeing, and encourage young people to take responsibility for their health. Clinic staff bring an understanding of the health issues affecting homeless and at-risk young people, in particular emotional and mental health, sexual and reproductive health, antenatal care, blood borne viruses, oral health, and alcohol and other drug use.

Location: Fortitude Valley, Qld 4006

- In 2017/2018 the clinic provided care to 302 individuals across 2,300 contacts

Day to Day Living Program

D2DL assists young people living with mental health issues, through structured activities and one-on-one support, to overcome isolation, participate in social, recreational and educational activities, and improve their quality of life and live with the greatest possible independence in the community. Participants develop new skills or relearn existing ones, grow their social networks, develop confidence and accomplish their own personal goals. Program delivery focuses on trauma informed therapeutic group activities, including group art therapy and a mindful movement class.

Location: Fortitude Valley, Qld 4006

- In 2017/2018 the Day to Day Living Program supported more than 130 young people, over 1,100 contacts

Alcohol and Other Drugs Program

The program provides support to young people when they are ready to acknowledge and start to make positive changes in their alcohol and other drug use. In 17/18 the AOD team collaborated with Brisbane Area Youth AOD Network to develop a pocket guide to AOD support in the region. BYS also reviewed and re-designed an existing workbook resource called WARPED – Wellness and Relapse Prevention Education, for young people. We have continued delivery of our free counselling service

HEALTH SERVICES

for young people who experience a dual diagnosis (mental health and substance use issues). Counselling is provided by provisional psychologists, from QUT, completing an internship under the supervision of the program's coordinator. The coordinator also provides short term counselling, case conferencing support for colleagues, and referral to external mental health services.

Location: Fortitude Valley, Qld 4006

- In 2017/2018 the AOD team provided support to 224 young people to manage alcohol and other drug concerns and the counselling service saw 150 young people

Street Outreach

BYS outreach workers may be the first contact young people have with support services. They seek to build trusting relationships, offer some assistance with basic needs – food, water, transport assistance – and provide access to specialist support at BYS or elsewhere. Outreach workers can facilitate entry, or return, to safe accommodation.

This program expanded in 17/18 through a partnership with the Queensland Police Service focusing on young people identified as vulnerable in the Brisbane CBD, as part of their communities against substance misuse (CASM) program. Through the program there has been an increase in positive engagement, reaching the point where some young people are now waiting for the outreach team and engaging positively/pro-actively. Trust is increasing and word of mouth is spreading.

Location: Fortitude Valley, Qld 4006

- In 2017/2018 the provided 770 occasions of outreach support to at-risk young people. The QPS funded outreach from March to June 2018 recorded 14 shifts across 22 target locations.

Adventure-based Therapy Program (New!)

Adventure therapy combines adventure and outdoor environments with the intention to achieve therapeutic outcomes, both in terms of physical health and social wellbeing. The program offers a prevention, early intervention and treatment modality for people with behavioural, psychological, and psychosocial issues, and can have positive results for young people who are difficult to engage and often less responsive to traditional psychotherapeutic interventions.

Small group adventure activities are organised on a monthly basis and facilitated by trained Youth Support Workers.

Location: Fortitude Valley, Qld 4006

HOW YOU CAN HELP

Fundraising and Donations

Funds are urgently needed to help us meet the gap between government and grant funding and the growing demand for our services, including for:

- Therapeutic physical and social activities to support health and wellbeing
- Clinic supplies and prescribed medicines to alleviate chronic and acute conditions
- Additional pop-up clinics e.g. dental, eye testing, podiatry, maternal and child health etc.

Donations of vouchers or passes are always welcome and truly appreciated, such as:

- Vouchers/passes for adventure-based, outdoor activities such as horse riding, hiking/bush walking, ropes course, canoeing, rock climbing etc.

Volunteering

Due to the nature of the work we do and respecting the privacy of the young people being supported in these programs, there are currently no volunteer opportunities on site or working directly with young people.

Other ways you can support through volunteering your time include:

- Running a collection drive for toiletries or non-perishable food items and packing them for delivery to our Fortitude Valley Hub at 42 McLachlan Street
- Running a 'winter warmer' collection drive for blankets, scarves, beanies and socks and packing them for delivery to our Fortitude Valley Hub at 42 McLachlan Street
- Registering a school/year/class team in The Courier Mail Bridge to Brisbane to fundraise for Brisbane Youth Service
- Sleep out type event where staff and students fundraise for Brisbane Youth Service by getting sponsored to 'sleep rough' for a night, perhaps in your assembly hall

HOW YOU CAN HELP

Contact Us

admin@brisyouth.org

(07) 3620 2400

PO Box 1389, Fortitude Valley Qld 4006

www.brisyouth.org

If you would like to discuss fundraising projects or ideas with us, please contact our Fundraising Coordinator:

- (07) 3620 2428 PT: Tue-Thu
- partnerships@brisyouth.org

Connect With Us

Facebook - [@brisyouth](https://www.facebook.com/brisyouth)

Twitter - [@BrisYthService](https://twitter.com/BrisYthService)

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RAY'S STORY

[Ray's Story on YouTube](#)

Anyone experiencing the noise and bustle of Fortitude Valley knows how overwhelming it can be. Someone living with a sensory disorder-where lights, noise, even the feel of clothes on the body can be overwhelming-would have to persevere to spend time there ...

"Ray has such a disorder, but persists with visits to the Hub, and even lives nearby. So it's not surprising Ray claims the attribute of persistence as a strength.

'I'm very strong-for everything I've been through-to still be here ... It's not easy to be open about mental health, but it's very important.

I had struggles with mental health my entire life. When me and my partner travelled to Brisbane ... in the move ... I didn't really have support with that transition. I was in and out of hospital, I sought a lot of different mental health services, changing medications ... it was hard to get through every day. BYS has been the best service out of any that I've used in Brisbane.

BYS has been a rock for me. Where other services have had the workers come and go, or they'd be quite unreliable, I've only had two workers over the last three years. I've had the same doctors and nurse, the same team around me and it's good to see the same faces when you come in.

It's helped me get through, to have that routine and stability when a lot of other stuff in your life doesn't feel as stable.

I felt like they cared beyond my appointments ... the workers here are genuine and although I know there's professional boundaries, it's more like a friend that you're talking to, and ... they care very holistically, so if there's one thing you're struggling with ... they often go beyond their role to help you, and if they can't, they'll help you find someone who can.

BYS is ... absolutely fantastic. They're accommodating. They make a lot of things accessible for me.

I love the art the most on Tuesdays. I always come ... I often come to the Monday outing as well, we do lots of different stuff like movies, or golf, or hiking, bowling, art galleries. It's really good, helping me to get out of the house.

I'm very much better than I was when I first came to Brisbane. When I came I didn't think that I had a 'normal' level of mental health ... it was just bad for me all the time, whereas now I know I have a 'normal'...

I've found that, and it feels really good..."

