

PROJECT REPORT

Teen Challenge Tasmania



www.teenchallengetasmania.org



A WORLD FREE OF ADDICTION

ABOUT US

Teen Challenge Tasmania (TCT) is a Christian organisation. We are extremely passionate about reaching young people “upstream” of Alcohol and other Drug (AOD) use. We believe providing education, tools and support upon which to make solid positive decisions for their physical, mental, relational and spiritual health, they will achieve the best future available to them.



OUR SERVICES

Our services cover two broad areas: treatment interventions, and prevention through mentoring and education.

01. AOD Education
02. Mentoring
03. Overcoming Learning Difficulties
04. Expressive Art Therapy
05. Retail & Hospitality Training
06. Rehabilitation entry facilitation
07. Support families & individuals

OUR MINISTRIES

Today TCT supports, equips and empowers young people to break many barriers including generational poverty, life-controlling issues, learning difficulties and mental health issues through our programs:

CONNECTIONS MENTORING



**ENCOURAGING
LIFE READY
YOUNG PEOPLE
THROUGH
POSITIVE ROLE
MODELING
RELATIONSHIPS**

Connections Mentoring (CM) commenced in 2013 placing a positive, constant adult alongside at-risk young people within Northern Tasmania. Mentors are "*Options Presenters*" and "*Choice Facilitators*" helping young people navigate life.

CM operates in North Tasmanian Primary and High Schools. Many mentorees are struggling with social, emotional challenges, low-socioeconomic communities. Some are disengaged from school, only attending 1-2 times a week. When connected with a mentor they then transitioned to full-time engagement in school, even going on to college or employment where originally this was never on their radar.

**243 YOUNG
PEOPLE
MENTORED
SINCE 2013**

MENTORING MOMENT

Extract from *"You Saved my Life"* a Connections Mentoring Blog

"You know you saved my life" he shakily breathes "If you hadn't been there each time I don't know where or what I would have done, I don't think I'd be here." The mentor takes a deep breath, trying to calm his own emotions, because even though they ended their mentoring relationship officially he never stopped caring, says "You should be really proud of what you have achieved. You have come a long way, just look at you now, you're almost unrecognisable from that angry little kid I first met. I'm very proud of you." They share a moment together in silence and then the young man says "Thank you" and the conversation shifts to lighter topics

**1 IN 6 TASSIE
CHILDREN
LIVE IN
INCOME
POVERTY**

Read the whole story @

<https://www.teenchallengetasmania.org/blog/five/yousavedmylifeyouthmentoring>

A SCHOOLS PERSPECTIVE

"We have seen some great successes for our students involved in the mentoring program including improvement in social skills and communication; the development of meaningful, respectful relationships and real connections with a significant and consistent adult; the development and strengthening of resilience; improved behaviour; greater successes in learning; improvement in attendance; better conflict resolution skills; improved self esteem and confidence; an improved sense of safety and belonging; more clarity about their pathways and goals and a stronger sense of being seen, heard, valued and cared for." **Assistant Principal, North Tasmanian High School**



NOTEVENONCE PROJECTS

TCT has developed and operated NotEvenOnce Projects (NEO) since 2015. It is delivered in State and Private Primary and High Schools around Australia. Vital education is delivered on the impacts of Alcohol & other Drugs on the developing brain and the harmful impacts on physical, emotional, relational and mental health and their future potential. Right now, there is an epidemic impacting our youth all around Australia in relation to Vaping. Just some of the harms we are seeing in young people:

- Significant harms to health including severe lung, oesophagus, heart and stomach damage in the short term
- Young girls soliciting themselves to older men being paid in Vapes
- Gang mentality/behaviour within schools with youth being "paid" in hits of a Vape
- Nicotine disruption of young brains impacting mental health, behaviours and addiction
- Youth being "jumped" in public for their vapes using physical harm
- Local retailers selling Vapes to children in school uniform (we know some as young as 7 years old)

**IN AUST
1 IN 4
YOUNG
PEOPLE
HAVE
VAPED**

"I found the whole seminar brilliant, it's the best one I've seen in this space. I especially liked how you weren't all doom and gloom. You wrapped it up well, giving kids hope in this area. Your focus on resilience really gave them options, that life isn't always easy but here's ways you can work through it."
(Teacher)

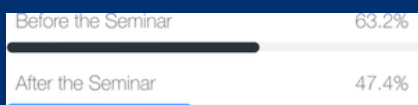


NOTEVENONCE IMPACTS

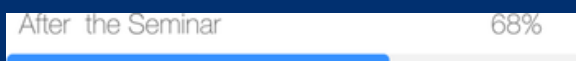
Program outcomes have been evaluated by Western Sydney University and they showed the program is "significantly effective in increasing the knowledge, understanding about the connection between behaviours and values, and the likelihood of not engaging with alcohol and drugs"

ALCOHOL

Total students indicating likely alcohol use.



Students indicating a **positive shift away** from their initial use indication of being likely to use **alcohol**.



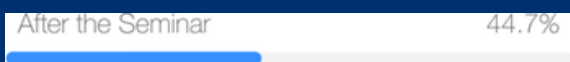
Students indicating a **positive shift away** from their initial use indication of being likely to use **illicit drugs**.



Students that indicated a decision **Shift to Abstinence (not likely at all)** from likely to use **alcohol**



Students that indicated a decision **Shift to Abstinence (not likely at all)** from likely to use **illicit drugs**



**EMPOWERING
FUTURE
GENERATIONS
AGAINST
SUBSTANCE
ABUSE TO
PROTECT THEIR
POTENTIAL**

**DELIVERED
TO
121,461
YOUNG
PEOPLE**

"Hi, my son, year 12, was at a seminar you delivered to this week and I would really like to know what you talked about in your seminar. He came home and wouldn't stop talking about what you spoke to them about on Vaping." she stated "He then went on to tell me that he has been Vaping and he wants to quit. I work in this space and I've been telling him for over two years about this, I suspected he may be Vaping, maybe it was the mum factor, but whatever you told him has impacted him so much he's openly talking about it and wanting help."

Read the full story <https://notevenonce.org.au/blog/2024/2/7/i-dont-know-what-you-said-to-him-but-my-son-quit-vaping-notevenonce-impacts-lives>

ARROWSMITH PROGRAM

Arrowsmith Program (AP) utilises various cognitive exercises through the neuroplasticity of the brain to build and strengthen cognitive deficiencies within the brain which have resulted in learning difficulties. These deficiencies may have developed in the womb, through trauma, physical impact and substance abuse and cause disconnection from education and social & behavioural issues. Internationally, Arrowsmith is primarily delivered within Private schools world-wide at significant costs that place access out of reach for the average person, let alone those from disadvantaged communities.

TCT received initial funding, from Olive Road, for this program to commence a Pilot program of young people from disadvantaged community that would not gain access to this program over the last two years. Many of the young people were from Foster families and had significant trauma backgrounds which have led to disengagement with schooling, behavioural issues, mental health issues and social disconnection. We have now had 24 young people in this program. It has truly changed the lives of many of these participants.

"I used to ask questions in Maths because I didn't understand what the teacher was saying. Then I stopped asking questions because the teacher got mad and I didn't want to be the dumb kid. Now I don't ask questions because I understand everything the teacher says now.

I was in the lowest group in Maths now I'm in the smartest group. This has helped me a lot."

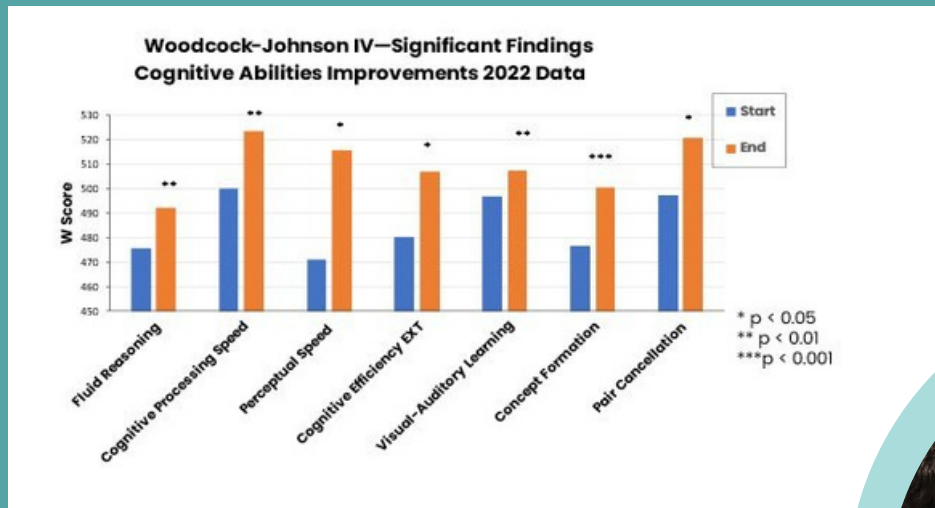
Arrowsmith student when asked if Arrowsmith has helped them.
10 months in program

**12.6%
OF TASSIE
5-14YO
HAVE A
DISABILITY**

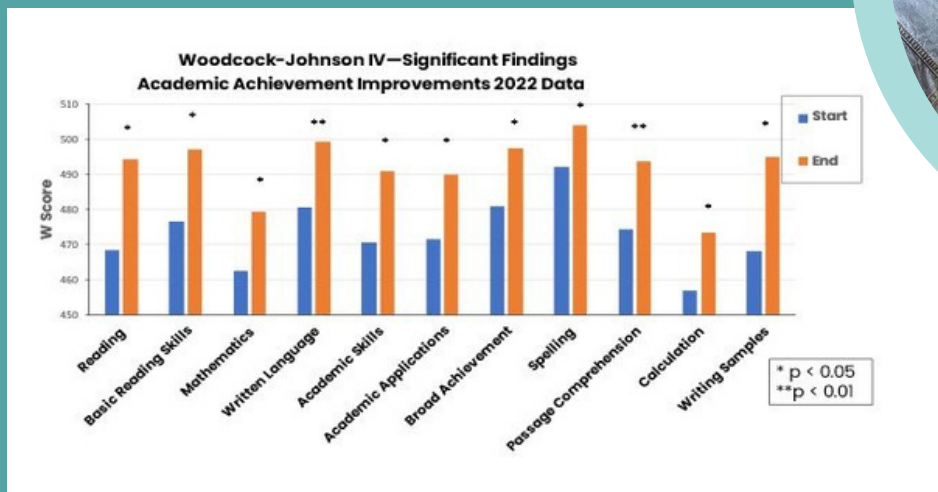


ARROWSMITH RESULTS

Assessments were conducted for each of the young participants Cognitive Abilities and Academic Achievement prior to them starting the program, at the end of 10 months and for those that continued at the end of 20 months. The results are significantly positive.



Cognitive Abilities Improvements



Academic Achievement Improvements



“It was hard at the beginning when I started because I got really frustrated. As time went on the clocks started to make more sense. It helped with my memory, it helped in maths and I started to do better at school with all my work because I could understand the work better. I started to think clearer sometimes and it helped with solving problems - sometimes when other people can’t know, I can. I still get angry but I didn’t give up and I finished the year on 4 hands which was a good achievement.” Arrowsmith Pilot Program Participant

MEANINGFUL ARTS

Meaningful Arts (MA) commenced in Feb 2022 in the Upper Room, run by experienced volunteers to support young people (12+) who are struggling, through the fun creative tools of expressive art therapy. Participants explore and express emotions, hopes, conflicts and issues, conflict resolution, self-regulation, connection and improvement in overall mental wellbeing.

Participants are taking the coping strategies they have learnt and put them into practice in their lives. Connecting again with the outside world, leaving their bedrooms and engaging back in school.

There have been breakthrough's with some opening up on circumstances they have not spoken about before and connection has been made with other professional supports for these young people to complete their healing journey.



“The group has helped me express my feelings through art”

80% of participants



**40
YOUNG
PEOPLE
SUPPORTED**

“I have gained skills to help me cope better emotionally and mentally”

72% of participants

“It is a reason to leave my house and talk to people”



HOPE COSTUMES & THRIFT STORE

Hope Costumes & Thrift Store (HCTS) a social enterprise project which has grown from a pop-up store in Brisbane St Mall in Dec 2018 to our permanent location 90 St John Street. This project provides much needed income for our programs and is a place of mentoring and training young people (14yrs+) in many facets of real-life work experience including retail, administration, social media, online marketing, commerce & website management.

Volunteers
generously
gave
1372 hours
2022/2023



62 young
people
supported
and trained
since 2018



7
YOUNG
PEOPLE
OFFERED
EMPLOYMENT
SINCE 2021

HOPE CAFE TASMANIA

Hope Café Tasmania: commenced in March 2023. It is a social enterprise specifically aiming to provide hospitality training for young people. It also provides us a great opportunity to connect with young people after school that enter the store or a waiting for buses before or after school times. We have had 20 young people training within the café. They have come from varying backgrounds including low socioeconomic and migrant communities.

This is still a new enterprise and has not yet reached the ability to hold its own financially however each month we get closer to that goal. The café provides a great space to connect with community. Wednesday afternoons 3.30pm – 5.30pm we run a youth Games & Chess group in the Café. There are Rubix Cubes, UNO cards and other games available which we often sit with a young person or group of and chat, play games and check in on how they are going in a safe, supportive environment.

Through our relationships with local schools via our mentoring and NotEvenOnce Projects, they are sending students to join this program within school hours also. We are building this program further to support the need.

**1068
hours
invested in
training young
people 2023**

**10 young
people given
paid shifts since
opening**

**9 young
people gained
external
employment**



FAMILY SUPPORT

“A cry for help” was the headline in our first Teen Challenge Tasmania Newsletter 9 years ago, bringing to light the desperate need of families and individuals struggling with addiction. Since then, we have helped eighty families in answer to their cries. 10 years of putting hope within reach of addicts across the Teen Challenge ministry.

Real Life Stories

A Tasmanian mum born a Heroin baby, living with significant trauma, generational factors and health complications since her first breath, followed her own families story into addiction.

Reaching a consequence of her choices she decided to take responsibility for her circumstances and wanting desperately to be a better mum for her children, she sought help. A friend introduced her to us and she made a courageous decision, leaving her children behind in Tasmania, entered a Teen Challenge centre interstate, to become a better mum, she sought change. Today she is reunited with her children and the generational chains of addiction have been broken.

A young woman battling with circumstances she didn't know how to deal with, turned to alcohol and drugs to numb the pain, not to feel. No longer caring about herself or whether she lived or died, her family was desperate. So angry and hurt it took some time to gain trust and even the thought of going into rehab. Eventually she was supported to enter a Teen Challenge centre interstate. Today she clearly says of the experience *“If I didn't go to Teen Challenge I'd be dead now.”* Now with her own children and a bright future she is a walking miracle.

A young man whose famous mum, spoke publicly of her sons Ice addiction, not just from her experience but for the many parents struggling for their loved one's in addiction. Fortunately her desperate stand connected her with us and triggered her sons decision to enter a Teen Challenge centre interstate. Her son has been returned to her and family ties have been rebuilt he now has a future. She said *“What a long way he has come and it's all due to the saving help of Teen Challenge”*

**80
families
helped in
10 years**



COMMUNITY CONNECTIONS

Bringing Jesus, the reason for the season to Launceston Christmas Parade 2022 and 2023. Prize Winners each year



Fire and Fog Launceston City 2022 & 2033



NEO Mental Health Expos



YOUTH EVENTS



SUMMARY

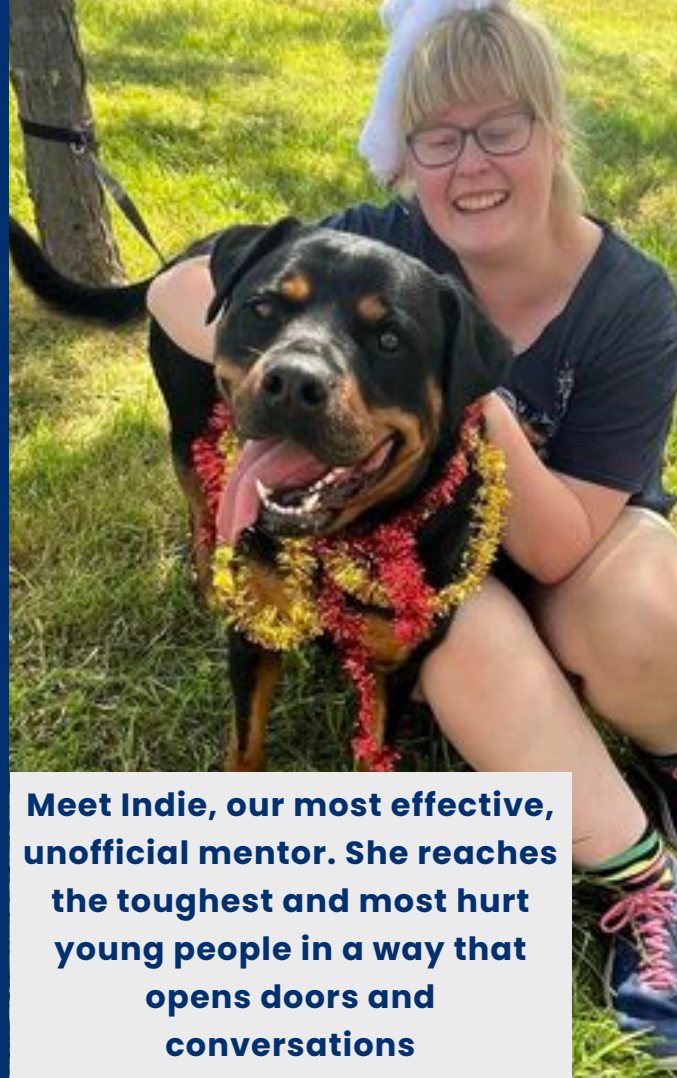
The program report highlights our organisations achievements & progress over the past year. As a not-for-profit there is always tension to minimize costs and maximise program reach. We diligently strive to steward finances well. For example our organisational administration wages are at 23.5% of employee costs across our programs. Total Administration overheads 30.6% of total expenses.

Our Hope Costumes & Thrift store Social Enterprise is still performing well and assisting greatly to everyday expenses. Whilst our Hope Cafe is still growing, we have learnt much and made many changes within this social enterprise to reduce running costs. It is getting stronger and the ministry aspect is incredible.

Challenges facing our youth are significant and the need for support services like ours is in high demand.

Thank you for considering supporting TCT in prayer, volunteering, one-off or ongoing financial support, hosting a fundraising event, joining a committee, a bequest in your will or any other consideration.

All financial donations made to Teen Challenge Tasmania over \$2 are fully Tax Deductible. They can be made via Direct Debit BSB: 037-608 AC: 787373 or via our website



Meet Indie, our most effective, unofficial mentor. She reaches the toughest and most hurt young people in a way that opens doors and conversations

WHAT'S NEXT

Have a TCT Team Member speak at your Church, Group or Business.

Our Upper Room is available for approved meetings and gatherings. Catering Boxes and options are available from our Hope Cafe for your next function or stop by for a coffee.

Collect good quality clothing and items for our Hope Costumes & Thrift Store or grab something for your next Fancy Dress event. Drop in and take a tour of our facilities



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