



2021 Annual Report

HIGHLIGHTS FROM JULY 2020 – JUNE 2021

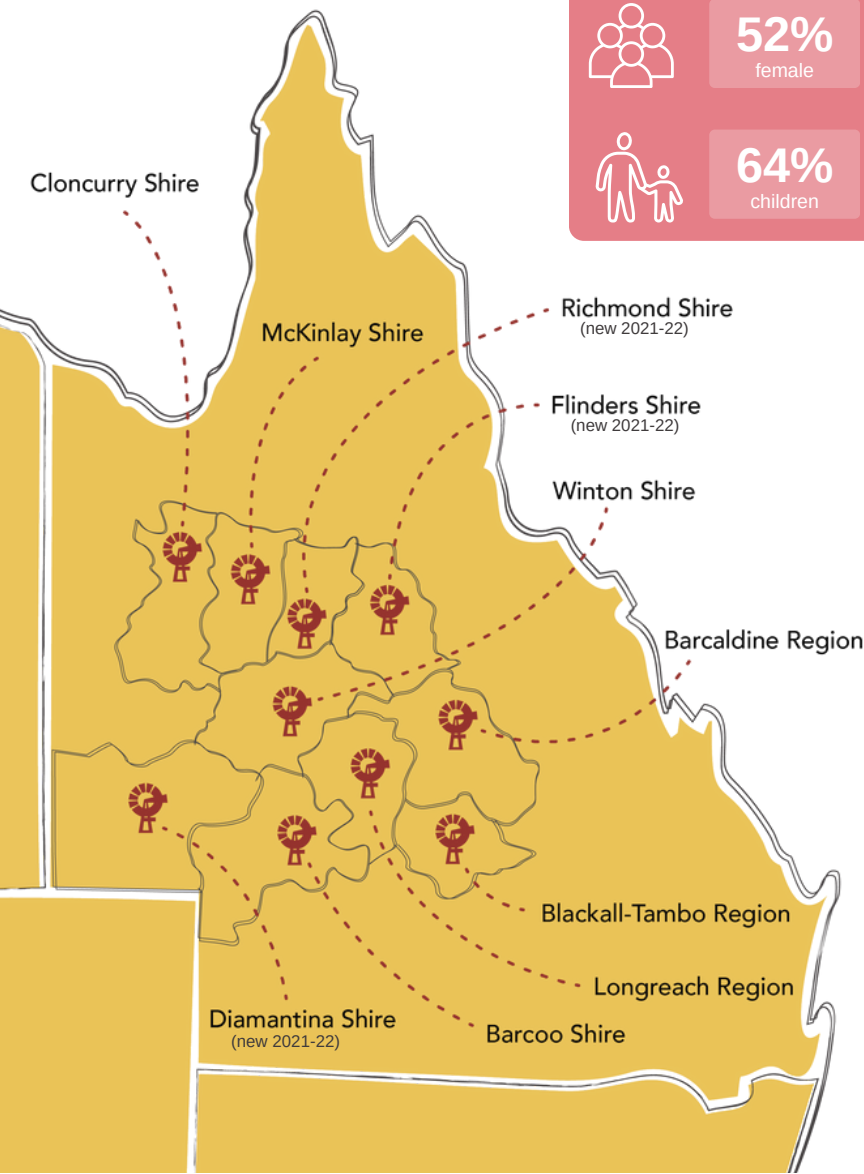
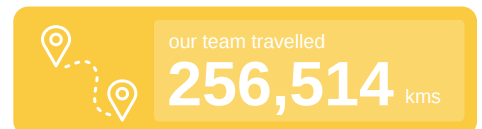
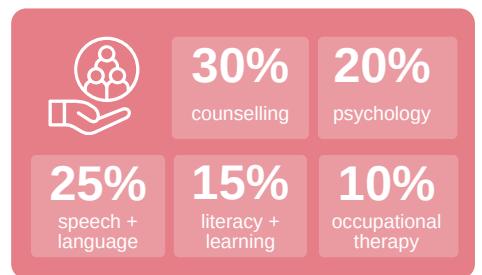
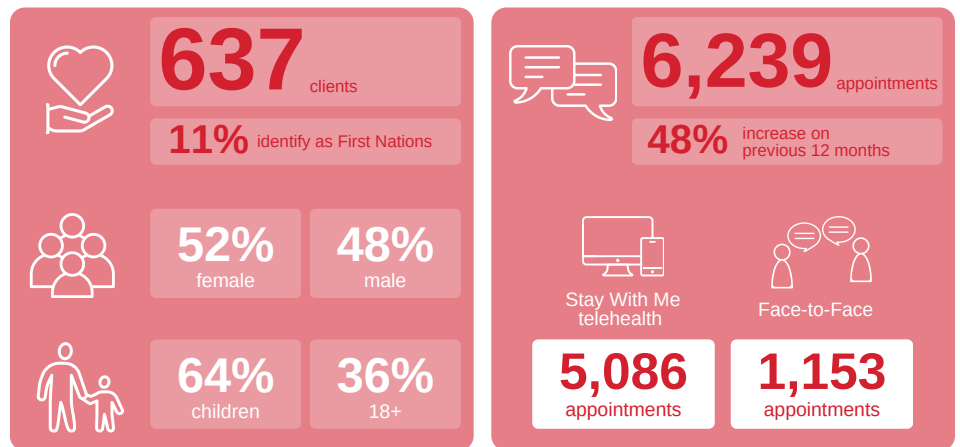



outback
futures



A STRONGER MENTAL HEALTH AND WELLBEING FUTURE FOR OUR OUTBACK

WE PROVIDED SUPPORT AND CARE TO





"Saved my life mentally and emotionally."

ACCESSIBLE EARLY INTERVENTION
SUPPORT FOR PEOPLE LIVING IN
REMOTE COMMUNITIES.

Like most of us, Kerry found 2020 a very different and difficult year, and as the year ended she resolved the next one would be better.

"At the end of the year I told myself 2021 would be my year," she says. "I had amazing work friends and people around me who would help make the year so much easier."

Unfortunately for Kerry, 2021 did not start well. "A traumatic event happened that left me with deep, intense guilt about why I couldn't change the outcome," she shares.

"For two weeks I lived in what felt like a deep hole with no way out, no way of fixing my brokenness, and no way of coming to terms with what had happened."

Living in a remote community in North West Queensland means accessing support and care can be challenging.

"After desperately reaching out for help, I was put in touch with **Outback Futures**," Kerry says.

"I began connecting with one of their counsellors, talking regularly on the phone and video calls."

"The Outback Futures team has gone above and beyond to help me realise I was not at fault," shares Kerry.

"They've helped me move past the bad and concentrate on the good."

"I feel the work my counsellor has done with me over the past few months has saved my life mentally and emotionally."

"I have, and will continue to, recommend Outback Futures to anyone that needs help or someone to talk to. Thanks heaps guys!!"

HEAD

YAKKA

making an impact



Head Yakka is about combining our smarts (HEAD) and our capacity for hard work (YAKKA) to bring about meaningful change, by facilitating common purpose, conversation, activity and outcomes across a community.

We're working to ensure children, young people, adults and families understand and appreciate the power of good mental health and holistic wellbeing.

We're also working to build community confidence to advocate for high quality mental health services and their own wellbeing.

In 2019 Outback Futures teamed up with Barcaldine Regional Council and the University of Southern Queensland to launch the Head Yakka initiative in the Barcaldine Region, and in the first 12 months, we're excited to see the progress:

BARCALDINE REGION:
THE COMMUNITIES OF
ARAMAC, JERICHO,
ALPHA, MUTTABURRA,
BARCALDINE

INITIAL COMMUNITY CONSULTATIONS:



76

COMMUNITY LEADERS PARTICIPATED IN
ROUND TABLE & COMMUNITY FORUMS

COMMUNITY OWNED AND LED INITIATIVES:



150+

PEOPLE ENGAGED WITH
COMMUNITY EVENTS
FOCUSING ON MENTAL HEALTH
AND WELLBEING

82%

EXPERIENCED
PERSONAL
WELLBEING
IMPROVEMENT

98%

KEEN TO ENGAGE A
FRIEND OR
NEIGHBOUR WITH
THE INITIATIVE

80%

FELT AN
INCREASED SENSE
OF SAFETY IN
DISCUSSING
MENTAL HEALTH

MENTAL HEALTH SERVICE SUPPORT:



21%

INCREASE IN ENGAGEMENT WITH OUTBACK FUTURES MENTAL
HEALTH SERVICE SUPPORT ACROSS THE BARCALDINE REGION.



"We are seeing real, living examples of positive intervention and outcomes with momentum that is going to have a lifelong impact. I know of lives that have been saved and marriages that are still together because of this initiative and it doesn't get better than that."

Steven Boxall, Barcaldine Regional Council CEO

HEAD YAKKA

Working together for
OUTBACK MENTAL HEALTH
AND WELLBEING

An initiative of



Support when and where it's needed

PERSON CENTRED CARE IN A SMALL REMOTE COMMUNITY.

Julie* was referred to **Outback Futures** by the local nurse navigator. Julie described symptoms of quite severe depression and the history suggested she had been battling these symptoms for many years.

Julie was over 70 years of age, lived alone in a small remote community, and expressed feelings of extreme loneliness.

She had trouble leaving the house due to her anxiety and depression and when she did manage to leave, felt an urgent need to return home even though she knew it would contribute further to her sense of isolation.

Getting help had always been a short lived process for Julie due to her difficulty attending appointments outside the home.

Julie had an initial face-to-face session with an Outback Futures counsellor and was very reassured by the knowledge she could continue these sessions with the same person she had built rapport with, but from the safety of her living room.

The counsellor spent some time setting up Julie's iPad with telehealth software and did a practice run with her at home during their face-to-face session.

Julie began regular telehealth sessions. The reliability and consistency of her attendance increased dramatically and she reported looking forward to her connections on screen.

Concurrently, the HEAD YAKKA initiative was being developed in Julie's region by Outback Futures together with local community stakeholders and champions. HEAD YAKKA focusses on strengthening existing community networks and wellbeing projects, as well as equipping people to better understand mental health, developing tools to support one another, and becoming more confident in help seeking pathways.

This meant HEAD YAKKA was strengthening the community networks and support around Julie in conjunction with her own access to therapy, ensuring broader community understanding of and support for her situation, and others like her, was growing.

Julie is able to access the support she needs, when she needs it.

Julie's story also highlights the value of empowering communities to identify and support those who are vulnerable, and positively contribute to the mental health and wellbeing of their own community.

*Our client's name has been changed to respect her privacy



“I was in a bad state. I rang Outback Futures. I told them what was going on with me, they put me onto this counsellor, and let me tell you, the difference is absolutely huge.”

Jericho local Shane Ross shares about the turning point that made him realise he needed to reach out for some help.

WATCH SHANE'S STORY

outbackfutures.org/60cea7



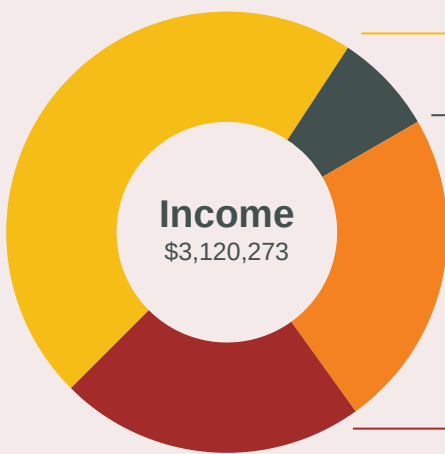
“I see mental health as a barbed wire fence,” says Blackall grazier Tony Hauff.

“You have your tight barbed wires, and your stretched barbed wires. If we see a broken barb in our line of work, we normally get a pair of pliers and the wire strainers and fix that barbed wire fence. If we see a stretched barb, we normally drive past it, because it's not broken so we don't worry about fixing it. And we don't recognise that that is the weakest link in our fence.”

MORE FROM TONY

outbackfutures.org/f1a330

FINANCIAL SUMMARY.

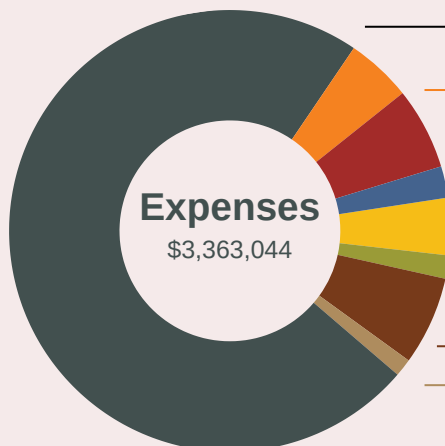


Gov grants & funding 46.7%

Other income 7.4%

General donations 23.2%

Philanthropic 22.4%



Employee expenses 73.2%

Inkind 4.8%

Travel 6%

Research 2.2%

Clinical expenses 4.2%

IT expenses 1.7%

Operational expenses 6.5%

Communications & fundraising 1.3%