



# 2022 Annual Report

HIGHLIGHTS FROM JULY 2021 – JUNE 2022



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*"My counsellor helps me see the way forward when I don't think I can move. She sits with me when I'm afraid. She believes in me when I don't know how to.*

*It's taken me longer than I'd like to admit to realise you need people in your corner, and I honestly don't know where I would be if my counsellor wasn't in mine. She has fundamentally changed my life."*

**A young woman in Western Queensland who connects with an Outback Futures counsellor.**

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## Supporting bush people to thrive through mental health and wellbeing services.

**482** clients

**65%** clients under 18

**35%** clients 18+

**13%** of clients identify as First Nations

**4484** appointments

**84%** telehealth

**16%** face-to-face

**48%** appointments counselling, psychology, social work

**28%** appointments speech pathology

**17%** appointments literacy and learning

**8%** appointments occupational therapy

# Supporting bush communities to thrive through community wellbeing.



**11** Working together with 11 remote and very remote regions in Central West and North West Queensland

**95** 95 community, school and workplace workshops, training and events connecting with 1600+ people

**225+** Building relationships and working together with 225+ key people across communities

**153K** Our team travelled 153,000+ kms – that's nearly 4 times around the earth!

**Some additional funding this year enabled our team to respond to community invitations from four new regions – Bouli Shire, Diamantina Shire, Richmond Shire and Flinders Shire.**

We were greatly encouraged by people across these communities who are seeking support to build a stronger mental health and wellbeing future for their communities.

Our team engaged in initial conversations with community leaders, connected with locals, facilitated community and workplace wellbeing sessions on behalf of local councils, and provided some service delivery.

**We are working with local stakeholders to develop ongoing funding solutions to ensure people across our remote and very remote regions can access both individual and community wide support.**

LANDSBOROUGH HWY

Longreach A2 Cloncurry  
Hughenden TO 62 Bouli







## Regular and consistent care and support.

Since first connecting with Winton Shire in late 2018, our team has focused on building strong community connections and delivering allied and mental health support.

In 2021-22, despite COVID travel restrictions, the Winton Region Team connected with people face-to-face during 10 community visits. In between visits, the team maintained connection with community stakeholders and provided support and care for clients through our Stay With Me telehealth service.

## What happens when our team is in community?

Here's a snapshot of the Winton community visit in June 2022:

- Our team worked with schools to facilitate the Rumbles Quest child wellbeing tool. 57 primary students participated, and we delivered a data report to school principals and other community stakeholders to identify opportunities to strengthen child wellbeing. The data also provides a useful benchmark to assess future progress, and contributes to our Resilient Kids and Youth Project.
- Wendy (Region Lead), Adrienne (Counsellor) and Lea (First Nations Relationship Coordinator) were part of the Talking Tent at the Winton Show to connect with the community and invite people to join the upcoming Head Yakka community conversation later in June.
- Lea attended the Reconciliation Day Morning Tea hosted by the Winton Neighbourhood Centre; and participated in Reconciliation Day events at Winton State School. She also met with the local library to discuss First Nations children's literature.
- Adrienne connected with the 60s and Better group at their weekly meeting, and met face-to-face with clients for individual appointments.



“There's still a huge stigma around mental health, and I see across the board that people still aren't dealing with it,” says Bronwyn (left), the coordinator of Winton's 60s and Better community group.

“We're a small community and I think the assumption was that Outback Futures would come in and start analysing everyone and telling them what they should be doing.”

“That's simply not the case - what Outback Futures is doing is so important, and as time goes on there is more and more support for their work and that's a good thing for all of us.”



# Ground breaking wellbeing data for Western Queensland kids.



**A highly engaging online game with an adventurous hero called Rumble has provided possibly the largest body of scientifically valid and accessible data on the wellbeing of children in Central West Queensland.**

Pilot funding from John Villiers Trust enabled Outback Futures to partner with Griffith University and their research group Real Well, developers and administrators of Rumbles Quest, a psychometrically valid multidimensional measure of wellbeing for 6-12 year old children.

“This one-year project was based on the premise that the ready availability of wellbeing data for children in a community can be a powerful driver of changes in how the needs of local children are understood.

The overarching goal of this project was to support the ongoing work of schools and Outback Futures in the Barcardine Region by measuring the wellbeing of primary school-aged children in a way that puts the voices of children at the centre, and:

- **provides easily understood, scientifically valid and reliable data**
- **facilitates action by practitioners on behalf of children, and**
- **can be used to plan action for children identified as vulnerable, as well as for all children in the community.**

Rumble’s Quest provides data across five wellbeing factors: Overall Wellbeing; Attachment to School; Emotional and Behavioural Self-Regulation; Social Confidence; and Supportive Relationships.

Outback Futures played a crucial role in the success of school and student engagement with Rumble’s Quest, with **175 students from 6 schools in Barcardine Region participating.**

“One clear conclusion that we can draw from this project, after one year, is that it is **extremely valuable to have an organisation like Outback Futures active in the local area,**” says Griffith University’s Ross Homel, who is part of the Rumble’s Quest team.

“What we generally lacked in our large-scale research across Queensland and NSW schools was a well-trained local organisation who could meet with school personnel, explain the aims and operations of Rumble’s Quest,



and then, in the case of this project in Barcardine, take responsibility for administering Rumble’s Quest in the school,” says Ross.

**Rumble’s Quest provides a powerful data suite, enabling Outback Futures to engage with schools and the wider community around wellbeing issues and identify strategies to address areas for improvement at both individual and collective levels.**

In 2022 Outback Futures used Rumble’s Quest to gather a first round of child wellbeing data across Winton Shire, Cloncurry Shire, Richmond Shire and Flinders Shire, as well as collect a second round of data collection in Barcardine Region.



# Wellbeing workshops with rural leaders across Australia.

When we were invited by Australian Rural Leadership Foundation to deliver wellbeing workshops for their Drought Resilience Leaders Development Program, we were greatly encouraged that ARLF recognised that personal and community wellbeing as a key tool in developing resilience and tackling issues like drought.

Workshops across Queensland, New South Wales, Victoria and Western Australia utilised our Wellbeing Windmill tool which we've developed to be relevant and accessible for people in rural and remote communities. It draws on the latest research and includes 5 key areas important for our wellbeing - Health, Connection, Resources, Purpose and Growth. It's fantastic to see people and communities engage in real and honest conversations, and be empowered to work together to contribute to a stronger mental health and wellbeing future for the bush.

# Recognising the impact.

"Being awarded the 2021 Queensland Mental Health Not for Profit Achievement Award (1-100 employees) was great recognition for our organisation, but more importantly a chance to highlight the value of doing things differently in the bush.

"Awards like this are more than a pat on the back," says our CEO Brent Sweeney. "They are a strategic opportunity for us to advocate for the bush and the need to design workforce, service delivery and community wellbeing solutions which address the needs of remote and very remote communities."

"We see value in opportunities to shine a spotlight on what's working for the bush, and advocate for policy and sector change."



**2021-22 FINANCIAL STATEMENT**

[outbackfutures.org/FS21-22](https://outbackfutures.org/FS21-22)

