

Summary of Philanthropy 500 (P500) Shortlisted Grant Applicants for 2019

The applications for the following three shortlisted grant applicants are summarised below:

1. Ocean Mind www.oceanmind.org.au
2. Shine for Kids www.shineforkids.org.au
3. The Sanctuary Counselling Centre www.sanctuarycounselling.org.au



Ocean Mind is a not for profit community organisation based on the Surf Coast. Ocean Mind provides surf therapy programs for vulnerable young people aged 8-18 years in the Geelong area who are experiencing multiple issues and disadvantages in their lives including social isolation, family breakdown, family violence, substance use issues, disability, mental health concerns and involvement with the justice system.

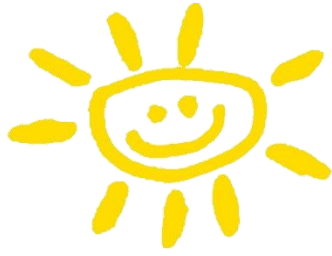
Participants are referred to the program by mental health professionals and are engaged in group activities that focus on developing water/surf skills, developing trust and personal confidence, relationship skills and fostering a sense of purpose and belonging.

The Ocean Mind program is delivered in three phases.

- **Phase 1:** An introductory 6-week surfing program that aims to develop confidence and resilience in program participants referred to the program who are experiencing any of the symptoms outlined. The program is facilitated by professional surf instructors trained in working with youth and local community members who act as volunteers. The support ratio for each session is 1:1 ensuring young people can go at their own pace. The focus of phase one is on developing confidence, connections, and resilience.
- **Phase 2:** Once participants have completed the six-week program, participants and their families are invited to attend a fortnightly 'Surf Club' event. The Surf Club is the only non-competitive surf club available to young people in the G21 region. The emphasis at this stage is to build on the foundations established in Phase 1 where program participants can continue to develop social trust, improved communication and teamwork skills in a fun, safe and supportive environment. Once again, volunteers and professional surf instructors run these club events.
- **Phase 3:** Program participants over 16 years of age who have completed Phase 1 & 2 are invited to volunteer as peer mentors to support other young people entering new programs in Phase 1. It is a nice way those who benefit from the program can give back. The emphasis is on developing transferable skills to be utilized in education, social life, and professional life.

How the grant funds will be used:

There are currently 35 young people on the waiting list to commence the program, to be able to meet the growing demand, the Ocean Mind program is seeking funding from the P500 grant to provide further engagement and training of volunteers, and contribute to operational costs (transport, equipment hire, staff wages and training) to run an additional 3 programs this 2019/20 summer. This would provide 30 young people and their families the opportunity to participate that would otherwise not be possible.



SHINE for Kids

SHINE for Kids is a national charity that works solely to transform the lives of children affected by the criminal justice system. SHINE for Kids works together with children, young people and families to deliver evidence-based programs to provide positive opportunities and trauma informed-support to reduce the likelihood of children transitioning into the child protection and justice systems. Their programs aim to break the cycle of intergenerational offending, help reduce both juvenile and adult recidivism and help avoid family fragmentation.

Ride By Your Side (RBYS) is a unique 12-month place-based transport and mentoring program for children from the Geelong region who have parents who are incarcerated in the Barwon and Marngoneet Correctional Centres.

Children with an incarcerated parent experience trauma, stigma, shame, family violence, emotional distress, and are at risk of homelessness, poverty, and poor educational outcomes. Maintaining regular contact for children with their incarcerated parent is vital to fostering positive relationships and avoiding family fragmentation.

How the grant funds will be used:

The P500 grant funds would be used to implement the *Ride By Your Side* program to support 20 families from the Geelong region whose mothers are incarcerated in Tarrengower and Dame Phyllis Frost Correctional Centres. More specifically the grant will be used to fund:

- **Volunteer travel expenses** - All of SHINE's programs rely on a volunteer workforce to successfully deliver our unique programs. RBYS Geelong will train 20 volunteer mentors to transport children to and from the prisons to visit their incarcerated mother. To deliver this service volunteers use their own fully insured vehicles. SHINE's contribution to this is to provide fuel cards to cover volunteer expenses.
- **Supervision and support** - Working in a correctional environment can be high stress for staff particularly for SHINE staff who are often the only SHINE staff member in a complex. SHINE has an established volunteer program to ensure that staff are supported by trained and engaged volunteers, as well as an established Employee Assistance Program and clinical supervision to ensure that staff are given adequate support. SHINE also has a working alone policy and encourages staff to develop relationships with Correctional officers and other community organisations to ensure there is a professional peer network of support.



The Sanctuary Counselling Centre is a not for profit incorporated charity established in 1995 to support individuals and the families in the Geelong region. The impact of life challenging illness and bereavement affects every part of individual and family life. Access to support is critical to reduce risk of depression, anxiety, suicidal thoughts, social isolation, family breakdown.

This project will provide free or low-cost counselling and music therapy for people living with a life-challenging illness or bereavement. The program offers:

- individual or family counselling and music therapy; and
- group activities; choir, song-writing and mindfulness workshops which evidence shows can help people feel supported, connected and build their resilience to cope.

Many people find it difficult to ask for help. This broad range of therapeutic options and removal of financial barriers makes it as easy as possible for people to seek the help they need.

How the grant funds will be used:

The P500 grant funds would be used to implement the Family Support Project; a specialist grief and loss counsellor for 2.5 days per week for 12 months to support individuals and their families to manage the challenge of living with a life-challenging illness or bereavement.

The counselling would be offered to an individual and their family at any point from diagnosis of illness or bereavement in order to facilitate early intervention and prevention of mental/family breakdown. Services are provided free or at low cost due to the financial stress as a result of illness and to ensure that parents do not have to choose between getting help for themselves or their children because they cannot afford to pay the fees.

Key activities and milestones include:

Provision of music therapy activities:

- Fortnightly Community Choir sessions, with planned growth from 17 to roughly 40 people.
- Two Song Writing workshops for roughly 5-10 people each.
- Individual Music Therapy sessions for 3 individuals / families per week.

Increased provision of individual counselling services:

- Engagement of additional Counsellor for 1 day per week (excluding 6 days leave).
- Additional 150 Individual / Family Counselling sessions (1 ½ hours per session due to complexity of need).