

Thriving bush communities

2023 ANNUAL REPORT SUMMARY



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



Supporting bush communities to thrive through **community wellbeing.**

DELIVERING CONSISTENT AND ACCESSIBLE SUPPORT THAT'S MAKING A LIFETIME OF DIFFERENCE.



"The first time I ever heard of Outback Futures was when my dad took his own life back in 2018."

"The difference between me and my dad is that I got help," says Cloe, who lives and works on a property in Barcardine Region and connects face-to-face and online with an Outback Futures' counsellor.

440 clients **3,897** appointments

84% telehealth **16%** face-to-face

58% of appointments helped people learn strategies and tools for stronger mental health with our psychologists, counsellors, and social workers

36% of appointments helped kids, teens and adults strengthen their speech, communication and literacy skills

6% of appointments helped kids and teens build life and social skills with our occupational therapists

20 allied and mental health clinicians contributed to thriving bush communities

HELPING BUSH KIDS GROW IN CONFIDENCE AND CAPACITY AT SCHOOL AND IN LIFE.



"We don't have that support locally, and sometimes all the kids need is a little bit of intervention to succeed in education and in life."

In her role as Principal of St Patrick's Catholic School in Winton, Bridget Tully has seen firsthand the growth and development of students who have worked with the Outback Futures team.

61% kids & teens under 18 **39%** over 18

25 schools and child care centres worked together with Outback Futures, helping kids and teens reach developmental milestones and strengthen wellbeing

WORKING TOGETHER WITH 11 LGAS COVERING 30% OF THE STATE'S GEOGRAPHICAL AREA.



FACILITATING POSITIVE WELLBEING CONVERSATIONS IN OUTBACK COMMUNITIES.



People across communities in 7 of our regions participated in Head Yakka Community Conversations to identify opportunities and contribute ideas to build their community's wellbeing.

DELIVERING A RESILIENCE ROADMAP FOR BUSH KIDS.



"I enjoyed the workshop, it really changed how I thought about things! It's helped me think about my hopes and plans after school." (Year 11 student)

In response to the 2019 monsoonal flood event in North Queensland, our team developed and delivered the multi-year Resilient Kids and Youth Project across 5 remote Queensland regions, delivering 87 face-to-face workshops students and parents.

CONNECTING AND REFLECTING WITH OUR LONGEST LIVING BUSH RESIDENTS.



Capturing a lifetime of experiences gave some of our longest living bush residents a wonderful opportunity to reflect, celebrate, and heal.

Our team facilitated the Connection Through Reflection program with 26 aged care residents in Longreach and Blackall. Participants met regularly over several months with both a facilitator and a counsellor to share experiences and create a large storyboard poster.



It started with teams of volunteers connecting with families at Camp Cobbold, and Outback Futures was established in May 2013.

10 years on and our team continues to contribute to thriving bush communities across outback Queensland.



Our 10 year journey

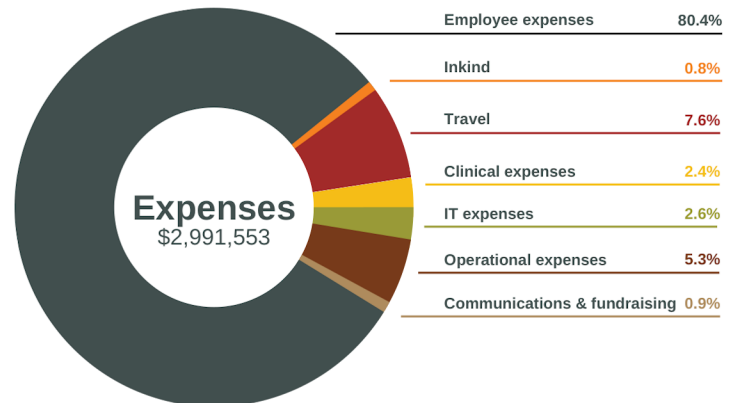
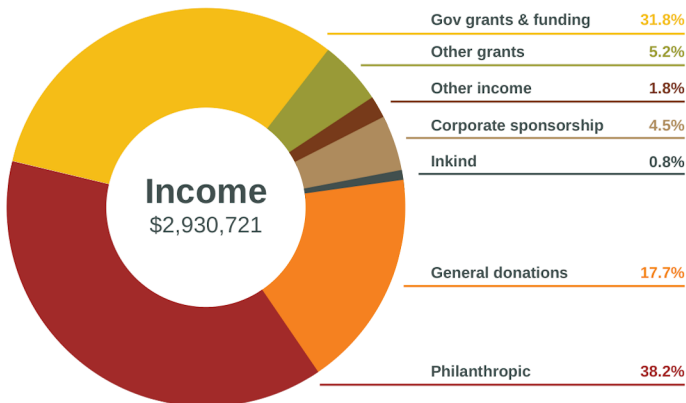
INNOVATING WORKFORCE MODELS FOR THE BUSH.



“Outback Futures has got the right model for the bush,” says Blackall-Tambo Mayor Andrew Martin.

In a rural and remote context, workforce shortages result in key challenges for those seeking mental health services. This year we’ve capitalised on opportunities to share how our innovative, bush-informed Work In Work Out (WIWO) workforce model can change the thinking on how mental health and wellbeing services are delivered to remote and very remote areas.

FINANCIAL SUMMARY.



VIEW OUR COMPLETE
2023 ANNUAL REPORT ONLINE
[OUTBACKFUTURES.ORG.AU/2023-ANNUAL-REPORT](https://outbackfutures.org.au/2023-annual-report)