
NAYH ANNUAL REPORT

2010/2011





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PRESIDENT'S REPORT

Thank you for your support and interest in NAYH during 2010/11.

NAYH has maintained its focus on promoting and advocating for youth health service provision to meet the needs of marginalised young people 12 – 24 years old in NSW, while faced with challenges in 2010-11.

The reform of NSW area health services saw fifteen local health districts replacing the former eight area health services. This included new administrative structures for public hospitals and some health services.

This reform represents a time of change in which Youth Health Services may need to adapt. Even more than usual it is a time where they collectively need to be represented to ensure that marginalised young people have access to quality services that address their health needs and support their wellbeing. NAYH will continue this role with enthusiasm.

While reform may bring some uncertainty NAYH was able to focus on other projects to support Youth Health.

NAYH implemented the beyondblue funded research project *Efficacy of youth health service provision among young people with mental health problems in NSW* conducted in partnership with the Brain and Mind Research Institute. The research project aims to investigate the impact of youth health service provision in NSW for young people with, or at risk of, mental illness. By exploring the impact of youth health service programs, important information will be gathered about the kinds of programs that bring about positive changes in young people.

The Comprehensive Quality Process (CQP) Project was commenced in 2005 with the aim of reviewing and developing mechanisms to collect information regarding youth health service provision and related outcomes and key performance indicators. In 2010-11, NAYH, in conjunction with the CQP Advisory Committee, reviewed initial recommendations from the CQP Project in light of the current youth health environment.

I would like to thank the large number of individuals and organisations who have worked collaboratively with the Association. It is these partnerships that help NAYH perform its core work in representing the sector.

NAYH thrives on the commitment of those who serve it. Firstly, it has been a pleasure to work with our staff including Emma Marshall (Executive Officer), Leanne Hall (Senior Research Officer), Shannon Elliot (Administration Assistant) and Jason Appleby (Interim Executive Officer) who ensured that NAYH stayed focused on its duties and serving the youth health sector. Unfortunately Emma has moved to Western Australia and we wish her luck with her endeavours. We warmly welcome Laurel to the Executive Officer position for the 2011/2012 year. Laurel brings a wealth of management experience in the community services context, particularly in working with a peak agency and I am certain she will enhance the organisation to complete its mission.

Also, I would like to thank those who served on the NAYH Board during 2010/2011: Mark Morris; Michael Cummings; Brandon Bear; Graham Lane; Amanda Webster; Cheryl Davenport; and Kristen Day. Their commitment and efforts are commendable.

It is with regret that I will be stepping down from the board in 2011. It has been a pleasure and a privilege to work on behalf of NAYH and I wish the organisation all the best in achieving its mission in the coming years.

The Association looks forward to continuing, and building, its work on behalf of the youth health sector and marginalised young people in NSW.

Anthony Stralow

ABOUT NAYH

The NSW Association for Youth Health (NAYH) is the peak body for individuals and organisations committed to promoting the health and well being of young people aged 12 – 24. The principles guiding the association are a holistic approach to health service provision, inter sectoral collaboration, empowerment and social justice.

VISION

Marginalised young people 12 – 24 years old have access to quality services that address their health needs and support their well being.

WHAT DOES NAYH DO?

Advocate on behalf of youth health service providers and young people in NSW.

Inform and influence policy and legislation.

Promote the sustainability and development of youth health services at all levels.

Support opportunities for health education and skill development in the field.

Enable supportive e networks through access to information, education, professional development and research.

SUMMARY OF ACHIEVEMENTS

2010/2011

NAYH's key aims over 5 key areas as follows:

1. **Strategic Relationships:** To build, enhance and maintain strategic relationships with key partners.
2. **Partnership Projects:** To develop and participate in collaborative projects in response to the needs of the youth health sector and young people's health needs.
3. **Policy and Advocacy:** To represent, advocate for and support the Youth Health Sector and youth health issues at all levels.
4. **Membership and Promotion:** To enhance and maintain NAYH's profile and increase membership base and communication channels.
5. **Organisational Development, Risk Management and Quality Improvement:** To build and maintain NAYH's organisational and risk management and quality improvement structures.



STRATEGIC RELATIONSHIPS

NAYH maintained an ongoing positive working relationship with the NSW Centre for the Advancement of Adolescent Health (**CAAH**). From July 2010 to June 2011 NAYH participated in the CAAH Board and Advisory Committee meetings, met regularly with CAAH Coordinator and attended CAAH events where appropriate.

The NAYH Executive Officer continued to be an active member of the Organising Committee - Youth Health Forums which met quarterly at The Children's Hospital Westmead. NAYH assisted in coordinating the Youth Health Forum held on Wednesday 8 June 2011, titled: *Places and spaces: the many faces of mental health*.

NAYH maintained regular communication with **NSW Health** and actively participated in NSW Health project steering committees in 2010-11. The NAYH Executive Officer represented the youth health sector on NSW Health steering committees and maintained communication and participated in meetings with Primary Health and Community Partnerships Branch and NCOSS.

From July 2010 to June 2011 NAYH continued to be an active member of the **Chlamydia Working Group**, which aims to assist NSW Health in developing a strategic response to Chlamydia infections in young people and the next NSW STI Strategy. This Working Group sits underneath the Ministerial Advisory Committee on HIV and Sexually Transmissible Infections Health Promotion Sub-committee.

Close contact was maintained with other youth peaks in NSW including **YAPA** (Youth Action & Policy Association) and **Yfoundations** (previously Youth Accommodation Association) as well as the **OCYP** (Office for Children and Young People), Department of Family and Community Services, **ARACY** (Australian Research Alliance for Children and Young People) and **NCOSS** (Council of Social Services of NSW).

NAYH was an active committee member of the **Multicultural Youth Issues Network NSW** Reference Group as overseen by YAPA (established in April 2010).

NAYH maintained a relationship with **Dr Melissa Kang** (author of Dolly Doctor column) who enabled contribution of financial support from ACP publishing for NAYH's Small Grants program for innovations in youth health.

The **Commission for Children and Young People (CCYP)** continued to receive honorary membership to NAYH and receive complimentary NAYH E-News every month. NAYH continued to circulate information and resources from the CCYP to NAYH members and provide link on NAYH website.

NAYH continued to liaise with leading youth organisations and interagencies to cross-promote activities of agencies with similar goals, including: **NCOSS** and **ARACY**; **NSW Cancer Council** regarding *Tackling Tobacco: Action on smoking and disadvantage* Program regarding disadvantaged young people and smoking cessation); the **Network of Drug & Alcohol Agencies (NADA)**; the **Mental Health Coordinating Council (MHCC)** through the **NGO Mental Drug and Alcohol Collaboration group** regarding research opportunities, support for NGOs conducting dual diagnosis work, and insights from the youth health sector re youth health issues); **YFoundations** regarding the Yfoundations Health Division; and **YAPA** regarding the Multicultural Youth Issues Network NSW.

NAYH maintained communication with **AHMRC** (Aboriginal Health & Medical Research Council) and other Indigenous health organisations, such as Aboriginal Medical Services (AMS) to establish better linkages between youth health and Aboriginal health sectors and services.

PARTNERSHIP PROJECTS



In June 2010, NAYH attended the Social and Emotional Wellbeing Workshop, hosted by ARACY (Canberra), which focused on the development of social and emotional wellbeing indicators for children and young people in Australia. This workshop enabled NAYH to network with others in regards to the development of indicators for young people, and represent marginalised young people at a national level.

In 2010-11 NAYH formed research partnerships with several organisations through the Youth Health Research Interest Group; including the Centre for the Advancement of Adolescent Health (CAAH), CANTEEN, Family Planning, and the University of Sydney.

BEYONDBLUE PROJECT

Efficacy of youth health service provision among young people with mental health problems in NSW.

NAYH successfully achieved a research grant from beyondblue to conduct research about how young people with mental health problems are using youth health services.

In September 2010 NAYH recruited Leanne Hall as the Senior Research Officer to oversee the research project, conducted in partnership with the **Brain and Mind Research Institute**. Leanne is a qualified psychologist and PhD candidate, with a depth of experience in working with young people in youth health service settings.

The research project aims were to investigate the impact of youth health service provision in NSW for young people with, or at risk of, mental illness. By exploring the impact of youth health service programs, the project hopes to gather valuable information about the kinds of programs that bring about positive changes in young people.

By the end of June 2011, 102 young people attending five different youth health services in NSW had been surveyed via questionnaire designed to measure psychological distress and related functioning. Early results indicated that young people attending these services are more distressed than the general population. Emerging results also show that young people are accessing a range of different programs for a number of different reasons. The research project seeks to identify which programs young people find most helpful, and whether these programs have any impact on their levels of subjective distress.



A position Paper: *Mental Health and Early Intervention* was distributed to the youth health sector, NAYH members and made available on the NAYH website: www.nayh.org.au. This Position Paper discusses mental health early intervention and makes recommendations for youth health services.

NAYH SMALL GRANTS PROGRAM

In 2010-11 NAYH continued to offer the **NAYH Grants Program** to NAYH Members. The following grants were awarded in March 2011 to the following organisations for 2010-11:

Upzone Youth Health –\$2200 to the St George Division of General Practice to use peer educators to develop and implement a plan to promote the relocated Upzone Youth Health service to their peers

Yhunger (auspiced by Yfoundations) -\$2200 provided to enhance the capacity of youth services in NSW to address food access, nutrition and physical activity with young people experiencing homelessness – a revamp of the Yhunger Kit

CQP PROJECT

In July 2010 NAYH extended the Executive Officer position to 1 FTE to enable Jason Appleby, the interim EO, to oversee a scoping project regarding **the CQP Period** for a period of 12 months. Following a review of the Project and developments within the field of youth health indicators, the CQP Advisory Group was reconvened during 2010-11 to review the history of the project, developments within the field and recommendations for the way forward. Members of the Advisory Group who attended the meeting included:

Jason Appleby (NAYH EO)
Leanne Hall (NAYH Senior Research Officer)
Fred Foster (NSW Health)
Graham Lane (Northern Sydney Central Coast Health)
Kristen Day (CHAIN)
Michael Cummings (Western Sydney Area Health Service)
Fiona Robards (NSW CAAH)

The final CQP report was finalised in May 2011. Summary outcomes were:



Although the original purpose of the CQP Project was to develop key performance indicators (KPIs) for the youth health sector, factors such as diversity of service models, funding bodies and structures required the Project to first identify the core components of a youth health service. Varying factors have produced different models of service provision, staffing, resources, management and reporting. This resulted in a tool that youth health service managers could utilise to capture information about their client group and changes in their presentations, as well as data about the risk level and supports available to a young person.

ORGANISATIONAL DEVELOPMENT

Staffing: The NAYH Executive Officer was held by Jason Appleby for twelve months while Emma Marshall was on maternity leave. Shannon Elliot continued to provide administrative support for 5 hours per week. Leanne Hall was appointed as senior researcher for the Beyond Blue project.

Monthly NAYH Board meetings were conducted throughout 2010/2011. The board welcomed Graeme Lane from Northern Sydney Central Coast Health at the 2010 AGM.

NAYH maintained its location at the Brain and Mind Research Institute (BMRI) Camperdown. This move secured NAYH's sole location, improved staff amenities, provided a distinct and credible office space and promoted links with other sectors, particularly in the area of youth mental health. Relevant resources were maintained and updated to improve NAYH's ability to connect with its members (e.g. meeting rooms and amenities, teleconference equipment and a laptop). NAYH gratefully acknowledges the BMRI for its support.

POLICY AND ADVOCACY

NAYH participated in the following Committees :

Health Policy Advice Group (convened by NCOSS)

Forum on Non-Government Agencies (convened by NCOSS)

Tackling Tobacco: Action on Smoking and Disadvantage (Cancer Council NSW) Expert Advisory Committee

Youth Health Forum Organising Committee (convened by CAAH)

NSW Health Non-Government Organisations Committee (convened by NSW Health)

Chlamydia Working Group (convened by NSW Health)

Youth Accommodation Association Health Advisory Committee

Multicultural Youth Interest Network NSW (convened by YAPA)

NSW Youth Health Council

NAYH continued to provide support to the **NSW Youth Health Council**, managing the email list and communication amongst members. NAYH provides the Council with updates, new policies and plans from NSW Health and the wider State Government, as well as leading advocacy bodies such as NCOSS, PIAC, and the Consumers' Health Forum of Australia. NAYH participated in NSW Youth Health Council Planning meeting in December 2010 and hosted the Sydney central NSW Youth Health Council meeting in February 2011.

NAYH co-convened the Health Reform and Youth Health Forum with the NSW Youth Health Council in December 2010. The objectives of the Forum included:

- To increase the Youth Health sector's understanding and knowledge of issues related to health reform;
- To facilitate discussion and explore issues relating to youth health in the context of the current reform environment;
- To identify issues for further advocacy (including potential issues related to the implementation of the Youth Health Policy); and
- To prepare the youth health sector for consultation meetings.

In July 2010, NAYH received endorsements from Family Planning NSW and Twenty10 regarding the following position papers (respectively):

Young People and Sexuality

Sexual Health Position Statement

The following NAYH Position Statements are currently available on the NAYH website, www.nayh.org.au:

Young people and approaches to their health and well being

Access barriers to mainstream health services for young people

Young people and sexuality

Sexual health position statement

Mental health and early Intervention



COMMITTEE REPORT 2010/2011

Committee Members

Anthony Stralow, President
Cheryl Davenport, Vice President
Mark Morris, Secretary
Kristen Day, Member
Michael Cummings, Member
Brandon Bear, Member
Amanda Webster, Member
Graeme Lane, Member

Principal Activities

The principal activity of the association during the financial year was to work with and advocate for the youth health sector in NSW to promote and advocate for the health and well being of marginalised young people aged 12 to 25 years.

Operating Result

The accumulated operating surplus amounted to \$39,615

Significant Changes in State of Affairs

No significant changes in the entities state of affairs occurred during the financial year.

After Balance Date Events

Since balance date there has been no significant event.

Indemnifying Officers or Auditor

No indemnities have been given or insurance premiums paid, during or since the end of the financial year, for any person who is or has been an officer or auditor of the entity.

Proceedings on Behalf of the Entity

No person has applied for leave of Court to bring proceedings on behalf of the entity or intervene in any proceedings to which the entity is a party for the purpose of taking responsibility on behalf of the entity for all or any part of those proceedings.

Auditor's Independence Declaration

The lead auditor's independence declaration for the year ended 30 June 2010 has been received and can be found on the following pages.

Signed in accordance with a resolution of the Board of Directors.

Committee Member:.....

Committee Member:.....

NAYH FINANCIALS

THE NSW ASSOCIATION FOR YOUTH HEALTH INC.

PROFIT AND LOSS APPROPRIATION FOR THE YEAR ENDED 30TH JUNE 2011

	Note	2011 \$	2010 \$
Operating Surplus/(Deficit)		(16,455)	1,560
Operating Surplus/(Deficit) after Income Tax		(16,455)	1,560
Accumulated Surplus at the beginning Of the Financial Year		56,108	54,548
Accumulated Surplus/ (Deficit) at the end Of the Financial Year		39,653	56,108

NAYH FINANCIALS

THE NSW ASSOCIATION FOR YOUTH HEALTH INC.

BALANCE SHEET AS AT 30TH JUNE 2011

	Note	2011 \$	2010 \$
CURRENT ASSETS			
Cash at Bank			
Westpac Cheque Account		10,167	14,270
Westpac Maximiser Account		30,927	49,840
Petty Cash		91	91
Undeposited Funds		-	(2,686)
Receivables			
Prepayments		-	1,918
GST Receivable (Future Adjustment)		2,542	3,401
GST Receivable (BAS4)		526	-
TOTAL CURRENT ASSETS		44,253	66,834
NON-CURRENT ASSETS			
Fixed Assets	4	2,102	1,925
TOTAL NON-CURRENT ASSETS		2,102	1,925
TOTAL ASSETS		46,355	68,759
CURRENT LIABILITIES			
Payables			
Trade Creditors		103	3,869
PAYG Withholding Payable		5,600	3,276
Superannuation Payable		-	(222)
Provisions	10	996	5,728
TOTAL CURRENT LIABILITIES		6,699	12,651
TOTAL LIABILITIES		6,699	12,651
NET ASSETS		39,656	56,108
ACCUMULATED SURPLUS		39,656	56,108

AUDITORS REPORT

THE NSW ASSOCIATION FOR YOUTH HEALTH INC.

INDEPENDENT AUDIT REPORT

TO THE MEMBERS OF THE NSW ASSOCIATION FOR YOUTH HEALTH INC.

Scope

I have audited the financial report of the NSW Association for Youth Health Inc for the financial year ended 30 June 2011 and the Statement of the Committee Members. The committee is responsible for the financial report. We have conducted an independent audit of the financial report in order to express an opinion on it to the members of the organisation.

Our audit has been conducted in accordance with Australian Auditing Standards to provide reasonable assurance whether the financial report is free of material misstatement. Our procedures included examination, on a test basis, of evidence supporting the amounts and other disclosures in the financial report, and the evaluation of accounting policies and significant accounting estimates. These procedures have been undertaken to form an opinion whether, in all material respects, the financial report is presented fairly in accordance with Accounting Standards, other mandatory professional reporting requirements and statutory requirements in Australia, including the Associations Incorporation 1984 NSW, so as to present a view which is consistent with our understanding of the organisation's financial position and performance as represented by the results of its operations.

The audit opinion expressed in this report has been formed on the above basis.

Audit Opinion

In our opinion, the financial report of NSW Association for Youth Health Inc is in accordance with the Associations Incorporations Act 1984 NSW, including:

- i) giving a true and fair view of the Organisation's financial position as at 30 June 2011 and its performance for the year ended on that date;
- ii) complying with Australian Accounting Standards and the Associations Incorporation Act 1984 NSW; and
- iii) other mandatory professional reporting requirements.

Darley & Co

Dated this 13th day of October 2011

NAYH MEMBERS

2010/2011

Organisations

Phoenix House Youth Service – Rage Project

Central Coast Living Options

Department of Paediatrics, John Hunter Children's Hospital

Youth Accommodation Association (YFoundations)

UpZone Youth Health/St George Division of general practice

High Street Youth Health Service

Education Against Violence (SWAHS)

Uniting Care Mental Health

Transcultural Mental Health Centre

Centacare Broken Bay – Youth Services

CHAIN – Southern Youth and Family Services Association

Department of Child and Adolescent Psychiatry

St George Youth Services

WEB Youth Service

Boys Town Engadine

Musclesprouts

Triple Care Farm Mission Australia

The Warehouse, Family Planning NSW Health

PACS Adolescent and Family Counselling

Granville Multicultural Community Centre

PACS Adolescent and Family Counselling

Central Coast Youth Health Service , Wyong
Central Community Health

Samaritans Youth Services – the Hub

Northern Sydney Youth Support Services

Mid North Coast Division of General Practice

Traxside Youth Health Service

Ted Noffs Foundation

Cancer Council NSW

NSW Centre for Advancement of Adolescent Health

Shopfront Youth Legal Centre

Youth Shoalhaven Inc

Department of Human Services

University of Western Sydney

YES Youth and Family Services

Sydney University Settlement

NSW Commission for Children and Young People

Health Reform Transition Organisation (SESIAHS)

Individual Members

Anthony Stralow

Peter Chown

Judith Crockett

Estela Gimenez

Tony Phiskie

