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AIFS 26 CONFERENCE

CHANGING FAMILIES IN CHANGING TIMES

"Rise and Thrive":
Community Connection in Kalgoorlie



Theme: Family and Society
Session: Children and Schooling

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Funder: MYER COMMUNITY FUND

Acknowledgement of Country

Rickesha's Artwork

We'd like to acknowledge the Traditional Owners of the land on which we meet today and where we are from, the Whadjuk people of the Noongar Nation in the Perth region, and the Wongi people on the Wangkatha country in Kalgoorlie, and pay our respects to Elders past and present.

Uplyft in Kalgoorlie

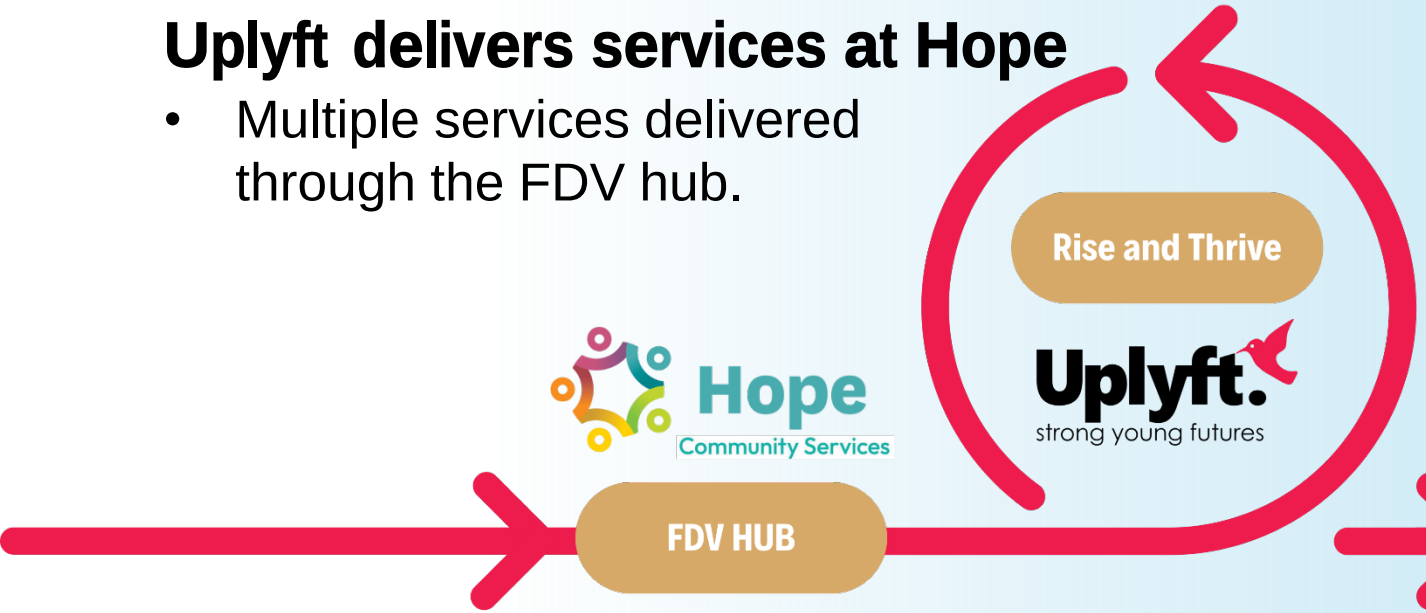
Kalgoorlie, Western Australia

Kalgoorlie Population (ABS, 2022)

- Usual residential population, n=38,805.
- 25% are >15 years of age and <18 years of age.

Uplyft delivers services at Hope

- Multiple services delivered through the FDV hub.





Community Need

Kalgoorlie, Western Australia



55%

of Aboriginal and/or Torres Strait Islander people aged 15 years and over in this region, identified in the Census, had attained their highest level of education at year 10, (ABS, 2021).



MENTAL HEALTH

the **WA Primary Health Alliance** identified Mental Health conditions to be the third leading cause of total disease burden in the Goldfields-Esperance region, (WA Primary Health Alliance, 2026).

Rise and Thrive Purpose

To build healthy relationships, encourage independence and form stronger community connections through increased skills and knowledge for young people experiencing disengagement.

Rise and Thrive

Kalgoorlie, Western Australia

Target Cohort: Young people aged 13-17 years, experiencing disengagement from education pathways and community supports.

Referrals: From schools and local services.

Objectives:

- Goal 1: Improved life skills with clearer pathways to education and employment
- Goal 2: Increased understanding of and ability to form healthy relationships
- Goal 3: Improved self-confidence and emotional regulation skills



Rise and Thrive

12-week program, 2 sessions per week

Part One: Healthy Relationships	Part Two: Practical Independence Skills

• Emotional Regulation (DBT)
• Conflict Resolution
• Problem Solving Skills
• Respectful Communication
• Finding myself after violence has happened
• Becoming a good future partner in relationships
• Removing bystander guilt in teens
• Bodily Consent
	• Connecting with Police, Emergency Services
	• ID documentation to access a range of services
	• Banking and Budgeting
	  o Tax File Number
	  o Opening a Bank Account
	• Pathways to employment
	  o Exploring dreams, interests and strengths
	  o Exploring TAFE options and enrolment
	  o Providing opportunities for work

Methods

Data Capture Timeline



Registration

Forms

Intake and registration forms for consent and demographic information.



Program Starts

Goal Setting

Learing what goals are, how to set them and what can be done to achieve them.



Activities

Evidence Informed

Physical and discussion style activities, art, reflections, journaling, Kessler Distress Scale-5 (K5) and Strength and Difficulties Questionnaire.



Evaluation

Evaluation Framework

The program was evaluated from the start to finish. All methods for data collection were used to assess change.



Impact

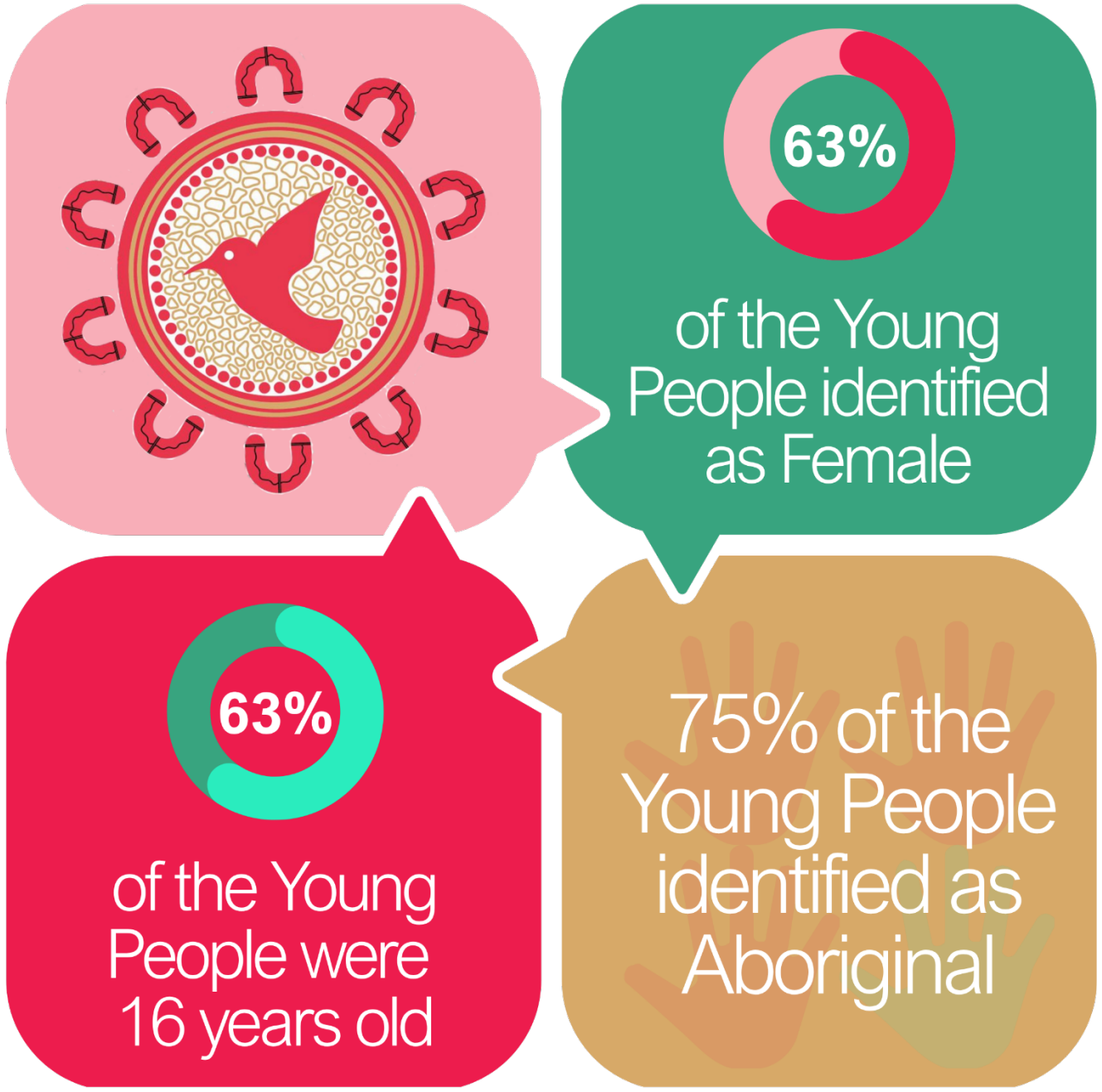
The End

Collated data, observations of interactions, relationship building, social connections and engagement to measure social impact.

Results

This program delivered services to 12 young people experiencing disengagement and have been exposed to FDV.

Complete evaluation data were collected from 8 of these young people.



Results

Three key outcomes were achieved



Self Care and Emotional Regulation Skills



Building Healthy Relationships



Pathways to Employment

Results

Outcome 1

Facilitated self-assessments have shown **a reduction in the amount of time** the young people spent feeling the following:

- **K5:** nervous, without hope, restless, jumpy or like everything is an effort or so sad that nothing could cheer you up.
- **SDQ:** worried, nervous, ‘unhappy, depressed or tearful’ or fearful.

“

I eventually took the courage to ask my best friend's mother to take care of me. I have been staying with my secondary mother. I feel more heard, noticed and supported

– Young Person, 16

”



Self Care and Emotional Regulation Skills

Results

Outcome 2

- **Emotional Difficulties (SDQ)**
  - Improved results in confidence entering new situations
  - Feelings less scared and fearful of entering new situations
- **Peer Difficulties (SDQ)**
  - Improvements in feeling liked by their peers
  - Improved reports of having one or more good friends
- **Prosocial Scale (SDQ)**
  - Improvement in being considerate of other people's feeling
  - Sharing, helping others and being kind to younger children

> *"It was nice to play ball with other people. I had not kicked ball with strangers, I always stay inside my room and I do not have friends. Thank you for bringing us here – Young Person, 16"*



Building Healthy Relationships

Results

Outcome 3

- 100% of the young people had either returned to school or engaged in alternative pathways

75%

6 **Young People gained employment during the program**

25%

2 **Young People returned to formal schooling after a period of disengagement**



Pathways to Employment

Community Impact

How this program has impacted young people in Kalgoorlie



Increased Engagement

Stronger Connection

Greater Empowerment

Community Impact

How this program has impacted young people in Kalgoorlie

“Many of the children that we support are early school leavers facing significant and complex challenges. A large number have experienced family breakdown, domestic violence, trauma, mental health struggles, child protection involvement, and long-term disengagement from education and community supports.

For many of the participants this was one of the first positive group experiences they had engaged in successfully. We saw noticeable improvements in confidence, communication and peer relationships.”

- Engagement & Transitions Manager, Department of Education

Where to next?

How this program has impacted young people in Kalgoorlie

- Need for the program continues
- Securing funding remains a challenge
- Inter-sector communication brings challenges
- Identify practical solutions to secure ongoing funding







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Talk to us after the session.

Thank you.

www.uplyft.org.au

References

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