

ABOUT NEW MORNINGS

Who Are We?

New Mornings is a Christian, not-for-profit mental health support organisation based in Ulverstone.

Vision Statement

To see thriving, productive northwest Tasmanian communities with excellent mental health.

Mission Statement

Reaching out with the love of Jesus Christ to increase community capacity in mental health.

Values

New Mornings has a Christian Worldview.

The Bible encourages us to care for others by:

- practically supporting those in need
- encouraging the disheartened
- helping children to thrive
- practising generosity through humble service

We apply these principles to increase the capacity of communities to have good mental health.

Please contact New Mornings...



alison.whishaw@newmornings.org.au



03 6411 62112 or
0419 572 913 (Alison Whishaw)



www.newmornings.org.au



14 Amherst St, Ulverstone, TAS 7315
P.O. Box 180, Ulverstone, 7315

To help make a difference please visit:
<http://www.newmornings.org.au/donate>

Community Partnerships

New Mornings services are provided by volunteers who are trained and supervised by mental health professionals. As community volunteers are enabled to support other community members, so we achieve our mental health goals.

Community partnerships are vital to the effectiveness of New Mornings' mental health support programs.



"Ulverstone Primary School has developed a wonderful community partnership with New Mornings which provides a student mentoring service in our school... This is a shared enterprise involving teachers, students, parents, New Mornings, local churches and the community."

Grant Armitstead, Principal (2016)
Ulverstone Primary School

"We are extremely grateful for the variety of programs New Mornings have provided for students in Years 7-9 over the past 6 years... we have confidence in the calibre of New Mornings' programs and the well-trained volunteers who deliver them."

Glen Lutwyche, Principal,
Ulverstone High School



New Mornings

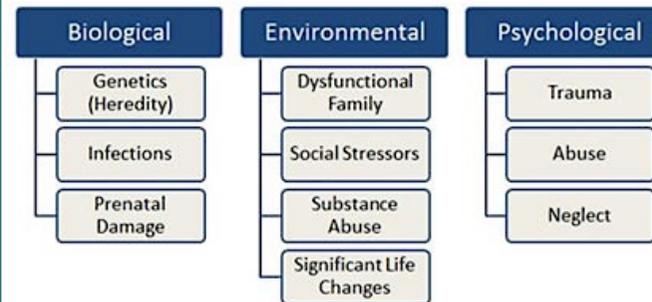
Increasing Community
Capacity in Mental Health in
Northwest Tasmania

Young People at Risk of Mental Disorders

Risk Factors

Young people in northwest Tasmania have a greater than average risk of developing a mental illness.

Childhood risk factors for future mental illness include:



Protective Factors

Protective factors which have been demonstrated to increase resilience and decrease the risk of mental illness are:

(1) secure family relationships, (2) feeling accepted by peers, (3) feeling connected at school, and (4) having an adult outside the family take a positive interest in them.

New Mornings' school support group programs have been shown to improve relationships with peers, teachers and parents and to increase peer networks. Students also experienced decreased anxiety, increased self-confidence & concentration, and an increased sense of belonging at school.

Our school mentoring programs provide a positive adult role model to come alongside, take an interest, encourage and support students to determine and achieve their goals. Students involved are already demonstrating increased self-esteem and their school attendance rates have improved.

Student Mentoring

"This program has been fantastic for our students. We have seen an increase in positive student behaviour, higher attendance rates, increased self-esteem, strengthened relationships with the families and most importantly students developing the ability to regulate their emotions."

Stephen Dome, AST (2016)
West Ulverstone Primary School

"I can attest to the power of one-on-one student mentoring and the positive outcomes it has had... a tremendous impact on their social wellbeing and attendance at school."

Grant Armitstead, Principal (2016)
Ulverstone Primary School

"I've been amazed at the positive difference that mentoring has already made. I've seen changes myself. I have also heard exciting things from school staff, and his mother has expressed that mentoring has already resulted in very positive changes in his life."

New Mornings volunteer mentor

ACTIVITIES

Support Groups

Adult group participants have said...

"Other people have gone through similar things. I'm not alone."

"Very professionally conducted. I felt valued and listened to and enjoyed other participants input."

"I've learned to listen (really listen) to people and found a new way of looking at myself."

"I've saved over \$500 since I gave up drinking, and that's before I stopped counting!"

School support groups build stronger peer relationships & teach life skills.

Grade 7 student participants have said...

"I felt like I could share things that were on my mind to get them off my chest."

"The facilitators helped because they were people we could trust."

Students learnt...

"How to control my emotions"

"To be a better friend"

"How to treat people"

"To respect myself and others"

"I don't always have to get upset about what people say"

Community Mental Health Seminars

16 full-day seminars for over 800 people run in Ulverstone and Devonport during 2005 – 2015 on topics including anxiety, stress, grief, depression, suicide, guilt, anger, trust, addictions and healthy life choices.

Adult Support Groups

15 support groups in Ulverstone & Devonport for 100+ adults experiencing mental illness during 2007-2016.

School Groups

60 small group resilience-building programs for 600+ high school students in Ulverstone during 2010-2016.

Student Mentoring

Trained mentors were provided for 16 students in grades 3-6 at West Ulverstone Primary school and Ulverstone Primary School during 2015-2016.

Community Education and Training

More than 30 educational presentations and training sessions for school groups, churches & community groups during 2006-2016.

NEW MORNINGS MENTAL HEALTH GOALS

1. To prevent mental illness by equipping individuals to grow in resilience and by increasing their community connections
2. To encourage and equip people who support others with mental illness
3. To support and equip individuals with mental illness to maximise recovery and help prevent relapse



FUTURE PLANS

Student Mentoring in Ulverstone Schools

Provide **additional mentors** for students at Ulverstone Primary School and West Ulverstone Primary School; and **establish a mentoring program** at Ulverstone High School.

Supporting Wellness In Family Trauma

SWIFT - a family-focussed trauma recovery program

to support families affected by family violence, child abuse & neglect in West Ulverstone and surrounding areas. Children, parents and extended family will be supported to reverse the impacts of trauma and maximise personal development, education and resilience through student mentoring, individual & family counselling, life skills mentoring for parents and skills-based group support programs.

Carer Support

Strategic support for individuals caring for others with mental illness. This includes personal encouragement for carers and equipping them to better assist those they care for to engage more effectively with various treatments and support services available to them.

Opportunities for Informal Peer Support

Provide a **safe meeting place** for:

- **individuals affected by mental illness** to meet informally with other sufferers, and for
- **individuals caring for others with mental illness** to meet with other carers for support/encouragement.

Counselling Services

Engage private counsellors to work in association with New Mornings to provide client counselling services.

Community Support

"with the high number of students within our school suffering trauma... we hope to increase the number of mentors in our school to 15 with the ongoing support of New Mornings"

Magella Dudley, Principal, West Ulverstone Primary School

"The UPS School Association have agreed to continue with New Mornings' mentoring and we hope that this relationship will continue as it is achieving great outcomes for our students."

Grant Armitstead, Principal (2016) Ulverstone Primary School

"Child Protection is very supportive of New Mornings proposal to establish a family-focused trauma recovery program in West Ulverstone... West Ulverstone has high socioeconomic disadvantage, a significant indigenous population and a high rate of family violence reports and child protection orders. If New Mornings' SWIFT program in West Ulverstone is successful there will be a strong case for implementing similar programs in other high needs northwest Tasmanian communities."

Belinda Sims, Manager, Child Safety, NW Tasmania