



ABOUT REACH

**REACH ENCOURAGES ALL YOUNG PEOPLE,
NO MATTER WHAT THEIR CIRCUMSTANCES, TO BELIEVE THEY CAN ACHIEVE.
AT IT'S CORE, REACH IS YOUNG PEOPLE INSPIRING YOUNG PEOPLE.**

Since inception, Reach has run preventative programs impacting over 500,000 young people.

OUR VISION

That every young person has the support and self-belief they need to fulfil their potential and dare to dream.

WHAT WE DO

Our empowered team of young Reach Crew (15-25 years of age) run programs that instil self-belief in young people. We know that self-belief is necessary for young people to achieve their dreams.

Reach programs include a variety of workshops, weekends away and large scale events that promote the mental health and wellbeing of young people, by supporting them to build skills including resilience and emotional awareness. It has been shown that developing these skills in adolescence can reduce serious problems faced later in life including depression, substance abuse, homelessness and suicide.

WHY WE DO IT

Reach was established in 1994 by Jim Stynes OAM (AFL Brownlow Medalist, youth motivator, and Victorian of the Year 2003) and Paul Currie (drama coach and film director). Jim and Paul recognised a huge unmet need in inspiring young people to truly get the most out of life.

At Reach we believe there is greatness in every young person that is often hidden behind fear, anger or hurt. We are passionate about people recognising their unique strengths and getting the most out of life.

Self-belief, leading to a strong sense of purpose and autonomy, is necessary for young people to fulfil their potential and realise their dreams. We support young people to develop self-belief by discovering more about themselves and expressing who they truly are. It is this journey of self-discovery that results in young people recognising they can do anything they set their minds to.

WHO WE WORK WITH

Our participants are young people 10-18 years of age, in and outside of the school system. Anyone who wants to improve their self-confidence and get more from life is welcome at Reach.

We work in over 500 schools nationally and each year hundreds of teachers and youth professionals attend specialised training to learn techniques to effectively engage with and support students. We also run programs for business and community leaders, with the aim of improving quality of work life and collegial connection.

Reach now works with over 58,000 young Australians every year.



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WHY IT WORKS

By creating “safe spaces” and positive peer group experiences, Reach provides an environment where young people can truly discover who they are. Reach programs encourage young people to develop trust and openness, feel comfortable enough to express their concerns, discuss their aspirations and recognise that they are not alone.

The main focus of our work is on prevention and early intervention. We recognise the value of working with the whole person, not just their symptoms or behaviour. By not focusing on the actual behaviour, but rather understanding the reasons behind it, the origins of negative behaviour are identified. It is through the empowering process of self-discovery that young people improve their self-belief and redirect their energy towards more positive outcomes.

Independent research shows that Reach helps teenagers to improve overall levels of self-esteem, optimism, and feelings of control over themselves and their lives.¹

To ensure the safety and effectiveness of our programs and the maximum wellbeing of participants, our ‘SafetyNet’ structure includes:

- Discreet psychological support, and
- Australian Council of Child & Youth Organisations (ACCYO) accreditation of Reach’s policies and procedures relating to the wellbeing of young people.

We believe in working in partnership with other organisations supporting young people. Through these partnerships we provide complementary programs, work collaboratively to develop programs and engage in referral relationships of our young people into specialist services.

¹Pallant, J. (2005) The Well-Being in Young People Study, Unpublished Research Study, Swinburne University, VIC, Australia

REACH VALUES

GROWTH INTEGRITY PASSION HONESTY CONNECTION RESPECT

HOW YOU CAN SUPPORT REACH

Individuals can donate by going to www.reach.org.au Donations of \$2 and over are tax deductible.

If your company is interested in opportunities to support Reach, please contact us on 03 9412 0900. We would be pleased to discuss how we can create programs and events that deliver results for your business.

Individuals interested in volunteering can download the information from on our website or telephone us on 03 9412 0908.