Supporting Child and Adolescent Mental Health
Emerging Leaders in Philanthropy

To establish how to best encourage a younger generation of philanthropists in WA, PMH Foundation sought the advice of industry experts. This led to the creation of a program aimed at inspiring, supporting and developing emerging leaders in philanthropy.

With 2015 being the inaugural year, two Emerging Leaders in Philanthropy (ELiP) teams have been established each with the challenge of raising funds for their selected department at Princess Margaret Hospital for Children (PMH).

The ELiP program provides participants a unique opportunity to be mentored and lead by example, to innovate and take calculated risks, to create new networks and to experience and understand philanthropy.
OUR VISION is that the Emerging Leaders in Philanthropy (ELiP) program will stimulate collaborations between individuals and corporates, as well as other not-for-profit organisations, in order to achieve amazing outcomes for the broader community in which we all operate.
Childrens & Adolescent Mental Health

Young people in Western Australia identify mental health as one of the three most important issues in Australia today. An alarming 13% of young people identify that suicide is an issue of personal concern.

In Perth, there have been increasing levels of self-harm and suicidal thoughts among young people. Four times as many young people (particularly 14 and 15 year olds) present to Emergency Departments in crisis, with repeated self-injury and attempted suicide compared to five years ago.

Mental health issues in children and young people tend to be minimised and not spoken about, with persisting feelings of shame and stigma in families which leads to a lack of advocacy for services and research in this vital area.
14% of Australian kids are affected by mental illness.

12% of 13-17 year olds have thought about suicide.

4.2% of 13-17 year olds have attempted suicide.

19% of Aussie teenagers are affected by mental illness.

50% of affected teens and children don’t receive professional help.
What will make a difference?

There is a growing body of scientific evidence to support the role of exercise as a therapy in treating and preventing recurrence of mental health issues, especially depression, to complement talking therapies and prescribed medications. Just as there are proven links between depression and physical health problems there are now proven benefits of exercise in mental health.

The prevalence of mental health problems in adolescents has significantly increased, and physical inactivity may be a significant cause.

Significant constraints on health funding result in such initiatives not receiving appropriate focus, priority nor funding. Traditional staffing does not include staff qualified to lead and deliver these activities.

Your funds would allow the Child and Adolescent Mental Health Service to introduce cardiovascular and mindful exercise as part of clinical practice which will see positive outcomes for individuals including increased serotonin leasing to improved mood, sleep and energy; a changed perception of self-providing a sense of personal mastery and positive self-regard; and decreased risk of recurrence. Good mental health in childhood and adolescence lays a foundation for positive mental health and wellbeing in to the future.
Where are your funds going?

FUNDS WOULD BE DIRECTED TOWARDS:

Employing a qualified physical trainer with expertise in working with children and adolescents with mental health issues to lead daily cardiovascular exercise sessions on inpatient unit.

Employing a qualified yoga teacher trained in working with child and adolescent mental health to lead yoga and mindfulness sessions on inpatient unit.

Creating a position to follow up children/adolescents after discharge to ensure linkage to local exercise programs or clubs aimed at sustained longer term benefits and recovery.

Creating a research position to scientifically capture impact of program.
Wild! Dolphins is a Wild in Art event that will take place in the streets, parks and public spaces of Perth and surrounds during April & May 2016. A huge pod of wildly colourful dolphin sculptures painted by local artists will swim into town as part of a mass public art exhibition to raise awareness and valuable funds for Princess Margaret Hospital’s Child and Adolescent Mental Health unit. Wild in Art events have been delighting communities and raising funds for local charities in the United Kingdom, South Africa and Australia since 2008.
Wild in Art

How Does the Event Work?

1. Businesses, community groups, charities, education establishments and individuals are invited to sponsor a blank dolphin sculpture – the canvas.

2. Artists, well-known and undiscovered, young and old, are invited to submit their designs. The best designs will be selected by sponsors to feature on the Wild! Dolphins sculpture trail.

3. Between 35 and 50 life-size dolphins will go on display around Perth and surrounds for 8 weeks forming a spectacular sculpture trail for all to enjoy.

4. After the event, each sculpture will be sold at auction with the net proceeds going to support the Princess Margaret Hospital Foundation.

Wild in Art sculpture trails are approved under the license by Wild in Art (UK).
Timing/
Key Milestones

February to March 2016
Open call for artists submissions

April 2016
Sponsors preview portfolio of designs

May 2016
Artists commissioned

July to August 2016
Wild! Dolphins created

September to October 2016
Wild! Dolphins sculpture trail hits the streets

November 2016
Auction
Thank You

We appreciate the time taken to discuss these opportunities to partner.

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