



November 2024: Welcome to Resilience in Reach!

We're excited to introduce the very first Resilience in Reach (RiR) newsletter—a project that's all about empowering children, young people, and their families to achieve successful life transitions, participate in their community, and reduce the lifelong impact of functional disability.

The ultimate objective of this project is to strengthen the family unit as a primary support for children and young people with complex mental health conditions who may experience psychosocial disability.

Raising Minds identified a significant gap in Queensland for information, advocacy, and support for children and young people with complex mental health issues and their families. Feedback confirmed families face major barriers in understanding psychosocial support in a developmental context. Navigating disability, health, and community services is challenging, with added obstacles from stigma, system gaps, and disadvantage.

Resilience in Reach is designed to bridge these gaps by supporting families as the primary foundation for children and young people with complex mental health needs.

Through this project, we aim to:

- Strengthen family units to provide stable and nurturing environments.
- Help families and young people navigate complex systems, including disability, health, and community services.
- Reduce stigma and barriers, while promoting inclusion and understanding.

Raising Minds has partnered with Parent to Parent (P2P). With years of experience delivering state-wide programs and providing peer-led support, systemic and self-advocacy, information and referral activities and transition planning with PATH, P2P brings a wealth of expertise and lived experience. P2P PATH planning helps students facing complex mental health challenges to re-engage with education and plan their next steps, whether transitioning to further study or for employment opportunities.

To ensure maximum reach and inclusion, Resilience in Reach will offer:

- **Face-to-face workshops** tailored to specific communities.
- **An online community** for ongoing support and connection.
- **Self-help online modules** that are accessible anytime, anywhere.



Together, RM and P2P are committed to creating lasting change.



For more information on Resilience in Reach, please email Craig on info@raisingminds.org.au or call 0427 786 301.



Jodi Wolthers
CEO of Parent to Parent



Craig Stanley-Jones
CEO of Raising Minds



Request for Proposal

A Request for Proposal has recently opened to seek applications from interested parties to undertake the co-design phase in partnership with the Resilience in Reach (RiR) consortium. Applications closed on Oct 16, 2024. There were seven interested parties and three parties went through to the interview stage. The successful candidate was Inside Out and Associates Australia. You can discover more about Inside Out [here](#).

Lived Experience Advisory Group

Expressions of Interest is open for the RiR, Lived Experience Advisory Group.

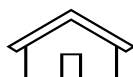
We're building something special, and we need your voice!
Are you a parent, carer, or family member with lived experience in child and youth mental health? Join our advisory group to shape the project and share your insights. **If interested please apply now.**

This lived experience will ideally have been within the last 5 years. This criteria regarding the 5yr period is not mandatory and lived experience beyond this period will be considered. For more information call 0427 786 301.

Applications can be sent to info@raisingminds.org.au.

Resilience in Reach will be based at the Raising Minds office located in inner Brisbane.

We are in the process of securing space that will allow us to hold meetings, workshops and events to benefit parent, families, carers and kin together with children and young people with complex mental health conditions. Will keep you posted!!



The Resilience in Reach Team

Thanks to the Department of Social Services for the funding of Resilience in Reach.