

Resilience in Reach
AN INITIATIVE OF



Resilience in Reach

INFORMATION

PACK

Resilience in Reach



Breaking Barriers



Making Connections



Building Confidence

Resilience in Reach is a 100% peer led and delivered project aimed at addressing youth mental health and the challenges of psychosocial disability through resources, workshops, and support grounded in real-life understanding.

Our aim is to bridge the gap between crisis and confidence and to ensure that no family feels like they are doing it alone.

Resilience in Reach combines personal insight with practical tools to build the confidence, community, and capacity of families to support their young person facing complex mental health challenges.

What we offer



Support

100% Peer guided support from parents, carers, families and kin with lived experience.



Lived Experience

Codesigned by parents, carers, families and kin, along with young people.



Resources

Codesigned workshops to increase knowledge, skills and confidence.



Community

Sharing our stories to empower others.

What makes Resilience in Reach unique is its commitment to co-designing and delivering all aspects of the project with parents, carers, families and kin with lived experience of caring for young people with complex mental health and/or psychosocial disability.

These voices are not only heard but actively employed, consulted, and integrated throughout the project, ensuring the resources, workshops, and supports are grounded in real-life understanding. Delivered both online and through local, place-based engagement, the project provides meaningful, accessible information and support where it's most needed.

We've just completed the co-design process and now have four workshops ready to pilot, and we'd love your feedback! These workshops offer practical tools, honest insights from people with lived experience, and a chance to connect with others who truly get it.

(07) 3544 0988

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Resilience in Reach Pilot Workshops



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SETTING OUT: HELPING YOUNG PEOPLE WHO ARE EXPERIENCING DISTRESS AND DIFFICULTIES

When a young person in your life is going through significant distress, figuring out how to help can feel overwhelming. This workshop is designed to make that journey a little clearer. We will explore common hurdles and helpful approaches when a young person needs support.

Together, we will share ideas for starting conversations about these challenges with young people, and with people who can offer professional help. You will also have a chance to consider different viewpoints within your family's experience, recognise your family's existing strengths, and discover resources that can help you navigate these situations.

RESOURCING YOUR JOURNEY: SUPPORTING YOURSELF WHILE YOU SUPPORT OTHERS

Caring for your family takes a lot of energy, even on good days. When things get tough, it can be even harder to look after yourself. This workshop is about *real* self-care for parents, carers, families and kin, so you can continue to support your young person without burning out.

We will talk about how challenges like family distress, dealing with complicated services, or facing judgment can impact your well-being. You will have a chance to identify your existing strengths and resources and learn how to weave sustainable and meaningful self-care into your daily life.

FINDING YOUR WAY: NAVIGATING SYSTEMS AND SERVICES TO SUPPORT YOUNG PEOPLE

When young people are facing tough times, families often need to work with two main systems: healthcare and education. This workshop is designed to help you better understand these systems and the different types of support available from various professionals and services, both in health and school settings.

You will have the chance to explore common challenges when trying to get help, and learn useful tools and strategies. We will cover how to work effectively with professionals, how to share your family's story, and how to speak up for your young person... and encourage them to speak up for themselves!

SPEAKING THEIR LANGUAGE: CONNECTING WITH YOUR YOUNG PERSON

Young people have their own internal challenges, and the services and systems that are meant to support them don't always listen to them. It is getting increasingly difficult to find supports and services that provide youth and neurodivergent-friendly spaces. Young people are often in 'survival brain' mode, limiting their engagement with people and services.

This peer-led workshop will provide attendees with practical skills, knowledge, and resources to ease the tension and build a better understanding around communicating with young people. You will meet other parents, families, carers and kin who are all facing similar experiences.

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Upcoming Events: Pilot Workshops



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DATE / TIME	WORKSHOP	LOCATION
July 4 1:00 – 3:00 pm (2 hours)	Setting out: helping young people who are experiencing distress and difficulties	<u>ONLINE DELIVERY</u> <u>REGISTER HERE</u>
July 10 6:30 – 8:30 pm (2 hours)	Resourcing your journey: supporting yourself while you support others	<u>ONLINE DELIVERY</u> <u>REGISTER HERE</u>
July 18 9:30 am – 2:30 pm (5 hours)	Finding your way: navigating systems and services to support young people	F2F – BRISBANE Raising Minds office 7/1 Fort Lane Milton QLD 4064. <u>REGISTER HERE</u>
July 30 9:30 am – 2:30 pm (5 hours)	Speaking their language: connecting with your young person	F2F – SUNSHINE COAST Kawana Island Meeting Room 5 Grand Parade Parrearra QLD 4575 <u>REGISTER HERE</u>



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Who We Are



RAISING MINDS

We are a community organisation established and operated by people with a lived experience of caring for a child or young person with complex mental health challenges that significantly impact their lives. Our purpose is to create more inclusive, better quality health and education systems in order to enable children, young people and their parents, carers, families and kin to flourish.

OUR VISION

Children and young people with complex mental health issues, and their parents, carers, families, kin, friends and supporters, are able to access the right support, at the right time in the right place. The best possible education, employment, financial and social outcomes for children and young people with complex mental health issues, and their families.

OUR MISSION

Ensure children and young people with complex mental health issues, and their parents, carers, families, kin, friends and supporters, are able to regain the best possible health and wellbeing so they can begin to thrive again, connected within their local communities.

OUR VALUES



Unconditional Welcome



Listen Deeply
We value your human experience.



Holders of Hope



Learning Culture
We learn from you and respond with a spirit of humility and non-judgment.



PARENT TO PARENT

With over 28 years of experience delivering statewide initiatives and providing peer-led support, capacity building, systemic and self-advocacy, information and referral activities, and transition planning with Planning Alternative Tomorrows with Hope (PATH), P2P brings a wealth of expertise and lived experience.

P2P is the Queensland Agency for Inclusion Australia, the national peak body for people with intellectual disability. P2P walks alongside families at every stage, helping them make informed decisions and plan with confidence for the future.

PATH is a creative, person-centred tool that helps young people set clear goals and map out practical steps to achieve them. For students, especially those facing mental health challenges or disengagement, PATH is a powerful way to re-engage with school, employment, or community.



Peer Support



Advocacy



Information & Referral



Capacity Building

*Supporting **Rights, Voices and Choices***

Queensland's **Trusted Voice** For People with
Disability and their Families

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Contact Us



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