

2021 YEAR BOOK

OUR TEAM. OUR COMMUNITIES. OUR IMPACT.

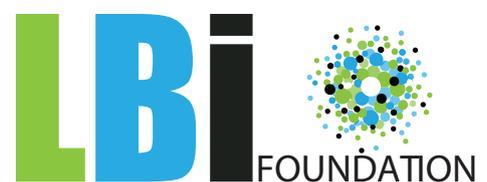


Leaders and Partners in Building a Wellbeing-and-Trauma Responsive Australian Community - Where Everyone Can Thrive.



Our Mission is to
Build a Wellbeing-and-
Trauma Responsive
Australian Community.

*Where Everyone
Can Thrive.*



226 Melbourne St, North Adelaide, 5006, SA

WHO ARE WE?

We believe that all children and families, regional Australians, and members of our school and education systems deserve the opportunity to thrive and achieve their full potential.

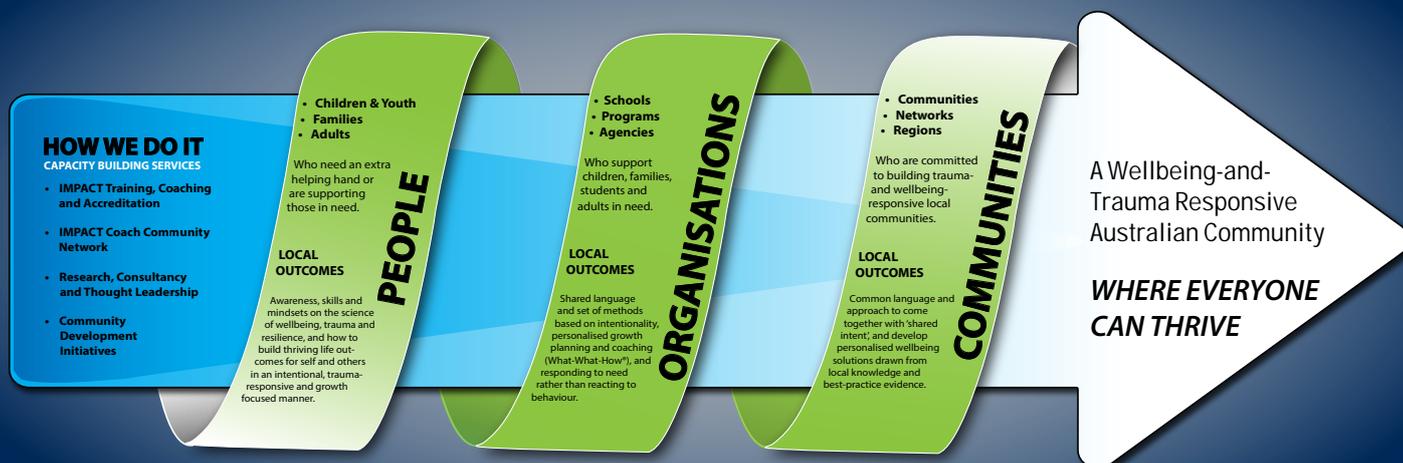
We are dedicated to achieving this by sharing our wellbeing and trauma responsive expertise through a suite of capacity building services. This includes: our IMPACT training and accreditation program, our IMPACT Coach network, thought leadership and research, specialist coaching, and various community development initiatives.

We work side-by-side with a network of people, organisations and communities. We equip them with knowledge, practical tools and resources to empower themselves and their communities to intentionally apply the science of wellbeing, growth and trauma to deliver sustainable local outcomes, particularly for those who need a helping hand.

Our knowledge, practical tools and resources are designed to intentionally circulate from 'people' into 'organisations' and then through to 'communities', strengthening local capacity independent of LBI. We understand and respect that the people and organisations we support are knowledge experts within their own communities, and we empower them to equip their own networks and build local wellbeing solutions.

We believe that empowered people and organisations empower local communities, fostering a wellbeing-and-trauma responsive Australian community, where everyone can thrive.

WE EMPOWER PEOPLE AND ORGANISATIONS, TO EMPOWER LOCAL COMMUNITIES



DIRECTORS REPORT

DR IVAN
RAYMOND

2021 has been a year of consolidation.

As our reach and impact continues to grow, we have invested in our systems, team and resources so we can sustainably empower the people, organisations and communities we support.

The highlights of 2021 include:

- Our IMPACT Coach Network expanding to over 100 – these are trained and accredited ‘community champions’ who make a difference in their local communities.
- Strong engagement with our online webinar and workshop series.
- Two independent research evaluations validating the impact and reach of our work.
- The delivery of ‘The Bush Telegraph’, an innovative whole-of-community initiative, in partnership with Centacare Catholic Country SA.
- Being awarded follow-up funding with Wellbeing SA (South Australian Government) to deliver a targeted whole-of-community program across Port Lincoln.

There are so many people who have been instrumental in our 2021 journey. I really want to thank our Board (John, Paula, Mabel, Karena and Tim) who have laid the governance foundations for LBI to be a strong not-for-profit organisation. This year we have welcomed Karena who brings additional scientific rigour to the team. I also want to thank John and David who have provided significant leadership support to myself and LBI.

Across educational settings, David and Kylie have done some amazing work, validated by recent evaluations. The success of ‘The Bush Telegraph’ would not have been possible without the dynamic and high quality work provided by Greg and Jen.

I also want to thank Ashleigh for her professional training and coaching roles, as well as Chelsea who has supported us to strengthen and consolidate our administration systems, and keep everything running in the background.

Most importantly, I would like to thank the people, organisations and communities we support. Collectively, you are the ones who make a difference in your local patch, and are the reason why we exist in the first place.

The challenges of 2021 have given LBI Foundation the opportunity to react quickly and modify how we deliver our suite of services in a form and manner which our clients have reacted to very positively. The next year will provide us with the opportunity to provide our community with further support to face the challenges of a more complex and uncertain world.



DR IVAN RAYMOND

Clinical & Education Director
LBI Foundation Co-Founder
Clinical Psychologist, PhD
Chairperson



PAULA RAYMOND

LBI Foundation Co-Founder
Social Worker
Board Member



MABEL TAM

Board Member
Lawyer
Principal - Norman Waterhouse



DAVID KELLY

Community Development Leader
Project Lead Resilient IMPACT
IMPACT Coach and Trainer



KYLIE AGNEW

Registered Teacher & Psychologist
IMPACT Clinical Coach and Trainer



ASHLEIGH DITCHAM

Clinical Psychologist
IMPACT Clinical Coach



JOHN SHEPHERD

Community & Funder Partnerships
LBI Foundation Co-Founder
General Manager
Board Member



TIM MUHLHAUSER

Board Member
Treasurer
Partner - Galpins Accounting



DR KARENA BURKE

Board Member
Associate Professor
Central Queensland University (CQU)



GREG HATCHER

Community Development and
Wellbeing Practitioner
IMPACT Coach and Trainer



JEN VONIC-JOYCE

Community Development and
Wellbeing Practitioner



CHELSEA FALSO

Business and Administration
Support

OUR 2021 TEAM

SCIENCE TO PRACTICE.



LEADERS IN TRANSLATING THE SCIENCE OF WELLBEING, GROWTH AND TRAUMA INTO PRACTICE

All of our work is founded upon scientific principles and best-practice evidence. We are thought leaders in the intentional translation of the science of wellbeing into practice, for people, organisations and communities.

We have exclusive Australian rights to the IMPACT Program. IMPACT is a flexible capacity building program that equips and empowers children, adults, families and communities to understand and intentionally apply the science of wellbeing, intentional practice, trauma, resilience and growth for themselves, and across all supporting adult relationships.

IMPACT offers a unifying lens, language and methodology, supported by practical tools and resources, to enable the science of wellbeing, trauma and intentional practice to be (1) practical, (2) translatable and (3) sticky. To learn more: www.lbi.org.au/impact



iMPACT

RESEARCH SHOWCASE

EVALUATING OUR IMPACT ACROSS EDUCATION COMMUNITIES

The purpose of my research was to evaluate a whole-of-school approach, the Resilient IMPACT program, and its effects at Tenison Woods College, Mount Gambier, as perceived by educators.

My research identified that the program had led to meaningful outcomes that focused on four main themes:

1. **Communication**, which focused on use of common and consistent language and the use of a What-What-How® approach to interactions;
2. **Consideration**, which involved taking the perspective of students and colleagues, understanding of emotions, and empathy for others;
3. **Collaboration**, which involved a committed approach to well-being solutions that are responsive to student and co-workers needs; and
4. **Commitment**, which involved a holistic community of practice approach to well-being that is supportive and embedded in teaching practice.



STEPHEN BURROWES

Master Thesis Student
Central Queensland University

Stephen's research demonstrates that our work, and the IMPACT Program, can really "stick", and deliver meaningful outcomes for students, educators and the entire school community.



For Further Information

www.lbi.org.au/research

COLLABORATION WITH CQU

In 2021 we have shared a wonderful collaboration with Central Queensland University who have supported us to independently evaluate the impact of our work across (1) educational communities and (2) regional South Australia (The Bush Telegraph).

The work was conducted by Stephen Burrowes and Meg Gruber, under the supervision of Associate Professor Karena Burke, Dr Adam Gerace and Dr Tessa Benveniste.

The research has validated work and impact of LBI, but has also contributed to the ongoing development and refinement of our services, and how we work side-by-side with people, organisations and communities to make a local impact.

OUR IMPACT COACH COMMUNITY NETWORK



IMPACT PROGRAM FOOTPRINT

1258

TRAINED TO
INTRODUCTORY
ACCREDITATION
LEVEL

105

IMPACT
COACHES

WHO ARE IMPACT COACHES?

IMPACT Coaches are local community members (or champions) who are trained, accredited and supported by LBI Foundation to empower and grow the capacity of their community to:

- Understand and then respond to the deeper needs and factors that underpin wellbeing, resilience and growth outcomes for individual and collective community members.
- Employ intentional methods and processes to build individual and collective capacity for whole-of-life outcomes.

IMPACT Coaches are provided access to additional resources, tools and training to make a difference in the lives of the people they are entrusted to support.

IMPACT COACH RESOURCES

All accredited IMPACT Coaches have access to online and hardcopy resources, including modules, videos, factsheets and resources on the science of wellbeing, trauma, resilience and intentional growth planning. This includes a twice-yearly mail-out of new or sample resources. In 2021, following IMPACT Coach feedback, we launched our 'Resource Catalogue'. This is a centralised guide of all resources and how IMPACT Coaches can order resources for their community. This has been really positively received by IMPACT Coaches.

This year we had the pleasure of collaborating with Tony Wilson (@tonywilsonart); a SA based Contemporary Indigenous artist. You can see the artwork embedded within a new factsheet on grounding. Tony explains:

"This artwork symbolises how staying deadly (through grounding) can ripple throughout our communities. It shows that growth and wellbeing of our community starts with us. When we ground ourselves, as symbolised through the green and staying in the front part of our brains, we can stay and feel deadly. This positively impacts on our family, the people we love and ripples throughout all the communities we are connected to."



Mary Castignani
Wellbeing Counsellor
Tenison Woods College

We recently celebrated Mary, as our 100th accredited IMPACT Coach.

IMPACT helps me to work side-by-side with students to respond to their wellbeing needs and empower them to grow.

The framework also gives our school community a shared approach to looking at and responding to student needs in greater depth.

The What-What-How® is also a fantastic tool in reflective practice.

IMPACT COACH # 100



OUR COMMUNITY IMPACT VULNERABLE CHILDREN AND FAMILIES

We partner with NGO's, Government Departments, programs and community groups and deliver evidence-based training, resources and tools to implement sustainable ways for vulnerable children, young people and families to develop the 'foundations to thrive'.

Our work is founded upon the IMPACT Program, which is made practical through a suite of services individually tailored and co-designed with the local site or program. Our work brings focus to:

1. Responding to Growth Needs

This is about activating the capacity of the care community (caregivers, foster carers, residential care workers, practitioners) to understand and intentionally 'respond' (rather than react) to the wellbeing, developmental, trauma and growth needs of children, caregivers and families through intentional supporting relationships, coaching conversations and growth action planning.

2. Building Child, Caregiver and Family Capacity

The community has the tools and resources to support children, caregivers and families to acquire the awareness, skills and mindsets for thriving whole-of-life outcomes.

CHILDREN IN FOSTER CARE

Across South Australia, over 4000 children and young people live away from their families of origin in out-of-home care. These children present with disproportionately high rates of background trauma, abuse and disadvantage, which places them at significant risk of social exclusion, negative mental health impacts and poorer life outcomes. Many of these children reside in foster care.

We work side-by-side with foster carers, practitioners, foster care programs and child protection sites to equip and empower them with the tools, resources and methods to develop personalised wellbeing solutions for children to heal and grow from their circumstances, and achieve their best. In other words, to be trauma- and wellbeing responsive in everything they do, where supporting adults 'respond to child need, rather than react to behaviour'. Our capacity building services include:

- IMPACT based training and specialist modules/workshops.
- Empowering local IMPACT Coaches to deliver modules and resources with caregivers (and children).
- Clinical coaching and support to caregivers, placement support workers and practitioners.
- Empowering caregivers and practitioners to develop personalised Growth Action Plans that directly respond to a child's specific needs and context.



ANNE-MARIE IRVINE DEBORAH SALT

PLACEMENT SUPPORT WORKERS (IMPACT COACHES)
AC.CARE, LIMESTONE COAST

We regularly use the IMPACT Coach factsheets, videos and tools to help us have really meaningful and intentional coaching conversations with caregivers, and support them side-by-side to build their capacity to meet the needs of children from vulnerable backgrounds.

DONNA BARNES

SUPPORT WORKER, FOSTER CARE PROGRAM (IMPACT COACH)
UNITING COUNTRY SA, YORKE PENINSULA

Foster Carers feel supported, included and equipped with the skills to find the strategies to support children who have trauma related behaviours. Side-by-side coaching assists the carers to be grounded, feel validated and have a growth mindset. Carers who are equipped with the skills to respond to needs and role model grounding in return brings a child back down, and with consistency, the child has a sense safety, security and a sense of belonging.



Centacare
Catholic Country SA



ac.care
opportunities for life ... for rural people

CHILDREN IN RESIDENTIAL CARE

There are an increasing number of children residing in residential, congregate or group-based care. These children often present with complex needs, which require specialist care and support.

We work side-by-side with residential care workers (youth workers), House Leaders and residential programs to equip and empower them with the tools, resources and methods to provide intentional care and support, in a manner that directly responds to a child's individual needs, context and circumstances. We empower caregivers to employ moment-to-moment trauma-responsive care, where every interaction is an opportunity for growth. Uplifting 'growth' is the focus of everything we do.

IMPACT and intentional practice is designed to dovetail into and strengthen existing therapeutic program features (e.g., TCI, Sanctuary), equipping caregivers with the core skills to 'respond to need, rather than react to behaviour'.

We empower residential care homes to have an individualised Growth Action Plan for every child or young person. This details the specific caregiver intents and strategies for the child or young person to heal, grow and achieve their full potential.



PHYLLIS SULLIVAN

CASE MANAGER
STRENGTHENING FAMILIES FAR NORTH
UNITING COUNTRY SA

Thank you for providing an opportunity where I was able to complete your Coaching Accreditation IMPACT 1 and 2 and become certified. It has been an incredible journey for me and I found it was worth the effort and the time to partake in your training.

I have since taken on board the language and the format of the What-What-How® approach with a definite purpose to assist my clients with an intention towards their growth goals and outcomes. The process has helped me to fully understand a defined approach to case manage successfully.

The second part of the IMPACT Training, inspired me to take a closer look at the superficial and the underlying needs of our clients not to mention the overarching concerns that initiated the issues from the beginning, an aspect I became confused with from the 1st part of the training, but I suppose I was caught up listening to a new language and another process to a case management model.

Never-the-less attending the 2nd part of the training, I listened with intent and it became easy for me to follow the steps of the IMPACT approach, it made sense to me, that here was an application that captured every detail systematically to case manage from beginning to end, easy to understand, in clear presentation format, precisely, repeatedly, methodically and practicably.

The What-What-How® approach has definitely improved the way I case manage theoretically and practically.



STRENGTHENING FAMILIES

We work side-by-side with agencies, schools, practitioners and NGO's who are dedicated to strengthening family capacity and resilience.

We equip and empower them with the tools, resources and methods to provide intentional support and coaching, in a manner that directly responds to a family's unique needs, context and circumstances. We enable supporting adults (teachers, case managers, practitioners) to empower families, by providing them the knowledge, skills and resources to strengthen family wellbeing, and meet the safety and growth needs of all family members.

IMPACT Coaches are at the frontline of strengthening family capacity. These trained and accredited local community members have access to best-practice resources on the science of wellbeing, trauma, growth and resilience, and engage families in intentional coaching conversations and capacity building processes.

IMPACT provides a scientific method for trauma-and-wellbeing responsive approaches to be embedded within the support and coaching provided to families in need.

MICHELLE TOOGOOD

THERAPEUTIC STRENGTH BASED CARE, MANAGER, AC.CARE

We have been using intentional practice and IMPACT to empower our program to deliver a trauma-responsive and growth-focused residential care environment, which intentionally responds to an individual child's needs and context. It asks us to think about "what is the intent" or "what is the growth intent" of our support, and "how are we delivering therapeutic outcomes for children and young people". It keeps growth at the forefront of our minds. I use key IMPACT content (eg What-What-How®, under the surface needs) every day in my support to staff teams. It grounds me. We have embedded the Growth Action Planning process to personalise our responses to children. This tool provides a key method for clinical input to be understood and applied by caregivers, and for us to work with a shared intent with schools, DCP and care team members.

KERRY COURT

PROGRAM MANAGER
UNITING COUNTRY SA

We started our LBI journey with our foster care program. We have used the IMPACT Program to empower our placement support workers to apply intentional coaching support to caregivers and families. It provides us with key tools, resources and methods to ensure that the care provided to children occurs in a trauma-responsive and personalised manner. The resources, tools and online modules provided allows us to meet our caregivers' learning and development plan needs. This year we have expanded the IMPACT Program to our Strengthening Families, Intensive Family Services and Reunification programs. IMPACT empowers our case managers to provide intentional support and coaching in an evidence-based manner. All of our case managers will be at the IMPACT Coach level, and in 2022 we are empowering our staff teams to draw upon IMPACT Coach resources to support and grow families in need across our regional communities.



OUR COMMUNITY IMPACT EDUCATION AND SCHOOL COMMUNITIES

We partner with school communities and deliver evidence-based training, resources and tools to empower the school community to implement sustainable ways for all students and community members to develop the 'foundations to thrive'.

Our work is founded upon the IMPACT Program, which is made practical through a suite of services individually tailored and co-designed with the school community. Our work brings focus to:

1. Responding to Growth Needs

This is about activating the capacity of the educational community to understand and intentionally 'respond' (rather than react) to the individual learning, wellbeing, developmental, trauma and growth needs of students through intentional supporting relationships, coaching conversations and growth action planning.

2. Building Student Capacity

Teachers and supporting adults intentionally coach young people to acquire the awareness, skills and mindsets for thriving whole-of-life outcomes.

EDUCATION WITH IMPACT

THEBARTON SENIOR COLLEGE

Thebarton Senior College (TSC) is a specialist senior secondary school, offering SACE Stage 1 and 2 and VET curriculum for students over 16 years of age, many who present with diverse and sometimes challenging life circumstances. TSC offers a specialist program for students newly arrived in Australia, including young people from humanitarian and refugee backgrounds. In late 2019, LBI Foundation started a 2-year initiative with TSC to implement a cohesive approach to build student wellbeing, learning and whole-of-life outcomes, and foster a wellbeing-and-trauma responsive school community. This focused on the implementation of a shared language and intentional method for all educators and school personnel to understand individual student needs and context, and then personalise their responses through moment-to-moment support and teaching, growth planning and side-by-side coaching (mentoring) with students. In late 2019 and early 2020, all teaching staff received foundational IMPACT Training, with wellbeing and school leaders undergoing training and accreditation to the IMPACT Coach level in 2020. Across 2021, IMPACT Coaches and Counsellors have worked side-by-side with their colleagues to embed IMPACT tools and strategies into mentoring, teaching practices and the culture of the school.

COMPASS CATHOLIC COMMUNITY

Compass Catholic Community is an innovative initiative of Catholic Education South Australia. This school will open in 2022 in Davoren Park and provide a high impact learning and growth environment for young people, aged 17 to 24, who have not yet thrived in their education or employment. In early 2021, the school sought a cohesive and sustainable way to build an intentional wellbeing culture from the ground up, and embed the best-practice science of wellbeing, growth and trauma-responsive practice into the foundational fabric of the school. This year LBI worked side-by-side with school leadership to co-design a local and school owned wellbeing framework. In 2022, we are continuing the partnership through a whole-of-school embedding of the IMPACT Program, which will enable the local framework to come alive by equipping and empowering the community through knowledge, skills, tools, strategies and resources.

WELLBEING AND TRANSITION HUB

The Wellbeing and Transition Hub (formerly FLO Program), is a specialist service affiliated with Victor Harbor High School, which offers a personalised and tailored curriculum for students who have become disengaged from mainstream educational pathways. The W&TH is comprised of a skilled multidisciplinary team that has qualified educators, case managers, support staff and industry specialists to support their holistic journey of preparedness for life after school. This year LBI worked side-by-side with the entire team to equip and empower them to implement a common approach and set of methods to intentionally respond to the deeper needs of students (e.g., growth, developmental, trauma, wellbeing), and work side-by-side with students to grow their capacity for whole-of-life outcomes. In other words, to extend upon the great staff strengths and existing initiatives, and activate a strong wellbeing and trauma-responsive learning environment. This work has been founded upon a whole-of-site IMPACT Training, monthly reflective practice and group coaching, local IMPACT Coach embedding, the delivery of specialist training modules, and locally designed and intentionally delivered wellbeing projects.

EVA KANNIS-TORRY

PRINCIPAL, THEBARTON SENIOR COLLEGE

Through our work with LBI during 2021 our Advanced IMPACT coaches have begun to lead initiatives to better support wellbeing for learning. The What-What-How® process has become embedded in mentoring and many school processes including course counselling and growth action planning with students.

KELLY BUNYON

PRINCIPAL, COMPASS CATHOLIC COMMUNITY

Compass has been energised and enhanced by the work with LBI during 2021. LBI has taken Compass' heart for care, bravery and empowering outcomes from education, and helped us build a framework that we can feel comfortable sharing with our staff, our students and our community. We look forward to embedding this into our practice in 2022 and beyond.



ABBIE-LEA VERCO

SENIOR LEADER, WELLBEING AND TRANSITION HUB

As a team, the WTH crew of Victor Harbor High School were looking for a framework to support a shared culture and language to ensure a consistent trauma responsive lens is fundamental to the work that we are doing. The Impact Training and work with Ivan and LBI has provided that framework to support creating an even safer and consistent space for young people to grow.

WHOLE-OF-REGION APPROACH

MOUNT GAMBIER, PENOLA AND MILLICENT (CATHOLIC EDUCATION)

Our knowledge, practical tools and resources are designed to intentionally circulate from 'people' into 'organisations' and then through to 'communities'.

In this last 12 months, our work has delivered this community impact. Capacity building has circulated from Mt Gambier (Tenison Woods College) to Penola (Mary MacKillop Memorial School) and Millicent (Saint Anthony's Catholic Primary School). This community of schools has the knowledge, tools and resources to bring a 'shared intent' to their wellbeing initiatives and student support.



TENISON WOODS COLLEGE

Tenison Woods College is a K-12 school located in Mt Gambier. They have a long history of seeking to understand and implement the science of wellbeing and growth across their community with an initial engagement with SAHMRI Wellbeing and Resilience Centre from 2016-19. Between 2019 and 2021, LBI Foundation has equipped and empowered the school community to implement sustainable methods to build a learning and wellbeing responsive school community. In 2019, LBI Foundation supported the school leadership team to articulate a whole-of-school method for wellbeing and learning. Across 2019 all teaching staff received foundational IMPACT Training, with wellbeing and school leaders trained and accredited to the IMPACT Coach level. Across 2020-21, The College community has focused on embedding intentional practice and IMPACT tools and strategies into teaching practice and the culture of the school through the sustained application of a community of practice approach. Evaluations undertaken by LBI in 2020 and Central Queensland University in 2021, have demonstrated that Tenison Woods College is a wellbeing-and-trauma responsive community that has adopted a shared language and toolkit to building wellbeing and resilience across the school.

ST ANTHONY'S AND MARY MACKILLOP

St Anthony's (Millicent) and Mary MacKillop (Penola) are Catholic Primary Schools in the south east of the state. Inspired by the work occurring in Tenison Woods College (Mt Gambier), in 2021, LBI started a two-year initiative to simultaneously support both schools to sustainably build a cohesive wellbeing and learning responsive environment, where children and young people have the foundations to thrive. In other words, empowering both schools to intentionally respond to the deeper needs of students (e.g., growth, developmental etc), and work side-by-side with students to grow their capacity. In 2021, this work has been founded upon a whole-of-site IMPACT Training, with monthly reflective practice and group coaching, and local IMPACT Coach accreditation. The capacity building is dovetailing into the broader initiative with Tenison Woods College, where mentoring and shared learning is occurring across all schools. This truly represents a 'community' initiative, which is sustainably building upon the growth and foundations that have been developed in previous years, and spreading from the work with Tenison Woods College.



TANIA SIGLEY

DIRECTOR OF WELLBEING, TENISON WOODS COLLEGE

The LBI tools and strategies have been further embedded into the daily work of staff at TWC with staff consistently using under the surface thinking to explain student behaviours. Students have begun utilising What-What-How® as peer mentors which we look forward to evolving.

MELISSA BUCIK

JUNIOR PRIMARY WELLBEING COACH (IMPACT COACH), TWC

The side-by-side formulation of Growth Action Plans (mapped to the What-What-How®) has been instrumental in supporting us as educators to develop shared growth intent (goals) and identify small steps of growth (change), thus building our capacity to 'respond rather than react' or act in an intentional manner.



NICOLE COOTE

PRINCIPAL, MARY MACKILLOP MEMORIAL SCHOOL

Staff have found that by engaging with LBI, and particularly using the What-What-How® tool, we now have a common language to use with students and also with each other when discussing students. We are already seeing the impact in our school when putting into action strategies to assist students to thrive and to flourish.

DAVID KELLY

LBI COMMUNITY LEAD AND IMPACT TRAINER

This years program has demonstrated that IMPACT is truly embedded in the culture of TWC. This year has showed a deeper level of engagement with intentional practice tools and strategies – the school is more responsive, clearer about how strategies link with intent and more courageous in its ambition.

LIZA COUZENS

PRINCIPAL, SAINT ANTHONY'S CATHOLIC PRIMARY SCHOOL

The LBI tools and strategies support our staff to be clearer about the intent of our existing strategic priorities. While our learning journey has only just begun, Growth Action Planning is helping us to focus our approach to enhancing student voice and agency and personal responsibility.



OUR COMMUNITY IMPACT REGIONAL AUSTRALIANS

LBI Foundation has longstanding experience and commitment to improving the whole-of-life outcomes of rural and regional Australians.

We have developed and tested 'The Bush Telegraph', a whole-of-community initiative designed to build mental health and wellbeing outcomes, in a manner that complements and energises existing services, and is delivered and owned by local regional communities.

At the centrepiece of the program is the training and coaching of Community Champions. These are local community members, trained and accredited to the IMPACT Coach level, who support the dissemination of best-practice information on wellbeing and resilience, and engage their local communities in Wellbeing Projects.

The Bush Telegraph is focused on empowering local community members, who are embedded in the 'bush', to 'telegraph' the science of wellbeing and resilience in a manner that engages and draws upon the voices and knowledge of the local community. The Bush Telegraph brings together the strengths of both LBI and the partnering community.

THE BUSH TELEGRAPH

EYRE PENINSULA (2020-21)

Centacare Catholic Country SA (CCCSA) and LBI Foundation collaborated in the delivery of 'The Bush Telegraph' across the Eyre Peninsula. The project was funded by the South Australian Government, under the Statewide Wellbeing Strategy, led by Wellbeing SA.

The project engaged over 600 people, and included the delivery of 14 Wellbeing Projects.

An evaluation review found The Bush Telegraph "can have a 'catalytic effect'. In other words, to bring together diverse regional stakeholders and community members through a process of shared (1) conversations (supported by shared language) and (2) collaborations, to design and implement meaningful shared wellbeing solutions."



NICOLE LINSELL

MANAGER PORT LINCOLN CCCSA OFFICE

Supporting our local communities to develop ownership of their wellbeing journey is vital to sustainability and growth. Working together side-by-side, The Bush Telegraph offers access to best-practice wellbeing solutions that are embedded in the community and have a positive impact on outcomes.



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Wellbeing SA

PORT LINCOLN (2021-22)

Following the success of the above pilot program, CCCSA and LBI are delivering a follow-up project focused on the Port Lincoln region. This is a partnership project funded by Wellbeing SA.

The project is bringing together multiple Port Lincoln community groups around the theme of:

Working Together to Build a Wellbeing-and-Trauma Responsive Lower Eyre Peninsula Community

The project is occurring from November 2021 until June 2022, and includes the following key features:

- Community-led conversations.
- Foundational training (IMPACT Workshop).
- Wrap-around coaching and peer mentoring from LBI and CCCSA Community Champions (IMPACT Coaches).
- Delivery of smaller wellbeing projects.

OUR SPONSORS

SUPPORTING OUR VISION



TO LEARN MORE ABOUT OUR WORK
AND IMPACT, PLEASE CONTACT

E: ivan.raymond@lbi.org.au

M: 0417 846 103

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FURTHER INFORMATION