

# Embracing the Potential of Youth

IMPROVING OUTCOMES | SUPPORTING GREATNESS

  
noffs<sup>TM</sup>

*If we were a room full of  
disadvantaged young people...?*



Average age is 16½



39 Cannabis

52 Methamphetamine

8 Injected (last 3 months)



60 arrested in last 12 months

65 have been incarcerated in our life



46 Aboriginal and/or Torres Strait Islander



40 lived in 3 or more places in 6 months

85 suspended or expelled from school



68 report work/school problems

73 do not have Year 10

5 only primary school

75 problems relating to people

69 problems with violence and/or aggression





43 experienced ongoing verbal/emotional abuse  
77 have serious mental health concerns or diagnosis  
57 suffered physical abuse from known person (DV)  
37 suffered physical abuse from a stranger  
26 sexual abuse from a known person  
15 sexual abuse from a stranger  
11 experienced torture



42 of us have tried to take our own lives



“When I first came in I was a nervous wreck and I thought I had no social skills and I felt like I had no purpose in life.

Just drifting day by day getting nothing done except, harming myself and hating myself for it. I had no clue who I was or what I stood for and I couldn't imagine a life without drugs. I was trapped in a dark place in my mind and I had no one to reach out to. ”

*Female, 15 years*



# *Trauma*



“You organised my action plan and without an action plan there’s no action.... and I came to rehab for some action ”

*Male, 16 years*





“Well they were like this is your counsellor, you don’t choose, you don’t just like them straight away either, and for real I tried not to like them, but that didn’t last long...

...I was a bitch and they kept being nice to me, it is hard to hate someone that is nice even when you’re being mean on purpose”

*Female, 16 years*

“My counsellor was a good listener, sometimes  
that’s all it was, just me talking and them  
listening...

...they used to tell me that what I was saying was  
important”

*Male, 17 years*







“I made a family in this place and I will cherish the relationships I formed with both the residents and the workers.”

*Female 16 years*







“All the staff, I have a relationship with them all, I just come back in and say hi to everyone and everyone talks to me and makes me laugh. You all care and you give your time, I’ve never had anything like that before”

*Female, 15 years*







“Thankyou for making me feel safe at night time and always coming in at saying goodnight to me and waking me up early for school. Thankyou for helping me with everything I love you so so much and I’m going to miss u so so much!!!!!! ”

*Female, 17 years*







## Cannabis use reduced by 2 thirds

18.2 days per month to 6.5 days per month

19 cones per day to 6.5 cones per day

## Methamphetamine use reduced significantly

6.3 days per month to 1.7 days per month

3 pipes per day to 1.1 pipes per day

Statistically significant decreases across all items in  
Severity of Dependence Scale (SDS)



Number of arrests decreased by 66%

Suicidal attempts reduced by over 70%

Statistically significant increases in family  
communication and trust (Family Assessment Device – General  
Functioning Scale)



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*Female, 15 years*



“But then I came to Noffs and all that had changed. I now have trustworthy friends, lots of support from all the workers, I have people to talk to when I’m having a tough time, I’m hopefully getting a job soon and a place to call home. I’ve come a really long way since my first day at palm and I would not be where I am now if it wasn’t for everyone.

I love my life now even when it’s not the best ”

*Female, 15 years*

“It’s easy man, it’s simple really, we aren’t so difficult. We just want someone who cares, we just wanna feel trust and respect.... now stop asking me all these questions!”

*Female, 17 years*



