

YFO's commitment to the National Mental Health Commission's (NHMC) Vision 2030

Youth Flourish Outdoors' therapeutic approach seeks to provide the right care in the right place at the right time. We acknowledge and reduce barriers to accessing care for young people in Australia. As part of our ongoing strategy, we are currently working to align with the NMHC's Vision 2030's recommendations for the future of mental health and wellbeing.

NHMC's Vision 2030 and YFO	
Vision 2030 Key Points and Recommendations	YFO's Commitment
Services currently provided have limited availability to meet the needs of their community.	Flexibility in session planning and a range of services, case by case funding pathways, and door-to-door service delivery.
Address stigma, discrimination, and inappropriate care - There is a need for raising general levels of education and awareness around mental health.	Psychoeducation provided to young people and families/carers, strength-based and empowering adventure therapy framework, and trauma-informed training for staff and the public .
People commonly described not being believed, taken seriously, or respected, while also feeling a sense of a loss of their rights, voice, and choice when seeking help.	Promoting people's voices and trust through continuous feedback-informed practices , phased safety approaches to treatment, with secure confidentiality and privacy procedures.
The workforce is unable to deliver suitable quality services and does not offer the breadth of services needed.	A qualified, trauma-informed workforce with continuous training and professional development to ensure safe, appropriate, and effective care for all those involved in YFO's services.
Invest in data, reporting and ensure program and policy evaluation are resourced – align information gathering with outcomes.	Rigorous data collection processes to provide tangible evidence of therapeutic results and achievements , and to monitor for feedback and continuous improvement of our services.

Detailed information regarding the NMHC's Vision 2030 blueprint can be found on the following links:

1. <https://www.mentalhealthcommission.gov.au/Mental-health-Reform/Vision-2030>
2. https://www.mentalhealthcommission.gov.au/getmedia/27e09cfa-eb88-49ac-b4d3-9669ec74c7c6/NMHC_Vision2030_ConsultationReport_March2020_1.pdf

For more information about Youth Flourish Outdoors, please visit www.youthflourish.org