





Wheatbelt & Beyond Youth Mentoring Inc.

Vision

Empowered, skilled and supported Regional, Rural and Remote young people to achieve their own goals and aspirations and inspire a passion for life-long learning.



**Wheatbelt & Beyond Youth
Mentoring acknowledge that
we live, work and operate on
Aboriginal land and pay our
respects to elders past and
present.**



WBYM - Supporting Young Regional People

As an adult have you had a mentor to guide you?

As an adolescent would a mentor have been something that would have been great for you?

Thinking of adolescents today, consider the scope of issues to deal with.

Now think of a young regional person and the added considerations.



Our Journey

2011

Provided the opportunity to be part of a mentoring association

2018

Evaluation completed by RDA Wheatbelt

2019

WBYM established & commenced at Bruce Rock DHS

2020

Established program at Carnamah DHS

2022

Set up programs at Quairading & Dowerin DHS

2023

Established program at Brookton & Wyalkatchem DHS

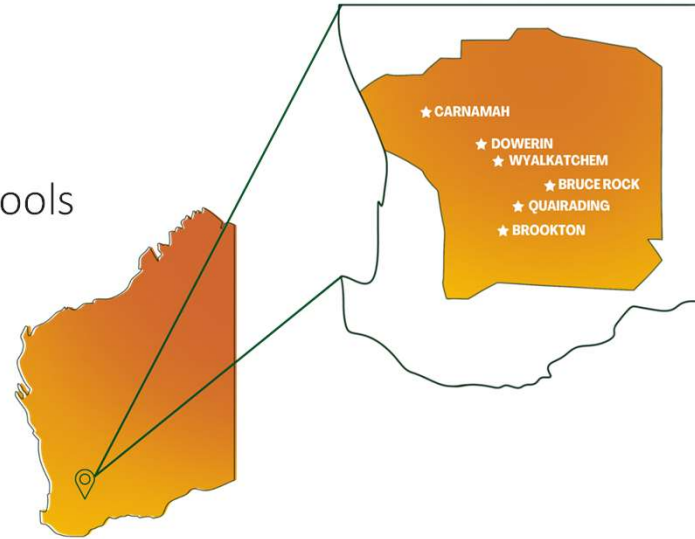


OUR PROGRAM

The program is run in Regional District High Schools

WBYM provides:

- Framework
- Policies & support
- Documentation
- Mentors



Mentee-Mentor

The Mentoring Relationship

- Adult mentor and mentee matched one-on-one
- Match remains as long as student is at the school and mentor in the program
- Expectation of 1 email per week
- External contact also allowed with parent permission

6
**SCHOOL
BASED
PROGRAMS**

370
**STUDENTS
MENTORED**

110
**MENTORS
CURRENTLY
RECRUITED**



Mental Health Statistics

- **Suicide is the leading cause of death for young people in Western Australia (ABS).**
- **In 2015, the proportion of Wheatbelt children rated as developmentally vulnerable on one or more domains ranged from five per cent to 30 per cent. Ten of the 21 local government areas with valid data had a higher rate of vulnerability than the national average of 22 per cent. (WACHS)**
- **For the period 2011-2015, the rate of Potentially Preventable Hospitalisations (PPH) in Wheatbelt children was statistically significantly higher (1.1 times) compared to the State (WACHS).**



Mental Health Statistics

Youth Suicide, 15-24 years

Suicide was the second leading cause of death after transport accidents among Wheatbelt residents aged 15-24 years, causing 11 deaths in 2011-2015 (2.0 times the State rate).

Table 20 shows the youth suicide rates for males and females over a longer period to preserve confidentiality. Youth (15-24 years) suicide rates for Wheatbelt residents were significantly higher than the WACHS and State rates. For males, the rate was 2.8 times the WACHS and 2.2 times the State rate. For females, the suicide rate was 1.8 times the WACHS and 1.5 times the State rate.^v

Table 20: Wheatbelt youth suicide rates by gender 15-24 years 2006-2015

Youth suicides (per 100,000 persons)* 2006-2015	Wheatbelt Health Region	Metro	State
Males (15-24 years)	43.5	15.1	19.6
Females (15-24 years)	11.3	6.4	7.7

*These rates have been age-standardised to the Australian 2001 population. Source: Epidemiology Branch, Department of Health.



Other Contributing Factors

- Increase in NSSI (non-suicidal self injury) both self reported, reported via Dept of Education and also presentations to Hospital Emergency Departments
- Decreasing populations/community – lack of positive peer social supports / networks
- Vast distance between localities and regional centers, where majority of services are located
- Identified lack of youth services / after school programs / school holiday programs / mentoring programs throughout the Wheatbelt
- Impact of COVID on our young people – whether direct or in-direct from family /extended family networks
- Reported increased levels of distress / overwhelming emotions from young people residing in the Wheatbelt
- Reported decrease in life skills/resiliency been taught / demonstrated within the family unit





WBYM is simple, flexible, transferrable; providing a support mechanism to young rural people.



75 000

PEOPLE



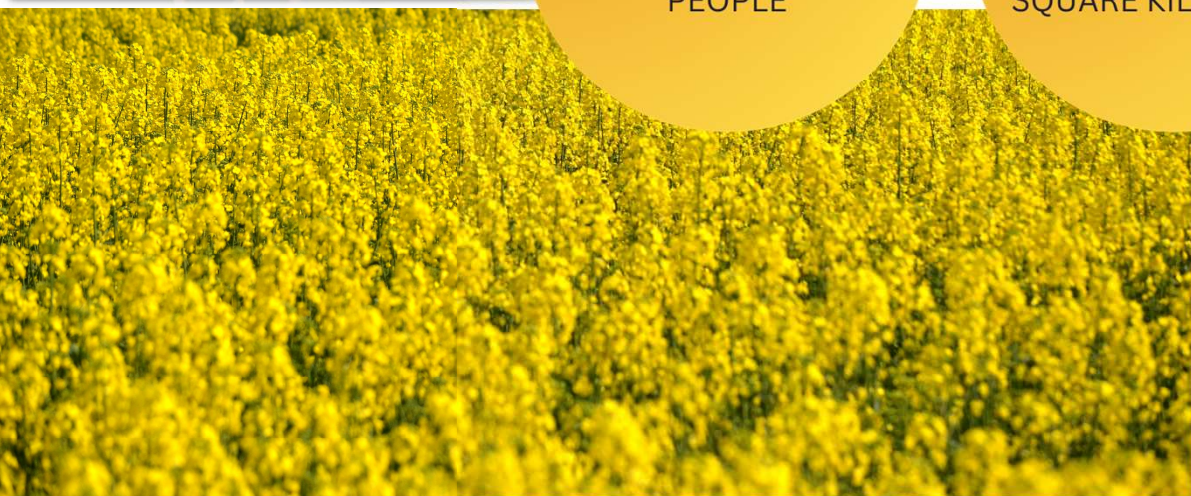
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SQUARE KILOMETRES



20

HIGH SCHOOLS



WHAT ARE THE **BENEFITS** OF YOUTH MENTORING?



Mentees

Through their relationship with their mentor, students gain support, mental health strategies and an increased awareness of future opportunities.

Mentors

Provides a sense of belonging, increased opportunities, an awareness of rural lifestyle and the needs of local communities.

Parents

Peace of mind with the knowledge that their child has someone to confide in and who encourages their future pathways.

Communities

Builds thriving rural communities. Develops engaged, confident, life-long learners leading to greater workforce retention. Attraction of qualified professionals.

From Mentees,
Parents and
Mentors

The contact,
freedom to talk
about
anything, the
guidance,
being inspired



Good for every
kid to have that
someone to
talk to

Being able to talk
to someone with
different
experiences. Talks
about uni life;
none of my family
have been to uni.

Helps me with ways
to deal with things,
made me calmer &
more confident,
learnt how to push
myself, we have
lots in common.



The Regions



IT TAKES A VILLAGE TO RAISE A CHILD

WBYM provides Regional, Rural and Remote young people support to thrive, learn, connect and ultimately become empowered, to be the BEST version of themselves in a safe and inclusive environment.



Strategic Outcomes

Recognise and respect all student backgrounds and diversity in their needs

Build life skills and encourage life-long learners

Build mentee confidence on a foundation of a trusting mentoring relationship

Increase mentee awareness of broader perspectives and new aspirations

Support mentees through the challenges of adolescence

Thank you



www.wbym.com.au



Wheatbelt & Beyond Youth Mentoring



WBYM_au



2023

volunteering^{WA}

STATE CONFERENCE

14 & 15 November, Optus Stadium

