



Piloting a program to enhance young people's mental health and well being - Outside The Locker Room

Julie Bright
Part 2



HEALTHY COMMUNITIES AND
WORLD CLASS HEALTHCARE

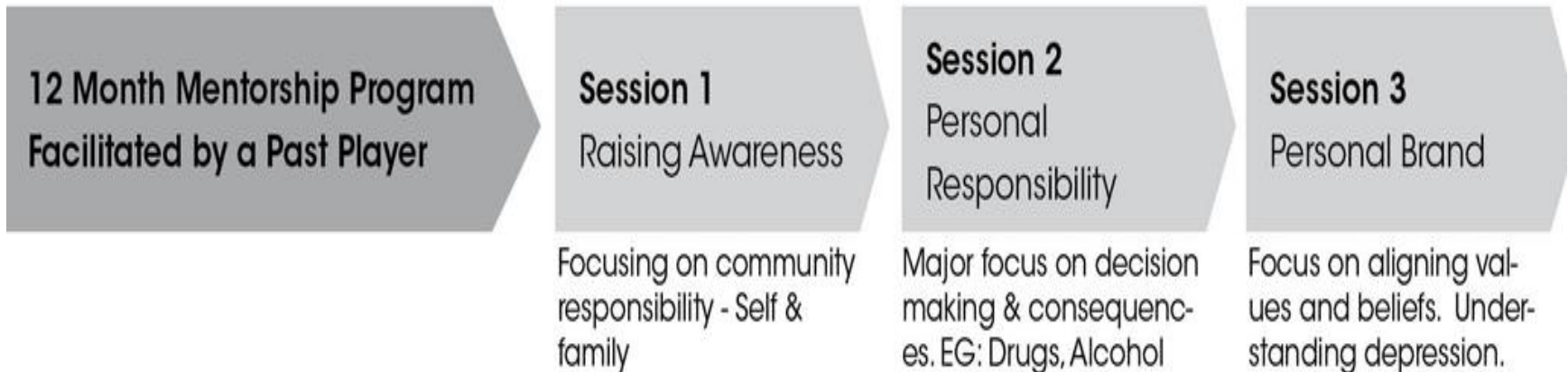
CARING | PASSIONATE | TRUSTWORTHY

Program delivery

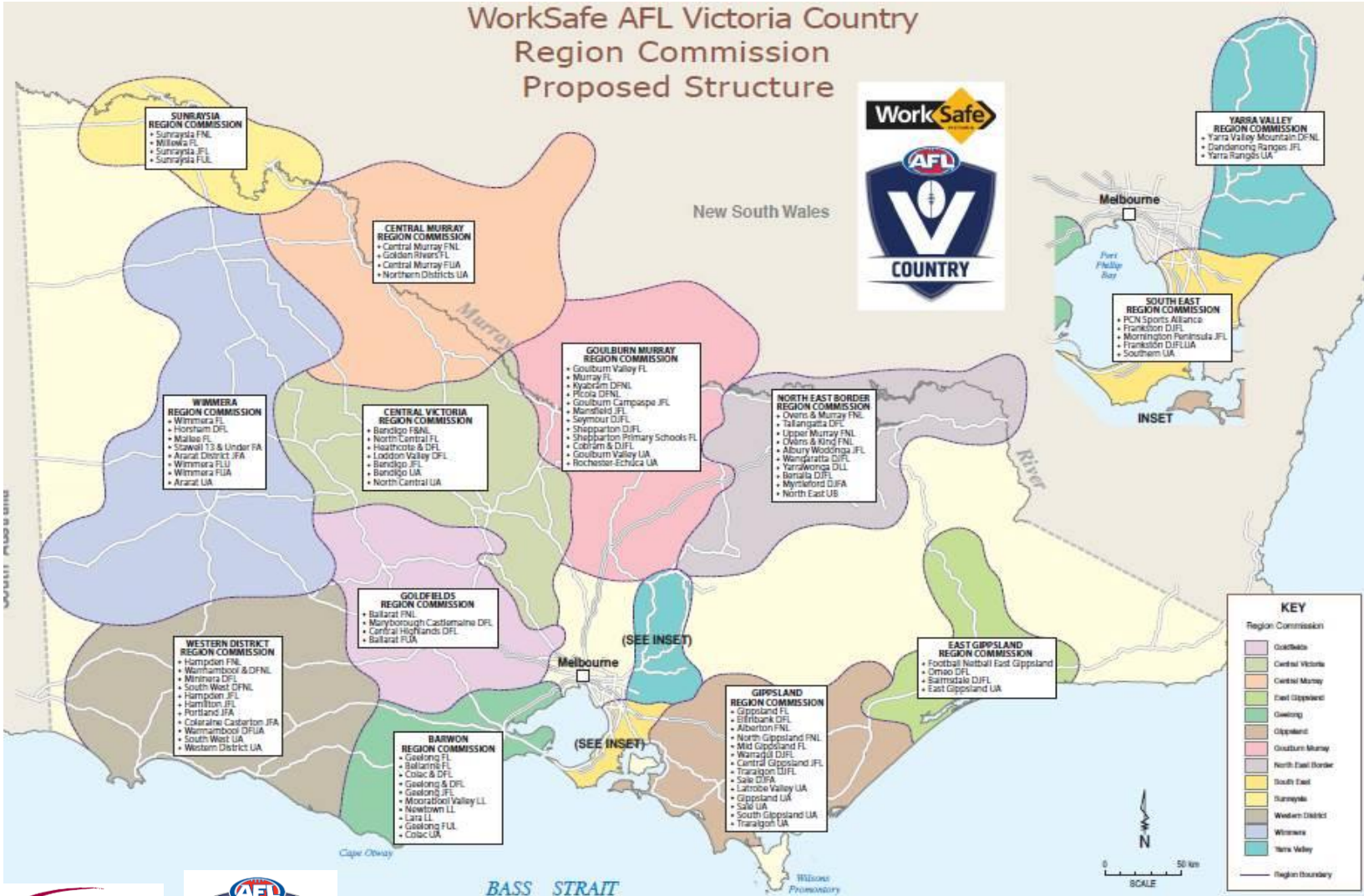
Information sessions held at all clubs in Campaspe

Three workshops scheduled with 14 clubs

Access to OTLR App



WorkSafe AFL Victoria Country Region Commission Proposed Structure



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Achievements

- Young people accessed pathways for support
- Workshops completed by time frame
- 2,297 young people participated
- Pioneers undertaking OTLR and making change
- Program rolling out to Central Vic AFL
- Positive testimonials
- Evidence of cultural change
- Phone App developed



What are People Saying

To: Jake Edwards (jedwards@outsidethelockerroom.com.au)
 OTR: [redacted] Football Netball Club

16 June 2015 12:08 pm

Hey Jake,

Wow mate, last night was awesome.

I spoke to a few people this morning with great feedback as did [redacted] (Netball coach) and she said that the parents she has spoken to said all their kids come home talking about it and a couple said that they haven't ever had their children speak as openly as they did after it.

Also, I was super excited that Glenn got across to the 2 Stokes brothers [redacted] as [redacted] has been off the rails a few times. And he was one that I contacted and told him that I really wanted him there for a few reasons 1. being for his own personal development and 2. also as a father figure for [redacted]. And when Glenn said it to him that exact same thing I could see him thinking more about it.

4/12
 Hey Jake thanks for talking to night really listen to what you ha to say and took it all on board and I am gonna put it same effort you put in to every kid because that's my way of saying thank you for giving up your time to come help kids that need help. Thanks once again

Jake Edwards
 Mate you are more then welcome and thank you for your message. That's such an awesome thing to read mate and shows you have strong character and leadership. Well done champ.

4/15, 9

To: Jedwards@outsidethelockerroom.com.au
 [redacted] Rochester

Inbox - jedwards@outsidethelockerroom.com.au DG

25 June 2015 1:23 pm

Jake Edwards.....WOW!!!! I know you have probably heard this a thousand times, but what a great evening, well done!!!!

As a 46 year old mother of three teenage daughters, who herself has had her fair share of life experiences, your courage and passion to share your life and help others is obvious. For the first time in awhile I actively absorbed what it was like to be 15-17 again. The lack of confidence, the awkwardness, the insecurities the unwillingness to participate and then there was you, an open book throwing it out there for all to see, opening doors and engaging and to me that was special. I consider myself very much an open book, and at times even as an adult I have questioned am I too open, should I just not say anything, SHUT UP [redacted] Do you have to be that honest??? But after hearing you last night I know that I can be nothing else but and can only hope that it helps me with my own girls and those that I coach.

As a mother I have always thought it important to encourage the people I love and respect to participate in the raising of my children. I have my lioness (my mum), my sister-in-law (another lioness), my husband, myself and my extended family all encouraged to join in and help me, because I never know which one it might be that the girls may turn to help them in those moments. In fact aside from the basic up bringing requirements, manners, values, food, safe environment (the list goes on), that to me is the most single important thing. So Jake I thank you for adding yourself to that list of people (I have your details firmly placed in my phone), I feel that you have provided me, and my support crew, and of course my girls with another avenue of for us to seek help, talk or whatever it may be which is invaluable!!!!

Just so you know the girls that I drove home could not stop talking about the evening they soooooo enjoyed it. I had one of the girls stay over last night, and in the car in the morning both girls were still saying how great it was!!!! So that is just proof that you made an impact.

Conversation started May 10

5/19, 10:06pm
 Hey Jake I was the one in the tradie gear I just want to thank you again for your presentation tonight for the footy club it was a real eye opener on how things can change and one bad decisions can ruin everything. I've learnt a lot and I'm really keen for the other sessions and to be able to I terract with you can't explain my gadtude more then I have thanks heaps mate 😊

Jake Edwards
 G'day mate. Firstly, thanks for taking the time to connect. Takes courage and you're a legend for doing so. I'm glad to hear you enjoyed it and more importantly you have taken something away. We are always here mate, so just reach out if you need anything. Look forward to catching up again in a couple of weeks 😊

5/19, 10:17pm

6/25, 7:04pm
 Hey Jake I came to your session last night, thanks heaps for setting this up. Means a lot. Kinda give me somewhere I can open up and truly be myself. So thank you

Saturday

6/27, 9:46am
 Jake Edwards
 Oday mate. You are more then welcome champ. Let me know if you need anything mate.

6/27, 12:29pm

Thanks will do

Sent from Messenger



HEALTHY COMMUNITIES AND
 WORLD CLASS HEALTHCARE

Challenges

- Consistently building relationships
- Culture in some clubs – resistive to change
- Working with people who hold power within clubs
- Rural remote region
- Phone App
- Accessing one key person at club





Where to from here?

- Three year program at the Rochester Secondary College with OTLR. Teenage Leadership Program – Leaders Building Leaders
- Continue working with other services to develop positive mental health and wellbeing

