

# **City of Adelaide x headspace Adelaide Youth-Led Recovery Grant**

## **Outcome Evaluation**

# Purpose

This project is a partnership between the City of Adelaide (CoA) City Wellbeing team and headspace Adelaide (lead agency Sonder) to engage international students and socially isolated young people in the City. The Youth-led recovery grant outcomes which align with this project are to:

- Improve individual and/or community social and emotional wellbeing and resilience.

headspace is a national youth mental health foundation in which all young people aged 12-25 can access support from a multi-disciplinary team for various concerns. headspace fosters five core tenants in their service delivery; these being mental health, general health, employment and education, the management of alcohol and other drugs and youth participation. As well as these core components driving headspace Adelaide's model of service delivery, there are also strong supports for young people experiencing their first episode of psychosis. To improve individual and community social and emotional wellbeing and resilience, headspace Adelaide provides educational *Talkin' About Your headspace Adelaide* workshops focused on general mental health literacy and overview of headspace ethos and services. These workshops are youth-led and will be provided by headspace representatives such as Youth Ambassadors, Youth Reference Group Members, Youth Peer Support Workers and Community Engagement Officers. Through providing these youth-led workshops, headspace Adelaide aims to de-stigmatise mental health challenges, mental illness and encourage help-seeking behaviour amongst the aforementioned priority group. In addition to this, these workshops aim to increase the general knowledge of how mental illness presents in the population, differences between mental illnesses, mental health concerns and mental wellness, and self-care behaviours individuals can engage in to improve their own emotional wellbeing and resilience.

- Improve individual and/or community economic wellbeing and resilience

To improve the individual and community economic wellbeing and resilience, headspace Adelaide and the City of Adelaide will provide employability workshops and programs

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through various stakeholders within the Adelaide community. These workshops and programs will consist of job-accredited trainings, soft skills, and creative pathways to self-generate income. These will be provided in the hopes the priority groups gain skills to engage with Adelaide's job-market, increase career-readiness, and to generate income.

- Reduce social isolation and increase the participation of priority groups in the local community

In reducing social isolation and to increase the participation of priority groups in the local community, social events will be organised across Adelaide with various stakeholders and service providers. These social events will come at no cost to the priority group and will have a strong focus on encouraging previous attendees to continue to attend the following events.

## Evaluation

To assess if these outcomes were met, attendees of the headspace Adelaide hosted events were provided with evaluation surveys at each event. These surveys were opt-in and as a result not all attendee's data was captured.

### **zoo trail**

This event was held at the Adelaide Zoo and included various feeding times, showcases and featured mobile applications to support engagement at the zoo. A TAYhA mental health workshop was delivered and \$10 café vouchers were also provided to each attendee. Out of the 282 views on the Eventbrite webpage, 27 tickets sold. A total of 20 people attended this event – in which, there were 17 survey responses.

# Youth-Led Recovery Grant Outcome Evaluation



Figure 1.1 attendee satisfaction

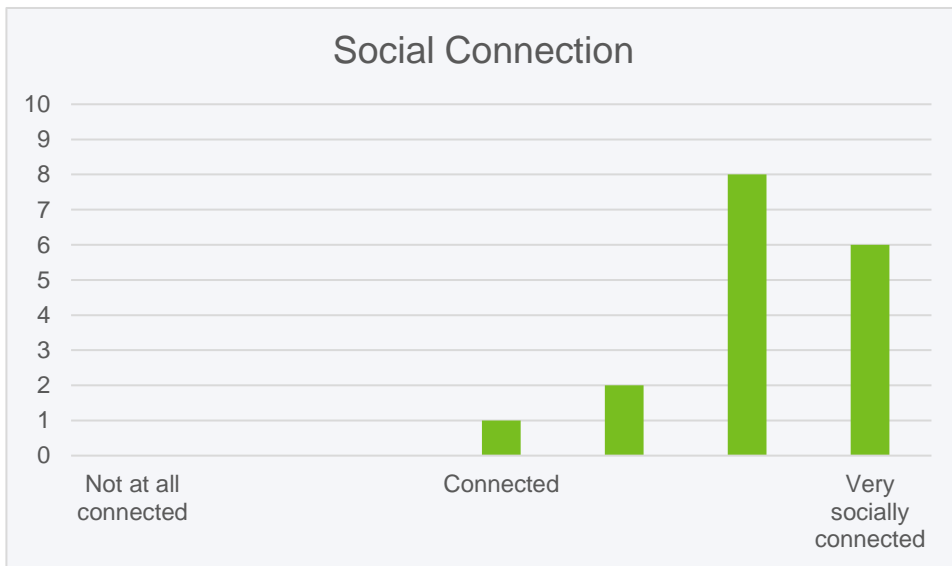


Figure 1.2 attendee social connection

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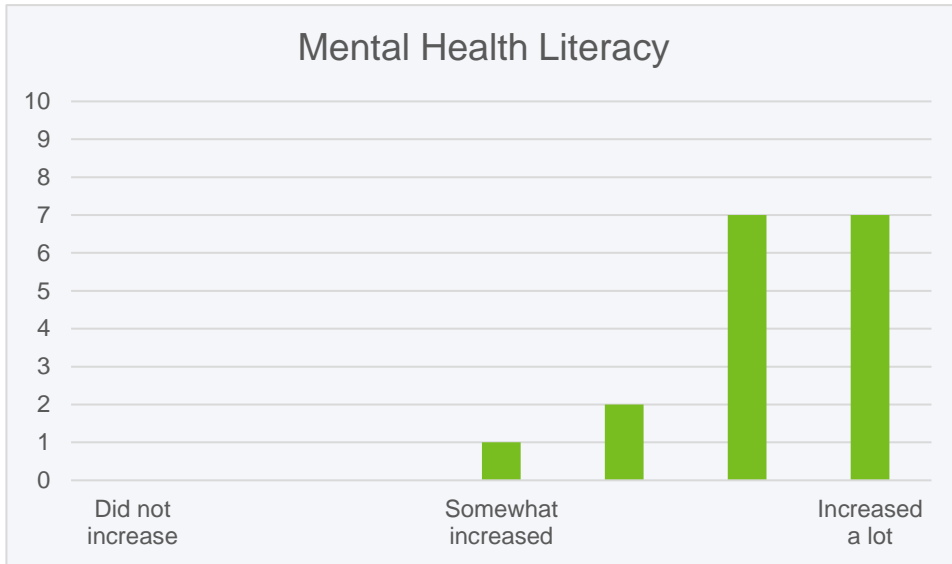


Figure 1.3 mental health literacy

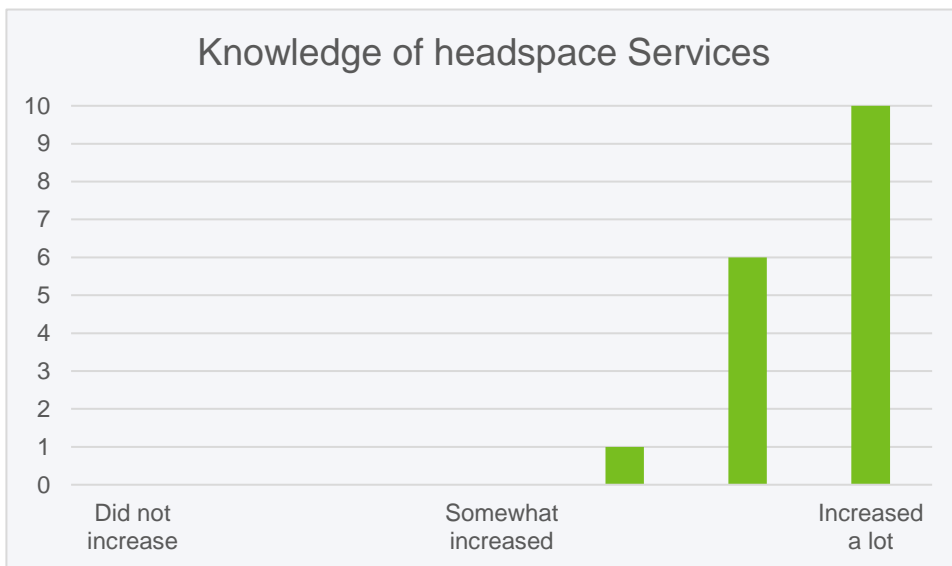


Figure 1.4 knowledge of headspace services

# summer flicks

Attendees visited Wallis Piccadilly cinemas to be presented a TAYhA mental health workshop and to view Wonder Woman 1984. All attendees were also given a large soft-drink, popcorn and choc-top. Out of the 228 views on the Eventbrite webpage, 38 tickets were sold. 30 people attended the event, and 15 survey responses were recorded.

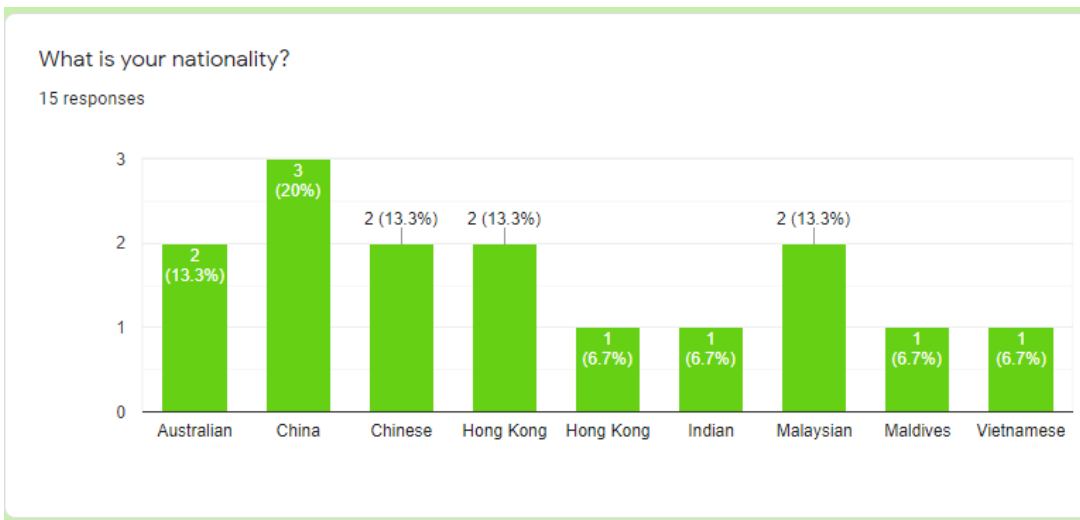


Figure 2.1 Nationality demographics

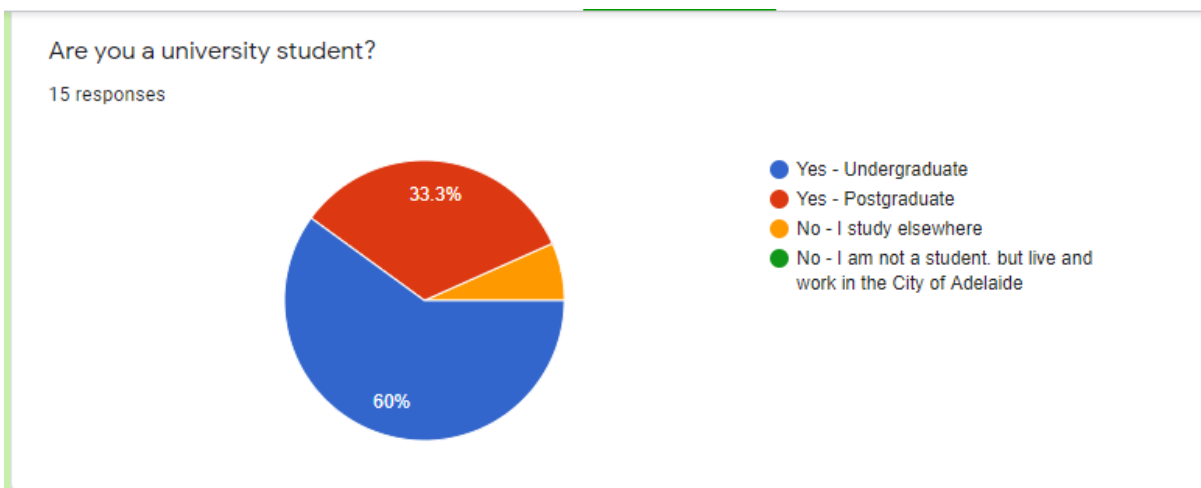
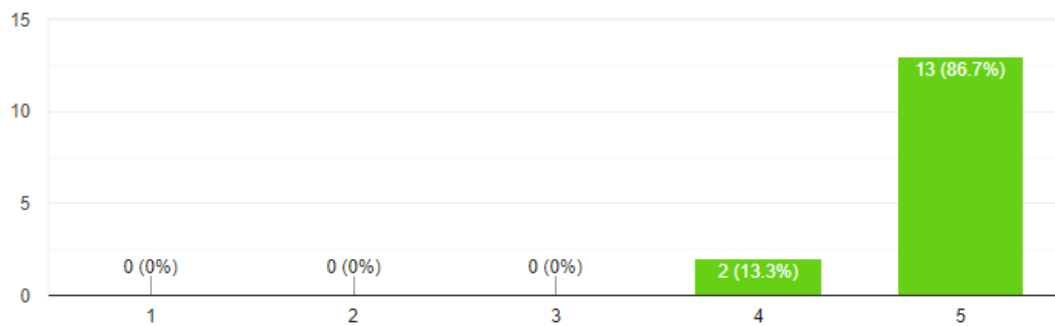


Figure 2.2 Student demographics

# Youth-Led Recovery Grant Outcome Evaluation

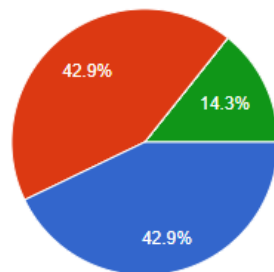
How satisfied were you with the Summer Flicks event?

15 responses



Was this the first headspace or City of Adelaide event you have been to?

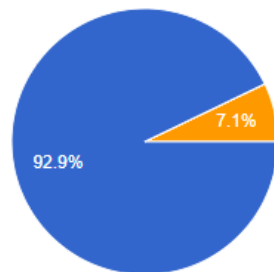
14 responses



- Yes
- No - I have been to a headspace event before
- No - I have been to a City of Adelaide event before
- No - I have been to a headspace x City of Adelaide event before
- Not sure

Would you come to an event like this again?

14 responses

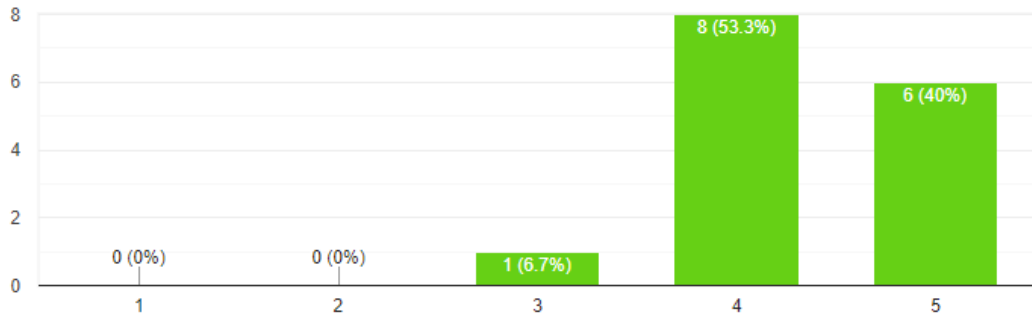


- Yes
- No
- Maybe
- Unsure

# Youth-Led Recovery Grant Outcome Evaluation

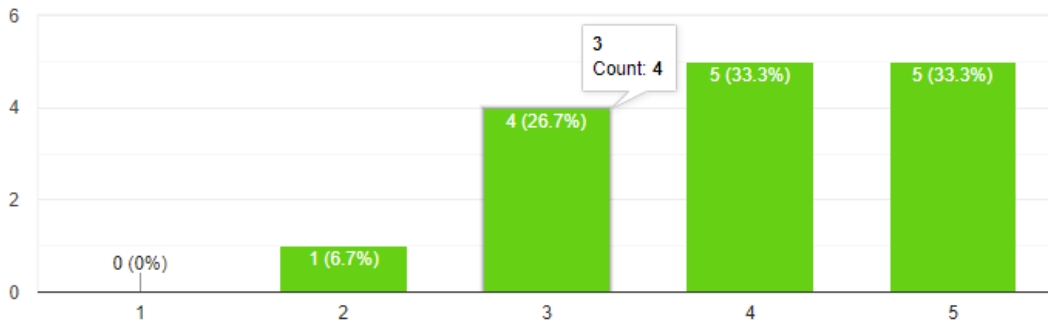
To what extent did you develop your understanding of headspace services?

15 responses



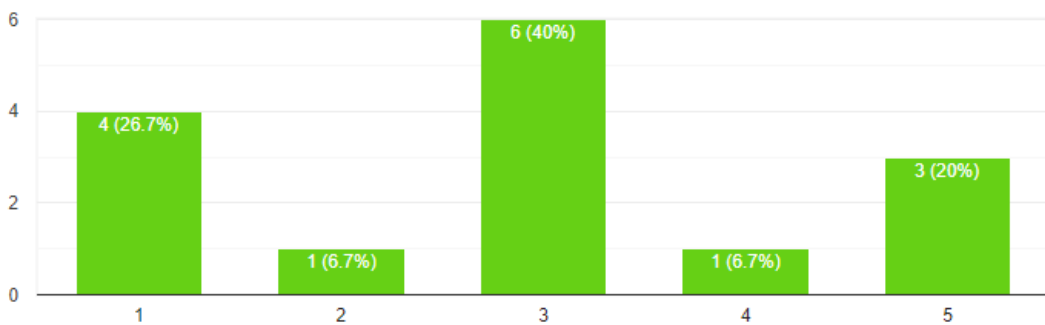
To what extent did you feel connected to others?

15 responses



To what extent did you feel like you learnt a new skill?

15 responses

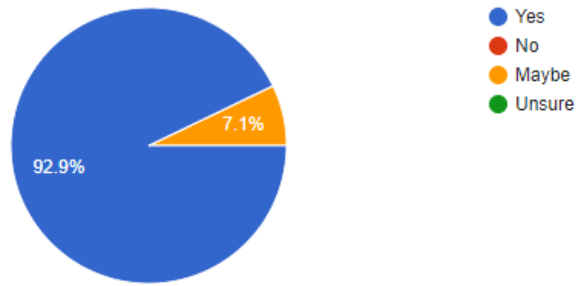




## Youth-Led Recovery Grant Outcome Evaluation

Would you recommend this event to a friend?

14 responses



# cruise with us

Attendees arrived at the River Torrens and engaged in a mental health workshop. Following this they were able to board the Popeye and enjoy a tour. During the tour attendees were able to chat with each other and enjoy some snacks/drinks. The event was initially schedule to occur in March but had to be reschedule due to hot weather policy. As a result the new date occurred during the study semester. 10 people attended and 8 survey responses were recorded.

How satisfied were you with the event?

8 responses

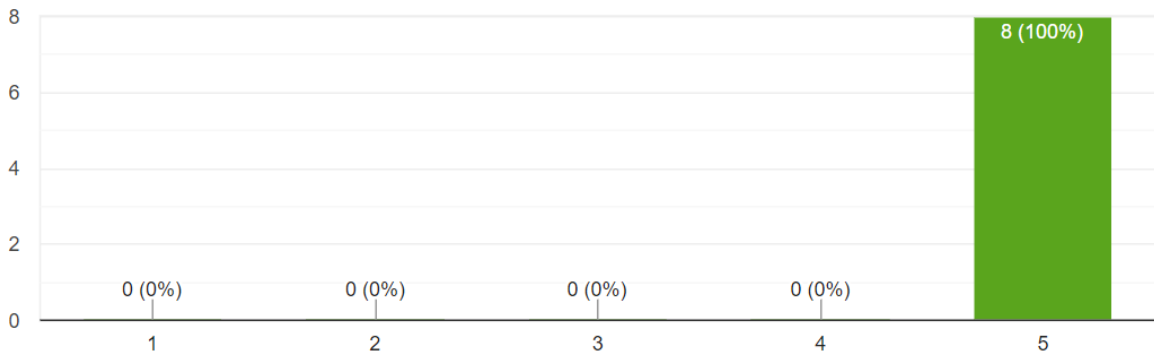


Figure 3.1 attendee satisfaction

To what extent did you feel connected to others?

8 responses

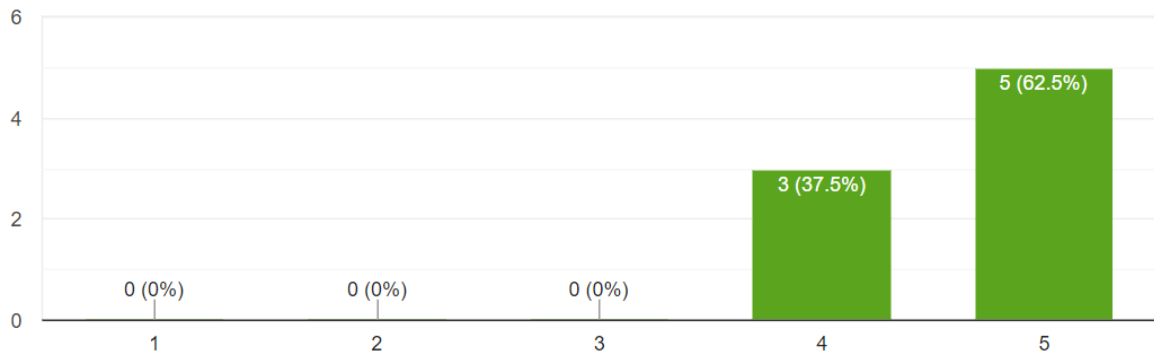


Figure 3.2 attendee connection

# Youth-Led Recovery Grant Outcome Evaluation

To what extent did you feel like you learnt a new skill?

8 responses

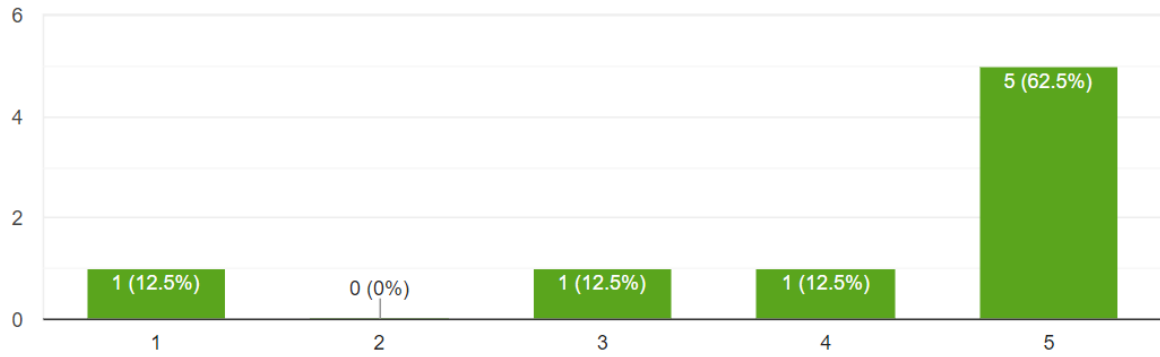


Figure 3.3 skill learning

To what extent did you feel like you learnt something about mental health?

8 responses

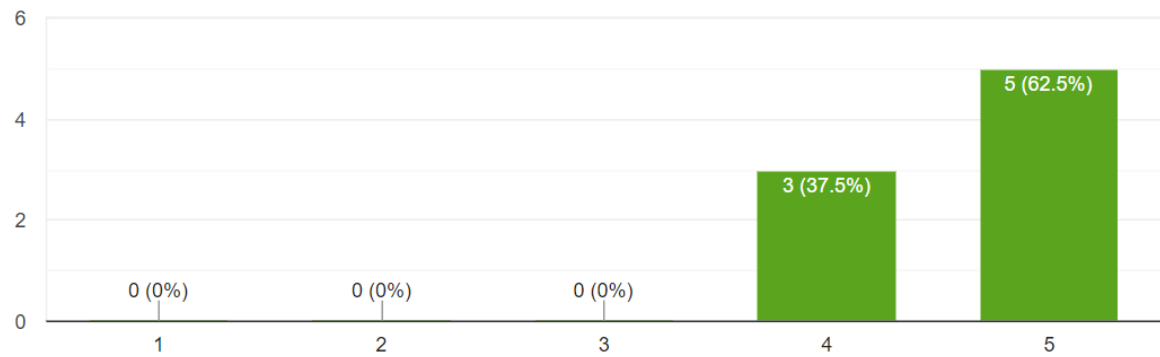


Figure 3.4 mental health literacy

# Youth-Led Recovery Grant Outcome Evaluation

To what extent did you develop your understanding of headspace services?

8 responses

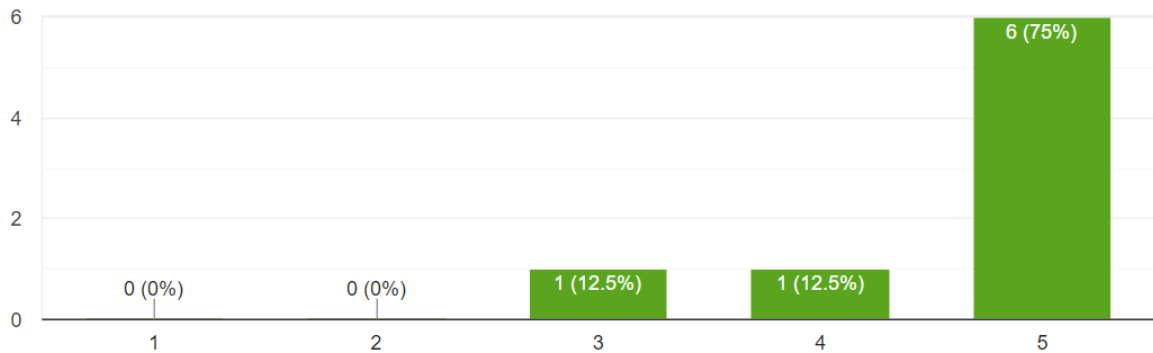


Figure 3.5 headspace awareness

Was this the first headspace or City of Adelaide event you have been to?

8 responses

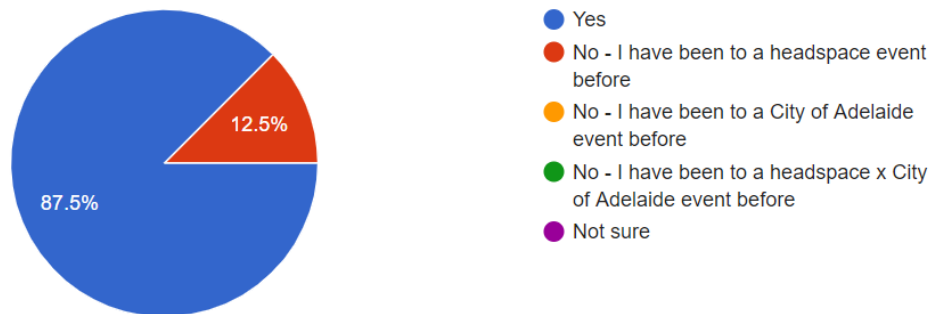


Figure 3.6

Would you come to an event like this again?

8 responses

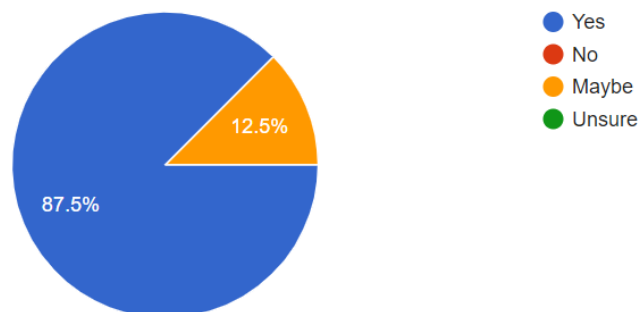


Figure 3.7 engagement in similar event

## Youth-Led Recovery Grant Outcome Evaluation

Would you recommend this event to a friend?

8 responses

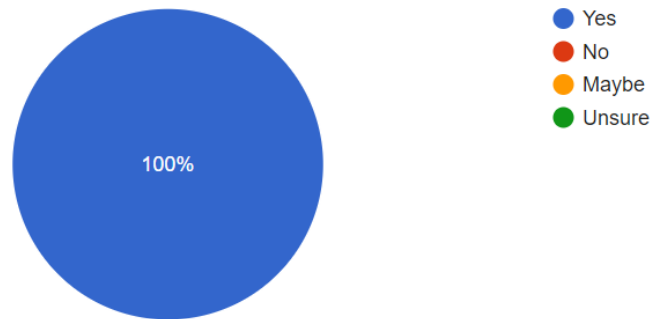


Figure 3.8 recommendation

# roof-top yoga

Attendees arrived at Dwell student accommodation roof top terrace and were provided with a yoga mat. They then engaged in an hour session on yoga where they learnt about the benefits of yoga. Participants were then provided with a smoothie of their choice from Bomdia bowls (a local Adelaide business). 10 people attended and 6 survey responses were recorded.

How satisfied were you with the event?

6 responses

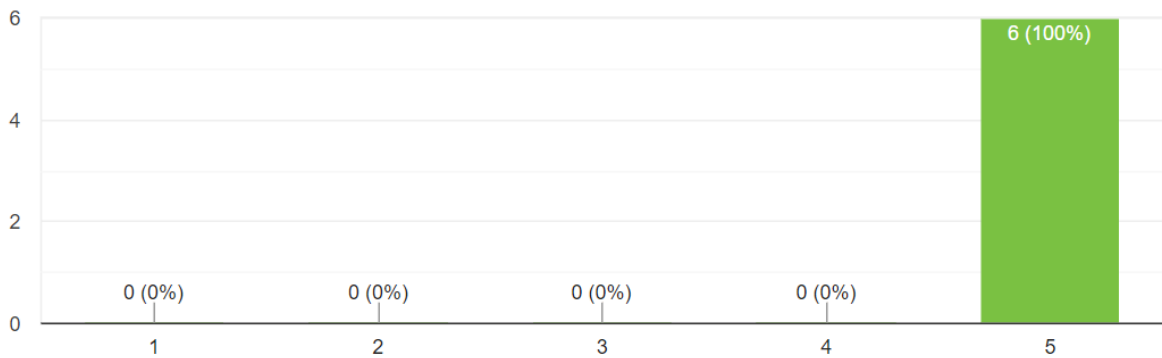


Figure 4.1 attendee satisfaction

To what extent did you feel connected to others?

6 responses

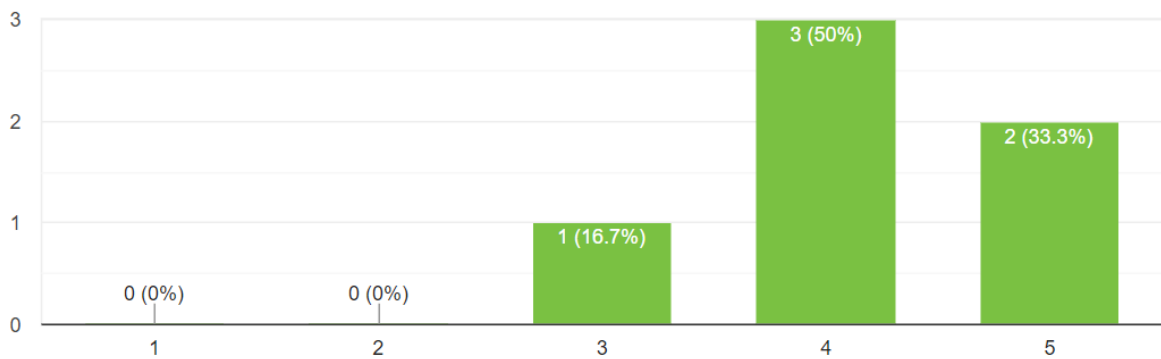


Figure 4.2 attendee connection

# Youth-Led Recovery Grant Outcome Evaluation

To what extent did you feel like you learnt a new skill?

6 responses

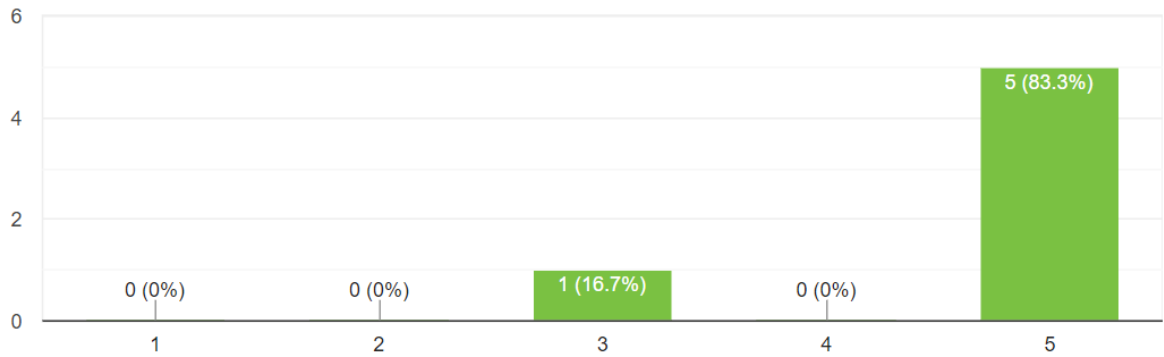


Figure 4.3 skill learning

To what extent did you feel like you learnt something about mental health?

6 responses

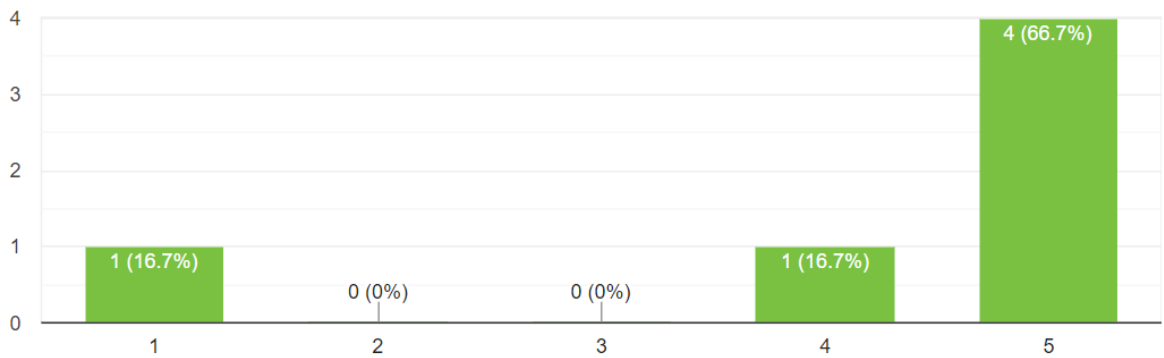


Figure 3.4 mental health literacy

To what extent did you develop your understanding of headspace services?

6 responses

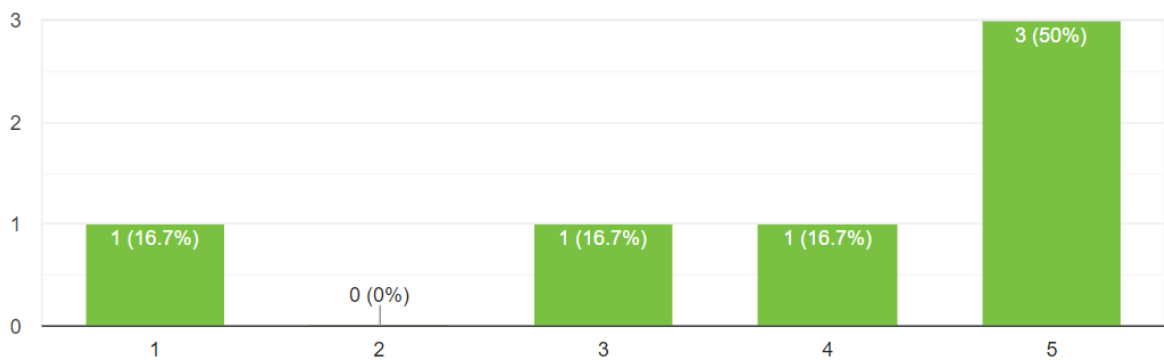


Figure 3.5 headspace awareness

Was this the first headspace or City of Adelaide event you have been to?

6 responses

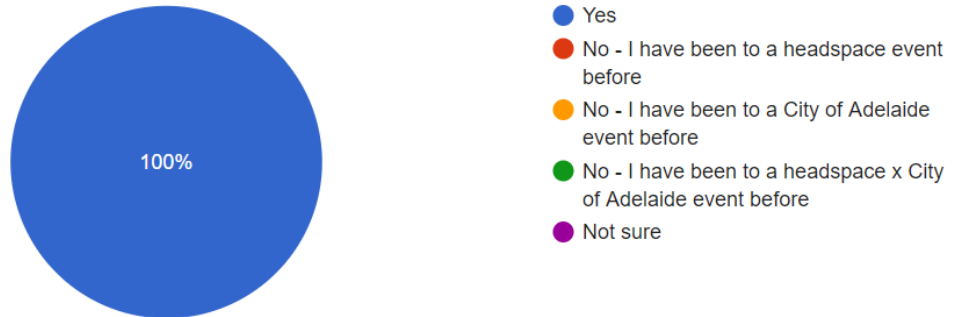


Figure 3.6

Would you come to an event like this again?

6 responses

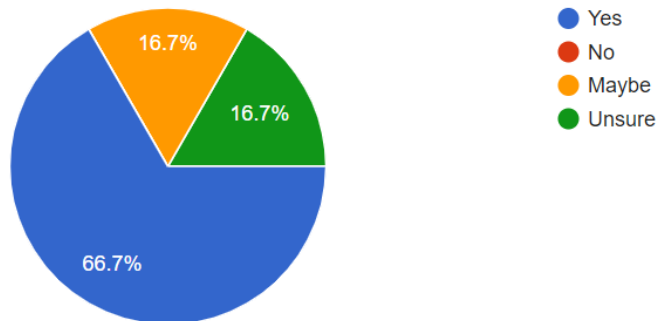


Figure 3.7

Would you recommend this event to a friend?

6 responses

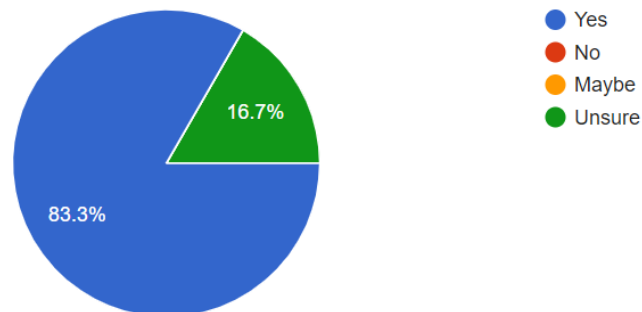


Figure 3.8



## fringe with us

Attendees arrived at Tandanya National Aboriginal Cultural Institute and has a short chat about headspace and mental health. They were then provided with ticket to attend as a group – Journey an African Asian Music, Theatre, Dance & Spoken Word Show. A young person from the grant leadership group was a key member of this fringe show. It was a show that showcased the complexities of migrating to the new country. A combination of rap, poetry and spoken word, the show highlighted the wonderful talents of those involved. It was particularly special as the night attended was the first sold out show the group had experienced. 15 people attended and 3 survey responses were recorded.

How satisfied were you with the event?

3 responses

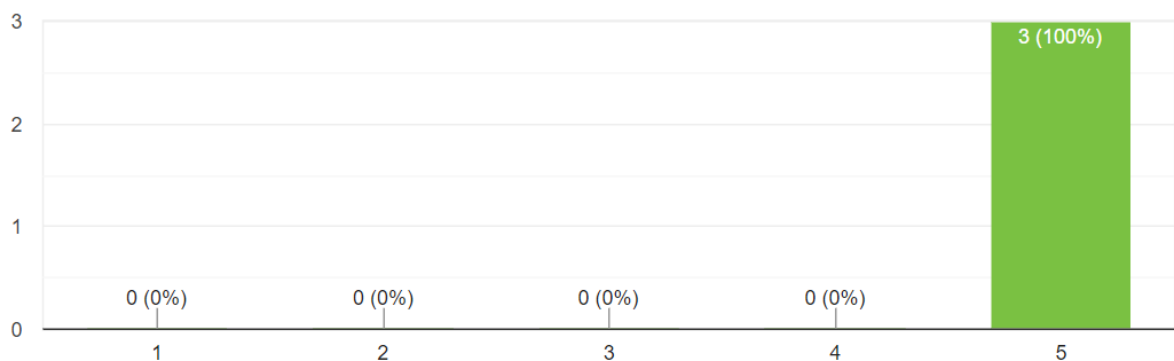


Figure 5.1 attendee satisfaction

To what extent did you feel connected to others?

3 responses

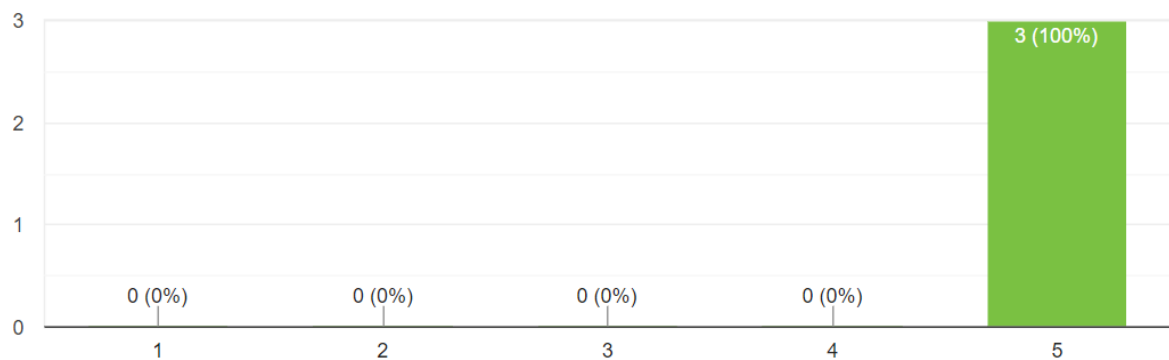


Figure 5.2 attendee connection

# Youth-Led Recovery Grant Outcome Evaluation

To what extent did you feel like you learnt a new skill?

3 responses

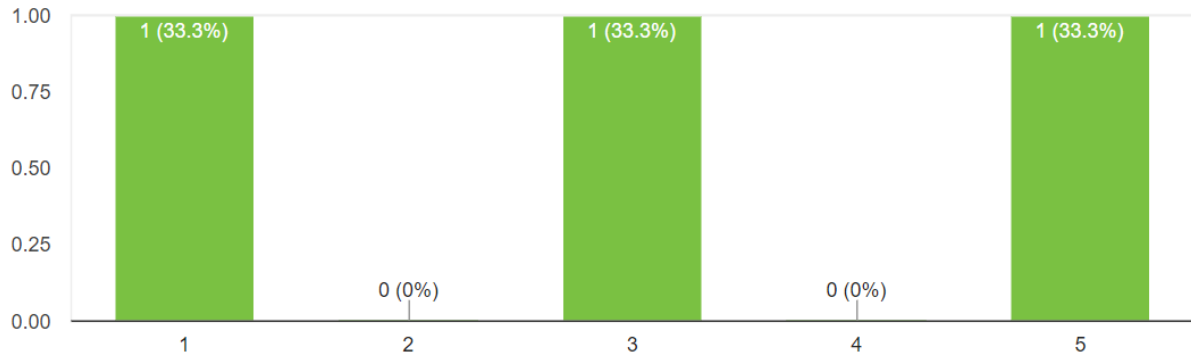


Figure 5.3 skill learning

To what extent did you feel like you learnt something about mental health?

3 responses

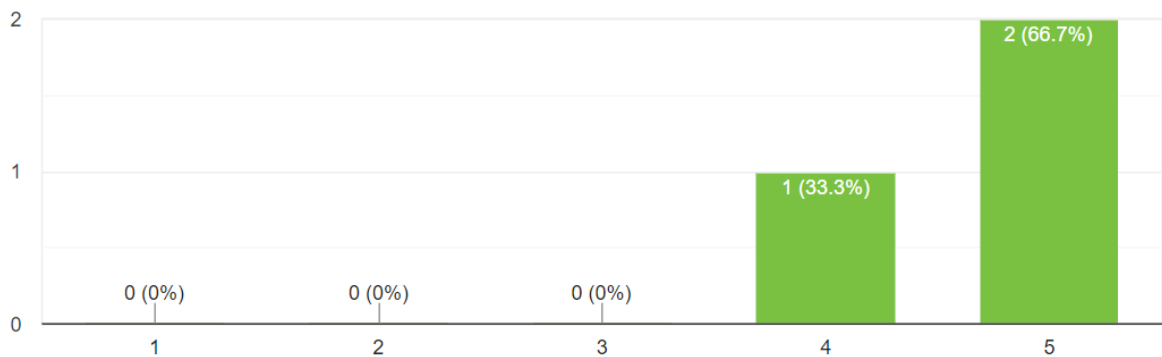


Figure 5.4 mental health literacy

To what extent did you develop your understanding of headspace services?

3 responses

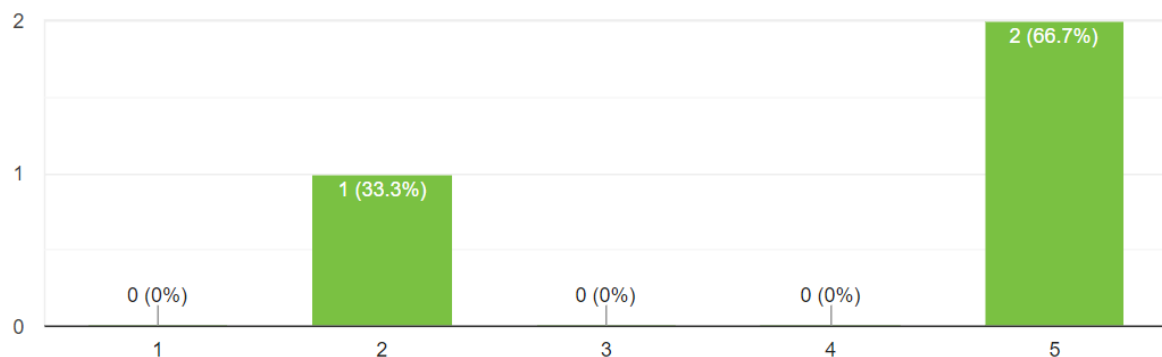


Figure 5.5 headspace awareness

# Youth-Led Recovery Grant Outcome Evaluation

Was this the first headspace or City of Adelaide event you have been to?

3 responses

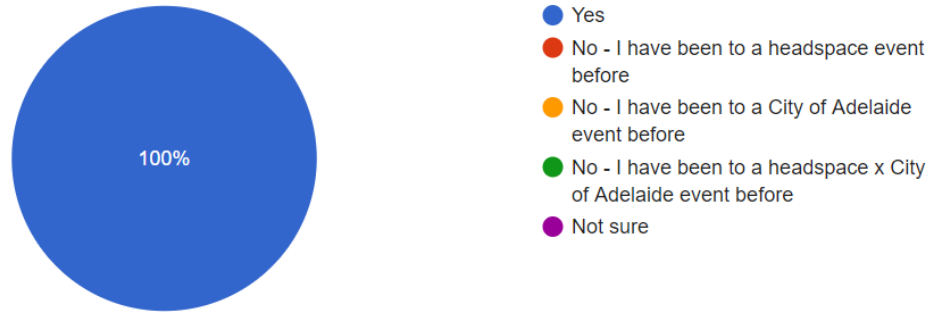


Figure 5.6

Would you come to an event like this again?

3 responses

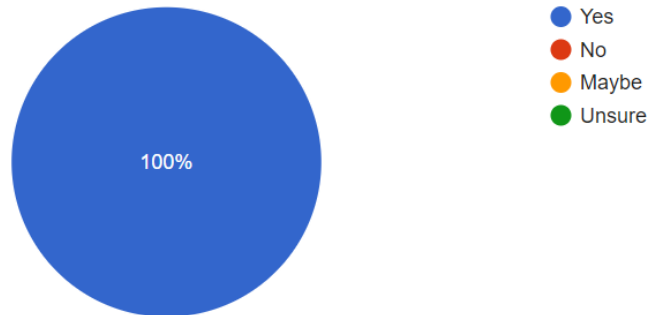
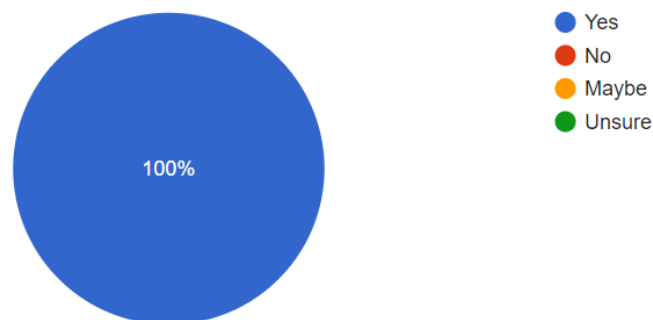


Figure 5.7

Would you recommend this event to a friend?

3 responses



# night at the museum

Attendees arrived at the lawns of the SA Museum and had a chance to chat with each other whilst consuming some dinner. During this time a headspace representative engaged in conversation with the participants about mental health and headspace services. After this, attendees were invited into the museum where they were able to engage in an after-hours tour. 18 people attended and 12 responses were recorded.

How satisfied were you with the event?

12 responses

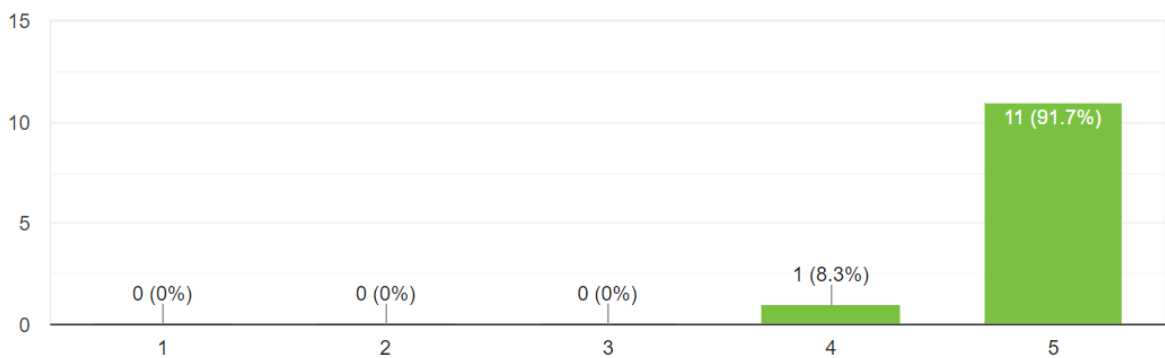


Figure 6.1 attendee satisfaction

To what extent did you feel connected to others?

12 responses

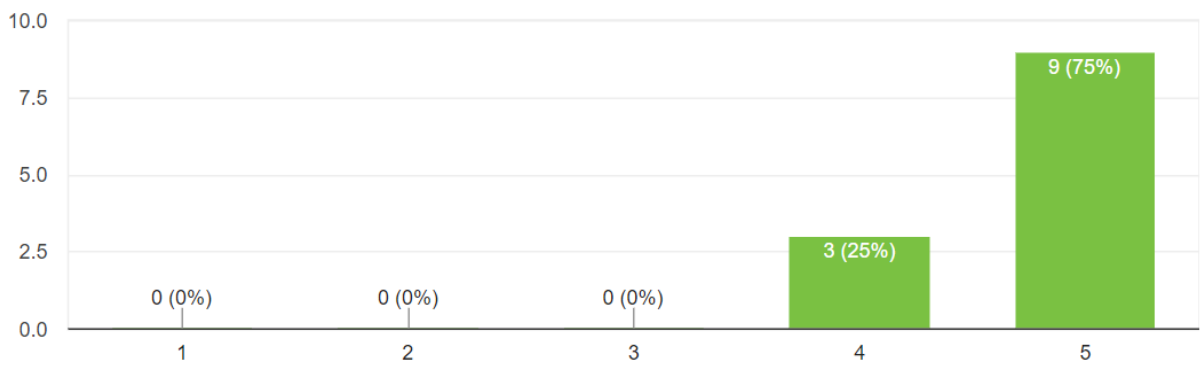


Figure 6.2 attendee connection

# Youth-Led Recovery Grant Outcome Evaluation

To what extent did you feel like you learnt a new skill?

12 responses

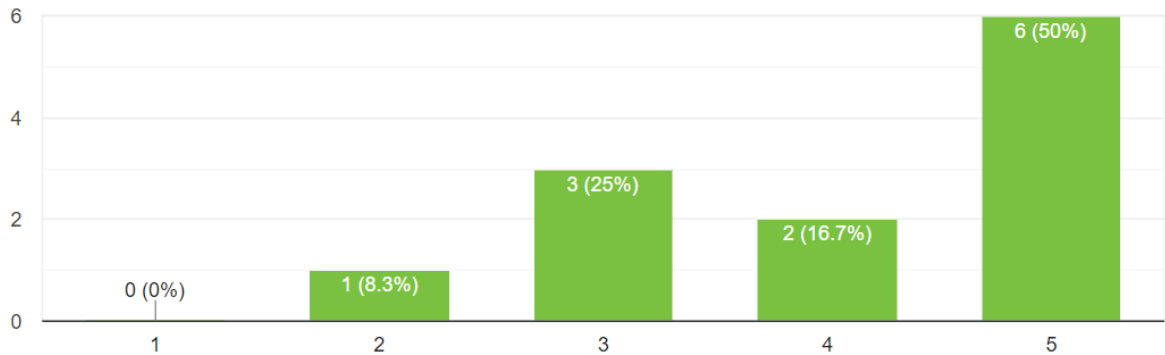


Figure 6.3 learnt a new skill

To what extent did you feel like you learnt something about mental health?

12 responses

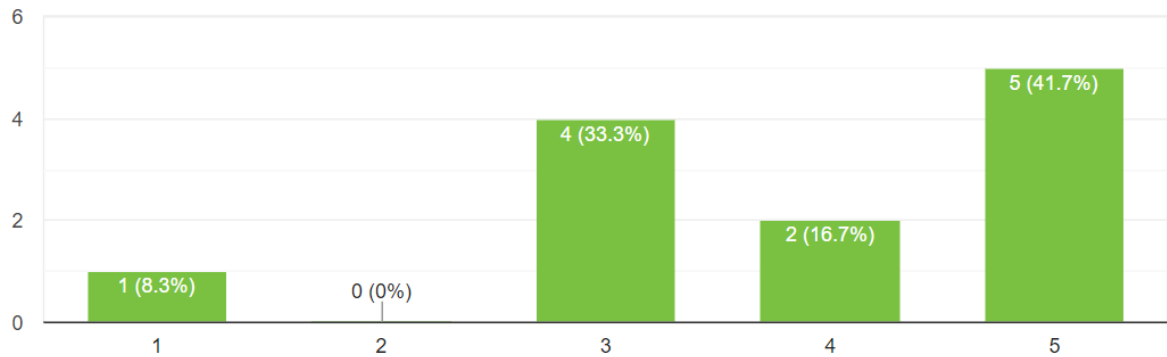


Figure 6.4 mental health literacy

To what extent did you develop your understanding of headspace services?

12 responses

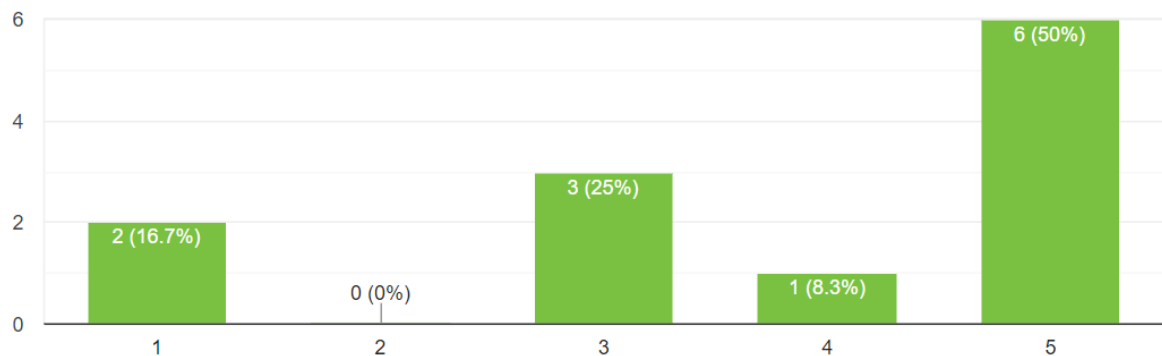


Figure 6.5 headspace awareness

# Youth-Led Recovery Grant Outcome Evaluation

Was this the first headspace or City of Adelaide event you have been to?

12 responses

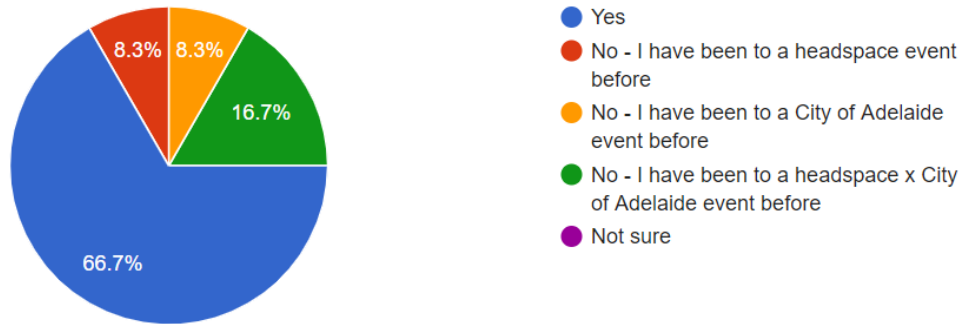


Figure 6.6

Would you come to an event like this again?

12 responses

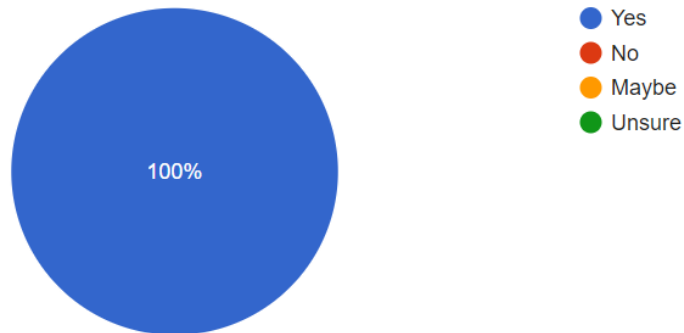


Figure 6.7

Would you recommend this event to a friend?

12 responses

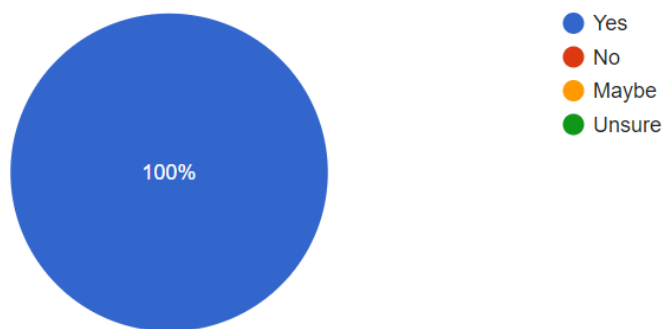


Figure 6.8

# movies in may

Attendees visited Wallis Piccadilly cinemas to be presented a TAYhA mental health workshop and to view *Raya and the Last Dragon*. All attendees were also given a large soft-drink, popcorn and choc-top. 40 people attended the event, and 19 survey responses were recorded.

How satisfied were you with the event?

19 responses

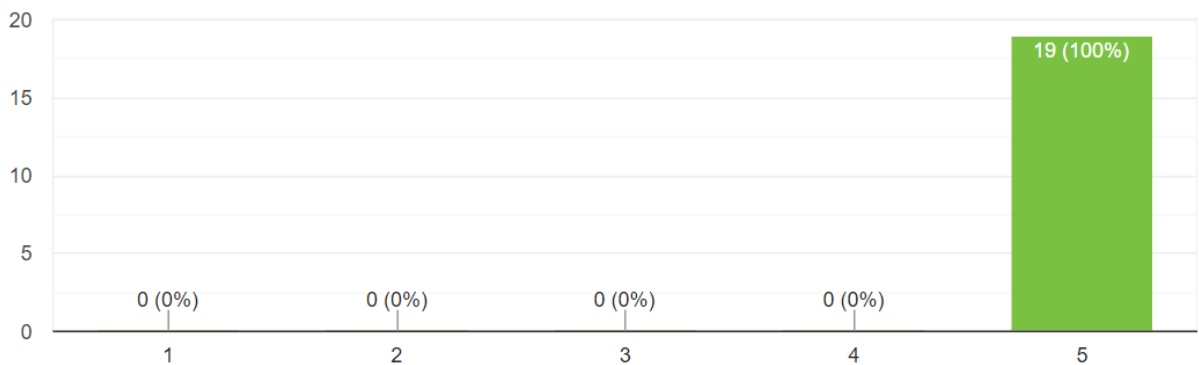


Figure 7.1 attendee satisfaction

To what extent did you feel connected to others?

19 responses

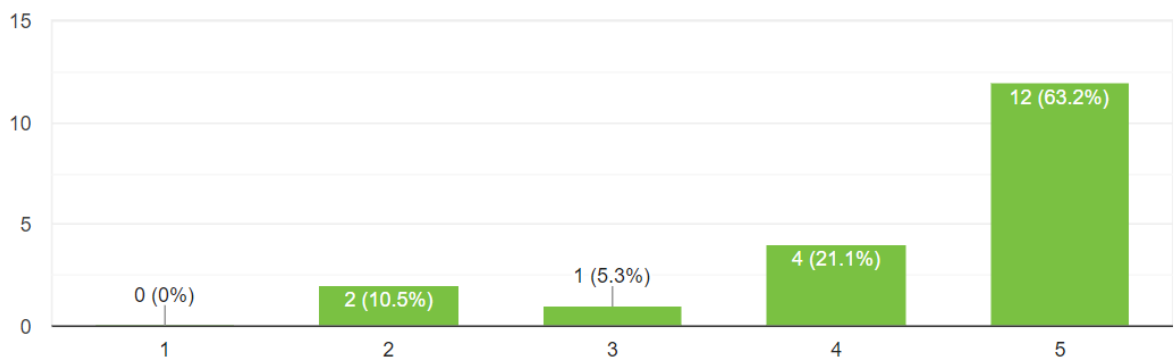


Figure 7.2 attendee connection

# Youth-Led Recovery Grant Outcome Evaluation

To what extent did you feel like you learnt a new skill?

19 responses

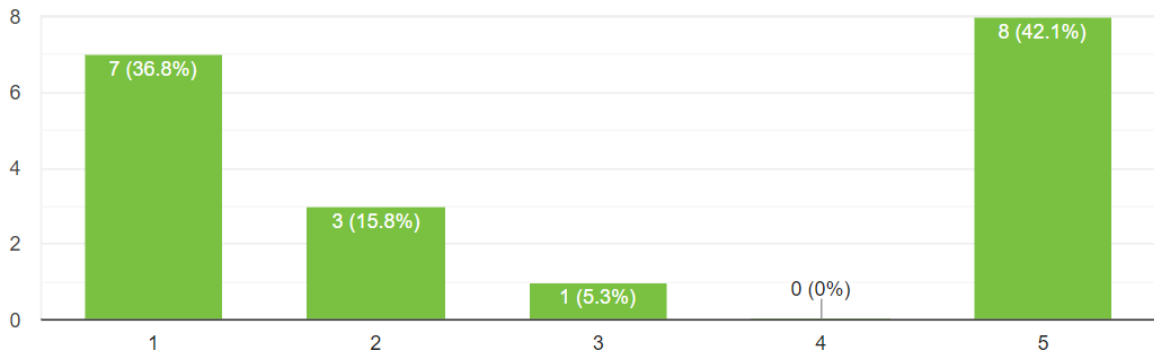


Figure 7.3 learnt a new skill

To what extent did you feel like you learnt something about mental health?

19 responses

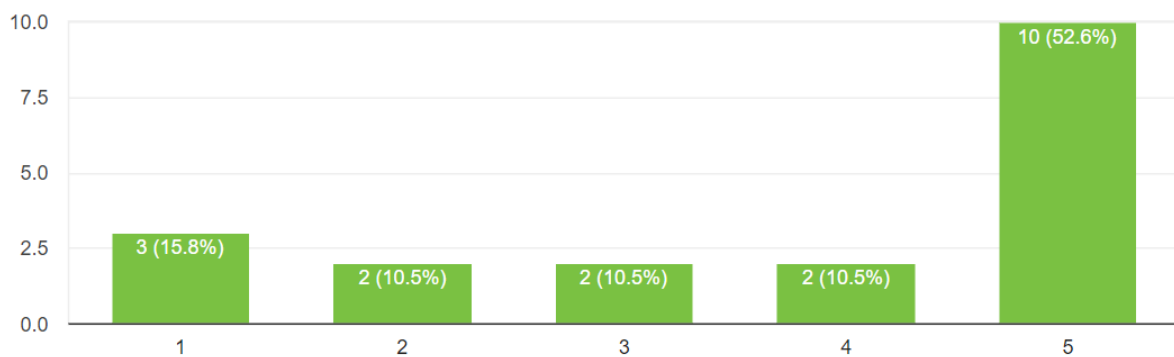


Figure 7.4 mental health literacy

To what extent did you develop your understanding of headspace services?

19 responses

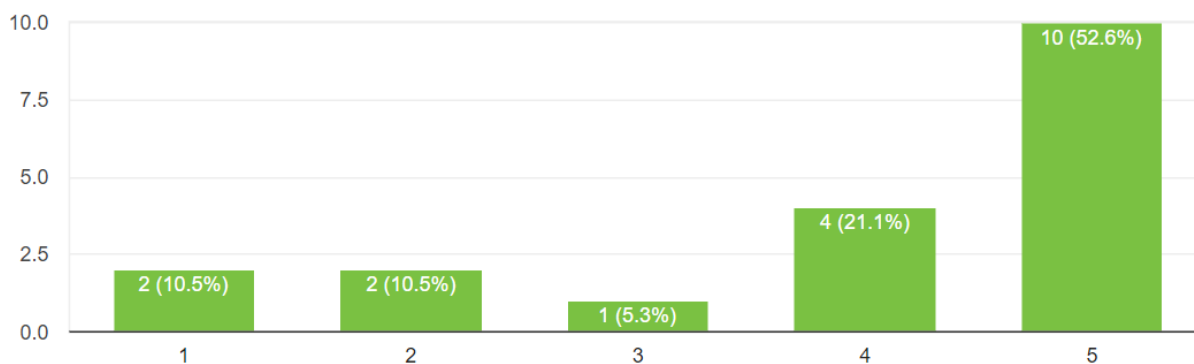


Figure 7.5 headspace awareness



# Youth-Led Recovery Grant Outcome Evaluation

Was this the first headspace or City of Adelaide event you have been to?

19 responses

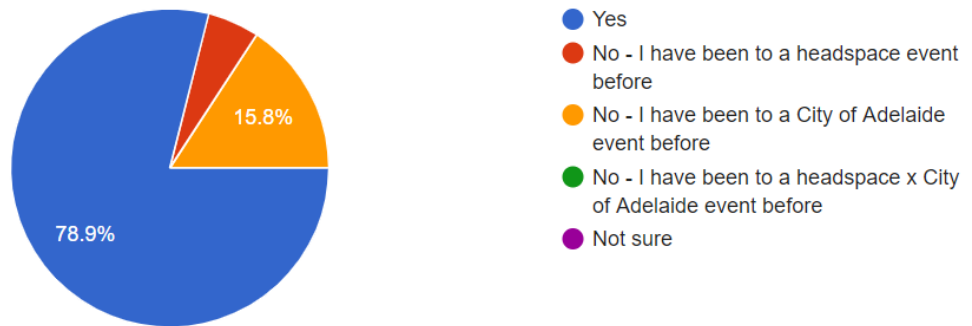


Figure 7.6

Would you come to an event like this again?

19 responses

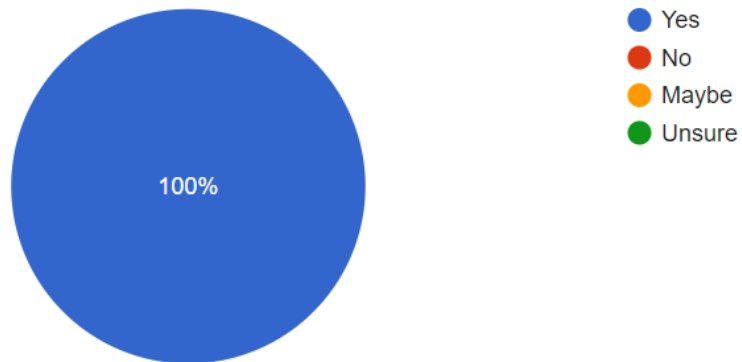


Figure 7.7

Would you recommend this event to a friend?

19 responses

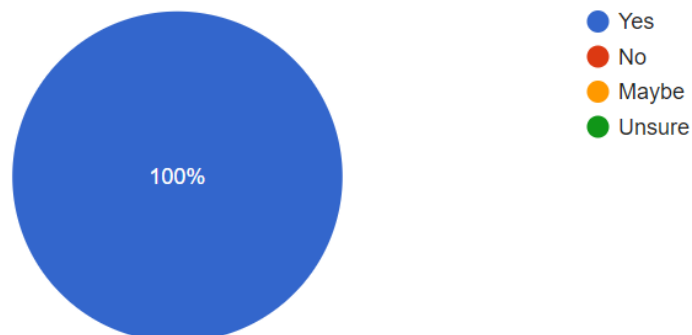


Figure 7.8

## putt with us

Attendees visited Holey Moley golf club to enjoy 2 round of mini-golf. During this time they were able to hear more about headspace and how to get into life to keep a healthy headspace. Attendees enjoyed a range of non-alcoholic drink and lunch after the golf. 20 people attended and 14 survey responses were recorded.

How satisfied were you with the event?

14 responses

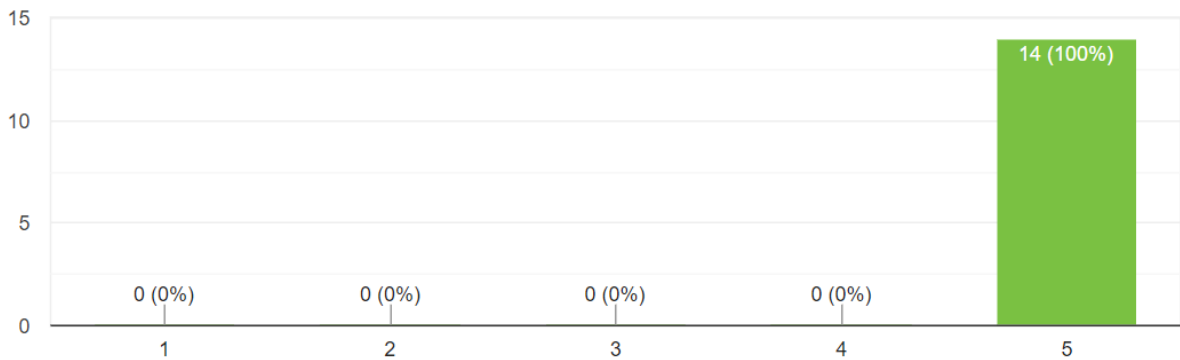


Figure 7.1 attendee satisfaction

To what extent did you feel connected to others?

14 responses

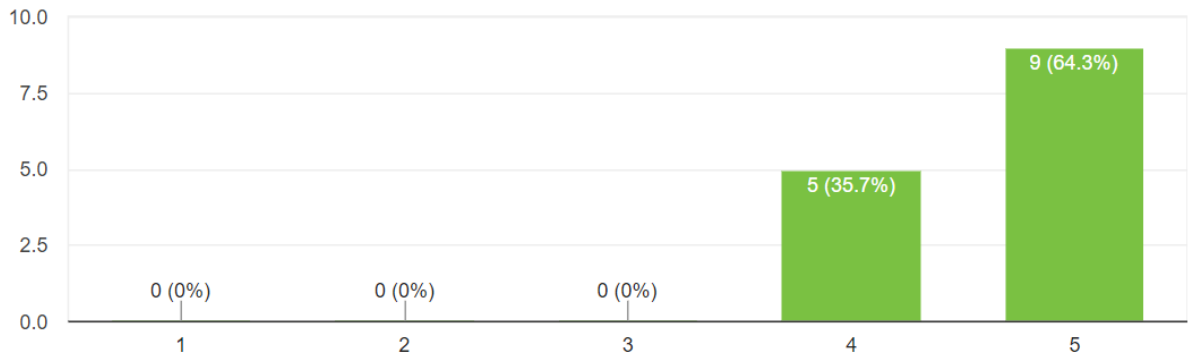
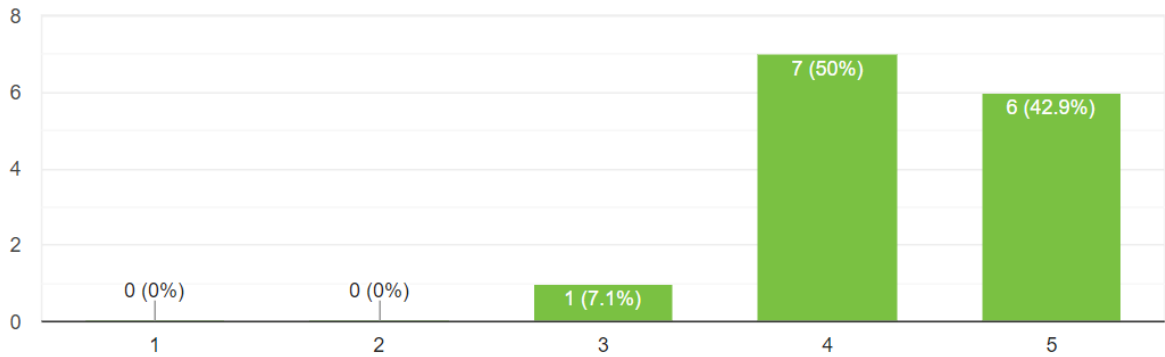


Figure 7.2 attendee connection

# Youth-Led Recovery Grant Outcome Evaluation

To what extent did you feel like you learnt a new skill?

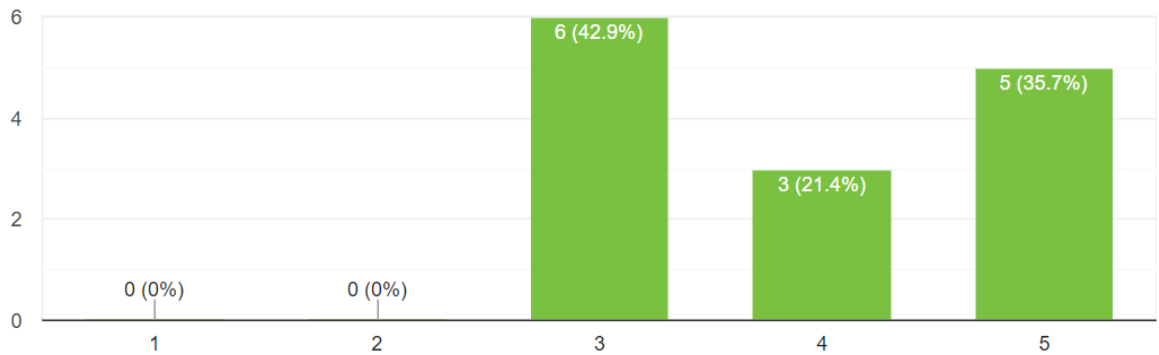
14 responses



**Figure 7.3 learnt a new skill**

To what extent did you feel like you learnt something about mental health?

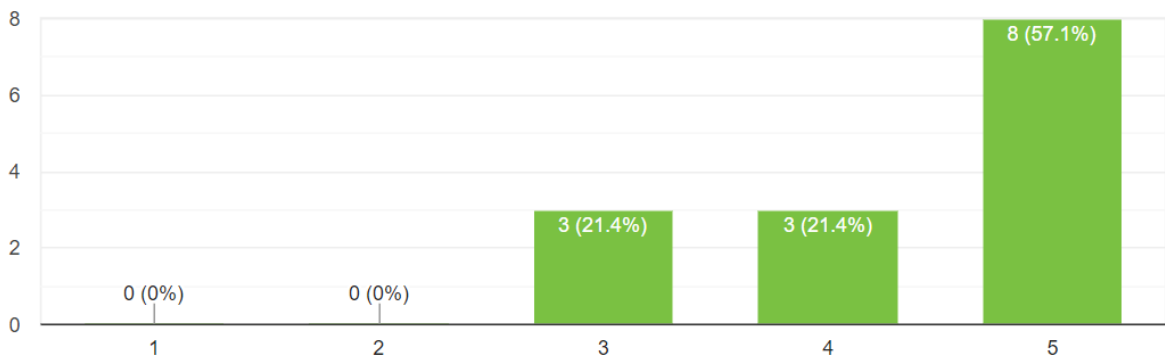
14 responses



**Figure 7.4 mental health literacy**

To what extent did you develop your understanding of headspace services?

14 responses



**Figure 7.5 headspace awareness**

# Youth-Led Recovery Grant Outcome Evaluation

Was this the first headspace or City of Adelaide event you have been to?

14 responses

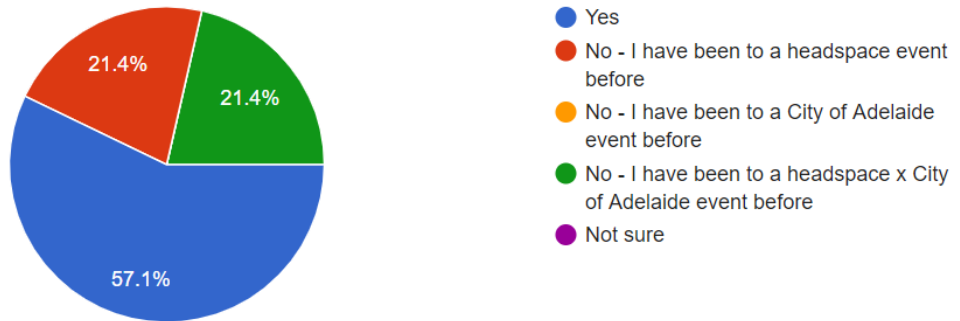


Figure 7.6

Would you come to an event like this again?

14 responses

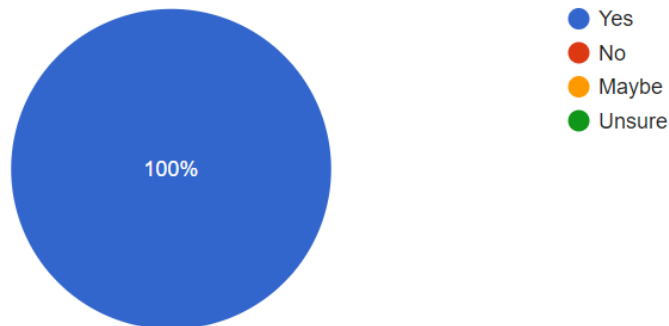


Figure 7.7

Would you recommend this event to a friend?

14 responses

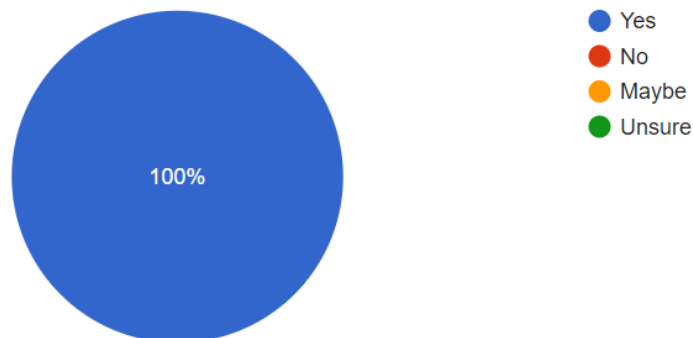


Figure 7.8

# bouldering break

Attendees visited Beyond Bouldering Kent Town and were provided with a lesson about bouldering. Attendees were then able to participate in bouldering for several hours. During this time food was available for attendees to consume as they suited and several informal conversations were had about headspace and mental health. 12 people attended and 6 survey responses were recorded.

How satisfied were you with the event?

6 responses

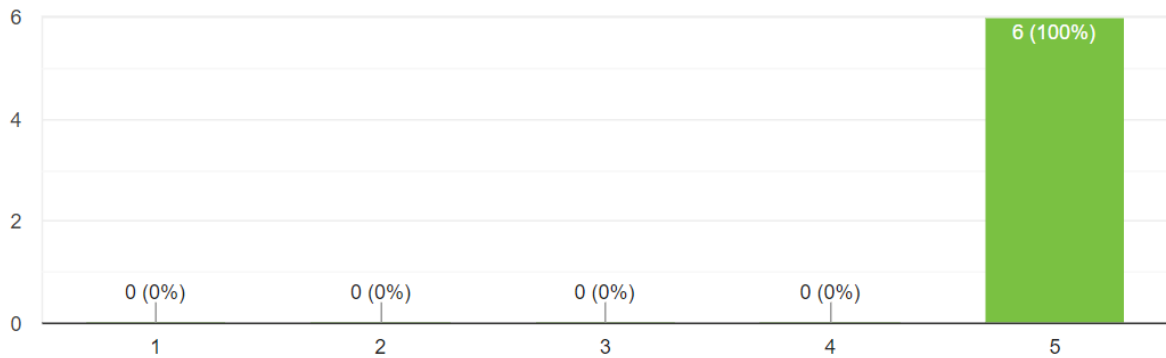


Figure 8.1

To what extent did you feel connected to others?

6 responses

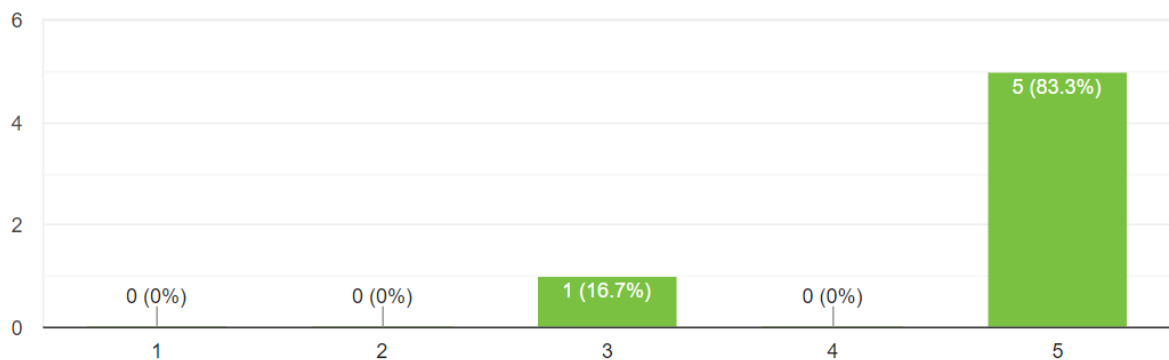


Figure 8.2

# Youth-Led Recovery Grant Outcome Evaluation

To what extent did you feel like you learnt a new skill?

6 responses

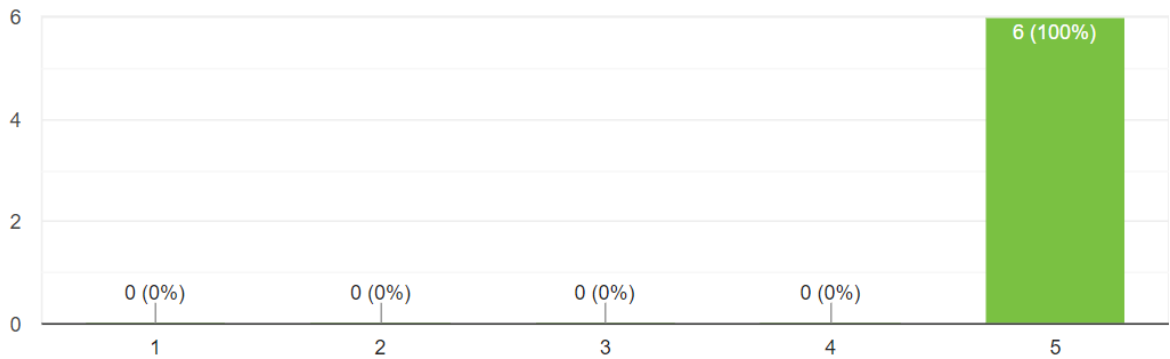


Figure 8.3

To what extent did you feel like you learnt something about mental health?

6 responses

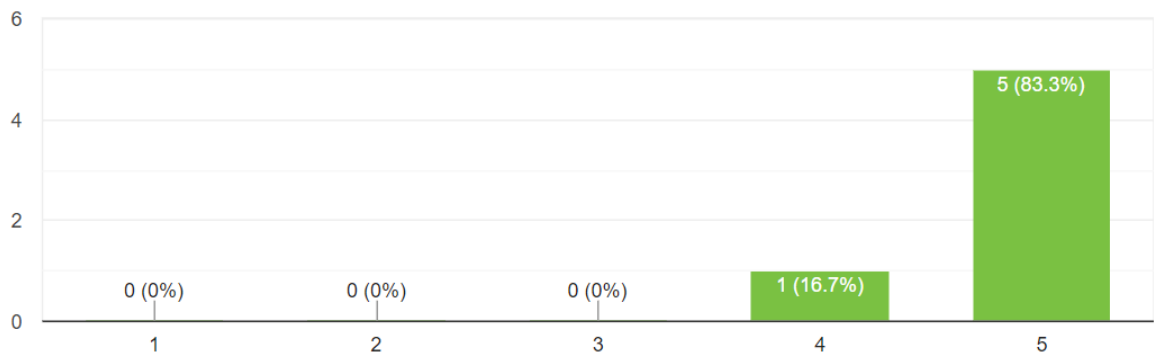


Figure 8.4

To what extent did you develop your understanding of headspace services?

6 responses

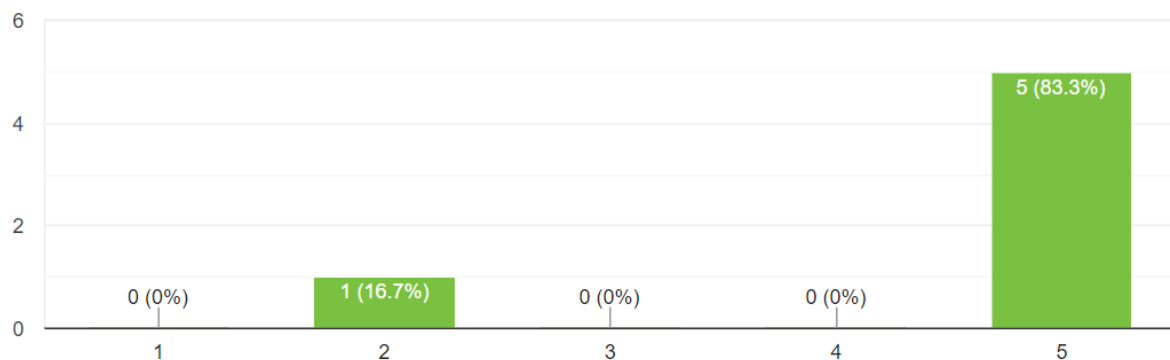


Figure 8.5

# Youth-Led Recovery Grant Outcome Evaluation

Was this the first headspace or City of Adelaide event you have been to?

6 responses

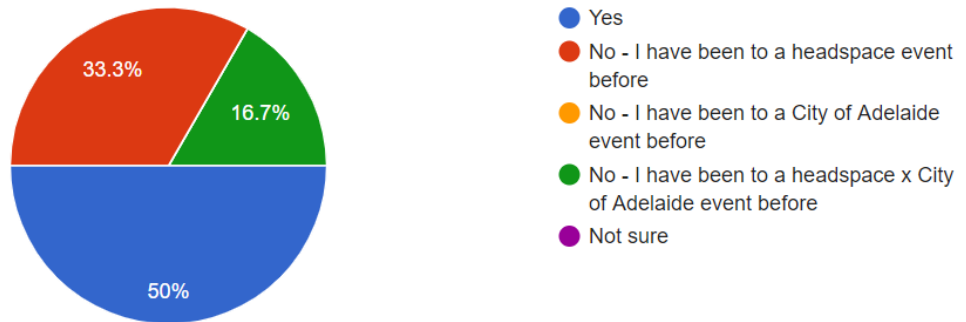


Figure 8.6

Would you come to an event like this again?

6 responses

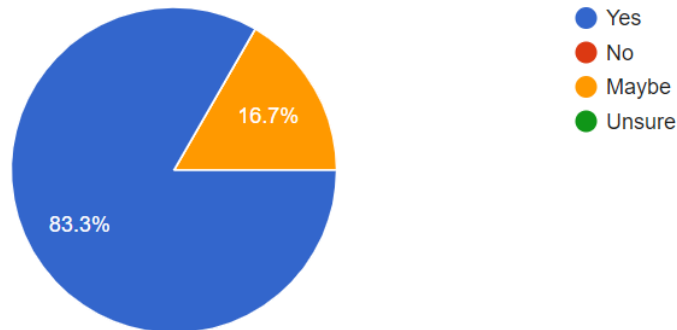


Figure 8.7

Would you recommend this event to a friend?

6 responses

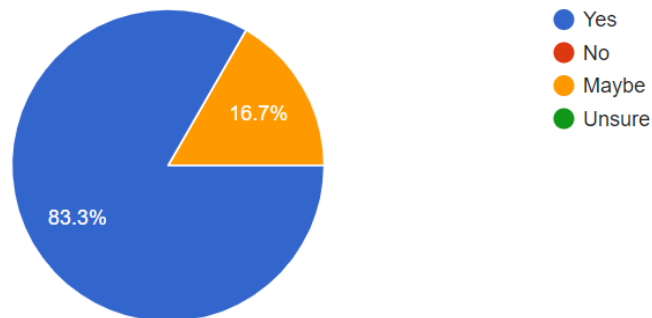


Figure 8.8

# Responsible Service of Alcohol

Attendees were able to complete responsible service of alcohol training through the Adelaide Hospitality Training School. 3 sessions were able to be run. 51 people attended and 4 survey responses were recorded.

How satisfied were you with the event?

4 responses

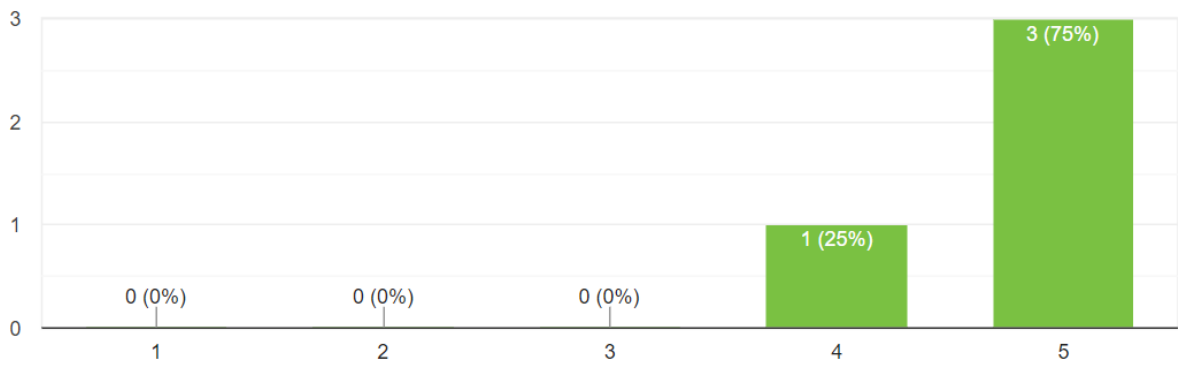


Figure 9.1 attendee satisfaction

To what extent did you feel connected to others?

4 responses

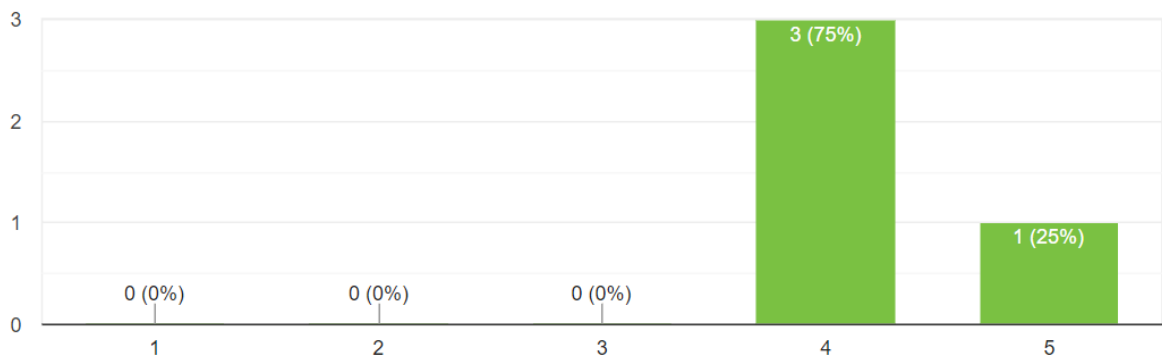


Figure 9.1 attendee connection



# Youth-Led Recovery Grant Outcome Evaluation

To what extent did you feel like you learnt a new skill?

4 responses

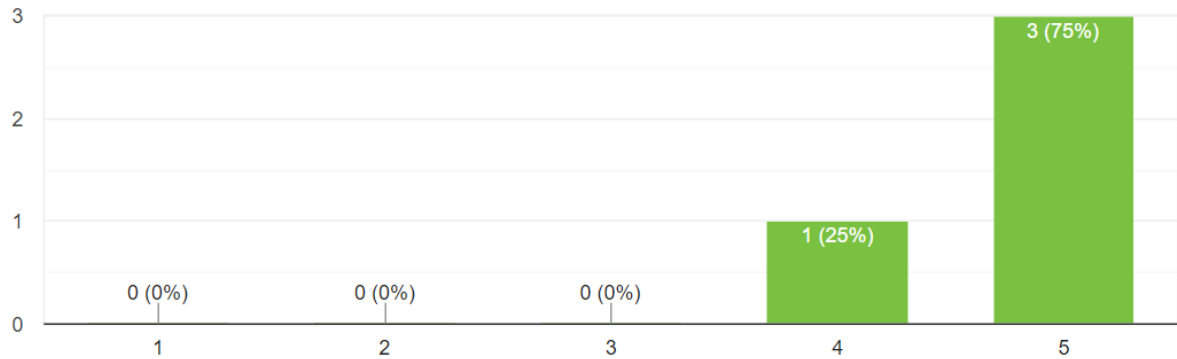


Figure 9.1 learnt a new skill

To what extent did you feel like you learnt something about mental health?

4 responses

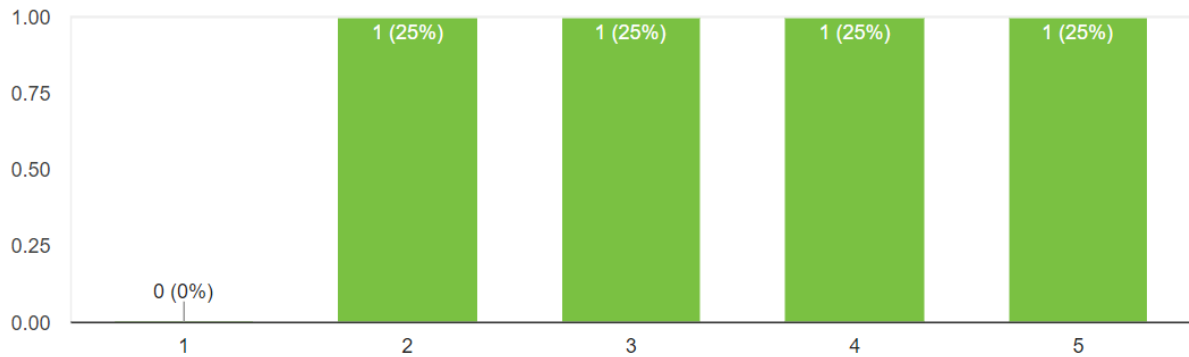


Figure 9.3 mental health literacy

To what extent did you develop your understanding of headspace services?

4 responses

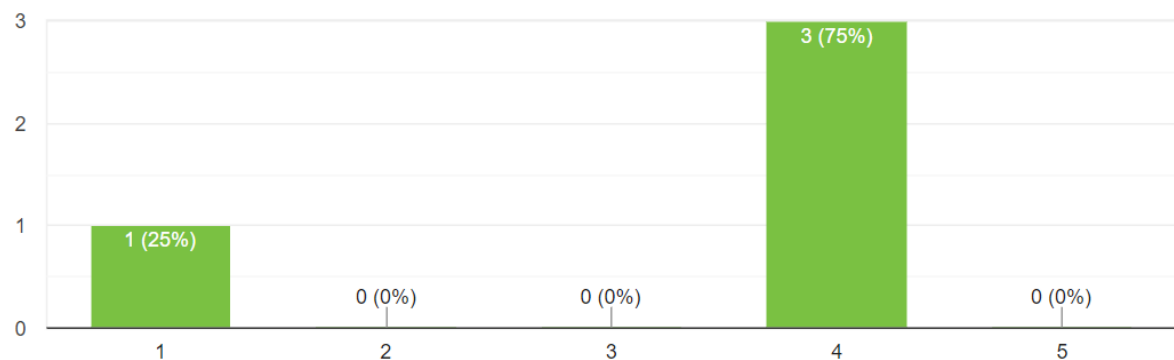


Figure 9.4 headspace awareness (note headspace workshop was not delivered)

# Youth-Led Recovery Grant Outcome Evaluation

Was this the first headspace or City of Adelaide event you have been to?

4 responses

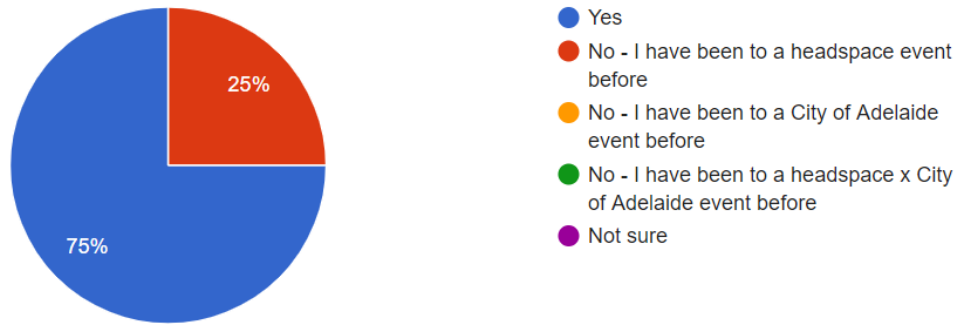


Figure 9.5

Would you come to an event like this again?

4 responses

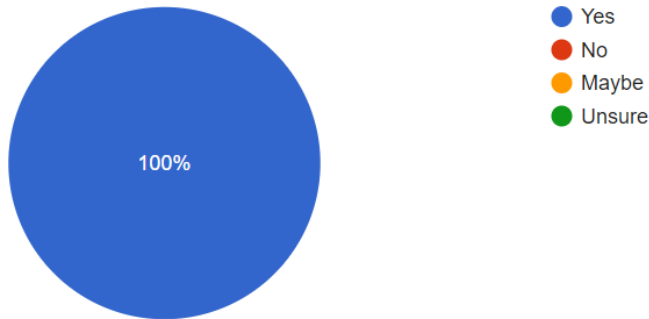


Figure 9.6

Would you recommend this event to a friend?

4 responses

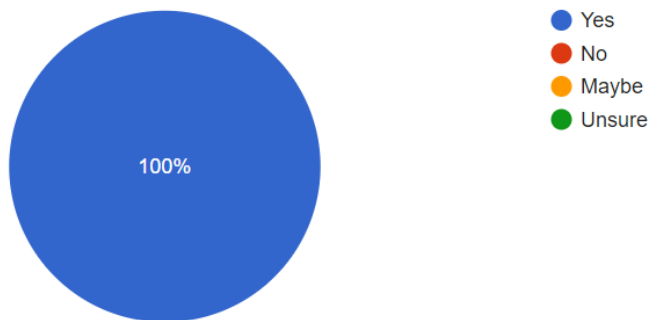


Figure 9.7

# Present yourself

Attendees were able to engage in a workshop run by Talent Academy which covered presenting and public speaking skills. Attendees were provided with a free lunch at the end of the workshop. 12 people attended and 6 survey responses were recorded.

How satisfied were you with the event?

6 responses

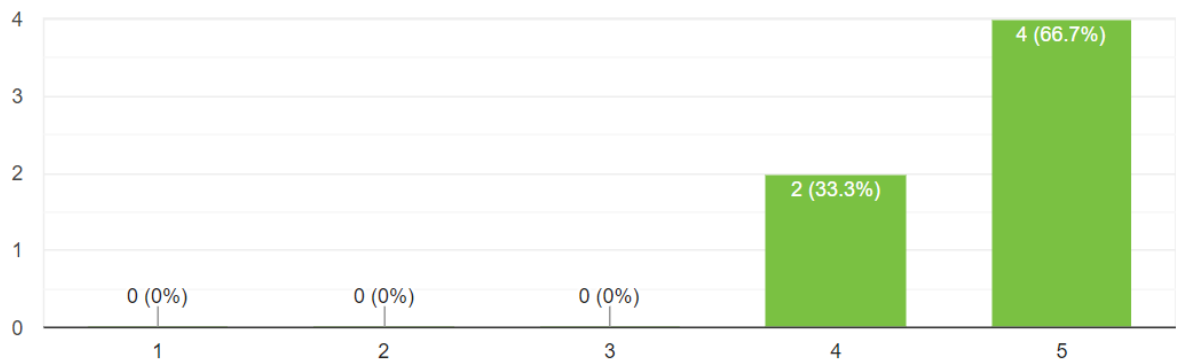


Figure 10.1

To what extent did you feel connected to others?

6 responses

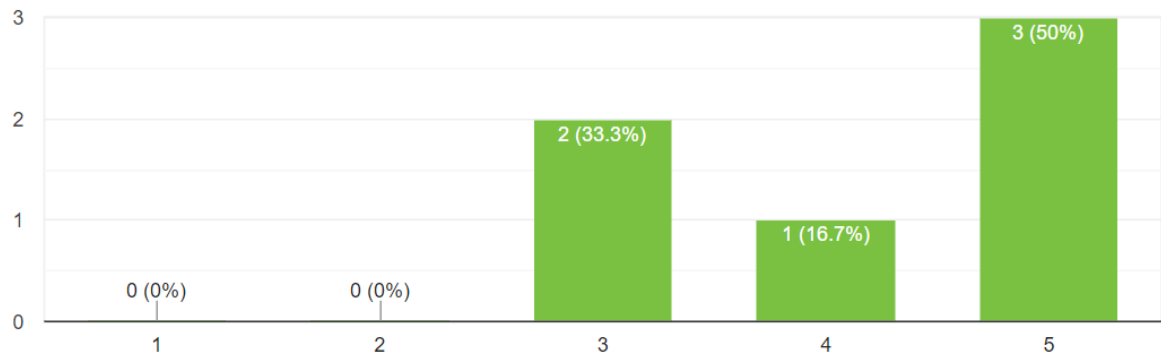


Figure 10.2

# Youth-Led Recovery Grant Outcome Evaluation

To what extent did you feel like you learnt a new skill?

6 responses

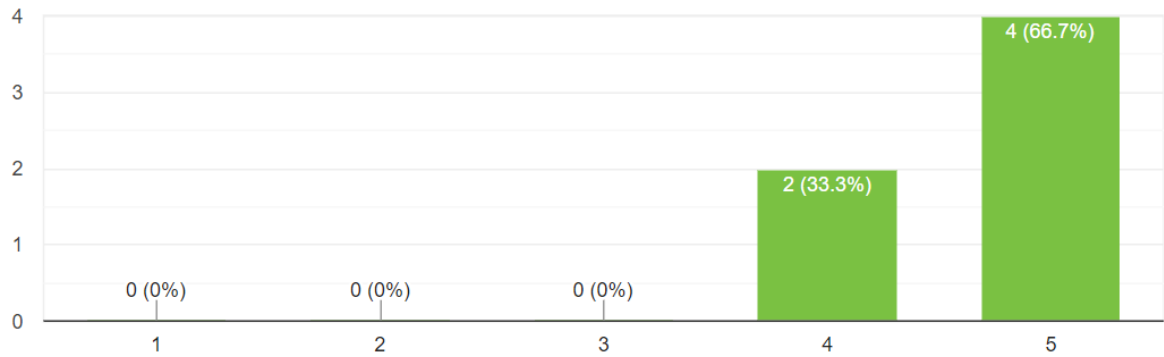


Figure 10.3

To what extent did you feel like you learnt something about mental health?

6 responses

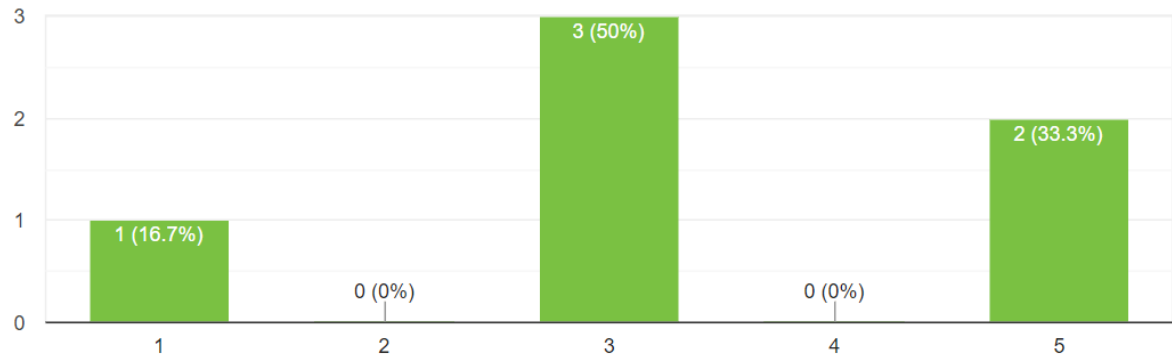


Figure 10.4

To what extent did you develop your understanding of headspace services?

6 responses

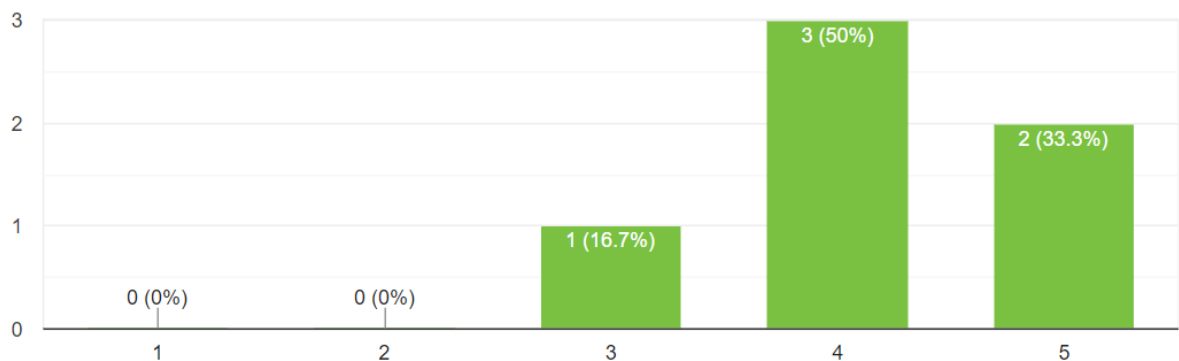


Figure 10.5

# Youth-Led Recovery Grant Outcome Evaluation

Was this the first headspace or City of Adelaide event you have been to?

6 responses

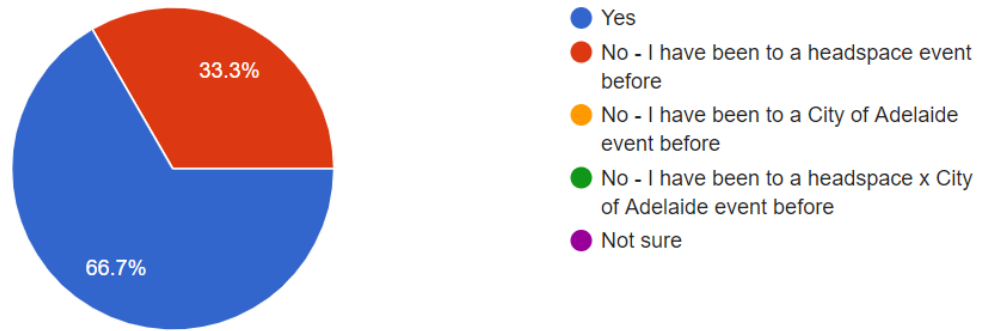
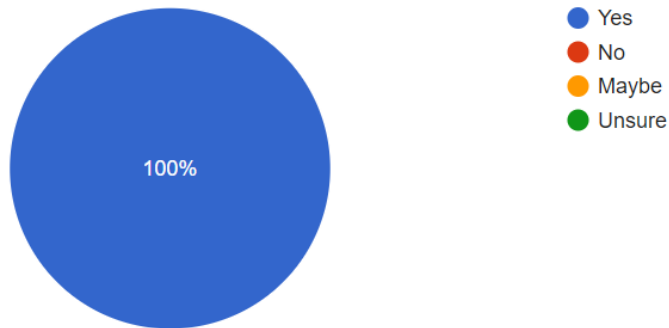


Figure 10.6

Would you come to an event like this again?

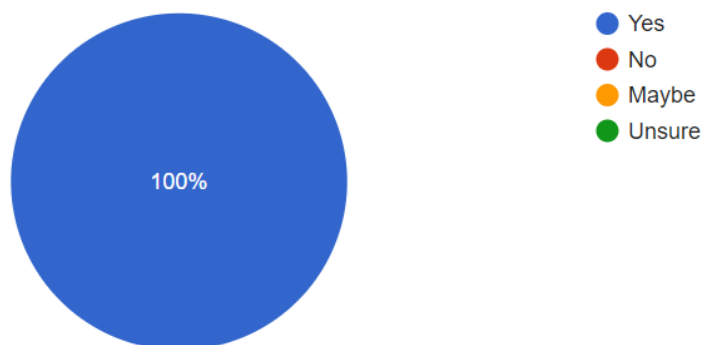
6 responses



10.7

Would you recommend this event to a friend?

6 responses



10.8

# Cook with us

Attendees were able to engage in a cooking class that covered budget friendly and bulk cooking. Attendees were provided dinner, a goodie bag and food hub voucher. 20 people attended and 20 survey responses were recorded

How satisfied were you with the event?

20 responses

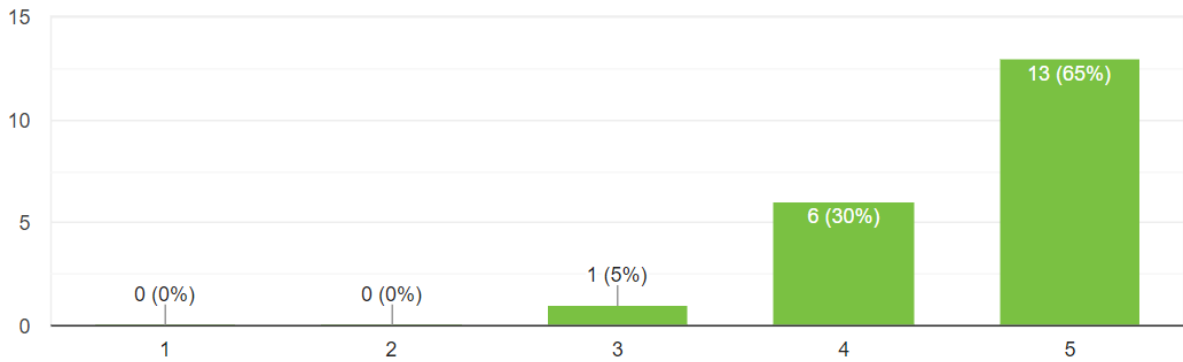


Figure 11.1 attendee satisfaction

To what extent did you feel connected to others?

20 responses

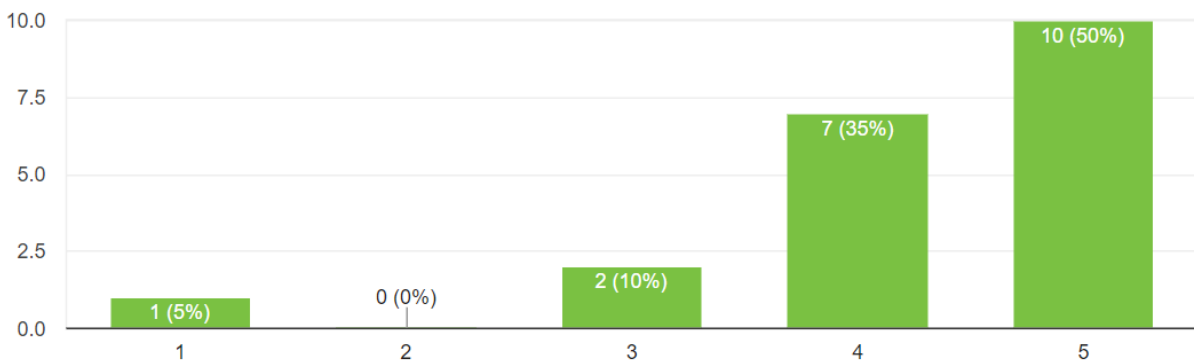


Figure 11.2 attendee connection

# Youth-Led Recovery Grant Outcome Evaluation

To what extent did you feel like you learnt a new skill?

20 responses

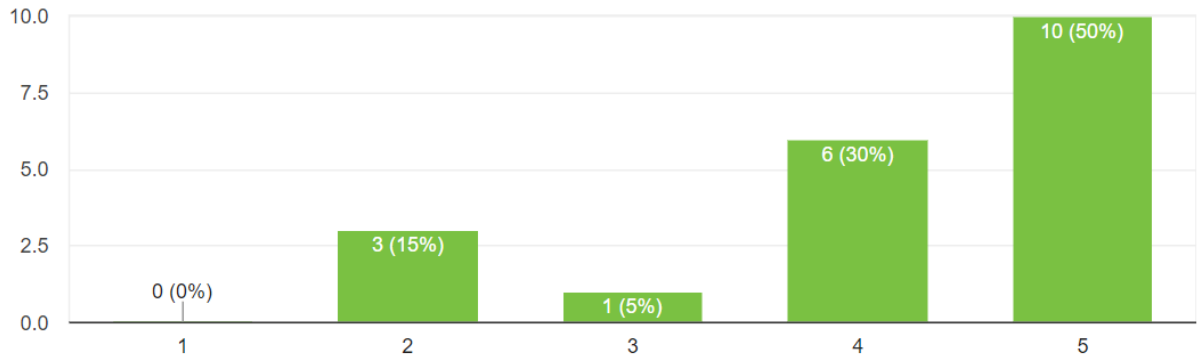


Figure 11.3 learnt a new skill

To what extent did you feel like you learnt something about mental health?

20 responses

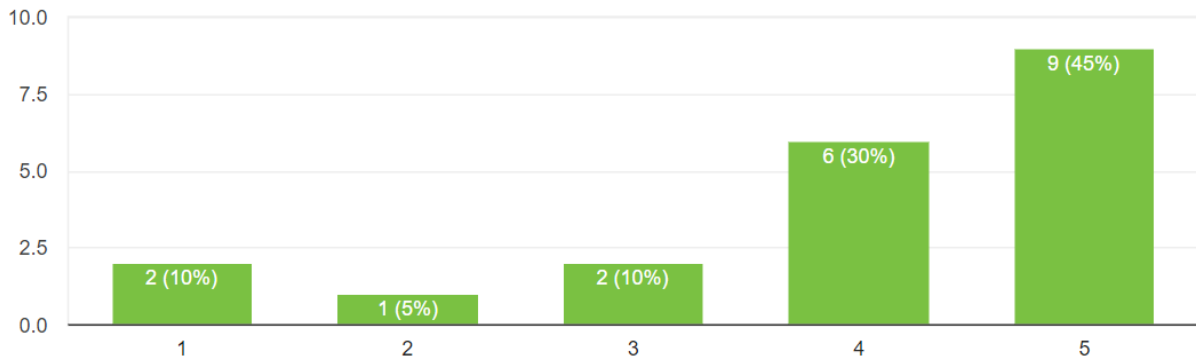


Figure 11.4 mental health literacy

To what extent did you develop your understanding of headspace services?

20 responses

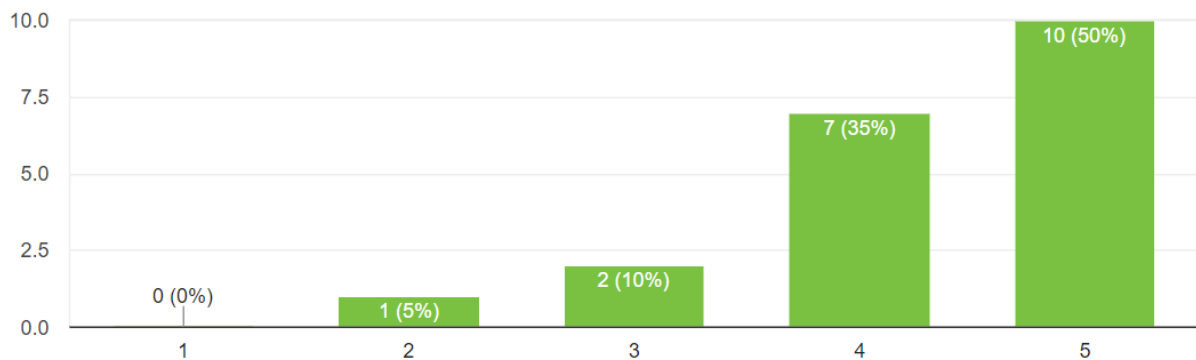


Figure 11.5 headspace awareness

# Youth-Led Recovery Grant Outcome Evaluation

Was this the first headspace or City of Adelaide event you have been to?

20 responses

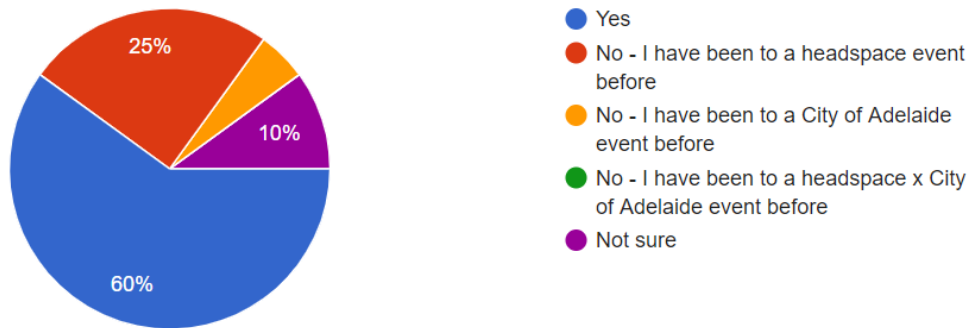


Figure 11.6

Would you come to an event like this again?

20 responses

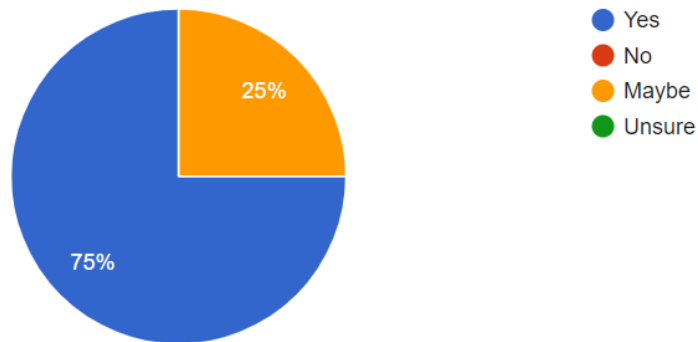


Figure 11.7

Would you recommend this event to a friend?

20 responses

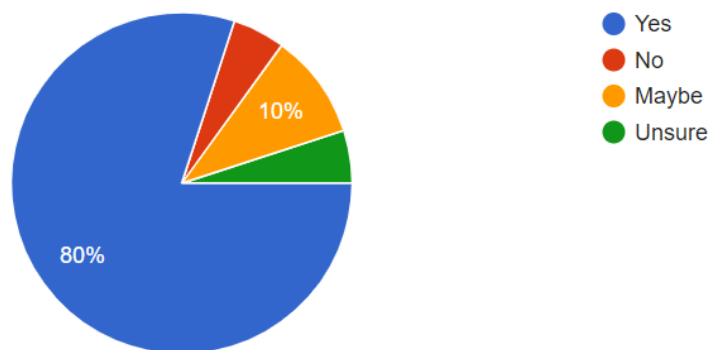


Figure 11.8




# Overall

111 responses were received overall events.

- 46% improved knowledge of headspace services, with some participants already having a sound knowledge of headspace services
- 79% felt strongly connected to participants
- 90% were highly satisfied with the event they attended
- 61% felt they learnt a new skills across the events. This is a great percentage as not all events were tailored to teach a new skill to participants.
- 61% felt highly that they learnt something about mental health

### Summary of activities:

 Cancelled due to COVID lockdown

 Complete

Social / Employability event number	Date	Event	Attendees	Venue	Comments
Social 1	December 11	Stretch Yourself – Himeji gardens (with mind your headspace workshop) and Treeclimb experience	15 (including 2 headspace volunteers and the Community Engagement Officer (CEO))	Gardens and Tree Climb	Popular and fun event. Slightly lower numbers than grant target for each event (20 students) <i>but good quality outcomes</i>
Social 2	December 18	Zoos visit and headspace workshop	19 attendees (including 2 headspace volunteers, 2 SA ambassadors and the CEO)	Adelaide Zoo	Fun event – some issues with entry fee but resolved and unused tickets reimbursed
Social 3	January 15	Wallis Cinemas – headspace wellbeing workshop with movie and snacks	30 attendees (including 2 headspace volunteers, 2 SA ambassadors and the CEO)	Park Lands and Wallis Cinemas North Adelaide	Popular and fun event – good value for money - not 'healthy food' <i>but in keeping with event.</i>
Social 4	January 29	Escape Room adventure with headspace workshop	14 attendees (including 2 headspace volunteers and the CEO)	Headspace and Mindshare Pulteney Street	<i>Booked and paid for 23 spaces but only 14 used. Mindshare provided a drink for each participant and extra time in the escape room as a bonus for the unused spaces. Surprising as we had thought this would be a popular event</i>

<b>Social / Employability event number</b>	<b>Date</b>	<b>Event</b>	<b>Attendees</b>	<b>Venue</b>	<b>Comments</b>
Social 5	February 5	First Friday night collaboration with Art Gallery for walking tours and catering	13 attended (including 1 headspace volunteer and the CEO)	Art Gallery	Weather was poor day of the event but those that attended enjoyed the experience.
Employability 1	February 16	Responsibility service of Alcohol Training	15 attended, plus CEO attended the morning of the training but did not stay for the training	AHTS	A difficult event to coordinate event due to documentation required for international students. If run again needs a few weeks lead in time to confirm attendees and get all their documentation.
Employability 2	February 12	Employability workshop – with Adelaide University Career Centre (Social Media Profiling and Networking / communication skills)	3 attended - 10 registered.	headspace	Very low attendance. Was booked for the last Friday before University started and may have contributed to the low attendance.
Employability 3	February 22nd Venue – City Library – may need to make this later in the month	Employability workshop with Adelaide University – Maximising employability in a global world (10.30 to 12.30)	13 attended (including the CEO).	City Library	Really wonderful feedback from those that attended the session. A note from the workshop facilitators was that they usually over book these events as they often see 50-75% actually attending of those that registered.
Social 6	March 16	Fringe with us	15 attended	Tandanya	Amazing feedback from participants, able to support a young person's event and Theme was perfect – about their journey to Australia

Social / Employability event number	Date	Event	Attendees	Venue	Comments
Social 7	March 17	Cruise with us - Popeye	10 attended	Rymill Park	Event initially had to be rescheduled due to hot weather policy. New date was harder for students to attend but still a really successful event.
Employability 4	April 13	Employability Workshop with Adelaide University -	30 attended	City Library	Higher attendance due to over booking the class, had 50 register to attend
Social 8	April (date TBC)	Roof Top Yoga	10 attended	Dwell	Weather wasn't the best but great feedback from participants
Social 9	April 21	Night at the Museum	18 attended	SA Museum	Popular and fun event
Employability 5	May 21	Know Your Rights	10 attendees (including headspace volunteers)	City Library	Very positive feedback. Course presented by final-year Law students from University of Adelaide.
Social 10	May 31	Movie Night	40	Wallis North Adelaide	Great feedback from participants that it was a welcomed break from study.
Social 11	June 11	Holey Moley	20	Holey Moley	Another event that was really well received by participants.
Social 12	June 28	Beyond Bouldering	12 attended	Beyond Bouldering	
Employability 6	July 23	RSA	20	AHTS	
Employability 7	July 5	RSA	14	AHTS	Only 14 places available in this session. There was still interest in another session
Employability 8	July 9	Public Speaking and Story Telling	20		
Employability 9	July 8 and 9	MH First Aid for Study Adelaide Ambassadors	6	Study Adelaide	
Employability 10	July 12, 13 and 14	Barista Training	7	AHTS	Only 3 places available in this 3-day course. We had thought it would be difficult to fill, as it was 3 days, but the interest was very high.

<b>Social / Employability event number</b>	<b>Date</b>	<b>Event</b>	<b>Attendees</b>	<b>Venue</b>	<b>Comments</b>
Social 13	July 14	Healthy cooking on a budget	20 – students at risk of food insecurity as identified by Adelaide Uni and Dwell	Hosted by Dwell student accommodation	Facilitated by accredited Dietician, Rebecca Greco from Nourish. Supported by Adelaide University Student care team and Baptist Care.
Social 14	July 31	Winter Wonderland	10 (not counted in grant attendee data)	Winter Wonderland	Initially planned as an event for the youth leadership group, but had to be re-allocated to Urbanest students as post lockdown restrictions meant that headspace were unable to take this size group to an event.
Social 15	20 August	Cook with us	18 - students at risk of food insecurity as identified by Adelaide Uni and Unbanest	Hosted by Urbanest student accommodation	Facilitated by accredited Dietician, Rebecca Greco from Nourish. Supported by Adelaide University Student care team and Baptist Care.
Social 15	July 20	Illuminate	20		During Lockdown – cancelled and refunded