



TWO TWO ONE

Mental health charity

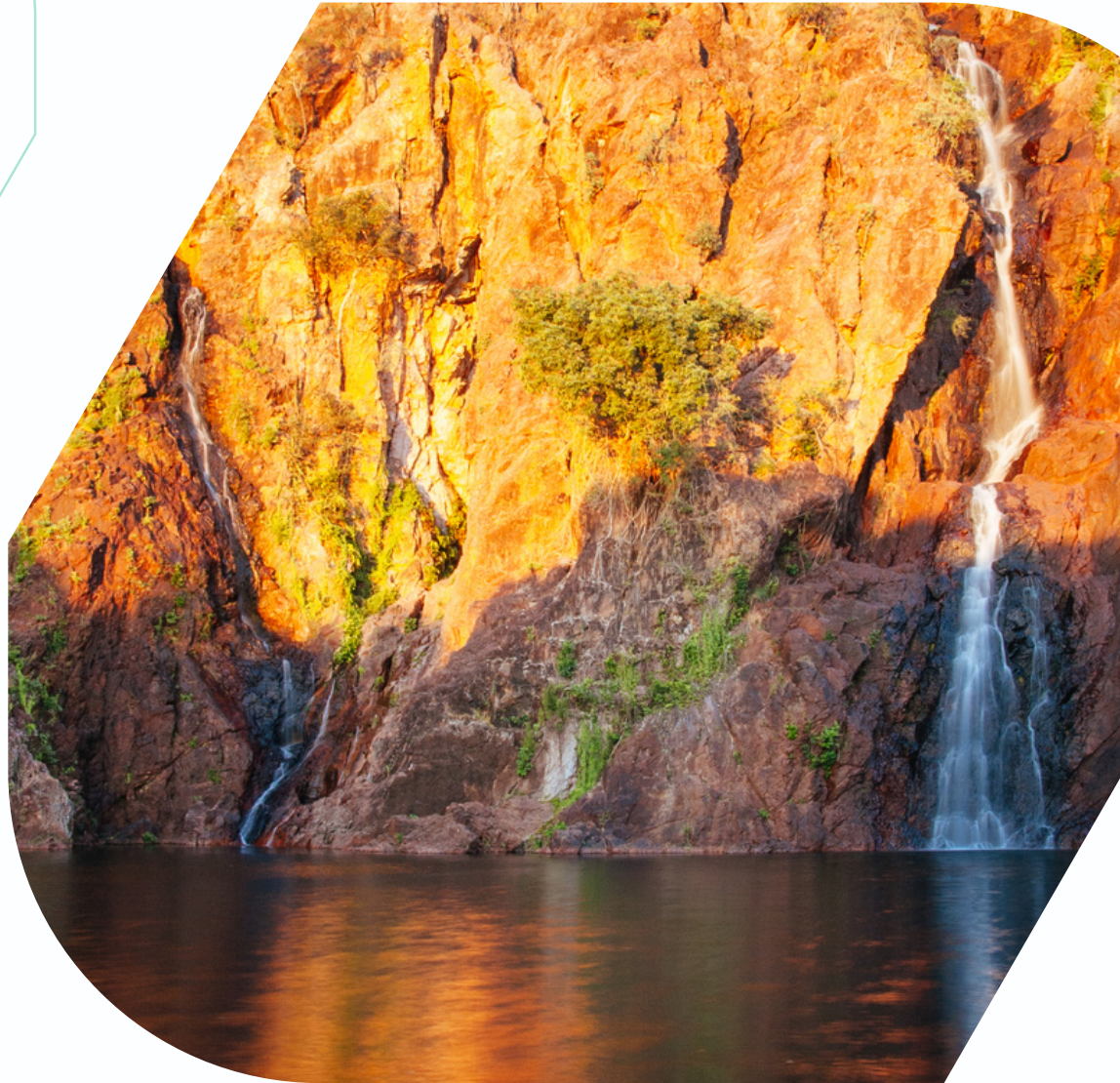
ANNUAL
REPORT 2022



OUR MISSION

**EVERY PERSON HAS
ACCESS TO MENTAL
HEALTH EDUCATION
AND THE CONFIDENCE
TO SUPPORT A LOVED
ONE.**





ACKNOWLEDGEMENT OF COUNTRY

TWO TWO ONE acknowledges the Traditional Owners of the country on which we work and live, and recognises their continuing connection to land, waters and community. We pay our respects to Elders past, present and emerging, and to their cultures.



LIVED EXPERIENCE RECOGNITION

TWO TWO ONE recognise the knowledge of lived experience and importance of embedding this throughout the organisation to create meaningful and respectful education and training.

TWO TWO ONE has lived experience throughout their leadership, content and programs, highlighted at our annual mental health week event "OUR STORIES".

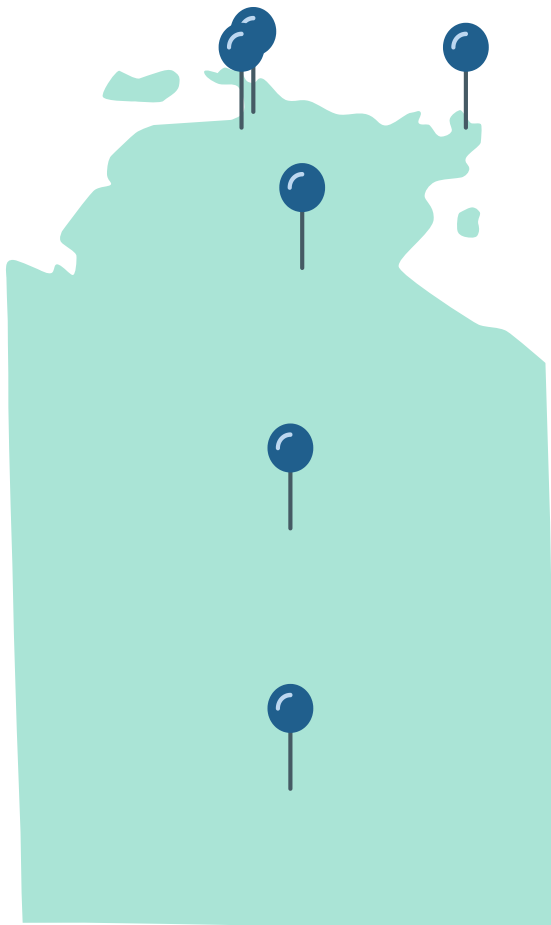
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A SNAPSHOT OF 2022

WHERE WE WORKED:



410

Youth Trained

Had access to mental health education, creating a healthy future for the NT



1070

Adults Trained

Trained in mental health education and to support those around them struggling.



425

Adults Engaged

In community events or programs that increased wellness or awareness.



1110

Youth Engaged

Participated in our youth wellbeing programs

2705

People engaged in mental health awareness face to face.

Attending: Adult training, youth courses, and community events such as Drumming for Wellness or GO! Nights.

78+

Training courses complete.
Including: Youth, Standard, Teen and Blended Mental Health First Aid; Suicide Prevention; Anger Management; Motivational Interviewing; Youth Engagement; Supporting Vulnerable People and Mental Health Workshops

"Sacha is a brilliant presenter and an expert in the subject material taught in this course. I was engaged throughout the entirety of the two days... As someone with family history of mental illness and friends with mental illness I feel confident and comfortable with being able to offer my support and check in on them as compared to prior where I had uncertainty on how to best approach them."

- Standard Mental Health First Aid Participant

MANAGING DIRECTORS MESSAGE



We're moving in the right direction. In the past year, more people have been recognising the importance of mental health education and the work done by Two Two One. As the Managing Director, I am grateful for the support we have received from individuals and organisations who believe in the work we are doing.

This year, we made some changes by focusing on structured education programs, rather than wellbeing drop-in sessions for mental health. We have increased the number of mental health first aid courses and formed meaningful partnerships to provide innovative after-hours mental health education to the community. We hope that by making this shift, more and more people can start important and meaningful conversations with their loved ones, friends and colleagues about mental health. This will help us all create a healthy NT.

Moving forward, Two Two One will continue to provide mental health education to all. We will have programs for schools, workplaces, and the community, as well as accessible after-hours education for those who need it. We will continue to tailor our education to fit the unique environment of the Northern Territory and respond to the needs of the community with innovative and high-quality courses.

I am also looking forward to my newly appointed role as 'NT Local Hero 2023'. This is an exciting opportunity that will not only continue to connect me with the amazing people in my community, but also help me advocate on your behalf around the challenges we face here regarding mental health.

Who we are

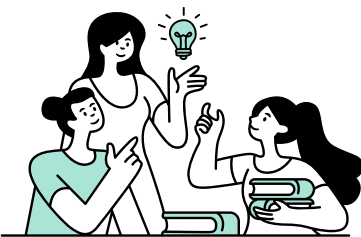
Our goals

The Northern Territory has a significantly higher rate of mental health patients per capita compared to the Australian average, yet it has fewer mental health services available. Two Two One Mental Health Charity addresses this issue by providing practical and personalised mental health training and services that take into account the unique needs of the Territory's diverse population.

At Two Two One, we recognise that feeling connected to people, culture, and/or place is essential for maintaining good mental health. We facilitate this by fostering open and honest conversations. Our name, Two Two One, reflects our philosophy of listening and observing twice as much as we speak. By doing so, we empower individuals to cultivate healthy minds and build stronger, more supportive communities. Our goals (below) illustrate how we aim to do this.



GOAL ONE: MENTAL HEALTH EDUCATION FOR THE COMMUNITY



GOAL TWO: MENTAL HEALTH EDUCATION FOR HIGH SCHOOL STUDENTS



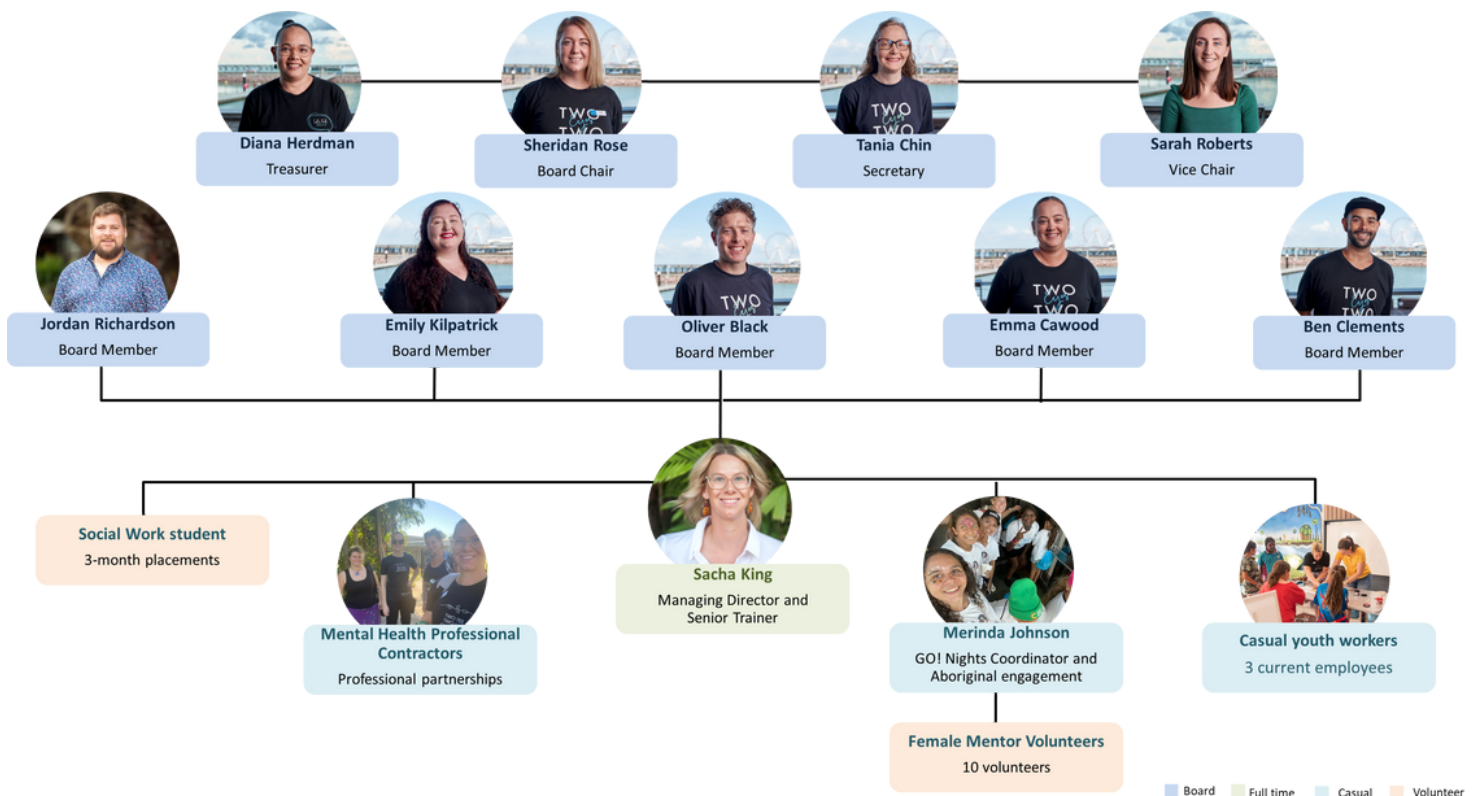
GOAL THREE: MENTAL HEALTH EDUCATION IMPLEMENTED IN ALL INDUSTRIES

Who we are

Our governance

Our Board is responsible for providing leadership and overseeing the overall strategy, governance and performance of the organisation.

The strength and effectiveness of our independent, skills based board is thanks to the diversity of its members. They come from every corner of the NT bringing diverse skills, experiences, and backgrounds. The board's composition aligns with Associations NT and the ACNC's requirements as well as the Two Two One Mental Health Charity constitution.



FINANCIAL SUMMARY

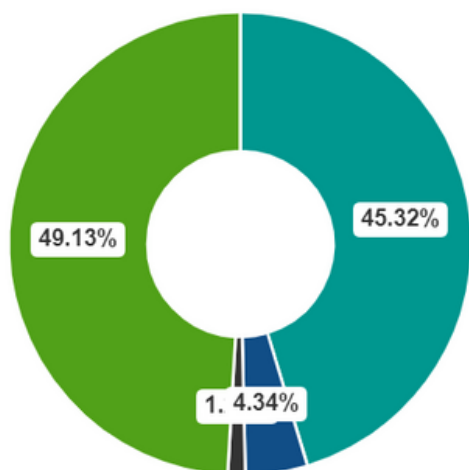


Mental Health Education Training continues to provide a solid financial foundation for the organisation. Our programs receive fantastic reviews from the community, which is brilliant news for the financial year ahead.

This year we also conducted Mental Health Night School; in-person sessions to provide mental health education for those working in the health sector. This partnership with the NT PHN provided great financial stability while allowing us to reach even more people in the NT community.

In January 2022, Two Two One received funding from Northern Territory Government which allowed the GO Nights program to operate successfully for 6 months. This program and 'Drumming for Wellness Sessions' were run in the first half of the year, and we would like to thank NTG for their contribution.

Throughout the year, we held several fundraising events which contributed significantly to 'funds received'. Many volunteers helped with these events, and I would personally like to thank them for all their hard work. A big focus for us in the year ahead is to increase our fundraising events and partner regularly with our volunteer community.



- Revenue from Government
- Other Revenue
- Revenue from Donations and Bequests
- Revenue from Goods or Services

Partnerships such as these are invaluable and we are excited to see how we can continue to partner with organisations ongoing.

Although we've experienced the challenges of covid-19 and the ever increasing cost-of-living, the future is promising. The organisation has spent valuable time planning for the future while maintaining its already fantastic reputation. With our Managing Director recently being named the NT's 'Local Hero', we expect more partnerships and events and are looking forward to what 2023 has in store.

For Two Two One's full 2022 financial report go to www.acnc.gov.au/charity/charities/2d838920-1b0c-ea11-a811-000d3ad1f497/profile



2022 HIGHLIGHTS



Mangaing Director Sacha King was named NT Local Hero 2023

Shared mental health lived experiences at OUR STORIES celebrating mental health week 2022



Had meaningful conversations about mental health with the Prime Minister

GO! Nights completed its 100 night and took a team to couch surfing. In 2 years GO! had over 750 engagements with young women



GO! Night's was a finalist in the NT Community Achievement awards



Over 1,000 adults trained in mental health including starting mental health night school a free afterhours education program.



Completed 8 weeks of drumming for wellness with international students



410 youth trained in mental health education



MENTAL HEALTH NIGHT-SCHOOL

Mental Health Night School was developed to increase access to Mental Health First Aid (MHFA) training. The sessions are delivered in a series of digestible, after-hours workshops (instead of the usual MHFA format, which is generally two full business days), to engage people who would not normally be able to access the training.

The sessions focused on recognising mental health problems, supporting people struggling with their mental health and engaging in respectful and empowering conversations.

Two Two One trialled this approach, finishing in December 2022. The series was sold-out, feedback was overwhelmingly positive and we reached participants who wouldn't normally access this important mental health education.

Our Night School saw 45 (out of a maximum of 50) completing their Mental Health First Aid Accreditation, with a 98% increase in knowledge, measured through a pre and post quiz.



“Extremely positive practical knowledge the general public should be equipped with to better society.”

“Very well run course, felt empowered to engage, and gained deeper understanding of some conditions and scenarios I had some knowledge of, and learnt a ton about some conditions I had no knowledge of. Have also gained some confidence to discuss mental health with others.”

mental health night school participant feedback

TEEN MENTAL HEALTH FIRST AID – DARWIN MIDDLE SCHOOL



In school term two Two Two One was a part of providing teen Mental Health First Aid to 245 year 8 Darwin Middle School students.

Teen Mental Health First Aid (teen MHFA) training package was presented to middle and senior school students by mental health professionals. The training aims to improve the mental health literacy of students, awareness around risk taking and it teaches evidence-based mental health first aid skills.

The teen MHFA course focuses on the pattern of thoughts, feelings and behaviours that show there may be a problem, starting conversations and connecting with supports rather than focusing on specific illnesses.

We are very proud to have been a part of providing this for over 12 schools in the Northern Territory.

ABORIGINAL MENTAL HEALTH FIRST AID, NHULUNBUY

Two Two One provided a number of mental health education sessions in remote and rural Northern Territory, this included an Aboriginal and Torres Strait Islander Mental Health First Aid in Nhulunbuy.

This course attracted workers across the health and community service sectors including medical professionals, remote community workers and mental health support workers.

The session focused on both scientific and cultural learning which created a safe and refreshing learning environment.

This unique course incorporated key mental health education principles with real stories from community, cultural respect and place-based knowledge. It was an amazing learning opportunity for both the trainers and participants.



“A participant shared that they were able to learn ways to approach and medically support local Aboriginal people in a culturally sensitive way. This came from shared awareness and cultural practices that we discussed in the course.”

Sacha King



TWO TWO ONE

Mental health charity



*Thank you for a
wonderful year
everyone!*