



CAMP IMPACT REPORT
Heroes of 2019





Camp Hero LEADERSHIP

Camp Hero LEADERSHIP is the only program designed to upskill young people into becoming mental health leaders in Australia!

It's a unique education and leadership development program designed for students 15-18 years old who share a passion for mental health and a desire to make a difference in their community. Young people are educated on understanding mental health and wellbeing, and are provided with the skills necessary to support themselves and their peers.

What's Included In The 12 Week Program:



**5 DAYS/4 NIGHTS
AT CAMP**



**POST CAMP
FOLLOW UPS
& SUPPORT**



**STUDENT
REUNION**

Key things covered:



SELF-AWARENESS



**MENTAL
HEALTH**



**PHYSICAL
HEALTH**



RESILIENCE



**COMMUNITY
IMPACT**



**SUICIDE
ALERTNESS &
PREVENTION**

Empowering Heroic Suicide Alert Helpers

As part of the Camp Hero LEADERSHIP program, each young person receives an accreditation in the nationally recognised suicide alertness seminar safeTALK, to learn practical skills on how to support someone who may be thinking about taking their own life.

“Attending Camp Hero has allowed me to learn about mental health and leadership and how to implement it into my community. This experience has taught me how to be my true self and how to care for others and teach them about achieving positive mental health.”



2019 Program Highlights



To measure the outcome of our Camp Hero programs, quantitative and qualitative data is collated using pre and post camp surveys and student stories. All four 2019 programs were evaluated, with 100% of students completing the evaluation.



4 CAMP HERO PROGRAMS DELIVERED



IMPACTED 146 STUDENTS FROM 57 SCHOOLS

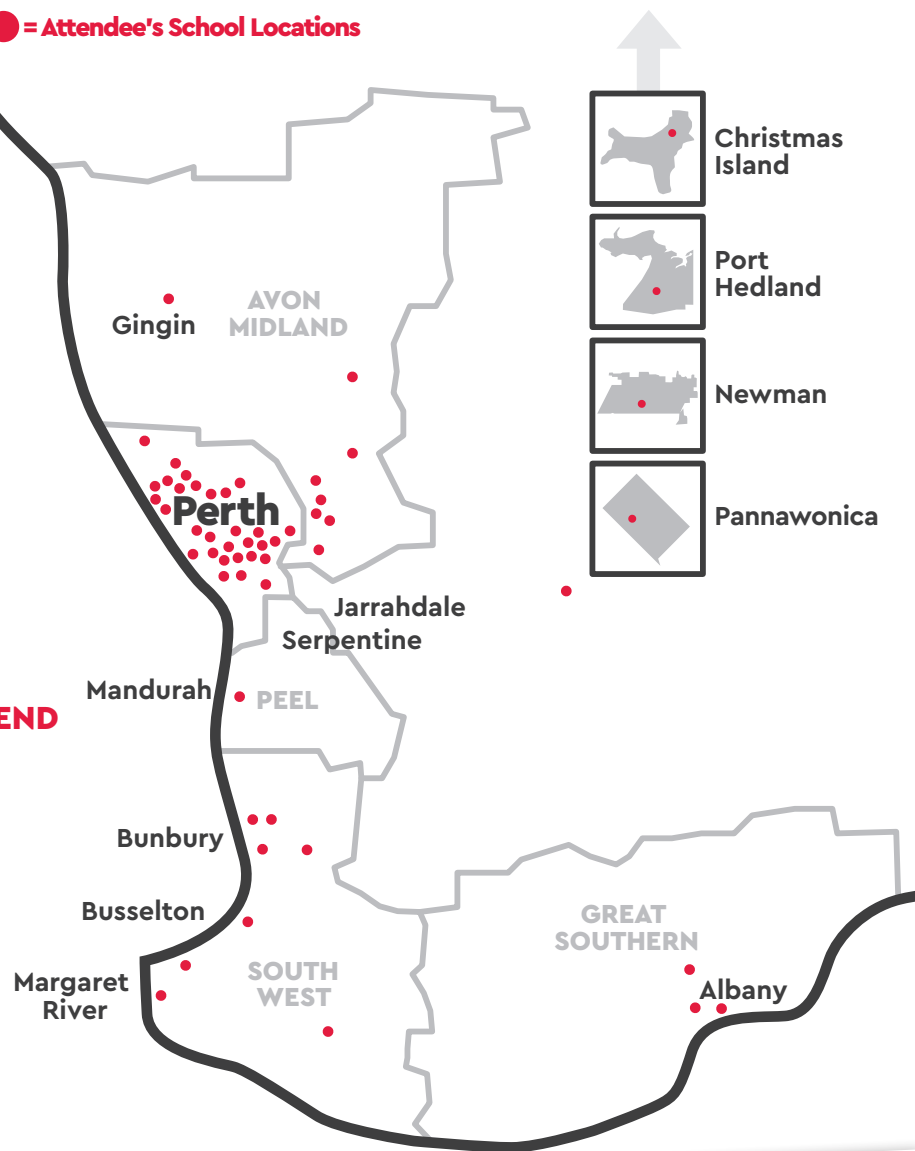


146 MENTAL HEALTH AMBASSADORS & SUICIDE ALERTNESS HELPERS



100% OF YOUNG PEOPLE WOULD RECOMMEND CAMP HERO LEADERSHIP TO A FRIEND

● = Attendee's School Locations



What Is Being Measured?

Knowledge regarding:

- Anxiety and depression
- Recognising the warning signs of suicide
- Ability to support someone experiencing mental illness
- Ability to manage personal mental health
- Availability of mental health services



Student's knowledge levels increased from **58% to 87.5%** 

Confidence relating to:

- Relationships with friends
- Relationships with parents
- Self-Expression
- Leadership
- Self-Awareness



Student's confidence levels increased from **65% to 82%** 



Measuring Leadership & Influence Potential

84% of students agree that Camp Hero will increase their influence within the family

99% of students agree that Camp Hero will increase their influence within school

88% of students agree that Camp Hero will increase their ability to communicate with their parents

100% of students agree that Camp Hero will increase their ability to communicate with friends

88% of students agree that Camp Hero will improve their relationship with parents

98% of students agree that Camp Hero will improve their relationship with friends

