



TASMANIA

DONOR NEWSLETTER
APRIL 2020



Thank you! Your support is helping thousands

We hope you and your family are safe and healthy at this time.

Thanks to your generosity during this unprecedented community crisis The Salvation Army in Tasmania has implemented rapid change so we can continue delivering our essential community services to people who need our support.

Our goal in these difficult days is to continue serving the most vulnerable Tasmanians. We are making every effort to deliver as many of our services as we can:

- Aged care
- Homelessness services
- Alcohol and other drugs (AOD) services
- Family and domestic violence services for mums and their children
- Emergency and disaster management services
- Doorways and emergency relief services across Tasmania
- And as many social programs around the state as possible

Many services are now being delivered in different ways, online and by phone. Your ongoing support allows The Salvation Army to adapt rapidly to changing circumstances and continue to support our communities. Thank you for being there with us, especially in these times of dire need.

In March our Tasmanian State Emergency Services team and Doorways Centres started delivering emergency packs state-wide to those who are either in isolation or who have been isolated from their communities. The demand has been high, and we thank you for allowing us to help so many so quickly.

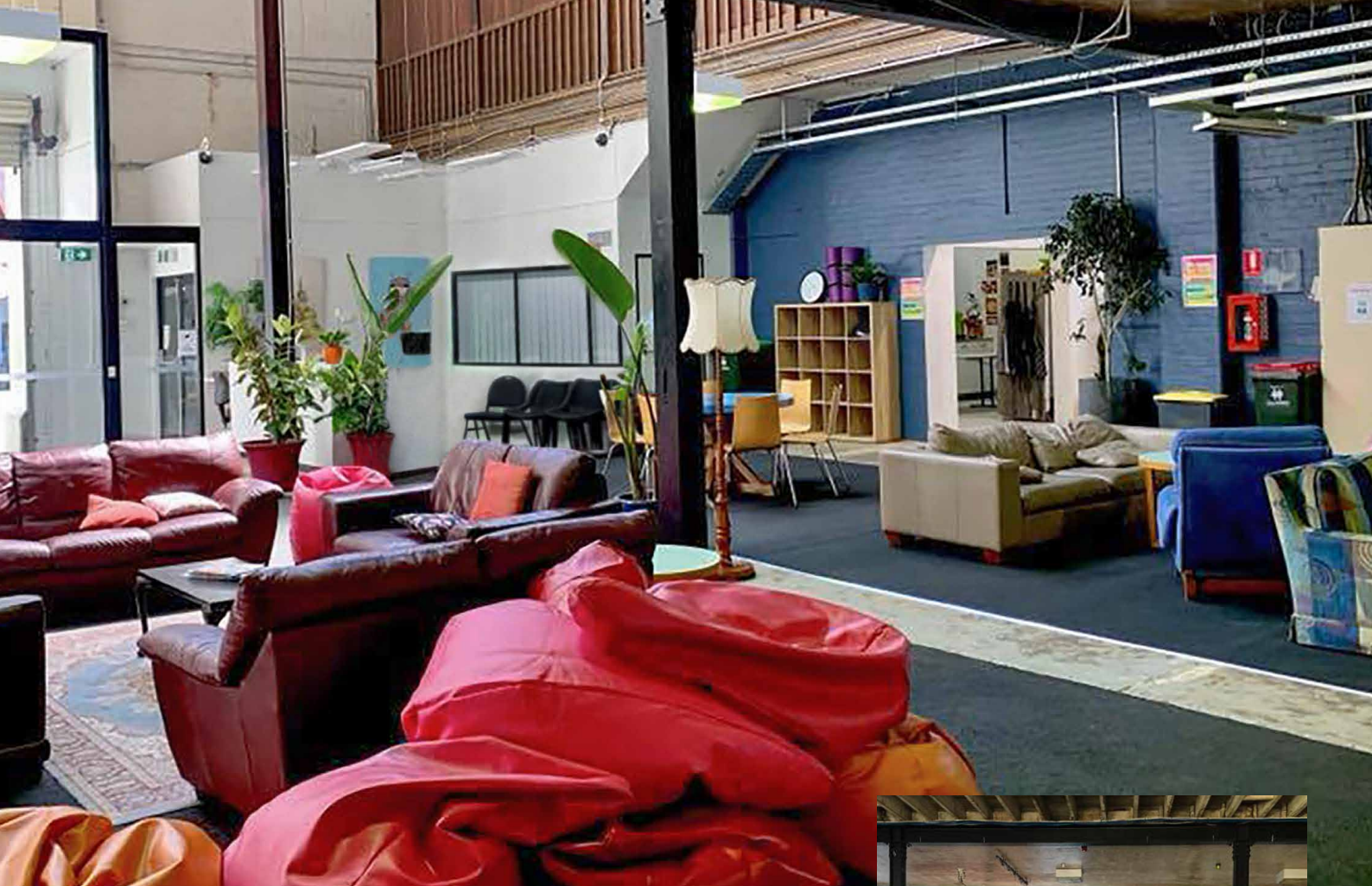
Tassie generosity bolsters Bushfire Appeal

The year started with another unprecedented event – devastating bushfires across mainland Australia.

Everyday Australians like you became heroes as they joined with charities, coming together to support those most in need. Even though Tassie was spared the fires, inspirational, generous Tasmanians came to the fore, donating an incredible \$405,000 through the Salvos specifically for those who are suffering due to the bushfires.

We thank you – our regular supporters, new Tassie donors and businesses that stepped up in a crisis. Your thoughtfulness is recognised nationally and very much appreciated.

Thanks to you, The Salvation Army will be on the ground for years to come providing financial and emotional support during the critical recovery phase, often the hardest and longest period for those who have been severely impacted by the bushfires.



Bringing light to the darkness for Hobart's rough sleepers

For rough sleepers, the night can be a dangerous place. Many women, in particular, walk for hours every night to make themselves less of a target for attack.

The housing crisis has seen more people sleeping rough on Hobart's streets than ever before. Now, generous supporters of The Salvation Army and Hobart City Mission, along with the state government and many private donors have come together to create Hobart's Safe Night Space.

Launched in December last year on a six-month trial basis, the new space is exceeding all expectations – your compassion and generosity are already saving lives.

Salvation Army Housing and Street2Home Community Outreach Team Leader, Don McCrae says, "The Safe Night Space staff and volunteers are providing counselling, comfort and guidance for each of the Safe Night Space clients.

"Feedback has been outstanding – clients are commenting on the relief of having not just a safe space but also the emotional support they find there, the chance to meet other people who need a hand and the ability to support each other. One client said that if it hadn't been for the Safe Night Space opening prior to Christmas, they would have jumped off the Tasman Bridge – that's the impact we're having already.



Top: Hobart's Safe Night Space, a welcoming place for the city's rough sleepers. Inset: The space prior to renovation.

"Providing clients with safety has also seen some enter detox and long-term rehabilitation and others reach out to estranged families: these are tangible, here-and-now results."

Other support has come through second-hand mobile phones from Sustainable Timbers Tasmania and SIM cards from Optus Hobart through Optus' Tasmanian Territory General Manager Peter West.

"The main objective now," adds Don McCrae, "is to make the Safe Night Space a permanent fixture in Hobart. To support those in need we are looking at expanding our service to operate 24 hours a day. With continued financial backing from the community, corporate supporters and all tiers of government, we can provide healing pathways for those members of our community who have been without hope."

To give your support go to:
salvationarmy.org.au/safenightspace

Unique approach providing outstanding outcomes

One of the barriers to people seeking treatment for substance dependence is that many programs are residential, so clients can't maintain work and family commitments. The Salvation Army's Matrix program may be answering that problem in Tasmania.

Instead of requiring participants to live in, the year-long program offers intensive outpatient support, including cognitive behavioural therapy, motivational interviewing, relapse prevention, contingency management and family education. Participants undertake 20 weeks of three group sessions a week, followed by 28 weeks of one weekly social support session.

A major benefit of the Matrix program is that it gives participants the opportunity to implement the skills and strategies they're learning right away, as they navigate their day-to-day challenges.

Remarkable improvements have been seen in the first group of 60 participants:

- Symptoms of depression decreased by 63%
- Symptoms of anxiety decreased by 55%
- Symptoms of psychological distress reduced by 69%
- Symptoms of PTSD reduced by 55%, with most clients no longer meeting criteria for a PTSD diagnosis
- Emergency department presentations during the course of the program reduced from 47% to under 1%



While the data is still being reviewed, the majority of participants maintained abstinence throughout the program. Dr Emma Richardson, psychologist and Matrix Program Coordinator, says, "We've seen such wonderful improvements, particularly in the clients who have continued to engage regularly. It's got a lot of promise, this program."

Client feedback, too, has been overwhelmingly positive. One summed it up like this: "If I didn't have the Matrix program in my life, I would hate to think where I'd be."

If addiction is an area you would specifically like to support as a donor, please get in touch with Philanthropy Manager, Brendan Wilson on 0447 837 308 or email brendan.wilson@salvationarmy.org.au

You've helped us help so many

The Salvation Army Tasmania Division is committed to helping those in need by providing them with the opportunity to take steps toward a more positive future.

Your support helps us provide comfort and hope, and the funds to find someone a place to sleep. It allows us to distribute food and necessities, help people pay their utility bills and so much more for those who are vulnerable.

We aim to see long-term shifts in the lives of our clients, so we work with them to create change in their circumstances,

provide opportunities and help them make choices that can last a lifetime.

Every one of the numbers below represents a person whose life you have touched through your kindness. With your helping hand, someone who was struggling is now transforming their life.



**social programs
and activities**



**people supported who
were homeless or at risk
of homelessness**



**vouchers distributed
to Tasmanians
needing support**

13,085



**bed nights provided
to those experiencing
homelessness**

51,640



**episodes* of care
across all our
social programs**

15,351



**episodes* of
emergency and
material aid support**

*An episode refers to a contact on a single day of support. Statistics as at financial year 2019 – information collected for Tasmania only.

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