

Soldier On

SERVING THOSE WHO
HAVE SERVED





Soldier On's vision is to achieve the best reintegrated generation of serving and ex-serving men and women in Australia's history.



To achieve this, Soldier On supports those who have served – and their families - by focusing on their physical and mental health, their family, their community, and their future.

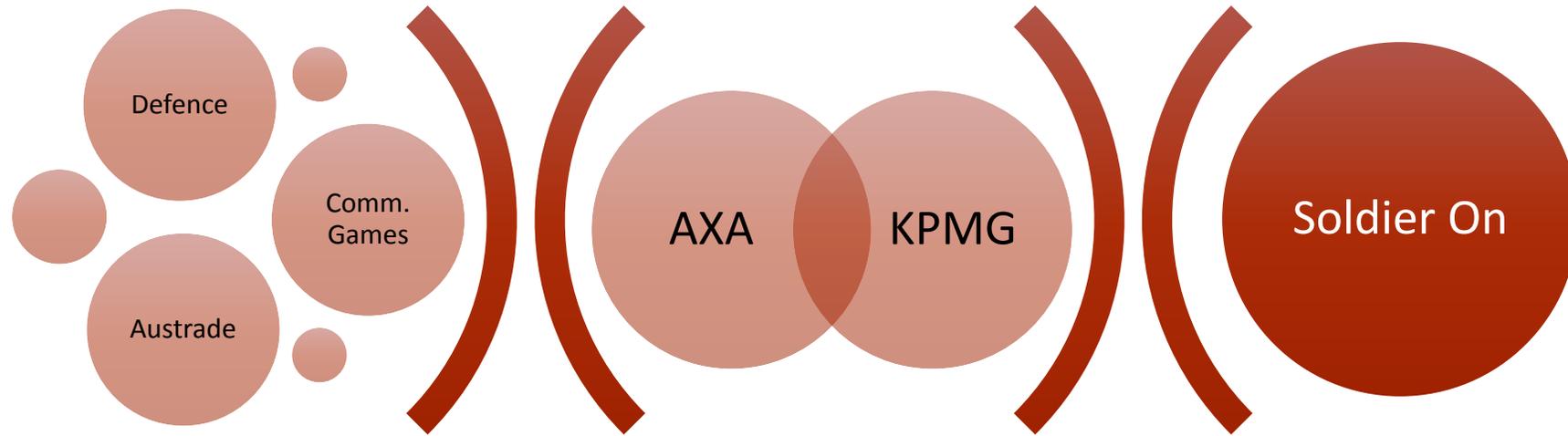
Today

- Why Soldier On?
- Legal and Financial Context
- Who we help
- How we help
- The impact on family
- Surfing case study
- Challenges faced



Karlie Brand, Deputy CEO

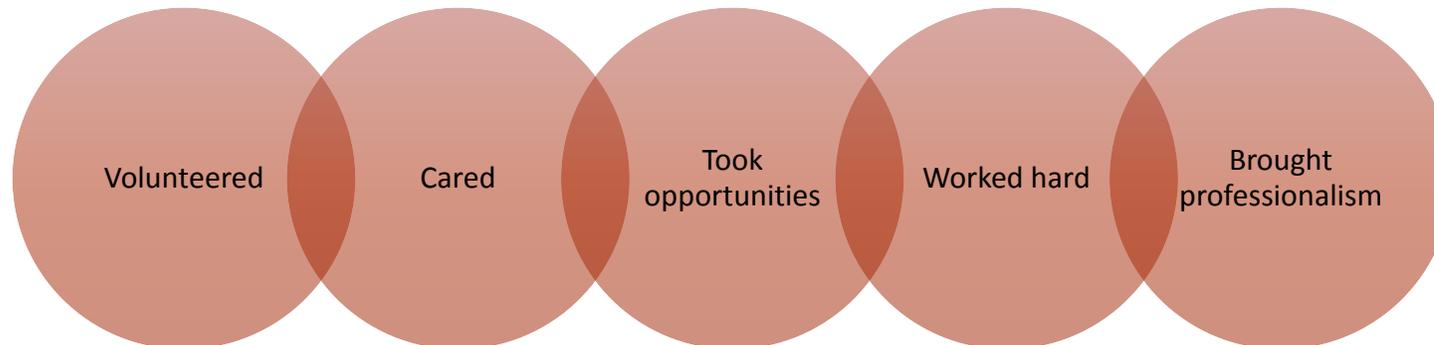
My path to Social Justice



Federal Government

Corporate

Social Justice



Why Soldier On? = Michael Fussell



Company
Limited by
Guarantee

Established
2012

Volunteer
Board

Mum and
Dad
fundraising

Corporate
Sponsorship

\$4.5Million

More than 14,000
Australian veterans
will struggle with
mental health
issues during their
lifetime.



Soldier On supports anyone who has served Australia, including those who have served as part of the Army, Navy, Air Force, the Department of Foreign Affairs (AusAid), the Australian Federal Police, Customs, Immigration or Border Protection (now Border Force).



SNAPSHOT OF THE YEAR THAT WAS

"Marriage saved due to activities such as sailing and family days/weekends."

Partner of Soldier On Participant

6

PHYSICAL LOCATIONS ACROSS AUSTRALIA

PSYCHOLOGY SERVICES EXPANDED

APPROX
500

REINTEGRATION CONNECTIONS EACH MONTH



"A chance to spend time with the kids, especially when you only get to see them every second weekend, and share with them new opportunities and there is more to life"

Soldier On Participant

777

REGISTERED PARTICIPANTS IN ACT & NSW

70

SOCIAL INCLUSION ACTIVITIES PER MONTH

"Thanks for getting me on this (deep sea fishing), it is the first time me and my wife will have gotten away by ourselves for 7 years"

Soldier On Participant



159

PEOPLE ENROLLED IN COURSES

75

DIPLOMA ENROLMENTS

10

COURSES AVAILABLE OVER ABA, ADEPT & PALADIN RISK

84

OTHER COURSE ENROLMENTS



300+
FUNDRAISING EVENTS

IN 2015/2016 WE HAVE RAISED
\$3.98 MIL
TOWARDS HELPING OUR WOUNDED SOLDIERS

750

EXPERIENCES WITH OUR SPORTING PARTNERS

"I think Wednesday was the first time I have been around service/ex-service people in quite some time, and I have to say that for the first time in a long time I started to feel like I just might be able to bring down the walls I have built to keep the world out!" Soldier On Participant



97,957

VISITORS TO THE WEBSITE IN THIS FINANCIAL YEAR

29

AVERAGE PAGE VIEWS AN HOUR



18,403

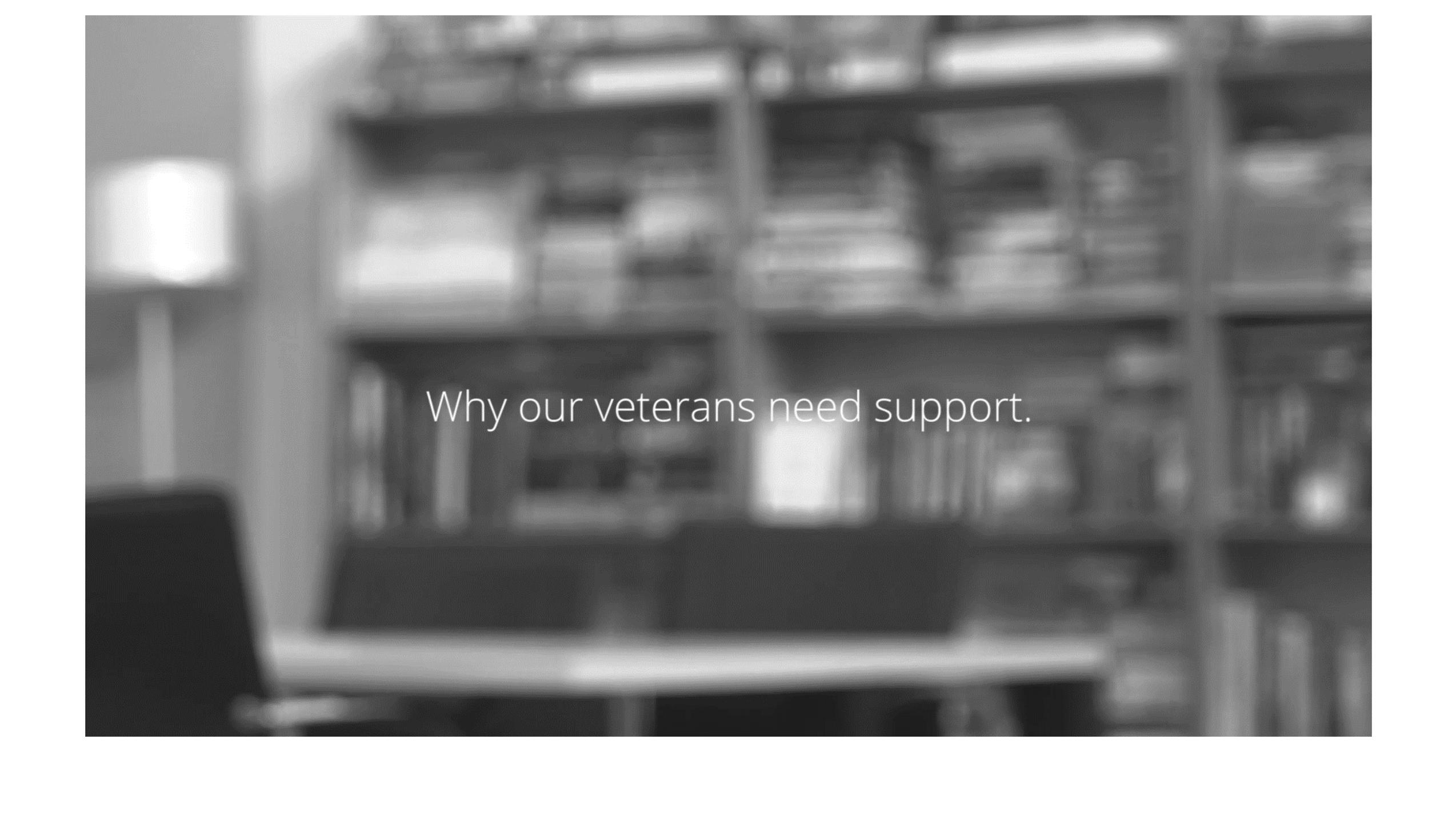
NEW 'LIKES' ON FACEBOOK IN THE LAST FINANCIAL YEAR

9000

TWITTER MENTIONS

1370

MEDIA MENTIONS



Why our veterans need support.

Current issues Facing veterans

- Without focused support, discharge brings a **sense of abandonment**, **isolation** and, in many cases, triggers **mental wounds** that have been 'pushed down'.
- **Support for those medically discharging is inadequate**. The handover to DVA can be difficult (or non-existent for those who are non-compensable), resulting in a lack of **trust** for both the ADF and DVA and families are often forgotten.
- **Half of those with mental health issues don't seek help.**
- Transition is not comprehensive or coordinated, ignoring important elements of recovery such as psychical and mental wellbeing and support for families. **Families receive little to no support** and often don't know where to turn to ask for help.

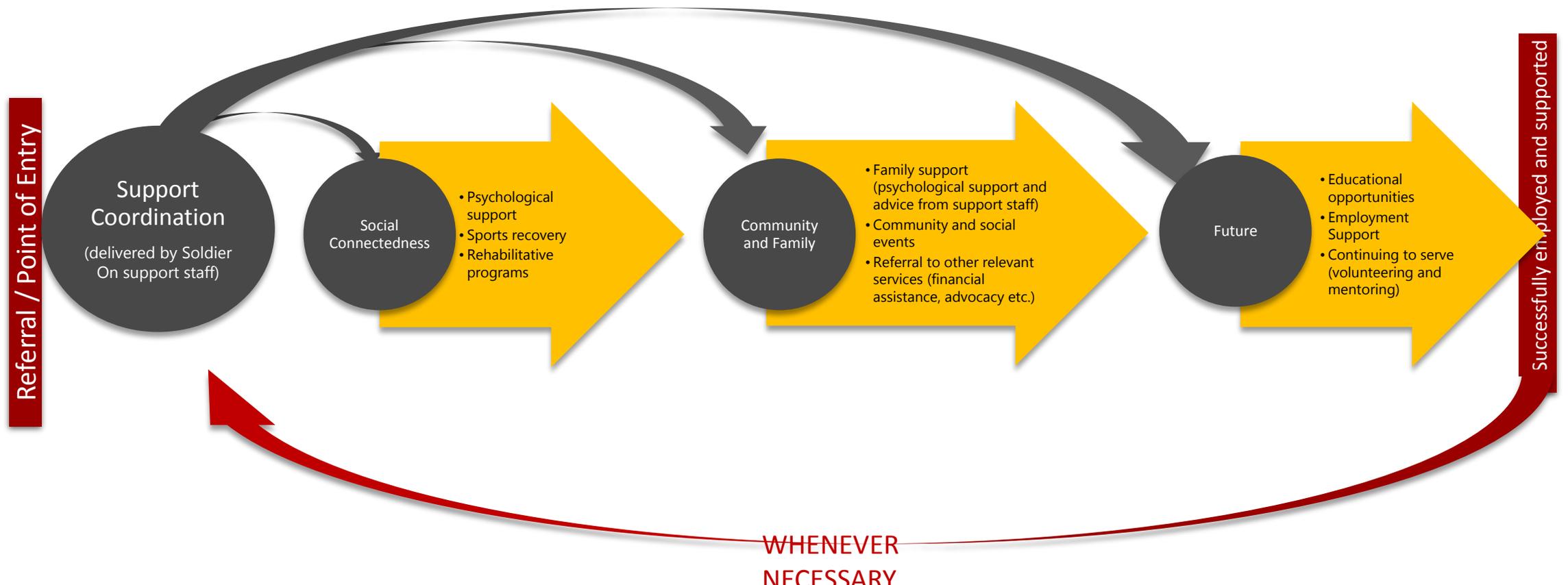


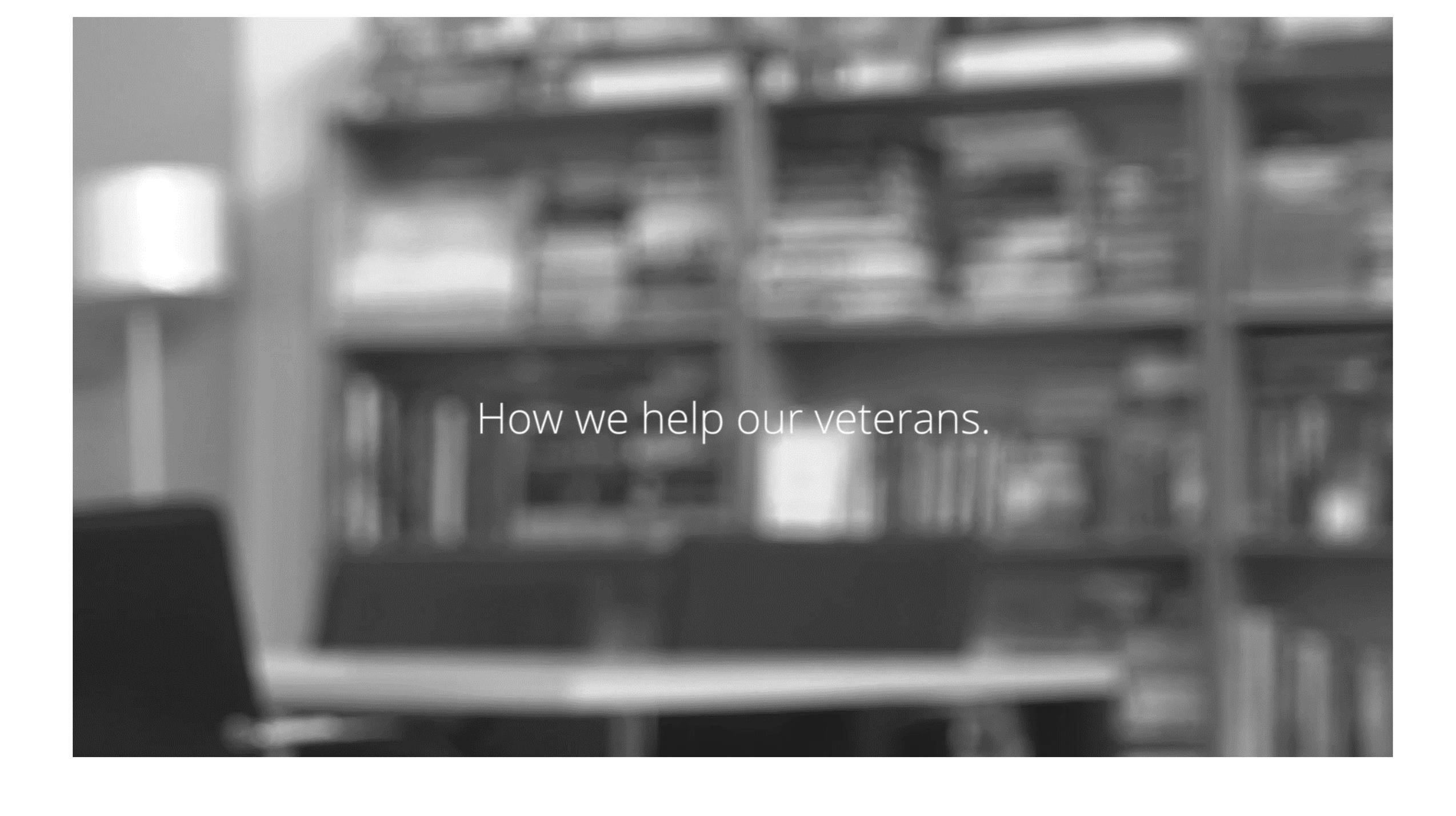
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What we do nationally

Mission

Our mission is to support the reintegration of service men and women into society, walking with them along The Road to Recovery and empowering them to lead fulfilling and successful lives.



A blurred black and white photograph of a bookshelf filled with books. The text "How we help our veterans." is overlaid in the center of the image.

How we help our veterans.



Social Connection Services

One of the key aims at Soldier On is to provide service personnel and their families with the opportunity to connect with others, who understand the nature of service.

- Coffee Catch Ups
- Creative Classes and Workshops
- Physical activities
- Sports Recovery program



Employment and Education Support

We have Veteran and Family Support Officers working in our centres that specialise in helping service personnel and their families forge new career paths after leaving their service.

Veteran and Family Support Officers assist with:

- Identifying pathways into employment
- Translating skills
- Developing resumes
- Navigating the job market
- Supporting individuals through the application process



Psychological support

With specific experience in supporting those who have served, our psychologists provide sessions free of charge for service personnel and their families.

Services can be provided to individuals (both adult and adolescents), couples and families.

Our psychology services can be accessed in:

- Sydney
- Melbourne
- Canberra
- Currumbin
- Perth

Recent findings from the Australian Institute of Health and Wellbeing found that the rate of suicide more than doubles for ex-serving men than current serving men and that contemporary ex-serving males are 13% more likely to die by suicide than men in the general population.



Psychological support

- Soldier On provides evidence-based psychology treatments to veterans who have been impacted by their service, as well as their family members, including partners, children, parents and siblings.
- Our psychologists have specific knowledge, training and experience in working with people affected by trauma, including traumas not related to combat.

We are able to work with:

- Transition from military to civilian life
- Impact of deployment/separation/relocation and family integration
- Complex Trauma/PTSD and stress-related issues
- Mood disorders, such as depression
- Anxiety disorders
- Relationship and interpersonal difficulties
- Chronic pain and injury adjustment concerns

Impact on families

Soon



Defence
Health



Production of this book was proudly
sponsored by Defence Health

Written and
Illustrated
by Jessica Love

Surfing Programs

'Thank you. The surf programs got me active again, allowed me to respect myself again and to engage again with my family. I definitely plan to continue surfing.'

Soldier On participant

Surfing Programs



What Can you do?

Donate

You can do this online by heading to soldieron.org.au.

Fundraise

Hold an event in your community, run a fundraiser, use buckets to collect donations, or do something inspirational and get your community to support you! More info can be accessed by emailing fundraise@soldieron.org.au.

Spread The word

Follow us on Facebook, Twitter and visit our website. Help us to tell the stories of these brave men and women, and get them the support they need and deserve



SOLDIER ON

HELPING OUR WOUNDED WARRIORS

 SOLDIERON.ORG.AU

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