

**FAITH TALK**

Riding out waves of fear

**MY STORY**

The ripple effect

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A safe bridge to hope

# A beautiful opportunity

Salvos supporting youth as mental health issues rise

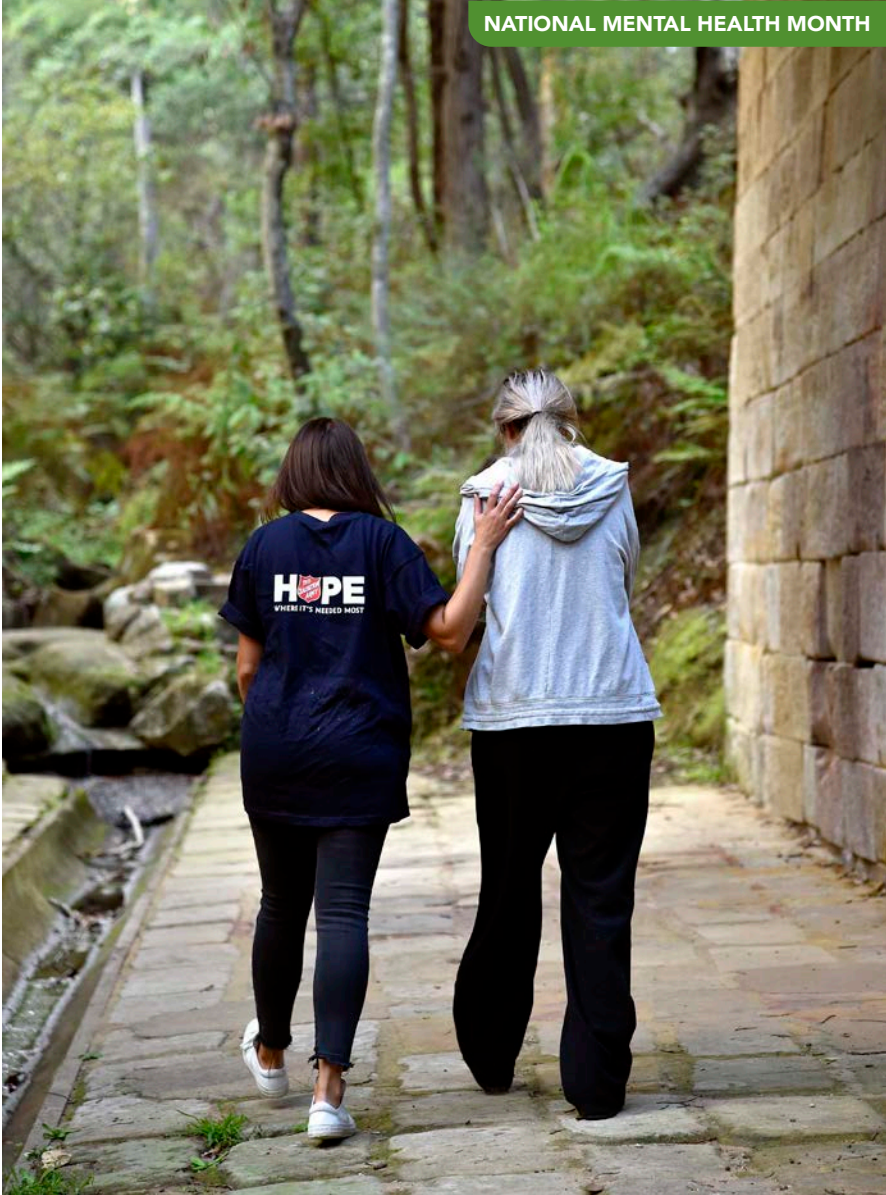


# SALVOS

MAGAZINE

Vol. 001 | No. 14  
24 October 2020  
AUD \$1.00  
salvosmagazine.org.au

NATIONAL MENTAL HEALTH MONTH



**“No act of kindness, no matter  
how small, is ever wasted.”**

**Aesop**

**Ancient Greek writer**





## The Salvation Army is about giving hope where it's needed most.

### What is The Salvation Army?

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church.

### Vision Statement

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia one life at a time with the love of Jesus.

### Mission Statement

The Salvation Army is a Christian movement dedicated to sharing the love of Jesus by:

- Caring for people
- Creating faith pathways
- Building healthy communities
- Working for justice

# Salvos Magazine

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**Press date** 12 October 2020

Printed and published for The Salvation Army by Commissioner Robert Donaldson at Focus Print Group, Rowville, Victoria

**Some photos in this magazine were taken prior to the COVID-19 pandemic.**

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## Youth under pressure

The COVID-19 pandemic has, and is, taking a mental and emotional toll on many people, but it has become an especially tough time for vulnerable youth.

In our feature story we look at a couple of Salvo youth refuges in Melbourne and the work being done there to assist young people with housing, education, life skills and their mental health.

Information regarding Salvation Army youth services is also available on the back cover.

In 'Faith talk' the author shares some of the fears she experiences in life, and how a relationship with God is helping to control, and work through, those often overwhelming feelings.

In 'My story' Caitlin talks about her fear of abandonment and subsequent struggle with drugs and alcohol, and how finding a caring community has given her hope, and a completely new life.

We pray this edition brings you some peace in the knowledge that help is out there for everyone and nobody needs to face mental health, or any of life's challenges, alone.

Simone Worthing  
**Assistant Editor**

# A beautiful opportunity

Salvos supporting youth as mental health issues rise

*October is National Mental Health Month in Australia. This week we continue our series of articles looking at different aspects of mental health and the help that is out there, for everyone. Our coverage features an interview with Angie Jarman, clinical psychologist and case consultant with The Salvation Army's youth services across Victoria.*

## WORDS

SIMONE WORTHING

The COVID-19 pandemic has, and is, taking a mental and emotional toll on many people, but it has become an especially tough time for vulnerable youth. On top of fears around education and employment, many of these young people are also battling to find stable housing, build life skills and develop a strong and supportive community around them.

"Many of the youth in our services, including two youth refuges in Melbourne, have been let down, often by family and caregivers, as well as other systems designed to support them," says Angie.

"Our services have the beautiful opportunity to come in at this point to help those youth find different ways of being, different options on the journey to becoming fully functional adults and alternate ways of finding jobs and housing.

"This is a time of change and we want to work with them to help break the cycle of homelessness."



## A GROWING CONCERN

During the pandemic, mental health organisations and services such as the Salvos have

"Being in a youth refuge is good because there is a community and you get to practise a lot of skills that you wouldn't if you were alone in COVID-19, such as cooking and baking. You meet other people in the refuge and get to spend time with staff doing fun activities. If you weren't in the refuge you would be by yourself."

– A young person in a Salvos youth refuge

seen an increase in the volume of calls they receive from young people, and experts have warned of increases in anxiety, distress, self-harm and indicators of suicide-vulnerability and behaviour.

Patrick McGorry, Executive Director of Orygen Youth Health Research Centre and Professor of Youth Mental Health at the University of Melbourne, said recently that authorities are predicting a 15-25 per cent increased risk of suicide and are expecting the need for mental health services for young people to increase by almost a third (abc.net.au).

“Our vulnerable young people are certainly feeling the pressure,” says Angie. “Some of this comes from often not having had the best care and start in life for a whole range of reasons, which has led to unhelpful coping strategies and mental health issues. The young people are often not used to connection as they are estranged from their families and many have been abused. Some may be using substances such as drugs and or alcohol and so can’t sustain education or employment. Many have lived on the streets and dropped out of school.

“The ‘usual’ structures of a stable upbringing, including employment, school, family, health and sport, just aren’t there for many young people. These factors are some of the drivers behind many challenging behaviours and mental health struggles they face.”

PHOTO BY BONNIE KITTLE ON UNSPLASH



Cooking classes at the Salvos refuges assist the young people with life skills and healthy eating habits.

Angie explained that there is still a lot of stigma around homelessness, even youth homelessness, and, while many show compassion to the young people, others are embarrassed by them, pity them, or blame them for their circumstances.

“We try to link the young people in with services and community groups where they can connect and feel valued, cared for, heard and respected,” says Angie.

## PANDEMIC RESILIENCE

Even though many young people are finding the impacts of the pandemic to be adding ►

“Everything is good and not good at the same time. It’s good when you have a home that is safe because you can stay healthy, but it’s very bad [here] because you can’t study or go to see anybody and we can’t go anywhere. We have to stay in here and within a 5km radius, and we are very tired and lonely. I just want to stay home and cry because I don’t see anybody; it’s hard. I have plans to start studying, to start driving lessons and to take English classes. The starting dates for my courses keep changing and it is hard to do all of my classes online because I don’t always have enough data on my phone.”

– A young person supported by the Salvos in a local community

complexity and desperation to their mental health struggles, some are finding themselves more equipped to work through some of the challenges than they first thought.

One of the biggest difficulties facing young people throughout lockdowns and restrictions has been disconnection from family and social structures.

"In our vulnerable young cohort, who sadly are already disconnected from family and support,

many are finding that they have already developed resilience in that space," says Angie. "Social isolation is not new to them and their resilience is helping to protect them."

Many of the young people accessing the Salvos services, particularly the youth refuges, have also adapted well to online groups, courses, appointments and support.

"This is a digital generation with everything at their fingertips so it hasn't come as that much of a shock and adjustment for many," says Angie.

### HOW TO HELP VULNERABLE TEENAGERS

- Listen to their stories without judgment. They want to be heard. Sharing their story helps them heal.
- Ask open-ended questions and don't give solutions to problems unless asked.
- Learn how early attachment, care giving, good structures and opportunities can positively impact young people, and vice versa.
- Don't tell them what to do and what to feel.
- Find out what is happening for them.
- Ask permission – do they need or want your help?
- Encourage them to reach out to professionals as needed.

"It's also been easier for them to get additional government support, through the provision of bulk-billing psychologists, health resources, hotel accommodation and housing support, and financial subsidies. We are working with our young people to help them save some money to get out of debt and work towards private rental."

### DIGITAL DISSONANCE

Despite the huge advantages of being digitally savvy and able to access a range of resources and interactions online, Angie does not support the virtual-living lifestyle.

"Our society is emotionally disconnected, which is leading to a lack of community and an overwhelming tide of loneliness," she says. "This applies to us all, not just young people. We're not good at connecting

"It's good to be in a refuge because it's a stable place to stay, but there is a lot of stress because we are not able to get out as much as we used to. We are trying to adjust to a lot of discipline and rules. It is a change from having nobody tell you what to do, to having rules that apply to your whole life. Not everybody has support at home or someone to talk to. I'm a very outgoing person and would always make friends with other people and know what everyone is doing, but now it's harder to connect and it isn't the same online." – **A young person in a Salvos youth refuge**

PHOTO BY MARKUS SPIESKE ON UNSPLASH



At the refuges, a community garden provides fresh produce for the young people and an opportunity to work outside.

face-to-face and the places where we can connect are disappearing.

"The pandemic has shown that the need for people to connect in person has grown, but we are living much more virtually. There is less eye contact, physical proximity and hugs. The chemical changes in our bodies those things create are less, impacting our health as well.

"As a society we don't know our neighbours, we are more wary of each other, we aren't turning to church for social connections and we just don't have the time to put into community with

all our work and family responsibilities."

Angie believes that, for most people, a ratio of around 70 per cent face-to-face relationships and 30 per cent online would be optimal for good mental health.

"For young people, though, this ratio is often the opposite, and can lead to so much isolation and loneliness," she says.



Scan here for more on homelessness.

#### WHERE TO GET HELP?

In an emergency:  
**000**

Beyond Blue:  
**1300 22 4636**

Coronavirus 24-hour helpline:  
**1800 512 348**

***Findapsychologist.org.au*** or call:  
**1800 333 497**

Headspace:  
**1800 650 890**

Kids Helpline:  
**1800 551 800**

Lifeline 24-hour telephone crisis support:  
**13 11 14**

MensLine Australia:  
**1300 789 978**

"It's a hard time, but it's important to be there for each other and help each other in the best way that you possibly can, and then we will get through it. We need to work as a team. I have positive people around me and am good at doing things that I enjoy and that stimulate my mind. It's really good to have things to do with your hands, like drawing and painting, because then you don't have to spend so much time on technology."

– A young person supported by the Salvos in a local community

## A safe bridge to hope in Burnie

Bob\* is a former professional boxer who has faced the likes of Danny Green. He wasn't a stranger to hard times in the ring, but when life hit rock bottom, he needed some help to find his footing again.



From left: Jed Donoghue (State Manager Housing and Homelessness for The Salvation Army), Major Kevin Lumb (Area Officer for North Tasmania), Nathan Hughes (Team Leader at Burnie Safe Space) and MP Roger Jaensch at the opening of Burnie's 24/7 Safe Space. (Photo from Burnie Safe Space 24/7 Facebook Page).

Bob was the first guest at the Burnie Safe Space, a trial program based on a model of care pioneered by the Salvos Homelessness services and Hobart City Mission in the Tasmanian capital in December last year.

After recognising the impact COVID-19 was having on the most vulnerable in the community, the Salvos opened the Burnie branch of the Safe Space in July. Funded for six months by the State Government, it not only gives rough sleepers some shelter for the night but also connects them with additional services.

"For some, the Safe Space program may be the first step towards moving off the streets," said Jed Donoghue, State Manager of Housing and Homelessness with the Salvos in Tasmania. "A key aim of this expansion [in Burnie] is the

inclusion of ancillary services such as mental and medical health services, Housing Connect and Drug and Alcohol services."

This holistic approach was just what Bob needed to get back on his feet. With the support of the team at the Burnie Safe Space, he successfully applied for a unit and has a job at a local takeaway business. This gives him the stability to do more than just survive, but thrive.

To date, the Safe Space has hosted 391 sleepover/stays for people, with more than just short term results.

"We have connected seven people directly to mental health services and four individuals with AOD (Alcohol and Other Drugs) services. And we have also helped facilitate nearly six permanent housing outcomes," said Jed.

Other guests who have benefited from this include Andrew\*, who relapsed and needed support to withdraw from substance abuse.

"Our staff helped him to navigate the withdrawal process and eventually get him connected with the Bridge Program, and mental health services," said Jed. "He is now looking to go back to school as he has a Certificate III in Land Conservation and has almost finished his Certificate IV in Horticulture."

Burnie Safe Space is also a portal to external services in the state's north-west.

– **Jessica Morris and Nathan Hughes**

\* Names have been changed



Scan here for more on homelessness.



# Movie review: *Katie*

A role model in determination and faithfulness



Championing females in sport is not new in 2020, but when it comes to celebrating high achievers in perceived ‘masculine’ sports, we are less inclined to show our respect.

Irish boxer Katie Taylor is one such athlete who has battled in and out of the ring to follow her passion. With a gold medal from the London 2012 Olympic Games and five amateur world championships, her life took a turn when she crashed out in the opening round of the 2016 Rio Olympics.

The intimate documentary, *Katie*, chronicles her rise to success as a professional boxer after she hit rock bottom.

At an early age, Katie had to dress as a boy in the ring just to be taken seriously as an athlete – a modern Mulan if you like. Yet her story doesn’t end in victory and a ‘happy ever after’. Instead, it is a constant, vigilant marathon to literally enact the gifts of her hands in a world where systems and people use discrimination and power to subvert her path.

The real victory of this documentary is the fierce vulnerability we see in Katie’s quiet, out-of-ring moments: When her coach, who is

also her father, walks away from her. When she moves overseas alone and grapples with finding new friends at church. When she goes for a jog and we hear her dialogue as she answers the inevitable ‘Do you ever want to have a family?’ question, as if she can’t be both an athlete and a mother at the same time.

Woven through her story, in the most organic way possible, is Katie’s faith in God and her ambition to bring him glory. A more shallow film would have simply stayed with a catchy evangelical slogan on her boxing regalia, but all Katie has are the words of Psalm 18 verse 34 – “He trains my hands for battle”. And upon watching this story, you realise they are her armour in a battle that goes beyond flesh and bone.

If you’re looking for a role model in determination and faithfulness, she is it.



*Katie* is rated M, and contains strong language (not from Katie), and footage of professional boxing. It is available to rent or own on all movie-streaming platforms.

– **Jessica Morris**

# Riding out waves of fear

Regaining confidence with God on board

## WORDS

SANDRA PAWAR

I recently spent a week at the beach with my family on a 'staycation'. We had such a wonderful time. We spent hours and hours swimming in the hotel pool, eating incredibly delicious food and walking along the beach collecting seashells and counting starfish together.

Every afternoon I would head down to the beach and just stand at the seawall and watch the waves crashing against the shoreline and pounding repeatedly against the sand and rocks.

I was mesmerised by the immense power and strength of the waves. Most days that week, the beach was closed because of the danger these waves presented. Yet, even with this danger looming, all day and every day there were groups of surfers hanging out in that vast and dangerous ocean.

I was incredulous at both their foolishness and bravery – the way they would confidently pick up their surfboards and run towards the very waves that others seemed to be avoiding. No matter how strong that oncoming wave was, they would dive headfirst into it, their bodies disappearing in the cloudy water, only to rise on the other side. They would then wait on their boards in the calmer water until a perfect wave came along and then would jump up and surf it, before being pumelled. This happened

PHOTO BY THOMAS ASHLOCK ON UNSPLASH



repeatedly. I could not take my eyes off them. I was in awe of their complete boldness and freedom.

As I stood daily at the seawall, I began to use that time to reflect on my own life and I came to realise that, unlike these fearless surfers, fear had become a big part of my life. I was fearful about so many things. Some things were minor and silly, like being fearful of wearing a swimsuit in front of others or fearful of spiders in my house and on my clothesline. Others were bigger, like going swimming in those very waves that others were surfing in, fear of failure in my new job, fear of being a bad parent and fear of COVID-19 being a part of my community, hurting and harming those I love. Fear was around every corner. It was keeping me in bondage and keeping me from experiencing joy.



I never used to be this fearful. When I was younger, I would swim freely among the waves. I would feel confident in who I was. I would enjoy nature and there was not much that would hold me back.

I prayed that God would once again make me that fearless young girl. I reflected on a scripture that God seemed to whisper to my heart, found in Isaiah chapter 41, verse 10: "So do not fear, for I am with you. Do not be dismayed, for I am your God. I will strengthen you and help you. I will uphold you with my righteous right hand."

On that beach, with waves pounding against the shore and spraying me with salty water, those words began to speak to my heart again. They reminded me that God is with me, he is holding me and strengthening me.

In my fear he is right there with me and I am not alone.

I do not know if surfing is in my future, but one thing I know for sure is that that fear does not have to be. I am not sure where your fear level is at these days, but I do pray that those words from Isaiah 41:10 will speak to that fear and offer you a sense of peace. God is with you, he is for you, and he is holding you and strengthening you.

*Captain Sandra Pawar is a Salvation Army officer (pastor) in Sydney.*



Scan here for more on finding meaning.

# Hope – the ripple effect

Support and care changes lives

## WORDS

CAITLIN

I remember going to a Salvos church when I was really young. I also remember the Salvos coming to the door and giving me a birthday card when my dad was deployed overseas with the Australian military. They just rocked up, which was really cool.

The next time I had anything to do with the Salvos was when I checked myself into detox at the age of 29. It was at the Brisbane Recovery Services Centre for drug and alcohol withdrawal management support.

When I was growing up, we moved around a lot because of my dad's job. I attended four primary schools and five high schools. I was bullied a lot through school and never really fitted in. I felt like I was an outcast, and didn't make many connections.

The bullying was mainly verbal. People wouldn't let me sit with them. I used to get called "boy-girl!" because I liked having short hair. They'd call me rude names. School was a horrible place to be.

As I got older and kept changing schools, it became harder to make friends. Rejection and abandonment issues grew. Dad was away a lot, too.

At about 17, I started drinking and then found marijuana, speed and acid. I felt connected with drugs. I liked the feeling of being numb. I didn't really like feeling anything – even happiness. Being drunk or high took



Caitlin says she is proof that hope changes lives.

everything away. I fitted into the drug circle – I had finally found some connections.

I think my 'rock bottom' lasted a few years. Now that I look back, I realise it was really bad. I felt that I didn't want to be on the earth anymore and I was making plans. Then I had a little moment of clarity. I think my dad rang me, and straight after that I got a doctor's appointment.

The next day I was in the Salvos detox in Brisbane. Then later I was moved to the Salvos Townsville Recovery Services Centre.

Going through rehab was the hardest thing I ever had to do. It was the hardest, but the best

as well. I couldn't even begin to list what I've learned – there is so much – but I think the best thing I learned is that I deserve to be alive. I deserve happiness and love. I'm not worthless!

I had done an apprenticeship and became a qualified mechanic for about two-and-a-half years before I went into rehab. I now work part-time as a mechanic and am also concentrating on my recovery. I am just over two years 'clean' (drug-free). It is one day at a time.

I love hiking, so I want to get into multi-day hikes. I love nature and the environment, so I want to get out and do as many hikes as I can. I want to go camping. I also want to support others in the future through their recovery – I want to give back what I have

received. Without this support, I think I would be dead. I had no hope.

I'm living proof that care and support can change a life. The [Salvos] people I met in the rehab, at the Salvos church and recovery centre – every single person I met – welcomed me with open arms. It literally creates great hope. It has a ripple effect, too. Once you meet great people like that, you feel better about yourself. Then you can help make other people feel better.



Scan here for more on addiction.



Caitlin loves nature and wants to do as many hikes as she possibly can.

## Honeycomb ice-cream



### Ingredients

600ml thickened cream  
2 x 50g Crunchie bars  
1 tin sweetened condensed milk

### Method

Using an electric mixer, beat the cream in a large bowl until it is whipped.

Roughly chop or crush the Crunchie bars with a sharp knife. You can make the chunks as big or small as you like.

Add the condensed milk and Crunchie pieces to the whipped cream. Use a spatula to gently fold everything together until combined.

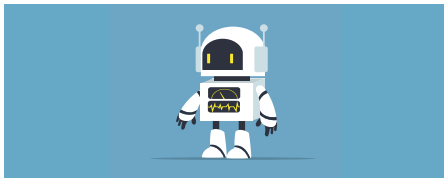
Pour the mixture into a container lined with baking paper.

Freeze for at least 6 hours (or overnight) until set.

## Have a laugh

**What do you call a droid that takes the long way around?**

R2 detour!



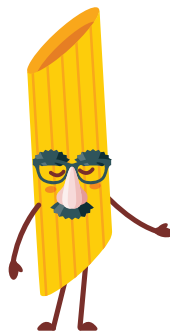
**Why do bees have sticky hair?**

Because they use a honeycomb.



**What do you call a fake noodle?**

An impasta!



## Bible byte

“I have it all planned out – plans to take care of you, not abandon you, plans to give you the future you hope for.”

Jeremiah chapter 29, verse 11  
*The Message Bible translation*

	4		9		2			8
		7					1	9
						7		
		6			3			
		4	1			2		
8	2		6				5	
			8	6			7	
	8			3	1			5
6				5				1

## Sudoku

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 to 9.

## Tum-Tum

On which page of this week's *Salvos Magazine* is Tum-Tum hiding?



**Answers:** 1. 24 October 2. 24 October 1945 3. 51 4. Yes. 5. 2020 and Beyond

**Tum-Tum:** is hiding behind the rock on page 13.

6	7	3	2	5	9	4	1
4	8	2	7	3	1	6	5
5	1	9	8	6	4	3	7
8	2	1	6	9	7	4	5
7	3	4	1	6	5	2	8
9	5	6	4	2	3	1	8
3	6	5	1	2	7	4	9
2	7	3	4	1	5	9	6
1	4	5	9	7	2	8	3

## Quick quiz



PHOTO BY MAT REDING ON UNSPLASH

1. On which day do we observe United Nations Day?
2. When was the United Nations founded?
3. How many countries were founding members?
4. Was Australia a founding member?
5. What is the theme for this year's UN Day?

## Did you know?

- The first alarm clock could only ring at 4am.
- During your lifetime, you will spend around 38 days brushing your teeth.
- Paraskavedekatriaphobia is the fear of Friday the 13th.

# Salvation Army Youth Services

You may feel like no one's listening or that no one understands. But we hear you, and we're here to help you through the challenges life may throw at you because your hopes, dreams and purpose in life, matter.

Whatever is happening at the moment, whether you need support, food and shelter or are looking for advice on job seeking or career pathways, we are here to help.

Whether you just need a hand for a little while or if you're trying to turn your life around, our youth services are places you can be safe and find some support to help you keep going.

We offer youth services and programs across the country. Our trained youth workers are ready to help you with:\*

- Crisis and transitional accommodation
- Educational and vocational programs, and accredited workplace training
- Drug and alcohol support
- Individualised support and case management
- Drop-in facilities
- Counselling, as well as chaplaincy and advocacy support
- Social skills and life skills (including driving)
- Creative arts and multimedia
- Legal services and support

*\*Please be aware that not all services may be provided at every centre.*

## DROP IN AND SAY HI

We welcome all people, regardless of race, gender, status, or sexual orientation. We understand that a safe space for growth is created when people feel believed in, valued, listened to and respected. Our centres are safe and supportive environments where you're free to be you.

## YOUTH SERVICES AROUND AUSTRALIA

For more information and contact details for Salvation Army and other services, go to [salvationarmy.org.au/need-help/](https://salvationarmy.org.au/need-help/)

