

## About A Path To Follow

Kirstie Edwards founded A Path To Follow as a small business to support the gaps in the current mental health sector. Kirstie is passionate about providing the right balance of professional and lived experience customised mental health support to young people, their families and business. This is achieved by founding and supporting individualised peer mentoring partnerships in the community for young people, lived experience for families where there is a young person experiencing complex life challenges, customised business consultation and education and group mentoring programs in sporting and recreational settings.

## Why Sponsor Our Programs

One in Seven young people aged between 4 and 17 years of age experience a mental health disorder. That's approximately three students in every class, every sporting team, every close group of your children's friends... Suicide is the highest cause of preventable death for young people aged between 15 and 24 years.

The needs of our young people and their families is greater than our current mental health system can cater for; long waitlists, limited service types or support to families & restricted length & number of sessions provided.

***By supporting A Path To Follow you will be supporting people to remain connected to community, enhancing their chances of prevention and ensuring those who are impacted by mental health challenges get timely, flexible & customised peer support to aid their mental well-being journeys.***

A Path To Follow has piloted all of these services; free of charge, to participants to ensure their effectiveness and success with our community prior to launching as a small business. Our group program has been running for 2 years, in partnership with Ormond JFC and our youth, parent and workforce mentoring was piloted for 1 year.

Unfortunately, the quality and/or quantity of well-being support our community members receive is tied to their capacity to pay.

***By sponsoring A Path To Follow, you are directly supporting those people who can least afford to pay.***

Your company will be featured on our website, along with a strong presence at any of our events and training. The A Path To Follow founder is also willing to offer peer mentoring at a reduced rate to your workforce members and provide one 2 hour training workshop per year in "looking after your mental well-being at work" or one 2 hour consultation, with recommendations, to support mental health in your workplace in a sustainable way.



## Our Programs

Prevent	Intervene	Respond
<b>Group Mentoring Program</b>	<b>Youth Mentoring Partnerships</b>	<b>Family Peer Support</b>
<p>Supporting sport and recreational groups to establish and sustain a mentoring program that enhances coaching and life skills of its participants.</p> <p>This group program utilises existing structures within sporting and/or recreational settings to:</p> <ul style="list-style-type: none"> <li>enhance community connection and prevention of mental wellbeing challenges in young people.</li> <li>support the development of important skills required for increased confidence and leadership within their sporting setting and life.</li> <li>Develop and maintain a sustainable coaching model within the associated settings</li> </ul>	<p>Support for young people by volunteer peer mentors with lived experience.</p> <p>The individual partnerships offer:</p> <ul style="list-style-type: none"> <li>peer support with like aged mentors who have lived experience of mental health challenges and/or complex life experiences.</li> <li>connection to community by participating in activities within public settings</li> <li>partnerships that are customised, flexible and directed by the young person's needs.</li> </ul>	<p>Providing the missing pieces to support and guides families with a young person experiencing complex life challenges.</p> <p>APTF tailored peer support for families:</p> <ul style="list-style-type: none"> <li>provides advice and guidance through the maze of professional mental health system and related services</li> <li>recognises the impact and trauma experienced by the family unit when their young person is experiencing complex challenges</li> <li>ensures the recovery journey includes what all family members require to feel supported.</li> <li>Utilises professional and lived experience to walk with the family, guiding and supporting in a way and time the family chooses.</li> </ul>

## Sponsorship Packages

### Have another idea?

A Path To Follow is seeking assistance for those programs for young people, their families and group programs only. We welcome flexibility in sponsorship and if you would like to design your own sponsorship package or simply make a donation, we would still very much love to hear from you.

## Youth Mentoring Partnerships

### 12 months-\$1,320

This option supports one Youth Mentoring Partnership to participate in a series of activities for a 12-month period. During these activities peer mentoring support of the young person is provided, guiding a young person through their everyday challenges.

Among these activities are ten pin bowling, movies, indoor rock climbing and other activities that encourage interactions and trust in the partnership.

### 6 months also available-\$660



### **Volunteer Mentor Training Option-\$500**

This option enables A Path To Follow to ensure that each of our new volunteer mentors is provided initial peer-support training and supported throughout their mentor partnership with a young person.

## **Family Peer Support**

### **12 months- \$1,320**

This option supports one family to participate in 12 mentoring sessions, in addition to written practical tips, supports and advocacy with their young person's mental health services, for a 12-month period. This peer mentoring support is provided to support the whole family, who are often under- supported in what can be a traumatic time for them.

**6 months also available-\$660**

## **Group Mentor Program**

### **Group Mentoring Option-\$2100**

This option supports one Sporting Club or Recreational Organisation to implement the Group Mentoring Program into their setting in one program/age area; inclusive of A Path To Follow Mentor Program handbooks, set up support and facilitated training.

### **Group Mentoring Option-\$3600**

This option supports one Sporting Club or Recreational Organisation to implement the Group Mentoring Program into their setting in approximately three program/age areas; inclusive of A Path To Follow Mentor Program handbooks, set up support and facilitated training.

