

## Media release

### Innovative program creating sustainable employment for Dubbo's young people

**31 July 2019** – Gone are the days where a person would remain in the same job for their working life – with research<sup>1</sup> now suggesting that, on average, young people will have 17 jobs over five different careers in their lifetime. Rapid advancements in technology also means a life-long commitment to education, to be equipped with the skills and capabilities needed to stay ahead in the job market.

But what if a mental health concern was impacting your ability to find and retain employment? That's where the Individual Placement and Support (IPS) program is changing lives. Operating out of headspace Dubbo, what began as a trial in 2016 across 14 centres nationally is now in the process of rolling out to a further 10 sites.

Carole Bayley, Vocational Specialist, says the team of two have supported over 135 young people through the program.

"We provide a variety of supports through the program including job coaching, assistance navigating community support services and Centrelink, education and/or employment opportunities and limitless on-the-job support."

Jared, a young person who engaged with headspace Dubbo and joined the IPS program in April as a way to get back on track with his education, has praised the program for changing his outlook on life.

Beginning the program with low school attendance and commitment that dated back to primary school, Jared now in year 10, has a 95% attendance rate at Skillset College – complimented with regular engagement with an IPS Vocational Specialist.

"We find a lot of young people who are disengaged with their education tend to stay that way due to a lack of support, confidence and belief in their own self-worth. IPS is about supporting them to break through these barriers and become committed, employable people," Comments Ms Bayley.

Like Jared, Serena disengaged from school mid-year 2018. A lack of motivation to continue to learn, and a loss of her self-confidence, meant Serena had given up on her dream of one day becoming a nurse.

In January of this year, Serena joined the IPS program – and with encouragement and support she is now enrolled in school at Skillset College and is on track to achieving her dream.

Ms Bayley continues; "It's incredible to watch these young people flourish and blossom as their self-confidence increases. Once they believe in their abilities – the world really is their oyster.

"Education is the key to moving ahead in the job market and finding and keeping employment, and as the nature of employment changes, young people need education more than ever."

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<sup>1</sup> [https://www.fya.org.au/wp-content/uploads/2018/06/FYA\\_TheNewWorkReality\\_sml.pdf](https://www.fya.org.au/wp-content/uploads/2018/06/FYA_TheNewWorkReality_sml.pdf)



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Linking young people to employment or training is an important part of addressing many mental health concerns.

The IPS program is available for young people aged 15 to 25, through the headspace Dubbo centre at 23 Church Street.

**-ENDS-**

The IPS program is funded through the Department of Social Services.

**About**

Marathon Health is a not-for-profit, registered charity and NDIS provider, delivering high quality health and wellbeing services for country Australians. Find out more about us at [marathonhealth.com.au](http://marathonhealth.com.au)

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