



**myst**

mountains youth  
services team



# EMPOWERING YOUTH, SHAPING FUTURES: TOGETHER WE THRIVE

ANNUAL REPORT 2025

## THE MYST VISION

# A BLUE MOUNTAINS COMMUNITY WHERE YOUNG PEOPLE THRIVE

## WHO WE ARE

**MYST provides early intervention programs and services for young people in the Blue Mountains.**

**MYST supports the development of all young people in the community by providing relevant, dynamic and engaging programs and services that empower young people to grow emotionally, physically and intellectually, so they build resilience and self-belief to lead happy healthy lives.**

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At MYST, we're all about enhancing the wellbeing of young people in the beautiful Blue Mountains! Our passionate team supports youth aged 12-24 through therapeutic early intervention, skills training, and personal development, all while fostering a culture of care where they can truly thrive.

We believe that every young person deserves a safe, valued environment where they can actively participate and shine. That's why we work closely with individuals, groups, institutions, and communities to create opportunities for meaningful engagement.

Founded in 1992, MYST has deep roots in the Blue Mountains community. We collaborate with a variety of partners to provide a vibrant network of services and activities designed for young people. Our commitment to accessibility and inclusiveness ensures that every voice is heard and valued.

At the heart of our approach is connection—connecting young people with their strengths, peers, diverse sources of support, and the broader community. Together, we're building a brighter future for the youth of the Blue Mountains!

# OUR PROGRAMS

Safe hangout spaces

LGBTQIA+ programs

Aboriginal and Torres Strait Islander support programs

Teen Mental Health First Aid

Outdoor Explore Program

Personal Development Programs – Rage

Mentoring

One to one Counselling

Financial Counselling

Social events & Holiday activities

Parenting Programs

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## INCLUSIVITY STATEMENT

MYST ensures that its programs create a safe and friendly space for LGBTQIA+ young people.

## ACKNOWLEDGEMENT OF COUNTRY

With the deepest respect, we acknowledge the Aboriginal and Torres Strait Islander peoples as the traditional custodians of this land – Australia. The Gundungurra and Dharug people are the traditional custodians of Country within the Blue Mountains where our Centres and services are based. We acknowledge and pay our respects to elders past, present, and emerging, recognising their strength and resilience in thriving as sovereign owners of this land.

At MYST, we strongly advocate for equality for all. We embrace diversity and condemn any kind of discrimination, whether based on race, religion, ethnicity, sexual orientation, gender identity, or disability.

# CHAIR MESSAGE

Street art character by young people



**“RESPECT, INNOVATION AND ADVOCACY HAS AND CONTINUES TO BE OUR NORTH STAR.”**

**JOY CUSACK, BOARD CHAIR, MOUNTAINS YOUTH SERVICES TEAM**



**JOY CUSACK**  
BOARD CHAIR,  
MEMBER GOVERNANCE COMMITTEE

Well, what an amazing year MYST has had.

Respect, innovation and advocacy has and continues to be our North Star. From working with young people to addressing their needs rather than telling them, our programs and services continue to evolve. The diversity of programs and services MYST provides is a testament to how it responds to the needs of young people.

MYST with its innovative bent is always on the lookout for how we can help young people cope with life's challenges. Teen Mental Health in schools is just one component of that help. Through drop-in sessions (where our existing space is being stretched to accommodate young people), the various counselling offerings and experiencing the outdoors (where building relationships and self-esteem is paramount) we continue to focus on young people for whatever their reason.

As you will discover in this report, MYST continues to punch above its weight in many areas of its work. To name a few, the visit by the Minister for Youth was something that everyone in MYST appreciated, providing an opportunity to demonstrate MYST's practical ways of empowering young people. Another was the opportunity to be part of the Parliamentary Showcase on Mental Health where MYST, a small grass roots organisation was able to represent young people's mental health issues in the Blue Mountains.

However, MYST like many organisations, continues to be met with headwinds that impact how it delivers its programs and services, namely insurance costs and general recruitment. The Outdoor Explore program does have risk components; however, life is not risk free, and MYST was determined to ensure the continuation of this important development of the minds of young people, eventually obtaining insurance. Outdoor Explore is a core program of MYST and continues to deliver impressive results with the welfare of young people. While recruitment is challenging, MYST is fortunate to attract a calibre of employees who are passionate and caring about improving the lives of young people.

To emphasise the commitment of our staff, we were thrilled that both our Financial Counsellor (innovative program) and our Fundraising Manager were recipients of well-deserved rewards. We will continue to encourage our employees to strive to be the best in their chosen area of service.

During the year Tim Wong and Greg Forrester resigned from the Board and their experiences and contributions have been greatly missed. We welcomed Sandra Ollington, a seasoned director in not-for-profits with corporate experience, Suneet Jain, with his corporate risk experience, and Dana Tan with his financial insights.

As we embark on the 2026 year, thank you to our valued employees, the Board and volunteers and we look forward to delivering the Strategic Plan and Vision for the coming years to continue to grow and develop MYST.

# CEO REPORT

Holiday program – Boys and Girls Brigade



**“TOGETHER, WE ARE NOT  
JUST PROVIDING SERVICES—  
WE ARE BUILDING FUTURES..”**

**JODIE ROLLASON, CEO, MOUNTAINS YOUTH SERVICES TEAM**



**JODIE ROLLASON**  
CHIEF EXECUTIVE OFFICER

### **Empowering Youth, Shaping Futures: Together We Thrive**

As we look back on this remarkable year, I am filled with pride and gratitude for what the Mountains Youth Services Team (MYST) has accomplished—together with our community, partners, and most importantly, the young people we serve. Our theme this year, Empowering Youth, Shaping Futures: Together We Thrive, truly reflects the spirit of our work: strength in partnership, belief in the potential of youth, and a shared commitment to a more hopeful future. At the heart of MYST's mission is empowerment—giving young people the tools, support, and safe spaces to build resilience and make meaningful choices for their futures. From our welcoming youth centres in Katoomba and Springwood, to our mobile outreach services, case management, and trauma-informed counselling, our programs are built to meet youth where they are—emotionally, socially, and geographically. In the past year, MYST supported hundreds of young people across the Blue Mountains. Many were facing complex challenges—mental health struggles, school disengagement, housing insecurity, identity-based discrimination, or family conflict. Every interaction, every service, and every conversation was grounded in our values of equity, compassion, and possibility.

### **A Milestone Visit: Minister Rose Jackson**

A significant highlight of the year was the visit by NSW Minister for Youth and Housing, Rose Jackson, who met with our staff and local leaders to gain first-hand insight into the issues affecting youth in the Blue Mountains. Her visit was more than symbolic—it was a powerful recognition of the importance of youth voices in shaping government priorities. During her time with us, Minister Jackson heard directly about the gaps young people face in mental health access, housing stability, and regional service delivery. The Minister's engagement has reinforced our advocacy efforts and laid the groundwork for stronger partnerships between community-based services and government.

### **Shaping Futures, Driving Impact**

MYST's programs continued to evolve this year to meet growing demand. We expanded trauma-informed counselling, ran inclusive youth-led events such as GiveOUT Day's Glitter and Groove, and deepened outreach to at-risk and disengaged youth. Importantly, we embedded cultural safety and LGBTQIA+ inclusivity into every facet of service delivery. Whether through education support for early school leavers, food security initiatives, or helping young people navigate Centrelink and legal systems, we helped shape futures by walking alongside young people—not leading for them.

### **Building Collective Strength**

None of this work would be possible without the strength of our partnerships—with local schools, councils, funders, community organisations, and the extraordinary staff and volunteers who make up the MYST team. We are especially grateful to our Board for their steady leadership and to our funding partners who continue to invest in the future of our region's youth.

### **Looking Forward**

As we move into the next year, we do so with renewed energy and ambition. We will continue to advocate for systemic change, expand our service reach and seek to strengthen early intervention pathways. With increased focus on cultural responsiveness and youth participation in service design, our direction is clear: build with, not for, young people. To every young person who walked through our doors this year: thank you. Your courage, creativity, and strength are the reason we exist. To our amazing team members, funders, supporters and volunteers: thank you so much for always being there when needed. Together we are just not providing services - we are building futures.

# OUR IMPACT IN FY25

Springwood Hub Bub community event



**"SHE ALWAYS FEELS VERY  
SUPPORTED AND WELCOMED  
WITHIN THE MYST GROUP."**

**PARENT OF OUTDOOR EXPLORE PARTICIPANT**



# THE MYST TEAM

MYST team axe throwing event



**"THEY ARE EXCEPTIONAL ROLE MODELS FOR OUR YOUNG PEOPLE, FULL OF EXPERIENCE AND KNOWLEDGE."**

PARENT FEEDBACK – OUTDOOR EXPLORE PROGRAM

## CELEBRATING OUR PEOPLE BIG WINS FOR THE MYST TEAM IN 2025

At MYST, we know that our greatest strength is our people — and this year, we've got a lot to celebrate! From national awards to new qualifications and exciting career milestones, our team has been making waves in the community and beyond. First up, a huge shoutout to Gailene Keen, our wonderful Marketing and Fundraising Manager, who was recognised at the 2025 Rotary Pride in Workmanship Awards, hosted by the four Upper Blue Mountains Rotary Clubs.

This award celebrates people who go the extra mile and bring real meaning to the motto "Service Above Self." That's exactly what Gailene does — whether she's building partnerships, running heartfelt campaigns, or supporting a young person through a tough time. She brings heart, integrity and professionalism to everything she does, and we're so proud to see her recognised in this way. A big thank you to Rotary for organising such a wonderful evening and shining a light on the people who make a real difference.

### Isis Khalil Wins the Jan Pentland Prize

We're also thrilled to celebrate Isis Khalil, our Financial Counsellor and Manager of Youth Work and Counselling, who was awarded the 2025 Jan Pentland Prize — the highest national honour in the financial counselling field.

Isis has achieved incredible results:

- Supported vulnerable clients in getting \$600,000 in gambling-related debt waived
- Helped kick off a class action against Sportsbet
- Advocated fiercely for financial justice and reform

But more than that, Isis is helping shift systems, empowering clients to be part of change, and showing deep care and strength every step of the way. Isis, we're lucky to have you — congratulations!

Professional development has also been a huge part of our 2025 story — and we've got some big congratulations to hand out.

Rebekah Stubbs (Bek to us!) has officially graduated from Edith Cowan University in Perth with her Masters of Counselling! Bek first joined MYST for her student placement from October '24 to March '25 — and we were so impressed, we hired her before anyone else had the chance! She's now a valued part of our counselling team and continues to bring warmth, skill, and care to her everyday work.

Flinn Donovan, our wonderful Counsellor, has also just completed 6 years of part-time study and graduated to achieve his Bachelor of Counselling at the Australian Institute of Professional Counselling.

And there's more — both Bek and Reuben Elstub have recently qualified as Teen Mental Health First Aid Facilitators. That means they'll now be delivering this vital program in local high schools, helping to build awareness, confidence and resilience among young people in our community. We're constantly inspired by our team's commitment to learning, growing, and going above and beyond. To Gailene, Isis, Bek, Flinn, and Reuben — thank you. Your dedication, drive, and heart make MYST what it is.



# 2025 PROGRAM REPORTS

Abseiling at Outdoor Explore



**"I BENEFITTED FROM OUTDOOR EXPLORE BECAUSE IT ACTED AS AN ESCAPE FROM THE EVERYDAY STRESSES OF SCHOOL LIFE"**

**PARTICIPANT'S FEEDBACK - OUTDOOR EXPLORE**

# 2025 SUMMARY

MYST supports the development of all young people in the community by providing relevant, dynamic and engaging programs and services that empower young people to grow emotionally, physically and intellectually so they build resilience and self-belief to lead happy healthy lives.

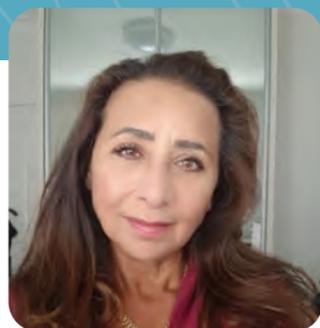
**1 YOUTH WORK , COUNSELLING AND FINANCIAL COUNSELLING**

**2 OUTDOOR EXPLORE**



Isis Khalil accepting the 2025 Jan Pentland Award

# COUNSELLING AND YOUTH SERVICES



**ISIS KHALIL**  
COUNSELLING , FINANCIAL COUNSELLING AND YOUTH SERVICES



Young people in the Blue Mountains are presenting to MYST with mental health conditions, including depression, anxiety, anger, eating disorders, PTSD, ADHD, and suicide ideation. Factors such as cost-of-living pressures, unemployment and the threat of homelessness are reported to contribute to family dysfunction and a decline in youth mental health. Young people express feeling isolated, lonely and angry. Teachers and health providers have communicated concern regarding an increase in youth mental health issues, withdrawal and disengagement from school, community and friends.

MYST provides tailored counselling and mentoring for youth aimed at improving mental health and community/school involvement. Specialist youth programs delivered in high schools have increased engagement, purpose and functional capabilities. Examples of programs delivered in the last financial year include, Teen Mental Health First Aid (TMHFA), RAGE (anger management), and Rules In Relationships. Drop in programs at Katoomba and Springwood Youth Centres create an opportunities for youth to develop and deepen friendships and a sense of belonging in their community.

**Via engagement in programs and special events delivered in the community and high schools, we hope to achieve the following:**

- Easy and timely access to tailored counselling and mentoring supports
- Improvement in everyday functional capabilities
- Provide tools and develop behaviours that will support youth within their community
- Greater participation in school and community
- Warm referrals to specialists who can treat complex mental health issues
- Minimise the impact of depression and anxiety
- Provide tools that support emotion regulation and anger management
- Deepen understanding of what healthy relationships look like and how to establish boundaries
- Minimise risky behaviours
- Reduce suicidal ideation
- Greater engagement with friends, family, school and community

**Main services and programs delivered**

Over the past financial year MYST provided a range of tailored services for youth in the Blue Mountains including mentoring, counselling, advocacy, drop-in, specialist programs delivered in local high schools, and special events such as Wellbeing Expos and Breakfast Club. The graphics below highlight the number of clients we supported, and the main services provided in the last financial year.

**Learning points and opportunities**

Most clients currently engaging in our Programs and Counselling services are 12 to 17 years old. There is growing need for services to support the 18-24 yr cohort. MYST would like to attract more clients aged 18 to 24 years old to Drop In and for counselling. In the 25-26 Financial year we are developing programs that target this cohort. We have also identified a increasing need in servicing Aboriginal and Torres Strait Islander (ATSI) youth in the region and have secured funding to pilot an ATSI Healing through Truth Telling program to be delivered at Lithgow High School, commencing term four, where there is currently 25% of students identifying as ATSI.

Clients supported	Sessions delivered
10,588	618

	Rage	Drop In	TMHFA	Rules in Relationships	Breakfast Club	Wellbeing Programs	Counselling, Mentoring and Advocacy	Other Programs
Clients	67	1,697	467	133	5,168	300	2,691	65
Sessions	26	17	35	13	56	5	463	3

Highlights 	
Program/Service	Qualitative & Quantitative Data
Counselling	<p>Over 90% of counselling clients reported satisfaction with the service, increased school involvement, achievement of their counselling goals and an improvement in their mental health.</p> <p>A couple of examples of positive outcomes counselling include:</p> <p>A 12-year-old client who experiences a lot of stress and anxiety about school. Has reported, after weeks of counselling, that she can now:</p> <ul style="list-style-type: none"> <li>• Keeps stress levels down by prioritising tasks</li> <li>• Getting better at setting boundaries and saying 'no' to friends when asked to take over their responsibilities</li> </ul> <p>A 22-year-old client struggling with motivation due to chronic pain has stated that he is increasing his determination and completing tasks because of counselling. He expressed a sense of accomplishment.</p>
Financial Counselling	<p>A financial counselling client who had his home repossessed and had self-declared bankruptcy has not only had almost a \$300,000 NAB debt waived and over \$34,000 in rent refunded but has had his inheritance of over \$200,000 released by AFSA. Before financial counselling involvement, he was going to lose all his inheritance to pay his creditors.</p> <p>He used the funds to purchase a new car and caravan. He sent photos to the financial counsellor, said that his life has finally changed, and that he no longer feels at risk of homelessness.</p>
TMHFA	<p>Participants in TMHFA said that the best part for them was learning about the signs to look for so they can identify mental health problems and know what to do.</p>
Drop In	<p>Drop in participants reported:</p> <ul style="list-style-type: none"> <li>▪ Making good friends and no longer feeling lonely</li> <li>▪ Appreciation for having a safe place to hang-out with friends &amp; have a good time</li> <li>▪ Gratefulness for the support they receive from MYST Youth Workers and the help they got to help them find the mental health resources they needed.</li> </ul>
RAGE	<ul style="list-style-type: none"> <li>• Blaxland High School have reported that two students experiencing anger issues that translated into highly disruptive class behaviours and poor attendance have improved significantly since completing the RAGE program</li> <li>• Personal Wellbeing Index (PWI) results revealed 76% of participants reported an improvement in their wellbeing index scores after completing the RAGE program.</li> </ul>

## CLIENT STORY EMMA'S STORY

### Background:

Emma is a 15-yr old, year 10 student who self-referred for counselling last year due to disengagement from school and serious drug habits. Her parents recently separated and now she lives with her mum and her younger brother.

Emma's journey through our services:

Emma presented with a lot of anger. She tended to be aggressive towards fellow students and teachers, and her anti-social behaviour meant that she struggled to make friends. Beneath her anger and aggression was a deep sense of loneliness. Since counselling, her world has changed,

Client said, "Everything is going the best now. I've made many friends."

### What Changed for Emma

Her involvement in counselling has had many positive outcomes:

- She has stopped using drugs
- She is now fully engaged in school
- She completed work experience at a panel beater
- She aspires to apply to TAFE to become a diesel mechanic
- She has received numerous awards at school in recognition of her academic achievements
- She no longer believes that tertiary study is out of her reach
- In addition to obtaining qualifications as a diesel mechanic, she has expressed interest in studying Law
- She is now in a healthy committed relationship and is the driver of healthy communication in her relationship
- She has joined a gym and has started her first job, Her counsellor expressed:

**"This client has completely flipped her life around in the 8 months I have been seeing her, and I could not be prouder!"**

## OUTDOOR EXPLORE



**KATE GREENHAM**  
MANAGER OUTDOOR EXPLORE

Outdoor Explore takes young people out of the classroom and into the bush. Working in small groups of eight participants with two dedicated leaders, they spend eight weeks tackling adventurous challenges, building relationships, and achieving personal goals. Leaders use creative, intentional approaches to help participants transfer their outdoor learning into everyday life.

These programs run in public schools across the Blue Mountains on a term-by-term basis. Demand is high, with expressions of interest far exceeding available places, and a strong attendance rate of 94% recorded over the past year. In 2024 and 2025, Outdoor Explore expanded its program opportunities, creating more ways for young people to connect with their own backyard, themselves, and others who share a passion for nature and adventure. Late in 2024, we introduced regular school holiday day programs that blend experienced Outdoor Explorers with first-time adventurers. This mix has been a great success. Our regular participants take on leadership roles—knowing the lay of the land, role modelling safety expectations, and helping newcomers feel welcome. This creates a supportive, safe, and fun culture that keeps young people coming back.

Parents are noticing the benefits, too. As one parent shared, Outdoor Explore days have "opened up a path for adolescent risk taking/energy that is challenging and healthy." It's empowering, exciting, challenging, active, and healthy—no wonder our holiday programs have been a big hit! They now fill quickly, with waiting lists forming. If you're thinking of joining us next school holidays, get in early. We constantly challenge our young participants—so we decided it was time to challenge ourselves, too.

In winter of 2025, we ran our first-ever community-based program, open to young people outside of our usual school partnerships. The weather was the worst we've ever experienced during a program, but the group's resilience was inspiring. Week after week, they persevered, achieving a wide range of personal outcomes—from discovering new strengths and joy in different experiences, to building conflict resolution skills, to learning strategies for managing powerful emotions. Outdoor Explore intends to run more community-based programs in the future, offering these opportunities to young people who aren't part of the public schools we visit. Keep an eye out—more adventures are on the way!

Outdoor Explore continues to grow, driven by the desire to see young people connect with nature, challenge themselves, and build skills for life. Whether it's in the school term, during the holidays, or through community programs, we're creating safe, supportive adventures that shape confident, capable, and resilient young people. We can't wait to see where the next adventure takes us.

### Highlights: over the last 12 months the Outdoor Explore Program has:

- Facilitated 78 adventures
- Spent 468 hours adventuring
- Connected 77 young people with the nature in their backyard, through school programs, community programs and/or opportunities in the school holidays.

# OUTDOOR EXPLORE PARENT PERSPECTIVE

## BY LOUISE BURFORD

**Spending time in nature is the greatest gift you can give yourself.** I thoroughly believe that the program, Outdoor Explore, gave this gift to my 13 year old teenager. We first learnt about this program when he came home from school one day and excitedly told us that he had signed up for an amazing adventure. Before this, we had never heard of MYST. But we were soon introduced to Kate and Rohan via a parents information night and it seemed like a pretty good program to be part of.

Every Thursday, my teenager would excitedly get up in the morning without parental prompts. Today was Outdoor Explore and we could genuinely see that he was excited! School life can be stressful. Teenagers today experience far greater pressures to “perform” at school. These pressures/expectations come from teachers, parents, social media, peers and society. They are told that they must be a “good” student, achieve “good” grades, be a “good” friend and go to university after school to get a “good” job in life. That’s a lot of stress when you are trying to find out who you are as a person.

**Outdoor Explore disrupted my teenager’s stresses.** Not only did he learn new skills, such as learning about indigenous plants, problem solving when obstacles arose in the environment (rock scrambling) and being resilient when things didn’t go to plan (weather). He also gained a better understanding of himself. Outdoor Explore provided a safe space for him to reflect and be present to his surroundings. Problems that seem overwhelming to a teenager, can be viewed in a very different light when one has a calm mind and a safe space to solve problems, rather than just being reactive.

**Another benefit of this program was connection to family.** After spending the day out in the bush, my teenager was eager to share his experiences with us each evening around the dining table. He would tell us about his kayaking adventures, having the biggest smile on his face when he abseiled down a cliff, or discovering that he could build a fire and that the bush is full of edibles.

**This connection and excitement did not stop after the program had finished.** My teenager excitedly took us on a bushwalk that he had done with Outdoor Explore and he was the guide (leadership skills in action) as we hadn’t even known about this track before. As a family, we had to trust that he knew the way as the path was not clear. Being put into that position was very uncomfortable and a feeling of vulnerability, but so rewarding to see him step up, reassure us and to experience his lived experience. It has definitely brought us much closer to him and we can’t wait to venture out into the bush again with him. Thank you Outdoor Explore!!

So, in conclusion, from the words of my teenager - “I benefitted from outdoor explore because it acted as an escape from the everyday stresses of school life and also served to strengthen my skills in things like abseiling and kayaking, but also in things such as resilience and exploration. Outdoor explore was very good and I’m definitely gonna miss it moving forward.”



## Outdoor Explore Outcomes

### ACROSS 2023-2024

The Outdoor Explore team took part in the Adventure Therapy Outcome Monitoring (ATOM) study implementing the empirically-supported Feedback-Informed Treatment to routinely monitor the progress and tailoring of youth experiences in Outdoor Explore programs. Below is a snapshot of outcomes from the first two years of Outdoor Explore and the ATOM study.

70

Young people have participated in the voluntary study so far

Young people attended an average of 7.35 sessions out of 8 sessions.



92%

attendance. On average only 0.6 sessions are missed



### A SIGNIFICANT IMPACT ON WELLBEING

# Effect size 1.4

Psychotherapy’s effectiveness has hovered around 0.8 for 50 years. The data suggests Outdoor Explore is obtaining outcomes for young people that reach far beyond traditional mental health services

### MAKING RELIABLE CHANGE

The average young person comes into the service scoring a 26.9 on the Outcome Rating Scale (ORS), a general measure of wellbeing. Anything below 28 is considered to be in a “clinical range” meaning that a therapeutic service is warranted. By the end of the service, the average client is at a 35.15, well above the clinical cutoff of 28.

We can reliably say that

73%

of young people were significantly better due to participation in the program

# TEEN MENTAL HEALTH FIRST AID

Graffiti fun at Drop-in



**“THE STUDENTS FELT MORE COMFORTABLE BECAUSE THEY ALREADY KNEW THE FACILITATORS. THAT TRUST MADE A BIG DIFFERENCE.”**

PARENT OF OUTDOOR EXPLORE PARTICIPANT

## LOOKING OUT FOR EACH OTHER: HOW TEEN MENTAL HEALTH FIRST AID IS CHANGING THE GAME

In schools across the Blue Mountains and Lithgow, something powerful is happening. Teenagers are stepping up — having the tough conversations, checking in on their mates, and knowing when to call in the adults. They're doing this because they've been trained. And they care.

At MYST, we've made it our mission to equip young people with the tools to support one another through life's challenges. And over the last few years, that mission has come to life through the Teen Mental Health First Aid (TMHFA) program. In the last 12 months we have been able to deliver the program and train over 419 students across the region. A life skill, not a lesson - mental health is part of everyday life for young people. Whether it's stress, anxiety, depression, or simply feeling overwhelmed, chances are teens will notice when a friend is struggling.

But knowing what to do next? That's not always easy. That's where TMHFA steps in. It's a nationally recognised, evidence-based training program that gives 12-17-year-olds practical tools to spot the signs, start a supportive conversation, and get help when someone needs it. The message is clear: You don't have to fix everything, but you can be the bridge to support others.

**In the last 12 months, MYST rolled out TMHFA programs to hundreds of students across the following schools and settings:**

- Year 7 cohort – Katoomba High School
- Year 10 cohort – Springwood High School
- Year 10 cohort – Glenbrook Hub
- Year 10 cohort – Lithgow High School
- Year 10 Cohort – La Salle College, Lithgow

That's 419 young people learning how to better care for their friends, peers — and themselves. Over the last three years since we have been delivering the program we have provided life changing training to over 1,400 local young people.

**The beauty of TMHFA is in its simplicity. In just three sessions, students learn:**

- How to recognise when a peer might be struggling
- How to have a safe, supportive conversation
- When and how to involve a trusted adult
- What not to do — like keeping secrets in a crisis or trying to “solve” things alone

They walk away with confidence, and skills, and an action plan they can use in real life. And yes — it's working. At Katoomba High, where we delivered TMHFA to their Year 7s, staff immediately saw a difference:

**“I can see the young people have taken in the content and are using these skills within their peer groups.”**

Even more powerful, four students reached out for support following the program — either for themselves or to help a friend. That's the kind of ripple effect we hope for; more conversations, earlier help, and less silence.

**“This course is so important. There are so many young people supporting their friends, and it can be hard to know what to do — or even if they're allowed to talk to someone about it. This course really supports the school community. Thank you.”**

– Katoomba High School staff member

Another key to the program's success? Familiar faces. MYST facilitators already have strong relationships with these schools through other wellbeing programs, making it easier for students to open up and engage:

**“The students felt more comfortable because they already knew the facilitators. That trust made a big difference.”**

It's not just about good vibes and feel-good moments — TMHFA is backed by years of Australian research.

**Studies show that students who complete the training are more likely to:**

- Recognise when a peer is struggling
- Take safe, helpful action
- Encourage professional help (rather than keep things secret)
- Feel confident in supporting a friend
- Seek support for themselves
- Hold less stigma about mental health

More than just a program, TMHFA is helping shift school culture and building a culture of care. It's helping students realise that mental health isn't something to be ashamed of — it's something we talk about, ask about, and support each other through. It's building bridges between students and adults, giving teens the language and confidence to say, “I'm worried about my friend,” or “I need some help.”

It's also supporting school staff, many of whom have told us that TMHFA opens doors for important conversations they might not otherwise be invited into. None of this would be possible without the generous and continued support of Wentworth Healthcare.

**Thanks to their commitment to local youth wellbeing, we've been able to:**

- Train more students across more schools
- Offer the program at no cost to schools
- Plan for another full year of delivery in the coming 12 months
- They've helped turn an idea into impact — and we're incredibly grateful.

Teen Mental Health First Aid is one of the most powerful tools we have for early intervention. It's simple. It's practical. And it's making a real difference in the lives of young people. Whether it's a Year 7 student helping a mate through a rough patch or a Year 10 teen stepping in and saying, “Hey, I think we should talk to someone,” — that support matters.

To every student who took part, every school that welcomed us in, and our funder and supporters who made this happen — thank you. You're helping build a generation that knows how to care, how to act, and how to lead with empathy. And in our book, that's the kind of first aid that saves more than just lives — it builds communities.

# STRIVING FOR AN IMPACT THAT MATTERS

Fun at Mardi Gras

"It takes courage to grow up & become who you really are."  
— E. E. Cummings

**"THE FACILITATORS OF THE PROGRAM ARE KNOWLEDGEABLE, FRIENDLY, EASY TO APPROACH AND VERY PROFESSIONAL."**

**PARENT OF OUTDOOR EXPLORE PARTICIPANT**

# OUR GOALS 2026

## OUR FOCUS FOR THE NEXT 12 MONTHS

At MYST, we are committed to responding to the evolving needs of young people in the Blue Mountains. Over the next year, our team will continue to refine programs, enhance service delivery, and create opportunities that support the wellbeing, growth, and resilience of our youth.

### Inform and Educate

Expand our Teen Mental Health programs into more Blue Mountains schools – and beyond – to equip young people with the knowledge, skills, and support they need for positive mental health.

### Increase Reach

Grow our Outdoor Explore program to offer more weekend community activities, school holiday adventures, and the City/Mountains Youth Exchange in partnership with the Boys and Girls Brigade.

### Innovative and Targeted Services

Design new, tailored initiatives for the 18–24 age group. Introduce an Aboriginal and Torres Strait Islander wellness program at Lithgow High School to support the cultural, social, and emotional wellbeing of local Aboriginal youth.

### Healthy Organisational Culture

Foster stronger collaboration across all MYST teams to share skills, build capacity, and strengthen the impact of our work.

### Financial Stability

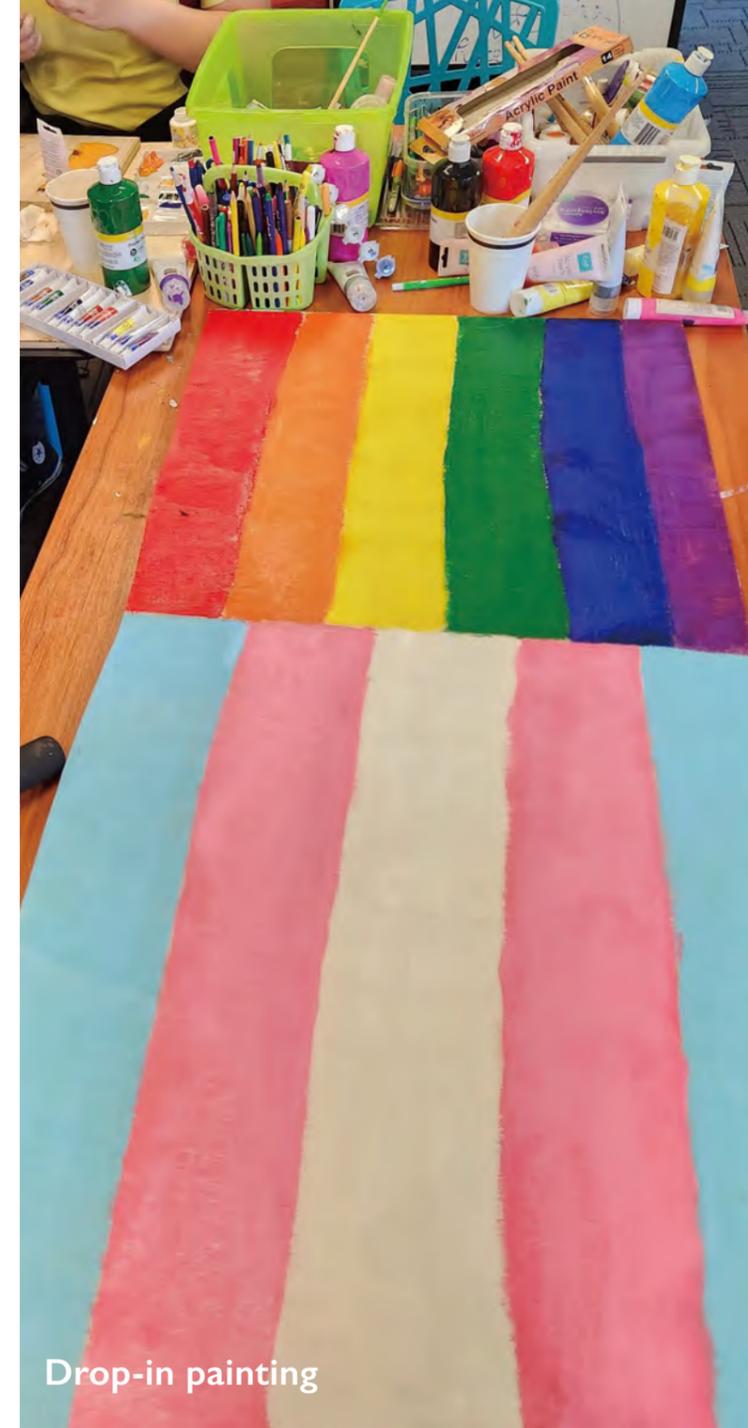
Build a strong and sustainable future for MYST by securing diverse funding, strengthening relationships with existing funders and partnerships, and investing wisely – so we can keep creating life-changing opportunities for our young people.



Springwood Rotary 40th anniversary dinner



Katoomba winter magic



Drop-in painting



Badge making at IDAHOBIT event



Winner of Jelly Bean Guessing Competition at Youth Expo



Rotary volunteer breakfast club



Bunnings Valley Heights Mothers Day



Parliament House Showcase

# FUNDRAISING HIGHLIGHTS

Wear it Purple Day



**"TOM AND I HAD A LOVELY DAY  
- THE MUSIC WAS AMAZING!"**

**YOUNG PERSON – YOUTH WEEK EVENT**

## OUR GENEROUS SPONSORS

A heartfelt thank you to the many individuals, families, businesses, organisations, and foundations who have chosen to support MYST. Your contributions — whether financial, in-kind, large, or small — make a direct and meaningful difference. Every gift helps us deliver vital programs and ensures more young people can access the services and support they need to thrive.

**In the past 12 months, supporters have generously donated over \$257,650 in donated goods and services and over 240 volunteer hours!**

### MAJOR GOVERNMENT FUNDING PARTNERS



Communities & Justice



### GRANTS

Aurora Foundation – Ignite grant  
Bendigo Bank Katoomba  
Blue Mountains City Council Community Grant  
Building Community Partnerships Grant (NSW Gov)  
Foundation for Rural and Regional renewal (FRRR)  
Goodridge Foundation  
Lithgow City Council  
Mac Pac Fund for Good  
Wentworth Health

### DONATIONS – INDIVIDUAL AND CORPORATE

Allen George  
Anonymous Donor  
Anonymous Donor  
Blue Mountains Gin Factory  
Blue Mountains Law Society  
Colleen Smith  
Grace Giuliano  
Grill'd Penrith  
J Jones  
Jade Hudson  
Joy Cusack  
Kerry Symes  
Megan Hamilton  
Paul Karis  
Phil and Gailene Keen  
Pinaroo OOsh  
Return and Earn  
Rhonda Brighton-Hall  
Rotary Club of Blackheath  
Rotary Club of Katoomba  
Rotary Club of Lower Blue Mountains  
Rotary Club of Springwood  
Rotary Club of Upper Blue Mountains Sunrise  
Sandra Ollington  
Scenic World  
Timothy Schofield  
Zonta Club of Blue Mountains – Mtn Men  
against Violence Project

### DONATED GOODS AND SERVICES

99 Bikes  
Acom Press  
Active International  
Alessandra Wollaston  
Bakers Delight Katoomba  
Bunnings Katoomba  
Bunnings Valley Heights  
Calmare Candles  
Canningvale  
Caroma  
Ceasar Stone  
Coca Cola  
Cross Roads Live Australia  
Dalekit Awnings  
De Longhi  
Doyles Plumbing  
Fisher & Paykel  
Globe  
Go Get  
GWS- AFL Club  
Hoselink  
Hovia  
Ikou  
Inky Co  
James Hancock  
Johnson Winter Slattery  
Just Stone  
Lindt  
Lomondo  
Manovella  
Provincial Home Living  
Seima Australia  
Sophia Furness  
Springwood Sports Club  
Whisk and Pin  
Yakima

## SHOWCASING MYST MINISTERS VISIT TO KATOOMBA

On 15th April 2025, we were delighted to welcome The Hon. Rose Jackson, NSW Minister for Housing, Homelessness, Youth, Mental Health, and Water, to the Katoomba Youth Centre, along with Trish Doyle MP, Member for Blue Mountains.

After touring our newly upgraded facilities, the Minister sat down with some of the MYST Team and passionate parents of one of our clients. It was an invaluable opportunity to showcase our programs, highlight our successes, and have an honest conversation about the challenges young people in the Blue Mountains face — from mental health to housing — as well as the funding pressures we navigate in delivering our services.

The visit ended on a lighter note with a friendly air hockey match between The Hon Rose Jackson and Trish Doyle MP, proving that community engagement can come with a dash of fun!

We deeply appreciate their time, interest, and commitment to listening to and engaging with our local community — and we look forward to continuing the conversation about how to best support young people in the Blue Mountains.

### Why It Matters

Having the Minister and our local MP at the Katoomba Youth Centre gave us a direct platform to advocate for the needs of young people in the Blue Mountains. It also allowed them to see firsthand the impact of our programs and the difference that sustained funding and policy support can make.

## PARLIAMENT HOUSE EXPO

On Wednesday 23rd October 2024, MYST proudly joined leading mental health organisations from across the state at the NSW Mental Health Commission's annual Mental Health Showcase at Parliament House. The event brought together services dedicated to improving mental health wellbeing across NSW — and we were thrilled to be among them.

A special highlight was meeting Trish Doyle MP, who introduced us to The Hon. Rose Jackson, NSW Minister for Housing, Homelessness, Youth, Mental Health, and Water. We were able to share our work supporting young people in the Blue Mountains, exchange ideas, and extend a warm invitation for the Minister to visit us in person.

The showcase was an inspiring reminder of the power of collaboration — and a chance to see firsthand the incredible work happening across the sector. We are grateful to the NSW Mental Health Commission for the opportunity to participate, for their ongoing support, and for fostering connections that help strengthen mental health services for communities across NSW.

### Why It Matters

Being part of the Mental Health Showcase put MYST's work in front of key decision-makers and influencers. It opened doors for future partnerships, raised awareness of the unique needs of young people in our region, and reinforced our role as a trusted voice in the state-wide mental health conversation.



Community, connection, and a little friendly competition — all part of the MYST magic!



Meaningful conversations that make a difference — Minister Jackson, Trish Doyle MP, and MYST staff discussing the vital work we do with local young people



The Hon Rose Jackson, Trish Doyle MP with MYST Staff and parent representative during visit to Katoomba Youth Centre

# THE MYST BOARD

## Outdoor Explore

**“THE EXPERIENCE HAS BEEN AN OVERWHELMINGLY POSITIVE ONE. THANK YOU.”**

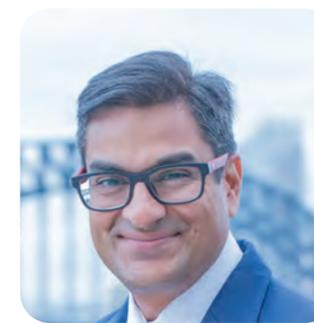
**PARENT FEEDBACK – OUTDOOR EXPLORE PROGRAM**



**JOY CUSACK**  
BOARD CHAIR, MEMBER  
GOVERNANCE COMMITTEE

*Joined 2015*

Joy is an experienced Board Chair and Non-Executive Director with more than 20 years' experience in the not-for-profit area, in particular social enterprise businesses. Her lengthy corporate career included Dow Corning (now Dow) as a global team member across a range of business segments. Joy brings a wealth of experience including governance and strategy, crisis and change management, corporate communications, brand awareness, mergers and acquisitions, recruiting and mentoring directors together with performance management of CEOs. Her recent community emphasis has been on social impact measurement. Joy joined the MYST Board to utilise her experience and skills in continuing her passion for helping young people, especially those with special needs, to be able to fulfill their dreams and be valued contributors to the wider community.



**SUNEET JAIN**  
NON-EXECUTIVE DIRECTOR,  
FINANCE AND RISK LEADER  
FGIA, MAICD, CA (INDIA)

*Joined March 2024*

Suneet Jain is an accomplished finance and risk leader with 20 years of distinguished corporate experience in the banking and financial services industry, having held senior leadership roles in India and Australia. His strengths lie in developing a positive risk culture, driving business transformation and financial analytics within commercial decision making, all with an eye to achieving organic growth of a business. Suneet is passionate about striving for sustainable value creation by being outcomes focussed, deploying effective risk mitigation strategies and talent development.

“Today’s youth are our nation’s future leaders, it is incumbent upon us to be the pilots of their youth journeys and to guide them. MYST’s support has a profound impact on Australian youth and the expansion of the organization through increased funding, programs, staff will only improve its outreach to the ones needing support. I am looking forward to my association with MYST and making a real difference in the lives of Australian youth”.



**DR EMMA WONG**  
NON-EXECUTIVE DIRECTOR,  
MEMBER MARKETING &  
FUNDRAISING COMMITTEE

*Joined June 2021*

Dr. Emma Wong is Associate Professor and Academic Director at the University of Tasmania. She has more than two decades of experience in research and higher education, teaching hospitality and tourism management in universities in Australasia, Europe and Asia. She brings to MYST her expertise in working with young people from diverse backgrounds developing their skills and realising their potential – “I am excited about the opportunity to serve the Blue Mountains community and contribute to the growth of this inspirational organisation.”



**GARETH SCOTT**  
NON-EXECUTIVE DIRECTOR,  
TREASURER, MEMBER  
GOVERNANCE COMMITTEE,  
MEMBER AUDIT & RISK  
COMMITTEE

*Joined June 2021*

With an accomplished career and a breadth and depth of middle and senior leadership roles in Education, Gareth brings a wealth of experience in wellbeing, people and culture and organisational operations to the MYST Board. As a hard-working leader, Gareth is recognised for excellence in leading wellbeing initiatives for individual and collective optimal growth and functioning, as well as being able to lead, coach and mentor others for improved individual and team performance. Gareth is looking forward to helping MYST connect its purpose and early intervention model with a far-reaching effect – “I am excited about the role that MYST plays within the community, and I am looking forward to helping to expand MYST’s influence and impact reach.”



**ROWAN CLIFFORD**  
NON-EXECUTIVE DIRECTOR,  
MEMBER GOVERNANCE  
COMMITTEE

Joined October 2022

With diverse experience and significant achievements across the allied health and human services industries, Rowan brings a strategically focussed executive leadership perspective to the MYST Board. With a business leader and non-executive director background in NDIS, employment services, personal injury, health & wellbeing, and injury prevention. Rowan's experience compliments the Board's focus on governance and risk. Rowan is currently Group Executive – Health Service Operations for a Diabetes Australia. A believer in empowerment and authenticity – "As a long time Blue Mountains resident, I look forward to supporting the MYST leadership team in their quest to deliver life changing services to young people in my community."



**DANA TAN**  
NON-EXECUTIVE DIRECTOR,  
TREASURER, MEMBER AUDIT  
AND RISK COMMITTEE

Joined October 2024

Dana Tan is an experienced Investment Adviser with a strong background in providing tailored investment solutions to high-net-worth individuals, their families, and For Purpose organisations. These organisations include traditional charities, religious bodies, educational institutions, hospitals, medical research foundations, and membership organisations. Dana is passionate about empowering individuals and organisations to achieve their financial and philanthropic goals.

"The mental health and well-being of young people are critical to shaping a brighter future for our communities. As a MYST board member, I am deeply committed to supporting initiatives that provide meaningful, impactful support to youth in the Blue Mountains. By expanding access to resources, programs, and funding, we can make a tangible difference in their lives. I am honoured to contribute my personal and professional experience to MYST's mission and vision and look forward to enhancing the wellbeing of young people in the Blue Mountains."



**SANDRA OLLINGTON**  
NON-EXECUTIVE DIRECTOR,  
MEMBER GOVERNANCE  
COMMITTEE

Joined October 2024

Sandra Ollington brings extensive experience in both private and public company roles, mostly in the resource and chemical industries, and more recently in government and the not-for-profit sector. This has given her a broad business understanding, primarily in the human resources field but also in health, safety, training and mediation. With graduate and post graduate qualifications in psychology and human resource management she brings to MYST a depth of understanding in those fields with a particular focus on individual development and group/social behaviour. Much of her career has focused on enhancing organizational performance and fostering leadership capabilities. She continues to consult in the HR area and is a mentor to others in the profession.

Having been a volunteer for many years, and a board member in the Aged Care sector and in children's health, she understands the challenges faced by the NFP sector; not only financially but also in keeping pace with the growing needs in our communities. Many families, and youth in particular, are facing considerable hardship and it is through community-based services such as those provided by MYST where many of these needs can be addressed. It is Sandra's desire that she can contribute to the ongoing success of MYST and promote the wellbeing and opportunities for the youth of the Blue Mountains area.



**GREG FORRESTER**  
NON-EXECUTIVE DIRECTOR  
AND MEMBER AUDIT RISK  
COMMITTEE

Joined July 2021  
Resigned April 2025

Greg is a collaborative leader with over 25 years' experience in executive management, and as non-executive director working mainly in construction, aged care, community care and disability services in domestic and international organisations. Greg's strengths lie in governance, developing strategies for organisational performance, change management and sustainability. Greg is passionate about implementing systems that are responsive and align with the organisation's purpose and values. "The more we increase the active participation and partnership with young people, the better we serve them. And the more comprehensively we work with them as service partners, the more we increase our public value to the entire community. MYST is providing wonderful engagement services with young people, and I look forward to supporting MYST's valuable work."



Fun at Mardi Gras

**"I FEEL SAFE AT MYST –  
I CAN JUST BE MYSELF."**

**OE LEGACY BOOK ENTRY BY YOUNG PERSON**

# OUR FINANCES

Wear it Purple Day



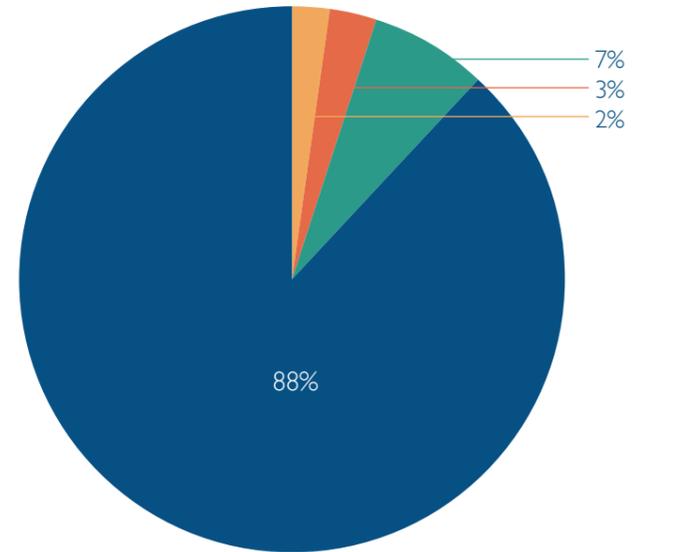
"I MET PEOPLE WHO I NEVER EVEN KNEW EXISTED."

OE LEGACY BOOK ENTRY BY YOUNG PERSON

## 2024

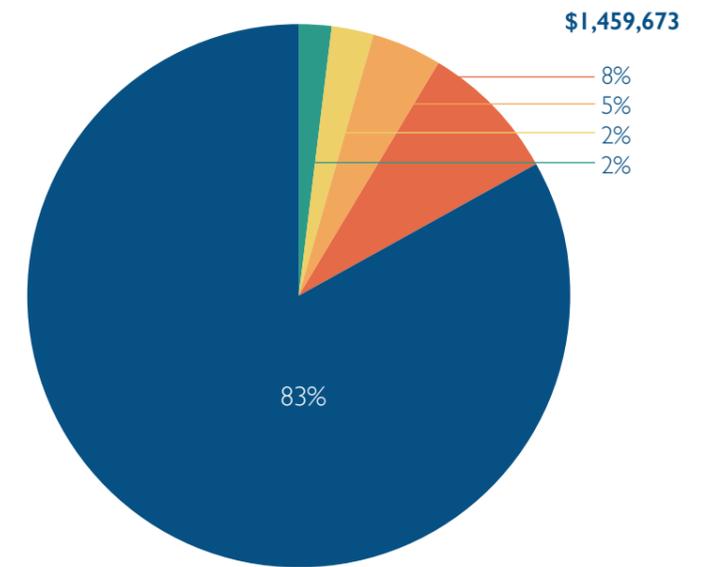
### INCOME

Government funding	\$1,370,361
Non-government grants	\$110,403
Donations	\$44,665
Other (includes board fees, interest, etc.)	\$30,771
<b>Total</b>	<b>\$1,556,200</b>



### EXPENSES

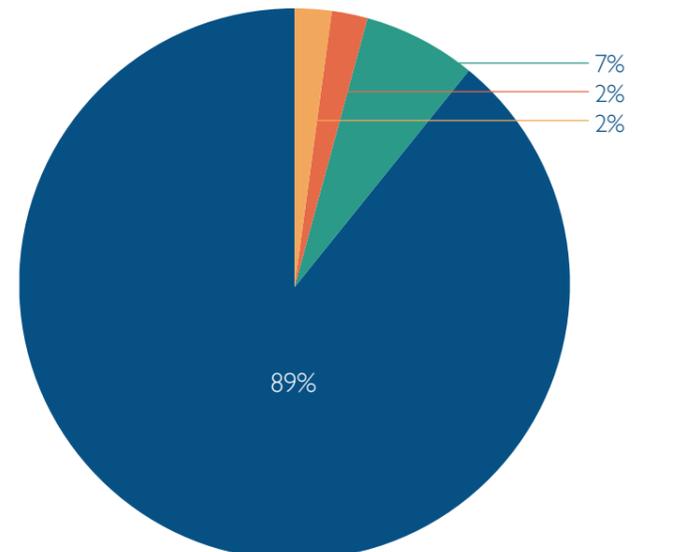
Staff Costs	\$1,215,763
Admin	\$118,699
Program Costs	\$64,121
Youth Centres	\$33,499
IT	\$27,591



## 2025

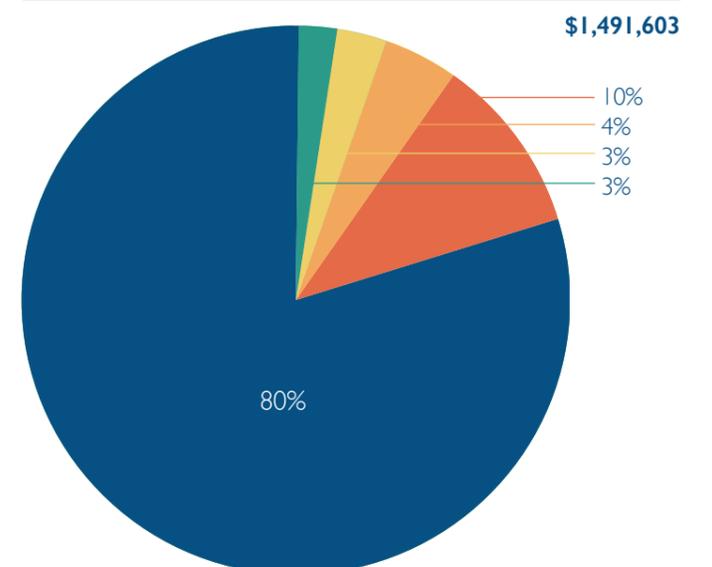
### INCOME

Government funding	\$1,404,915
Non-government grants	\$105,856
Donations	\$31,662
Other (includes board fees, interest, etc.)	\$31,771
<b>Total</b>	<b>\$1,574,204</b>



### EXPENSES

Staff Costs	\$1,190,118
Admin	\$156,918
Program Costs	\$62,353
Youth Centres	\$43,988
IT	\$38,226



# ANNUAL ACCOUNTS

Art workshop at Springwood Hub Bub community event



"I AM LEAVING BEHIND MY ANXIETY."

OF LEGACY BOOK ENTRY BY YOUNG PERSON

## BOARD COMMITTEE REPORT

The Directors present their report on Mountains Youth Services Team Inc for the financial year ended 30 June 2025.

The Directors in office during the financial year are set out below:

Names	Position	Appointed/Resigned
Joy Cusack	Chair	
Dana Tan	Treasurer, member of Audit & Risk Committee	Appointed 12 November 2024
Emma Wong	Research/Social Impact	
Gareth Scott	Chair Governance Committee, member Audit & Risk Committee	
Greg Forrester	Member Audit & Risk Committee	Resigned 14 April 2025
Rowan Clifford	Member Governance Committee	
Sandra Ollington	Member Governance Committee, Research/Social Impact	Appointed 12 November 2024
Suneet Jain	Chair Audit & Risk Committee	
Timothy Wong	Chair Governance Committee	Resigned 8 August 2024

Directors have been in office since the start of the financial year to the date of this report unless otherwise stated.

### Principal activities

The principal activity of Mountains Youth Services Team Inc during the financial year was the provision of youth support services.

No significant changes in the nature of the Association's activity occurred during the financial year.

### Operating results

The surplus of the Association after providing for income tax amounted to \$ 82,601 (2024: \$ 96,527).

Signed in accordance with a resolution of the Members of the Committee:

Director: ..... *Joy Cusack* .....  
Joy Cusack

Director: ..... *Dana Tan* .....  
Dana Tan

Dated this 8th day of September 2025

## AUDITOR'S INDEPENDENT DECLARATION

### Mountains Youth Services Team Inc

ABN 19 942 569 473

### Auditor's Independence Declaration under Section 60-40 of the Australian Charities and Not-for-profits Commission Act 2012 to the Responsible Persons of Mountains Youth Services Team Inc

I declare that, to the best of my knowledge and belief, during the year ended 30 June 2025, there have been:

- (i) no contraventions of the auditor independence requirements as set out in section 60-40 of the *Australian Charities and Not-for-profits Commission Act 2012* in relation to the audit; and
- (ii) no contraventions of any applicable code of professional conduct in relation to the audit.

## PROFIT AND LOSS STATEMENT

	Note	2025 \$	2024 \$
Revenue	4	1,554,401	1,547,237
Finance income	5	19,804	8,963
Employee benefits expense		(1,047,617)	(1,072,441)
Depreciation expense		(26,210)	(31,112)
Other expenses		(417,777)	(356,120)
<b>Surplus before income tax</b>		<b>82,601</b>	96,527
Income tax expense		-	-
<b>Surplus for the year</b>		<b>82,601</b>	96,527
Other comprehensive income, net of income tax		-	-
<b>Total comprehensive income for the year</b>		<b>82,601</b>	96,527

## STATEMENT OF FINANCIAL POSITION

### ASSETS

#### CURRENT ASSETS

Cash and cash equivalents  
Trade and other receivables  
Other assets

#### TOTAL CURRENT ASSETS

#### NON-CURRENT ASSETS

Property, plant and equipment  
TOTAL NON-CURRENT ASSETS

#### TOTAL ASSETS

### LIABILITIES

#### CURRENT LIABILITIES

Trade and other payables  
Short-term provisions  
Employee benefits  
Other financial liabilities

#### TOTAL CURRENT LIABILITIES

#### NON-CURRENT LIABILITIES

Employee benefits  
TOTAL NON-CURRENT LIABILITIES

#### TOTAL LIABILITIES

#### NET ASSETS

### EQUITY

Retained earnings

#### TOTAL EQUITY

Note	2025 \$	2024 \$
6	593,153	576,991
7	5,749	24,997
9	57,247	34,670
	<b>656,149</b>	636,658
8	78,074	63,191
	<b>78,074</b>	63,191
	<b>734,223</b>	699,849
10	85,281	72,150
11	33,769	53,863
13	82,409	92,937
12	52,156	39,253
	<b>253,615</b>	258,203
13	-	43,639
	<b>-</b>	43,639
	<b>253,615</b>	301,842
	<b>480,608</b>	398,007
	<b>480,608</b>	398,007

## STATEMENT OF CHANGES IN EQUITY

2025

	Retained Earnings	Total
	\$	\$
<b>Balance at 1 July 2024</b>	<b>398,007</b>	<b>398,007</b>
Surplus for the year	82,601	82,601
Total other comprehensive income for the period	-	-
<b>Balance at 30 June 2025</b>	<b>480,608</b>	<b>480,608</b>

2024

	Retained Earnings	Total
	\$	\$
<b>Balance at 1 July 2023</b>	301,480	301,480
Surplus for the year	96,527	96,527
Total other comprehensive income for the period	-	-
<b>Balance at 30 June 2024</b>	<b>398,007</b>	<b>398,007</b>

## STATEMENT OF CASH FLOWS

	2025	2024
Note	\$	\$
<b>CASH FLOWS FROM OPERATING ACTIVITIES:</b>		
Receipts from customers	1,735,137	1,665,794
Payments to suppliers and employees	(1,697,686)	(1,598,353)
Interest received	19,804	8,963
Net cash provided by/(used in) operating activities	20 <b>57,255</b>	76,404
<b>CASH FLOWS FROM INVESTING ACTIVITIES:</b>		
Purchase of property, plant and equipment	(41,093)	(51,052)
Net cash provided by/(used in) investing activities	<b>(41,093)</b>	(51,052)
<b>CASH FLOWS FROM FINANCING ACTIVITIES:</b>		
Net cash provided by/(used in) financing activities	-	-
Net increase/(decrease) in cash and cash equivalents held	<b>16,162</b>	25,352
Cash and cash equivalents at beginning of year	<b>576,991</b>	551,639
Cash and cash equivalents at end of financial year	6 <b>593,153</b>	576,991

## NOTES TO THE FINANCIAL STATEMENTS

The financial report covers Mountains Youth Services Team Inc as an individual entity. Mountains Youth Services Team Inc is a not-for-profit Association, registered and domiciled in Australia.

The principal activities of the Association for the year ended 30 June 2025 were the provision of youth support services.

The functional and presentation currency of Mountains Youth Services Team Inc is Australian dollars.

Comparatives are consistent with prior years, unless otherwise stated.

### 1 Basis of Preparation

In the opinion of those charged with Governance, the Association is not a reporting entity since there are unlikely to exist users of the financial statements who are not able to command the preparation of reports tailored so as to satisfy specifically all of their information needs. These special purpose financial statements have been prepared to meet the reporting requirements of the *Australian Charities and Not-for-profits Commission Act 2012*.

The financial statements have been prepared in accordance with the recognition and measurement requirements of the Australian Accounting Standards and Accounting Interpretations, and the disclosure requirements of AASB 101 *Presentation of Financial Statements*, AASB 107 *Statement of Cash Flows*, AASB 108 *Accounting Policies, Changes in Accounting Estimates and Errors*, AASB 124 *Related Party Disclosures*, AASB 1048 *Interpretation of Standards* and AASB 1054 *Australian Additional Disclosures*.

The financial statements have been prepared on an accruals basis and are based on historical costs modified, where applicable, by the measurement at fair value of selected non-current assets, financial assets and financial liabilities.

Material accounting policy information relating to the preparation of these financial statements are presented below, and are consistent with prior reporting periods unless otherwise stated.

The financial statements and material accounting policies all comply with the recognition and measurement requirements in Australian Accounting Standards.

### 2 Material Accounting Policy Information

#### (a) Revenue and other income

##### Revenue from contracts with customers

Revenue is recognised on a basis that reflects the transfer of control of promised goods or services to customers at an amount that reflects the consideration the Association expects to receive in exchange for those goods or services.

Generally the timing of the payment for sale of goods and rendering of services corresponds closely to the timing of satisfaction of the performance obligations, however where there is a difference, it will result in the recognition of a receivable, contract asset or contract liability.

None of the revenue streams of the Association have any significant financing terms as there is less than 12 months between receipt of funds and satisfaction of performance obligations.

##### Specific revenue streams

The revenue recognition policies for the principal revenue streams of the Association are:

## 2 Material Accounting Policy Information

### (a) Revenue and other income

#### Specific revenue streams

#### Government and Other Grants

Where grant income arises from an agreement which is enforceable and contains sufficiently specific performance obligations then the revenue is recognised when control of each performance obligations is satisfied.

The performance obligations are varied based on the agreement but may include the delivery of case management services to clients, the provision of youth support services such as counselling, management of events and programs.

Each performance obligation is considered to ensure that the revenue recognition reflects the transfer of control and within grant agreements there may be some performance obligations where control transfers at a point in time and others which have continuous transfer of control over the life of the contract.

Where control is transferred over time, generally the input methods being either costs or time incurred are deemed to be the most appropriate methods to reflect the transfer of benefit.

#### Revenue recognition policy for contracts which are either not enforceable or do not have sufficiently specific performance obligations

The revenue recognition policies for the principal revenue streams of the Association are:

#### Donations

Donations collected, including cash and goods for resale, are recognised as revenue when the Association gains control of the asset. This is usually upon receipt of cash.

#### Other income

Other income, including interest income, is recognised when the Association is entitled to it.

### (b) Income tax

The Association is exempt from income tax under Division 50 of the *Income Tax Assessment Act 1997*.

### (c) Volunteer services

No amounts are included in the financial statements for services donated by volunteers.

### (d) Property, plant and equipment

Each class of property, plant and equipment is carried at cost less, where applicable, any accumulated depreciation and impairment.

## 2 Material Accounting Policy Information

### (d) Property, plant and equipment

Items of property, plant and equipment acquired for significantly less than fair value have been recorded at the acquisition date fair value.

#### Depreciation

Property, plant and equipment, excluding freehold land, is depreciated on a straight-line basis over the asset's useful life to the Association, commencing when the asset is ready for use.

Leased assets and leasehold improvements are amortised over the shorter of either the unexpired period of the lease or their estimated useful life.

The depreciation rates used for each class of depreciable asset are shown below:

Fixed asset class	Depreciation rate
Plant and Equipment	20%
Motor Vehicles	20%

The depreciation rates were updated in the 2024 year to 20%, a 5 year effective life, as opposed to 33%, a 3 year effective life historically. At the end of each annual reporting period, the depreciation method, useful life and residual value of each asset is reviewed. Any revisions are accounted for prospectively as a change in estimate.

### (e) Financial instruments

#### Financial assets

All recognised financial assets are subsequently measured in their entirety at either amortised cost or fair value, depending on the classification of the financial assets.

#### Classification

On initial recognition, the Association classifies its financial assets into the following categories, those measured at:

- amortised cost

#### Amortised cost

The Association's financial assets measured at amortised cost comprise trade and other receivables and cash and cash equivalents in the statement of financial position.

#### Trade receivables

Impairment of trade receivables have been determined using the simplified approach in AASB 9 which uses an estimation of lifetime expected credit losses.

## 2 Material Accounting Policy Information

### (e) Financial instruments

#### Financial assets

The amount of the impairment is recorded in a separate allowance account with the loss being recognised in finance expense. Once the receivable is determined to be uncollectable then the gross carrying amount is written off against the associated allowance.

Where the Association renegotiates the terms of trade receivables due from certain customers, the new expected cash flows are discounted at the original effective interest rate and any resulting difference to the carrying value is recognised in profit or loss.

#### Financial liabilities

The financial liabilities of the Association comprise trade payables.

### (f) Impairment of non-financial assets

At the end of each reporting period the Association determines whether there is evidence of an impairment indicator for non-financial assets.

Where an indicator exists and regardless for indefinite life intangible assets and intangible assets not yet available for use, the recoverable amount of the asset is estimated.

### (g) Leases

#### Lessee accounting

The non-lease components included in the lease agreement have been separated and are recognised as an expense as incurred.

The Association has chosen not to apply AASB 16 to leases of intangible assets.

#### *Exceptions to lease accounting*

The Association has elected to apply the exceptions to lease accounting for both short-term leases (i.e. leases with a term of less than or equal to 12 months) and leases of low-value assets. The Association recognises the payments associated with these leases as an expense on a straight-line basis over the lease term.

### (h) Economic dependence

Mountains Youth Services Team Inc is dependent on the ongoing funding provided by the Department of Communities and Justice (DCJ) for the majority of its revenue used to operate the business. The Association is currently in its fifth year of a 5 year funding agreement with the DCJ, and at the date of this report, no confirmation has been received to indicate a further funding agreement will be provided beyond 31 December 2025. At the date of this report, the directors have no reason to believe the ongoing funding provided by the Department of Communities and Justice (DCJ) will not continue to support Mountains Youth Services Team Inc.

## 2 Material Accounting Policy Information

### (i) Adoption of new and revised accounting standards

The Association has adopted all standards which became effective for the first time at 30 June 2025, the adoption of these standards has not caused any material adjustments to the reported financial position, performance or cash flow of the Association.

## 3 Critical Accounting Estimates and Judgments

Those charged with governance make estimates and judgements during the preparation of these financial statements regarding assumptions about current and future events affecting transactions and balances.

These estimates and judgements are based on the best information available at the time of preparing the financial statements, however as additional information is known then the actual results may differ from the estimates.

The significant estimates and judgements made have been described below.

#### Key estimates - grant income

For many of the grant agreements received, the determination of whether the contract includes sufficiently specific performance obligations was a significant judgement involving discussions with a number of parties at the Association, review of the proposal documents prepared during the grant application phase and consideration of the terms and conditions.

Grants received by the Association have been accounted for under both AASB 15 and AASB 1058 depending on the terms and conditions and decisions made.

If this determination was changed then the revenue recognition pattern would be different from that recognised in these financial statements.

#### Key estimates - provisions

As described in the accounting policies, provisions are measured at management's best estimate of the expenditure required to settle the obligation at the end of the reporting period. These estimates are made taking into account a range of possible outcomes and will vary as further information is obtained.

#### Key estimates - receivables

The receivables at reporting date have been reviewed to determine whether there is any objective evidence that any of the receivables are impaired. An impairment provision is included for any receivable where the entire balance is not considered collectible. The impairment provision is based on the best information at the reporting date.

#### 4 Other Revenue and Income

##### Revenue from continuing operations

	2025	2024
	\$	\$
- DCJ government funding	1,404,915	1,354,135
- other grants and donations	137,518	171,294
- administration income	865	14,711
- member subscriptions	80	-
- other trading revenue	11,023	7,097
<b>Total Revenue</b>	<b>1,554,401</b>	<b>1,547,237</b>

#### 5 Finance Income and Expenses

##### Finance income

	2025	2024
	\$	\$
Interest income		
- Bank deposits	19,804	8,963
<b>Total finance income</b>	<b>19,804</b>	<b>8,963</b>

#### 6 Cash and Cash Equivalents

	2025	2024
	\$	\$
Cash at bank and in hand	179,540	576,991
Short-term deposits	413,613	-
	<b>593,153</b>	<b>576,991</b>

#### 7 Trade and Other Receivables

	2025	2024
	\$	\$
CURRENT		
Trade receivables	4,232	24,997
Other receivables	1,517	-
	<b>5,749</b>	<b>24,997</b>

The carrying value of trade receivables is considered a reasonable approximation of fair value due to the short-term nature of the balances.

The maximum exposure to credit risk at the reporting date is the fair value of each class of receivable in the financial statements.

#### 8 Property, Plant and Equipment

	2025	2024
	\$	\$
Plant and equipment		
At cost	18,539	18,539
Accumulated depreciation	(16,243)	(14,123)
<b>Total plant and equipment</b>	<b>2,296</b>	<b>4,416</b>
Furniture, fixtures and fittings		
At cost	4,939	4,939
Accumulated depreciation	(4,939)	(4,939)
<b>Total furniture, fixtures and fittings</b>	<b>-</b>	<b>-</b>
Motor vehicles		
At cost	89,631	89,631
Accumulated depreciation	(48,783)	(30,856)
<b>Total motor vehicles</b>	<b>40,848</b>	<b>58,775</b>
Office equipment		
At cost	57,561	57,561
Accumulated depreciation	(57,561)	(57,561)
<b>Total office equipment</b>	<b>-</b>	<b>-</b>
Computer equipment		
At cost	36,988	36,988
Accumulated depreciation	(36,988)	(36,988)
<b>Total computer equipment</b>	<b>-</b>	<b>-</b>
Computer software		
At cost	13,410	13,410
Accumulated depreciation	(13,410)	(13,410)
<b>Total computer software</b>	<b>-</b>	<b>-</b>
Leasehold Improvements		
At cost	75,668	34,574
Accumulated depreciation	(40,738)	(34,574)
<b>Total leasehold improvements</b>	<b>34,930</b>	<b>-</b>
<b>Total plant and equipment</b>	<b>78,074</b>	<b>63,191</b>
<b>Total property, plant and equipment</b>	<b>78,074</b>	<b>63,191</b>

##### (a) Movements in carrying amounts of property, plant and equipment

Movement in the carrying amounts for each class of property, plant and equipment between the beginning and the end of the current financial year:

## 8 Property, Plant and Equipment

### (a) Movements in carrying amounts of property, plant and equipment

	Plant and Equipment	Furniture, Fixtures and Fittings	Motor Vehicles	Office Equipment	Leasehold Improvements	Total
	\$	\$	\$	\$	\$	\$
<b>Year ended 30 June 2025</b>						
Balance at the beginning of year	4,416	-	58,775	-	-	63,191
Additions	-	-	-	-	41,093	41,093
Depreciation expense	(2,120)	-	(17,927)	-	(6,163)	(26,210)
<b>Balance at the end of the year</b>	<b>2,296</b>	<b>-</b>	<b>40,848</b>	<b>-</b>	<b>34,930</b>	<b>78,074</b>

	Plant and Equipment	Furniture, Fixtures and Fittings	Motor Vehicles	Office Equipment	Leasehold Improvements	Total
	\$	\$	\$	\$	\$	\$
<b>Year ended 30 June 2024</b>						
Balance at the beginning of year	9,066	988	27,738	655	4,804	43,251
Additions	-	-	51,052	-	-	51,052
Depreciation expense	(4,650)	(988)	(20,015)	(655)	(4,804)	(31,112)
<b>Balance at the end of the year</b>	<b>4,416</b>	<b>-</b>	<b>58,775</b>	<b>-</b>	<b>-</b>	<b>63,191</b>

## 9 Other Non-Financial Assets

	2025	2024
	\$	\$
<b>CURRENT</b>		
Prepayments	57,247	34,670
	<b>57,247</b>	<b>34,670</b>

## 10 Trade and Other Payables

	2025	2024
	\$	\$
<b>CURRENT</b>		
Trade payables	7,316	12,888
Deposits	300	300
GST payable	23,348	22,532
Employee benefits	23,947	7,732
Sundry payables and accrued expenses	30,370	28,698
	<b>85,281</b>	<b>72,150</b>

Trade and other payables are unsecured, non-interest bearing and are normally settled within 30 days. The carrying value of trade and other payables is considered a reasonable approximation of fair value due to the short-term nature of the balances.

## 11 Provisions

	2025	2024
	\$	\$
<b>CURRENT</b>		
Building maintenance	33,769	53,863
	<b>33,769</b>	<b>53,863</b>

### (a) Movement in carrying amounts

	Building Maintenance	Total
	\$	\$
<b>Current</b>		
Opening balance at 1 July 2024	53,863	53,863
Provisions used	(20,094)	(20,094)
<b>Balance at 30 June 2025</b>	<b>33,769</b>	<b>33,769</b>

### Building maintenance

A building maintenance provision has been established under licence agreements the Association has entered into for use of Council premises for its youth centres. Under the licence agreements in place, the Association is required to make good the premises on cessation of the agreement, and this provision is an estimate of anticipated make good costs.

## 12 Other Financial Liabilities

	2025	2024
	\$	\$
<b>CURRENT</b>		
Government grants	52,156	39,253
<b>Total</b>	<b>52,156</b>	<b>39,253</b>

**13 Employee Benefits**

	2025	2024
	\$	\$
Current liabilities		
Provision for employee benefits	82,409	92,937
	<u>82,409</u>	<u>92,937</u>
Non-current liabilities		
Long service leave	-	43,639
	<u>-</u>	<u>43,639</u>

**14 Contracted Commitments**

	2025	2024
	\$	\$
Contracted commitments for:		
<b>Association</b>		
Youth Centre Renovations	-	31,208
	<u>-</u>	<u>31,208</u>

MYST entered into a contract with Barbuto Constructions Pty Ltd in June 2024 to perform renovation works to the Katoomba Youth Centre. Renovation works were completed during the 2025 financial year.

**15 Members' Guarantee**

The Association is registered with the *Australian Charities and Not-for-profits Commission Act 2012* and is a Association limited by guarantee. If the Association is wound up, the constitution states that each member is required to contribute a maximum of \$ - each towards meeting any outstanding obligations of the Association. At 30 June 2025 the number of members was 8 (2024: 7).

**16 Key Management Personnel Remuneration**

The remuneration paid to key management personnel of Mountains Youth Services Team Inc during the year is as follows:

	2025	2024
	\$	\$
Short-term employee benefits	421,386	369,293
	<u>421,386</u>	<u>369,293</u>

**17 Auditors' Remuneration**

	2025	2024
	\$	\$
Remuneration of the auditor Audit Logic, for:		
- auditing or reviewing the financial statements	7,000	7,000
<b>Total</b>	<u>7,000</u>	<u>7,000</u>

**18 Contingencies**

In the opinion of those charged with governance, the Association did not have any contingencies at 30 June 2025 (30 June 2024:None).

**19 Related Parties****(a) The Association's main related parties are as follows:**

Key management personnel - refer to Note 16.

Other related parties include close family members of key management personnel and entities that are controlled or significantly influenced by those key management personnel or their close family members.

**(b) Transactions with related parties**

Transactions between related parties are on normal commercial terms and conditions no more favourable than those available to other parties unless otherwise stated.

**20 Cash Flow Information****(a) Reconciliation of result for the year to cashflows from operating activities**

Reconciliation of net income to net cash provided by operating activities:

	2025	2024
	\$	\$
Profit for the year	82,601	96,527
Non-cash flows in profit:		
- depreciation	26,210	31,112
Changes in assets and liabilities:		
- (increase)/decrease in trade and other receivables	19,248	10,663
- (increase)/decrease in prepayments	(22,577)	(24,262)
- increase/(decrease) in income in advance	12,903	(31,593)
- increase/(decrease) in trade and other payables	13,131	(10,072)
- increase/(decrease) in provisions	(30,622)	15,360
- increase/(decrease) in employee benefits	(43,639)	(11,331)
Cashflows from operations	<u>57,255</u>	<u>76,404</u>

**21 Statutory Information**

The registered office and principal place of business of the association is:  
Mountains Youth Services Team Inc  
59 Springwood Ave  
Springwood NSW 2777

## RESPONSIBLE PERSONS' DECLARATION

The responsible persons declare that in the responsible persons' opinion:

- there are reasonable grounds to believe that the registered entity is able to pay all of its debts, as and when they become due and payable; and
- the financial statements and notes satisfy the requirements of the *Australian Charities and Not-for-profits Commission Act 2012*.

Signed in accordance with subsection 60.15(2) of the *Australian Charities and Not-for-profit Commission Regulation 2022*.

Responsible person .....  ..... Responsible person .....  .....

Joy Cusack Dana Tan

Dated this 8th day of September 2025

## INDEPENDENT AUDITOR'S REPORT

### Opinion

We have audited the financial report of Mountains Youth Services Team Inc, which comprises the statement of financial position as at 30 June 2025, the statement of profit or loss and other comprehensive income, the statement of changes in equity and the statement of cash flows for the year then ended, and notes to the financial statements, including material accounting policy information, and the responsible persons' declaration.

In our opinion, the financial report of Mountains Youth Services Team Inc has been prepared in accordance with Division 60 of the *Australian Charities and Not-for-profits Commission Act 2012*, including:

- giving a true and fair view of the Registered Entity's financial position as at 30 June 2025 and of its financial performance for the year ended; and
- complying with Australian Accounting Standards to the extent described in Note 1, and Division 60 of the *Australian Charities and Not-for-profits Commission Regulation 2022*.

### Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Report* section of our report. We are independent of the Registered Entity in accordance with the auditor independence requirements of the *Australian Charities and Not-for-profits Commission Act 2012* (ACNC Act) and the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 *Code of Ethics for Professional Accountants (including Independence Standards)* (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### Emphasis of Matter - Basis of Accounting

We draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared for the purpose of fulfilling the Registered Entity's financial reporting responsibilities under the ACNC Act. As a result, the financial report may not be suitable for another purpose. Our opinion is not modified in respect of this matter.

## INDEPENDENT AUDIT REPORT TO THE MEMBERS OF MYST

### Responsibilities of Responsible Entities for the Financial Report

The responsible persons of the Registered Entity are responsible for the preparation of the financial report that gives a true and fair view and have determined that the basis of preparation described in Note 1 to the financial report is appropriate to meet the requirements of the ACNC Act and the needs of the members. The responsible entities' responsibility also includes such internal control as the responsible entities determine is necessary to enable the preparation of a financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

In preparing the financial report, the responsible persons are responsible for assessing the Registered Entity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the responsible entities either intend to liquidate the Registered Entity or to cease operations, or have no realistic alternative but to do so.

### Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of the financial report.

A further description of our responsibilities for the audit of the financial report is located at the Auditing and Assurance Standards Board website at: [https://www.auasb.gov.au/auditors\\_responsibilities/ar4.pdf](https://www.auasb.gov.au/auditors_responsibilities/ar4.pdf). This description forms part of our auditor's report.

Audit Logic Pty Ltd  
Chartered Accountant



Benjamin Irvine  
Director

Sydney, NSW

08 September 2025



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**"IT WAS AN AMAZING  
EXPERIENCE THAT HELPED HIM  
BUILD CONFIDENCE AND CREATE  
LASTING MEMORIES!"**

**PARENT FEEDBACK - OUTDOOR EXPLORE PROGRAM**



## **DONATE TO MYST**

It is only because of the generosity and support of our friends, funding bodies, community partners and local businesses that we are able to support young people in the Blue Mountains.

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ABN: 19942569473

[www.myst.com.au](http://www.myst.com.au)

Facebook: Mountains Youth Services Team

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