


FOUNDATION 61
A living community

ANNUAL REPORT

2023 / 2024





who we are... Foundation 61 is a not-for-profit community based charity that seeks to provide healing and hope for people affected by addiction. Founded in 2005, we have established ourselves as a recognised community service organisation in the health sector.

We run a long stay residential based drug and alcohol rehabilitation centre.

Foundation 61 is well known in Geelong. We have a broad base of financial and volunteer support and a well designed facility with long term tenure.

mission... Our mission is to empower people who are confronting addictions, whether it is to drugs, alcohol, gambling or any other life controlling issue, to experience healing in their lives and contribute positively to mainstream society.





our board

Colin Bell - Chairperson
Neil Loxston - Board Member
Brenda Lyons -Treasurer

our team - restoration house

Rob Lytzki - CEO
Steve Brown - Program Manager
Frank Haslett - Program Coordinator
Dean Ballantyne - Support Worker
Rick Christie - Support Worker
Rod Vincent - Support Worker
Dom Bell - Support Worker
Ray Mirams - Support Worker

our team -house of hope

Caroline Lytzki - Program Manager
Sarah Molnar - Program Coordinator
Sam Allison - Support Worker
Lena Johnstone - Support Worker
Leila Duncan - Support Worker
Jules Haddock - Support Worker

admin

Lyn Johnston - Admin / Education
Vicki Rockliff - Admin / HR



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CEO

Rob Lytzki

It has been a huge 12 months with a race to the finish line at long last seeing the House of Hope finally open. In May we welcomed Libby Coker MP Federal Member for Corangamite as well as Councilors, Philanthropic and donors to the official opening. This was a day of celebrating all who have been part of the implementation of the vision for our new woman's facility.

For the most part the House of Hope is complete with some minor jobs around the House to be finished off and the landscaping a work in progress. It's hard to personally thank everyone who has been part of this humongous undertaking, but you know who you are and to each of you I say a VERY BIG heartfelt thank you.

The House of Hope is running better than I had hoped for at this early stage of opening and I thank our amazing team Lena, Sarah, Leila, Sam, Jules and Caroline as well as the fantastic team of volunteers who are each valued for the role they play. Caroline took on the role of interim manager while we were establishing our team and seemed to be a perfect fit. So with the endorsement of the board has stepped into this position permanently. This has seen Lyn and Vicki take on a greater role in shared Administration, with Vicki picking up an extra day in the new year 2025.

With program at the House of Hope is in full swing I have minimal hands on, with my role including co-facilitating a group Tuesday morning with Lena and giving oversight and direction to staff as needed.

There have been some changes take place at Restoration House the men's facility with Steve Brown stepping back as program manager Steve has taken on a new role as lead Pastor at Torquay Christian Fellowship, he continues to work with us two days as a support worker. Dean Ballantyne has taken some extended leave from Foundation 61. Frank, Ray, Dom, Rod and Rick continue to run and oversee the day-to-day program. I have enjoyed getting back into the classroom and running some groups. Frank has stepped into the role of program coordinator and doing a great job in his new position.



CEO “Cont.”

Rob Lytzki

Foundation 61 has taken on the oversight of the men's transition house, partnering with OneHope Baptist Church. Cameron is lead tenant and is supported by Ray in making sure the transition house is running well. The house provides a great steppingstone for those exiting the program as they establish themselves back in the community.

The men at Restoration House continue to be supported by our partnership with Cultura, through the Skills First Reconnect Post-Rehabilitation Support program. Reconnect is voluntary with the primary criteria being participants demonstrating motivation to re-engage in education, training or employment.

Earlier this year our GP Dr John Steklenburg retired after 20 years of supporting the Foundation 61 men. We thank John for his care of participants over this time. We are thankful to Dr Jo Gounder from Banksia Medical Centre in Torquay who has taken on the role as GP for Restoration House.

A highlight as always for me is to hear from past participants who continue to be going strong post rehab. It is these stories that remind me that is why we are all part of this ministry. Thank you to all who play and have played a part in the Foundation 61 journey thus far.

Rob Lytzki
Foundation 61 - CEO



Restoration House Report

Steve Brown

Thankful for another wonderful year at Restoration House. As I reflect on the great men who have graduated the program, I am filled again with joy as I remember how many can truly change their life. Although some don't complete and return to where they came from – many break the cycle and the hope they offer the other men going through the program is immeasurable.

Throughout our program, the participants go on a journey through two of life's greatest challenges: the first is to find out who they are; the second is to love who they find. Looking past our failures, taking off our masks and really seeing ourselves for who we are is difficult. Choosing to love the person we discover underneath is often just as hard but essential in living free and at peace. In the last couple of months, we had a man who took on both these great challenges. By the time he had completed the program he had begun to process his past and deal with the disappointments and traumas, he had reconnected with his children and extended family, and most of all, he grew in self-respect as he learned to love himself.

This year has been marked with transitions – we have completed the House of Hope build which has meant the men have returned to working at Restoration House. The participants have been a huge asset during the building. It has also been a year of staff transitions; Dean Ballantyne has taken extended leave for approximately six months after having given so much of his time and passion to Foundo over the years. It was time for him to take a much-needed break to be refreshed. In January I began a slow transition out of the Program Manager role and in May I took three months off to settle into a new role I had taken up at our Church. I returned to Foundo in August as a part time support worker. Frank has stepped up to take on the coordination of the men's program and Ray has been a huge support. As always, I am most thankful for our volunteers and staff that drive the program. The quality of the people we have and the care and compassion they give out daily is the number one reason the program offers so much hope and success.

Final thanks has to go to Rob and Caroline – I am humbled each year as I reflect on the sacrifice you both make to ensure Foundo keeps it's doors open.

Steve Brown
Foundation 61 - Restoration House
Program manager



Restoration House

Frank Haslett

This year I was honoured to be asked to be the Program Coordinator at Foundation 61. I have really enjoyed the role, and I have really appreciated all the support which is what I would like to talk about. Since my very first day at Foundation 61 in 2020 as a placement student, one of the constants has been the team of staff and volunteers. As people move on to pastures new, what has always remained the same is the support that we have for each other and the love, care and support we give to the fellas.

It's been a full house for most of the year and that love, care and support has flowed into the house. We have talked consistently about empathy and compassion with the participants, and this has been evident in relation to both their own rehab journey and the impact that they have on each other's.

To our volunteers, what can I say. It's a unique place; for it to work at its best we have really needed you. Needed you to take participants to their appointments, chaplaincy and pastoral care, running classes, overnights, (including filling in overnights at short notice) grant writing, helping with their weekend leave and walking alongside participants after they leave the program.

Above all you give them you - Your presence, your love, care and support, your lived experience. Your listening ear with empathy and compassion. Fantastic role models.

On behalf of Foundation 61, thank you so much for all your efforts and support, it is so very much appreciated.

Frank Haslett
Foundation 61 - Restoration House
Program coordinator



House Of Hope

Caroline Lytzki

The House of Hope was officially opened by Libby Coker MP Federal Member for Corangamite on 7th May this year, with local council representatives and major donors in attendance.

It was with great excitement that we officially opened the House of Hope to our first residents in August. Leading up to this we had been working together to build our team of both staff and volunteers in readiness for our first participants arrivals.

We continued to meet monthly for PD's facilitated by Rob, Sarah and Jules throughout the lead up to the opening staff were working on building and consolidating the program

We welcomed Sarah, Lena, Sam, Leila, Janet and Jules to our team along with a committed team of volunteers who are involved in both the day-to-day program as well as overnight support. Without these wonderful humans we would not be able to run the program.

Thursday mornings has seen a great team of volunteers working alongside Lena and Berna in developing our horticulture program. Affectionally this crew have been named the Garden Gnomes. We have been enjoying incorporating the produce into the meal planning at the house and the women have enjoyed eating what they have grown.

We have been building relationships with external services and have had a number of visitors come onsite to see the facility as well as chat about the program. These have included MELI youth Services, Habitat Therapeutics, Antifragile, Barwon Health Midwives to name just a few.

Other services that we have been able to access are –
Thread Together - founded in 2012, based on the simple idea to donate rather than dispose of unsold clothing. Founder, Andie Halas, saw the potential for unsold new clothing to be given to people in need, whilst also protecting the environment by saving these items from landfill.
www.threadtogether.org



House Of Hope “Cont.”

Caroline Lytzki

Betty Basics Foundation - Betty Cares Foundation is an Australian registered charity that donates new clothing packs to hospitals, refuge centers and organizations caring for women in crisis, across Australia and New Zealand. The women receiving the clothing packs are often victims of sexual assault, domestic violence, pregnancy complications, drug addiction, alcoholism or homelessness.

www.bettybasics.com.au/pages/about-the-foundation

Backpacks 4 Vic Kids - their purpose is to provide crisis packs and gift packs to vulnerable babies, children, and youth.

www.backpacks4vickids.org.au

Dr Maria Neagle has taken on the role as House of Hope GP and has been a great support to the women as they navigate various health issues, with the ladies expressing that they finally feel heard.

We have also built a great relationship with Dove Dental in Waurin Ponds who will see our ladies as part of the Victorian General Dental Scheme. Referrals to the House of Hope prior to opening and first intake were around 120 since August 2023.

We are incredibly thankful for a wonderful team both staff and volunteers for being part of this new season in the life of Foundation 61 as we continue to share in bringing hope to our community.

Caroline Lytzki
Foundation 61 – House of Hope
Program Manager



House Of Hope

Sarah Molnar

We are proud to have 75 dedicated volunteers who have been with us since the opening of House of Hope. Of these, 30 volunteers are actively engaged each week, playing a vital role in delivering services, creating a supportive environment for our participants, and assisting our staff across our programs, with transport, running our tuck shop, overnight stays and administration tasks. Throughout the year, we have provided a range of personal development sessions for our volunteers. These included training in active listening, mental health awareness, substance use education, and understanding the effects of various substances. These sessions help equip our volunteers with the skills they need to support participants effectively and foster a compassionate, informed community.

In addition, this dedicated group not only assists with practical tasks such as providing haircuts, preparing meals, and facilitating craft projects, but also offers emotional support to participants through simple, meaningful conversations. Our Monday craft sessions, led by a diverse team of volunteers, have been a creative highlight for many participants, offering them the chance to explore artistic mediums such as watercolour painting, ink drawing, sewing, and collage. These activities provide an outlet for creativity, personal expression, and connection.



House Of Hope “Cont.”

Sarah Molnar

Volunteers also play an essential role in facilitating our Outdoor Recreation sessions. This year, participants enjoyed a variety of experiences, including visits to art galleries, learning to kayak and paddleboard, and beach outings. These activities not only promote physical health and well-being, but also build a sense of community and offer opportunities for personal growth. We are particularly proud of two participants who, with the support of our volunteers, submitted their artwork to local exhibitions. This milestone was a significant achievement, especially for those who had previously been hesitant to express themselves through art, and we celebrated this success as a group.

Our volunteer base continues to grow, with individuals from diverse backgrounds, including students seeking placements and newcomers to the community services sector. This influx of fresh perspectives and enthusiasm has strengthened our team and enhanced the work we do. As we look ahead to the coming year, we are excited to celebrate our volunteers at our New Year ‘Tea Party’ and to continue building our vibrant volunteer community.

Sarah Molnar
Foundation 61 - House of Hope
Program Coordinator



Inspire Women's Group

Caroline Lytzki

"I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship." – Brene Brown

We continued to hold coffee connect on Saturday mornings and enjoyed some new café locations including Iberia, Orchid & Co, Betty's Laneway & Seasons.

Several of our ladies attended Her Story hosted by Art of The Minds with a focus on conversation around mental health and wellbeing. It was decided that our Inspire Art & Personal Development had reached a turning point, and we made the decision to put the group on hold for a season in the first half of this year. We thank Jo and Debbie who continued to facilitate and support the ladies who were part of this group. A regular weekly coffee connect begun in its place on Tuesday mornings at Betty's Laneway in Newcomb.

Our ladies again participated in our annual retreat at Burnside Camp in Anglesea (Sept 23) and these weekends are always a great way to connect and share in a time of personal growth and learning. Our theme was taken from Philippians 4:8 - "Finally, sisters, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." We welcomed back Jules Haddock as our speaker along with Beck Rowse on the Saturday evening.

We enjoyed our annual Inspire break up at the House of Hope with a stunning Christmas ornament gifted to all our ladies along with a delicious morning tea to celebrate another great year of community, connection and conversation.

Caroline Lytzki
Inspire - coordinator



Sponsorship And Fundraising Report

Neil Loxton

Foundation 61 has once again been able to provide residential services to those seeking assistance with life controlling issues during the 23/24 financial year because of the continued generosity of our local community, individual sponsors and philanthropic organisations. Donations received during this period have been particularly welcome due to the increased pressure placed upon our resources to complete the construction of our women and women with children's residential rehabilitation facility, The House of Hope, that was officially opened in May of this year.

Special mention should be made to recognise the long-term visionary support that Foundation 61 has received from the Anthony Costa Foundation that recognises the operational needs of a charitable organisation such as ours and also for the support of our operations by the Percy Baxter Charitable Trust and the Geelong Community Foundation.

We thank all who have given generously this year and would particularly acknowledge the donations from the following supporters:

Anthony Costa Foundation
Percy Baxter Charitable Trust
Geelong Community Foundation
Dawn Wade Foundation
Drakensberg Trust
Bill Trengrove and Family
Benefit Geelong
Kipra Health
Arts of the Minds
Geelong Citrus Packers
Taking Care Mobile Massage
Lifestyle Fires
Kardinia Missions
Derham Transport

We would also recognise the contributions of individuals, families and businesses that have also generously donated this year.

We thank all of our partners and look forward with renewed confidence to the continuation and strengthening of our relationships

Neil Loxton
Fundraising



Ken's Story

I was brought up in a small country town near Ballarat, on a farm with my Mum, Dad, and three siblings. At 15, I left school to become a mechanic. Not long after, I met a girl with whom I had a daughter. Life felt great for me at that point, but I was still drinking. When my daughter was three months old, we split up because of my alcohol use and my verbally abusive behaviour. I was devastated and tried reaching out to her while I was drunk, which led to the police arresting me. The next time I went back, I found out she had packed up and left Victoria, and I never saw them again. For 10 years, I tried to reconnect but had no luck, and my drinking got progressively worse. During this time, I met Roslyn. We were together for 22 years and had a son, Ethan. While I was with Ros, I was still drinking and smoking, but I managed to keep my life together. Despite my substance use, we had a happy relationship. In 2015, Ros was diagnosed with cancer. After a short battle, she passed away two days after my birthday in 2016. To put it bluntly, this destroyed me. I began drinking heavily and doing drugs. This went on for eight years. During this time, I attempted to take my own life multiple times. I don't know how to explain it, but I felt like God didn't want me to go yet.

Then I found Foundation 61. It made me open my eyes and wake up to myself. I realised how foolish I'd been. Through the program I began going to church every Sunday, and from the moment I walked in, I knew I needed Jesus in my life. I had been to Sunday School as a child, but faith had faded from my life. Now, I'm learning more and more each day about what it means to be a Christian.

Recently, at Foundation 61, I had a medical episode where I lost consciousness and had to be connected to a defibrillator. One of the support workers, Ray, brought me back, and something shifted in me. Since then, I've appreciated life more deeply, and my faith has become stronger than ever. I decided to get baptised because I want to become a new person and wash away the old Ken. I want a chance at a new life and to show everyone what my faith means to me.

Shared with permission OneHope Baptist Church



Chairpersons Report

Colin Bell

It is exciting to write this report on behalf of a Foundation that provides rehabilitation services for men and women in the Geelong community.

Alongside provision of rehabilitation services for over 40 men at Restoration House, in 2024 the doors of the House of Hope opened to provide rehabilitation services for women. Providing services for men and women is the realisation of a long-held dream of founders, Rob and Caroline Lytzki and is the fulfilment of much planning and preparation by Foundation 61 staff, volunteers and supporters. Most importantly, the opening of the House of Hope means women in the Geelong community have somewhere safe to receive the care and support they need on their recovery journeys.

The expansion of services provided by Foundation 61 has been accompanied by changes in membership of the Committee of Management. After 15 years of service husband and wife team, Hal Bisset and Kaye Ward-Bisset stepped down from their roles on the Committee of Management. Hal was deputy- chairperson, after many years in the chair role himself. Over the last few years, he played a vital role supporting construction of the House of Hope and he managed our relationship with the Department of Infrastructure, Transport, Regional Development, Communications and the Arts who provided the initial funding of \$1.5 million for the build. Kaye provided invaluable human resource and mentoring support for staff ensuring we are compliant with employment regulations and achieving duty of care. She also provided training and support for volunteers in the lead up to the House of Hope opening. Together they were also behind the strengths-based service model we use at the House of Hope. We miss their experience, wisdom and humble service on the Committee.



Chairpersons Report “Cont.”

Colin Bell

Alexandra Johnson also stepped down from the Committee to focus on her young family. Alex provided practical, straightforward and sensible input at our meetings and we wouldn't have made it through the owner-builder process and met our compliance requirements at the House of Hope without her building management skills and patience. I appreciated her willingness to pick up tasks, big or small and get them done over a time of substantial change. The departure of these members means we are actively recruiting new members, particularly women. Sincere thanks to Brenda Lyons and Neil Loxston for their stellar contributions to accounting and fundraising for Foundation 61 on the committee and for giving in many other ways.

The opening of the House of Hope has taken a weight off CEO Rob's shoulders, and he is looking younger than he has in years. It has been amazing to see Caroline step seamlessly into the Program Manager role at the House of Hope and I look forward to seeing her excel. Rob and Caroline have moved into a unit at the House of Hope to provide onsite caretaking and security. Thank you both for your service, leadership and vision. Steve Brown, embarked on an exciting new role as lead pastor at Torquay Christian Fellowship this year. We are blessed to have Steve still working with us a couple of days a week at Restoration House and my thanks to Frank Haslett and Ray Mirams who have ably taken on additional responsibilities to accommodate this change. My thanks also to Dean Ballantyne for his faithful service at Restoration House and who is taking a well-earned leave of absence this year. At the House of Hope, we welcomed several brand-new staff this year. Sarah, Lena, Sam, Jules, and Leila, welcome to the team and enjoy your busy but exciting and vibrant days at Foundation 61.

In 2025, we look forward to the House of Hope, Restoration House and Foundation 61 operating at full capacity. As always, the service Foundation 61 provides will depend on the time and money of the Geelong community and we look forward to partnering with you.

Colin Bell

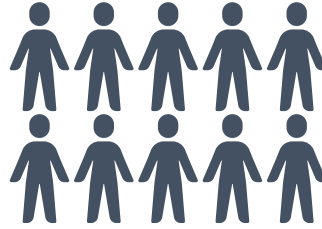


2023 - 2024 STATS

FINACIAL YEAR	2020 2021	2021 2022	2022 2023	2023 2024
Referrals to foundation 61	360	286	319	390
Bed capacity	15	15	15	15
Participants entering rehabilitations	49	49	49	47
Age of participants				
18 - 29 years	10	11	11	8
30 -39 years	21	19	14	13
40 plus years	18	19	24	26
Case plans developed with participants	49	49	49	47
Participants exiting rehabilitation	50	59	42	47
Unplanned exits	7	9	11	13
Planned exits	43	50	31	34
Continuing in Program	13	3	10	10
Participants entering transition house	7	7	4	5
Participants exiting transition house	8	7	6	3
Total number of resident in transition house	3	3	1	3

2023 - 2024 Stats at a glance

Restoration House / Men

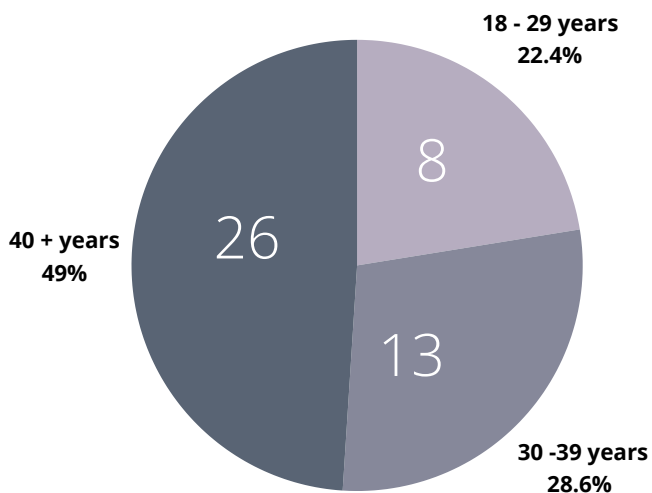


Referrals to Foundation 61
2023 -2024
390



Bed Capacity
2023 -2024
15

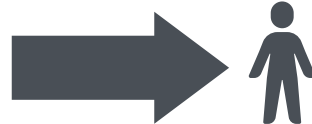
Ages of Participants
2023 -2024



Participants Entering
Program
2023 -2024
47



Case Plans Developed
With Participants
2023 -2024
47



Participants Exiting
Program
2023 -2024
47



Planned Exits From
Program
2023 -2024
34



Unplanned Exits From
Program
2023 -2024
13



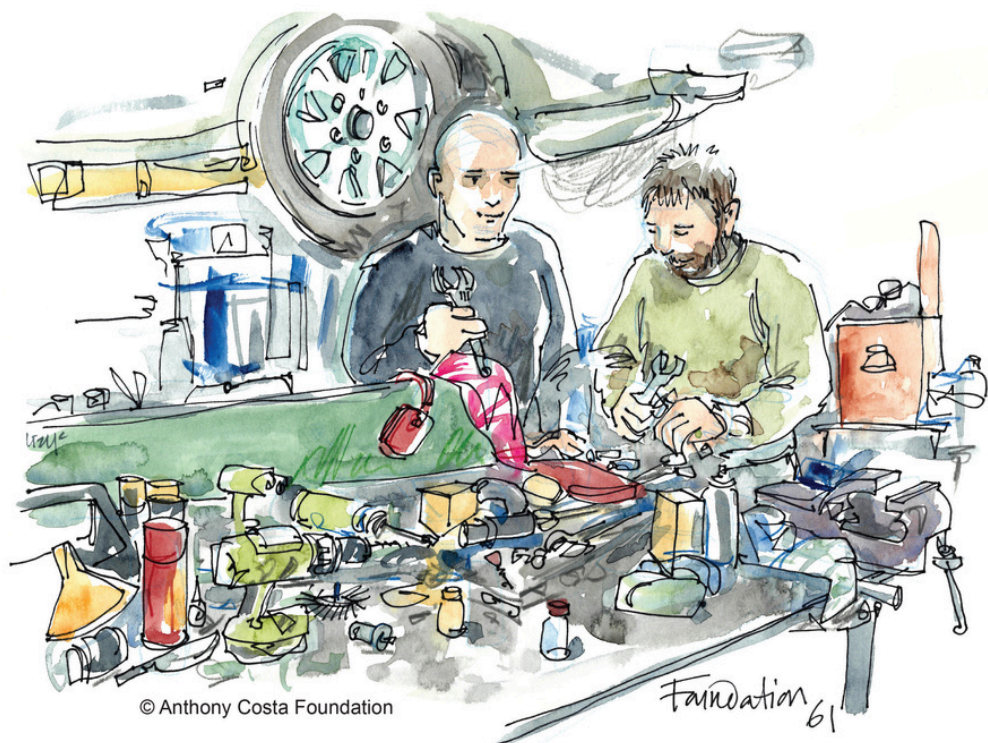
Continuing In Program
Program
2023 -2024
10



2023 - 2024 Financial Statements



Images are part of The Everyday Moments Make a Difference Project
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Dawn Wade Foundation



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