



i.am

your Mt Druitt team

October 2023



*Treat yourself
with the same
affection your
dog has for
you.*



Hello, i.am Tim

I am the Team Leader for the i.am program in the Blacktown area. I have five years of experience working with people experiencing mental distress, and I am currently studying Psychology at university.

Having my own lived experience is what led me to work in this field and in particular, the i.am program. I'm passionate about providing person-centred and recovery-orientated support to those with similar experiences.

I have been playing drums all my life and I love both playing and listening to music. Besides music, I enjoy camping, practicing martial arts, and playing card games in my free time. Recently, I adopted a dog named Ernie, which has been an awesome experience.

Hello, i.am Kalei

I am one of the Champions with the i.am Western Sydney Team.

I have an unwavering passion for the wellbeing of young people. I am fueled by a commitment to person-centred care, recovery-oriented work, human rights, compassion, and empathy.

I draw on my own personal journey through distress and utilise that lived experience to connect and support children and young people, doing my best to light up the path to recovery and resilience.

I'm a lover of video games, animals and embroidery. But what truly drives me is the joy of helping others. Whether it's conquering virtual worlds, creating with thread, or lending a hand, I find happiness in the mix of it all.



"Recovery is not one and done. It is a lifelong journey that takes place one day, one step at a time."



Hello, i.am Matt

My name is Matt, and I am a Children and Young Person Champion (CYPC) with the i.am program at Mount Druit.

I have a background in Mental Health and Youth Work and hope to continue helping children, and young people overcome their mental health difficulties for many years to come.

In my spare time, you can find me spending time with my family, taking care of my many animals, or producing and editing my very own mental health podcast.



Hello, i.am Maddie,

I like to get to know all kinds of people, focusing on the person and their needs and encouraging them to break down things into manageable tasks to achieve goals and get to where they want to be in their lives.

I like to use my lived experience to help others through their own recovery journey. I like being outside, but also like cooking and watching TV and movies.

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Hello, i.am Shayleigh,

I have worked in the mental health sector for the past three years and it has been my passion ever since.

I am also currently finishing my Social Science (Psychology and Criminology) degree and will use the skills learnt at Uni to assist young people to advocate for themselves and to encompass a resilient toolbox for their own.

I will also tap into my own recovery approach that I have used throughout my life and tailor it to young people in the program.

In my spare time, I like to walk my dog Makarov and go for long drives to quirky places in Sydney. I also enjoy spending time with family at the beach or travelling.



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i.am

talk with us

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