



i.am

your Tamworth team

June 2022



*"Strength grows
in the moments
when you think
you can't go on,
but you keep
going anyway."*

Hello, i.am Matthew

I am a Child and Young Person Champion for i.am in the program in the Tamworth LGA.

I am a dedicated youth worker who is passionate about helping young people from all different backgrounds. I feel extremely fortunate to be able to share my mental health story and help others in sharing theirs, by providing a safe and respected place for young people to do so.

I have grown up in Brisbane and moved to NSW a year and a half ago where I started working in Out of Home Care then progressed into the Mental Health space with i.am. My dream career is to be a Social Worker.

Outside of work, I spend my time with my family, walking my dog, in the kitchen baking or out in the garden.

Hello, i.am Cas

I am one of the Child and Youth Champions in Tamworth. I am originally from Central West NSW and moved to Tamworth about 12 years ago with my 4 children.

I started working with young people 10+ years ago as a Teachers Aide in both primary and secondary education. I began working in the aged care/disability sector when I moved here to Tamworth and then eventually went into the community services industry.

I have lived experience as a carer and enjoy walking beside people on their healing journey. I love listening to the stories of where they have been and where they would like to go. I believe with some encouragement, we can achieve whatever it is we set our mind on.



"Don't look to the future, don't dwell on the past... Be present in the moment"



"You don't just wake up and become the butterfly. Growth is a process."

Hello, i.am Caitlin

I have just moved to Tamworth from the Central Coast to work as a Child and Young Person Champion. I have always lived by the beach, so Tamworth is a big change for me.

I love drawing, painting, and anything creative. I will paint anything from a canvas to my fridge in the kitchen (it's pink). I am passionate about engaging with people and I am so excited to be working with the i.am program. I hope to encourage young people to explore their creativity. I have a cat, Barbaranne, and an axolotl, Aristotle, who are also moving to Tamworth with me.

I am currently completing my Bachelor of Social work and would love to continue exploring art therapy as I move through my career.

Hello, i.am Nicholas

I am a Child and Young Person Champion for i.am in the program in the Tamworth LGA.

I began working with young people 5 years ago as a boarding staff member at a school in Armidale which gave me a unique experience when working with young people as I was around them 24/7.

I grew up in Wagga Wagga and moved to Armidale in 2015 to complete my university studies then moved to Tamworth, so I have spent all my life in the country. When not at work I enjoy playing Rugby and Water Polo and video games.

Mental Health and Wellbeing has had a big impact on my life and I feel honoured to share my experiences in order help young people with their experience.



"You should enjoy the little detours to the fullest. Because that's where you'll find the things more important than what you want"

Hello, i.am Steph

I am the Clinical Advisor with the i.am teams in Tamworth and Coffs Harbour. I work behind the scenes at the i.am program to assist the Team Leaders and Champions to work with young people to find the right support when they are needing a little extra help.

I am an occupational therapist and counsellor with over 10 years experience in working with children, young people and families in community settings, and I have lived and worked in regional communities throughout my career. I am privileged to be part of the journey towards wellness for each young person in the i.am program, and I hold so much hope for the future for every young person who we work with.



"If the version of you from five years ago could see you right now, they'd be so proud. Keep going"

Hello, i.am Meg

I'm the Team Leader of the i.am program in Tamworth. I was excited to be a part of the i.am program when it started here in Tamworth. This is such a unique program that has been designed with Young People to ensure that you are the focus of your own recovery Journey.

When I am not at the office you will find me outside enjoying what is left of the sunshine. I enjoy most sports but have played both hockey and cricket.

I have worked in community services for a lot of years now. I have so much passion for helping and supporting people to reach their own potential. When someone see's and believes in themselves it reminds me of why I ended up working with people. Life is tough and being able to share our experiences in a positive way with young people makes each day worthwhile.



"Strive to be the best you everyday! You deserve it!"



i.am

talk with us

P: 1300 426 4373 (1300 I AM HERE)

E: iam@newhorizons.org.au

W: iam.liveshere.org.au