



2024 IMPACT REPORT



Impact: At A Glance

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About

WHY WE EXIST

66% of young people aged 10-17 who are released from sentenced detention return within 6 months and 85% within 12 months of their release¹In NSW, the cost of housing a young person in detention is \$2,748.96 per day which is over \$1 million per young person per year²

Young people in detention often face deep trauma, come from unstable family backgrounds, and lack educational opportunities. This contributes to feelings of disillusionment and intimidation, fueling a cycle of reoffending. We are committed to breaking this cycle, reducing reoffending rates, and ultimately saving government costs—funds we hope can be reinvested into communities that need them most.

VISION

To create more supportive and integrated communities where all are fit, well and have equal opportunities.

OUR OUTCOMES

We aim to support at-risk, currently or recently incarcerated young people develop a positive attitude and mindset around the value of their life, by focussing mentoring sessions around employment, mental wellbeing, fitness and education. We hope that our work creates supportive and safe communities for all, shifting perspectives and increasing education around prison reform and experiences.

HOW WE DO IT

We deliver bespoke programs within Youth Justice Centres across NSW during school terms, where we deliver a one hour fitness program followed by a one hour mentoring session. The mentoring session follows our 'G-Code' which has different themes each week including; self belief, importance of employment, education, and more. We have created a network of continuous support post-release and run in-community fitness programs where young people we've worked with can find a sense of belonging and purpose.

¹ Australian Institute of Health and Welfare (2021-22) *Young People returning to Youth Justice Supervision*
² Parliament of NSW (2021-22) *Youth Justice - average cost per day- Custody in Youth Justice Centre*

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Young People

This data is drawn from our programs within Youth Justice Facilities, schools, and our outreach initiatives. Generally we, offer 2-hour sessions that include a fitness workout, followed by a mentoring segment focused on a specific theme or concept led by our mentors. Topics under the G-Code include gratitude, goals and grounded. We aim for the young people to develop improved wellbeing and increased readiness for their futures.

We engaged over

232

young people across
all our programs

We held

134

sessions across the
year

An average of

10

young people attended
each session

“Confit has helped me believe in myself. It has helped me become more future focussed. Overall Confit has changed my life.”

The following data is based off a Likert scale of 1-5 (with 5 being strongly agree) and the results reflect if the respondent selected ‘agree’ or ‘strongly agree’.

90%

rated their experience as ‘Excellent’

90%

feel more confident

100%

feel more hopeful about their
future

90%

want to get involved in
opportunities in their community

“Gives me something to look forward to on a Monday. Confit gets me thinking about my future in a more positive way.”

“I felt like I have become a better person.”

“Confit is good. All the boys love it. I have learnt lots about gratitude, self-worth and fitness. All the guys at Confit are great people.”

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Mentors

All of our mentors have firsthand experience with incarceration, and we believe this is one of our greatest strengths. Their lived experience fosters deep understanding and trust, creating a meaningful connection between mentor and young person. Through Confit Pathways, we show both the youth we serve and the wider community that personal reform and a fulfilling life are not only possible but achievable after incarceration.

We employed

7

who have lived experience of incarceration

Our mentors spent over

320

hours with the young people

80%

rated their experience working for Confit as 'Good' or 'Excellent'

“Confit gives me a sense of purpose .”

The following data is based off a Likert scale of 1-5 (with 5 being strongly agree) and the results reflect if the respondent selected 'agree' or 'strongly agree'.

80%

witnessed positive impacts from the programs on the young people

100%

feel a sense of belonging with Confit Pathways

100%

feel proud of the work they did

80%

witnessed the young people develop more self-belief

Observations



IMPACT 2024

“The biggest impact I see on the young people that I work with is their vision and plans of their future. That they believe in achieving something that's so much greater than themselves.”

“I’ve noticed changes on how they speak to themselves, how they speak to us and how they integrate with staff members. [They] that are willing to listen... They have more of a voice.”

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Justice Centres

Our relationships with Youth Justice Centres are one of the cornerstones of our organisation. We prioritise building and maintaining positive connections with these centres, not only to demonstrate healthy adult relationships to the young people, but also to ensure the continued success and growth of our future programs. We ran our programs across 4 different centres in NSW and ACT.

An average of

8/10

staff members rated
our programs as
'Good'



“I believe it resonates well with the boys, as it comes from people who truly understand and have been through it themselves, rather than just talking or making assumptions.”

The following data is based off a Likert scale of 1-5 (with 5 being strongly agree) and the results reflect if the respondent selected 'agree' or 'strongly agree'.

80%

agreed that the positive impact on the young people was profound

80%

stated that Confit Pathways offers a unique program

80%

agreed that Confit Pathways delivered a high quality program

Thank you to our funders



For more info

<https://confitpathways.org>