CARNELIAN FOUNDATION

2026 Impact Report

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Message from Managing Director

When I started Carnelian Foundation in 2024, I set out to support local families and the incredible activity providers in our area. What we've built since has been something bigger: a genuine partnership, and a real sense of community.

For us, community isn't just something you see. It's something you feel. It's something we work towards every day, by being a good community member ourselves and by offering families practical support that can change a child's everyday. A place on a footy team, a karate class, a music lesson. Small things that add up to belonging, confidence and joy.

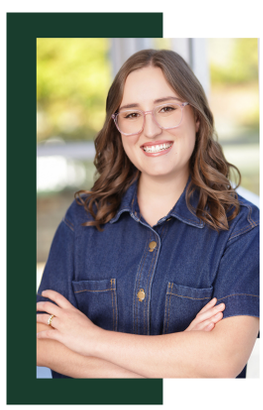
The newscycle today can feel relentless. Some days it seems like the world is ending, and good stories are hard to find. But in our work, we're lucky. We get to see the good up close: a nervous child walking into their first session, a parent's relief, a kid who finally feels like they fit somewhere. We get to help renew someone's sense of hope.

None of it happens without you. To our funders, our delivery partners, the professionals who connect us with families, and everyone who has backed us along the way: thank you. This report is a compilation showing why our work matters, and what we have been able to achieve.

Here's to many more good news stories, together.

Emi Hall

Founder and Managing Director



About us

Carnelian Foundation was founded in 2024. We saw a practical gap in the sector and set out to fill it.

Crisis services play a vital role in keeping families safe. But children also need support to keep doing the things that help them grow. That is where we come in.

We provide scholarships to children who have been impacted by family violence. These scholarships help them access positive programs such as music, sport and drama. These activities build confidence, skills and friendships. They give children a sense of normality. They also offer a safe space to simply be a child.

We do not deliver crisis intervention. Instead, we complement the frontline providers who do. Our role is to support what happens next.

We work closely with activity providers. This ensures children do not lose continuity when their circumstances change. A child who loves football or piano can keep going. That consistency matters when so much else feels uncertain.

We also work with families who are in the rebuilding phase. We walk alongside them as they find their feet. Our goal is simple. We want every child to feel settled, supported and able to thrive.

Theory of Change

How our work helps children affected by family violence thrive

1 The problem — Family violence disrupts children's futures

1 in 4
children are affected by family violence

This limits their potential and continues cycles of disadvantage.

Children don't have to see the violence to be affected by it. It often disrupts their education, causes emotional trauma, and cuts off access to basic resources and enrichment opportunities.

Children are incredibly resilient, but those exposed to family violence are more likely to:

- suffer from depression
- be homeless
- abuse drugs and alcohol
- engage in risky behaviour
- experience or use violence and control in relationships

2 What we do — Three programs working together

Empowering Futures Scholarship

- Funds school fees, tutoring, uniforms, equipment and extracurricular programs

Two rounds a year; continuing students can apply any time.

Uplift Fund

- Rapid-response funding for essential needs like clothing, hygiene and tech
- For children who have received a scholarship

Community and Advocacy

- Partnerships with schools and frontline services
- Programs that are trauma-informed and culturally safe
- Advocating for policy that protects and empowers children

3 The change we expect — Outcomes over time

SHORT TERM — Stability

- Children receive essential items for stability and dignity
- Children can access school, tutoring and extracurriculars
- Families feel supported and connected

MEDIUM TERM — Growth

- Better school attendance and engagement
- Stronger emotional and social resilience
- Confidence, skills and support networks through extracurriculars

LONG TERM — Thriving

- Higher educational attainment
- Less vulnerability to intergenerational trauma
- Children grow into thriving, contributing members of society

OUR LONG-TERM IMPACT

A compassionate community where every child affected by family violence and mental health challenges is empowered to thrive through education, community and positive programs.

Children as Victims of Domestic Violence

Scale and Context

Domestic and family violence is an epidemic and children are present in a substantial share of it. Queensland Audit Office analysis of police data found that between 2016 and 2022, children were involved in 31.7% of all reported DFV occurrences in the state, and the true figure is likely higher, since this only counts incidents that came to police attention (Queensland Audit Office, 2022). Despite this scale of exposure, the same analysis found that most children involved in a DFV occurrence, more than 200,000 between 2016 and 2022, were not formally recognised as a victim, perpetrator or witness, meaning they were less likely to be identified for support (Queensland Audit Office, 2022). Queensland's own family violence legislation explicitly recognises this vulnerability, stating that children exposed to domestic violence can experience serious physical, psychological and emotional harm (Queensland Audit Office, 2022).

The broader crime statistics tell a similar story. In 2022-23, more than half (50.1%) of all assaults recorded in Queensland were identified as family and domestic violence assaults (Queensland Health, 2024). Queensland Family and Child Commission reporting on the Australian Child Maltreatment Study found that almost two-thirds (62.2%) of young Australians had experienced abuse, neglect, or exposure to domestic violence before turning 18, and exposure to domestic violence was the single most common form of maltreatment reported, affecting 39.6% of participants (Queensland Family and Child Commission, 2023). In 2021-22, Queensland's Child Safety system received over 32,000 notifications involving more than 28,500 children and young people, of whom 3,828 were assessed as having suffered, or being at unacceptable risk of, significant harm (Queensland Family and Child Commission, 2023). National data reinforces this picture: research drawing on the Australian Child Maltreatment Study found that around two in five (40%) young Australians report having been exposed to domestic violence during childhood (Mathews et al., 2023).

Impact on Child Development and Wellbeing

Exposure to domestic violence is not a passive experience for a child. It actively shapes developing brains, bodies and behaviour.

Mental and emotional health

Comparative research shows children who witness domestic violence display markedly higher rates of clinically significant difficulty than non-exposed peers: elevated emotional symptoms (43% vs 15%), conduct problems (39% vs 12%), hyperactivity (32% vs 11%) and peer relationship difficulties (31% vs 9%), with exposed children roughly twice as likely to score in the range indicating a diagnosable mental health condition (Oluwajobi et al., 2024). Children exposed to multiple forms of abuse alongside DFV (verbal, emotional, physical, neglect) show worse mental health outcomes than those exposed to a single form (Oluwajobi et al., 2024).

The Australian Institute of Health and Welfare's most recent burden-of-disease modelling found that if no child had experienced abuse and neglect (including DFV exposure), the national burden of anxiety disorders would fall by 27%, depressive disorders by around 20%, and suicide and self-inflicted injury by around 26% (Australian Institute of Health and Welfare, 2021; Australian Institute of Health and Welfare, 2022). This underscores how much of Australia's youth mental health burden is directly attributable to these experiences.

Developmental and cognitive effects

Emerging clinical literature links DFV exposure to emotional dysregulation, disrupted attachment, poorer engagement in learning, and a stress-sensitised neurobiological system that interferes with children reaching expected developmental milestones (Oluwajobi et al., 2024).

Physical health and behaviour

Exposed children show higher rates of sleep disturbance, and are more likely to display aggressive or destructive behaviour, become socially isolated, or struggle with shame and low self-esteem (Social Science & Medicine, 2026; Volpe, 1996). Boys exposed to abuse in childhood are more likely than girls to externalise this distress through fighting, bullying, or contact with the justice system in adolescence (Office on Women's Health, 2025).

Academic performance

Diminished educational attainment is one of the most consistently reported outcomes associated with exposure to family violence in Australian research, alongside reduced social participation as children move into early adulthood (Australian Institute of Health and Welfare, 2019).

Long-Term Outcomes

The consequences of childhood DFV exposure do not end in childhood. They carry forward into adolescence and adulthood, and can echo into the next generation.

Adolescent and adult mental health trajectories

Longitudinal UK cohort research (Millennium Cohort Study, 15,377 families) found that children exposed to a cluster of parental domestic violence, parental mental ill-health and substance misuse in early childhood followed distinct, worse mental health trajectories from ages 3 to 17 compared with unexposed children (Allen et al., 2024).

Adult relationships and revictimisation

Children exposed to violence in the home have been found to be substantially more likely to experience physical or sexual assault later in life than the general population (Volpe, 1996). Exposure to parent-to-parent violence during childhood has also been shown to significantly increase the likelihood of later becoming a victim of, or using violence within, an adult intimate partnership (Ehrensaft et al., 2003).

Intergenerational transmission

A 20-year prospective study of 543 children found that exposure to domestic violence between parents was among the strongest independent predictors of later perpetrating partner violence as an adult

(Ehrensaft et al., 2003). A recent systematic review and meta-analysis found that children exposed to emotional intimate partner violence were roughly twice as likely to go on to perpetrate the same form of violence in their own adult relationships (Osborne et al., 2025). A 2026 narrative review concluded that childhood exposure to family violence is linked to adult intimate partner violence perpetration through behavioural, emotional and cognitive pathways, consistent with social learning theory and the adverse childhood experiences (ACEs) framework (Yang et al., 2026).

Long-term physical health

Childhood domestic violence exposure is also associated with adult physical health conditions, including higher rates of chronic pain and other stress-related conditions, consistent with the broader adverse childhood experiences (ACEs) literature linking early trauma to long-term health outcomes (European Journal of Psychotraumatology, 2023).

Early Intervention

The theoretical and practical case

Because adjustment difficulties, particularly behavioural problems, that emerge during childhood and adolescence are understood to mediate negative outcomes in adulthood, researchers argue it is critical to intervene during childhood to reduce the risk of harm compounding into adolescence and adulthood (Howarth et al., 2016).

What the intervention evidence shows

The evidence base for what works is still developing. A rapid evidence review found that structured group-based psychoeducational interventions delivered to children were more effective at improving mental health outcomes than other intervention types, while interventions delivered in parallel to both children and non-abusive parents were most likely to improve behavioural outcomes (Howarth et al., 2016). An evaluation of a UK community-based early help service found that children, mothers and service providers all reported a perceived need for early help and a positive impact on children's emotional wellbeing and health from receiving it, even though rigorous experimental evidence such as randomised controlled trials remains rare in this field (McCarry et al., 2021). Reviewers note directly that early intervention responses to domestic violence are relatively new and that research on their effectiveness is still limited (McCarry et al., 2021); nonetheless, early intervention is consistently viewed as essential and beneficial by children, mothers and service providers themselves, even where formal effectiveness evidence is still catching up (McCarry et al., 2021). What is critical for effectiveness is a service's ability to flex its delivery to a family's particular needs, alongside consistency, confidentiality and trust in the relationship between a family and the person supporting them (McCarry et al., 2021).

The case for acting now

Taken together, the research supports a clear and cautious conclusion. DFV exposure is common. Its harms to children's mental health, development and behaviour are well documented, and left unaddressed these harms compound over the life course and can be transmitted to the next generation. While the evidence

base on precisely which interventions work best is still maturing, the direction of the research consistently favours acting early, before difficulties become entrenched, rather than waiting until children reach crisis point or enter statutory child protection systems. This is the foundation on which Carnelian Foundation's program is built.

Our Approach

Sport and physical activity

Physical activity supports the trauma-exposed brain directly. A 2025 neuroimaging study found that physical activity acts as a biological regulator. It shifts the brain from a state of trauma-related vulnerability toward a more stable configuration suited to handling stress (Neuroscience News, 2025).

Community sport settings add a social layer to this benefit. Researchers argue that community environments, including sports clubs, support recovery for children who have experienced trauma (Trauma-Informed Practice in Physical Activity Programs for Young People, 2024). A 2024 systematic review of trauma-informed physical activity programs found that most of the programs studied led to positive social, emotional, behavioural, and academic outcomes for children and adolescents (Trauma-Informed Practice in Physical Activity Programs for Young People, 2024). The review also identified what makes these programs work. Effective programs build strong adult-child relationships, teach children self-regulation skills, and encourage coping and goal-directed behaviour (Trauma-Informed Practice in Physical Activity Programs for Young People, 2024).

Music

Music therapy has a growing evidence base in trauma recovery. A qualitative systematic review of music therapy with adolescents and young adults found that it promotes self-expression, rebuilds self-esteem, strengthens social bonds, reduces anxiety symptoms, and builds emotional resilience (Suzuki et al., 2025). The review linked these effects to what researchers call post-traumatic growth (Suzuki et al., 2025).

Structured musical activity appears to work by giving children a sense of control. A study of music therapists working with children under sustained threat found that the repetitive, rhythmic structure of songs helps create a sense of control, and that songs let children represent a traumatic experience while also carrying messages of strength and agency (Bensimon, Nordic Journal of Music Therapy, 2020). A separate pilot study with refugee children in Lebanon found music therapy was effective in lowering anxiety and strengthening self-esteem and a sense of agency, supporting the development of resilience (Parker et al., 2023).

Drama

Drama offers similar benefits through a different route: performance and role play. A 2025 study of school holiday drama workshops found that improvements in self-efficacy were linked to improvements in mental health and wellbeing (Full article: mental health and wellbeing outcomes for young people, 2025). The researchers concluded that drama workshops can act as effective, non-stigmatising interventions that support mental health and personal growth in young people (Full article:

mental health and wellbeing outcomes for young people, 2025).

This sits within a wider evidence base for the arts. The same study cites reviews finding that arts participation, including drama, music, dance, and visual arts, is linked to better academic motivation, classroom engagement, self-esteem, and life satisfaction in young people, and that arts activities are connected to improved resilience and mental wellbeing in children (Full article: mental health and wellbeing outcomes for young people, 2025).

The common thread

Three themes run across all of this research. First, structure matters. Predictable routines, whether a training session, a song, or a script, give children a sense of safety and control (Trauma-Informed Practice in Physical Activity Programs for Young People, 2024; Bensimon, Nordic Journal of Music Therapy, 2020). Second, relationships matter. Coaches, music therapists, and drama facilitators all provide consistent, trusted adult contact (Trauma-Informed Practice in Physical Activity Programs for Young People, 2024). Third, agency matters. Each activity gives a child a chance to make choices, take small risks, and succeed on their own terms (Suzuki et al., 2025; Full article: mental health and wellbeing outcomes for young people, 2025). This is the foundation Carnelian's programs are built on.

How Our Activities Are Designed Around This Connection

Carnelian's Empowering Futures Scholarship model puts this evidence into practice. It provides funding of up to $500 per child, directed toward activities that build connection and community. These include sport, music, drama, and art lessons.

The model reflects the evidence base in three ways.

Referral through a trusted professional. Applications are made together with a supporting professional, such as a social worker, psychologist, GP, principal, or counsellor. This mirrors the research finding that trauma recovery works best when a trusted adult relationship is already in place (Trauma-Informed Practice in Physical Activity Programs for Young People, 2024). It also means funding reaches children who are already known to a support system, not children applying in isolation.

Choice of activity. Children are not placed into a single prescribed program. They can choose sport, music, drama, or art. This lets each child find the outlet that suits them. It builds the sense of agency the research links to resilience (Suzuki et al., 2025; Full article: mental health and wellbeing outcomes for young people, 2025).

Removing the financial barrier. Cost is often the reason a child cannot take part in these activities at all. By covering fees and related costs, we remove that barrier. This turns evidence-based recovery pathways into something a family affected by violence or mental health challenges can actually access.

Working in Partnership

Who We Partner With

Carnelian Foundation is proudly supported by Small Steps 4 Hannah, established in memory of Hannah Clarke and her children Aaliyah, Laianah and Trey. Together, we reach more children in our community.

Our scholarships are funded by B&T Advisory, LEAD Childcare, Carbon Group, Austbrokers Comsure, 4Front, NGU Real Estate Logan, Remy's Real Estate, Councillors Lucy Collier and Ryan Murphy, Kye Morrison (Ray White West End) and Kimball Andrews (Nova Cash Flow Finance).

Delivering Alongside the Community

Funding is half the picture. The other half is our delivery partners: Pacific Golf Club, Metropolitan Touch Football Association, Lemonade Kids, Brisbane Karate and Frontier Studios. They welcome each child, teach them a skill and help them belong. We couldn't do this without them.

By Community, For Community

Local businesses fund the scholarships. Local providers run the activities. Local professionals identify the children who need support. Every part of our model is built and run by the community it serves.

Program Impact

Reach

In 2026, Carnelian Foundation provided 22 scholarships across ten activities: Karate, Gymnastics, Tennis, Swimming, Music, Art Therapy, Water Polo, Parkour, Touch Football, and Soccer.

Alongside this, children were invited to complete a short wellbeing survey before starting their activity, and again after some time in the program. This gives us a way to track change over time, not just a snapshot at one point.

Outcomes

The survey asks three questions on a four-point scale, from "a little of the time" through to "all of the time":

- Do you feel like you belong and are included where you spend your time?
- Do you usually feel happy, calm, or okay about your life?
- Do you feel like there is at least one person you can talk to if you are worried or upset?

Sense of belonging and general happiness held broadly steady between the start and end of an activity. This is a positive result. Many of the children surveyed were already continuing in an activity that was giving them a source of belonging and happiness, rather than starting something new. For a child brand new to an activity, we would expect to see these scores rise over time, as the activity becomes a more established part of their life. For a child already settled into that activity, holding steady at a positive level shows the activity

is continuing to do its job. It is protecting an existing source of belonging and happiness, not just building a new one.

The most notable shift is in the third measure. Post-activity, children were more likely to report having someone they could talk to if they were worried or upset. This moved from an average around "some of the time" before the activity, to closer to "most of the time" afterwards. This is a meaningful result. It suggests that beyond the physical or creative skill being learned, these programs are building a relationship a child can lean on, whether that is a coach, a teacher, or another trusted adult connected to the activity.

What the Children Told Us

Several children described the emotional regulation benefit directly. One child, reflecting on a combat sport activity, described feeling calmer after physical exertion, and spoke positively about the coaches and the structure of the session.

Children receiving scholarships for individual sports, including Karate and Tennis, described the activity helping them feel like they belong and boosting their confidence. This kind of language, belonging and confidence, echoes exactly what the wellbeing framework is designed to measure.

One parent reflected on the impact from their own perspective, noting that seeing their children included and engaged in something that makes them happy, in turn, makes the parent happy too. This is a reminder that the benefit of these programs is not confined to the child alone. It extends to the wider family.

"I like playing games and on the equipment because it makes me feel happy, I like the coaches, some of the kids I'm okay with, I feel calmer after I punch stuff during boxing"

What our children are excited about



Looking Ahead

In 2027, Carnelian Foundation has capacity to support 60 scholarships. Each scholarship is a chance for a child to learn, grow and thrive. We are proud of what we have achieved together. We are excited about what comes next.

Family violence affects too many children and families. Its impact can last for years. Our program offers stability and hope. It helps children build a brighter future.

We cannot do this work alone. Our community makes every scholarship possible. Your support opens doors for children who need it most. Thank you for supporting us on this journey.

We look forward to continuing this journey together in 2027.


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NGU
never give up
REAL ESTATE


FRONTIER STUDIOS


Lord Mayor's Community Fund
PRESENTED TO EMI HALL
CARNELIAN FOUNDATION
DATE 3/6/2026
$ 500 00
SUM FIVE HUNDRED DOLLARS
Cr Ryan Murphy




PACIFIC
GOLF CLUB

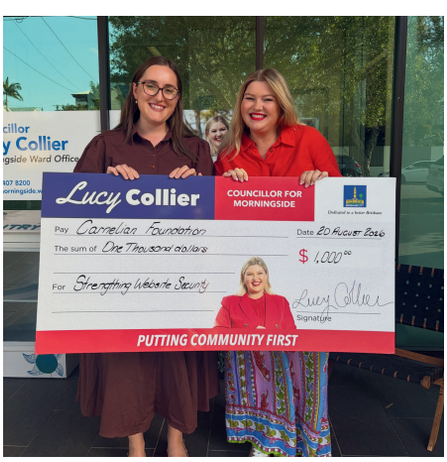

4FRONT




remy's


Folk




Lucy Collier
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Signature
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