



Mental
Health
Association of
Central
Australia



annual report 2008-2009





Mental Health Association of Central Australia

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mhaca staff ...

@ 30 June 2009

General Manager, Claudia Manu-Preston

Administrator, Sue Coombs

Administration Assistant, Emily Harrison

Services Manager, Rangi Ponga

Pathways Support Officer, Joanne Ruby

Pathways Support Officer, Donna Ormsby

Pathways Support Officer, Christine Boocock (Felix Meyer)

Prevention & Recovery Officer, Danielle Noble

Prevention & Recovery Officer, Bruce Macgregor

D2DL Coordinator, Missa Bolibruck (Carmel Williams)

D2DL/GROW Officer, Sean Broughton-Wright

Life Promotion Manager, Laurencia Grant

Life Promotion Officer, Brian Kennedy

Mental Health Promotion Officer, Tennant Creek, Jay Green

Training & Promotions Officer, Rita Riedel

Casual & Contract Staff: Sharon Sprott, Lynne Kennedy, Joylene Kain



Left: Our staff Christmas Party, December 2008

Below: Staff at our annual planning workshop held on 24-25 February 2009, a good opportunity for strategic planning as well as team-building



who we are ...

The Mental Health Association of Central Australia (MHACA) is a non-profit community-based organisation which formed in October 1992. The Association was formally incorporated in August 1993 with its main objective to improve the services and quality of life for people with a mental illness and those who care for them.

from little things big things grow

The organisation grew from a small group of consumers and carers advocating for improved mental health services, to become a significant non-clinical community-based service provider for the Central Australia region.

MHACA's main programs are: Pathways to Recovery (rehabilitation & outreach support), Prevention & Recovery (short-term intensive support), Day to Day Living in the Community Program (drop-in centre, weekly activities and peer support), Life Promotion Program (suicide prevention), Training and Promotions Program (raising awareness and understanding) and the Housing Support Program (offering secure long-term affordable housing). The Association operates within the Recovery Framework, with a focus on consumer-driven recovery, and the LIFE framework, with a focus on suicide prevention, early intervention and post-vention.



Above: It was a festive day as staff, committee & MHACA members celebrated the milestone launch of our Hartley Street premises on 10 December 2008

Right: Consumers enjoying Yoga for Relaxation with Kalika as part of the D2DL Program

four streams ...

MHACA's work falls into four streams: 1) We provide support to consumers through our program areas in the form of one-on-one work. 2) We run a number of group activities open to consumers of all community and government services. 3) We work toward developing community partnerships and supporting service development work - through advocacy, training, suicide prevention and post-vention work, and the promotion of mental health issues. 4) We tend to the core administration work integral to all our services, comprising of things such as report writing, financial management and evaluation.

client profile ...

An overall total of 98 individual clients were supported over this year: 59.2% have a diagnosed and persistent mental illness. Gender analysis shows 62.2% of our clients are male and 27.8% female, with 24.5% identifying as Aboriginal or Torres Strait Island descent, and 16.3% identifying as people from Cultural and Linguistically Diverse speaking backgrounds. Of these clients 59.2% are co-case-managed with the clinical Central Australian Mental Health Service.

funding ...

MHACA receives most of its funding from the NT Government Department of Health and Community Services to manage and run its range of services. Although each program area has a different role within the continuum of care all services are interdependent.



strategic achievements ...

In line with our Strategic Plan 2008-2011 our achievements for 2008-2009 include:

Quality Service Provision

- ◆ Relocation to new larger premises with provision for a Drop-In Centre, consumer computer room, interview room, board room and outdoor area
- ◆ Provision of support throughout the year to 85 clients on the Pathways to Recovery Program, 23 clients in the Prevention & Recovery Program and 93 participants in the D2DL/GROW program
- ◆ Extended accommodation and interim respite offered under the P&R Program comprising of 2 beds at the Salvation Army Hostel and a 2-bedroom residential property
- ◆ Coordinated Interagency Response after a death by Suicide by LPP as needed
- ◆ Consumer engagement/life skills and socialisation through a diverse range of activities including: yoga, painting, cooking football, cricket, 10-pin bowling, singing, creative writing, mandala drawing, clay animation project and, for the first time, a week-long, consumer-driven holiday to Darwin
- ◆ Joint community programs/activities with the Salvation Army, Reclink, Bindi, Arunda House, Arts Access and the YMCA
- ◆ Combined staff training with clinical services
- ◆ Consortium member of Headspace youth service
- ◆ Purchase of two additional 1-bedroom units for client tenancy



Relocation to new larger office premises has provided for a Drop-In Centre, meeting rooms and bigger outdoor area

Responsive Service Delivery

- ◆ Further expansion of the Day to Day Living Program (D2DL)
- ◆ Development of Consumer Peer Support Model and GROW service
- ◆ Ongoing support for the monthly Consumer Forum meetings and development of a monthly Consumer Action Group to follow up items raised
- ◆ Consumer participation in Peer Support Model development and CAMHS interview panels
- ◆ Consumer involvement in selection process for tenants in MHACA units and replacement staff across a number of program areas
- ◆ Organisation of first long consumer-driven holiday to destination outside Central Australia
- ◆ Participation by two consumers in the 2008 THEMHS conference in New Zealand
- ◆ Ongoing involvement of consumers and carers on the Management Committee
- ◆ High consumer uptake in activities, excursions, camps and training
- ◆ Initiation of Housing & Support Model Project in response to high need for consumer housing
- ◆ Completion of the "We Know Our Strengths" Project with Waltja in three remote communities
- ◆ Review of client assessment processes
- ◆ Research into trial counselling and peer support groups



Further expansion of the D2DL Program has offered a diverse range of regular activities & outings on the monthly calendar

- ◆ Ongoing development of the Indigenous specific training resource “Suicide Story”
- ◆ Introduction of Team Health Carer Respite service delivery to assist remote clients
- ◆ Development of streamlined roster/intake system

Mental Health Awareness

- ◆ Delivery of monthly Mental Health First Aid training courses with an additional ATSI specific MHFA organised for the year ahead
- ◆ Three additional staff members trained as MHFA instructors
- ◆ Ongoing development and delivery of ASIST Training in Alice Springs and Tennant Creek
- ◆ Delivery of SafeTALK – Gove Peninsula in April, CAAAPU in April and May
- ◆ Range of events organised for Mental Health Week
- ◆ Production of 4-monthly newsletter, *inBalance*
- ◆ Information Sharing Forum for the community on two national conferences attended by staff
- ◆ Organisation of two large community forums with interstate and international guest speakers
- ◆ Support for two smaller community talks with interstate guests speaking on their experience of mental illness
- ◆ Mental health training workshops organised
- ◆ Organisation of training workshops for Headspace
- ◆ Promotion of book launch of local resource on schizophrenia
- ◆ Information stalls at Alice Springs Show and Alice Springs High School Health Expo
- ◆ Presentations at conferences, forums, workshops, community agency meetings



Ongoing participation in ReLink activities saw the triumphant & proud win of the B-Grade Cricket finals by the MHACA Nutrackers in 2008

Management & Governance

- ◆ Client file audit undertaken
- ◆ Service development and planning workshops
- ◆ Selection of a new records database with implementation early in the new financial year
- ◆ Ongoing advocacy work
- ◆ Ongoing participation in the Housing Support Program project
- ◆ Application for funding to progress an Indigenous Employment Strategy
- ◆ Ongoing consumer committee member mentoring
- ◆ Governance training for committee members
- ◆ Weekly intake service and supervision
- ◆ Monthly general staff meetings
- ◆ Effective Relationship Building Training with CAMHS clinical service teams
- ◆ Conflict Resolution training through EASA
- ◆ Development & review of new and existing policies
- ◆ Ongoing membership and participation in various committees and groups



At the final workshop of the “We Know Our Strengths Project,” conducted in partnership with Waltja



Undertaking our first long Consumer Holiday to a destination outside Central Australia—up to Darwin



We proudly launched our new larger premises at Hartley Street with special guest Minister Malarndirri McCarthy

management committee ...

2008-09

Many thanks to members of MHACA's Management Committee who have given so generously of their time, knowledge and expertise.

Chairperson, Trish Van Dijk

Deputy Chairperson, Mardijah Simpson

Secretary, Maya Cifali

Treasurer, Allen Cope

Public Officer, Lee Ryall

Organisational Rep, Tracey Hatchard (Mental Health Carers NT)

Organisational Rep, Donna Musinskis (Salvation Army)

Consumer Rep, Gwvynyth Cassiopeia-Roennfeldt

Consumer Rep, Darren Farr

General Rep, Robbie Lloyd

General Rep, (Katherine Venice)

Consumer Rep Support, Christine Burke



Left to Right: Tracey Hatchard, Allen Cope, Trish Van Dijk, Christine Burke, Darren Farr, Maya Cifali, Donna Musinskis, Robbie Lloyd and Gwvynyth Cassiopeia-Roennfeldt



Mardijah Simpson



Lee Ryall

chairperson's report ...

IT IS with much pleasure that we present the 2008-2009 Annual Report for the Mental Health of Association of Central Australia.

In my first year as Chairperson of the MHACA Committee, I must say I have been engaged in a fast learning process. My experiences during the past year have been both enjoyable and revealing in that I have gained a greater knowledge about the diversity of MHACA's work in the community.

committee ...

The MHACA Management Committee is made up of community members who volunteer their time. It is not only highly professional and competent in its operations but there is also a sense of harmony and respect that is paramount in such an organisation. Above all, its members are committed to MHACA ideals in the true committee sense. In particular, the Consumer Representatives on the Committee give us a valuable insight into the grass roots issues that we are here to address. They are also important advocates for their peers and are essential to our effectiveness as a Committee. I sincerely thank all Committee members for their contributions over the past year, and wish to particularly acknowledge the work of those who are leaving: Robbie Lloyd, Gwvynyth Cassiopeia Roennfeldt and Darren Farr. Your efforts have been greatly appreciated.

staff ...

It is a pleasure to work with the MHACA staff and I believe the reason for this is that they are in themselves fine people. The General Manager and her team play a large part in building an atmosphere of professionalism and inclusiveness that allows for progressive thinking and, as a result, effective and innovative programs. One of the major achievements for MHACA—apart from fostering wellbeing in those who experience mental illness—is the education of the wider community in mental health issues.

partnerships ...

It is not MHACA standing alone that achieves its excellent results but also the significant number of partnerships formed with other community groups. These partnerships result in a database of knowledge about community needs that not only impact on



Trish speaking to a full house at the launch of our Hartley Street premises, December 2008

MHACA's work but also strengthen both parties concerned. In a long list of current partnerships the latest to be added are: STEPS, whose brief it is to provide employment, training and community services to people with a disability; and CAAAPU, an Aboriginal community-based Alcohol and Education Rehabilitation Program that holistically caters for families and children affected by alcoholism. As highlighted in our Strategic Plan 2008-2011, fostering strong collaborative partnerships is an integral part of our way forward.

the future ...

In December 2008, we proudly held the official opening of our Hartley Street premises—a milestone celebrating MHACA's achievements and steady growth throughout recent years. It was a wonderful occasion with many people attending in recognition and support of MHACA's growth and services.

While everyone has worked hard to achieve the welcoming and caring atmosphere at our current premises, thought must also be given to future directions. Staff and the committee this year commenced looking for more suitable premises that will accommodate MHACA's future needs, both spatially and financially.

In the dynamic and optimistic scheme of MHACA's work, everything is possible.

MHACA Chair
Trish Van Dijk



general manager ...

This past year the MHACA staff and committee have worked industriously on the ongoing development of all programs with the aim of consolidating and strengthening existing services. It has been a big year and our team has met the challenges with enthusiasm and steadiness, mirrored by the tenacity people experiencing mental illness demonstrate daily which continues to inspire the work done at MHACA.

direct client support ...

Throughout the year, MHACA has provided services to 201 consumers, an increase of 100% from the previous year. Several factors have contributed to this increase, including the expansion and success of the Day to Day Living Program (D2DL) and Drop-In Centre, an increase in need for support and a higher MHACA profile. As part of our priorities, MHACA has continued to support and develop peer support processes through our partnership with GROW and investment in localised consumer participation strategies. Housing has been identified as a high needs area affecting a lot of our clients and, as noted below, in response MHACA undertook a Housing and Support Model Project to try and address some of the key concerns.

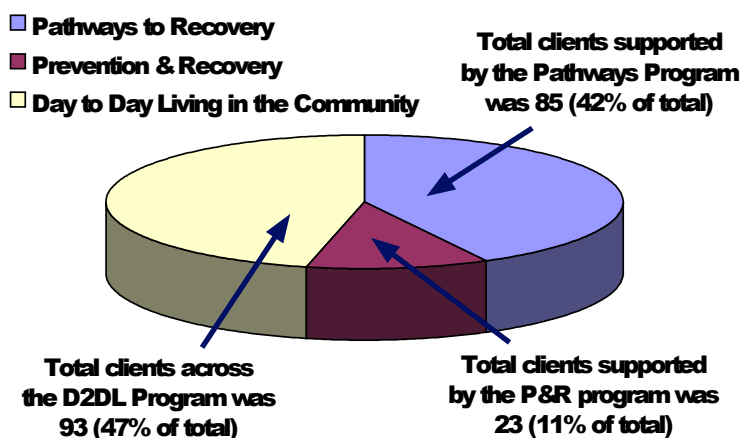
promotion, prevention & capacity building ...

MHACA has continued to invest in prevention and early intervention work, as highlighted in our Strategic Achievements and throughout this report. Ongoing training opportunities, a range of promotional events and targeted capacity building activities around suicide have contributed to improved mental health literacy in the community; in particular, the locally-developed suicide awareness resource by the Life Promotion Program, 'Suicide Story'. Our improved capacity through information sharing and skills development is of equal importance to our work with clients and directly contributes to improved quality of life for consumers.



General Manager,
Claudia-Manu Preston

Client Support Throughout 2008-2009 Total Clients 201



The appointment of a new staff member in Tennant Creek has also assisted in raising the profile of mental health issues across the Barkly Region.

partnerships ...

Developing our partnerships with the Central Australian Mental Health Service, Indigenous organisations, community and government housing providers, and numerous local community agencies has enhanced our ability to assist people experiencing mental illness to manage their illness and lives as independently as possible. MHACA was also part of the consortium which helped to establish Headspace in Central Australia, a significant achievement for all involved.

strategic plan 2008-11 ...

The latter half of 2008 saw the finalisation of our latest *Strategic Plan 2008-2011*. The 12-month process for developing the plan was extensive and included an update of the vision, objectives, core values and goals. The Plan will guide all future work in key areas.

housing & support model project

In response to the growing demand for adequate and affordable housing identified in late 2007, MHACA initiated a Housing and Support Model Project. Commencing in April 2008, the Project's objective was to assess the needs and models of care that can be provided to assist people to gain and keep their housing, a critical element of maintaining mental health and wellbeing. The project has been ongoing throughout 2008-09 with a report to be finalised in the latter part of 2009. MHACA will continue to liaise closely with government and other agencies to ensure the reports' key findings and recommendations are addressed.

accountability framework ...

With a need for greater transparency for public sector funding allocated to mental health and the improved evaluation of programs and services, MHACA initiated the development of a position paper to identify the key elements and framework of an accountable mental health system. In mid 2009, the project was taken over by the NT Mental Health Coalition and, once completed, it is hoped this framework will direct future Government policy for the mental health sector.

improved government training

As part of its advocacy role MHACA lobbied both the Dept of Police, Fire & Emergency Services and Dept of Justice/Community Corrections to provide greater training on mental illness to officers in these areas. Following correspondence with both departments, approval was given for increased training for police and corrections officers in the Territory in both Mental Health First Aid and ASIST (Applied Suicide and Intervention Skills Training).

favourable turnover ...

In December 2008, the Commonwealth undertook an indepth review of the D2DL Program with very positive feedback. Client engagement with the program has been far greater than initially envisaged and the program has been extended for a further two years, however with reduced funding.

In 2007-08 we had a high staff turnover rate of over 50 percent; however, following the development of a Collective Workplace Agreement (and improved salary sacrifice program) we are pleased to report the turnover for 2008-09 was down to 26 percent.

summary ...

MHACA has been very fortunate to have had both a stable and dedicated team this past year, each of whom has contributed significantly to the growth of the organisation as a whole. Focused effort has been put into better supporting and working alongside consumers, several of whom have made a significant contribution as either consumer representatives or advocates (and sometimes both). MHACA continues to grow as a consumer-driven organisation, and members' participation in policy review and development, interview panels and committee meetings has been sincerely welcomed and appreciated.

Thank you to everyone who has contributed throughout the year—staff, committee members, consumers and other stakeholders. 'The whole is much greater than the individual parts' and my sincere thanks to everyone for a rewarding year.

Claudia Manu-Preston



The MHACA contingent arriving at the 2008 THEMHS conference in Auckland, NZ, September 2008



The official launch of our current premises in December 2008 with special guest Min. Malarndirri McCarthy



Visiting UK Prof. David Morris was guest speaker at a Social Inclusion Forum during Schizophrenia Week, May 2009



With other members of the NT Mental Health Coalition for their annual Planning Day, June 2009

pathways to recovery ...

The Pathways to Recovery Program promotes independent living in the community through recovery-focused rehabilitation and outreach assistance with: lifestyle and life skills support; personal goal setting; vocational education, training & employment; advocacy, counselling and supporting participation in a variety of social & recreational activities.

changes over the past year ...

Pathways staff have continued to assist with D2DL activities where needed, particularly with sporting activities. The integration of the D2DL program has become more streamlined making it easier for clients who access both programs.

client services ...

Over 160 people received support throughout the year (including assessments and referrals) with 51 clients receiving ongoing support and one-on-one support provided to an average of 25 clients each month. As the Program Outcomes below show, clients have continued to engage in a range of supportive practices which strengthen their journey of recovery.

Some challenges this past year included an increase in clients who experienced relapse due to alcohol and drug related addictions and some who resisted taking prescribed medication, with increased psychosis leading to behavior issues. The Consumer Code of Conduct—developed by clients to ensure everyone's rights and responsibilities are respected—has continued to offer sound guidance when behavioural challenges occur.

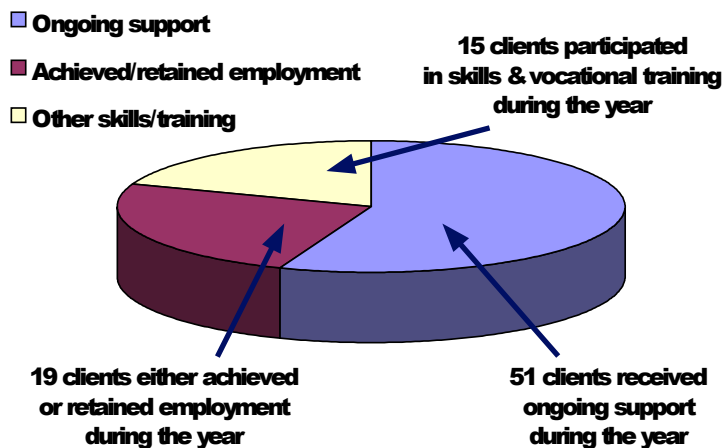
program outcomes ...

A range of clients secured part-or full-time employment and several now regularly assist at the MHACA reception desk and Drop-In Centre (during staff meetings and training) when previously the office would need to be closed.



Pathways Officers - Christine Bookcock, Donna Ormsby & Joanne Ruby

Pathways to Recovery Client Data Total Clients 85



Several clients took part in their first THEMHS conference in Auckland, New Zealand in 2008 while others helped organise and participate in the 2009 annual MHACA camp—a 7-day holiday to Darwin, Kakadu and Litchfield National Park. Other positive achievements included: forming the MHACA Choir; participating in Recovery-Principles Training; being appointed as Consumer Representatives on the Management Committee and other reference & interview panels; reviewing and developing consumer-related policies; attending Alcohol & Other Drug rehabilitation, and contributing to consultation forums for the Housing & Support Model Project survey.

On a more regular basis, clients have attended D2DL activities and outings, including Healthy Living sessions held at MHACA; Urban Encounters and Guitar for Life sessions ran by the Salvation Army; and an array of ReLink sporting events (and, doing MHACA proud, the MHACA Nutcrackers won in the 2008 ReLink B-Grade Cricket season).

At Christmas each year MHACA supports a range of activities to assist people during what can be a lonely or challenging period. These included two summer music jam sessions at the Youth Centre, ReLink swimming sessions, gym visits, and a BBQ. In 2008, MHACA's Christmas Dinner was held at the Golden Inn Chinese restaurant which was greatly enjoyed by consumers, carers, committee and staff.

staff recruitment & training ...

Pathways retained one part-time and two full-time positions and towards mid 2009 created a part-time

Indigenous position to work across all programs which will be trialled in the latter part of 2009.

Staff attended a range of training workshops which included: Changes to the Mental Health Act; Understanding Sexual Offenders; Conflict Resolution; ASIST; Recovery Principles; ACAP; Grief and Loss, Choice Theory; Vicarious Trauma Management; Joint Case Management with CAMHS; Changes to Mandatory Reporting for Child Abuse; Clinical Triage Perspectives; Borderline Personality Complexities; and Cert. IV in Mental Health.

internal service development ...

Staff have continued to seek improvements for internal processes and a range of service developments included: participation in MHACA's 2-day strategic planning workshop; attendance at a joint workshop with CAMHS on Improving Care Planning Protocols; completion of a file audit of all client records with identified gaps addressed; the trial, review and selection of a new records database; and the development and implementation of a rostered intake system.

external developments ...

Ongoing work with the community has included:

- strengthened relationships with Bindi, STEPS, CAAAPU, Aranda House and Mental Health Carers NT
- early developments of a joint peer support program (under the auspices of GROW) with Aranda House co-morbidity rehabilitation services and improved streamlining of referrals
- ongoing accommodation arranged with Bill Braiting Transitional Housing following closure of the Anglicare Lodge; tenancy secured with Salvation Army Men's hostel; and attendance at Action Accommodation Group meetings to maintain advocacy on housing issues
- continued liaison with Alice Springs Women's Shelter with development of MOU delayed due to staff changes
- the ongoing promotion of the Pathways Program to new staff of allied services to ensure the consistency and ongoing flow of information.

summary ...

Pathways strives to retain strong relationships with its clients with a core focus on self-driven recovery. Sustaining strong allied relationships with both the clinical and non-government sector ensures a collaborative approach to service practice. Pathways has been fortunate to retain appropriate staffing and we are particularly appreciative of the high level of professionalism and support that has been provided by our staff.

Rangi Ponga, Services Manager



Members of the MHACA choir singing at the launch of our Hartley Street office on 10 December 2008



Consumers, carers, committee & staff immensely enjoyed a shared Christmas Dinner at The Golden Inn in December 2008



Consumers & staff say a sad farewell to Pathways Officer Felix Meyer in 2008, another valued member of our team



The adventure begins! Happy travellers outside MHACA ready for their 7-day holiday to Darwin in June 2009

prevention & recovery ...

The Prevention and Recovery Program provides non-clinical psychosocial supports to people experiencing an increase in mental unwellness—in conjunction with the clinical services of the Central Australian Mental Health Services (CAMHS), with all clients referred through the clinical service. This subacute care can assist in reducing an admission or assist in transitional management on discharge from the hospital, prison or other residential settings.

individualised care packages ...

Clients have continued to receive Individualised Care Package supports in a variety of service areas, including: MHACA psychosocial community-based interventions, CAMHS clinical treating teams, Salvation Army Men's respite facilities, MHACA respite unit, joint activities to improve gradual reintegration into the community, and various financial and medical supports.

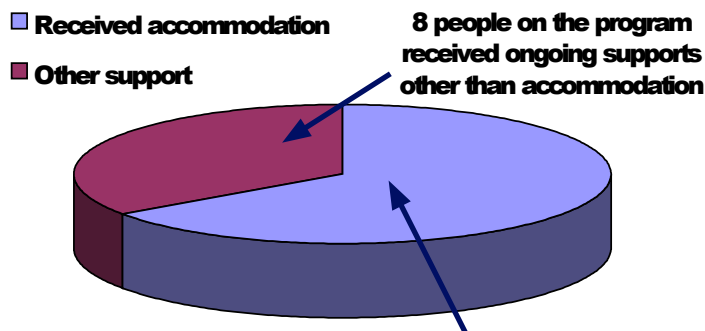
Throughout the past year a total of 23 referrals were received from CAMHS with supports extending from 2 days to 12 weeks. Sixteen male and 7 females accepted supports, with 8 clients of ATSI descent. Individualised Care Packages ensure that the uniqueness of each client is recognised and supported across all allied sectors. Activities in the past year have included:

- ◆ intensive daily / weekly monitoring of medication compliance and changes to medication regime;
- ◆ treatment management such as blood screening levels;
- ◆ assistance to medical appointments with general practitioners;
- ◆ escorts off the ward to assist with reintegrating to the community;
- ◆ twice-weekly clinical ward reviews - or sooner if required;
- ◆ transitional respite and accommodation assistance;
- ◆ carer accommodation in the women's respite unit;
- ◆ shopping rehabilitation;
- ◆ community socialisation activities with the D2DL Program, Drop-In Centre, ReLink and one-on-one recreational activities;
- ◆ peer support at MHACA;
- ◆ educational and financial assistance including budgeting support;



P&R Officers -
Bruce Macgregor
and
Danielle Noble

Prevention & Recovery Client Data Total Clients 23



Of the 15 clients who received support with accommodation during the year, 10 (67%) were accommodated in the Men's Hostel, and 5 (33%) in the independent unit, together with 2 carers

- ◆ prompting with self-care and hygiene;
- ◆ immediate access to clinical services without triage through the emergency department;
- ◆ direct transfer between internal programs for immediate supports with the least intrusion;
- ◆ after hours supports if required in conjunction with the On Call team.

staff recruitment & retention ...

The P&R Program at MHACA retained two permanent full-time staff who have continued to develop key skills and knowledge in the management of early intervention and preventative measures aiding recovery.

Referrals are received via the CAMHS team which has continued to be affected by high staff turnover, including the absence of a permanent P&R Coordinator for a significant part of the year which in turn affected the flow and management of referrals. In quieter times, caseload support was provided to the Pathways Program as required, resulting in strengthened and more collaborative working relationships between the two programs.

respite accommodation ...

Respite accommodation for men has been available through two self-contained 1-bedroom units at the Salvation Army Men's Hostel for up to 8 weeks at a time (with extension if required) and via an independent 2-bedroom unit for women.

Access to crisis respite care has also been available for 48 hours through the On Call crisis team. Support for respite care included assistance with transition off the ward, dealing with familial stressors, forensic prison releases and crisis access.

When the units were vacant, several Pathways clients were also able to access respite relief, including a young person who had been waiting for longer-term accommodation with Anglicare and another who suffered Post Traumatic Stress Disorder following the death of a friend and required a safe environment in which to stabilise.

The 2-bedroom unit was utilised by several women in need of respite care, with some having their family members as carers. This unit is also accessed at times when clients require support with cooking or occupational assessments (providing a more realistic home setting than the hustle of the MHACA kitchen).

activities & outings ...

In addition to core subacute care work staff have assisted with D2DL and ReLink activities, the MHACA stall at the Alice Springs Show, the 2008 THEMHS Conference and Mental Health Week dinner and organising and participating in the 7-day Consumer Holiday to Darwin in early June 2009.

training & development ...

Training undertaken in this period included Applied Suicide Intervention Skills Training (ASIST), Aboriginal Cultural Awareness Program, Narrative Therapy, a 2-day MHACA Strategic Planning and a joint workshop with CAMHS staff on Improving Care Planning Protocols. One staff member completed the Mental Health First Aid Instructor's Course in June 2009 and also commenced studies in a Certificate IV in Mental Health. Research has commenced into selecting the most suitable Certificate IV in Mental Health for all future core staff training.

summary ...

The two staff dedicated to this program have continued to retain strong relationships with colleagues from the clinical service despite the challenge of high staff turnover. The team works in close collaboration with other programs, actively encouraging participation in the community and D2DL activities to assist clients to more effectively integrate back into the routines of daily life following varying levels of unwellness.

Rangi Ponga, Services Manager



(and previous Coordinator of the P&R Program)



P&R logo



Taking a well-earned break ...
MHACA travellers on their 7-day Trip to Darwin in June 2009



Proud winners of the 2008 ReLink B-Grade Cricket final, the MHACA Nutcrackers, with the ReLink Invitational VIII



Bowling up a storm with
Sean Durant from ReLink at the Alice Springs Dustbowl in 2009



Clients and staff strengthening their wellbeing muscles at the Alice Springs Youth Centre gym in 2008

day to day living ...

The Day to Day Living Program (D2DL) aims to help improve the quality of life for people experiencing mental illness by providing a range of day-to-day activities. These include a Drop-In Centre, GROW peer support program, regular activities & outings, and education & training to help improve mental health.

Since commencing at MHACA in January 2008 the D2DL Program has developed significantly, with recent statistics demonstrating the enormous need of individuals in the community to be able to make use of its friendly, non-clinical and peer-supported atmosphere. Particular thanks go to Carmel Williams and Sean Broughton-Wright who in the past year significantly progressed all areas of the program. The Drop-In Centre and Consumer Forum in particular have been well utilised, both providing a supportive environment for a range of consumers.

drop-in centre ...

A core part of D2DL, the Drop-In Centre has undergone several make-overs and has continued to provide a safe, a welcoming and relaxing space for people to have a cuppa, read a book, watch a movie, catch up with others or take part in activities. It has inspired record attendance at the Consumer Forum with new ideas and influences continually coming through.

consumer forum ...

Ongoing support was given to the structuring of the Consumer Forum to ensure consumers are able to give regular feedback to staff and management on issues of concern to them. Driven by consumers with support from staff where needed, the Forum has had increased participation and, in turn, developed the Consumer Action Group (see page 16 for further details on both).

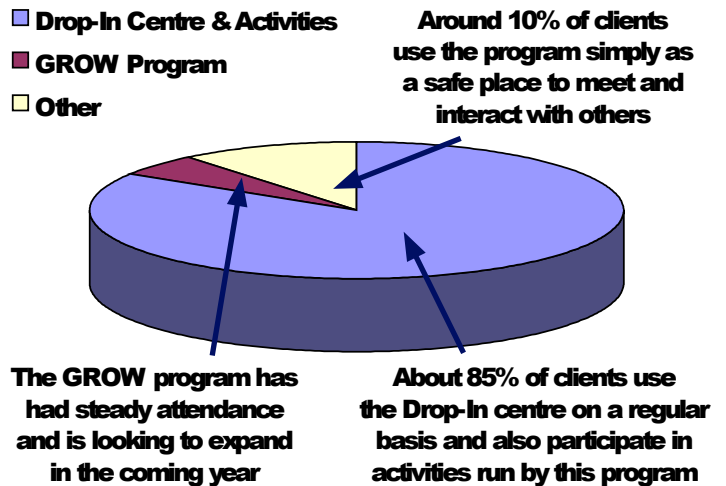


D2DL Coordinator (past)
Carmel Williams



D2DL Coordinator (June 09)
Missa Bolibruck

Day to Day Living Client Data Total Clients 93



community collaboration ...

D2DL works collaboratively with other agencies via MOU's including GROW NT, ReLink, the Salvation Army, ArtsAccess and the Central Australian Mental Health Services. The activities provided by these organisations is responsive to the feedback of consumers which enables us to target consumer needs more accurately.

GROW peer support ...

A weekly GROW group was established on Friday mornings and, following a 2-month trial, was changed to fortnightly Monday evenings to enable more people to attend. Offering mutual peer support this has been regularly maintained by a small dedicated group. Regular activities have also included fortnightly social get-togethers and weekly promotional visits to the Alice Springs Hospital Mental Health Ward.

Salvation Army - The Salvation Army hosted two inspiring successful programs this past year, *Playing Guitar, Playing for Life* and, together with ReLink, *Urban Encounters*. Both provided participants with meaningful avenues of creative expression and skill development which many consumers regularly enjoyed.

ReLink - ReLink continued to offer an exciting and well-attended range of recreational and sporting activities which included: cricket, football, lawn bowls, swimming, 10-pin bowling, rock-climbing, social

tennis and indoor beach volleyball; and we are pleased to announce that the MHACA Nutcrackers won the 2008 B-Grade Cricket final. The ReLink Program offers valuable support and inspiration to many consumers.

Arts Access - Several consumers took part in free Jewellery Workshops in August 2008 with pieces exhibited in the "Mixed Ability – Allsorts" Exhibition held at the Olive Pink Botanical Garden for Disability Week 2008. A big Thank you to Philomena Hali for her vision, support and ongoing encouragement.

weekly activities ...

◆ *Healthy Living Sessions*—these have been a core part of D2DL and a big 'thank you' to Pip Williams for her creativity in helping to facilitate these throughout the year. A wide range of consumers took part, with sessions varying from simple BBQs to providing tips on nutrition and budget cooking. Many a shared consumer-staff luncheon was enjoyed throughout the year.

◆ *The Singing Group*—has also been a regular activity and attracted small but consistent attendance. Under the direction of David Roennfeldt, 'the MHACA Quavers' sang at several MHACA events and recorded a polished selection of songs in mid 2009. We look forward to the launch of their CD in late 2009.

◆ *Other activities* – D2DL offered a range of engaging activities throughout the year including: Creative Canvas, Writing & Story Group, Creative Beadwork, Look Good-Feel Good, Mandala Drawing, Yoga for Relaxation and Gym at the YMCA.

other events & activities ...

Coffee mornings at various venues around town have proved popular with consumers attending in large numbers. A bit further afield, bush-trips to Ellery Creek Bighole and Simpsons Gap, and BBQ's at the Telegraph Station have been a great way to find some breathing space away from town. Community events—such as concerts and film evenings at Araluen—have been trialed as monthly outings in line with our aims to assist people to participate more widely in the community; these have also proved to be popular. D2DL also had the pleasure of working with two travelling artists: Jacqui Dawborn (filming claymation shorts) and Julia Meeuwsen (painting and the four elements).

Thank you to everyone who has contributed and participated in D2DL in some way. We look forward to the ongoing development of the Program in the year ahead.

Missa Bolibruck



Consumers and staff tucking into some tasty tucker at one of the regular BBQ luncheons held throughout the year.

Many thanks to Pip Williams for her creative cooking and for running regular Healthy Living sessions for D2DL



A great time was had by everyone on the 2009 Valentine's Day trip to Standley Chasm



Budding artists getting tips from artist Julia Meeuwsen in February 2009 in her workshops 'Art & the Four Elements'



GROW-D2DL Officer
Sean Broughton-Wright

D2DL Support Officer
Lynne Kennedy

D2DL Support Officer
Joylene Kain

consumer action ...



Consumer involvement in the development of programs and services is a core priority at MHACA. There are two positions on the Management Committee designated to Consumer Representatives who provide valuable input and feedback on behalf of consumers on issues of importance and how MHACA services can be improved.

consumer forum ...

One of the more formal ways consumers can have their say is via the Consumer Forum which meets each month at MHACA. Held in the early evening we meet over a shared meal and everyone is welcome to come along. Attendance has varied from 6-14 in the past year with an average of 10 people attending each meeting.

The monthly forums were initially developed throughout 2008-2009 with the support of the D2DL Coordinator, who identified that the main aim of these meetings was to talk about • our interests and suggestions (and how to best action these) and • staff and community capacity (if D2DL couldn't run the activities who else could?).

Early on we suggested ideas for the MHACA calendar and talked about our interest in developing the new Drop-In Centre. We then worked on reviewing and finalising the "Code of Conduct for Consumers" to be put on display around MHACA. In August to September our attention turned to applying to go to the TheMHS conference, voting on a consumer holiday destination, the 2008 Mental Health Week dinner and then later, a Christmas Dinner subcommittee.

In October, we had a staff presentation from the General Manager regarding a MHACA Housing Project and invitations to the AGM and official opening of the Hartley Street office in December. From then on we had guest presentations from either staff or a community member involved in the mental health field.

In 2009, our attention turned to a number of policies which included: • Acceptable Numbers for



Getting together for a meal & discussion at a Consumer Forum meeting in mid 2008

Activities to Go Ahead; • the Supervision and Safety of Children Attending MHACA; • Criteria of Becoming a MHACA Client; and • Consumer Suspension. Thank you to Services Manager, Rangī Ponga, who helped explain how policies may be formed and implemented.

In May 2009, the Consumer Forum became more formal and included looking at reports from MHACA Program areas and a bi-monthly CAMHS Executive Meeting update. All Consumer Forum minutes are posted on the MHACA website.

consumer action group ...

CAG meetings are a place where action takes place from ideas that have been put forward at the Consumer Forum. Also held monthly, we meet informally at a cafe over lunch and an average of six people have attended throughout the year. In addition to all the Forum topics, we have worked on an 'Out of Hours Help Card' which has numbers from ten different help lines to help people during out of hours time.

consumer representatives ...

Consumer representatives were nominated to:
1) work on a policies 2) represent D2DL to allied services and reference groups 3) give a presentation at the 2008 TheMHS conference and 4) give a speech at the MHW Dinner and MHACA AGM.

GROW peer support ...

GROW is a self-help peer support group that follows a 12-step program of recovery where we learn from other people's lived experiences. Throughout the year GROW continued to have a small number of regular participants who have formed a solid caring group. Thank you to GROW Officer, Sean Broughton-Wright who gave us caring guidance and support throughout the year.



Consumer Representative,
Gwynyth Cassiopeia-Roennfeldt



singing group ...

A Singing Group was formed in 2008 which sang each Wednesday. The group decided to call themselves the MHACA Quavers and in 2008 were invited to perform at the Mental Health Week dinner, the MHACA AGM and the MHACA Launch. In late 2008, the group began recording a CD which they hope to launch in November 2009.

drop-in centre ...

Set up in early 2008 this has continued to be popular for cups of coffee, chats and more—computers have been a favourite past-time, the new Wii games have become very popular, and lounging in the lounge area is an ideal option for those of us that want to have a listen to a CD, watch TV or simply relax.

assisting at MHACA ...

Throughout the year consumers have been given opportunities to take part in interview panels, surveys and consultation forums and to assist at reception and the Drop-In centre to further develop our skills and training; in these roles we have also been able to support our peers if needed. Consumers have also helped out at information stalls at the Alice Springs Show and during Mental Health Week.

activities & training ...

Aside from attending regular calendar activities and GROW meetings, consumers have attended a range of outings—including the Beanie Festival, performances at Araluen by Warren Williams and the Kransky Sisters, and viewing *Samson and Delilah*—and attended several training workshops including Peer Support by Helen Glover and Mental Health First Aid. A congratulatory “thank you” to Reclink—in conjunction with the Salvation Army—for their programs Playing Guitar and Urban Encounters which have both received rave reviews ... as do all their sporting events, especially the football matches! On a more significant level, consumers helped to organise and also took part in the 7-day Consumer Holiday to Darwin held in June 2009.

To find out more we are on the MHACA website at www.mhaca.org.au, click on the Consumer Action link

Gwynnyth Cassiopeia~Roennfeldt



Visiting Stanley Chasm in February 09



Touching down in Auckland, New Zealand to present at the 2008 THEMHS Conference



Enjoying the new Wii games in the Drop-In Centre



Speaking at World Suicide Prevention Day, 2008



Taking part in one of the regular recreational activities run by Reclink

A top time was had on a weekend camp to Glen Helen (right) and the Consumer Holiday to Darwin in June 2009 (below)



life promotions ...

The Life Promotion Program is a broad community development approach to suicide prevention. It seeks to find solutions to help reduce suicide and self-harming behaviour through collaborative partnerships across the community.

steering committee ...

The LPP Steering Committee is comprised of a wide range of local community and government agencies and meets on a 3-monthly basis to offer strategic direction and to support program development. This past year the chairing role was taken on by Rob Loane, Director of Lifeline, and the committee met in August and November 2008, and February and May 2009.

'we know our strengths'...

This 3-year joint project between Life Promotions and Waltja concluded this year with an independent evaluation report due in September 2009. One of the highlights of this project was the work developed in collaboration with Congress, Bush Mob and the Santa Teresa community to support the establishment of meaningful activities for men which built on existing strengths and protective factors. How this impacted on the rates of self harming behaviour is difficult to measure, however there is no doubt that this type of work needs further attention in suicide prevention and the reduction of high risk behaviour.

interagency suicide response ...

During this period there were four reported suicides. The number of deaths by suicide was the lowest recorded since LPP began collecting this information. Life Promotions has continued to query the lack of useful data on attempted suicides. An arrangement with the Tennant Creek police to report all deaths by suicide has been re-established.



LPP Manager
Laurencia Grant
and LPP Officer
Brian Kennedy

world suicide prevention day

On 10 September 2008 a community ceremony was organised in honour of WSPD, a tribute to all those who have died or been affected by suicide.

Built around gentle music and inspiring testimonies from those affected by suicide, speakers included Carmel Williams, Felix Meyer and Lindsay Morley. Written material offering messages of strength and hope was also on display on the day.



'suicide story': a training tool ...

This culturally specific training tool is now in its final draft form and due for completion in late 2009. Aimed at helping reduce the incidence of suicide in remote and regional communities, it draws on a collection of interviews with Aboriginal people from across Central Australia including Alice Springs, Santa Teresa, Yuendumu, Tennant Creek and also Gove Peninsula. In the past year drawings, animation and film have been added to the resource which will be launched in January 2010.

ASIST training ...

Thank you to Karen Reval at Lifeline who continued to provide a central role in the promotion and delivery of ASIST training. In December 2008, Living Works delivered an ASIST Train the Trainer in Alice Springs and Brian Kennedy qualified as both an ASIST and Safe Talk trainer. LPP staff helped deliver ASIST at the Alice Springs Correctional Facility and a community workshop in Tennant Creek, and delivered SafeTalk to Year 10 students at St Philips High School and to residents of CAAPU (alcohol rehabilitation facility).

gove peninsula forum ...

On invitation by Anglicare NT, LPP attended a forum in East Arnhem communities on suicide prevention in April 2009. The purpose of the forum was to present findings from the Yutu Walnga project (which explored the issue of suicide in the Gove Peninsula), hear about LPP in Alice Springs and share with Yolngu the training resource Suicide Story. The experience was extremely valuable and has contributed to Suicide Story and the building of relationships between communities.

remote work ...

On invitation LPP presented at a Women's Health Workshop in Ampilatwatja in July 2008 where suicide had been identified as a key area of concern for the community. In November, staff attended a networking meeting in Santa Teresa for services focusing on social and emotional wellbeing to consider how we might better collaborate and respond to the concerns raised by community members. In April 2009, Life Promotion and Lifeline travelled to Eralunda Roadhouse at the request of Mission Australia to deliver ASIST to a group of youth workers from Mutitjulu, Finke, Imanpa and Docker River communities, and Suicide Story to a group of Anangu youth worker trainees.

larapinta valley town camp ...

During the year, staff regularly participated in cook-ups and bush trips organised by the Yarrenyty Arltere Learning Centre and the Larapinta Valley Town Camp. The purpose has been to develop relationships with community members with the long-term aim being to offer support and possible training focused on mental health and suicide prevention.

conferences & training ...

In July 2008, Laurencia and Charlie Hodgson gave a presentation at the Queensland Suicide & Self-Harm Prevention Conference in Cairns on the development and purpose of Suicide Story which has generated interest from interstate representatives. In October, the LPP team took on the lead role of organising a local 2-day workshop for 'SAFE in Oz' (Self Abuse Finally Ends), a training program developed in Canada for those who work with people who self abuse. In March 2009, both Brian and Jay attended a 2-day Indigenous Psychological Services workshop in Darwin run by Tracy Westermann which was highly valuable.

other resources ...

The research and learnings from the 'We Know Our Strengths' project have been produced into *The Working Well Guide*, which explores the dos and don'ts of effective suicide prevention work in remote Central Australian communities. Due to high demand, *The Little Red Threat Book* (produced as a result of the 'Suicide as a Threat' workshop held by LPP in 2007) was also reprinted and re-distributed. A resource in the pipeline is 'Yarning About Suicide,' a project being compiled by Megg Kelham that captures the stories of people who have been affected by a death by suicide in Central Australia—which we also hope to develop into a radio program.



Laurencia Grant



A moving ceremony was held in honour of World Suicide Prevention Day on 10 September 2008



Brian and Charlie running the final workshop for the Strengths Project at 7-Mile in March 2009



In April 2009, LPP presented at a forum in Gove Peninsula on suicide prevention organised by Anglicare NT



Several MHACA staff attended the 2-day 'SAFE in Oz' workshop organised by LPP in October 2008

tennant creek ...

The Mental Health Promotion Officer (MHPO) position in Tennant Creek was created out of an identified need of local workers and community members to be better informed about mental health and suicide in order to be more prepared to support people with mental health related issues. The position is funded under and guided by the Life Promotion Program in Alice Springs.

Following a vacancy in the Tennant Creek Life Promotion position since July 2007, discussions were held with CAMHS and MHACA management and a new position created focusing on mental health promotion and training, and suicide prevention. Life Promotions negotiated with Anyinginyi to accommodate the Mental Health Promotions Officer position among the Stronger Families team.

After commencing in late September 2008, the first three months were spent networking and getting to know service providers in Tennant Creek and building capacity for the position. A sincere thank you to the Stronger Families team who kindly provided me with office space for the first nine months and who were all very welcoming.

barkly women's day ...

Held twice a year in May and October, the Barkly Women's Day was a great opportunity to meet some of the women from the Barkly pastoral community and beyond. Held at the Barkly Homestead it offers women the chance to get together to share information, dress up and take a break from the boys and bulldust! Women travel from as far as Cape York for a special luncheon, listen to guest speaker's talk about issues relevant to women and generally enjoy themselves. With approximately 150 women attending each time it offered a great opportunity to network and to receive useful information.



Mental Health
Promotion Officer,
Jay Green



With two of the 150 women at the Barkly Women's Day held in mid October 2008, the first major networking event attended

delivering 'asist' & 'safetalk' ...

Upon becoming an accredited trainer for the Applied Suicide Intervention Skills Training (ASIST) course in December 2008, two ASIST workshops were delivered by the LPP team in December 2008 and February 2009. There were mostly indigenous participants at the workshops which were co-facilitated by Richard Garling and Edna Iles.

barkly reference group ...

The Tennant Creek Life Promotion Reference Group was re-established during this period, with two well attended meetings held in May and June 2009. Members have valued having a regular network to discuss mental health service provision and suicide prevention, and developed and endorsed key Terms of Reference. The Group has agreed to be the representatives in responding to a death by suicide in the Barkly Region, and the Council of Elders is currently developing cultural codes of conduct in relation to suicide in Aboriginal communities. At each meeting guest speakers, such as the Life Promotions Manager and Coordinator of Suicide Prevention for the NT, have been invited to attend.

'mind yarn' column ...

Commencing in April 2009, a regular column has been published each month in the *Tennant Times* entitled "Mind Yarn" with the aim being to discuss a mental health topic and promote a local service. Examples of topics covered have included "Exercise and your brain" and "Tips on how to keep a positive mind." The column seeks to increase mental health awareness, promote a local service and also promote MHACA's role in Tennant Creek.

'suicide story' ...

Time has been spent with Indigenous staff at Stronger Families, Julalikari Night Patrol and other local services inviting them to participate in recorded interviews to contribute to "Suicide Story." This is a valuable culturally-specific suicide prevention resource that the Alice Springs Life Promotions Program has been working on over the past two years which will be completed in late 2009.

mental health first aid ...

One of the core roles of this position is to help deliver MHFA training in the community to help raise awareness about mental illness. After a busy start to the year a MHFA Instructor Training Course was undertaken in mid June 2009 and plans are underway to deliver courses in the year ahead.

wumpurarni women's camp ...

In late June, the Piliyintinji-ki Stronger Families women held their "Wilya Wumpurarni Kirriji-Kari Ngurraji" 2009 Women's Camp at Kunjarra (the Pebbles, 15km north of Tennant Creek), held once every two years. The Wumpurarni Women's Camp gives women the chance to get together and discuss issues that are important to them and then feed this back to the Government. It was also a chance for a few local service providers to talk about their work and it was a privilege to attend and give a talk about MHACA and LPP. Involvement also included helping to set-up and pack-down the camp, as well as being invited to attend a surprise luncheon for the women from the Anyinginyi Board of Management to celebrate the success of this event.

networking & promotions ...

Since commencing at Tennant Creek, as many events as possible have been attended to network with and support the service providers who organise the events, as well as to acknowledge the issues that are being highlighted at the occasion. Other events have included White Ribbon Day and the opening of the Women's Shelter in Elliott (October, 2008) and the opening of the Legal Aide Commission.

Working in Tennant Creek and across the Barkly Region brings with it distinct remote-area challenges, however in the past year several good inroads have been established in raising awareness about both MHACA and mental health issues in general. Future events include World Suicide Prevention Day, Mental Health Week and delivering more training, and I look forward to the year ahead.

Jay Green



Co-facilitating one of two ASIST workshops which both received a great community response



The Piliyintinji-ki Stronger Families team who organised the Wumpurarni Women's Camp in June 2009, held every two years



A lot of networking was done at the "Wilya Wumpurarni Kirriji-Kari Ngurraji" Women's Camp 2009



With the Life Promotion team from Alice Springs with Tony Watson in 2008

training & promotions ...

MHACA offers a range of training & promotional services to help raise community awareness and understanding around mental health issues and, in turn, help to reduce the stigma surrounding mental illness. The following promotional activities have provided mental health literacy in different settings.

mental health first aid ...

The T&P Program coordinates and helps deliver the 2-day Mental Health First Aid on a monthly basis. This year three more staff were trained as instructors and ten courses were run in collaboration with staff from CAMHS, NPY Women's Council and CAYLUS. In total, 106 participants took part from a wide range of government and community services and courses have continued to be well received.

mental health week ...

In 2008 Mental Health Week was held on 5-11 October and MHACA helped to coordinate a range of activities:

- ◆ 3-km Family Fun Run (Sunday, 5 Oct) – the official launch of MHW with the free raffle first prize a \$1000 travel voucher
- ◆ “Yarning About Mental Health (7 Oct) – a 1-day AIMHI workshop which explored practices in care planning & assessment in ATSI mental health
- ◆ Gala Dinner @ The Crowne Plaza (7 Oct) - the highlight of the week with guest speaker director of *The Choir of Hard Knocks*, Jonathon Welch
- ◆ Exhibition of Consumer Art Exhibition at MHACA (8 Oct) – a show-case of art pieces made by consumers throughout the year, including jewellery, paintings, mandala drawings and crocheted rugs
- ◆ Working with the Media (10 Oct) – a 2-hour workshop by Mindframe (the National Media Initiative) which explored effective ways of working with the media and better ways to report on mental illness



Training and Promotions Officer,
Rita Riedel



inBalance newsletter

The MHACA newsletter *inBalance* continues to be a primary way to promote MHACA's services and raise awareness about mental health issues in the community

promoting 'mental health' ...

There has been a national drive to increase awareness of promoting 'mental health' across all sectors as a way to help prevent and reduce illness. In September 2008, I took part in a VicHealth workshop, "Promoting Mental Health & Wellbeing" followed by the 5th World Conference on the Promotion of Mental Health, 'Margins to Mainstream.' Both covered latest trends and research in mental health promotion whose key messages are available in *inBalance* (editions 18 and 19) and at – www.vichealth.vic.gov.au/Resource-Centre/Publications-and-Resources/VicHealth-Letter/From-Margins-to-Mainstream.aspx

Complementary work has been undertaken by Auseinet who have run national Train the Trainer workshops "Understanding Mental Health & Wellbeing" for trainers to deliver these 5-hour workshops in the community. I took part in 4-day training in May 2009 and will run the first workshop in Mental Health Week 09.

headspace training ...

As a consortium partner of the new Headspace youth service MHACA helped to organise and promote the first round of Headspace training in 2008 which included three 1-day Train the Trainer workshops ◆ CAN DO for Young People, Families and Carers (21 Aug) ◆ SEE Young People (22 Aug) and ◆ Working with Families and Significant Others (20 Nov). The need for our support role has diminished following the appointment of a Headspace Training Coordinator in late 2008.

community forum ...

Over 60 people attended MHACA's annual community forum in June 2009, *Walking Through Grief*, to hear the Director of the Australian Centre for Grief and Bereavement, Chris Hall, speak about the latest contemporary understandings of grief and bereavement. Chris brought refreshing insights into this at times painful and difficult

topic, and also delivered two workshops: 'Grief and Young People' and 'Relearning the Self and the World in the Wake of Loss,' which were both well attended and well received.

local talks & events ...

Throughout the year T&P has organised and promoted events to help raise awareness about mental illness:

- ◆ *An Awkward Fit: A Mother's Story* (27 July 08) - author of *An Awkward Fit*, Helen Maczkowiack, spoke of her son's struggles with depression and how she coped following his suicide
- ◆ *Dancing in the Dark* (27 Aug 08) – organised by Teen Challenge, singer Tanya Gordon visited local high schools and gave a community talk to share her journey about overcoming depression
- ◆ *MHACA Information Sharing session* (12 Nov 08) – organised to share information with the community on staff attendance at the 2008 THEMHS Conference and 'Margins to Mainstream' Conference.
- ◆ *Launch of "Our Journey"* (27 Feb 09) - CAMHS Mental Health Nurse, Amanda Worrell, spoke about the production of: *Our Journey: As Parents with Sons and Daughters Diagnosed with Schizophrenia*
- ◆ *Mental Illness & Social Inclusion* (27 May 09) – Prof. David Morris, Program Director of the National Social Inclusion Program, UK was guest speaker for a national tour organised by Mental Illness Fellowship of Australia & Mental Health Carers for Schizophrenia Week

MHACA also held information stalls at the Alice Springs Show (4-5 July 08) and Alice Springs High School Health Expo (3 April 09) and gave a talk at the *Cattlemen's Luncheon* (26 March 09) on depression and suicide

ongoing training & promotion

Core training organised for staff and this year included 'Conflict Resolution' with EASA (April 2009) and 'Recovery Principles' with Helen Glover (25-27 May 2009), and promotional talks about MHACA's services were given at agency staff meetings of Congress Youth Outreach Team, CASA and Aranda House.

General activities included—producing inhouse reports (annual report, strategic plan, service reports, MHACA camp report); preparing flyers for events; updating the MHACA website; preparing and updating powerpoints; preparing ads for recruitment and special features; preparing for events (Alice Springs Show, Mental Health Week); and other material as required.

Taking good care of our own mental health is the best 'promotion' we can do, and we look forward to raising ongoing awareness about this important issue.

Rita Riedel



Over 150 people enjoyed "Dinner with Jonathon Welch," the highlight of Mental Health Week 2008



Participants at the September 2008 Mental Health First Aid course, held monthly throughout the year



Some of the 200 students that attended the ASHS Health Expo in April 2009 where MHACA had a stall



Visiting UK Prof. David Morris, guest speaker at the "Mental Illness & Social Inclusion forum" during a national tour for Schizophrenia Week, May 2009

administration ...

The Administration Team manages the day to day running of the Association (finances, housing support program equipment management, and coordination of meetings) and provides administrative support to the MHACA programs.

new faces ...

The Administration Team was stable for most of the financial year, however in mid-June we sadly accepted the resignation of Emily Harrison from the position of Administration Assistant. As at 30 June the position was yet to be filled, with the chair being kept warm by a casual helper, Sharon Sprcott. Thank you Sharon for ably stepping into the gap.

new premises ...

It is difficult to believe that we have been in the Hartley Street premises for more than 18 months. We continue to receive compliments on the facility, and it is great to also be able to offer the use of our board room to other agencies for meetings and training.

We finally received approval for the installation of a small sea container in the carpark area in early 2009, and this has been installed and will be used for archiving and general equipment storage.

There have been a number of other small projects associated with the premises that have also been done throughout the year—we have installed a continuous hot water urn in the kitchen, picture rails in the consumer and board rooms, and beautified the outdoor area with paving and a water feature. We also had a fire audit undertaken which resulted in fire equipment being installed throughout the building and emergency evacuation plans drawn up and displayed.

One of the projects that was put on hold when we shifted into the old Panorama building was the



Administrator
Sue Coombs



Admin. Assistant - Emily
Harrison (resigned June 09)

A big thank you to Sharon Sprcott for helping out at reception in mid 2009 while we were recruiting for our new Administration Assistant



enclosure of the Day to Day Living program's office. This area was reviewed early in the new year and it was determined that it was necessary to have a space for the staff to work uninterrupted, so the office enclosure was finalised in June 2009.

housing support ...

Late in the 2007/08 financial year we submitted another application for funding to purchase additional housing stock for MHACA to supplement the existing four units we own. We were successful in this submission and the funds granted allowed us to purchase two additional 1-bedroom units for consumers to access. One was purchased in December 2008 and tenanted in January 2009, and the other was purchased in June 2009.

records database ...

The search for a suitable records database was completed in June 2009. After much research a suitable database was identified that met MHACA's programs' requirements and was purchased just prior to the end of the financial year. A project plan is in place for the implementation of the system and we are expecting major benefits in statistical collection and client record keeping. The database selected is specifically for client related information; the human resources and payroll data will continue to be maintained through MYOB.

collective workplace agreement

The retention of staff throughout the mental health sector as a whole continues to be a challenge. During the 2008-09 year the MHACA Collective Workplace Agreement was finalised and thanks must go to the Chamber of Commerce for their assistance and guidance in finalising this project. MHACA also entered into an agreement with the Community Business Bureau (CBB) to manage our salary sacrifice program

externally. For some staff this equated to a 10% salary increase at no additional cost to MHACA. The combination of these two measures has meant that the staff turnover for the 2008-09 financial year was significantly less than the previous two years, and we look forward to this continuing.

training ...

During the year both Admin staff members undertook Mental Health First Aid training, with attendance by both staff at a number of other workshops including the 2-day MHACA Strategic Planning workshop and Recovery Principles Training with Helen Glover.

vehicles ...

The recruitment of our Tennant Creek staff member necessitated a review of company vehicles. We had made an application through the Community Benefit Gift Fund for the provision of an additional vehicle specifically for Administration purposes, and in August 2008 we were pleased to be granted a second-hand Toyota Prius for our use. We also determined that a vehicle needed to be supplied for the Tennant Creek position, so the existing Toyota Hilux was moved across to this program and a second-hand Toyota Landcruiser was purchased for the Alice Springs Life Promotion Program. We also changed over one of the older Toyota Camry sedans in February 2009.

staffing ...

In the past year we farewelled several staff including D2DL Coordinator, Carmel Williams; Prevention and Recovery Officer, Bianca Kelly; Pathways Officer, Felix Meyer; and Administration Assistant, Emily Harrison. In turn, we have welcomed several new staff: Jay Green to the newly revamped Mental Health Promotion Officer position in Tennant Creek (previously Life Promotions Officer position); Sean Broughton-Wright, D2DL & GROW Project Officer; Christine Boocock, Pathways (welcome back Christine!), and two D2DL Casual Officers, Lynne Kennedy and Joylene Kain. Generally this year the workforce has been relatively stable, with a staff turnover of around only 20% (compared with 60% in the previous year).

general support ...

There is never a dull moment in the Admin area as the team helps to ensure all the office wheels keep turning. Tending to all reception enquiries, maintaining all payroll and HR records, assisting with mailouts, organising catering for events, and keeping the computer network up and running are just some of the tasks that keep us busy when we think we have a spare moment! All in all it's been a productive year.

Sue Coombs



A lot of work goes into organising functions—such as the launch of our new premises in December 2008



Many welcomed improvements have been made at MHACA, including our new 'instant hot water unit' in the kitchen



A little networking & fun go a long way—the MHACA team get ready for the Chamber of Commerce Golf Day in May 2009



Special morning teas are a part of MHACA culture—here staff and consumers share a farewell 'thank you' toast to Emily in June 2009

treasurer's report ...

I tender this report for the MHACA Management Committee to consider and accept. I also move that Deloitte Touche Tohmatsu be appointed to audit the MHACA financial statements for the year ended 30 June 2010.

The financial statements for the year ended 30 June 2009 were audited by Deloitte Touche Tohmatsu.

Balance sheet

The audited Balance Sheet reports accumulated funds of \$1,417,596 at 30 June 2009 – an increase of \$461,943 on the previous year. Three programs had total surpluses of \$40,196 however the Department of Health and Families have determined that they are required to be spent in the 2009/10 year and they have been transferred to unexpended grants and do not form part of the surplus. There was also an amount of \$65,000 unexpended and it has been agreed by the Department of Health & Families that this be set aside to finalise the *Suicide Story* project in 2009-10.

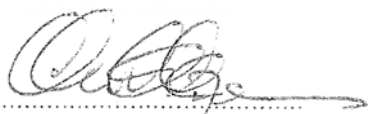
The Balance Sheet reports MHACA to have current assets of \$694,458, mainly cash at bank, of \$683,417, receivables of \$2,868 and a prepaid bond for our two rented premises of \$8,173. Non current assets of \$1,009,069 which comprises of residential units \$886,391, plant and equipment \$51,185, motor vehicles \$70,993 (all amounts are written down values) and shares in Bendigo Bank at cost of \$500. Current liabilities are \$264,152 which includes the unexpended grants of \$105,196. Creditors and Provisions total \$158,956, and non-current liabilities total \$21,779 being provision for long service leave.

The audited Balance Sheet reports MHACA to be in a healthy financial position at 30 June 2009.

Statement of financial performance

Grant income increased from \$1,108,482 last year to \$1,190,472 this year. Other income from external sources was:

• Bank interest	\$32,195
• Fundraising activities	\$521
• Rent and recovered costs	\$33,851
• Membership fees	\$1,415
• Training Income	\$11,270
• Other income	\$894



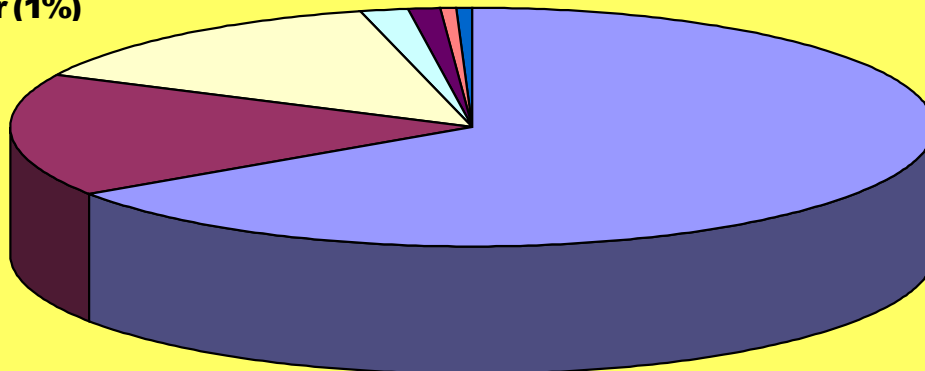
Allen Cope
MHACA Treasurer

23 September 2009

MHACA Income Received

- NT Government operating grants (64%)
- NT Government capital grants (17%)
- Commonwealth grants (14%)
- Interest (2%)
- Rent (1%)
- Training income (1%)
- Other (1%)

We receive Commonwealth funding (14%) for one of our program areas (D2DL)



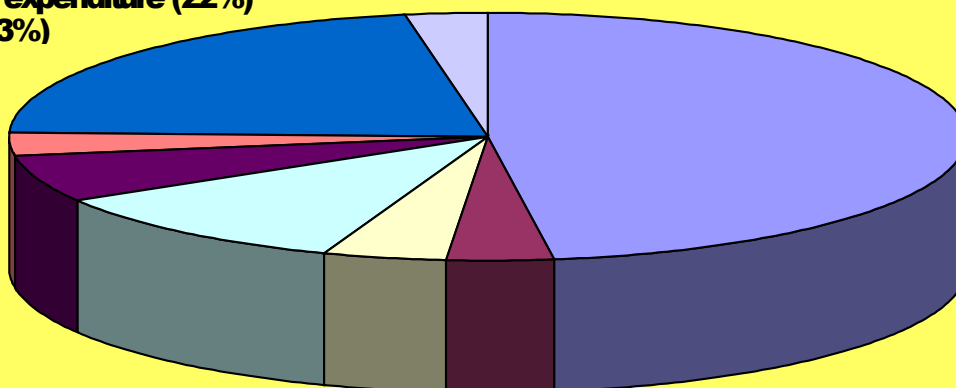
We received capital grants for the purchase of 2 additional units (17%)

The largest proportion of our income (64%) is derived from operating grants from NT Health & Families

MHACA Expenditure Categories

- Staffing costs (47%)
- Motor vehicle & travel expenses (4%)
- Program costs (4%)
- Administration costs (11%)
- Rent (6%)
- Consultancy & conferences (3%)
- Capital expenditure (22%)
- Other (3%)

Our capital expenditure was significant this year because of the purchase of two new 1-bedroom units



Administration costs such as phone, printing etc comprise around 11% of total expenditure

Staff costs are a significant component of expenditure and this year comprised 47% of total costs

auditor's report ...

INDEPENDENT AUDITOR'S REPORT - TO THE MEMBERS OF THE MENTAL HEALTH ASSOCIATION OF CENTRAL AUSTRALIA INCORPORATED

We have audited the accompanying financial report, being a special purpose financial report, of Mental Health Association of Central Australia Incorporated ("the Association"), which comprises the balance sheet as at 30 June 2009, and the income statement for the year ended on that date, the committee of management statement, a summary of significant accounting policies and other explanatory notes.

The Responsibility of the Management Committee for the Financial Report

The management committee of the Association is responsible for the preparation and fair presentation of the financial report and has determined that the accounting policies described in Note 1 to the financial statements, which form part of the financial report, are appropriate to meet the financial reporting requirements of the Associations Act 2003 (the "Act") and are appropriate to meet the needs of the members. The responsibility of management committee also includes establishing and maintaining internal control relevant to the preparation and fair presentation of the financial report that is free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; making accounting estimates that are reasonable in the circumstances and ensuring compliance with the obligations imposed by the Act, the regulations and the Rules of the Association.

Auditor's responsibility

Our responsibility is to express an opinion on the financial report based on our audit. No opinion is expressed as to whether the accounting policies used, and described in Note 1, are appropriate to meet the needs of the members. These policies do not require the application of all Accounting Standards in Australia. We conducted our audit in accordance with Australian Auditing Standards. These Auditing Standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgement, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the Association's preparation and fair presentation of the financial report in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Association's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the management committee, as well as evaluating the overall presentation of the financial report.

The financial report has been prepared for distribution to the members to satisfy the management committee's financial reporting requirements under the Act. We disclaim any assumption of responsibility for any reliance on this audit report or on the report to which it relates to any person other than the members, or for any purpose other than that for which they were prepared.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

Independence

In conducting our audit, we have complied with the independence requirements of the Australian professional accounting bodies.

The audit opinion expressed in this report has been formed on the above basis.

Auditor's Opinion

In our opinion, the report presents fairly, in all material respects, the financial position and income and expenditure of Mental Health Association of Central Australia Incorporated as at and for the year ending 30 June 2009, in accordance with the accounting policies described in Note 1.



DELOITTE TOUCHE TOHMATSU



W R McAinsh
Partner
Chartered Accountants

Alice Springs, 14 / 10 / 2009.

MENTAL HEALTH ASSOCIATION OF CENTRAL AUSTRALIA INCORPORATED

Auditor's Report

COMMITTEE OF MANAGEMENT STATEMENT FOR THE YEAR ENDED 30 JUNE 2009

The Committee has determined that the association is not a reporting entity as defined in Statements of Accounting Concepts 1: Definition of the Reporting Entity, and therefore there is no requirement to apply Accounting Standards in the presentation of these financial statements.

The Committee has determined that this special purpose financial report should be prepared in accordance with accounting policies outlined in Note 1 to the accounts.

In the opinion of the Committee:

- a) The financial statements set out on pages 5 to 9 are drawn up so as to give a true and fair view of the Association's state of affairs at 30 June 2009 and of its result ended on that date; and
- b) the accounts of the Association have been properly prepared and are in accordance with the books of account of the Association; and
- c) at the date of this statement there are reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.

The net profit of the association for the relevant years was \$461,943.

We confirm as follows:

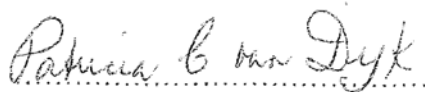
- a) the name of each committee member of the association during the relevant year were:

Trish Van Dijk
Mardijah Simpson
Maya Cifali
Tracey Hatchard
Lee Ryall
Darren Farr
Gwvynyth Cassiopeia-Roennfeldt

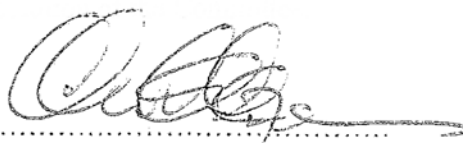
Nigel Scrimshaw - resigned November 2008
Lindsay Morley - resigned November 2008
Margaret McAlavey - resigned November 2008
Jill Deer - resigned November 2008
Allen Cope - commenced November 2008
Robbie Lloyd - commenced November 2008
Donna Musinskis - commenced December 2008
Katherine Venice - commenced November 2008

- b) the Mental Health Association of Central Australia (MHACA) is a non-Government organisation with a focus on prevention and recovery from mental ill-health, mental health promotion and training and suicide prevention strategies. The main activities include client support, suicide prevention, advocacy and mental health training and promotion.

This statement is made in accordance with a resolution of the Committee.



Trish Van Dijk
Chairperson



Allen Cope
Treasurer

Alice Springs, 13 October 2009

MENTAL HEALTH ASSOCIATION OF CENTRAL AUSTRALIA INCORPORATED

Auditor's Report

INCOME STATEMENT FOR THE YEAR ENDED 30 JUNE 2009

	2009	2008
	\$	\$
Operating surplus/deficit for the year:		
Operating account	104,130	3,306
Pathways to Recovery account	8,058	87,608
Life Promotions account	27,505	77,822
Prevention & Recovery account	4,633	36,644
Training & Promotions account	-	(111)
Day to Day Living in the Community account	-	76,831
Accommodation & Support account	-	(561)
Capital acquisitions	63,784	76,893
Sub-total	208,110	358,432
Capital grants	359,030	83,000
Transfer to unexpended grants	(105,196)	(278,905)
Accumulated surplus at the beginning of the year	955,653	793,126
Accumulated surplus at the end of the year	1,417,597	955,653

MENTAL HEALTH ASSOCIATION OF CENTRAL AUSTRALIA INCORPORATED

Auditor's Report

STATEMENT OF FINANCIAL POSITION AS AT 30 JUNE 2009

	Note	2009 \$	2008 \$
CURRENT ASSETS			
Cash	2	683,417	725,261
Prepayments		-	-
Receivables	3	2,868	60,658
Property bond	8,173		7,333
TOTAL CURRENT ASSETS		<u>694,458</u>	<u>793,252</u>
NON-CURRENT ASSETS			
Property, plant and equipment	4	1,008,569	642,385
Investment shares		500	500
TOTAL NON-CURRENT ASSETS		<u>1,009,069</u>	<u>642,885</u>
TOTAL ASSETS		<u>1,703,527</u>	<u>1,436,137</u>
CURRENT LIABILITIES			
Creditors and borrowings	5	103,908	77,524
Provision for annual leave		55,048	33,982
Unexpended grants	6	105,196	278,905
Grants in advance	7	-	80,000
TOTAL CURRENT LIABILITIES		<u>264,152</u>	<u>470,411</u>
NON-CURRENT LIABILITIES			
Provision for long service leave		21,779	10,073
TOTAL NON-CURRENT LIABILITIES		<u>21,779</u>	<u>10,073</u>
TOTAL LIABILITIES		<u>285,931</u>	<u>480,484</u>
NET ASSETS		<u>1,417,596</u>	<u>955,653</u>
ACCUMULATED FUNDS		<u>1,417,596</u>	<u>955,653</u>

The accompanying notes form part of and are to be read in conjunction with this financial statement.

MENTAL HEALTH ASSOCIATION OF CENTRAL AUSTRALIA INCORPORATED

Auditor's Report

NOTES TO AND FORMING PART OF THE ACCOUNTS FOR THE YEAR ENDED 30 JUNE 2009

1. SUMMARY OF ACCOUNTING POLICIES

Financial Reporting Framework

The association is not a reporting entity because in the opinion of the management committee there are unlikely to exist users of the financial report who are unable to command the preparation of reports tailored so as to satisfy specifically all of their information needs. Accordingly, this 'special purpose financial report' has been prepared to satisfy the management committee's reporting requirements under the *Associations Act*.

The financial report has been prepared on the basis of historical cost and except where stated, does not take into account changing money values or current valuations of non-current assets. Cost is based on the fair values of the consideration given in exchange for assets.

The financial report has been prepared in accordance with the Associations Act, the basis of accounting, but not the disclosure requirements, specified by all applicable Australian Accounting Standards.

Significant accounting policies

Accounting policies are selected and applied in a manner which ensures that the resultant financial information satisfies the concepts of relevance and reliability, thereby ensuring that the substance of the underlying transactions and other events is reported. The following significant accounting policies have been adopted in the preparation and presentation of the financial report.

Depreciation

Items of property, plant and equipment are depreciated over their estimated useful lives using the diminishing value method. The main rates used are:

Plant and equipment	36%
Motor vehicles	25%
Leasehold improvements	2%

Economic dependency - A significant volume of the association's revenue is from government grants.

Employee Entitlements - The amount expected to be paid to employees for their pro-rata entitlements to long service and annual leave is accrued annually at current wage rates.

Goods and Services Tax (GST) - Revenues, expenses and assets are recognised net of the amount of GST. Receivables and payables are recognised inclusive of GST. The net amount of GST recoverable from, or payable to, the taxation authority is included as part of receivables or payables.

Income Tax - The association is not subject to income tax.

Government Grants - Grants are recognised as revenue in accordance with the year to which they relate. Grants receivable for the current year but not received are accrued as a receivable, grants for future years received in the current year are treated as a liability. The portion of specific purpose grants received and unexpended at year end, is transferred to current liabilities.

(cont.)

MENTAL HEALTH ASSOCIATION OF CENTRAL AUSTRALIA INCORPORATED

Auditor's Report

NOTES TO AND FORMING PART OF THE ACCOUNTS

2.	CASH		
	Cash at bank - cash management trading account	612,048	678,029
	Cash at bank - cheque account	70,348	45,926
	Cash at bank - trading account	<u>1,021</u>	<u>1,306</u>
		<u>683,417</u>	<u>725,261</u>
3.	RECEIVABLES		
	Debtors	3,415	53,268
	Other	<u>(547)</u>	<u>7,390</u>
		<u>2,868</u>	<u>60,658</u>
4.	PROPERTY, PLANT AND EQUIPMENT		
	Buildings - Residential Units	928,959	564,858
	Less: Accumulated depreciation	<u>42,568</u>	<u>29,942</u>
		<u>886,391</u>	<u>534,916</u>
	Plant and equipment	108,774	123,338
	Less: Accumulated depreciation	<u>57,589</u>	<u>68,041</u>
		<u>51,185</u>	<u>55,297</u>
	Motor Vehicle	135,885	104,890
	Less: Accumulated depreciation	<u>64,892</u>	<u>52,718</u>
		<u>70,993</u>	<u>52,172</u>
	TOTAL	<u>1,008,569</u>	<u>642,385</u>
5.	CREDITORS AND BORROWINGS		
	Creditors	39,314	44,256
	GST Payable	37,438	13,429
	Payroll liabilities	25,576	18,259
	Bond received	<u>1,580</u>	<u>1,580</u>
		<u>103,908</u>	<u>77,524</u>

(cont.)

MENTAL HEALTH ASSOCIATION OF CENTRAL AUSTRALIA INCORPORATED

Auditor's Report

NOTES TO AND FORMING PART OF THE ACCOUNTS

6.	UNEXPENDED GRANTS		
	Life Promotion account	27,505	77,822
	Life Promotion account 2008	65,000	
	Pathways	8,058	87,608
	Subacute Prevention & Recovery	4,633	36,644
	Day to Day Living	-	76,831
		<u>105,196</u>	<u>278,905</u>
7.	GRANTS IN ADVANCE		
	Life Promotion Tennant Creek	-	80,000
		<u>-</u>	<u>80,000</u>
8.	OPERATING SURPLUS / DEFICIT FOR THE YEAR		
	Operating account	104,130	3,306
	Life promotion account	27,505	77,822
	Pathways to recovery	8,058	87,608
	Sub Acute Prevention & Recovery	4,633	36,644
	Mental Health Training	-	(111)
	Day to Day Living	-	76,831
	Accommodation and support	-	(561)
	Capital acquisitions	63,784	76,893
	Capital grants	359,030	83,000
	Transfer to Unexpended Grants	(105,196)	(278,905)
		<u>461,944</u>	<u>162,527</u>

Code of Conduct for Consumers

Developed and reviewed by members of the Consumer Forum this Code of Conduct has been endorsed by the MHACA Committee and incorporated into the MHACA Policy & Procedures Manual

Integrity - Consumers and staff *working together* to further MHACA's aims. To not strive for personal gain or private outcomes. To try to reach consensus on issues that are being discussed.

Honesty - To *disclose interest* where consumers may have financial or personal gains, and withdraw from meetings if there is potential conflict between their own interest, colleagues and MHACA's interest.

Confidentiality - To *respect the privacy of others*. To not talk about consumer business with other members of the community and to not disclose any information which is private to consumers.

Impartiality - To provide *unbiased input* within a designated task. To represent the broader consumer views and not just their own.

Respectful Behaviour - To *treat others with courtesy and respect*. Incidents of harassment, sexual harassment, and aggressive or verbal abuse towards other consumers and staff will not be condoned or tolerated.

Tolerance - To *accept others* regardless of gender, culture or religious background. Discrimination of any form is in direct opposition to the Code of Conduct.

Complaints/Feedback - Is *appreciated and acted upon* to upgrade the performance of MHACA services. An advocate is available upon request.