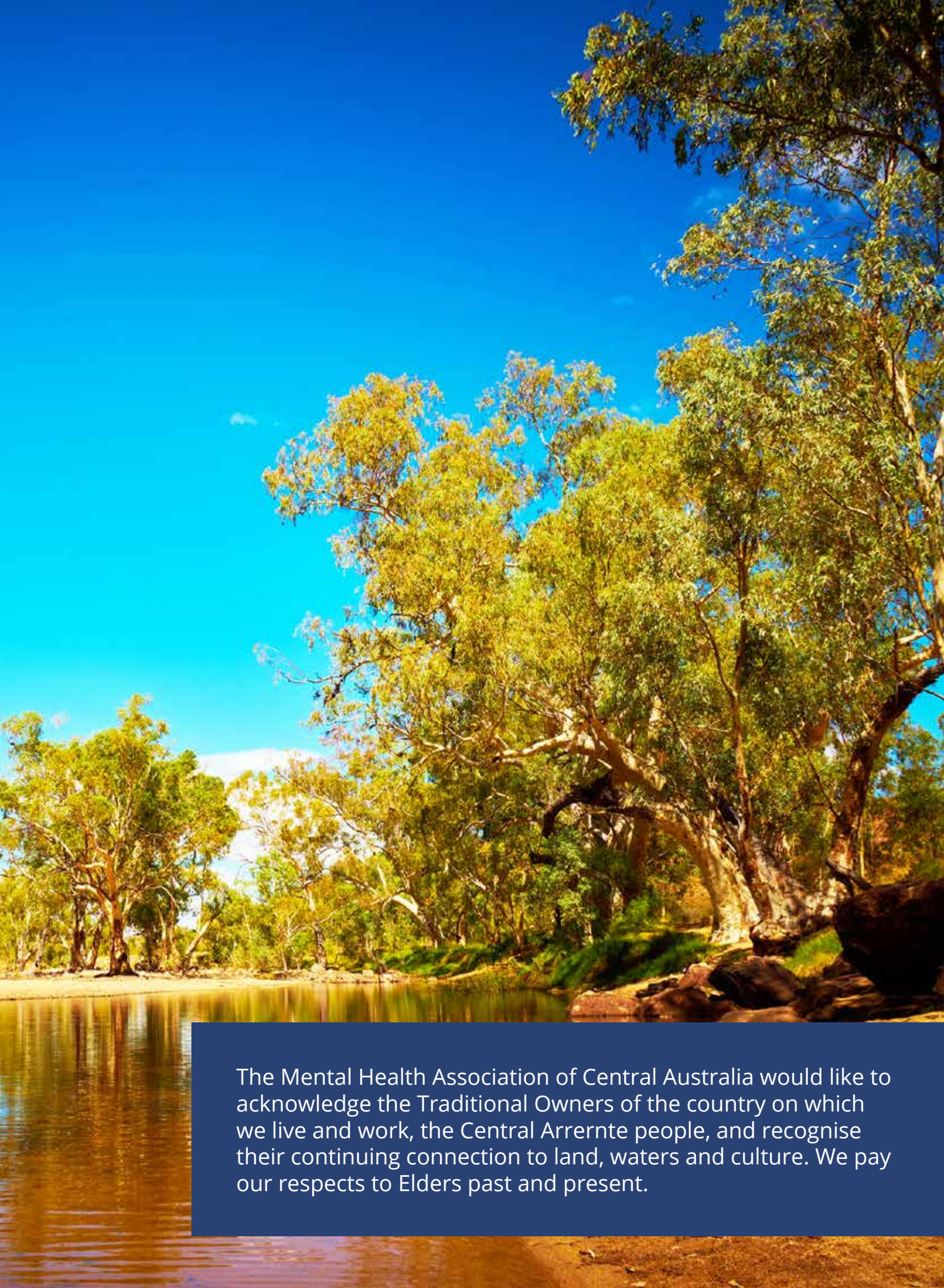




MHACA
Mental Health
Association of
Central Australia

ANNUAL REPORT

2022 – 2023



The Mental Health Association of Central Australia would like to acknowledge the Traditional Owners of the country on which we live and work, the Central Arrernte people, and recognise their continuing connection to land, waters and culture. We pay our respects to Elders past and present.

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The Mental Health Association of Central Australia (MHACA) has offered psychosocial support services and health promotion programs aimed at enhancing the mental health and wellbeing of people living in Central Australia for 30 years.

We acknowledge people with a personal experience of mental health challenges and suicide, and the voices of lived experience informs the work that we do.

As an inclusive organisation we celebrate people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

WELCOME FROM THE CHAIRPERSON

Thank you for your interest and support for the Mental Health Association of Central Australia (MHACA). I would like to acknowledge that we are privileged to be able to deliver our services from Mparntwe (Alice Springs) on the beautiful lands of the Arrernte people.

I acknowledge the cultural richness and continuing connection to country of the Arrernte people as custodians and traditional owners of these lands and pay my respects to their elders past and present, as well as acknowledging the contributions of their current and emerging leaders.

I am pleased to share MHACA's Annual Report. The report highlights the many achievements of the organisation throughout 2022/23. In an ever-changing environment, MHACA continues the critical work of leading and supporting a range of mental health initiatives across Central Australia.

Our primary focus continues to be on supporting the local community through the delivery of a range of quality services and facilities. Services and facilities which enhance peoples' quality of life by enabling them to prevent, better manage and potentially recover from

the mental health issues that impact their lives.

I'd like to acknowledge and give a big thank you to Dira Horne, our MHACA CEO, as she reaches her second-year anniversary in the role. The organisation continues to benefit from Dira's extensive experience and knowledge. Dira is supported by an excellent management group as well as by the broader MHACA staff. All of whom, together as the MHACA team, provide outstanding services and support to participants and the broader Central Australian community. As a Board we are very grateful for and proud of the way in which the MHACA team works together to maintain and grow MHACA's long history of quality support and service delivery in Central Australia.

It has been another busy and varied year for MHACA as we continue to adjust to a new normal, both in the context of the social landscape including COVID, as well as the service landscape and the increasing focus on NDIS and fee for service delivery. The MHACA team have done a great job in adapting and changing to continue to deliver the range and quality of services that are the hallmark of MHACA.

As a Board and working with the Executive team we continue to focus on the ongoing and long-term sustainability of MHACA as an important community organisation, and the role we play in the support and service of our participants. This means that we continue to look closely at how things are working, as well as the risks and opportunities for the future, so that we can make the best decisions in a timely manner to support MHACA as a strong and viable community services organisation.

As Chairperson of MHACA I would like to express my thanks and appreciation to my fellow Board members. Their ongoing support, engagement and thoughtfulness around the work of the organisation makes an important contribution to the functioning of MHACA and to my role as Chairperson. We are fortunate to have an active and committed Board who continue to work diligently on the current needs and future sustainability of our services and support for participants.

It is equally important to highlight the adaptability, patience and enthusiasm which has characterised the work of the MHACA team as we continue our journey in this new and still changing world.

In closing I would like to acknowledge the critical support of our funding bodies & partners, the MHACA staff & participants, my fellow Board members, and the Central Australian community. We are fortunate to have so much support and good will from many people and organisations, working together with us, as we deliver this vital work around support for mental health in the Central Australian community.

Peter Riley

Chairperson



GOVERNANCE



MHACA Board

Back – Duncan Legoe, Daniel Shane, Stephanie Van Son, Peter Riley

Front – Ali Thorn, Mary Menotti, Lavenia Saville, Gabrielle Waterford

MHACA continues to be supported by a dedicated and skilled Board under the exceptional leadership of our Chairperson Peter Riley. This year we farewelled Greg Bull and Susan Brooks and welcomed two new members Gabrielle Waterford and Daniel Shane. We have developed and approved a number of new governance policies including Board Director Roles and Responsibilities. MHACA thanks our Board members for giving your time so generously.

Board Members

- Peter Riley** – Chair
- Lavenia Saville** – Treasurer
- Ali Thorn** – Ordinary Member
- Gabrielle Waterford** – Ordinary Member
- Daniel Shane** – Ordinary Member
- Mary Menotti** – Ordinary Member
- Duncan Legoe** – Ordinary Member
- Stephanie Van Son** – Ordinary Member
- Greg Bull** – Ordinary Member (resigned November 2022)
- Susan Brooks** – Ordinary Member (resigned November 2022)

STRATEGIC INTENT

OUR VISION

Central Australia is a safe and inclusive community that actively fosters and supports good mental health.

OUR PURPOSE

MHACA supports participant-driven recovery and promotes mental health and wellbeing in our community.

OUR VALUES

We value lived experience. The knowledge and understanding of participants, communities and others with a lived experience of mental illness and distressing life episodes underpins and continually improves our service delivery.

We value respect.

We respect the experience and contributions of participants, colleagues, communities and stakeholders. Staff demonstrate respectful behaviour in all aspects of their work.

We value diversity.

We actively seek the voices of diverse peoples to enrich our approach and ensure our organisation responds to their needs. We value that MHACA participants and staff have a range of abilities and backgrounds. We acknowledge local Aboriginal cultures and embrace multiculturalism, gender equality and LGBTQIA+ peoples.

We value creativity and innovation.

We continuously review and improve our services and support each other to explore creative responses that will make our services and organisation stronger.

We value safety.

We understand how critical it is that people feel safe. We will create an environment grounded in kindness and hope where people are supported to increase their skills and where recovery can occur.

We value sustainability.

We are here for the long term and will equip ourselves to stay strong in the face of social, economic and environmental changes, by making informed decisions to manage and optimise resources.

THE YEAR IN REVIEW

This year has been one of transition as we returned to business as usual with COVID restrictions eased. Participants and their recovery remain at the centre of our work, alongside reducing the stigma for people living with mental health challenges in our community.

We have focused our efforts on investing in our lived experience workforce, ensuring the systems implemented the previous year have in fact enabled the efficiencies they were designed to create and seeking the necessary resources to further enhance our operations.

There have been challenges to navigate for many with increasing cost of living pressures, the impacts of negative media attention on our community and critical staffing shortages which impacts the quality of services that our participants receive from a range of providers. MHACA has done our best to navigate these issues whilst continuing to support our participants and providing essential health promotion and suicide prevention training to community members.

Accreditation

This year MHACA received full accreditation against the QIC Health and Community Standards and the National Mental Health Standards. This recognition is not only a testament to the quality of our work, but also provides valuable feedback and opportunities to enhance the quality of our work. We now turn our attention to the next accreditation process for the NDIS Practice Standards at the end of 2023.

NDIS Review

MHACA contributed to the independent review of the NDIS. We met with members of the independent review panel and provided stories of people whose lives have not improved. Many people have fallen through the gaps of a system aimed to protect those most vulnerable in our community. We welcome the review and await the findings and recommendations that may arise because of the many stories that have been shared across this country.

The National Mental Health Commission visited MHACA in August. Pictured is Christine Morgan (NMHC), Helen Lambert (MHACA), Ngaire Brown (NMHC), Dira Horne (MHACA), Jennifer Muir (NMHC).



Mandy helped cook the YES Burgers as part of the Your Experience of Service (YES) Survey.

Keeping People Connected

MHACA continues to play a strong role in keeping the community connected and informed around mental health and suicide prevention.

Beyond the range of community events and resources we produce, MHACA facilitates two professional networks: the Alice Springs Mental Health Professionals Interagency and the Central Australia Life Promotion Network. Both networks meet bi-monthly and provide an important opportunity for community service providers to connect and share information. There have been some excellent presentations in the networks over the last year, and some great engagement from stakeholders which demonstrates a commitment to working together to enhance community wellbeing.

CEO'S MESSAGE

I am pleased to share this Annual Report and the opportunity it provides to showcase the impact of our work here in Central Australia. This year we enter our third decade, we are so proud to be celebrating 30 years supporting this community. We recognise and thank all those who have contributed to our legacy and history. I am grateful to work with an amazing team of people and I thank the Board and staff for their commitment to improving the wellbeing of people in our community.

Dira Horne
CEO



Collaborations and Working Together

MHACA cannot achieve our goals without the support of our partners, we continue to nurture existing relationships and take opportunities to develop new ones. Throughout this year we have worked with:

- Charles Darwin University to support the development of the Lived Experience Workforce Development Framework.
- the Central Australia Mental Health Service to review our MOU.
- the National Mental Health Commission to deliver the Making Connections Community event and stakeholder roundtable.
- the Northern Territory Department of Health, Aboriginal Medical Services Alliance Northern Territory and Northern Territory Primary Health Network to help facilitate local engagement in the Northern Territory Suicide Prevention Implementation Plan and joint regional planning processes.
- the Northern Territory Department of Health, Central Australian Mental Health Service, Northern Territory Families, Housing and Communities, Anglicare NT and Central Australian Affordable Housing Company to deliver the Housing and Psychosocial Support Program.

MHACA was represented on the following Networks and Committees:

- NT Mental Health Coalition Board
- Alive National Centre Mental Health research
- NTCOSS Interagency
- Alice Springs Homelessness Reference Group
- Alice Springs Accommodation Action group
- Alice Springs Mental Health Professionals Interagency
- Central Australia Life Promotion Network
- International Women’s Day Event Committee
- NAIDOC Committee

We value the relationships we hold with our participants, stakeholders, funders and this community that supports our work. We thank you for working with us as we navigate the challenges and the opportunities in providing quality mental health services.



Minister for Mental Health and Suicide Prevention, Lauren Moss with Mr Wilson.

Group Activities

MHACA’s group activities calendar continues to be a strength of the service we provide, which has been reaffirmed by the Your Experience of Service (YES) Survey which is completed by participants each year.

In the last year MHACA has introduced a Women’s Yarning Group for Aboriginal Women to connect and go out and visit country, and weekend activities remain popular with trips to the cinema, bowling, picnics and engagement in other community events. Group activities provide opportunities to connect, learn new skills and socialise.

174
people received
a MHACA service

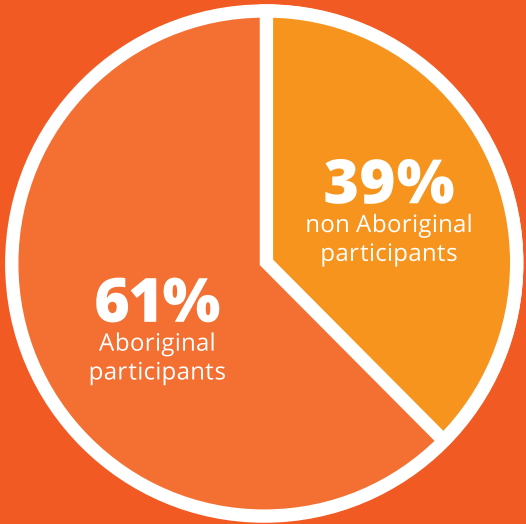


48%
female participants

52%
male participants



17353
hours accessed at
the Drop-in Centre



48
new participants



2067
hours of one-on-one
support provided



4183
hours accessed of
group activities



30
health promotion
events and
presentations



92 Support
Coordination
participants



4160
hours of Support
Coordination provided



2300
event and stall
engagements



1143
Facebook
page followers



306
Instagram
page followers



1462
newsletter opens

LIVED EXPERIENCE WORKFORCE DEVELOPMENT FRAMEWORK

A key strength of MHACA is the contribution made by participants, communities, and others with a lived or living experience of mental health challenges. Through a diverse range of programs MHACA strives to make a difference in the lives of people with a lived experience by supporting participant driven recovery and to assist communities and organisations to actively improve mental health and wellbeing.

While Peer Workers and Peer Facilitators have been employed at MHACA for some time, we wanted to formalise and capture our ongoing commitment to a culture where all expertise is valued and recognised equally. We believe that quality is greatly improved by the input of the people with lived experience that access our services.

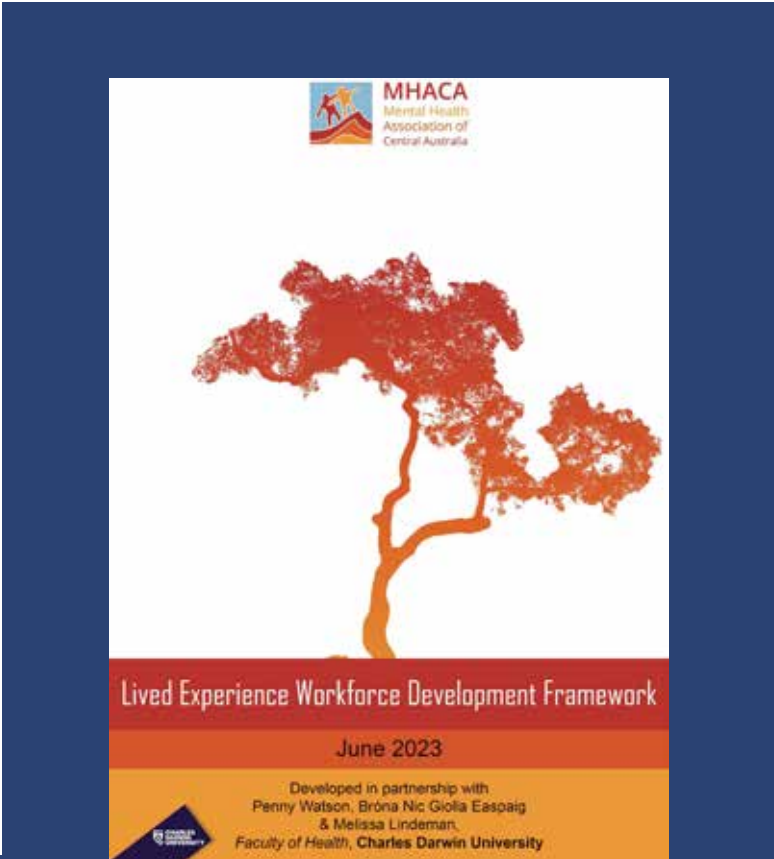
Working in partnership with the Faculty of Health, Charles Darwin University we developed the Lived Experience Workforce Development Framework. MHACA acknowledges the contribution and support in the co-design of the Framework of Bróna Nic Giolla Easpaig, Melissa Linderman and Penny Watson.

This project was funded by the Northern Territory Primary Health Network, and MHACA extends our gratitude for receiving the grant that enabled this work to be commissioned. We also wish to thank the Lived Experience Advisory Committee members that steered this important body of work.

As highlighted in the National Lived Experience Workforce Guidelines, developed in 2021 by the National Mental Health Commission (Byrne et al, 2021) a well-supported lived experience workforce results in benefits for people accessing services, families, social networks and organisations, as well as the broader community.

Advisory Committee Members

- **Pip Williams** Chair and Participant
- **Helen Chadwick** Peer Day Program Coordinator
- **Culley Moyes** Participant
- **Seli Dash** Peer Worker/Participant
- **Aaron Daffin** Peer Worker
- **Louise Dennis** Aboriginal Cultural Advisor Central Australia Mental Health Service



BEVERLY'S STORY

I've been coming to activities at MHACA for about 2 years. I come to craft, games on Fridays, and I go to 8ball sometimes. I like the music jam too but mostly listening to it while I do something else.

I like doing the craft and I like to learn new stuff. I like to hear other people's ideas. We are doing weaving at the moment, that is good, and I love the clay work.

Painting, I am not very good at it, but you don't have to worry about somebody saying 'oh you are no good', you just go ahead and do it, and if it doesn't work out right, that's fine, who cares. You have got the freedom to try things, which sometimes in the community it's hard to find that.

I also get one-on-one support and we go shopping, have lunch and have a good chat.

Initially I was a little worried at first to come to MHACA, but it has been very positive. MHACA is not judgemental, you can joke around with participants and staff, and people accept others for who they are, accepting people's differences, accepting their similarities.

That's very important in Alice Springs because there are people from so many different cultures. I like that staff at MHACA are from different countries too, I feel that is a way of knowing the world without jumping on a plane to go overseas.

MHACA has helped me by getting the sense of being part of something, instead of being isolated by myself. You can join in, but you are not told you have to, you are told you can if you want to, and that is an adult right, say yes or no to something, have the freedom of choice. If I have a bad day, and the pool activity is on, I can say 'sorry, I'm not coming' and that's fine.

It is important that people with disabilities have the choice and options, so you do what you can for yourself, but if you want help is there, and that's what I like about MHACA. That's what I look for in an organisation that supports me, the ability to give me the freedom to be by myself if I want to, but also the freedom to be able to come back and join the group.

I take one day at a time. I am trying to get my kids as right as I can and spend as much time as I can with them and with other people I care about. I want to keep enjoying the little things and the little moments.

Beverly



ASHLEY'S STORY

I am originally from Rockhampton in Queensland and I've been here in Alice Springs now for one and a half years. I was here previously 20 years ago and wanted to come back and just see what it was like as I had fond memories of this place - it is special country. Because I've come from being half an hour away from the coast, I miss the water. But the environment here is good, helps me rehabilitate.

I heard about MHACA through a member of the public and I took the steps to come in and make the intake appointment. I was keen on being accepted to get support, and MHACA helped me get back onto the NDIS, because I was off it for a couple of years.

Now I have a NDIS support worker and he visits me, takes me shopping, takes me to my appointments. We just get out and about too because it is important for my recovery and my healing journey. It's pretty important overall to have support, to be recognised, to know that you are just not a number.

I have an acquired brain injury which I am going to live with for the rest of my life due to an assault when I was off duty as an ambulance officer. But my support worker always checks in on me, so that's nice.

I also attend the Men's Yarning Group on Fridays when I

can. I use the facilities at the Drop-in Centre, I like to use the art supplies, I like the music group, and also meeting other participants and the workers too. I can't forget about the Monday's shared healthy lunches, that's really good because I like my tucker.

I have also been involved as the participant representative on interview panels for job vacancies at MHACA. I've enjoyed that very much.

MHACA has helped me a lot, not only in the supports that I receive, but also on my personal inner journey. Coming here and being with other people helps me relax and gain more understanding of the people that I am with.

Every time I come to MHACA I feel happy, I feel revitalised. My goals are to remain positive and draw on the strength that I need from myself and a team setting. Stay cool and calm. Keep on accessing MHACA because I enjoy the services, they are good for me, they are very beneficial to my healing journey.

I want to help in any way I can because MHACA has helped me, and I want to return the favour!

Ashley



PATHWAYS TO RECOVERY

Pathways to Recovery program is a psychosocial and recovery-focused program which provides support to people living with mental health challenges in Central Australia.

Pathways staff work alongside participants to develop and implement their recovery plans which support their goals and aspirations.

To assist participants to build their recovery plan we use two main tools to provide an evidence-based approach to identify what the participant needs: the Camberwell Assessment of Needs (CANSAS) and the Recovery

Assessment Scale (RAS-DS).

Recovery looks different for each participant, so support workers need to be able to build rapport with participants and get to know their strengths and challenges. We assist them to build on their strengths and help them to work through their challenges to be able to live a better quality of life.

We assist people to recognise and take responsibility for their own mental health and wellbeing, and to define their own goals.

The support offered looks different for each participant depending on what their goals and needs are. Supports can include:

- advocating on behalf of participants when needed
- assisting with living skills development
- home visits
- shopping

One of the participants that has been supported through the Pathways to Recovery Program has become a Peer worker. He has been working for many months on his own recovery and can now support other participants with their recovery.

Stephen and Jonathon play a game of chess.



"I love that MHACA has a Drop-in Centre, it's somewhere I can go and feel safe and just chill out when I need to."

MHACA Participant.

- budgeting
- attending appointments
- assisting participants with forms
- linking participants up with other service providers.

With the continuation of funding for the Housing and Psychosocial Support Program we can continue supporting participants that are not on the NDIS. For these participants knowing they are still receiving the supports they need has given them a sense of relief.

This year staff members and participant Ashley were able to attend The Mental Health Services Conference in Adelaide.

The theme was 'Making rights real - bringing humanity and human rights into mental health'. Some of the discussions focused on the fact that since the pandemic people who were marginalised have become even more marginalised, especially those who experience distress or poor mental health. We learned about what other service providers around Australia and New Zealand are doing for participants but also how services are building on peer employment opportunities.

This was a first for Ashley and he really appreciated the opportunity to represent MHACA at a national conference. Ashley said the experience was a good one for him, and he made new friends whilst building his own network.

Christine Boocock

Programs Manager



Corey does some painting in MHACA's Drop-in Centre.

MHACA has started an Indigenous Women's Yarning Group and a couple of the Pathways participants have joined that group. The feedback has been positive, with the women saying it's been good to be able to go out bush, sit together and share stories in a safe way.

ACTIVITIES AT THE CENTRE

The MHACA Group Activities calendar lets participants know about upcoming community events that MHACA will take part in, as well as structured activities that happen in MHACA's Drop-in Centre and in the community. The activities are chosen by the participants themselves at planning days and through providing feedback.

Activities include:

- Healthy Cooking
- Women's Yarning Group
- Men's Yarning Group
- Basketball
- Craft
- Music Connection
- Hearing Voices

Our therapeutic groups are facilitated by people with lived experience and are well attended. Participants are provided with a safe space to feel comfortable and find tools to support their recovery journey.

Our Aboriginal Men's Yarning Group is popular and often involves going out bush, sitting around the fire having a yarn while waiting for kangaroo tail to cook.



Music Connection with Be happens on Fridays.

Our long-standing craft group is held each Thursday providing a calm relaxing space to sit and connect with self or others whilst creating something unique to each participant. This year's activities have included:

- Macrame
- Basket Weaving
- Modelling Clay
- Making Jewellery

MHACA's Drop-in Centre is a welcoming space with comfy lounges, internet access, laundry and bathroom facilities and provides opportunities to socialise with others. There are always activities to participate in including games, drawing, and painting. Participants can also have a cuppa or just take some time out.

MHACA has recently purchased a free-standing basketball ring where our participants can channel their inner 'Michael Jordan' in our car park area, a great way to stay active and have some healthy competition between participants and staff.

Each Friday we have our music session 'Music Connections' with Be. This is always popular with participants and staff alike. Our motto is Loud and Proud as we work towards the weekend with some great music and vibes.

Helen Chadwick

Day Program Coordinator

Helen and Paige at the disco organised by the Disability Advocacy Service.



HOUSING AND HOMELESSNESS SUPPORT

MHACA's housing and homelessness programs play an important role in supporting those living with mental health challenges and experiencing homelessness or at risk of homelessness in Alice Springs.

Participants are supported to access appropriate housing and to gain skills necessary to maintain long-term stable tenancies. Housing and homelessness support staff work collaboratively with participants and other community services organisations to address participants' needs. Participants can also get support from other MHACA programs at the same time.

Participants are taught skills to maintain long-term stable tenancies, are supported to find appropriate housing, linked to other services for mental health treatment and psychosocial support.

Housing and homelessness support is delivered through two MHACA programs; Tenancy Support Program (TSP) and Housing and Psychosocial Support Program (HAPSP).

MHACA staff member Cheryl with Mandy out the front of her accommodation.



MANDY'S STORY – I'M HAPPY THAT I'VE GOT THE RIGHT SUPPORT

Today I am standing here to tell my story. This is a story of a successful journey to where I am now. Some years ago, I was diagnosed with a mental illness. My situation was made worse as I was homeless. I was sleeping rough most of the time. Sometimes I stayed with relatives, but this worsened my mental and physical health as accommodation was always overcrowded.

I was lucky to be referred to MHACA for housing and other supports to help to improve my mental health. I participated in MHACA activities and was fortunate to move into a MHACA unit under the MHACA Housing and Psychosocial Support program (HAPSP). This is where I am staying now.

A MHACA housing worker sat down with me, and we developed a plan to support me to look after my unit better and to achieve my other goals in life. I have achieved great things in life so far. My unit is always clean, I can report repairs now, all my bills up to date and I am on NT housing waitlist for a one-bedroom unit. I am taking my medication as required and through NDIS getting help with transport to shopping. Every week, I attend reading and painting sessions. My partner is very supportive and is always on my side.

With the help of MHACA my life, my health and my tenancy are very stable. Thankyou for the support I'm getting from MHACA and other community organisations in Alice Springs!

Tenancy Support Program

The Tenancy Support Program (TSP) supports individuals and families with mental health issues who are experiencing homelessness or at risk of homelessness to find appropriate housing or to sustain their tenancies in the Alice Springs area.

To achieve this the program works collaboratively with other community services agencies in Alice Springs to address other issues impacting on participants' ability to find accommodation or to maintain a long-term stable tenancies.

Participants are supported to:

- find appropriate housing
- learn skills necessary to keep a long-term tenancy such as budgeting
- manage visitors
- reduce their water and electricity bills
- reporting maintenance issues
- link with other support services in Alice Springs.

The TSP continues to build positive working relationships with other community services providers in Alice Springs. This has seen many positive outcomes for our participants including:

- improved property standards
- reduced incidents of anti-social behaviors
- improved ability to manage their finances better
- being supported to move into crisis, transitional housing and long-term accommodation through our local Department of Housing and Communities.

Housing Psychosocial and Support Program

The Housing Psychosocial and Support Program provides services that are individualised, holistic, integrated, culturally responsive safe and flexible, to enable people with mental illness to remain living as independently as possible in the community and their environment of choice.

The target group for the service are people with a diagnosed mental illness who are homeless, at risk of homelessness or inappropriately housed and require intensive support to gain or sustain housing in the community.

The program is a partnership between MHACA and:



Racheal at the MHACA Healthy Cooking Group Activity.

RACHAEL'S STORY – I NOW HAVE HOPE IN LIFE

I had many problems in my life, and I didn't know where to go for help. This resulted in me being admitted to the Alice Springs Hospital for some time before being transferred to the Sub Acute facility to continue with my mental health recovery journey.

Whilst at Sub Acute I was lucky to be referred to MHACA's Housing and Homelessness Program. MHACA staff visited me and listened to my story. We developed a plan to help with my recovery and to find appropriate housing. My biggest worry was where to go when discharged.

With the help of the Tenancy Support Program my name is closer to getting allocated public housing accommodation and every Monday I now attend MHACA Healthy Cooking Group Activity. I am now looking to get a job and every Sunday I go to church.

With the support I am getting from MHACA and other services in Alice Springs my life has achieved a turn around. I now have hope. Thanks to MHACA!

- Northern Territory Department of Health
- Central Australian Mental Health Service
- Territory Families, Housing and Communities
- Anglicare NT
- Central Australian Affordable Housing Company.

Good Outcomes

This financial year a total of 52 participants received support from both programs. Out of these, 19 participants exited the programs for varying reasons including having received the support they needed. Positive changes for participants have included:

- stable tenancies
- community connection
- economic participation
- improved physical and mental wellbeing.

Edson Chigaba

Housing and Homelessness Manager

HEALTH PROMOTION AND IMPROVING WELLBEING

Health promotion supports people to increase their control over and improve their health. It provides a focus on preventative health, where people can understand the causes of poor health and take actions to prevent illness.

In the context of mental health, this includes understanding the risk factors and behaviours that can lead to illness, early identification of issues and promotion of the supports that are available.

In the 2022-2027 period MHACA's Health Promotion work has four targeted goals:

- Reduce stigma of mental ill health and suicide and encourage help seeking in the Central Australian community.
- Build capacity in the community services sector to respond to people experiencing mental health difficulties.
- Support sector communication on suicide and promote suicide prevention resources.
- Promote lifestyle interventions to support mental health and wellbeing.

MHACA continues to make a strong impact in the Central Australian Region. We maintain a strong online presence through social media.

In the last year MHACA developed and printed 3 new resources:

- Observe Respond Support (providing information on supporting people in crisis)
- Keeping Everyone Safe Poster (key messages from the Little Red Threat Book)
- A Helplines Magnet (for the rural community)

Collaboration continues to be a strong driver to MHACA's health promotion work, with MHACA seeking opportunities to work with other agencies and build capacity in our local sector. We facilitate two professional networks: Alice Springs Mental Health Professionals Interagency and the Central Australia Life

Promotion Network with 12 meetings and a total of 178 attendees over the year.

Community Engagement Events

MHACA continues to work in partnership with other organisations and wherever possible promote help-seeking for mental health challenges. We facilitated and participated in 17 local events with approximately 2300 community engagements.

Event highlights include:

- Making Connections – In August MHACA partnered with the National Mental Health Commission to deliver the Making Connections community event. As part of a national tour the Commission was seeking feedback from consumers and community members on how to improve Australia's national mental health and suicide prevention

MHACA participants enjoyed learning about how to make bush balms at Purple House as part of Mental Health Week.



STAKEHOLDER FEEDBACK

"We really appreciate you and your support & resources in the APY Lands. Keep up the amazing work!"

Kerry Kroen, Community Development Coordinator, SA – Wesley LifeForce.

"Thanks so much, MHACA definitely tops the list for one of our Connections 22 champion partner leaders!" Fiona Liu, Senior Engagement and Communications, National Mental Health Commission.

"Thank you for organising a wonderful and important event for our community." Ashish Guatam, Communications Officer, Desert Knowledge Australia.

"So good to see MHACA doing this important work. Good job to all!" Social media comment.

systems. MHACA hosted the Making Connections community lunch with had 50 local stakeholders attend. MHACA also hosted a stakeholder round table meeting with the Commission.

- Equal Futures International Women's Day Fair - More than 200 people attended the 2023 International Women's Day event at the Women's Museum of Australia in March. There were performances by Casii Williams, Shilo, Ruby Hill and Singchronicity, plus market stalls, speakers, a live broadcast from 8CCC Community Radio. MHACA facilitated the organisational committee. 60 people engaged with the MHACA health promotion stall and completed a survey to go in a draw to win a Wellbeing Hamper.
- Men's Mental Health Day - More than 100 people joined this collaborative event on the Uniting Church Lawns with Central Australian Aboriginal Congress, headspace Alice Springs, Mental Illness Fellowship of Australia NT, NO MORE AU, AFL Northern Territory, Menzies School of Health Research and the Arrernte Community Boxing Academy in May. There were speakers, stalls, and activities supporting the message that men's mental health is important and that there are a range of services that can help.

International Women's Day was held in March at the Women's Museum of Australia.

Presentations and Workshops

Throughout the year MHACA delivered 4 mental Health in the Workplace Workshops and 4 Observe Respond Support (suicide prevention skills) workshops to a total of 84 people.

Other presentations included:

- A presentation at the Alice Springs Correctional Facility to 10 First Nations women as part of the Kungka's Program, North Australian Aboriginal Justice Agency (NAAJA). The presentation included mental health awareness, what supports are available, how to support others, and basic suicide prevention skills.
- 'Lifestyle Interventions for a Thriving Community' presentation at the Desert Knowledge Australia Knowledge Intersections Symposium. The presentation shared information on the national focus on the physical health of people living with mental health challenges, MHACA's Healthy Bodies Support Healthy Minds Program and the collective responsibility to implement lifestyle interventions into service delivery. 20 people attended.
- "Healthy Bodies Support Healthy Minds" presentation to Charles Darwin University health promotion students.
- Suicide Prevention in Central Australia presentation at the Wesley Mission NSW Regional Networks Meeting, Newcastle, NSW. 35 attendees.
- Presentation on "Taking Care of Worries and Supporting Others" to the Central Desert Regional Council Annual Staff Meeting, which over 200 people attended, many who work remotely, and 70% identified as being Aboriginal. Little Red Threat Books and Feeling Sad or Worried fridge magnets with helplines were distributed.

Nicole Pietsch

Senior Manager Health Promotion and Quality



Nicole Pietsch delivered the 'Taking Care of Worries and Supporting Others' presentation to the Central Desert Regional Council Annual Staff Meeting.

OBSERVE RESPOND SUPPORT

How to support someone in crisis

There can be times in our lives when people around us may be experiencing a mental health crisis or be feeling suicidal.

The stigma and shame around poor mental health often means that people do not tell others if they are not feeling well.

You don't need to be a mental health professional or a GP to be able to offer support to someone you are worried about.

All of us can have a role to play in supporting others and preventing suicide.



OBSERVE

Often we can tell by being with or observing a person that things don't seem right.



What does the person look like?

Do they look sad or withdrawn? Has their personal care decreased?

How are they behaving?

Have they stopped participating in social activities? Are they using drugs and alcohol more than usual?

What are they saying?

Are they saying that things are bad in their life? Or that it would be better if they weren't around?

How are they feeling?

Are they reporting high levels of anxiety, stress or lowered mood? Or that there is no hope?

Please note: some people display no noticeable symptoms of being mentally unwell or suicidal.

RESPOND

If we notice that someone is having a hard time or is in crisis its important that we respond if we can.



Find a safe and comfortable space.

If possible, speak to the person somewhere private and comfortable. Minimise distractions.

Share your concerns.

Start with saying something like "You don't seem yourself..." or "Are you okay?" Tell them that you are concerned and that you're there to help.

Ask directly.

If you suspect the person may be suicidal, the only real way to know is to ask. You could say "Are you thinking of suicide?" or "Are you wanting to die?"

Listen actively.

Ask open-ended questions like "What has happened to get you to this point?" and "Can you tell me more?"

Don't judge or hurry the conversation.

Often people just need to be heard. It's important to validate the feelings that the person is having and allow them to share in their own time.

Work together towards safety.

You don't have to solve their problems. Your task is to help keep this person safe for now.

It's not easy to have these conversations. But it's important to remember that suicide can be prevented. Sometimes we might not be the appropriate person to have this conversation, and we may need to ask someone else to do it.

SUPPORT

Once you have some more information about how the person is feeling, you can support them to seek help, and develop a plan to keep them safe for now.



Recognise triggers and warning signs.

Ask them to reflect on their warning signs.

Increase safety.

Make their surroundings safe, including removing any objects, if safe to do so.

Identify reasons to live.

This might be thinking of things that makes the person feel happy or strong. But don't make the person feel guilty for having suicidal thoughts.

Link up with supports.

Think of people and services to connect the person with.

Follow up later.

Tell the person that you will follow up with them later.

It can be emotionally draining to support someone who is suicidal, so it is important to take care of yourself as well.

Phone and online supports

Lifeline call 13 11 14 or text 0477 13 11 14 | www.lifeline.org.au

Suicide Call Back Service 1300 659 467 | www.suicidecallbackservice.org.au

13YARN 139 276 | www.13yarn.org.au

Beyond Blue 1300 22 4636 | www.beyondblue.org.au

Kids Helpline 1800 55 1800 | www.kidshelpline.com.au

Mensline 1300 78 99 78 | www.mensline.org.au

1800RESPECT 1800 737 732 | www.1800respect.org.au

Q Life (for LGBTIQAP+ people) 1800 184 527 | (3pm-12pm AEST) www.qlife.org.au

Northern Territory services

Saltbush free phone counselling for people in Alice Springs and Tennant Creek - **0459 160 742**

Catholic Care free counselling services for people in the Northern Territory - **1800 899 855**

Holyoake fee for service on a sliding scale counselling for people in Central Australia - **08 8952 5899**

Relationships Australia fee for service on a sliding scale counselling and mediation service - **08 8950 4100**

Find a listing of NT support services at www.ntcommunity.org.au

IN AN EMERGENCY

If someone you know is experiencing a mental health crisis or a life is in danger call 000.

If it is safe to do so, you could take them to the emergency department of the local hospital.

You can also contact the NT Mental Health Line 1800 682 288 for advice from the Crisis Assessment and Support Team.

HEALTHY BODIES SUPPORT HEALTHY MINDS

In the last year, MHACA received a Northern Territory Government Healthy Lifestyles Grant to implement key elements of our Healthy Bodies Support Healthy Minds Strategy in partnership with community agencies.

The program had specific participant-focused objectives including:

- Increase MHACA participant engagement in regular exercise.
- Increase MHACA participant engagement in the cooking and eating of healthy meals utilising the Australian Dietary Guidelines.
- Decrease the consumption of sugary drinks by MHACA participants and increase water consumption.

The Program also had the specific objective of engaging local community service stakeholders in the delivery of program activities and building stronger community awareness of the importance of the physical health of people living with mental health conditions.

The Healthy Cooking activity happens every Monday at MHACA.



Healthy Cooking

MHACA delivered a healthy cooking activity for participants every Monday for 40 weeks. The meal that was cooked during the session was then shared for lunch with all participants at the Drop-in Centre. Each week 2-5 participants engaged in shopping, meal preparation, cooking and serving and up to 20 participants each week enjoyed a healthy meal. This activity was supported by Lhere Aterpe East Side IGA who provided food donations.

Exercise

MHACA delivered 40 physical activity sessions throughout the year which rotated between:

- Low-intensity gym workouts in partnership with the Alice Springs Town Council Healthy Communities Program at the Alice Springs Aquatic and Leisure Centre.
- Gentle exercise in the pool at the Alice Springs Aquatic and Leisure Centre.
- Basketball (including low-intensity stretching and drills) at the Alice Springs Basketball Association courts.
- Footy 4 Life low-intensity exercise in partnership with AFL NT and No More Campaign - Catholic Care at ANZAC Oval.

Up to 10 participants participated in the weekly sessions. Participants enjoyed basketball, Footy 4 Life and swimming – these activities will continue on in MHACA's monthly group activities calendar.

A New Water Filter

A water bubbler was installed in MHACA's Drop-in Centre to encourage increasing water consumption and reducing sugary drinks. This is to complement

PARTICIPANT FEEDBACK

"The cooking today was good, nourishing, healthy, and homemade. I liked it." MHACA participant

"The food we cooked was delicious. I would like to re-cook these recipes because I am starting to learn them." MHACA participant

"Basketball was good fun, good exercise." MHACA participant

"I kicked the footy and it felt good. I also tackled an obstacle and it was fun." MHACA participant

"It was fun. I liked kicking at the goal and playing with friends." MHACA participant

"I feel more awake, alert and alive after the exercise session." MHACA participant

"I am good at water exercises. I am proud of myself!" MHACA participant



The Central Australian Aboriginal Congress Tackling Tobacco Team visited MHACA and talked about the health impacts of smoking.



Warren and MHACA participants at the Footy 4 Life activity.

educational signage in the Drop-in Centre demonstrating how much sugar are in juices and soft drinks.

Community Walk

An all-abilities community walk was held at Anzac Oval in partnership with AFL NT and the Catholic Care No More Program, which included participation from clients of Central Australia Supported Accommodation and Life Without Barriers. 40 participants and their support workers enjoyed a football session and then joined in the walk around the oval which included an obstacle course. Participants also shared a healthy meal.

Health Promotion Educational Sessions

MHACA also facilitated health promotion educational sessions for our participants as part of the program. These included visits from:

- Central Australia Aboriginal Congress (CAAC) – Podiatrist Team (Looking After Your Feet Program).
- CAAC Tackling Indigenous Tobacco Team.
- Vision Australia – eye health education.

A short video was produced to demonstrate the outcomes of the project <https://www.youtube.com/watch?v=iQDi0BJuTFw>

Josefina Olmedo
Health Promotion Officer

KEEPING EVERYONE SAFE

In the last year there has been an increased national focus on mental health and suicide prevention with expanded investment and several strategic planning processes happening at a National and Territory level.

MHACA has been actively engaged in consultations with the National Mental Health Commission, the National Suicide Prevention Office, the Northern Territory Government and Northern Territory Primary Health Network and is committed to advocating for the needs of Central Australian communities.

Central Australia Life Promotion Network

MHACA has a long history in suicide prevention and postvention and has been facilitating a local suicide prevention network since 1999, now known as the Central Australia Life Promotion Network (LPN). The facilitation of the network enables important information to be shared to stakeholders and local engagement in critical suicide prevention initiatives.

7 meetings occurred throughout the year with 83 attendees from 23 different organisations. Guest presentations included:

- Noeline Armstrong, NT Lived Experience Network.
- Lidia Di Lembo, Sabrina's Reach for Life: Foundation for Rural Regional Renewal Funding.
- Jessica Ingram, Senior Project Officer, Everymind, Life in Mind: Suicide prevention knowledge exchange portal.
- Lynn Moloney, Training Officer, MHACA: Central Australian Suicide Prevention Training Program.
- Tim Keane, Suicide Prevention Coordinator, Mental Health, Alcohol and Other Drugs Branch, NT Health.
- Toby Dawson, Director Memberships & Engagement, Suicide Prevention Australia (SPA).

Creating Hope Through Action

'Creating Hope Through Action', the World Suicide Prevention Day Mparntwe event was held on the Council Chamber Lawns in September. The event included:

- a Welcome to Country and Smoking Ceremony by Sabella Kngwaraye Turner.
- guest speakers - Michael Liddle (Central Australian Aboriginal Congress CAAC and Codes 4 Life), The Tangentyere Men's Family Safety Program, Northern Territory Cattlemen's Association and Lifeline Central Australia.



The Tangentyere Men's Family Safety Group presented at Creating Hope Through Action.

- stallholders - MHACA, Lifeline Central Australia, MIFANT, Gap Youth Centre, CAAC Health Promotion and Tackling Indigenous Tobacco Teams, headspace Alice Springs.
- a healthy BBQ which was cooked by Alice Springs Rotary Club.

150 people attended and participated in a flower ceremony to remember those lost to suicide and shared messages of hope at the photo booth activity. Sound production was provided by 8CCC Community Radio and attendees enjoyed a live performance by Dave Garnham. The event was also sponsored by Lhere Artepe Aboriginal Corporation and the Disability Advocacy Service.

Central Australian Suicide Prevention Forum

A diverse group of 70 people came together for the Central Australian Suicide Prevention Forum at the Desert Knowledge Precinct in May. The forum has a focus on keeping the conversation happening in our community about preventing suicide and showcasing successful suicide prevention and postvention initiatives.

Presenters included:

- 13 Yarn
- Aboriginal Medical Services Alliance Northern Territory
- MATES in Construction QLD & NT
- Central Australian Aboriginal Congress
- National Wellbeing Alliance

- Northern Territory PHN
- MacDonnell Regional Council
- Royal Flying Doctor Service SA/NT
- Multicultural Community Services of Central Australia
- Mental Health Services Central Australia Region
- Teddy McDiarmid and Kylie Buzzacott
- Alison Cunnyngame
- Codes 4 Life/Desert Knowledge Australia.

Most attendees who provided feedback thought the forum was 'very good', with a diverse range of highlights listed from the two days. Popular mentions included the lived experience presentations including the SisterGirl Brotherboy, LGBTQIAP+ Community Insights, and the Disability and Dinosaurs presentations.

See the short social media video from the forum at: <https://youtu.be/mnMyhXJ3QVg>

Nicole Pietsch
Senior Manager Health Promotion and Quality

Sarah MacKenzie Dodds, Mental Health Servies, Central Australia Region, presenting at the Suicide Prevention Forum.



NDIS SUPPORT COORDINATION

MHACA is a specialist NDIS mental health provider with a focus on recovery and making positive changes to support participant health and wellbeing.

MHACA is a Registered NDIS provider of Support Coordination and Specialist Support Coordination to people living with psychosocial disability in Central Australia.

Once a participant has a NDIS plan, a support coordinator will assist them to understand what funding they have received, how they can use that funding and link them to appropriate supports in the community.

We work towards building a participant's capacity to understand their plans. One of the greatest parts of having a NDIS plan is that the participant has the right to decide who provides supports to them. If they are not



Rudra and Syed at the Annual NDIS Conference.

CONNECTING FAMILIES

Marjorie is living in Alice Springs with her granddaughter. Marjorie is legally blind, has a hearing impairment and renal disease. Marjorie had an important family event to attend on the weekend and was seeking support with the logistics.

MHACA did not have an active service agreement with her at the time, but her intake assessment was fast tracked and MHACA was able to support her throughout this period. She was able to attend the family meeting and was very thankful to MHACA and staff for fast tracking her supports and making it possible for her to attend the family sorry business.

happy with that service, including support coordination, a support coordinator will help them negotiate with that service or help find a new service.

Coordination of Supports includes, but is not limited to:

- helping people understand their plan
- connecting people with services
- supporting people through crisis
- helping build capacity and resilience
- providing targeted Support Coordination
- assisting with plan reviews
- reporting to the NDIA.

In the last year 94 people received MHACA's Support Coordination services. MHACA can also provide assistance to new participants to apply for a NDIS plan.

In June staff members attended the Annual NDIS Conference organised by Disability Services Consulting. The conference was a good learning experience and a way to catch up with industry wide issues and solutions. It helped us understand that many organisations across Australia were facing similar challenges in delivering NDIS services.

Syed Hassan
Senior Manager Business Development

SHOWCASING CENTRAL AUSTRALIAN ARTISTS

MHACA provided support to Mickey who went to Canberra to attend an exhibition at the National Portrait Gallery in Canberra. Mickey has been a part of the creation of a short film and songs as part of the Strong Feelings Exhibition developed by Incite Arts.

It was an incredible opportunity for Mickey, and it showcased Central Australian artists with disability. Incite Arts took a few of the artists including Mickey to Canberra for the opening night on 9 March 2023.



Mickey and other Incite Arts participants at the National Portrait Gallery in Canberra.

CENTRAL AUSTRALIA SUICIDE PREVENTION TRAINING PROGRAM

The Northern Territory has one of the highest rates of suicide in Australia, and various strategies are in place to address this pressing issue.

The Central Australia Suicide Prevention Training Program (CASPT) delivers a range of accredited training workshops that address suicide prevention strategies and mental health first aid aimed at community members and organisations. These workshops aim to increase awareness and develop skills and knowledge that contribute to making our communities suicide safer.

CASPT offers the following workshops:

- safeTALK – Suicide Prevention
- ASIST – Applied Suicide Intervention Skills Training
- Standard Mental Health First Aid
- Aboriginal Mental Health First Aid (Adult)
- Aboriginal Youth Mental Health First Aid

From July 2022 onwards, 61 people in Central Australia have attended Mental Health First Aid courses, providing attendees with tools to feel more confident in assisting individuals experiencing distress, mental health crises, or mental health conditions.



Training and Development Officer Lynn Moloney delivered Observe, Respond, Support to the Larapinta Child and Family Centre.

Children's Ground staff received the safeTALK training.



“Very good – concise and practical with great takeaways, allowing time for reflection and implementation.”

Participant Feedback



In October 2022, CASPT began delivering ASIST (Applied Suicide Prevention Skills Training) and safeTALK. Since then, 159 individuals in Central Australia have attended these workshops and learnt how to recognise signs of suicide, develop skills to assist individuals with suicidal thoughts, and create keep-safe plans until support networks can be established.

CASPT also offers customised, short workshops to meet specific requests from different organisations, such as the suicide prevention workshop “Observe, Respond, Support” and “Mental Health in the Workplace.”

The Larapinta Child and Family Centre requested a suicide prevention workshop for young parents, which CASPT delivered through the “Observe, Respond, Support” presentation.

Over the past year, CASPT has conducted workshops in Alice Springs and Tennant Creek for various organisations including but not limited to:

- CatholicCare NT
- Central Australia Women’s Legal Service
- SaltBush
- Charles Darwin University
- Sexual Assault Referral Centre Alice Springs
- Relationships Australia
- St. Philip’s College
- Barkley Region Alcohol and Drug Abuse Advisory Group
- MacDonnell Regional Council
- North Australia Aboriginal Justice Agency
- NPYWC (Ngaanyatjarra Pitjantjatjara Yankunytjatjara Women’s Council)
- Children’s Ground
- EASA (Eastern Arrernte Substance Abuse Services)
- Yirara College
- Alice Springs Youth Accommodation and Support Service
- Gap Youth and Community Centre

Participants in these workshops have noted that the topics related to mental health issues and suicide prevention covered in the training are applicable across different organisational levels. They have also emphasised the essential role that community members can play in supporting individuals facing these challenges.

Lynn Moloney

Training and Development Officer

MENTAL HEALTH WORKFORCE

Aaron's Story

My choice to work in the mental health sector was driven by a combination of personal experiences. With previous experience in the disability sector in Perth, I witnessed the impact of poor mental health on people, and the loss of friends and workmates to suicide reinforced the importance of supporting others through their mental health journeys. A visit to Alice Springs led me to seek fresh challenges and a new environment, ultimately bringing me to MHACA.

At MHACA, my role involves providing person-centred support, tailoring recovery plans to the individual's wants and needs and assisting them with various aspects of daily life like social events, shopping and appointments. I facilitate Weekend Group Activities and the Hearing Voices Group on Thursdays too.

While working here I have gained a wider understanding of people who hear voices through the Voices Vic Training which allowed me to facilitate the group. I also did safeTALK and ASIST suicide prevention training, which gave me the confidence to have that difficult conversation to help someone in crisis and keep them safe.

Throughout my time at MHACA, I have helped participants reach really positive outcomes: a participant secured a place to live at the Salvation Army units, another participant is now able to shop at Coles after an incident stopped them from going in in the past and I supported another participant in the steps of moving state to be with family.

MHACA has a positive atmosphere, it is a friendly, warm and welcoming safe space. The supportive work environment and the dedication of colleagues make it a place where we collaborate to help participants achieve their goals.

Aaron



Rudra's Story

G'day, my name is Rudra and I work with MHACA's NDIS team as a Support Coordinator.

I was born and raised in Jaipur, also called the Pink City, which is a famous tourist spot of Rajasthan (a north-western state of India). I moved to Australia in 2019 and pursued my post-graduation from Charles Darwin University. While studying, I started my career in the NDIS sector as a Disability Support Worker and kept upskilling as I could.

I finished my studies in 2022 and received an opportunity to work at MHACA, which led me to relocate from Darwin to Alice Springs in May that year. It has been a huge journey since I joined MHACA and the best part I have experienced is the zestful work culture.

I like working at MHACA and feel that the organisation contributes significantly to the Central Australian community. Moreover, it is a supportive organisation that realises employees are their greatest asset.

Furthermore, it is always rewarding when you connect participants with efficient service providers who assist them in achieving their desired goals.

Rudra



Helen's Story

I am a mother of three and a grandmother (GMA) to four grandchildren. Family and friends mean everything to me, and there is nothing nicer than catching up over a good café breakfast on the weekend.

Before moving to Alice Springs, I worked at the Australian Taxation Office for over 15 years. I came to Alice Springs to support my husband with his work. My move to Alice Springs has deepened my understanding and appreciation of Indigenous culture, and I enjoy learning more each day. When I first arrived, I worked in the disability sector for almost three years, which I loved. However, I felt the need to challenge myself further.

Another aspect I greatly appreciate is a supportive, fun, and meaningful workplace - this is where MHACA comes in. I came across the role at MHACA, after having heard great things about the organisation and seeing it actively involved in community events. I genuinely believe in what MHACA does and stands for by supporting people living with mental health issues.

In March 2023, I started as the Day Program Coordinator, overseeing the day-to-day operations of our Drop-in Centre. Participants can visit at their leisure and experience the 'homely' vibe we strive to create.

I love that there is no judgment of anyone; both participants and staff care and support each other with authenticity. My role allows me to directly interact with our participants daily, which is what I cherish about it - there's always something different happening.

Working with MHACA is great; the support, diversity, and opportunities it offers staff are amazing. The participants bring so much joy whilst they are on their own recovery journey, I feel blessed to be part of their recovery story.

Helen



TREASURER'S REPORT 2023

Mental Health Association of Central Australia (MHACA) ended the 2023 financial year with a trading surplus of \$206,997. 50.5% of the surplus is the result of increase in the unexpended grants recorded at the end of the fiscal year. This is due to the recruitment and retention

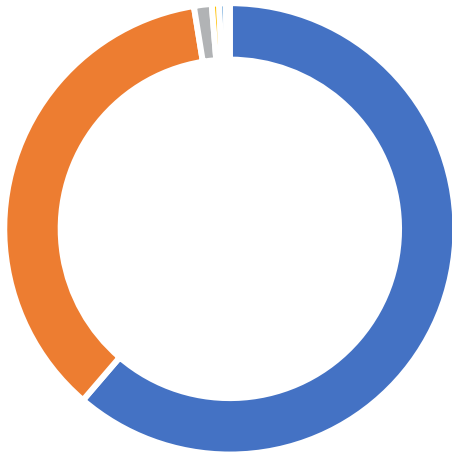
challenges experienced by the organisation during 2022-2023 financial year. This has a major bearing on being able to deliver services and is constantly being reviewed by senior management.

A summarised breakdown of this surplus is as follows:

Funded Programs	193,396
NDIS	(16,680)
Corporate	81,148
Units	(50,867)

The graphs give a summary of our revenue and major expense areas.

Total Revenue - \$4 Million

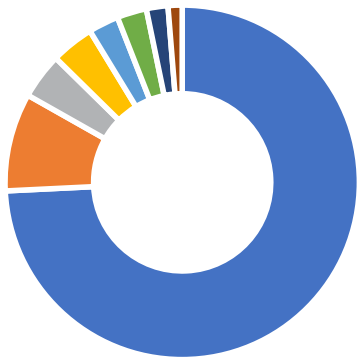


- Grants 61.2%
- NDIS 36.2%
- Rental Income 1.3%
- Training Income 0.5%
- Other Income 0.5%
- Gain on Sale Fixed Assets 0.3%

The NDIS arm of the business continues to improve with the implementation of better systems and management monitoring. This coupled with better productivity should move this area of the business into surplus in 2024.

The Corporate surplus is a result of the budgeted management charge to the programs not being fully expended by Corporate. This is a result of improved cost control. This area will continue to be monitored closely in 2024.

How We Spent Our Money - Total Expenses \$3.8 Million



- Employee Related Costs 74%
- Administration Costs 9%
- Consultancy Fees 4%
- Property and Occupancy Costs 4%
- Depreciation and Amortisation 3%
- Advertising 3%
- Client Deliverables 2%
- Travel 1%

The Units owned by MHACA continue to be a financial drain on the business as evidenced by the above deficit. This is budgeted to continue in 2024. The board is looking at new strategies to rectify this situation to help ensure that MHACA continues to be sustainable into the future.

In a climate of continuing uncertainty, it provides MHACA with the opportunity to nurture and strengthen its relationships with Government and other stakeholders with a renewed focus on exploring new revenue sources.

Overall MHACA is in a strong financial position and continues to have sufficient funds to meet all its current liabilities as and when they fall due.



To see MHACA's 2022-2023 Audited Financial Statement please go to the website www.mhaca.org.au

KEEPING EVERYONE SAFE

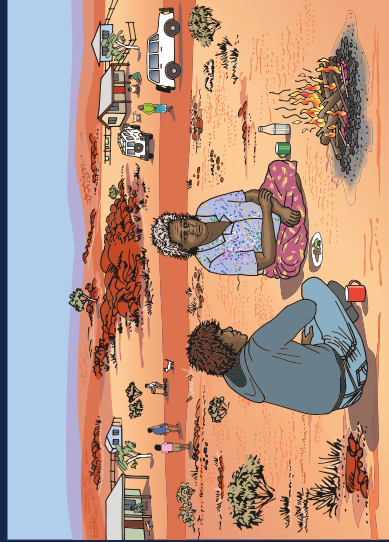
A community response to the issue of suicide being used as a threat



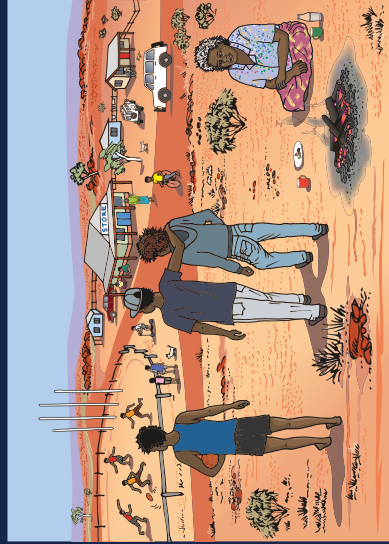
"I need that money to go to town! Give it to me...or I'll hurt myself. You'll never see me again!"



"You saying this really worries me...but this sort of talk doesn't help you get what you want."



"Don't go off on your own, sit down here, let's talk about it."



"We all have to look after each other and keep everyone safe."

If someone threatens to end their life to get something they want, this is serious.

Don't get angry at them.

You have to stay calm.

- **call** on others for help
- > **be** a safe and caring person
- > **talk** slowly and clearly
- > **keep** your boundaries
- > **don't** let them go off on their own until they are calm
- > **connect** them to supports
- > **follow** up with them again later

Anyone who threatens to end their life needs help.
Speak to friends, family, an Elder, the clinic, support workers or the police.

In an emergency or if a life is in danger call 000.

This poster contains some of the key messages from The Little Red Threat Book, a community resource developed by the Central Australia Life Promotion Network. To order a copy of the book please email healthpromotion@mhaca.org.au or call MHACA on 08 8950 4600.

MHACA

E: healthpromotion@mhaca.org.au
P: (08) 8950 4600
www.mhaca.org.au



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