



**mental health**  
community coalition ACT Inc.

# **Annual Report**

## **2019-2020**



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# **Mental Health Community Coalition of the ACT Inc**

**Annual Report  
2019-2020**

## **Contents**

1. Values and Mission
2. Board Report
4. MHCC ACT Board Membership/Members list
5. EO's Report
7. MHCC ACT Staff List
8. Treasurer's Report
9. Policy and Sector Development Report
13. Recovery College Report
15. Communications and Media Report
17. Mental Health Month ACT Report
20. Auditor's Report
23. Financial Statements

# Vision and Mission

**We are the voice for quality, community-managed mental health services in the ACT.**

Our purpose is to foster the capacity of ACT community managed mental health services to support people to live a meaningful and dignified life.

## STRONG SERVICES

To support providers to deliver quality, sustainable, recovery-orientated services, we will:

- Ensure lived experience is at the heart of service development and provision
- Promote evidence-based innovation in service design and delivery
- Foster strong partnerships between services
- Advocate for viable, sustainable funding for community sector organisations



## INFLUENTIAL

To represent our members and provide advice that is valued and respected, we will:

- Proactively participate in agenda setting with evidence-based advocacy
- Represent the views of our members and people with lived experience
- Build and maintain our networks of influence
- Promote the role of community sector providers in health care reform



## VALUED SECTOR

To showcase the role of community managed services in supporting people's recovery, we will:

- Build understanding of the sector's contribution to health and wellbeing
- Strengthen collaboration between clinical and community services
- Promote a whole of person approach
- Encourage initiatives that support recovery in the community



## EFFECTIVE WORKPLACE

To ensure MHCC ACT is well governed, ethical and has good employment practices, we will:

- Support a mentally healthy workplace that honours diversity
- Recognise and develop the roles of staff and board members
- Model transparency and innovation in how we work
- Encourage a culture of collaboration and inclusion



# Board Report



**ANGIE**

MHCC ACT Board President

**This year has been one to remember.**

The professionalism of the mental health peak body supported the community sector during the major external events that challenged and continue to challenge all organisations, the people who work for those organisations and those living with mental illness either as a consumer or carer.

Working with the ACT Government, MHCC ACT has enabled the sector to influence future directions of mental health. In addition, being a member of CMHA gives us a strong united voice at a national level, and we also continue to engage actively with Mental Health Australia and other key stakeholders.

The NDIS in the ACT is beginning to mature whilst the NDIS governance and operational components challenge all those involved. MHCC ACT has continued to support the sector through direct advocacy and ongoing submissions to the Federal and Territory governments, in partnership with other key stakeholders.

Our membership has expanded to include individual service providers, and small, medium and large organisations that support people with lived experience. The new members have brought a different lens to the sector and MHCC ACT, as the impact of the government reforms on the sector continue to be felt.

The bush fires, followed by COVID-19, impacted everyone. MHCC ACT stepped up to strongly advocate for the needs of the sector and helped maintain connections in the sector, speaking with members, other peaks and relevant government agencies.

It has been a great year from a Board perspective with a new Board developing a collaborative and productive way of working. Following an external review last year, a new constitution was accepted by the membership in October 2019.

This modern constitution includes a reduced number of Board members and the option to recruit through board-appointed members. The Board reviewed the skillset of the combined board and opted to externally recruit to the Board the missing skills and experience the Board required.

Members of the Board have been very active to ensure the governance of MHCC ACT is solid, and that communication between the governance and the operations sections are clear. A new committee structure has been implemented with the creation of a Governance and Finance Committee following the Board's first meeting. The Lived Experience committee is currently being finalised.

MHCC ACT is preparing for accreditation and the Board has supported this effort by funding a governance review of MHCC ACT.

A strong financial outcome of 2019/20 has allowed MHCC ACT to fund a couple of projects to deliver long-term benefits to the sector. One examines relationships and referral pathways within the sector, and another will examine trends in the community Mental Health sector and try to predict where we might be in 5 years' time.

I would like to thank the Board for their professional approach, clear communication, questioning when required and actively working towards good governance of MHCC ACT and supporting the community sector in this unusual environment.

Finally, I would like to thank the team, led by Simon Viereck. They have worked with the Board and the members to facilitate decision making of the Board and to ensure the member views and issues are represented at the appropriate level of government, in partnership with other key stakeholders including the Consumer Network and Carers ACT.

We look forward to 2021 to imbed the changes within MHCC ACT and review MHCC ACT Strategic Direction and Plan to ensure the work of MHCC ACT improves the lives of people living with mental illness through a supported, quality community sector service provision.

*Angie Ingram*

*MHCC ACT Board President*

# MHCC ACT Board Membership

## **President**

Angie Ingram  
Mental Health Foundation ACT

## **Vice President**

Heidi Prowse  
Mental Illness Education ACT

## **Treasurer**

John Grunberg (until March 2020)  
Lived Experience Director

David Turvey (from March 2020)  
Board-appointed Director

## **Secretary**

Yvonne Luxford  
Perinatal Wellbeing Centre

## **Ordinary Members**

Lauren O'Brien  
ACT Disability, Aged and Carer Advocacy  
Service (ADACAS)

Bianca Rosetti  
Lived Experience Director

Paul Russell  
Woden Community Service

Rob Antich (from March 2020)  
Board-appointed Director

Matilda Emberson (from April 2020)  
Lived Experience Director

# MHCC ACT Members 2019-2020

ACT Mental Health Consumer Network  
ACT Shelter  
ADACAS  
Advocacy for Inclusion  
Aftercare  
Anglicare  
ATODA  
Avenue Counselling  
Barnardos  
BPD Awareness ACT  
Capital Region Community Services Ltd  
Capital Health Network  
Carers ACT  
CatholicCare  
Community Connections  
EveryMan Australia  
Flagstaff Group  
Koomarri  
Livability Australia

Making Connections Together  
Marathon Health  
Marymead  
Meridian (previously AIDS Action Council of  
the ACT)  
Mental Health Foundation ACT  
MIEACT  
Nexus Human Services  
Perinatal Wellbeing Centre  
People with disability (PWD)  
Richmond Fellowship ACT  
Rubies Nursing Care  
The Quest Group  
Tuggeranong Community Arts Association  
(Messengers Program)  
Wellcare  
Wellways  
Woden Community Service  
Youth Coalition ACT

# EO's Report



**SIMON**

Executive Officer

**This will be the last time** I have the pleasure of reporting on the past year at MHCC ACT, so I would like to begin by sending my thanks to all the great people I've worked with and met over 10 years working in MHCC ACT. I have always been struck by the dedication of workers and executives to making a real difference in the lives of participants, and by the incredible resilience of people with lived experience and those who care for and about them. Your stories and your work have inspired me daily.

COVID-19 has of course been the defining characteristic of the last year for many of us. MHCC ACT was privileged to showcase in a recent Mental Health Month event, some of the stories of innovation, agility and incredibly hard work of our member organisations in turning their service models upside down to be able to continue to serve their clients and participants through this period. At MHCC ACT we created platforms for sector leaders and workers to share experiences, and we worked closely with other peak bodies to report the experiences and needs of our respective constituencies to the ACT Government and advocate for action and support.

At the last AGM MHCC ACT had just finished a long and challenging process of changing our Rules of Association. It was a first necessary step in setting foundations for MHCC ACT into the future. A lot of work has been done since by a great Board and staff team to upgrade our governance processes, articulate frameworks for our policy, advocacy and sector development work, and generally build on those foundations. I believe MHCC ACT is in a really good place and ready to proactively take on a future that remains uncertain for all of us.

As you can read in this Annual Report MHCC ACT has continued to write submissions and provide input to inquiries and consultations on behalf of the sector, as well as to provide training and development opportunities. While trialling a mentoring program had to be suspended, Communities of Practice have worked well through the COVID-19 period. We've also tested delivering training and forums over Zoom with some success.

The Recovery College Trial had its own story of COVID-19 transition, with quickly adapting a series of courses to be delivered online. During the year Tessa left the team, but Twisty was recruited instead and we are proud that she, Dianna, Kylie and volunteer John have continued to deliver a valuable program to students under difficult circumstances. As a result, the Recovery College Trial has been extended until June 2021.

Coordinating and delivering Mental Health Month in the COVID-19 era and with extensive uncertainty in the planning period was a huge challenge, but Alison – in her first months in the role – did a fantastic job! The support and input of the Mental Health Month Advisory Committee was a great help and we are grateful for everyone who contributed and hosted events.

We've seen high turnover in staff again this past year. Esther, Charlie, Evelyn and Maddie left for new challenges and we are delighted to have been joined by Ben, Kathy and Alison. Together with Leith and Inge, they make up probably the best team I've worked with in all my time with MHCC ACT!

I am grateful to them for their hard work, for taking responsibility and stepping up and doing amazing jobs under challenging circumstances. My thanks also go to the Board for their support and for challenging me to do better.

*Simon Viereck*  
*MHCC ACT Executive Officer*



Above (L-R): Dr Elizabeth Moore, Alison Hall, Inge Saris, Simon Viereck, Ben Matthews, Leith Felton-Taylor, Kathy Ehmann, Their Excellencies, The Governor General David Hurley and Mrs Lind Hurley

# MHCC ACT Staff List

**Simon Viereck**  
Executive Officer

**Leith Felton-Taylor**  
Policy and Sector Development Manager

**Kathy Ehmann**  
Office Manager

**Inge Saris**  
Policy and Advocacy Officer

**Ben Matthews**  
Sector Development Officer

**Alison Hall**  
Communications and Events Officer

**Evelyn Siow**  
Office Manager  
(up to November 2019)

**Charlie Richardson**  
Policy and Sector Development Officer  
(up to October 2019)

**Esther Chelimo**  
Policy and Sector Development Officer  
(up to September 2019)

**Maddie Cook**  
Communications and Events Officer  
(up to December 2019)

## Recovery College staff

**Dianna Smith**  
Manager

**Kylie Brewer**  
Administration and Student Support Officer

**Tessa Cleradin**  
Education Manager  
(up to February 2020)

**Kym' Twisty' Schmid**  
Education Coordinator  
(from March 2020)

**Terri Warner**  
Project Co-Ordinator  
(March to June 2020)

**Terese Richardson**  
Project Co-Ordinator  
(March to June 2020)

**Luke Amor**  
Assistant Administration Officer  
(June to September 2020)

**John Neasey**  
Assistant Student Support Officer  
(from September 2019)

# Treasurer's Report

MHCC ACT achieved an overall operating surplus for the 2019/20 year of \$128,940 (2018/19: \$5,107). Total income for the year of \$1,193,235 represented a 22% increase compared to 2018/19 (\$970,728). Total expenditure for the year of \$1,064,295 represented a 10.2% increase compared to 2018/19 (\$965,621).

The main contributing factors to the increase in income were a full year of the Recovery College Trial grant as opposed to 6 months in the previous year, other smaller grants for Recovery College activities, and the Cash Flow Boost funds provided as a COVID -19 stimulus.

MHCC ACT saw reduced income from registration fees for workshops and training, mostly as a result of COVID-19, and also a cessation of our previous role undertaking payroll services for the CMHA CEO. The latter did not affect the bottom line as CMHA CEO wages were reimbursed by CMHA. As usual, employment expenses and project expenses make up most the organisation's total expenses.

Total assets of \$1,095,801 (18/19: \$775,556), and net assets of \$564,134 (18/19: \$435,194) provide the organisation with good contingency. MHCC ACT is solvent and able to pay its debts.

On the back of the substantial increase in equity over the last several years, the Board has decided to invest in several projects in the 20/21 financial year for the benefit of the membership and MHCC ACT. These include two research projects as well as a governance review and a professionally designed stakeholder survey.

I would like to thank the finance sub-committee for their support and Office Managers Evelyn Siow and since April 2020 Kathy Ehmann for another year of careful bookkeeping and payroll services. Also thanks to Successful Alliances for assisting with bookkeeping and advice, and Vincents Audit for providing audit services to MHCC ACT.

*David Turvey*

*MHCC ACT Board Treasurer*

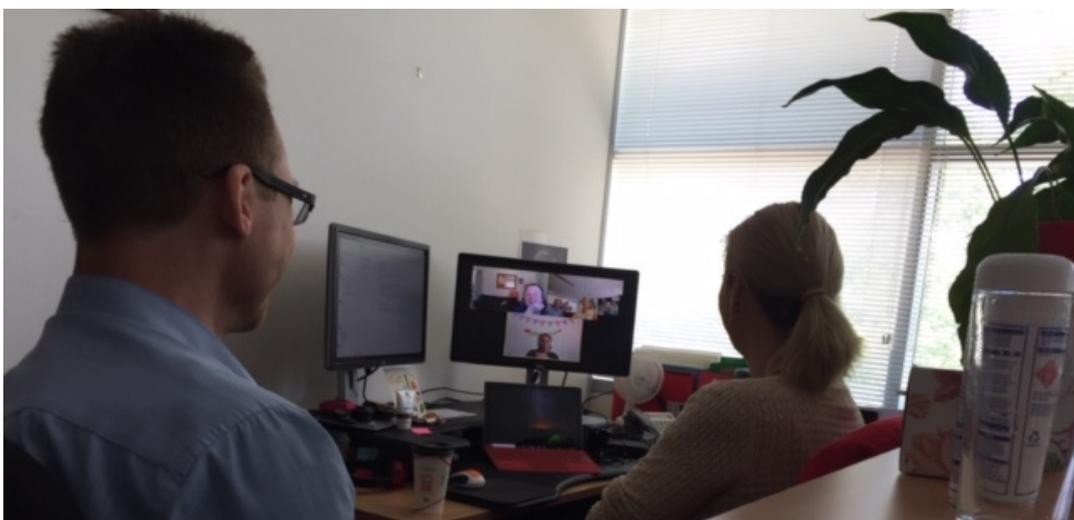
# Policy and Sector Development Report

The Policy and Sector Development team continue to work hard to ensure that MHCC ACT effectively advocates for and meets the needs of the sector. We listen to what you tell us so as to be informed and we use the feedback you give to improve what we do. Always in our mind is MHCC ACT's purpose to foster the capacity of community managed mental health services to support people to live a meaningful and dignified life and our vision to be the voice for quality, community-managed mental health services in the ACT.

***"Thank you for being so involved in our policy forums and for being a consistent, clear and compassionate advocate for community mental health. Love your stuff!" (Mental Health Australia, April 2020)***

MHCC ACT 's Annual Report is written just after Mental Health Month (MHM), which always seems like a fitting culmination to a years' work. Our flagship event for MHM this year was a webinar on innovative mental health service design and delivery resulting from COVID-19 conditions. After a thought-provoking keynote from Cindy Reese Mitchel from Mill House Venture, seven organisations shared their experiences of positive change to service delivery and design.

***"I greatly appreciated being part of the webinar, and loved hearing other people's experience. ...It reminded me of the great value of getting together to discuss what we are all seeing, what we are all doing and what we need to advocate to improve."***  
***(Perinatal Wellbeing Centre)***



Above: The MHCC ACT Team adapt to more online team meetings throughout the coronavirus pandemic

## Pivoting to COVID-19

Just as we started getting into the year COVID-19 hit and everything changed – for everyone! The trusted networks and communication channels established by MHCC ACT allowed us to immediately step up to meet the challenges posed by a pandemic.

Everything else was put on hold while we moved our focus to supporting Members and the broader sector. Some of the ways we did this include:

- Members' Leadership meetings moved from monthly to weekly
- COVID-19 newsletter to meet the need for timely information in a rapidly developing situation - at times going out several times a week
- Regular meetings with ACT Health, including through the NGO Leadership Group

Some of the issues addressed were:

- Access to PPE to enable delivery of crucial support services
- Implications of the sector being classified as an 'essential service'
- Ways to deliver crucial support services to vulnerable people



MHCC ACT was also invited to appear before the ACT Legislative Assembly Select Committee on the COVID-19 Pandemic Response Public Hearing.

The changed circumstances allowed time to focus on some strategic work. This resulted in finalisation of a Stakeholder Engagement Strategy and a Policy and Sector Development Framework and associated forward looking workplan. We also adapted our work program to COVID-19 conditions and started delivering meetings and training online, while also postponing other activities.

## Policy and Advocacy

MHCC ACT has been contributing to various inquiries over the past twelve months, one of the key ones being our submissions to the Productivity Committee's draft Mental Health report and participation in its public hearings.

**"I wanted to congratulate whomever worked on that submission, you produced a great document.... I was very much impressed by the concerns you raised and the cohesive and well research arguments and comments your organisation put forward in response to the draft report." (Member of public – re PC Inquiry)**

MHCC ACT provided input to various NDIS related inquiries including the NDIS Joint Committee on the NDIS workforce; NDIS Quality and Assurance Committee; NDIA consultation paper on support coordination and another on Independent Functional Assessments. Our submission on the Consultation Paper on the new National Disability Strategy (NDS) highlighted the importance of the inclusion of psychosocial disability into the strategy and advocating for a funding plan to be released in parallel with the new NDS.

MHCC ACT participated in various committees including COVID-19 Disability Policy; Disability and Carers Policy; Safe Haven Café; ACT Health Peer Support initiative; Mental Health Services Plan Steering Committee; ACT Recovery College trial Codesign Committee; NGO Peaks meeting with the Office for mental health and Wellbeing, and others. MHCC ACT participated in regular Mental Health Australia mini policy forums; ANU Centre for Mental Health Research seminar series on the impacts of COVID and a variety of other forums as we strived to keep up with relevant issues and developments.

### **A FOCUS ON HOUSING**

**One of our strategic priorities this year included a focus on housing and mental health. This began with a Policy Position Paper on housing which is nearing finalisation. We were part of the Housing Solutions Project committee; submitted a mental health focussed submission to the Australian Building Council on the new National Building Code and another on a consultation paper on Supported Independent Living. This work is ongoing.**



**"Thanks - it's a thoughtful and considered submission that is raising important points - great to see."**

## Sector Development

A new part of our work program is the introduction of Communities of Practice (CoP) to provide development opportunities for the sector. One is a bimonthly NDIS Support Coordination CoP in collaboration with the ACT Office of Disability. Some focus areas covered this year were the Recovery Coach role, the consultation paper on support coordination and presentations from relevant organisations or programs. CoP meetings were moved online due to COVID19 restrictions.

Another CoP was established to offer a platform for sector workers to come together to debrief on the impact of COVID19. These CoP later broadened their focus to sector wide issues, with guest speakers discussing a range of topics of interest to the sector.

To the extent possible MHCC ACT continued to offer training to the sector

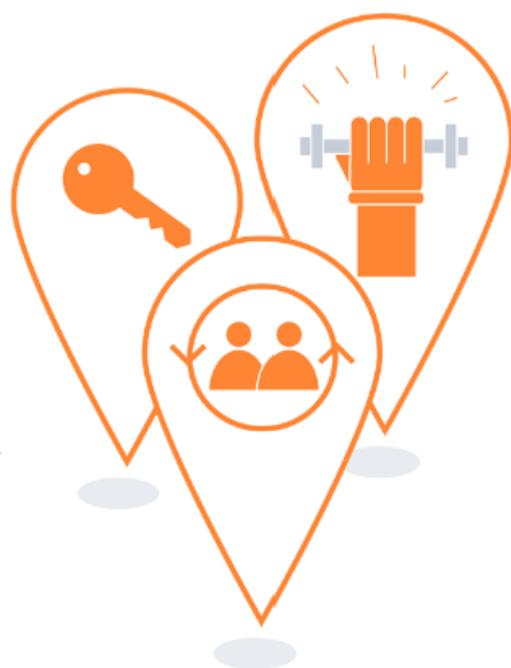
- Alcohol and other drugs one day training: Participants were guided through 4 modules including, harm minimisation, types and effects of drugs, alcohol and tobacco.
- Co Design workshop facilitated by Leanne Craze for community development and support workers: This was MHCC ACT's first training delivered entirely online.
- Lifeline ASIST 2-day training; training participants in identifying and supporting individuals who may be at risk of self-harm and suicide.
- Alcohol and other drugs; a repeat of the above 4 modules delivered over two half days on Zoom.

Behind the scenes MHCC ACT has been developing a 'Values and Attributes training framework' to guide the training we offer and continually improve the knowledge and skills of sector workers. An advisory panel has been established to continue this work.

Our regular Quarterly Community Forums in collaboration with the ACT MH Consumer Network and Carers ACT were impacted by COVID with only one being held this year, focused on the newly released five-year Mental Health and Suicide Prevention Plan for the ACT region.

A trial Mid-Career Mentoring program focussed on supporting mid-career sector workers looking for guidance on how to take the next step in their careers was successfully launched in early March. All 12 participants (six pairs) were very engaged, but due to COVID, we had to pause the program in consultation with the participants. We anticipate running a new cohort in 2021.

**And now the cycle begins again as we start planning for next year before a well-earned summer break.**



# Recovery College Report



**"The thought of finding something to do, and then actually going out and doing it, is not as daunting as it was."**

## **I can't believe that another year of the trial has passed already.**

As for everyone, these twelve months has been such a tumultuous time, first with bushfires around the country, smoke haze, hailstones and then of course COVID-19. At the time of writing this report, we have held another four terms of courses making it six in total and starting the last one for this year. We have meet lots of new students and educators, developed a load of courses, lost and gained staff, convened both our Co-design and Oversight Committees, been involved in the official evaluation of the College and had the lovely news that we have funding to extend the trial until June 2021.

Around 260 students have enrolled in 52 courses over the last year. We've also held three seminars. Every term around half of the enrolled students are returning students and half are new to the College and enrolling for the first time

The third and final term for 2019 ran from end October to December with 10 courses and around 90 students enrolling for the courses. This term had a number of new courses including Understanding Self-stigma, Community Connection and Belonging, and a couple of exercise courses. One of the new courses in the third term, Get Movin' and Groovin', introduced students to a different physical activity each week, so one session was held in a yoga studio, one in a martial arts studio (both in Philip), aqua aerobics at CISAC in Belconnen and three sessions at the College premises.

The first term for 2020 started in February and continued to April, 16 courses were held. All courses were fully subscribed, however the numbers of students who started the courses and also who completed multi-week courses were lower than previous terms due to the bushfires, smoke and COVID 19. The College closed all face to face teaching on 20 March 2020. Several of the multi-week courses continued online once safety procedures for students were developed.

The second term started in May and ran through to July 2020. All courses were only open to current students due to the Recovery College trialling course delivery over Zoom. Most of the courses were adapted to be delivered as single sessions, rather than multi-week courses. The intent was to make the courses more accessible for students, as committing to one session would be easier than committing to a multiweek course in such an uncertain time. As such, the courses held in the second term consisted of four multiweek courses and 19 single session courses. However, in practice, this way of scheduling courses was not efficient or effective. While enrolments were healthy, levels of attendance were low, with under half of students enrolled attending the classes. It also resulted in a very high administrative burden at a time when we were already extremely busy adapting courses to an online format. To give staff and educators some downtime and an opportunity to catch up on work, we only held 2 online multiweek courses and one single session course the third term for 2020, which started late in August.

This year has been very demanding on the staff with Tess, the Education Manager, on long term leave from September 2019. Kylie, our Admin and Student Support Officer is amazing and I wouldn't have survived this time without her. Tess came back on a graduated return to work program, but eventually conceded that this was not working as we all hoped, and she regretfully resigned from her position in February 2020. This meant some adjustments to staffing structure and duty statements to best meet the needs of staff, students and the College and we welcomed Kym (Twisty) Schmid to our team as Education Coordinator in March. Both Kylie and Twisty have worked tirelessly to ensure that courses have continued during a very trying time. The staff are supported by several people who volunteer to assist us in a variety of ways including our fabulous Assistant Student Support Officer, John who has worked with us all this year and without whom we could not have survived the year. We are, of course, also supported by a fabulous mix of skilled and passionate Educators who make our courses come to life.

The last year has been a lot of hard work mixed with immense fun and laughs. We have given up expecting the roller coaster that we are on to slow down and stop, however we are getting used to the ever-changing daily life at the College. Part of what makes us keep going through the daily challenges is the feedback we receive on how being involved with the College has changed lives.



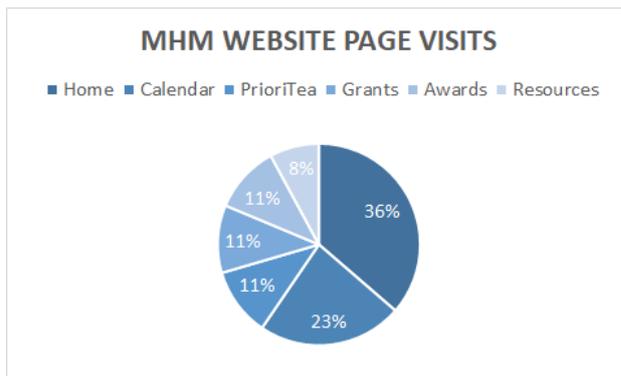
Above: His Excellency, The Governor General David Hurley awarding ACT Recovery College staff member, John Neasey

**"It's not going to be easy and it'll take time, but I can see the end goal of where I want my life to go; where I see myself in the future. I believe my life is worth something."**

# Communications and Media Report

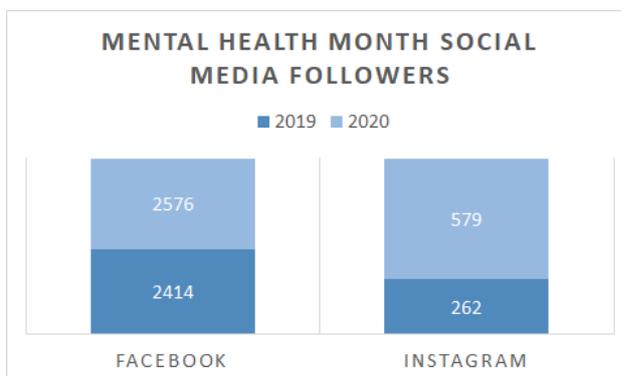
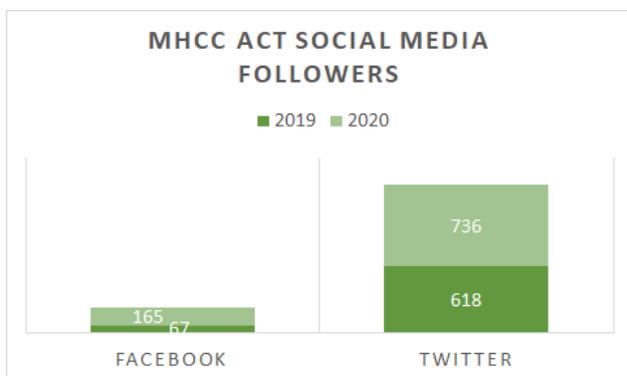
## Website

Both the MHCC ACT and Mental Health Month websites continue to see positive engagement. The MHCC ACT site sees in excess of 500 visitors per month, with events, training and blog posts being of particular interest. The MHM website fluctuates throughout the year with its peak period of September and October seeing over 1000 visitors each month with most visitors directing to the calendar.



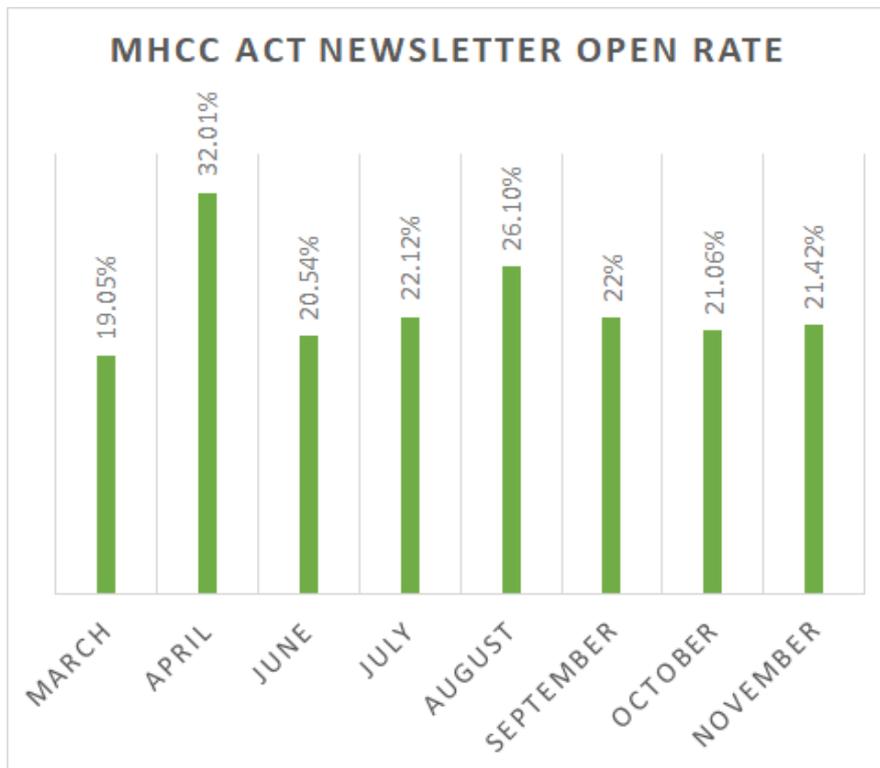
## Social media

MHCC ACT manages 4 social media accounts: @MHCCACT Facebook and Twitter; @MentalHealthMonthACT Facebook and Instagram. Each social platform continues to grow in followers, reach and engagement. The MHCC ACT Facebook page saw a 65% increase in followers to 165, with Twitter followers at 736 by June 2020. Mental Health Month social platforms fluctuate annually, and across September/October see reach of over 10,000 on Facebook and almost 3000 on Instagram. Facebook followers remain at a steady incline, with Instagram followers at a higher increase rate with almost 100 new followers in 2020.



## Email marketing

MHCC ACT continue to make use of mail chimp for email marketing, for the regular newsletters, updates, training and event notifications. From April to July there was an additional COVID-19 newsletter update added to the mix, which helped share and disseminate important and relevant information to the MHCC ACT membership and newsletter base. Open rates peaked in April at 32%, with the average for the quarter reaching 24% at June 2020. Among our regular email marketing communications are the Sector Update newsletter, MHM campaigns, Leadership Group updates and meeting details, MHCC ACT training notifications alongside irregular updates for the sector on a needs basis.



## Media

Over the past 12 months MHCC ACT have been involved or mentioned in the media including, but not limited to:

- The Canberra Times, 30 April, *Increased demand for ACT mental health services due to Coronavirus*
- Mirage News, 31 August, *New Plan to improve regional planning and integration of mental health services*
- ABC Radio, October 1, *ACT Greens Youth mental health Announcement*

# Mental Health Month Report

## Introduction

Each year 1 in 5 Australians experience a mental health issue and approximately half of all individuals will experience issues with mental health in their lifetime. MHCC ACT plans Mental Health Month each year in the ACT with three main objectives in mind:

- To raise community awareness and understanding of mental illness
- To reduce the stigma and discrimination associated with mental illness
- To promote positive mental health and wellbeing



In 2020 Mental Health Month needed to take a different course, due to the restrictions and measures in place to stop the spread of COVID-19. This meant a change in the way programs and events were delivered, with a focus on virtual and small community events.

## Theme

For 2020 the decision was made to continue the theme from 2019 of 'Conversations and Connection', as we felt there was more to explore in this, and it became even more key considering the impacts of the coronavirus pandemic. The 2019 theme was submitted by XTend Life and Behavioral Coaching Canberra.

**"Intentional conversations are crucial to support mental health and wellbeing and reinforce the notion that we are not alone. Feeling connected to each other and our communities reduces the feeling of loneliness which ultimately improves our mental health and wellbeing."**

## Reimbursement Grants Program

The reimbursement grant program saw 35 applications with 24 events successfully funded for MHM in 2020, to a total of \$23,000.



Above: Specialisterne MHM event - Let's Talk, Autism and mental health

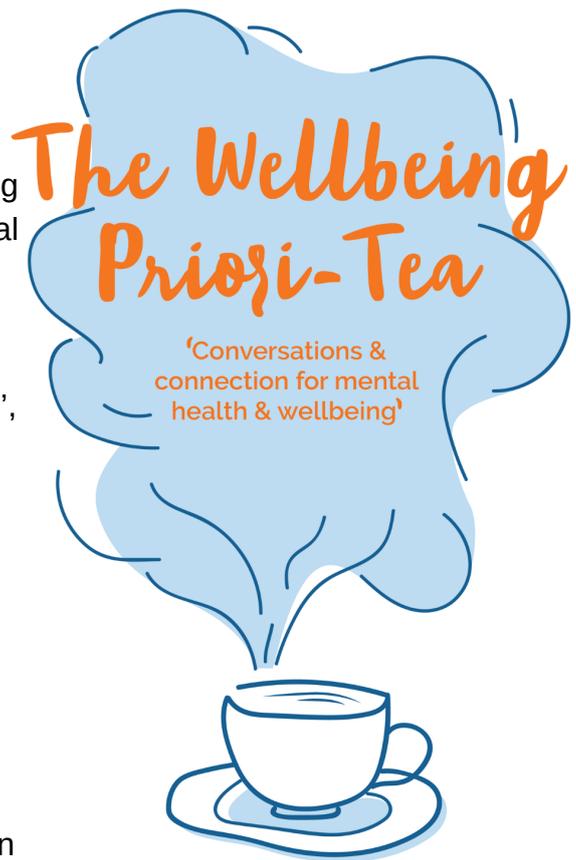
These events were individually promoted through such communication channels as the MHM community event booklet, the online calendar and the MHM Facebook events page. They were collectively advertised through a Win television commercial sponsorship and several advertisements and editorials across local publications and in online media such as media partner RiotACT.

## Wellbeing Priori-Tea

The Wellbeing Priori-Tea was expanded in 2020 to include more segments outside the workplace in response to the stay home directive during the COVID-19 response. Additionally, the accompanying resource was updated to include information on local providers for those seeking help from the conversations started through this program.

Inspired by the theme 'Conversations & Connection', The Wellbeing Priori-Tea aims to bring people together to have a chat over a cuppa during Mental Health Month in October.

We saw registrations more than double this year, with 58 events taking place, and up to 1400 people participating in online and in person events across the capital. This was supported by a stronger partnership with the ACT Health Communications team, and sponsorship of an advertisement with Win television.



## Launch event

World Mental Health Day, 10/10/2020, saw the official launch of MHM through a Facebook live event. This virtual launch consisted of a video series of interviews from local mental health service providers, and included responses from people in management, service delivery, and participants. MHM worked closely with Ghetto Media to produce these videos which were well received with a reach of 557 and 39 engagements.



Above: MHM Launch event Promotional image

## ACT Mental Health Month Awards

Held on 29 October 2020 the ACT Mental Health Month Awards signified an end to MHM and celebrated the achievements of individuals, groups, organisations, businesses and initiatives in the area of Mental Health in the ACT. We had 29 nominations this year, with 13 awarded and 4 receiving scholarships.

Due to the impacts of the COVID-19 restrictions, the ceremony for 2020 was held as a hybrid virtual and in-person experience. The ceremony was filmed and live-streamed on social media with a celebratory reception with recipients and VIP guests in attendance.

This format was received positively, with a reach of over 750 people online and people thoroughly enjoying the in-person celebrations.

**"I would like to thank you and your wonderful team for the work you put into the 2020 Mental Health Month Awards to make it a wonderful event." - Maree Fish**

### The 2020 award categories are:

- Mentally Healthy Community
- Enhancing the lives of individuals, families and carers
- Innovated person-centred valued supports
- Research Evaluation
- MHCC ACT Training
- Mental Health Carer Award
- Leadership through Lived Experience Award – Consumer
- Lived Experience Ally Recognition Award (LEARA)\*
- David Perrin Award\*
- Michael Firestone Memorial Scholarship\*
- Rufus Scholarship\*

\*ACT MHCN award



Above: Dr Elizabeth Moore, Dalane Drexler, Genevieve Jacobs, Their Excellencies, The Governor General David Hurley and Mrs Lind Hurley

## Independent Audit Report to the members of the Mental Health Community Coalition of the ACT

### Report on the Audit of the Financial Report

We have audited the financial report of the Mental Health Community Coalition of the ACT (the registered entity), which comprises the statement of profit or loss and other comprehensive income, the statement of financial position as at 30 June 2020, statement of changes in equity and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies, and the responsible entities' declaration.

In our opinion the financial report of Mental Health Community Coalition of the ACT has been prepared in accordance with Division 60 of the *Australian Charities and Not-for-profits Commission Act 2012*, including:

- (i) Giving a true and fair view of the registered entity's financial position as at 30 June 2020 and of its financial performance for the year ended; and
- (ii) Complying with Australian Accounting Standards and Division 60 of the *Australian Charities and Not-for-profits Commission Regulation 2013*.

### Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Report* section of our report. We are independent of the registered entity in accordance with the auditor independence requirements of Division 60 of the *Australian Charities and Not-for-profits Commission Act 2012* and the ethical requirements of the Accounting Professional and Ethical Standards Board's *APES 110 Code of Ethics for Professional Accountants* (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other responsibilities in accordance with the Code.

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

### Emphasis of Matter – Basis of Accounting

We draw attention to Note 1 to the financial report, which describes the bases of accounting. The financial report has been prepared for the purpose of fulfilling the registered entity's financial reporting responsibilities under the *Australian Charities and Not-for-profits Commission Act 2012*. As a result, the financial report may not be suitable for another purpose. Our opinion is not modified in respect of this matter.

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## **Responsibilities of Responsible Entities for the Financial Report**

The responsible entities of the registered entity are responsible for the preparation and fair presentation of the financial report in accordance with Australian Accounting Standards and Division 60 of the *Australian Charities and Not-for-profits Commission Act 2012* and for such internal control as management determines is necessary to enable the preparation of the financial report that gives a true and fair view that is free from material misstatement, whether due to fraud or error.

In preparing the financial report, management is responsible for assessing the registered entity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the registered entity or to cease operations, or has no realistic alternative but to do so.

## **Auditor's Responsibilities for the Audit of the Financial Report**

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of the financial report.

As part of an audit in accordance with Australian Auditing Standards, we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial report, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit 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 registered entity's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the registered entity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the registered entity to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation.



We communicate with responsible entities regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Vincent's Audit Pty Ltd

**Phillip Miller CA**  
Director

Canberra, 24 November 2020

# Financial Statements

**Mental Health Community Coalition of the ACT**  
**ABN: 22 510 998 138**

## **Financial Statements**

**For the Year Ended 30 June 2020**

## Mental Health Community Coalition of the ACT

ABN: 22 510 998 138

### Board's Report

30 June 2020

#### General Information

Your board members submit the financial report of the Mental Health Community Coalition of the ACT for the financial year ended 30 June 2020

#### Directors

The names of the directors in office at any time during or since the end of the year are:

<b>Names</b>	<b>Position</b>	
Angela Ingram	President	
Pam Boyer	Vice President	Resigned November 2019
Heidi Prowse	Vice President	
David Turvey	Treasurer	Appointed March 2020
Yvonne Luxford	Secretary	Appointed November 2019
Lauren O'Brien	Board Member	Appointed November 2019
Bianca Rossetti	Board Member	Appointed November 2019
Paul Russell	Board Member	Appointed November 2019
Rob Antich	Board Member	Appointed March 2020
Matilda Emberson	Board Member	Appointed June 2020
John Grunberg	Treasurer	Resigned March 2020
Dalane Drexler	Board Member	Appointed July 2019, resigned November 2019
Sue Ann Polden	Secretary	Resigned November 2019
Áine Tierney	Board Member	Resigned November 2019
Lachlan Atyeo	Board Member	Resigned November 2019
Purity Goj	Board Member	Resigned July 2019
Jane Grace	Board Member	Resigned November 2019
David Lovegrove	Board Member	Resigned November 2019

Directors have been in office since the start of the financial year to the date of this report unless otherwise stated.

#### Principal activities

The principal activity of the Association is provision of co-ordination, systemic representation and community/sector development service for mental health consumers, carers and community mental health service providers in the ACT.

#### Significant changes

No significant change in the nature of these activities occurred during the year.

#### Operating result

The surplus for the financial year after providing for income tax amounted to \$ 128,940 (2019: \$ 5,107).

**Mental Health Community Coalition of the ACT**  
**ABN: 22 510 998 138**

**Board's Report**  
**30 June 2020**

Signed in accordance with a resolution of the Board of Directors:

Board member:  Board member: 

Dated this 23 day of NOVEMBER 2020

**Auditors Independence Declaration under Section 60-40 of the  
Australian Charities and Not-for-profits Commission Act 2012  
to the Responsible Persons of Mental Health Community  
Coalition of the ACT**

I declare that, to the best of my knowledge and belief, during the 12 months ended 30 June 2020 there have been:

- (i) no contraventions of the auditor independence requirements as set out in section 60-40 of the *Australian Charities and Not-for-profits Commission Act 2012* in relation to the audit; and
- (ii) no contraventions of any applicable code of professional conduct in relation to the audit.

VINCENTS



**Phillip Miller CA**

Director

Canberra, 24 November 2020

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**Mental Health Community Coalition of the ACT**

ABN: 22 510 998 138

**Statement of Profit or Loss and Other Comprehensive Income  
For the Year Ended 30 June 2020**

		2020	2019
	Note	\$	\$
Revenue	5	1,048,222	900,078
Other Income	5	145,013	70,650
Employee Benefits Expenses		(730,073)	(589,152)
Depreciation and Amortisation Expenses		(66,817)	(7,074)
Project Expenses		(79,551)	(149,694)
Staff & Board Amenities		(5,377)	(5,592)
Website Redevelopment		(1,429)	(10,963)
Staff expenses		(41,400)	(17,637)
Other Expenses	6	(129,845)	(185,509)
Lease finance costs		(9,803)	-
<b>Surplus before income tax</b>		<b>128,940</b>	<b>5,107</b>
Income Tax Expense		-	-
<b>Surplus for the year</b>		<b>128,940</b>	<b>5,107</b>

The accompanying notes form part of these financial statements.

**Mental Health Community Coalition of the ACT**

ABN: 22 510 998 138

**Statement of Financial Position**

As at 30 June 2020

	Note	2020 \$	2019 \$
<b>ASSETS</b>			
<b>CURRENT ASSETS</b>			
Cash and Cash Equivalents	8	881,637	752,374
Trade and Other Receivables	9	-	1,193
Other Assets	10	26,917	6,007
<b>TOTAL CURRENT ASSETS</b>		<b>908,554</b>	<b>759,574</b>
<b>NON-CURRENT ASSETS</b>			
Property, Plant and Equipment	11	12,379	15,982
Right of Use Asset	15	174,868	-
<b>TOTAL NON-CURRENT ASSETS</b>		<b>187,247</b>	<b>15,982</b>
<b>TOTAL ASSETS</b>		<b>1,095,801</b>	<b>775,556</b>
<b>LIABILITIES</b>			
<b>CURRENT LIABILITIES</b>			
Trade and Other Payables	12	97,199	127,973
Provisions	13	61,063	52,888
Other Liabilities	14	189,912	159,501
Lease liability	15	53,410	-
<b>TOTAL CURRENT LIABILITIES</b>		<b>401,584</b>	<b>340,362</b>
Lease liability	15	130,083	-
<b>TOTAL NON-CURRENT LIABILITIES</b>		<b>130,083</b>	<b>-</b>
<b>TOTAL LIABILITIES</b>		<b>531,667</b>	<b>340,362</b>
<b>NET ASSETS</b>		<b>564,134</b>	<b>435,194</b>
<b>EQUITY</b>			
Retained Earnings		564,134	435,194
<b>TOTAL EQUITY</b>		<b>564,134</b>	<b>435,194</b>

The accompanying notes form part of these financial statements.

Mental Health Community Coalition of the ACT  
ABN: 22 510 998 138

## Statement of Changes in Equity

For the Year Ended 30 June 2020

	Retained Earnings	Total
	\$	\$
Balance at 1 July 2019	435,194	435,194
Profit for the year	128,940	128,940
Balance at 30 June 2020	564,134	564,134

	Retained Earnings	Total
	\$	\$
Balance at 1 July 2018	430,087	430,087
Profit for the year	5,107	5,107
Balance at 30 June 2019	435,194	435,194

The accompanying notes form part of these financial statements.

**Mental Health Community Coalition of the ACT**

**ABN: 22 510 998 138**

**Statement of Cash Flows**

**For the Year Ended 30 June 2020**

	Note	2020 \$	2019 \$
<b>CASH FLOWS FROM OPERATING ACTIVITIES:</b>			
Receipts from customers		1,377,401	1,147,663
Payments to suppliers and employees		(1,181,782)	(881,543)
Interest received		3,482	7,867
Lease finance cost		(9,803)	-
Net cash provided by/(used in) operating activities		<u>189,298</u>	<u>273,987</u>
<b>CASH FLOWS FROM INVESTING ACTIVITIES:</b>			
Purchase of property, plant and equipment		(6,055)	(4,056)
Net cash used by investing activities		<u>(6,055)</u>	<u>(4,056)</u>
<b>CASH FLOWS FROM FINANCING ACTIVITIES:</b>			
Lease liabilities - principal repayments		(53,980)	-
Net cash used by financing activities		<u>(53,980)</u>	<u>-</u>
Net increase/(decrease) in cash and cash equivalents held		129,263	269,931
Cash and cash equivalents at beginning of year		<u>752,374</u>	<u>482,443</u>
Cash and cash equivalents at end of financial year	8	<u><u>881,637</u></u>	<u><u>752,374</u></u>

The accompanying notes form part of these financial statements.

**Mental Health Community Coalition of the ACT**

**ABN: 22 510 998 138**

**Responsible Persons' Declaration**

The responsible persons declare that in the responsible persons' opinion:

- there are reasonable grounds to believe that the registered entity is able to pay all of its debts, as and when they become due and payable; and
- the financial statements and notes satisfy the requirements of the *Australian Charities and Not-for-profits Commission Act 2012*.

Signed in accordance with subsection 60.15(2) of the *Australian Charities and Not-for-profit Commission Regulation 2013*.

Board Member ..... 

Board Member ..... 

Dated this 23 day of NOVEMBER 2020





Mental Health Community Coalition ACT - Annual Report

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Mental Health Community Coalition of the ACT

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