



mental health  
community coalition ACT

**MHCC ACT**

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**Annual Report**

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**2017 - 2018**



# MENTAL HEALTH COMMUNITY COALITION ACT

## Annual Report 2017 - 2018

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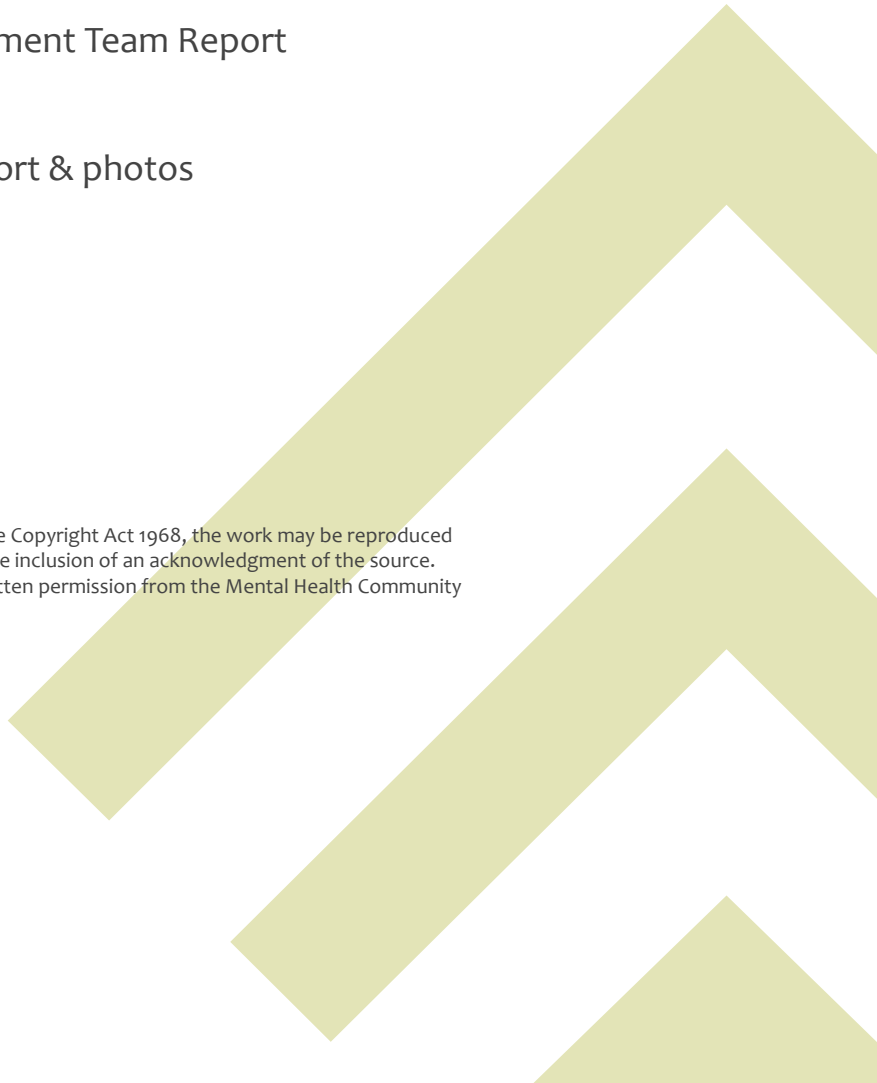
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# Vision & Mission

**MHCC ACT is the voice for quality, community-managed mental health services in the ACT.**

Our aim is to improve the wellbeing of the ACT community by ensuring that every person who experiences a mental health issue has access to quality, timely support from a provider that recognises their right to recovery, inclusion, dignity and respect.

<b>STRENGTHENING SERVICES</b>	<b>TRAINING &amp; DEVELOPMENT</b>	<b>ADVOCACY</b>	<b>A VALUED SECTOR</b>
We provide a unified voice for service providers to impact policy and shape a strong future for community managed mental health services in the ACT.	Our training events and Career Development Grants Scheme support the development of a strong, skilled workforce to deliver optimal recovery outcomes for the community.	Leveraging the collective knowledge and expertise of our members, MHCC ACT represents a trusted and influential voice for improved mental health policy at a local and national level.	We work for increased recognition and understanding of the value of outcomes delivered by community managed services built on the principles of recovery.

# Board Report



**The staff have worked diligently to ensure that quality of life for people with the lived experience of mental illness in the community continue to be the focus for our organisation, and MHCC ACT has successfully achieved the funding for a new way forward through the establishment of a Recovery College. This is now being implemented.**

In the past year, the MHCC ACT Board and staff have considered the future of the organisation and all peak body organisations across Australia within a changing environment. MHCC invited key strategic stakeholders to a workshop on this topic in February. The workshop included a panel of key stakeholders from the national level, who presented their perspectives on this question. While the workshop didn't answer all our questions, an important outcome was to put the role of peak bodies to the forefront so that peak bodies consciously work to keep up with the changing environment.

The future direction needs to ensure that peak bodies such as MHCC ACT consider how they can support a positive journey of the community sector into an uncertain future, ensuring that the consumer and carer voice is heard and used to enable decision-making processes at all levels.

As a part of considering the future of the organisation the MHCC ACT Board has enabled an accreditation process. MHCC achieved accreditation against the ASES quality standards. However, this process identified that as a part of continuous quality improvement the MHCC ACT Board should implement a systematic board performance review process. The MHCC Board contracted an external consultant to undertake the review, and the report was presented to the Board. In the next 12 months the MHCC ACT Board will consider the recommendations from this report and develop an action plan, ensuring continuation and improvement of its governance processes.

The staff have worked diligently to ensure that quality of life for people with the lived experience of mental illness in the community continue to be the focus for our organisation, and MHCC ACT has successfully achieved the funding for a new way forward through the establishment of a Recovery College. This is now being implemented.

My congratulations also to the staff for the professional way they have managed the resources and workload during Mental Health Month, providing educational and promotional opportunities to the community sector, consumers and carers, whilst having input into the policy development both at the ACT Legislative Assembly and Australian Federal Government.

I would like to thank the Board members for their work in enabling MHCC ACT to achieve the ongoing changes that are required.

MHCC ACT and the ACT Mental Health Policy Unit have agreed the work plan for the next year, and the MHCC ACT Board and staff are well underway to achieving this plan in line with the strategic direction of MHCC ACT.

I look forward to another year of journeying towards the future of the community sector and MHCC ACT.

**Angela Ingram**  
President

## MHCC ACT Board Membership

### President

**Angie Ingram**  
Mental Health Foundation ACT

### Vice President

**Pam Boyer**  
Woden Community Service

### Treasurer

**Lachlan Atyeo**  
Wellways Australia

### Secretary

**Sue Ann Polden**  
Catholic Care

**Áine Tierney**  
Carer Representative

**Purity Goj**  
ACT Mental Health Consumer Network

**Travis Gilbert**  
ACT Shelter

**David Lovegrove**  
Consumer Representative

**John Grunberg**  
Carer Representative

**Jane Grace**  
Consumer Representative

# Executive Officer's Report



**As I look back at the past year I am very proud to report that the staff team have gone above and beyond to deliver on projects and activities through a period of significant staff change and turbulence in the environment. I am also pleased to report that the current staff team is as harmonious and well-functioning as any in my years at MHCC ACT.**

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I would like to give two examples of significant events over the year:

The first MHCC ACT Research Symposium, held in September 2017, was highly successful in bringing together more than 90 diverse participants for a day of stimulating conversation about perspectives on service delivery for three groups which experience particularly poor mental health outcomes – LGBTIQ+ groups, Aboriginal & Torres Strait Islander peoples, and people exiting detention. We are proud that a large proportion of participants reported that they would change aspects of their practice due to having attended the day.

In June 2018 we launched our report into the NDIS trial in the ACT. This report was the culmination of interviews, consultation and the work we did over several years to support the sector with NDIS transition and learning. The report outlines the good and bad of the transition experience and presents key learnings and recommendations. For the Launch event we hosted excellent presentations from consumers, carers and key community sector organisations.

We undertook this significant piece of work in part because NDIA doesn't appear to have collected learnings from NDIS trial sites in any discernible, systematic way. The report has been very well received both in the ACT and nationally.

I would also like to reflect on our journey with the Recovery College. Initially MHCC ACT undertook a project to develop a design of a recovery college for the ACT. This work, which involved a large number of consumers, carers and other community members, was completed at the end of 2017. However, we were not confident of a positive outcome, so we were surprised and delighted to find a two-year trial of an ACT recovery college announced in the 2018/19 ACT Budget.

We thank Minister Rattenbury for his willingness to trial innovative ideas. We are now establishing the partnerships and project plans to make the college a reality.

None of these or the many other activities of MHCC ACT would have been possible without the hard work and dedication of the MHCC ACT staff team.

Over the course of the year, we farewelled Karen, Anne, Emily and dear Natasha. I cannot thank each of them enough for their work. We've been pleased and lucky to welcome Esther, Evelyn and Maddie to help fill the gaps. I look forward to another year with this great team.

**Simon Viereck**  
Executive Officer

## MHCC ACT Staff

<b>Simon Viereck</b>	Executive Officer
<b>Leith Felton-Taylor</b>	Policy and Sector Development Manager
<b>Evelyn Siow</b>	Office Manager
<b>Dianna Smith</b>	Policy and Sector Development Officer
<b>Charlie Richardson</b>	Policy and Sector Development Officer
<b>Esther Chelimo</b>	Policy and Sector Development Officer
<b>Maddie Cook</b>	Communications and Events Officer

# MHCC ACT Members 2017 - 2018

Ozhelph Foundation	Duo services
Toora Women	Pandsi
Advocacy for Inclusion	Sunflower Services
ACT Mental Health Consumer Network	Tedd Noffs Foundation
Wellways	Headspace Canberra
Volunteering ACT	Catholic Care
ATODA	Woden Community Services
Carers ACT	Capital Health Network
ACT Shelter	Communities 4U ltd
Women with Disability	Menslink
People with Disability	Mental Health Foundation
Youth Coalition ACT	St Vincent de Paul Society
Belconnen Community Services	Indigenist - Dameyon Bonson
ADACAS	JACS - Restorative Justice Unit
Directions ACT	Making Connections Together
MIEACT	PCYC
Women's Centre for Health Matters	Haemophillia Foundation ACT
Aids Action Council of ACT	Koomarri
Richmond Fellowship	Nexus Human Services
Domestic Violence crisis services	Barnados Australia Canberra
Marymead	



# Treasurer's Report



**MHCC ACT audited financial statements for the 2017–18 financial year record a total income of \$873,680 (16/17: \$757,084) and total expenses of \$811,017 (16/17: \$736,043) for a surplus of \$62,664 (16/17: \$21,041).**

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Two factors led to the increase in income when compared to last year. Most of the income from the ACT Recovery College design project was received in the 2017/18 financial year. Further, the CMHA Executive Director, who was based with MHCC ACT, increased hours to full-time and those wages form part of the overall MHCC ACT income and expenses on a cost-recovery basis.

Registration fees for forums and training also increased significantly compared to the previous year. As usual, employment and project expenses make up the majority of the organisation's total expenses.

Total assets of \$543,038 (16/17: \$577,617), and net assets of \$430,087 (16/17: \$367,423) provide the organisation with good contingency and a reasonable safety net for operating expenses.

During the year MHCC ACT experienced delays in receiving grant payments from ACT Health. In response to this, I worked with the Board and the Executive Officer to put in place new financial and risk management policies and procedures. This should also help prevent future delays in payment from causing disruption to MHCC ACT business.

The Treasurer and Finance Subcommittee continues to advise the Board, based on the use of basic financial instruments and guided by the MHCC Strategic Plan 2017-2021.

I would like to thank the finance sub-committee for their support of my work and for maintaining good process, transparency and accountability with regards to the financial management of MHCC ACT.

Further, I would like to thank Natasha Lobo, Evelyn Siow and Successful Alliances for providing MHCC ACT with another year of careful bookkeeping and payroll services, and MCS Audit for providing audit services to MHCC ACT.

**Lachlan Atyeo,**  
Treasurer

# Caucus Report

**The MHCC ACT Consumer Carer Caucus provides a united consumer and carer voice on key topics affecting the mental health sector and helps inform the work and strategic direction of the MHCC ACT with a shared lived experience perspective. Caucus elects four board members to the MHCC board, and Caucus members include members of Carers ACT, ACT Mental Health Consumer Network, and U3A Mental Health Group. Attending members are also affiliated with a broad range of local and national committees and organisations.**

## **Strategic Oversight and Governance**

Caucus board members have diligently continued their involvement in the work of the board to review and improve the governance and strategic processes of the MHCC ACT through emphasising the value of participation in co-design processes.

## **Caucus Work Plan 2017 – 2018 Achievements**

Caucus members identified and provided advice on a range of strategic issues affecting the lives of those living with mental illness in the ACT region. Caucus repeatedly raised concerns about the rise in seclusions and restraints at the Adult Mental Health Unit, and the need for increased clinical staffing levels and trauma informed care. Other activities include:

- established a working group to brief and inform Caucus on proposed constitutional and governance changes
- prioritised supported accommodation options for people with complex high mental health needs
- produced an engagement strategy, and position statement on Best Practice Principles of Consumer and Carer Engagement to ensure consumers and carers can participate in ways that best suit their needs

- helped organise a national forum on The Impacts of National Mental Health Reforms and the NDIS on Mental Health Peaks
- held a successful inaugural tea party event in April 2018 on the ACT Health accreditation
- provided input into consultations around the establishment of the Office of Mental Health and Wellbeing and Recovery College
- ensured the consumer and carer voice was heard at the highest levels through direct feedback to key staff and government.

Caucus is keen to see that co-design is embedded into practice, and holistic, person-centred and well-resourced supports are available across clinical and community-managed services.

## **Board Members Report – Consumer Representatives, Jane Grace and David Lovegrove**

This financial year, the Board continued working towards a review of its Rules of Association, including possible change the governance arrangements that relate to the Consumer and Carer Caucus and the Board. Consumer and carer representatives are concerned about the potential impact of any such proposals on the nexus between the Consumer and Carer Caucus and the Mental Health Community Coalition Board, and the role of Consumer and Carer Board Members. Consumer and Carer Board members have continued to strongly argue for effective consumer and carer engagement and participation structures, given co-design and co-production are strong themes in both national and ACT literature and policy documents.

**Board Member Report – Caucus Chair/  
Carer Representative, Aine Tierney**

I would like to acknowledge the hard work and dedication of Caucus members over the past year especially David Lovegrove, Denis Strangman, Peter Dwyer, Rose Beard, Jewel McMahon, Fiona Tito Wheatland, Jane Grace and John Grunberg who have regularly attended and supported the work of the Caucus. Thanks also to former Caucus board members John Tucker (Carer), of the My Home in Canberra Project; and to Jacqui Price (Consumer), for her valuable participation over a number of years. We thank you both for your passion and significant contributions.

During this past year Caucus increased its capacity to engage strategically in the work of the MHCC ACT welcoming new members Dr Fiona Tito Wheatland, who previously provided advice to Caucus on the Rules of Association and related issues; Adele Lewin, a senior consumer representative with the ACT Mental Health Consumer Network; Edward Killen and Matthew Tierney; and new Caucus board representatives, Jane Grace and John Grunberg. New members have been very proactive in their roles on Caucus and the board, and innovative in seeking new ways to be more effective across a range of topics and key priorities that affect the community sector.

In many ways this has been a difficult year for Caucus, the MHCCACT and the mental health sector with the ongoing implementation of new mental health reforms and the challenges of transitioning to NDIS. Caucus members have viewed these challenging times as an opportunity to critically reflect and consider the changing landscape of engagement and participation.

It is our hope that in the coming year our community stakeholders and sector partners will reap the benefits of our strengthened participation and resolve and recognise the value of the work that Caucus and its members do through their participation in the governance and strategic oversight of the MHCCACT.

**Aine Tierney**

Caucus Chair

On behalf of Caucus

# Policy and Sector Development Team Report

**The Policy and Sector Development team in MHCC ACT have had a full year as usual. Part of our work is reactive and therefore hard to predict from year to year as we never know how many calls will be made for submissions, participation in committees and steering groups, requests for linkages into the sector, or the types of issues that will arise requiring a response. The sector development aspect of our work is more predictable – training, forums, information sharing and development opportunities.**

Participant feedback from our various activities is consistently positive. We value the feedback given and use it to continually improve and guide what we do.

## **Policy collaboration and representation**

Collaboration is a valuable aspect in the role that MHCC ACT plays in the community mental health sector. Working with stakeholders across the sector yields improved outcomes, better use of resources as well as insightful responses to issues.

During the year, MHCC ACT met several times with Executive Officers and Managers of member organisations to discuss approaches to issues, and to share and learn from each other. A constructive conversation took place in the lead up to the development of the ACT Office for Mental Health. Guests were invited to some of these meetings including the Capital Health Network about the Needs Assessment and mental health services and Feros Care, the ACT Local Area Coordinator for the NDIS, about their activities in the ACT.

Staff of MHCC ACT continued to sit on the board of various organisations including ACT Mental Health Consumer Network and Mental Illness Education ACT.

MHCC ACT participated in various committees, steering groups, working groups and consultations, including:

- Community Mental Health Australia Executive Leadership Group (CMHA)
- Digital Health Strategy 2018-2028
- ACT Office for Mental Health Steering Group
- Women and Mental Health Working Group
- Recovery College Steering Committee
- Lifespan Suicide Prevention Steering Committee
- Primary MH Strategic Reform Group
- Territory-Wide Health Services Advisory Group
- Regional Mental Health and Suicide Prevention Plan Working Group
- NDIA ACT Psychosocial Disability Working Group
- Joint Community Government Reference Group
- ACT Carers Strategy Taskforce
- Adult Community Mental Health Services (ACMHS) MoC Steering Committee
- Physical Health Steering Group
- Finding the Path, ACACIA, Working Group

MHCC ACT contributed policy submissions in the last financial year, including:

- Productivity Commission NDIS Costs Position Paper (July 2017)
- Submission to the ACT Budget (October 2017)
- Submission to the draft ACT Drug Strategy Action Plan (March 2018)
- ACT Legislative Assembly inquiry into the implementation, performance and governance of the National Disability Insurance Scheme (March 2018), with an appearance before the Committee also.

MHCC ACT was represented at various conferences in 2017-18 including:

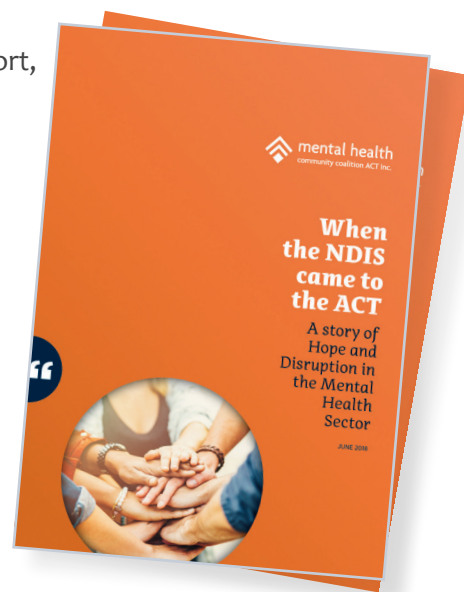
- National Suicide Prevention Conference, Brisbane
- The Mental Health Services (TheMHS Summer Forum, Sydney
- The Mental Health Services (TheMHS Conference, Sydney
- International Mental Health Conference, Gold Coast
- CMHA NDIS Conference, Sydney – including as a presenter



Rose Beard presenting on her personal experience of recovery at TheMHS, Sydney 2018.

## Publications

The MHCC ACT report, **‘When the NDIS Came to the ACT: A Story of Hope and Disruption in the Mental Health Sector’**, was launched by the Minister for Mental Health, Shane Rattenbury, in June 2018. It is a first-hand account of the first three



years of the introduction of the National Disability Insurance Scheme (NDIS) in the ACT as it pertains to mental illness and psychosocial disability. It is littered with quotes from service providers, carers, consumers and mental health experts. The conclusion highlights 11 ‘concerns’ for the future success of the NDIS, including issues such as the specificities of psychosocial disability, workforce, pricing, carers and the need for a robust mental health system that works for everyone.

The report is on the MHCC ACT website, along with other presentations made by consumers, carers and service providers as part of the launch event.

MHCC ACT participated in the editorial group for the Community Mental Health Australia Journal ‘Newparadigm’. Three editions were released in the past year around the themes of cultural diversity, research into practice, and physical and mental health.

MHCC ACT staffer, and University of Wollongong PhD candidate, Rachel McMahan, had an article in the Winter 2017 edition: “Measuring the unmeasurable – looking at the culture that perpetuates mental health, its labelling, and measurement by psychiatric science”. Links to the journal are on the MHCC ACT website.

### Training, Forums and E-bulletins

MHCC ACT aims to enhance the professional development of the sector. It does this by subsidising training activities for the employees and active volunteers of our Member organisations, and, through the 'Mental Health Sector Update' (our fortnightly E-bulletin), publicises other training opportunities. MHCC ACT also runs, in collaboration with the ACT Mental Health Consumer Network and Carers ACT, Quarterly Forums that explore matters pertaining to mental health.

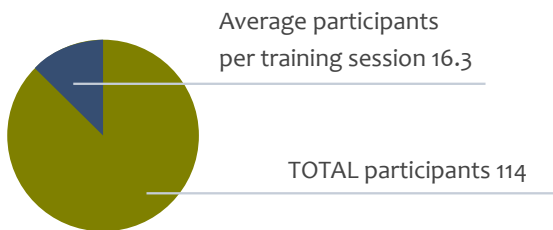
### Bulk purchased training

MHCC ACT purchases training which we offer at subsidised rates to our Members, and to non-Members (when space permits) at non-subsidised rates.

In the past financial year, we offered seven training sessions as follows (in date order):

'Responding to Risk of Suicide'	16 Participants
'Motivational Interviewing'	19 Participants
'Motivational Interviewing' +	17 Participants
'Mental Health First Aid'	16 Participants
'Understanding and Responding to Trauma'	21 Participants
'Responding to Risk of Suicide' +	12 Participants
'Understanding and Responding to Trauma' +	13 Participants

+ - additional session



Responding to Risk of Suicide Training, September 2017.

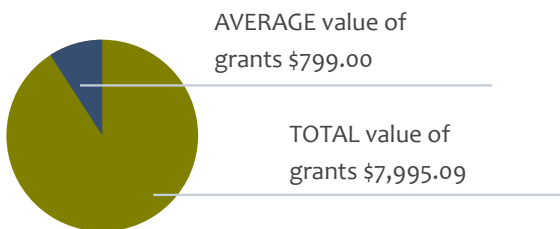
### Training and Professional Development Grants scheme

MHCC ACT’s Training and Professional Development Grants scheme subsidises training, conferences etc. that employees and active volunteers of our Member organisations identify as being valuable in their work. They apply online and the applications go through an assessment process.

In the past financial year, there were 12 such applications of which 10 were successful and two were unsuccessful. Of the 10 successful applications, four went to paid employees of our Member organisations and six went to consumer or carer volunteers. Of the two unsuccessful applications, one was from a consumer and one was from an ineligible for-profit business.

Four of the participants used their grant to attend the TheMHS Conference. Others attended: BPD Conference, National Suicide Prevention Conference, ‘Circle of Security’ Parenting Facilitator training, Adults with BCC Conference, and Drumbeat Facilitator training.

TOTAL participants 10.

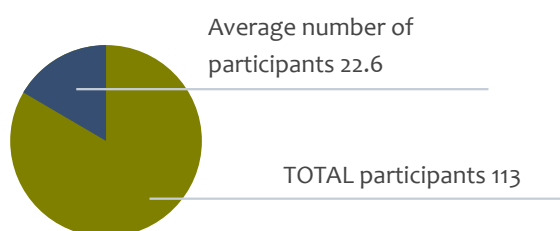
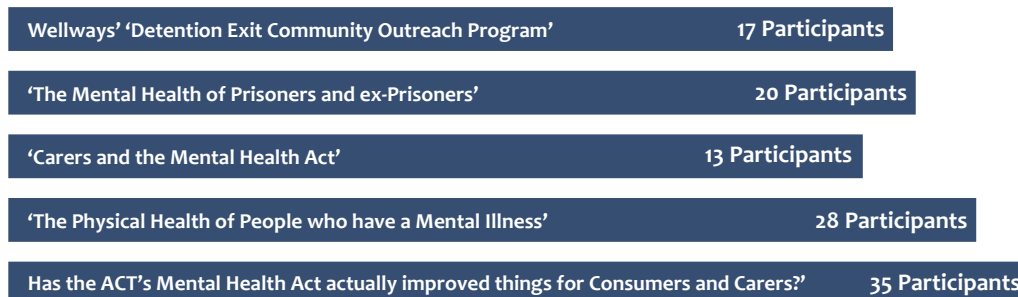


### Quarterly Forums

In conjunction with the ACT Mental Health Consumer Network (ACTMHCN) and Carers ACT, MHCC ACT runs Quarterly Forums on relevant and timely mental health related topics. MHCC ACT takes the lead in organising two of the four Forums each year, with ACTMHCN and Carers ACT taking the lead in one each.

Our Quarterly Forums were traditionally run on Monday evenings. We received some feedback saying that this was not ideal during the winter months, so starting with our May 2018 Forum, we switched it to midday on Tuesdays. This seems to have been accepted and welcomed.

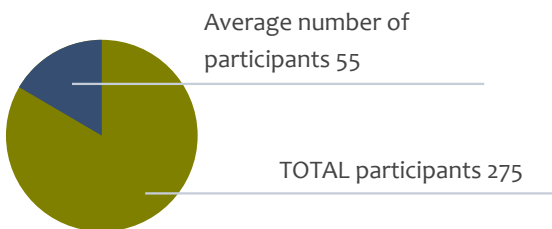
During the past financial year, the three organisations ran five instead of four Quarterly Forums due to one of them being postponed from the previous financial year. The five Forums were (in date order):



## Other Forums

MHCC ACT individually organises other occasional Forums on an ad hoc basis. During the last financial year, we organised five of these as follows (in date order):

Symposium - 'Evidence based practice in mental health - Translating research into effective practice'	99 Participants
'Borderline Personality Disorder – from stigma to strength' (in cooperation with BPD Awareness ACT)	28 Participants
'De-Institutionalisation – where are we now?' (organised as part of Mental Health Week)	32 Participants
'Impacts of MH Reforms and the NDIS on MH Peaks'	59 Participants
'Impact of the NDIS on ACT Mental Health Consumers, Carers and Services' (including launch of MHCC ACT's report 'When the NDIS came to the ACT - a story of Hope and Disruption in the Mental Health Sector')	57 Participants



## E-bulletins

### Mental Health Sector Update

The 'Sector Update' is our fortnightly E-bulletin, sent out to subscribers working in or associated with the community-managed mental health sector in the ACT. For a couple of years until the start of 2018, we also published a separate 'NDIS Update' because of the newness of the NDIS and the sheer amount of new information it generated. At the beginning of 2018, NDIS news was consolidated back into the 'Sector Update'. Since that time, the number of subscribers has varied between 657 and 689 (currently, it's 671). The percentage of 'Sector Updates' that were opened was just above 19%, while the industry average is 20%. Note that this 19% underestimates the actual percentage of people reading the bulletin as some subscribers will read the information in the 'reading pane' rather than 'opening' the email.

### Other E-bulletins

Besides the regular fortnightly Sector Update, MHCC ACT also publishes E-bulletins to promote events or bring attention to a particular matter or issue. During the past financial year, there

were about 50 such E-bulletins.

### Mental Health Sector Induction Program 2019

In collaboration with the ACMHS team from ACT Health, and member organisations, MHCC ACT began work this year towards creating a broad sector orientation program targeting staff commencing work in the mental health sector or staff needing to update understanding. This training will support quality induction and continuous quality improvement of the sector more broadly.

It will facilitate understanding of the mental health sector in the ACT: the main components, key concepts and important issues. It will also cover the interaction of this sector with homelessness, alcohol and drugs, youth services, corrective services and others. MHCC ACT will kick start this program with a pilot training in early 2019.



## Biennial Stakeholder Survey

Early in 2018 MHCC ACT undertook its biennial stakeholder survey. Results indicate strong support for MHCC ACT and its work. It also gives some pointers to areas where we could be doing better.

Of the 56 completed responses, 42% were by member organisations, 22% non-member organisations, 25% consumer and carers, and 11% government employees/representatives. Some key findings from the 54 questions asked, are as follows:

- 90% of respondents thought that coordination and providing input into mental health reform, policies, frameworks and strategies was a priority for MHCC ACT.
- The most important benefits of membership were 'Efficient way to contribute to mental health debate'; 'Representation through input into Government submissions – saves time and resources'; and 'Networking'.

In considering the work undertaken for the community managed mental health sector in the preceding year, respondents 'strongly agreed' or 'agreed' with the following statements that MHCC ACT:

- provides access to relevant and useful training (82%)
- represents the voice of the sector, reflecting the concerns and priorities of member organisations (80%)
- provides relevant, useful and timely information and research (77%)

There was a lower percentage of respondents who 'strongly agreed' or 'agreed' with the following statements that MHCC ACT:

- provides leadership in areas important to the future capacity of the sector (e.g. funding, quality improvement and routine data collection) (63%)
- has a strong mechanism for ensuring the consumer and carer perspective is reflected in its policy and advocacy work (61%)

- is proactive in responding to the needs of its members (58%)
- successfully influences policy and service outcomes for the sector (52%)

The most popular MHCC ACT activities are the Mental Health Month ACT Mental Health and Wellbeing Expo (68%), consultation forums on government policy (53%) and the Quarterly Community Forums (47%). More than half of people obtained information on such events through the fortnightly ACT Mental Health Sector Update (52%).

Two thirds of respondents agreed that MHCC ACT provides the right mix of workforce development opportunities for members (e-learning, training workshops and training/development grants). Nearly half (46%) felt that MHCC ACT provided sufficient support and development opportunities over the last 12 months, with another 38% agreeing to this statement to some extent.

A quarter of respondents had attended at least one MHCC ACT training workshop. All found the training relevant, with 58% saying very relevant. The quality of training was rated very high (58%) to high (42%). Over three quarters (79%) of respondents did not know that MHCC ACT offered eLearning opportunities. Similarly, just less than half (48%) of respondents knew about the training grants, although ten out of the twelve applicants were successful. A majority wanted all these offerings to continue.

# Recovery College Report

**The ACT Government announced in the Budget that there will be \$889,000 over two years to trial a Mental Health Recovery College in the ACT. The ultimate success of this bid for funding was greatly helped by lobbying by many in the community mental health sector and strong support from the ACT Minister for Mental Health.**

The ACT Recovery College will be established under a unique model that combines the strengths and expertise of the three critical sectors concerned with the mental health of the Canberra community – the community mental health sector, the adult education sector, and the government sector. A consortium of partners is being set up to manage the trial.

This project will follow the design plan and continue the work begun in the ACT Recovery College Design Plan Project to establish and evaluate a trial of an ACT Recovery College.

The ACT Recovery College would embody the core principles central to all Recovery Colleges:

- recovery is possible
- co-design, co-production and co-facilitation inform all operations, including course development and delivery
- the voice of lived experience is heard and respected in all aspects of the college.

The key objectives of a Recovery College will be to:

- provide an innovative, non-judgemental and safe option for people to learn about and manage their recovery, in the supportive company of their peers
- provide an unique opportunity for mental health professionals, and family and friend carers, to gain insight into recovery from a lived experience perspective
- provide a soft entry point and alternative avenue to support for the large proportion of people with a mental illness, and their carers, who do not otherwise seek help (noting that a lack of support, treatment or intervention can lead to escalation of an illness)
- enable people to reconnect with the community and participate more fully in life, potentially moving on to mainstream education, employment or community work
- create the learning and confidence that enable people to take more effective control and management of their health
- have a long-term impact that potentially reduces the demand on mental health services and hospitals
- provide the opportunity for clinicians to work alongside people with lived experience and gain insight that can inform and improve clinical practice and break down power imbalances
- promote person-centred and recovery based mental health practice.

Although funding is still to be finalised, over the last few months MHCC ACT has worked behind the scenes to get the College up and running.

We have submitted a proposal for funding to ACT Health and are working with a group of organisations to establish a consortium that will have overall strategic governance of the College.

We are consulting with academics from Australian National University (ANU) to build an evaluation strategy which will gather the necessary evidence for future funding. Recruitment of the Recovery College managers and the Recovery College Liaison position in Canberra Health Services is underway. We are also exploring options for facilities for the College and exploring the availability of codesigned courses to be offered in the first semester of the College.



# Mental Health Month Report

We celebrated another successful Mental Health Month again in Canberra this year. In 2018 we launched new branding highlighting the change from Mental Health Week to Mental Health Month. This branding has been warmly welcomed by the community. The new branding was completed by Anne Wakefield in August this year prior to Mental Health Month in October.



Mental Health Month in the ACT is coordinated by MHCC ACT and the Mental Health Month Committee, comprised of 16 volunteers from across the community sector and government.

The **Reimbursement Grants Program** successfully distributed a total of 19 grants giving organisations the opportunity to host their own event for Mental Health Month in the ACT, reaching a total of \$17, 215. These events were marketed in the official Mental Health Month calendar booklet. 5000 print copies were distributed over 6 weeks from early September, to a wide range of premium venues and locations around the ACT. Although fewer grants were distributed this year, there was still a diverse range of events throughout Mental Health Month in October including; Drumming for Mindfulness workshops, Yoga, Art Therapy workshops, a Mental Health Film Festival and many more. Most events that were funded by a Reimbursement Grant were free and open to the public.

The theme for Mental Health Month in the ACT in 2018 was 'Identity & Growth'. The theme was suggested by Hawker College Canberra and it means knowing who you are, accepting the past and growing into your future.

This year MHCC ACT worked closely with the Hawker College Mental Health Student Action Group and the Mental Health Month event photographer/videographer Caitlin, to create videos discussing the theme of Mental Health Month and what the theme means to these students. View the video on the MHCC ACT Youtube Channel. This group of students also provided the hashtag for 2018 #iwouldntchangeathing.

This year McHugh Hire Canberra generously provided \$5000 in sponsorship to Mental Health Month in the ACT. With the sponsorship MHCC ACT created a Mental Health & Wellbeing Calendar which was launched as part of Mental Health Month in 2018.

The calendar aims to raise awareness of mental illness, promote positive mental health and wellbeing and encourages people to seek help early and to live mindfully. All artwork showcased in the calendar was donated by local Canberra creatives.

We thank all who contributed to this calendar.





Madeleine Tranter Creative

This year we encouraged the Canberra community to come along and celebrate **the launch of Mental Health Month** in Garema Place with a carnival themed event on Friday 5 October from 4:30pm – 6:30pm. This event highlighted some of the incredible talent we have here in Canberra with performances from the Warehouse Circus, S.A.D Australia and music duo ‘El Rose’. Gecko Gang provided free face painting for the kids along with popcorn and fairy floss.



Actors from S.A.D Australia

A sausage sizzle was generously provided by the local Belconnen Lions Club who served over 240 sausages for free to the public. Gary from the Lions Club commented on the “amazing generosity in Canberra” after collecting \$132 in the donation bucket for the Special Care Nursery, Canberra.



El Rose Music Duo

We received lots of positive feedback at the event about the performances and the ‘friendly atmosphere’. The weather was quite cold the night of the launch which may have discouraged people from stopping to watch the performances later in the evening.



Minister Rattenbury looking at the 2019 Mental Health & Wellbeing Calendar



2018 Mental Health Month Award Recipients

On Tuesday 9 October MHCC ACT, in partnership with the ACT Mental Health Consumer Network, hosted the **2018 Mental Health Month Awards** at the ACT Legislative Assembly. seven awards and two scholarships were awarded recognising the achievements of individuals and organisations in the area of Mental Health in the ACT over the past 12 months.

Guests to the awards were Welcomed to Country by Ngunnawal Woman and daughter of Senior Ngunnawal Elder, Tina Brown who shared a creation story. Chris Corcoran, Deputy Chair of ACTMHCN was the MC for the awards. Chris shared his inspiring personal story of recovery throughout the ceremony. MHCC ACT Executive Officer Simon Viereck, shared a presentation on the new ACT Recovery College which was well-received by the audience.



Menslink Mentoring Coordinator Jonathan Engel, being presented with the Award by Minister Rattenbury MLA.



2018 Mental Health Month Awards



Natalie Malcolmson being presented with the Award by Minister Rattenbury MLA.

We welcomed Minister Shane Rattenbury to speak at the awards and present recipients with their award.

Local Canberra catering company ‘Eat Your Words’ generously donated a fantastic selection of afternoon tea for guests to enjoy. We received lots of positive comments about the quality of catering ‘Eat Your Words’ provided.

Our major event coordinated by MHCC ACT and the Mental Health Month Committee was the **Mental Health & Wellbeing Expo** on Thursday 11 October. We experienced a hugely successful Expo this year with over 3000 people attending and over 70 registered stallholders, making it the biggest Expo yet.

The Tuggeranong Men's Shed provided a BBQ again this year with sausages free for the public & stallholders. Keith from the Tuggeranong Men's Shed commented on the days success saying "We had an extremely satisfying and rewarding day interacting with the public and stall holders" and are keen to return in 2019.

This year we had two music venues; the stage in Garema Place and the temporary grass stand in City Walk. Patrons enjoyed live music from three piece band 'Sweet Nothings', the Canberra Italian Choir and music coordinated by the talented Chris Van Reyk and an Indigenous Dance Performance by the Wiradjuri Echoes.

## 3000+ Participants 70+ Stallholders



2018 Mental Health & Wellbeing Expo



Tuggeranong Men's Shed providing the BBQ



ACT Human Rights Commission



S.A.D Production at the Mental Health & Wellbeing Expo

The Mental Health & Wellbeing Expo aims to bring the community together to celebrate positive wellbeing and learn more about mental health services available in the region. Feedback from stallholders and patrons was very positive, with people commenting that it was lovely to see such a diverse range of organisations and engaged people attended.

Information captured in the stallholder survey was mostly positive. This year 58% of stallholders had not attended the Expo before and a huge 92% of stallholders indicated that they would attend the expo again in 2019. We received similar feedback in the attendee survey with 55% of attendees indicating that they hadn't been to the expo before with 95% saying they would attend again in 2019. 84% of the same survey respondents said they learnt more about the mental health services or programs available in the ACT at the expo.

# Auditors Report



Audit Pty Ltd  
ABN: 67 089 734 761  
Authorised Audit Company No. 408893

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

### Opinion

We have audited the financial report of Mental Health Community Coalition of the ACT (the registered entity), which comprises the statement of financial position as at 30 June 2018, the statement of profit or loss and other comprehensive income, 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 rated 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 2018 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 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.

### 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.

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#### 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 those charged with governance 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.

Vincents Audit Pty Ltd

Phillip Miller  
Director

Canberra, 12 November 2018

# Financial Statements

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

**Financial Statements**

**For the Year Ended 30 June 2018**

**Mental Health Community Coalition of the ACT**

ABN: 22 510 998 138

**Board's Report**

**For the Year Ended 30 June 2018**

**General information**

**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>
Angie Ingram	President
Pam Boyer	Vice President
Lachlan Atyeo	Treasurer
Sue Ann Polden	Secretary
Áine Tierney	Director
Purity Goj	Director
Travis Gilbert	Director
David Lovegrove	Director
John Grunberg	Director
Jane Grace	Director
Jacqui Price (resigned March 2018)	Director
John Tucker (resigned April 2018)	Director

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.

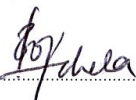
**Significant changes**

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

**Operating result**

The profit of the Association for the financial year after providing for income tax amounted to \$62,664 (2017: \$21,041).

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

Board member:  .....

Board member:  .....

Dated this <sup>9<sup>th</sup></sup> day of November 2018

**Mental Health Community Coalition of the ACT**

**ABN: 22 510 998 138**

**Auditor's Independence Declaration under Section 60-40 of the Australian Charities and Not For Profits Commission Act 2012 to the Board Members of Mental Health Community Coalition of the ACT**

I declare that, to the best of my knowledge and belief, during the year ended 30 June 2018, 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.

**Vincent's Audit Pty Ltd**



**Phillip W Miller CA  
Director**

Dated in Canberra on 12 November 2018

**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 2018**

		2018	2017
	Note	\$	\$
Revenue	3	826,661	753,253
Other Income	3	47,020	3,831
Employee Benefits Expenses		(564,411)	(490,178)
Depreciation and Amortisation Expenses		(9,196)	(11,016)
Project Expenses		(105,665)	(138,186)
Staff & Board Amenities		(4,629)	(3,659)
Website Redevelopment		(4,001)	(2,027)
Other Expenses	4	(123,115)	(90,977)
<b>Profit before income tax</b>		<b>62,664</b>	<b>21,041</b>
Income Tax Expense		-	-
<b>Profit for the year</b>		<b>62,664</b>	<b>21,041</b>

The accompanying notes form part of these financial statements.

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**Mental Health Community Coalition of the ACT**

**ABN: 22 510 998 138**

**Statement of Financial Position**

**As at 30 June 2018**

	Note	2018 \$	2017 \$
<b>ASSETS</b>			
<b>CURRENT ASSETS</b>			
Cash and Cash Equivalents	6	<b>482,443</b>	542,133
Trade and Other Receivables	7	<b>29,157</b>	5,161
Other Assets	8	<b>12,438</b>	5,502
<b>TOTAL CURRENT ASSETS</b>		<b>524,038</b>	552,796
<b>NON-CURRENT ASSETS</b>			
Property, Plant and Equipment	9	<b>19,000</b>	24,821
<b>TOTAL NON-CURRENT ASSETS</b>		<b>19,000</b>	24,821
<b>TOTAL ASSETS</b>		<b>543,038</b>	577,617
<b>LIABILITIES</b>			
<b>CURRENT LIABILITIES</b>			
Trade and Other Payables	10	<b>72,200</b>	152,539
Provisions	11	<b>40,748</b>	35,755
Other Liabilities	12	<b>3</b>	21,900
<b>TOTAL CURRENT LIABILITIES</b>		<b>112,951</b>	210,194
<b>TOTAL LIABILITIES</b>		<b>112,951</b>	210,194
<b>NET ASSETS</b>		<b>430,087</b>	367,423
<b>EQUITY</b>			
Retained Earnings		<b>430,087</b>	367,423
<b>TOTAL EQUITY</b>		<b>430,087</b>	367,423

The accompanying notes form part of these financial statements.

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

**Statement of Changes in Equity**  
For the Year Ended 30 June 2018

	Retained Earnings	Total
	\$	\$
Balance at 1 July 2017	367,423	367,423
Net surplus for the year	62,664	62,664
<b>Balance at 30 June 2018</b>	<b>430,087</b>	<b>430,087</b>

	Retained Earnings	Total
	\$	\$
Balance at 1 July 2016	346,382	346,382
Net surplus for the year	21,041	21,041
<b>Balance at 30 June 2017</b>	<b>367,423</b>	<b>367,423</b>

The accompanying notes form part of these financial statements.

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**Mental Health Community Coalition of the ACT**

**ABN: 22 510 998 138**

**Statement of Cash Flows**

**For the Year Ended 30 June 2018**

	2018	2017
Note	\$	\$
<b>CASH FLOWS FROM OPERATING ACTIVITIES:</b>		
Receipts from customers	893,597	773,661
Payments to suppliers and employees	(955,171)	(634,104)
Interest received	5,259	9,347
Net cash provided by/(used in) operating activities	<u>(56,315)</u>	148,904
<b>CASH FLOWS FROM INVESTING ACTIVITIES:</b>		
Purchase of property, plant and equipment	<u>(3,375)</u>	(7,325)
Net cash used by investing activities	<u>(3,375)</u>	(7,325)
Net increase/(decrease) in cash and cash equivalents held	(59,690)	141,579
Cash and cash equivalents at beginning of year	<u>542,133</u>	400,554
Cash and cash equivalents at end of financial year	6 <u>482,443</u>	<u>542,133</u>

The accompanying notes form part of these financial statements.

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**Mental Health Community Coalition of the ACT**

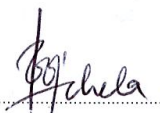
**ABN: 22 510 998 138**

**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 <sup>9<sup>th</sup></sup> day of November 2018



**Mental Health Community Coalition ACT - Annual Report 2017 - 2018**

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