



ANNUAL REPORT 2014-2015



**mental health**  
community coalition ACT Inc.

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# Vision and Mission

## Vision

Our vision is for an ACT community where good quality mental health and wellbeing is available to all.

## Mission

MHCC ACT works with people who have lived experience of mental illness, carers and the community managed mental health services of the ACT, to achieve this by:

- Providing leadership for the community managed mental health sector in the ACT.
- Promoting recovery oriented practice and quality service delivery.
- Undertaking sector development that includes capacity building, workforce development and quality improvement.
- Raising awareness of mental health issues through advocacy, community education and mental health promotion.



# President's Report

## Gavin Bassenschutt



The last year has seen significant change within Mental Health Community Coalition ACT. The leadership change in the Executive Officer role, from Ian Rentsch to Simon Viereck, a new team of staff and implementation of structural changes has proven to be a fruitful challenge and enhanced our capacity to represent the community mental health sector.

This year has also seen the continued roll out of the National Disability Insurance Scheme (NDIS) in the ACT. MHCC has collaborated with National Disability Services (NDS) and the National Disability Insurance Agency (NDIA) to co-host a regular CEO forum to support sector preparedness considering the implication on areas such as business and workforce development, qualifications and training priorities and transition issues for people with a psychosocial disability.

Promoting mental health through health promotion strategies has encouraged linkages with the broader community. We have seen continued growth and reach with the Mental Health and Wellbeing Expo which this year engaged 70 organisations to hold stalls on the day and saw over 600 people attend, almost doubling last year's attendance. Our Quarterly Forums have also given the wider community an opportunity to learn of and discuss current issues.

We have continued our advocacy activity through various submissions that staff have written and have been involved in various consultations such as the Draft ACT Mental Health & Wellbeing Framework and NDIS Informational, Linkages and Capacity-building (ILC) Framework.

The ACT Consumer Carer Caucus continues to meet regularly and following recommendations from the Consumer Carer Engagement Project we have seen increased membership and improved processes that enhance the Caucus' capacity to inform the work of MHCC ACT.

MHCC ACT has maintained a presence at a national level working across Australia through our membership with Community Mental Health Australia and Mental Health Australia.

In the coming year, we will continue to monitor further developments in the NDIS and implications on the service system here in the ACT, the Australian Government's response to the National Mental Health Commission's Review of Mental Health Programmes and developments relating to the fifth National Mental Health Plan.

It is in this context that the MHCC ACT Board of Governance will commence the development of a new strategic plan. This plan will see MHCC ACT through coming years in the context of Territory and Federal mental health reforms, and will continue to consider the impact of the full implementation of the NDIS.

I would like to acknowledge the contribution of each member of the MHCC ACT Board and thank them for their genuine interest and commitment to the development of a high-quality service. Their work on various sub-committees and working groups has enabled MHCC ACT to maintain its focus and strategic leadership at such an important time.

I acknowledge the work of Simon Viereck who has provided leadership through these times of change and I would also like to thank the MHCC ACT staff for their contribution and for their commitment in enacting the organisational vision and values.

# MHCC ACT Board Membership

Gavin Bussenschutt	Mental Illness Fellowship Victoria	President
Sharon Leigh-Hazell	Carer Representative	Vice President
Jacqui Price	Mental Illness Education ACT	Treasurer
Dalane Drexler	ACT Mental Health Consumer Network	Secretary
Chris Redmond	Woden Community Service	
Emma Robertson	Youth Coalition ACT	
Marina Glover	Caucus Consumer Representative	
Marie Bennett	ACT Medicare Local	
Travis Gilbert	ACT Shelter	
Keith Mahar	Caucus Consumer Representative	
Rob Newman	Caucus Carer Representative	<i>Until March 2015</i>



MHCC ACT Board members (Back L-R) Chris Redmond, Keith Mahar, Dalane Drexler, (Front L-R) Jacqui Price, Rose Beard and Marie Bennett

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## MHCC ACT Staff

Simon Viereck	Executive Officer	
Natasha Lobo	Office Manager	
Sophie Fehlberg	Administrative Assistant	<i>Until October 2014</i>
Rachel Moore	Communications Manager	<i>Until November 2014</i>
Ray Veldre	Policy and Sector Development Officer	<i>Until January 2015</i>
Kat Bhatena	Policy and Sector Development Officer	<i>Until February 2015</i>
Dianna Smith	Consumer and Carer Engagement Officer	<i>Commencing October 2014</i>
Leith Felton-Taylor	Policy and Sector Development Manager	<i>Commencing December 2014</i>
Zoe Davies	Communications	<i>Commencing May 2015</i>
Mariana Oppermann	Policy and Sector Development Officer	<i>Commencing June 2015</i>
Stacy-Ann Robinson	Policy and Sector Development Officer	<i>Commencing June 2015</i>
Charlie Richardson	Policy and Sector Development Officer	<i>Commencing July 2015</i>

# Treasurer's Report

Jacqui Price

MHCC ACT audited financial statements for the 2014-2015 financial year record a surplus of \$46,453.00 (13-14: Loss of \$87,502.00), with net assets of \$312,123.00 (13-14: \$ 265,670.00). Cash reserves of \$340,406.00 (13-14: \$265,867.00) provide the organisation with solid contingency.

I would like to thank Natasha Lobo and Successful Alliances for providing MHCC ACT with another year of careful bookkeeping and payroll services and also Tony Bandle for the provision of audit services to MHCC ACT.

A Finance and Audit Sub-Committee was established during the 2014-15 financial year. The committee is comprised of five members with two members from the Board, the

MHCC ACT Office Manager and Executive Officer and one external committee member who has financial expertise. Members are:

- Natasha Lobo – MHCC ACT Office Manager
- Simon Viereck – MHCC ACT Executive Officer
- Chris Redmond – MHCC ACT Board
- Jacqui Price – MHCC ACT Treasurer
- Dipak Mehta – External Member

I would like to sincerely thank the members of the Finance and Audit Committee for their time given over the past year. Your expertise has helped ensure MHCC ACT remains in a healthy financial position.



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# Executive Officer's Report

Simon Viereck



The 2014-15 year was a challenging year full of change for MHCC ACT, both within and in the external conditions which influence our work. I believe however that MHCC ACT has come out of the year on a strong footing.

As I took up the role of Executive Officer there was an opportunity and need for structural change to adapt to a changing environment. The departure of the previous Executive Officer, Ian Rentsch, marked the beginning of extensive staff turn-over. Over the course of the year another four staff members departed and six new staff members joined. I would like to warmly welcome new staff members: Dianna, Leith, Zoe, Stacy-ann, Marianna, and Charlie, and thank them all for their hard work, commitment, and achievements already. I also extend thanks to Natasha, whose experience with the organisation and steady work as office manager has been invaluable. I also want to acknowledge the efforts of previous staff members, Sophie, Rachel, Ray and Kat. We wish them all the best in their new roles.

The major external driver of change has been the implementation of the National Disability Insurance Scheme (NDIS) and this has driven a re-orientation towards national policy and towards the disability sector as a key partner for MHCC ACT and the mental health sector.

Through Community Mental Health Australia (CMHA), the alliance of the state and territory community mental health sector peaks, we learn from the experience in other trial sites, participate in projects and benefit from a unified voice at the national level.

The NDIS drives change in the community-managed mental health sector broadly with a number of programs in transition to being reliant on the NDIS "market" for supports. The challenge is for MHCC ACT to effectively support organisations in this process and to understand and respond to the impact on the sector as a whole.

While working in this environment of change, MHCC ACT also strove to continue core work such as working with ACT Government on local mental health policy and services, and coordinating Mental Health Week. My thanks go to all the sector representatives who work with us in organising the week and to Zoe Davies in particular for all her work and excellent achievements as the staff person responsible for coordinating Mental Health Week.

I would also like to thank the MHCC ACT Board for their support and hard work over the year, in particular working through the challenges of re-structuring the organisation.

I invite you to delve into the rest of this Annual Report to sample more MHCC ACT work and achievements over the past year.

# Caucus Report

The ACT Consumer Carer Caucus is a forum for mental health consumers and carers in the ACT to meet, share information, and utilise people's lived experience to bring about positive change within the mental health sector.

2014-2015 has been a year of change and growth for Caucus and MHCC ACT are excited to see how Caucus continues to grow and achieve throughout 2015 and beyond.

Caucus continued appointing two members every six months, who alternated in chairing the monthly meetings. This gave members the opportunity to develop new skills in these roles. There has been a good mix of regular and less frequent participants with a number of new members which has enriched meetings with new ideas, questions and comments.

Caucus hosted a variety of speakers giving members further opportunities to gain information, discuss issues and participate in training. Speakers have included:

- Ivette Gonzales from ADACAS spoke about the NDIS External Merit Review Process;
- Wendy Prowse conducted training on how to run successful meetings;
- Prof Beverley Raphael, Dr Alison Gee and Richard Bromhead discussed the ACT Health research project on suicide. This presentation raised a great deal of questions resulting in this project team considering possible additions to their methodology.

Members have been sponsored by MHCC ACT to attend Conferences and Forums including:

- TheMHS 2014 "What We Share Makes Us Strong" Conference in Perth
- Raising Our Voices, ACT Multicultural Mental Health and Wellbeing Conference 2014
- NDIS: Change, Challenge and Choice: ACT Conference 2015.

Caucus members were also involved in a number of activities including:

- Development of structural documents including a Co-Chairs Information Kit;
- Participating at MHCC ACT strategic planning day;
- Promoting Caucus on two Opening Minds radio shows;
- Contributing to the NDIA Individual Supports project;
- Corresponding with ACT Health on issues raised about the use of restraints and seclusion in the general areas of ACT Hospitals.

MHCC ACT would like to thank all Caucus members for their invaluable contribution and hard work; in particular we would like to acknowledge the contribution of our departing Board Representatives: Keith Mahar; Rob Newman and Rose Beard. We offer our whole hearted thanks and best wishes with your next endeavours.

## Consumer Perspectives

### *Co-Chair – Chris van Reyk*

Once again, membership at Caucus proved useful. Having the EO of MHCC ACT at the meetings meant we often had first-hand information about current issues and initiatives. This was particularly handy in keeping up to date with the progress of the National Disability Insurance Scheme (NDIS) in Canberra. Being at Caucus meetings was also useful during the presentation by Professor Raphael, as members were able to offer very pertinent questions and comments from their lived experiences;

### *Co-Chair – Peter Dwyer*

The addition of a support person has reinvigorated Caucus with a number of different people/stakeholders attending the meetings semi-regularly. There now seems a core of committed consumers and carers and others attending the meetings regularly.

I found working as Co-chair very stressful at first, but this got easier each time especially when I was complimented for doing a good job, which also helped with the anxiety. A few words of encouragement goes such a long way. Caucus has been dealing with many issues around mental health service delivery and I certainly support the present format continuing to gain even greater community input.

### *Board Representative – Keith Mahar*

The year was a busy one for the mental health sector in the ACT, with the start of the NDIS. Like so many others, I found it challenging to stay on top of all of the changes, including for those who will be eligible for NDIS funding packages and those who will not be. All in all, it was a very important time to participate in the ACT Consumer Carer Caucus, where we were able to share our experiences, knowledge and analysis about these major changes for people with mental health issues in our community. Next year promises to be another important period to be actively involved in Caucus, as the NDIS gains traction, some existing community services are scheduled to close, and the mental health community faces familiar issues, including gaps in service, homelessness, comorbidity, underemployment and stigma.

## Carer Perspectives

### *Board Representative – Sharon Leigh-Hazell*

I have been on the Board of MHCCACT for over two years now and have seen the ACT Consumer Carer Caucus grow and strengthen in that time. Caucus was pleased with the Board's decision to appoint a Consumer and Carer Engagement Officer to assist Caucus in fulfilling its aims. In October 2014 we welcomed the appointment of Dianna Smith in this role. She has helped Caucus to achieve much in the last twelve months, including members chairing well-attended meetings, being empowered to actively engage in the sector and commenting on draft policy papers and submissions.

NDIS was a regular topic with members more experienced in negotiating the system transferring their knowledge and expertise to others. External speaker talks have also offered insight on how to manage the NDIS process. NDIS discussions have been positive although concerns remain about how people with lived experience of mental illness and carers will be supported.

As an MHCC ACT Board member, I am pleased to report the support shown by the Board for the Consumer and Carer Caucus. I am looking forward to fulfilling my role on the Board for the next 12 months and providing the views of Caucus as a carer representative.

### *Co-Chair – Rose Beard*

It has been an honour to be a part of Caucus and play my part as a voice in mental health matters. As one of the Co-Chairs, I have gained more confidence with speaking at meetings and learned skills in chairing meetings. I have been inspired by the speakers, members and others that have attended the meetings and was happy to share information and advice with them. I was also able to help others by sharing my experiences of the NDIA as both a participant and a carer. I am grateful for the opportunities given to me by Caucus to attend conferences and forums, which have given me more insight and skills to help people that are unable to speak up for themselves.

# Policy and Sector Development Team Report

The 2014-15 year was another busy year for the MHCC ACT Policy and Sector Development Team which the introduction of the National Disability Insurance Scheme (NDIS), development of an ACT Mental Health and Wellbeing Framework 2015-25 and questions about the future of the ACT mental health sector dominating the agenda.

2014-15 was also a year in which many staff changes meant the year started and ended with completely different team. This naturally impacted on the capacity of the team, but also means we have begun the 2015-16 year with a talented and diverse team, which can approach the task with fresh energy.

MHCC ACT thanks Ray Veldre and Kat Bhatena for their contributions to MHCC ACT and the sector and sends them best wishes for the future. We welcome Leith Felton-Taylor to the role of Policy and Sector Development Manager (from December 2014) and Marianna Oppermann, Stacy-Ann Robinson and Charlie Richardson to Policy and Sector Development Officer roles. This new team presents a great mix of talent and experience and we look forward to their continued work and achievements in 2015 and beyond. We also extend our thanks to Dianna Smith, MHCC ACT Consumer and Carer Engagement Officer, for stepping in and contributing her valuable skills to the policy team over this period.

## Sector Development

Over the year, MHCC ACT has worked with the ACT Government on reviews of the models of care in many areas of the public mental health services. Most importantly for the community-managed sector, a review of the adult community-based services can be expected to provide more responsive and better targeted services, which should facilitate better relationships with community-managed mental health services.

An important component in MHCC ACT's sector development work is to bring organisations together to discuss issues and build relationships. During the year, we have hosted regular meetings of CEOs and managers, as well as issues-based working groups. We have also moved to encourage stronger relationships with the disability sector to improve co-operation in relation to the NDIS.

We were pleased to support the ACT Multicultural Mental Health Network to host the *Raising Our Voices* Conference, which was very successful and show-cased the strong local voices for better services for people from multicultural backgrounds.

As part of our regular work MHCC ACT, in partnership with other peaks, organises forums on current issues of interest. Forums over the last year have explored issues such as:

- Capacity, coercion and non-discrimination in mental health law: observations from Europe
- Dialectical Behavioural Therapy
- Mental Health Infrastructure Projects and review of Models of Care, including University of Canberra Public Hospital Mental Health facilities and Brian Hennessy Rehabilitation Centre
- ACT Health research project into suicide in the ACT.

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## Policy

MHCC ACT consults with and represents the views of the community-managed mental health sector and advocates for good practice policy and services, with the aim of delivering quality services for people living with mental health issues in the ACT. MHCC ACT monitors and responds to government policy and planning and build relationships with local politicians.

We have primarily taken this work forward in the ACT, by providing input to the ACT Mental Health & Wellbeing Framework 2015-25, but also nationally through participation in Mental Health Australia Policy Forums and Advocacy Days and through our participation in Community Mental Health Australia.

This period saw the ACT Legislative Assembly pass the Mental Health (Treatment and Care) Act Amendment Bill, which together with the passing of the Mental Health Bill 2015, forms a major milestone in an exceptionally long review of mental health legislation in the ACT. MHCC ACT has been deeply involved in the development of new legislation and is pleased to see it come to fruition.

In this period submissions were provided to the following processes:

- ACT Government 2015-16 Budget
- NDIS Informational, Linkages and Capacity-building (ILC) Policy Framework
- ACT Mental Health and Wellbeing Framework 2015-25
- Guardianship and Management of Property Act Review
- Input into ACTCOSS submission on ACT Review of Charitable Tax concessions.

## Future of the ACT Mental Health Sector

In December/January 2014 MHCC ACT wrote to then Commonwealth Minister for Social Services, Senator Mitch Fifield, about the impact of funding decisions by the department on vulnerable people in the ACT.

We have also advocated to government officials about the impact of funding changes to Commonwealth and ACT Government programs as a result of the implementation of the NDIS. Unfortunately these issues haven't been resolved and, along with the hopefully positive reforms of ACT Government mental health services, remain part of the environment of uncertainty which the ACT Mental Health Sector currently finds itself in.

MHCC ACT will remain vigilant in advocating for the interests of the community-managed mental health sector as this picture unfolds.

# Key Sector Highlights and Developments

## National Disability Insurance Scheme (NDIS)

The ACT NDIS trial site commenced on 1 July 2014. The NDIS is expected to support about 960 people with psychosocial disability in the ACT through individual funding packages.

The NDIS is having a big impact on the community-managed mental health sector. A number of community-managed mental health programs and services are in transition from block funding to being fully reliant on selling services to individuals with individually funded NDIS support packages.

In addition, strong voices among consumers, carers, sector workers and academics, argue that key concepts in the NDIS, such as a permanent disability being an eligibility criterion, are at odds with the recovery philosophy and practice of the mental health sector.

Responding to the challenges presented by the implementation of the NDIS is a key area of work for MHCC ACT. MHCC ACT has further developed our partnership with National Disability Services (NDS), as we try to learn from the greater experience with NDIS in that sector. This includes co-hosting the *CEO Forums with NDS*, joint meetings with the ACT branch of the National Disability Insurance Agency (NDIA), and joint work with the ACT Government to address local implementation challenges.

At the national level MHCC ACT has pursued concerns with the implementation of the NDIS through Mental Health and Community Mental Health Australia (CMHA) – see more on CMHA below.

We have also consulted on and responded to the Information, Linkages and Capacity-building (ILC) Policy Framework. The development of the ILC remains an area of concern for the sector.

## An ACT 'Recovery College'

Following from a visit and workshop by Dr Rachel Perkins, OBE, MHCC ACT has been meeting with partner organisations to explore a way to set up a Recovery College in the ACT. Dr Perkins is, among many other things, a Clinical Psychologist, and a staunch advocate of the Recovery College model.

The Recovery College approach is recognised internationally as a key feature of contemporary, recovery-oriented mental health services. A Recovery College aids mental health recovery in an educational setting using educational principles, developed cooperatively by and for consumers, carers, peer educators, academics and mental health workers. Rather than having 'symptom reduction' as the goal, the Recovery College will assist in rebuilding lives.

In this model, everyone is a teacher and everyone is a student. Professionals will impart their learnings and consumers and carers will provide their lived experience. Each course is delivered collaboratively by a mental health professional and a consumer or a carer. Once fully established, it is expected the Recovery College will offer 25 courses each term. We hope the Recovery College will run in partnership with an existing educational institution and be overseen by a steering group of stakeholders from the mental health sector.

Our partners in this endeavour have nominated MHCC ACT as the lead agency to drive the process. There is a lot to do, and there will be a lot of consultations to hold. We have started by making a submission to the ACT Government's budget process for funding for the year of establishment and the first two years of operation. We're excited to be involved in what we hope will be a very valuable project.

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## ACT Mental Health & Wellbeing Framework

In mid-2014, the ACT Government announced an intention to develop a whole-of-government, whole-of-community ACT Mental Health & Wellbeing Framework 2015-25. This ten-year strategic framework would replace the strategy documents expiring this year.

The process of developing the Framework provides a case study in the role of peak bodies in consultation and public policy development.

Initially ACT Health released a discussion document, which was evidence of good intentions, and held a workshop with strategic stakeholders. A first draft Framework was released for public consultation in early 2015 and MHCC ACT facilitated thorough consultation with members and stakeholders. The draft framework didn't live up to community expectations and MHCC ACT provided very substantial comments on behalf of the sector.

A second draft framework was released for targeted stakeholder consultation in autumn 2015. MHCC ACT found that our feedback and comments on required structural and content were not addressed or not resolved. Rather than engage in further consultation, we offered our assistance in directly re-structuring and re-writing the document.

We are pleased that ACT Health accepted working directly with us and over the following months the MHCC ACT policy team offered very substantial input into the re-drafting of the framework.

Following comments from government stakeholders, ACT Health provided MHCC ACT with a final draft in October 2015. Concerned with a lack of time for consultation with members on a substantially different document, MHCC ACT wrote to Minister Corbell, who in turn agreed to delay the presentation of the Mental Health & Wellbeing Framework to Cabinet, in order to allow for good process. MHCC ACT is now of consulting with members on the final draft.

A cooperative process between ACT Health and MHCC ACT has made for a significantly better process and a better outcome and should be seen as an example to follow.

## The 2015 Mental Health Services Conference (TheMHS)

The announcement that the 2015 TheMHS conference was to be held in Canberra provided a great opportunity to showcase the ACT mental health sector. MHCC ACT co-chaired the local organising committee with ACT Health and this allowed MHCC ACT and other key stakeholders to be involved in making key decisions for the conference from the beginning.

Over the year, the organising committee researched and approached keynote speakers, rated hundreds abstracts, organised both feature and short films to be shown at the conference, and put a distinct Canberra imprint on the conference in a number of ways. We were particularly excited to engage cartoonist Andrew Hore to capture the conference from start to finish.

As the conference finally arrived in August 2015, attendees poured in from all over Australia and New Zealand and while the weather was underwhelming, the conference was excellent. Prof Patrick Corrigan, Prof Pat Dudgeon, and Dr Joe Parks, provided inspiring keynote presentations to invigorate attendees and dozens of other speakers enlightened us with examples of high quality research and best practice services.

MHCC ACT is pleased to have been closely involved in delivering such a successful conference and thrilled to hold a copy of Andrew Hore's cartoons on behalf of the community-managed mental health sector.

## Community Mental Health Australia

MHCC ACT pursues issues, including those associated with NDIS, at the national level through CMHA, the alliance of the state and territory community-managed mental health sector peaks. CMHA is governed by a Board made up of a representative from each peak body, as well as a consumer and a carer representative, and works through a Leadership Group consisting of the Executive Officers of the peaks. Any projects are managed by a state/territory peak body and overseen by the Leadership Group.

Through CMHA we learn from the experience in other states/territories and trial sites, benefit from a CMHA representative on the NDIA Mental Health Reference Group and develop and participate in projects and consultations, including:

- NDIS Mental Health Workforce Scoping project
- Design of Individual Supports for People with Psychosocial Disability project
- NDIS Access and Eligibility for People with Psychosocial Disability review.

In 2014, MHCC ACT managed a CMHA project to provide access for community-managed mental health organisations to a Quality Improvement portal. This project was wound up at the end of 2014.



- 1 ACT Health Minister Simon Corbell, MLA officially opens Mental Health Week ACT 2015
- 2 Purity Goj from the ACT Mental Health Consumer Network presented the consumer awards
- 3 Andrew O'Reily jointly won the Consumer Contribution Award
- 4 Consumer, Jane Grace was the MC for the official opening
- 5 Rachael Stevens won the Promotion, Prevention and Early Intervention Award
- 6 Ben Matthews jointly won the Consumer Contribution Award
- 7 Menslink won the Service Delivery and Innovation Award
- 8 Sunflower Services won the Cross Collaboration Award

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# Mental Health Week Report



This year saw Mental Health Week ACT once again grow and engage an even wider audience. The week featured over 30 events held across Canberra in addition to positive media coverage in the mainstream press and on social media.

Mental Health Week in the ACT is supported through a committee of 17 voluntary members, from organisations within the sector as well as individual consumers and carers and is made possible thanks to a grant from ACT Health, which is administered by MHCC ACT.

This year, the ACT Minister for Health, Simon Corbell MLA officially launched the beginning of Mental Health Week ACT 2015 and presented the Mental Health Week Awards. The event was held at the Woden Southern Cross Club and coincided with the Mental Health & Wellbeing Expo.

Six awards were presented to seven recipients (one award was shared between two recipients), all of whom are active members of the mental health sector community and are local Canberra residents. MHCC ACT extends a very heart-felt congratulations to all seven award winners and again would like to thank them for their commitment to the sector.

The Mental Health & Wellbeing Expo this year attracted over 600 people, which is an increase on patronage from last year and featured 70 stalls, which is the maximum capacity of the venue. A larger venue is now being investigated for next year.

The expo is designed to raise community awareness of the local services available and connect service providers with the wider public. Stallholders also often use the event as a networking opportunity to build collaborations within the sector.



- 1 Over 600 people attended the Mental Health & Wellbeing Expo, which is a significant increase from last year
- 2 Over 70 stallholders attended the Mental Health & Wellbeing Expo and a larger venue is now being investigated for next year

Feedback collected at the expo from both surveyed attendees at the expo stallholders indicated that they found the event useful with "lots of stuff and services on offer" and another attendee stating they were "surprised by how much is available locally."

MHCC ACT also administers \$10,000 in reimbursement grants, which this year was allocated to 13 diverse community organisations (both within and outside of the mental health sector), schools and individuals to help them host an event as part of Mental Health Week Act 2015.

The grants allowed for an equally diverse range of activities and events to be held during the week. All of the events that received a reimbursement grant were free and open to the public.

Many of the events involved an art component as some research suggests that art therapy-based activities can be very beneficial for people living with mental illness in providing an outlet for their thoughts and feelings. Other events were centred around improving the physical health of people with mental illness as regular exercise and a balanced diet have been shown to help assist people living with mental illness (as well as the population more broadly). Many of the activities also centred on social events in providing often isolated people with an opportunity to socialise and connect with their local community.

The Mindscapes Festival is the arts component of Mental Health Week and this year featured a short film screening, poetry night, variety night, mixed media art exhibition and closing ceremony. All of the events were free and open to the public.

MHCC ACT partnered with the Belconnen Arts Centre, Belconnen Community Services and the National Gallery of Australia in delivering the art-based events.

The events were widely marketed and attracted around 400 people in total to the various events. The events also provided an opportunity for many consumers to showcase their artistic talents in a safe environment.

MHCC ACT would like to thank everyone for this support of Mental Health Week ACT 2015 and we look forward to working with you again next year.



- 1 The Mental Health & Wellbeing Expo provided an opportunity for people to learn more about local services in their area
- 2 The Mindscapes Art Festival featured lots of fun and free events for all age groups
- 3 Hip hop dancers, Fresh Funk performed at the official opening of Mental Health Week ACT 2015

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- 1 The Mental Health & Wellbeing Expo featured a 'Chill Out' area with art therapy opportunities
- 2 Andrew Hore from Funnyworks Oz provided free caricatures during the Mindscapes Festival
- 3 TABLA Belly Dance performers shimmered at the Mish Mash Variety night

- 4 Blue Belle Sass sung Rise Like a Phoenix during the Mindscapes Festival
- 5 Guitarist and singer Cara Matthews gave a soulful performance at the Mish Mash Variety night
- 6 There were plenty of laughs during the Mental As 666ABC Happy Hour live cross



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- 1 Frank Zappia performs at the Mindscapes Mish Mash Variety night
- 2 The U3A Mental Health Forum performed at the Mindscapes Mish Mash Variety night
- 3 Attendees joined in the fun of Australia's Best Horror Magician at the Mindscapes Mish Mash Variety night

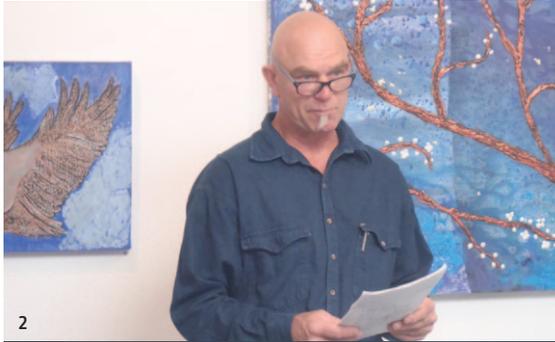
- 4 The closing ceremony featured self-portraits by consumers and ACT Health workers displayed at the National Gallery of Australia
- 5 ABC Drive Happy Hour was recorded during a live cross at the National Film and Sound Archive as part of Mental As
- 6 ACT therapist, Katie Phillips coordinated a display of self-portraits at the National Gallery of Australia

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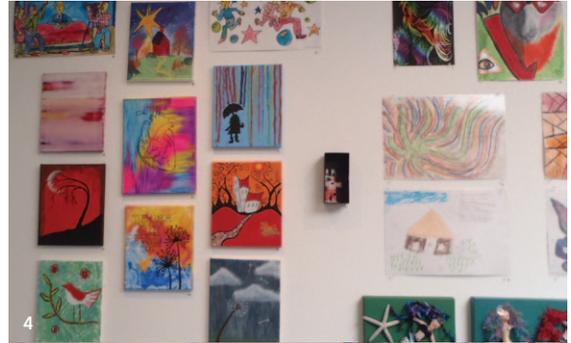
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- 1 The ACT Mental Health Consumer Network hosted a Mind the Art workshop that inspired plenty of creativity
- 2 Belconnen Arts Centre this year hosted the Mindscapes Mixed Media Art Exhibition
- 3 ACT Health art therapist, Katie Phillips coordinated a self-portrait exhibition at the national Gallery of Australia

- 4 Consumers from both Woden and Belconnen Community Services produced artworks as part of the annual Mindscapes art exhibition
- 5 Artworks displayed at this year's Mindscapes Mixed Media Art Exhibition included ceramic, pastel, ink and acrylic works
- 6 The official opening of the Mindscapes Mixed Media Art Exhibition attracted lots of interest

# MHCC ACT Membership

MHCC ACT is the peak organisation in the ACT for community managed mental health services and relies on its members for support, policy direction and priority setting. An engaged and diverse membership base enables MHCC ACT to effectively influence policy and service outcomes.

The membership of the Mental Health Community Coalition ACT consists of a range of community-based organisations as well as individuals who represent the sector as either consumers or carers.

A Gender Agenda
ACT Medicare Local
ACT Mental Health Consumer Network
ACT Shelter
ADACAS
Advocacy for Inclusion
Aftercare
AIDS Action Council
Anglicare ACT
Anne Gapp
Argyle Community Housing
ATODA
Barnados Australia
Belconnen Community Service
Canberra and Queanbeyan ADD Support Group
Carers ACT
Carolyn Minchin
CatholicCare Canberra & Goulburn
Chris Van Ryke

Communities at work
Directions ACT
Domestic Violence Crisis Service ACT
DUO Services
GROW
HOME in Queanbeyan
John Wilkinson
Julie McMahon
Karralika Programs
Keith Mahar
Marina Glover
Marymead
Mental Health Foundation ACT
Mental Illness Education ACT
Mental Illness Fellowship Victoria
Nexus Human Services
OzHelp
PANDSI
Peter Dwyer

Phil Green
Phillip John Brown
Ralph Nelson
Rob Newman
Robert Pedlow
Rose Beard
Sharon Leigh-Hazell
St Vincent de Paul Canberra/ Goulburn
Sylvia & Lindsay Cleland
Ted Noffs Foundation
The Richmond Fellowship
The Salvation Army
Toora Women Inc.
University of Canberra / Headspace
Volunteering ACT
Woden Community Services
Youth Coalition of the ACT
YWCA Canberra

# Financial Statements

**MENTAL HEALTH COMMUNITY COALITION ACT INCORPORATED**

**FINANCIAL STATEMENTS**

**FOR THE FINANCIAL YEAR ENDED**

**30 JUNE 2015**

**MENTAL HEALTH COMMUNITY COALITION ACT INCORPORATED  
FINANCIAL STATEMENTS  
YEAR ENDED 30 JUNE 2015**

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**MENTAL HEALTH COMMUNITY COALITION ACT INCORPORATED  
YEAR ENDED 30 JUNE 2015**

**COMMITTEE'S REPORT**

Your committee members submit the financial report of Mental Health Community Coalition ACT Incorporated for the financial year ended 30 June 2015.

**COMMITTEE MEMBERS**

The names of committee members throughout the year and at the date of this report are:

- |                       |                     |
|-----------------------|---------------------|
| • Gavin Bussenschutt  | President           |
| • Sharon Leigh-Hazell | Vice President      |
| • Jacqui Price        | Treasurer           |
| • Dalane Drexler      | Secretary           |
| • Chris Redmond       | Director            |
| • Emma Robertson      | Director            |
| • Marina Glover       | Director            |
| • Marie Bennett       | Director            |
| • Travis Gilbert      | Director            |
| • Keith Mahar         | Director            |
| • Rose Beard          | Director            |
| • Rod Newman          | Resigned March 2015 |

**PRINCIPAL ACTIVITIES**

The principal activities 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.

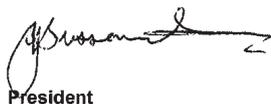
**SIGNIFICANT CHANGES**

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

**OPERATING RESULT**

The net operating Profit of the Association for the year ended 30 June 2015 was \$46,543 (2014: Loss \$87,502).

Signed in accordance with a resolution of the Members of the Committee.



**President**



**Committee Member**

Dated: 22<sup>nd</sup> day of SEPTEMBER 2015

**MENTAL HEALTH COMMUNITY COALITION ACT INCORPORATED  
YEAR ENDED 30 JUNE 2015**

**INCOME AND EXPENDITURE STATEMENT**

	2015	2014
	\$	\$
<b>INCOME</b>		
Conference Income	-	16,175
Government Grants	557,940	595,116
Interest Received	9,165	15,854
Management Fees - CMHA	1,333	16,500
Membership Fees	7,418	9,054
Mental Health Week	24,190	-
Other Projects	32,805	-
Sponsorship & Donations	2,681	21,842
Sundry Income	-	5,528
Workshops	-	3,978
<b>TOTAL INCOME</b>	<b><u>635,532</u></b>	<b><u>684,047</u></b>
<b>EXPENSES</b>		
Audit & Bookkeeping Fees	9,491	7,771
Bank Fees	884	717
Conference Expenses	-	34,057
Contractors & Legal Costs	20,269	78,156
Deprecation	15,067	10,000
Employment Costs	334,985	429,704
Equipment < \$1,000	2,123	1,245
Events & Awards	-	23,967
Forum & Meeting Expenses	619	13,119
Library/Resources	16	-
Insurance	2,913	3,750
IT Support	11,388	15,102
Marketing and Promotions	3,709	16,740
Meeting & Related Expenses	-	6,176
Postage, Printing & Stationery	3,181	5,631
Projects expenses	95,826	-
Refurbishment Costs	-	6,500
Rent, Electricity, Security & Cleaning	27,723	25,914
Staff & Board Amenities	4,398	4,427
Staff Recruitment Expenses	1,542	9,053
Staff - Training, Conferences & Workshops	6,144	18,674
Subscriptions-Memberships	7,496	7,135
Superannuation	28,919	39,899
Telecommunications	4,405	5,298
Travel and Accommodation	3,981	8,514
Website Redevelopment	4,000	-
<b>TOTAL EXPENSES</b>	<b><u>589,079</u></b>	<b><u>771,549</u></b>
<b>OPERATING PROFIT (LOSS)</b>	<b><u>46,453</u></b>	<b><u>(87,502)</u></b>

Mental Health  
Community Coalition  
of the ACT Inc

**Annual Report**  
2014-2015

**MENTAL HEALTH COMMUNITY COALITION ACT INCORPORATED  
YEAR ENDED 30 JUNE 2015**

**ASSETS AND LIABILITIES STATEMENT**

	Note	2015 \$	2014 \$
<b>CURRENT ASSETS</b>			
Accounts Receivable		2,942	22,525
Accrued Income		1,104	3,932
Cash and Cash Equivalents	2	340,406	265,867
GST Receivable		-	536
Prepayments		2,481	18,785
		<hr/>	<hr/>
<b>TOTAL CURRENT ASSETS</b>		<b>346,933</b>	<b>311,645</b>
<b>NON-CURRENT ASSETS</b>			
Plant & Equipment		20,332	18,782
Website		11,326	9,600
		<hr/>	<hr/>
<b>TOTAL NON-CURRENT ASSETS</b>		<b>31,658</b>	<b>28,382</b>
<b>TOTAL ASSETS</b>		<b>378,591</b>	<b>340,027</b>
<b>CURRENT LIABILITIES</b>			
Trade and Other Payables	3	44,034	53,398
Staff Leave Provision		20,333	17,268
Provision Mental Health Week		-	2,000
Long service leave Provision		919	-
		<hr/>	<hr/>
<b>TOTAL CURRENT LIABILITIES</b>		<b>65,286</b>	<b>72,666</b>
<b>NON-CURRENT LIABILITIES</b>			
Long Service Leave Provision		1,182	1,691
		<hr/>	<hr/>
<b>TOTAL NON-CURRENT LIABILITIES</b>		<b>1,182</b>	<b>1,691</b>
<b>TOTAL LIABILITIES</b>		<b>66,468</b>	<b>74,357</b>
 <b>NET ASSETS</b>		 <b>312,123</b>	 <b>265,670</b>
<b>MEMBERS FUNDS</b>			
Accumulated Funds at Beginning of Year		265,670	353,172
Current Year Surplus/(Deficit)		46,453	(87,502)
		<hr/>	<hr/>
<b>TOTAL MEMBERS FUNDS</b>		<b>312,123</b>	<b>265,670</b>

**MENTAL HEALTH COMMUNITY COALITION ACT INCORPORATED  
YEAR ENDED 30 JUNE 2015**

**NOTES TO THE FINANCIAL STATEMENTS**

**1. STATEMENT OF SIGNIFICANT ACCOUNTING POLICIES**

This financial report is a special purpose financial report that has been prepared in order to satisfy the financial reporting requirements of the Associations Incorporations Act 1991 (ACT). The committee has determined that the Association is not a reporting entity.

The financial report has been prepared on an accruals basis and is based on historic costs and does not take into account changing money values or, except where specifically stated, current valuations of non-current assets.

The following material accounting policies, which are consistent with the previous period unless otherwise stated, have been adopted in the preparation of this financial report

**a. Cash and Cash Equivalents**

Cash and cash equivalents include cash on hand, deposits held at call with banks, other short-term highly liquid investments with original maturities of three months or less, and bank overdrafts. Bank Overdrafts are shown with borrowings in current liabilities on the balance sheet.

**b. Employee Benefits**

Provision is made for the company's liability for employee benefits arising from services rendered by employees to balance date. Employee benefits have been measured at the amounts expected to be paid when the liability is settled.

**c. Property, Plant and Equipment**

Leasehold improvements and office equipment are carried at cost less, where applicable, any accumulated depreciation.

The depreciation amount of all fixed assets are depreciated over the useful lives of the assets to the association commencing from the time the asset is held ready for use.

Leasehold improvements are amortised over the shorter of either the unexpired period of the lease or the estimated useful lives of the improvements.

**d. Revenue and Other Income**

Revenue is measured at the value of the consideration received or receivable after taking into account any trade discounts and volume rebates allowed. For this purpose, deferred consideration is not discounted to present values when recognising revenue.

Interest revenue is recognised using effective interest rate method, which, for floating rate financial assets is the rate inherent in the instrument. Dividend revenue is recognised when the right to receive a dividend has been established.

Revenue from the provision of membership subscriptions is recognised on a straight line basis over the financial year.

All revenue is stated net of the amount of goods and services tax (GST).

MENTAL HEALTH COMMUNITY COALITION ACT INCORPORATED

NOTES TO THE FINANCIAL STATEMENTS  
YEAR ENDED 30 JUNE 2015

	2015	2014
	\$	\$
<b>2 Cash and Cash Equivalents</b>		
Cash at Bank	90,398	33,667
Term Deposit	250,000	231,798
Petty Cash	8	401
	<u>340,406</u>	<u>265,866</u>
<b>3 Trade and Other Payables</b>		
Accrued expenditure	9,694	10,714
Trade Creditors	13,956	42,684
GST and PAYG Liabilities	18,159	-
Superannuation Payable	2,225	-
	<u>44,034</u>	<u>53,398</u>

**MENTAL HEALTH COMMUNITY COALITION ACT INCORPORATED  
YEAR ENDED 30 JUNE 2015**

**STATEMENT BY MEMBERS OF THE COMMITTEE**

The committee has determined that the Association is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements.

In the opinion of the committee, the financial report:

1. Presents a true and fair view of the financial position of Mental Health Community Coalition ACT Incorporated as at 30 June 2015 and its performance for the year ended on that date.
2. At the date of this statement, there are reasonable grounds to believe that Mental Health Community Coalition ACT Incorporated will be able to pay its debts as and when they fall due.

This statement is made in accordance with a resolution of the committee and is signed for and on behalf of the committee by:



.....  
.....

**Dated this day 22 of Sept 2015**

**Canberra ACT**

**INDEPENDENT AUDITOR'S REPORT  
TO THE MEMBERS OF  
MENTAL HEALTH COMMUNITY COALITION ACT INCORPORATED  
YEAR ENDED 30 JUNE 2015**

***Report on the Financial Report***

We have audited the accompanying financial report, being a special purpose financial report, of Mental Health Community Coalition ACT Incorporated (the association), which comprises the Committee's Report, the Assets and Liabilities Statement as at 30 June 2015, the Income and Expenditure Statement for the year then ended, notes comprising a summary of significant accounting policies and other explanatory information, and the statement by members of the committee.

***Committee's Responsibility for the Financial Report***

The committee of the association is responsible for the preparation of the financial report and have determined that the basis of preparation described in Note 1 is appropriate to meet the requirements of the Associations Incorporation Act (ACT) and is appropriate to meet the needs of the members. The committee's responsibilities also include such internal control as the committee determines is necessary to enable the preparation of a financial report that is free from material misstatement, whether due to fraud or error.

***Auditor's Responsibility***

Our responsibility is to express an opinion on the financial report based on our audit. We conducted our audit in accordance with Australian Auditing Standards. These Auditing Standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgement, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation of the financial report that gives a true and fair view, 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 entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the committee, as well as evaluating the overall presentation of the financial report.

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

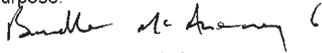
The audit opinion expressed in this report has been formed on the above basis.

**Opinion**

In our opinion, the financial report of Mental Health Community Coalition ACT Incorporated presents fairly, in all material respects the financial position of Mental Health Community Coalition ACT Incorporated as at 30 June 2015 and its financial performance for the year then ended in accordance with the accounting policies described in Note 1 to the financial statements, and the Associations Incorporation Act (ACT).

**Basis of Accounting and Restriction on Distribution**

Without modifying our opinion, we draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared to assist Mental Health Community Coalition ACT Incorporated to meet the requirements of the Associations Incorporation Act (ACT). As a result, the financial report may not be suitable for another purpose.



**Bandle McAneney & Co**



**Anthony J Bandle**  
Partner

**Canberra:**

Dated this 22 day of SEPT 2015



**mental health**  
community coalition ACT Inc.