



Mental Illness Education ACT

Annual Report 2009-2010



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## ABOUT MENTAL ILLNESS EDUCATION ACT (MIEACT)

MIEACT educates young people and the Canberra community about mental illness. Personal stories are at the core of all MIEACT presentations, which are always given by volunteers who have a lived experience of mental illness either as a consumer or a carer. MIEACT provides training and support.

Additionally, through our websites, theatre projects, radio shows, books and community events, we communicate stories and facts about mental illness to the wider community.

### OUR VISION

The community that makes up MIEACT is motivated by a vision of a supportive and socially just community in which the myths, misunderstandings, prejudice, discrimination and stigma surrounding mental illness are eliminated.

### OUR MISSION

MIEACT's mission is to promote a better understanding of mental illness among young people and targeted sections of the wider community. It does this through education and awareness-raising programs, centred on stories created and/or delivered by people with the lived experience of mental illness.

### OUR AIMS

More specifically through our programs MIEACT aims to:

Educate participants about mental health and wellbeing;

Reduce the stigma attached to mental illness;

Encourage early and appropriate help-seeking behaviours;

Influence the education curriculum to ensure as many young people as possible have opportunities to learn about mental health;

Work for social change through influencing public opinion and challenging discrimination;

Set an example to encourage open discussion about mental illness;

Advocate for improvements in the programs and services needed by people with mental illness and their families and carers; and

Empower and support people with the lived experience of mental illness to tell their stories to others and, in doing so, transform their own lives.

### THE VALUES THAT GUIDE ALL OF MIEACT'S WORK

The values that sustain and guide MIEACT are:

- Respect and compassion
- The power of lived experience
- Openness, innovation and creativity
- The potential for transformation and change
- Working from an evidence base
- Humour and good will
- Transparency and accountability
- Hope – The MIEACT program supports finding and nurturing hope as a key to recovery. Hope includes not just optimism but belief in oneself and a capacity to persevere through uncertainty and setbacks.

## OUR PEOPLE

Adele                      Deanne

**COMMITTEE MEMBERS 2009-2010**

**President** – Steve Druitt

**Vice President** – Helen Gombar-Millynn

**Past President** – John Castley

**Secretary** – Annie Brown-Bryan

**Treasurer** – Jenny Stewart

**Ordinary Members** – Mathew Quinn, Jane Pepper, Greg Francis

**Public Officer** – John Castley

**Staff Representative** – Pam Boyer

Keith                      Natalie

**STAFF MEMBERS 2009 - 2010**

**Executive Officer** – Pam Boyer

**Program Manager**- Lucinda Kershaw (till December 2009)

**Volunteer and Program Manager** – Linda Henry (from April 2010)

**Education Liaison Officer** – Gael Menzies (till September 2009)

**Administration Officer** – Jill Travis (till October 2009)

**Program and Office Coordinator** – Narelle Hart (from November 2009)

**Book Keeper** – Daphne Mabbott (till August 2009)

**Communications and Promotions Officer** – Jacqui Joyce

**Any Body's Cool Project Worker** – Sophie Attridge

**Relief Staff** – Sophie Attridge, Biff Ward, Prue Gleeson, Christine Campbell

## VOLUNTEER EDUCATORS 2009 - 2010

Aine	Erica	Kelly	Naomi
Annie	Greg	Laurie	Penne
Ben	Hazel	Lee	Philip
Bernadette	Isabel	Leni	Rachel
Beth	Jane	Libby	Robert
Bhiamie	Jo	Lisa	Rosie
Charmaine	John	Liz	Shelley
Chrissy	Julie	Matt	Sophie
Christine	Kate	Michael	Vicki

## VOLUNTEER EDUCATOR TRAINERS

John              Helen              Biff              Lucinda

## SCHOOL RESOURCES COLLATORS 2009 - 2010

Laurence      Rob              Mathew      Matty      Bryn

Melissa      Julie

## OPENING MINDS TEAM 2009 - 2010

Matt              Phillip      Cay              Biff              Jane

Michael      Isabel      Jacqui      David      Special thanks to Bill Tully

## FUNDING 2009 - 2010

MIEACT receives its core annual funding from ACT Health.

During 2009-10 MIEACT received further project funding from:

- ACT Health Promotion Grants
- ACT Department of Housing and Community Services
- Canberra Institute of Technology

## MIEACT REPRESENTATION 2009 - 2010

In 2009 -2010 MIEACT was represented at the following groups:

- ACT Transcultural Mental Health Network including Transforming Perceptions Steering Group
- Mind Matters Reference Group
- Mental Health Community Coalition ACT
- Mental Illness Education Australia Coalition
- Youth Coalition of the ACT
- ACT Mental Health Strategic Operations Group

## MIEACT HAS ALSO RECEIVED INVALUABLE ASSISTANCE FROM

Fiona Edge	Eric Warner	Dr Kathy Griffiths
Dr Debra Rickwood	Lesley Hyndal and Brazen Books	Kate Hayes – Octo Consulting
Biff Ward	Barbara Chevalier	Dr Vivienne Lewis
Mind Matters	National Film and Sound Archives	Tuggeranong Community Arts
PhotoAccess	Blake Dawson	2XX Community Radio

Gallery 2009 - 2010



Kelly



Rosie



Laurie



Rachel



Jewl



Lisa



Phil

President's Report

Steve Druitt

**H**ello all! I can't believe one year in this role is almost up! It's been an amazing and full year, with demand for our program (particularly in schools) so far outstripping our contract that we have decided that we must get more funding or limit our sessions in order not to overtax our organisation.

This report is necessarily a brief overview of all we have done, and I wish there was more space to recognize everyone's work.

Firstly thanks to all our volunteer educators for all your great work! The value of personal stories was again demonstrated by frequent positive feedback from audiences and by the Mindscape Film Festival in Mental Health Week, where MIEACT stories shone, and the truth and value of the films really stood out. I have seen these films a number of times now and watched people presenting live, and I continue to be deeply moved and learn more each time.

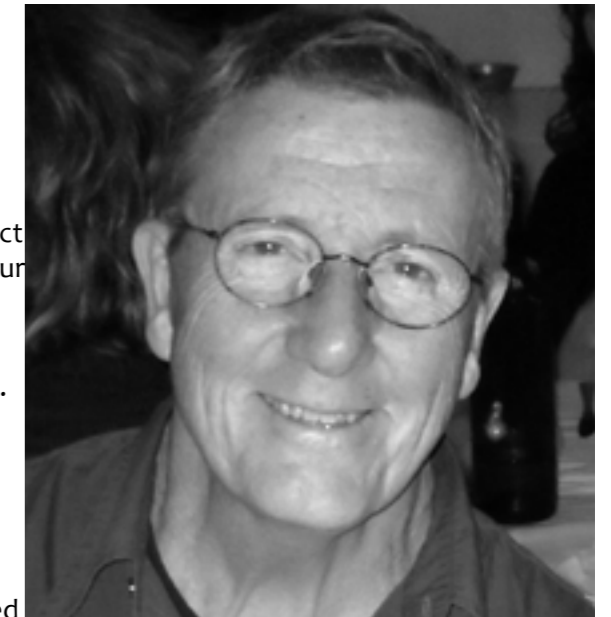
People with lived experience of mental illness are active participants in all parts of our organization. In this era when recovery principles are gaining acceptance, we look to employers to recognize the value of workers with lived experience as well as the value of employment for recovery. MIEACT consciously aims to be a model for how this works in the real world.

In the MIEACT office the new organisational structure is now working well, thanks to our fantastic staff. Thank you to our helpers, packers, project officers, radio people and supporters including Amanda Bresnan MLA, who launched the exhibit of the digital stories and photo portraits of the story tellers at Huw Davies Gallery in Mental Health Week.

Thanks also to this year's committee which included some new volunteer educator members – it's great to have that experience feeding into the decision making process. John who is overseas will now step down from the 'Past President' position. The committee will also lose Matt's presenter and 'tech head' knowledge in radio and computing, and Jenny who has kept us on track financially and in so many other ways for a number of years. Fortunately there are other presenters happy to stand for committee.

Pam and I attended a great workshop during the year on governance and strategic planning by Steve Bowman. One of the best pieces of advice from the workshop was to have an attitude of 'plenty rather than scarcity' when looking for support and funding. We were also encouraged to look for a balance of outside representation on the committee, with a skill set needed to improve the organization. Steve said there are plenty of people of goodwill out there wanting to support good work! In this spirit I approached Professor Kathy Griffiths, Deputy Director of the ANU Centre for Mental Health Research, and a friend of MIEACT, and she has agreed to stand for the committee. Kathy's research interests include depression, stigma, e-health and consumer perspectives. She would be a great asset to us. Don't forget anyone can stand for committee, so if you would like to contribute in this way, please talk to Pam or myself. It looks as though this year we'll again have a balance of experience and new ideas, so we're very lucky.

During the year a group of MIEACT people got together with Kate Hayes as facilitator to develop our new Strategic Plan for the next three years. Several drafts were sent around for comment, and the plan has now been released. Thanks to everyone who contributed their ideas. The directions include adapting to change, increasing our research evidence, strengthening funding and resources, further improving volunteer educator support, redeveloping the community and workplace program, reviewing the content of the school programs including the body image program, improving governance and office systems and raising our profile. Fortunately we have three years so we don't have to do all this at once! A good start has been made on volunteer support, office systems, governance and the community program review.



We wanted the new Strategic Plan to guide and inspire us, rather than tie us down or limit adaptation to new influences, so we decided not to go 'all out' to produce a glossy document. Less than two days after the 'final version' was released, Helen asked us to consider developing a Reconciliation Action Plan to improve the way MIEACT works with the Aboriginal and Torres Strait Islander community. Our first amendment!

MIEACT's evidence base increased this year with the publication of University of Canberra research on the recovery value of being a volunteer educator. This article appeared in the Australian e-Journal for the Advancement of Mental Health (now called 'Advances in Mental Health'). This is now something else we can point to, to show the value of the MIEACT program.

Six members of the organization, including volunteer educators, staff and committee attended the first International Youth Mental Health Conference in Melbourne in July. We used the opportunity to spread the news about MIEACT's programs, but the experience also highlighted the need to use MIEACT's experience to inform models of consumer and carer participation in mental health service development and delivery.

Picking up the Peaces (PUTP) got their initial funding and got off the ground during the year. PUTP is a 'sister organisation' of MIEACT, working in the area of PTSD in emergency and defence services. They got a lot of impetus from the MIEACT 'Stories Changing Minds' training about our model of service delivery, and we continue to support them and wish them well. We feel like we've had a baby!

We also face plenty of challenges and prominent among these are the need for funding, particularly adequate 'baseline' funding (that is, funding the program that's in our contract with government, rather than new projects). Despite the increase in mental health funding in recent years, the growth of community sector funding has still not matched the recognised need for community sector growth. Added to this, the demand for MIEACT's program is expanding rapidly, reflecting increased community awareness of the need to address mental health issues, and ACT community acceptance of our program. We are currently on track to deliver 35-40% more than our contracted school programs this year, placing considerable strain on our existing resources and creating an ethical dilemma around refusing requests from schools. The committee will continue to work with Government to address this problem.

Another challenge is the need to adapt to a changing strategic environment. Several organisations, some of which are new to the ACT now operate mental health education programs for the community and workplaces in the ACT. These programs range from straightforward illness awareness to comprehensive programs aiming to make workplace cultures more mentally healthy. All benefit from stories of personal experience. What is MIEACT's role in this environment? We are in the process of investigating this question. This exploration has also given MIEACT the chance to talk to other players about starting a national dialogue on mental health community education. A number of approaches to community mental health education have developed independently over recent years, including Mental Health First Aid and the Beyondblue and Black Dog programs. At present there is very little sharing of knowledge, evidence and experience going on between organisations. But there seems to be interest in sharing, and perhaps one day fairly soon there will be a symposium at some national conference or elsewhere, where all these organisations talk about what inspires them!

Meanwhile, the MIEACT program has developed many aspects – digital stories, a great website (have a look, it's improving all the time!), a live play and performance resource, radio program, live presentations to schools and community, web based and published resources. We need to regularly review the best way to direct our energies and resources. The committee welcomes suggestions from the MIEACT community about how to achieve this.

It really is a joy to be part of MIEACT and it seems it always has been – so much so that it would be easy to take this for granted. But in fact we have been very lucky to have an organisation of great people inspired by the idea of what we do, who work hard to make success. Doing things well every day is what makes it possible to pursue our vision, rather than spending our time as an organisation 'putting out fires' or descending into crisis. Doing things well continues to engage us and challenge us.

That's why MIEACT is a place where more great things always seem possible!

All the best for the coming year

Steve

## Executive Officers Report

Pam Boyer

**W**riting this report is a great opportunity to reflect on MIEACT's achievements and changes over the year. It is also a time to think about the commitment and openness of all those involved, and how much I admire our valuable MIEACT community. When I am out and about in the sector I am often pleasantly reminded of the incredible reputation we have in the Canberra community for the work we do, to the quality of what we produce and for the reach we achieve as such a small organisation.

This year has seen the bedding down of the restructure that MIEACT undertook last year with the help of Kate Hayes.

We have had considerable staff turnover and it was hard to see some of our long term staff move on as we restructured, but we are now seeing the fruits of having more continuity in the office. Having our Program and Office Coordinator in the office every day has helped significantly with the tricky process of keeping all our bookings on track, our clients happy, our volunteers connected and MIEACT running smoothly.

The most important part of our restructure has been the more consistent volunteer support that we set out to achieve. Our review highlighted this as something that needed attention. We have had significant improvement in being able to retain volunteers once they have trained and are active with us. The Mentoring Program has also been important in helping to stand alongside those who are starting out. This year we conducted two rounds of training to help build our numbers, and also trained an additional group of mentors. The large numbers of volunteers attending our community events such as our annual winter dinner are testament to the strength of the community we all share within MIEACT.

MIEACT continues to achieve over and above our targets. Last year saw a record number of sessions delivered to both school and community groups and also a record number of active volunteers. We are a regular part of many Canberra high school curriculums, with schools calling us back every year. Even so, there are still a few schools, mainly private schools that we don't yet visit, but also our capacity is at full stretch with what we are already achieving. Juggling our resources with the need and demand is a continual concern that the staff and committee have to manage.

We are currently reviewing the scope of our Community Program, and our role in community mental health education in relation to other providers. Our personal stories are sometimes called on to add value and authenticity to other training programs, or to add to tertiary education courses. We would love to see all mental health education include personal stories which add so much value to a session, and this is a challenge we are starting to take up with other educators.

For the 9th year we delivered a 2 week season of Any Body's Cool, our play and workshop about body image to year 7 & 8 girls across high schools. Sophie Attridge did a fabulous process of coordinating this program this year, and her youth and passion was commented on by many teachers.

Our radio show, Opening Minds, is in its 4th year of operation, a remarkable feat for a program that was started with a donation. It is now securely supported through our core ACT Health funding, but more importantly is made possible with the hard work of our Opening Minds team of volunteers, and in particular Phil Robertson. The shows have a new look on our website – take a peek.



Jenni Savigny put her creative and encouraging talents to an extraordinary project this year, the Moving Minds digital story collection. The volunteers involved as well as Jenni and our partners at Tuggeranong Community Arts and Photo Access are to be congratulated for such a high quality product that is now being sought after and used in many different settings. This project has added a new reach to our mental health promotion work.

To accommodate our new multimedia stories, both short films and radio shows, we have had to work at creating a new look website for MIEACT. Funding from CIT and DHCS has helped us undertake this enormous task which is still in development. Jacqui Joyce has coordinated this process, with the expertise of Eric Warner and Fiona Edge behind the scenes. My thanks to them all for their determination to make it happen. Keep a look out for new material over the next few months.

MIEACT has a lovely tradition of a close working relationship with the board and staff, and this year has been no exception, under the strong guidance of Steve Druitt. John Castley, Jenny Stewart and Matt Quinn will all be standing down from the board this year, having contributed many years of extraordinary value to our organisation. Our thanks for their loyal commitment to our governance.

The staff team, Jacqui, Rellie, Linda and Jenni, make coming to work fun and a joy. It is a privilege to work with such a dedicated and warm bunch of women. We were sorry to see Lucinda leave us in January and we have benefited from her detailed organisation and systems. My thanks too to the relief and project staff who have been with us this year, Sophie, Biff, Prue, and Christine.

**BUT OF COURSE MIEACT WOULD NOT EXIST WITHOUT THE INCREDIBLE VOLUNTEER EDUCATORS. OUR 'GOLD' IS STILL AS PRECIOUS AND VALUABLE AS IT EVER WAS AND WE MARVEL AT YOUR WILLINGNESS TO GIVE SO MUCH OF YOURSELVES TO OUR WORK EACH DAY. A BIG THANK YOU ALL FOR YOUR DEDICATION TO MIEACT AND WE LOOK FORWARD TO MANY MORE YEARS OF WORKING TOGETHER.**

Pam

## Volunteer Profile

### MIEACT Volunteer Educator

#### Ben Mathews -

I found MIEACT through Volunteers ACT; at that time I didn't know what to expect, but was curious as to what this organisation might be about.

I certainly had plenty of experience with mental illness and could have written a PhD on the stigma that I had attached to it both internally and externally. So I did the training and got stuck into doing sessions.

From the first session I was blown away. It had it all for me, believe it or not I find the sessions great fun, getting maximum interaction with the groups is a challenge and once you have them hooked in it is really special —like all my fellow presenters I have spoken to.

I find presentations have a magical way of helping me, even when its emotional, sharing my story puts me out in the world in a way I have never experienced before. My past pain becomes the currency of attention with 20 -30 people for a few minutes. They share my illness in an intimate, yet very public way, and for that small amount of time we care for each other. I care about how my past can make a difference to them and they care about me, they give me unconditional attention and in doing so honour the shared experience that takes place. This is the power of a human reality and is why doing this helps me so much.

The other half is the people that make up MIEACT, the co-presenters and staff. What to say, I'm sure it has been said before but I'll say it again, they are *all* incredible. My co presenters help me, nurture me and most of all give me a sense of being part of a very special community.

To describe the difference that all the staff have made to my life in such a short time is difficult; words are such a primitive and clumsy form of expression, they have helped me find a confidence in myself that has been buried for a decades, their encouragement and kindness help me reconstruct my dignity and self esteem.

I am a very lucky fellow to have MIEACT in my life... that's all.

Ben



**“THE MIEACT PROGRAM SUPPORTS FINDING AND NURTURING HOPE AS A KEY TO RECOVERY. HOPE INCLUDES NOT JUST OPTIMISM BUT BELIEF IN ONESELF AND A CAPACITY TO PERSEVERE THROUGH UNCERTAINTY AND SETBACKS”**

## any body's cool

Any Body's Cool is a community theatre program about bodily survival in a disordered world of diets, exercise and identity, offered annually for a season to ACT High Schools.

Aimed at girls in Years 7 to 8, the first part of the 90-minute program is a performance which explores body image, self-esteem, stress management, media literacy, and gender relations through the story of Kate. The performance is followed by an interactive workshop with the audience.

The 2010 season of Any body's Cool was watched by over 900 students and included a special performance for mothers and daughters.

**Director:** Catherine Mann

**Actors:** Hanna Cormick and Leah Baulch

**Program Coordinator:** Sophie Attridge

Teachers said...

*"...amazing play, very entertaining, emotionally engaging. Group discussion very thorough, relaxed. Plenty of time to digest discussion. Very inclusive process. Simply excellent!..."*

And the students...

*"...Any Body's Cool shows you don't have to be popular to be cool...it taught you that body image isn't everything...."*

## Opening Minds

talking about mental illness

Opening Minds is a weekly radio show that is aired Tuesday evenings at 6pm on community radio 2XX, 98.3fm. The show is produced and presented by a team of MIEACT volunteers, who also adapt the shows for further access on the MIEACT website. Volunteers are trained in the technical skills needed to produce shows, and also in interviewing skills. Interview topics include personal stories of mental illness and interviews with mental health service providers and agencies.

In 2009 - 2010, 25 shows featured people talking live on air about their own experiences with mental illness.

Organisations interviewed by the Opening Minds Team in 2009 - 2010

**Consumer Consultant MHA**CT - Cathy Fox

**Women's Centre for Health Matters** - Kate Judd  
talked about mental health carers in the ACT

**Jenni from MIEACT and Ed from Photo Access** talk about the Moving Minds project

**Transcultural Mental Health Officer** in ACT Health - Carrie McDonald

**Vietnam Veterans** and PTSD

**Performance of Flamingo Dancing**, Biff Ward's short play about schizophrenia written for 'Casting Light'

**Youth Week 2010** – Erin Barry

**ACT Mental Health Consumer Network** - Leliana Setiono

**Mental Health Community Coalition** – Executive Officer, Brooke McKail

**ACTMHCN** – Executive Officer, Dalane Drexler

**Mental Illness Education Queensland** – John Lester

## Project Report

### Moving Minds - Digital Short Films

#### Project Worker – Jenni Savigny

**M**oving Minds takes MIEACT's storytelling tradition to a new, bolder and broader dimension! They're digital, they're on the web, and they're hot.

They are thirteen digital stories – short films – made by Volunteer Educators variously living with bipolar disorder, depression, eating disorders, post-traumatic stress disorder and complex post-traumatic stress disorder.

In a 25-hour workshop, Volunteer Educators wrote their scripts, recorded voice-overs, made storyboards, and used their own images, bringing it all together in the iMovie software to make a three-minute movie. We had heaps of fun, some tears, some computer-induced teeth gnashing, but above all there was a lot of creativity, resilience and love. The project left me in awe of people's capacity to take giant steps – and the talent!

As always, the voice of lived experience shines through, but these stories are quite different to what gets told in first person narratives in a classroom. The scripts are quirkier, or more poetic, or take us into micro-moments. They offer new perspectives on living with mental illness, and the old adage that a picture tells a thousand words is so true! The images add a richness, a depth and a vividness that is extremely powerful. And I love the sheer diversity of the collection as a whole.

The webpage for Moving Minds always prompts a comment to self that stigma around mental illness is receding. I think it's a quantum leap of courage to publish life's most vulnerable times on the internet – your photos, your name, your voice. I don't think we could have done this even 5 years ago, and so a big salute to all digital storytellers for being so out there.

And nearly 900 hits [and climbing] on the Moving Minds webpage since it was launched in May 2010! This is what we dreamed of – that our stories could reach more people, and that accessing them would be easy. We hear they're being used in psychiatric hospitals, in the community mental health sector, and in tertiary education. One email from a mental health services provider told us how she uses Moving Minds to offer hope to newly diagnosed consumers. Stories like these are the greatest rewards.

*"Thank you to all the digital storytellers; to Kaye and Poppy and everyone at Tuggeranong Arts Centre; to Ed and Katie and Barbie and everyone at PhotoAccess. Thanks to my fellow workers at MIEACT – the launch at the National Film and Sound Archives was amazing! Thanks also to our funding body ACT Health Promotion Grants, Design Edge, and Mario Palma."*



## Project Report

### Website Redevelopment

Project Worker – Jacqui Joyce

**F**ive years in the world of information technology is a very, very long time...



At the start of 2010, MIEACT's Website and its offspring, the youth website 'reality check', were both over six years old. And, although the sites were linked, because of disparate nature and timing of project funding, there was tenuous cohesion between the two sites. MIEACT had also undertaken to display the digital short films, Moving Minds on a MIEACT webpage that, at that time, didn't exist.

In 2009-2010 MIEACT gratefully received funding from both the Canberra Institute of Technology (CIT) and the ACT Department of Housing and Community services to redevelop both sites.

Part of the process required from the CIT grant was that MIEACT work with students from the information technologies department which afforded MIEACT the benefit of working directly with young people, finding out how they view and source web information. Of particular note was student Christine Campbell who, after the CIT component was finished, was employed by MIEACT to continue working on the project.

Bringing the two sites closer together, especially the shared collection of personal stories was one of the key goals of the project.

The end result has been that MIEACT developed a special 'story room' to house its burgeoning collection of digital short films, digital radio shows and written accounts...we call them 'Moving Minds', 'Opening Minds' and 'Reading Minds'.

Some new elements are still being developed for the sites, including, smart phone view, a secure online publication purchasing portal and online donation function, a secure logon for Volunteer Educators, a secure 'contact MIEACT' form and a comprehensive site search function.

*"A website is only as good as its creators and special thanks go to Fiona Edge of Design Edge, and Eric Warner of Epimedia, who have worked extensively on the project, made intuitive creative leaps and been engaged with the ideas on both projects."*

## SCHOOL EDUCATION PROGRAM

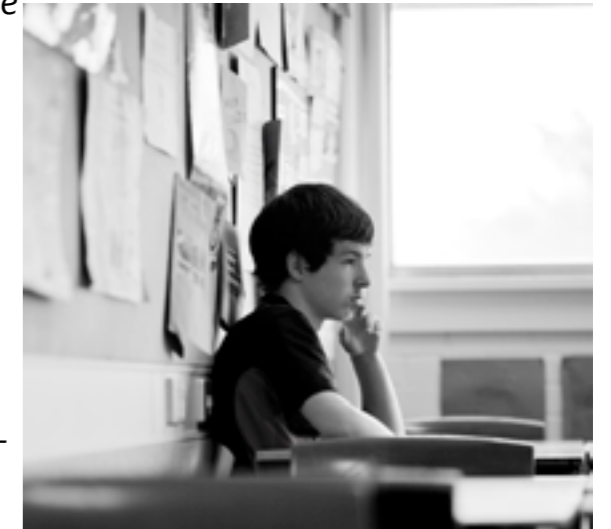
The MIEACT School Education Program is an innovative program designed for Year 9 to Year 12 students. The School Education Program uses the power of personal stories to engage and educate young people on the subject of mental illness. Our education sessions are delivered by a team of Volunteer Educators, each of whom have personal experience of mental illness as a consumer or carer.

The School Education Program aims to increase mental health literacy, reduce stigma towards people with a mental illness and encourage young people to seek help early for mental health related problems.

*"...I cannot tell you how valuable a resource you all are and want to thank you for changing the lives of no doubt many students, some who tell us and others who don't..."*

*"...thanks again for two more fantastic presentations! Everyone involved thought the sessions were powerful, perfectly pitched and incredibly valuable..."*

*"...Students really connect with real life examples – you have made a real difference!..."*



this comment is direct from a student's journal:

*".... the stories were really moving and touching because they were actually true.... It made me realise that ANYONE could suffer from this at any point in their lives..."*

### ACT SCHOOLS AND YOUTH SERVICES PARTICIPATING IN THE SCHOOL EDUCATION PROGRAM 2009 - 2010

Alfred Deakin High School	Amaroo School	Amaroo School
Belconnen High School	Burgmann Anglican School	Calwell High School
Campbell High School	Canberra College –Woden Campus	Canberra Girls Grammar School
Canberra Grammar School	Canberra High School	Daramalan College
Dickson College	Kaleen High School	Lake Ginninderra College
Lanyon High School	Lyneham High School	Mackillop Catholic College
Marist College	Melba-Copland Secondary School	Narrabundah College
Radford College	St Clare's College	St Francis Xavier College
Hawker College	Stromlo High School	Telopea Park School
Tuggeranong Arts Centre – Messengers Outreach Troupe		

## COMMUNITY PROGRAM

The Community Program works with government, business and community organisations, large and small, to help inform and educate employees about issues relating to mental health in the work place. The Program also provides education sessions to community groups, tertiary students and members of the general public.

The Community Program continues to harness the power of the personal story to educate adult audiences about mental illness.

**Community groups also acknowledge the power and value of sharing personal stories:**

*"...It was wonderful having people who could speak frankly and were open to questions..."*

*"...the participants absolutely loved the session... especially the consumer stories, which really impacted on them..."*

*"...keep up the good work...AWARENESS IS EVERYTHING.."*



### ORGANISATIONS PARTICIPATING IN THE COMMUNITY PROGRAM 2009 - 2010:

Mental Health ACT – Consumer Consultant	Canberra Connect
Mental Health ACT – Organisational Development	UC – Centre for Applied Psychology
Australian Catholic University	CIT Southside – Nursing & Disability
ACT Ambulance Service	Tuggeranong Arts Centre – Messengers
CIT – Disability Services	NuSkills Learning and Development
The Canberra Hospital	Kinship Carers
Mental Health Foundation	ACT Transcultural Mental Health Network
Youth Coalition of the ACT	Comsuper
Communities@Work - Supergrands	Children of Parents with Mental Illness (COPMI)
Mental Health Policy Unit	Human Rights Commission
Lifeline Canberra Inc	Australian Catholic University
ACT Corrective Services	Mental Health ACT – Psychiatric Services
Connections Volunteers	ACTION Buses
Quest Solutions	Chronic Fatigue Support Group
TANDEM	ANU Law Workshop
ABC 666 Radio	

**MENTAL ILLNESS EDUCATION ACT INCORPORATED**

**CERTIFICATE FROM THE COMMITTEE**

# Mental Illness Education ACT Incorporated

## Financial Statements

for the Year Ended 30<sup>th</sup> June 2010

MIEACT's signed auditors report for 2009-2010 is kept on file at the MIEACT office and is available to members on request.

Houston & Hanna

Chartered Accountants

15/11 McKay Gardens

TURNER ACT 2601

Phone: 02-62498515 Fax: 02-62496792

We the undersigned, being two members of the Committee state on behalf of the Committee that:

(i) the Committee Members of the Association as at the date of this report are:

Steve Druitt	<i>President</i>
Helen Gambar- Millynn	<i>Vice President</i>
Annie Brown Bryan	<i>Secretary</i>
Jenny Stewart	<i>Treasurer</i>
Jane Pepper	<i>Committee Member</i>
Matt Quinn	<i>Committee Member</i>
Greg Francis	<i>Committee Member</i>
Pam Boyer	<i>Staff Representative</i>

(ii) the principal activity of the Association during the year was to improve the understanding of mental illness in the community, particularly among the young in schools, and through this empower people to enhance their own mental health. There has been no significant change in the Association's principal activity during the year.

(iii) the net Surplus/(Deficit) for the year ended 30 June 2010 was:

	<b>Year Ended 30-Jun-09</b>	<b>Year Ended 30-Jun-10</b>
Net Surplus(Deficit)	<b>\$ (1,229)</b>	<b>\$ 23,410</b>

(iv) in our opinion, the attached financial statements show a true and fair view of the financial position of the Association as at 30 June 2010, and the results of its operations and cash flows for the year ended on that date.

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

_____ Signature	_____ Signature
_____ Committee Member	_____ Committee Member

Dated this \_\_\_\_\_ day of \_\_\_\_\_ 2010

**MENTAL ILLNESS EDUCATION ACT INCORPORATED**

**STATEMENT BY MEMBERS OF THE COMMITTEE**

In the opinion of the committee the financial report

1. Presents a true and fair view of the financial position of Mental Illness Education ACT Incorporated as at 30 June 2010 and its performance for the year ended on that date in accordance with Australian Accounting Standards, mandatory professional reporting requirements and other authoritative pronouncements of the Australian Accounting Standards Board.
2. At the date of this statement, there are reasonable grounds to believe that Mental Illness Education 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:

Committee Member \_\_\_\_\_

Committee Member \_\_\_\_\_

Dated this            day of            2010

**MENTAL ILLNESS EDUCATION ACT INCORPORATED**

**STATEMENT OF FINANCIAL POSITION**  
As at 30 June 2010

2009 \$	NOTE	2010 \$
81,548		108,937
30,270		31,027
200		200
3,260		-
<u>2,737</u>		<u>3,346</u>
<u>118,016</u>		<u>143,510</u>
36,344		40,082
<u>(27,190)</u>	2	<u>(30,850)</u>
9,154		9,232
<u>127,170</u>		<u>152,742</u>
24,714		18,006
137		(197)
18,622		14,953
<u>2,520</u>		<u>14,745</u>
45,993		47,507
3,541		4,189
<u>49,534</u>		<u>51,696</u>
<u><b>77,636</b></u>		<u><b>101,046</b></u>
78,865		77,636
<u>(1,229)</u>		<u>23,410</u>
<u><b>77,636</b></u>		<u><b>101,046</b></u>

**Represented By:**

Members Funds at Beginning of Year	77,636
Add Surplus (Deficit) for the Year	23,410
<b>Members Funds at End of Year</b>	<b>101,046</b>

**MENTAL ILLNESS EDUCATION ACT INCORPORATED**

**COMPREHENSIVE STATEMENT OF INCOME**  
For the Year Ended 30 June 2010

2009 \$		2010 \$
	<b>INCOME</b>	
326,239	Government Grants	376,286
7,719	Non-government Grants - M/E	5,887
1,000	Donations	1,988
7,073	Interest	7,656
10,200	Other Income	2,620
<u>352,231</u>	<b>TOTAL INCOME</b>	<u>394,437</u>
	<b>EXPENDITURE</b>	
	Administration Expenses	
1,900	Audit	3,248
7,939	Accommodation	8,554
3,944	Depreciation	3,660
3,468	Insurance	3,432
44,608	Other administrative expenses	50,538
72,818	Program & presenters costs	78,606
22,978	Promotional costs	4,793
170,061	Wages	203,052
15,083	Superannuation	15,945
1,593	Workers Compensation Insurance	1,802
5,403	Annual Leave & LS Leave	(3,021)
917	Reimbursement	417
2,750	Evaluation	-
<u>353,461</u>	<b>TOTAL EXPENDITURE</b>	<u>371,027</u>
<u>(1,229)</u>	<b>Net Surplus (Deficit) For the Year</b>	<u>23,410</u>

**MENTAL ILLNESS EDUCATION ACT INCORPORATED**

**CASH FLOW STATEMENT**  
For the Year Ended 30 June 2010

2009 \$		2010 \$
	<b>Cash Flows from Operating Activities</b>	
326,239	Receipts from Grants	382,173
7,073	Interest Received	7,656
18,919	Other Receipts	4,609
(353,666)	Payments to Suppliers & Employees	(362,554)
<u>(1,435)</u>	<b>Net Cash Used in Operating Activities</b>	<u>31,883</u>
	<b>Cash Flows from Investing Activities</b>	
-	Payment for Equipment & Furniture	(3,737)
<u>-</u>	<b>Net Cash Used in Investing Activities</b>	<u>(3,737)</u>
	<b>Net Increase (Decrease) in Cash</b>	<b>28,146</b>
	<b>Add: Cash at Beginning of Period</b>	<u>112,018</u>
	<b>Cash at End of Period</b>	<u><u>140,164</u></u>
	<b>Represented By:</b>	
	Cash on Hand	200
	Cash at Bank	139,964
		<u><u>140,164</u></u>
	<b>Reconciliation of Operating Surplus with Net Cashflows from Operating Activities for the Period</b>	
(1,229)	<b>Operating Surplus</b>	23,410
5,403	<b>Add: Provision for Employee Entitlements</b>	(3,021)
3,944	Depreciation	3,660
<u>8,118</u>	<b>Operating Surplus Adjusted for Non-Cash Items</b>	<u>24,049</u>
(3,260)	(Increase) / Decrease in Trade Debtors	3,260
1,234	(Increase) / Decrease in Accrued Income & Prepayments	(609)
(163)	Increase / (Decrease) in Sundry Creditors & Accrued Exp	(7,043)
(7,364)	Increase / (Decrease) in Unexpended Grant & Surplus C/F	12,225
<u>(1,435)</u>	<b>Net Cashflows from Operating Activities</b>	<u><u>31,883</u></u>

**HOUSTON & HANNA**  
CHARTERED ACCOUNTANT

**K D Hanna FCA (Principal)**

Telephone: (02) 6249 8515  
(02) 6248 8175  
Facsimile: (02) 6249 6792



Chartered Accountant

Suite 15, George Turner Offices  
11 McKay Gardens, Turner ACT  
GPO Box 810, Canberra ACT 2601

email: [kim@khanna.com.au](mailto:kim@khanna.com.au)

**INDEPENDENT AUDIT REPORT TO THE MEMBERS OF  
MENTAL ILLNESS EDUCATION ACT INCORPORATED  
FOR THE YEAR ENDED 30<sup>TH</sup> JUNE, 2010**

**Scope.**

I have audited the attached financial statements of Mental Illness Education ACT Incorporated (The Association) for the year ended 30th June 2010. The Committee is responsible for the preparation and presentation of the financial statements and the information they contain. I have conducted an independent audit of these financial statements in order to express an opinion on them to the members of the Association.

My audit has been conducted in accordance with Australian Auditing Standards to provide reasonable assurance as to whether the financial statements are free of material misstatement. The procedures included examination, on a test basis, of evidence supporting the amounts and other disclosures in the financial statements, and the evaluation of accounting policies and significant accounting estimates. These procedures have been undertaken to form an opinion as to whether, in all material respects, the financial statements are presented fairly in accordance with Australian Accounting Standards and Statutory requirements so as to present a view which is consistent with our understanding of the Association's position and the results of its operations.

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

**Audit Opinion.**

In my opinion,

- (a) the financial statements of the Association are properly drawn up:
  - (i) So as to give a true and fair view of matters required by subsection 72(2) of the Associations Incorporation Act 1991 to be dealt with in the financial statements
  - (ii) in accordance with the provisions of the Associations Incorporation Act 1991; and
  - (iii) in accordance with proper accounting standards, being Applicable Accounting Standards;
- (b) I have obtained all the information and explanations required;
- (c) Proper accounting records have been kept by the Association as required by the Act; and
- (d) The audit was conducted in accordance with the rules of the Association.

.....  
**Kim Hanna FCA**  
**Registered Company Auditor**  
  
Date.....

**ABOUT MENTAL ILLNESS EDUCATION ACT (MIEACT)**

MIEACT educates young people and the Canberra community about mental illness. Personal stories are at the core of all MIEACT presentations, which are always given by volunteers who have a lived experience of mental illness either as a consumer or a carer. MIEACT provides training and support.

Additionally, through our websites, theatre projects, radio shows, books and community events, we communicate stories and facts about mental illness to the wider community.

**OUR VISION**

The community that makes up MIEACT is motivated by a vision of a supportive and socially just community in which the myths, misunderstandings, prejudice, discrimination and stigma surrounding mental illness are eliminated.

**OUR MISSION**

MIEACT's mission is to promote a better understanding of mental illness among young people and targeted sections of the wider community. It does this through education and awareness-raising programs, centred on stories created and/or delivered by people with the lived experience of mental illness.

**OUR AIMS**

More specifically through our programs MIEACT aims to:

- Educate participants about mental health and wellbeing;
- Reduce the stigma attached to mental illness;
- Encourage early and appropriate help-seeking behaviours;
- Influence the education curriculum to ensure as many young people as possible have opportunities to learn about mental health;
- Work for social change through influencing public opinion and challenging discrimination;
- Set an example to encourage open discussion about mental illness;
- Advocate for improvements in the programs and services needed by people with mental illness and their families and carers; and
- Empower and support people with the lived experience of mental illness to tell their stories to others and, in doing so, transform their own lives.

**THE VALUES THAT GUIDE ALL OF MIEACT'S WORK**

The values that sustain and guide MIEACT are:

- Respect and compassion
- The power of lived experience
- Openness, innovation and creativity
- The potential for transformation and change
- Working from an evidence base
- Humour and good will
- Transparency and accountability
- Hope – The MIEACT program supports finding and nurturing hope as a key to recovery. Hope includes not just optimism but belief in oneself and a capacity to persevere through uncertainty and setbacks.