

| Annual Report 2016



helping minds
Mental Health Services & Carer Support

Talk to us. We can help.

Thank you to our:

Funders

- Carers WA
- CCI – Chamber of Commerce & Industry WA
- City of Belmont
- City of Cockburn
- City of Fremantle
- City of Mandurah
- City of Melville
- City of Rockingham
- City of Swan
- City of Vincent
- Commonwealth Respite Carelink Centre
- Department of Social Services
- Disability Services Commission
- Mental Health Carers Arafmi (WA) Inc. member donations
- Mental Health Commission
- Red Cross

Board Members 2015-16

Patrick Hardwick – President
Tony Fowke – Vice President (retired)
Kerry Hawkins – Vice President
Andrew Reynolds – Treasurer
Ann Elliot – Secretary
Franco Guazzelli
Allison Fillery
Christo Sebastian (resigned)
Bernadette Wright
Joel Stein
Debbie Childs



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President's Report 2015/2016



As seems to be the usual opening to my comments these days, it has been yet another busy year keeping up with and ahead of change in the mental health environment.

I would like to thank all Board members for their contribution and ongoing support. There has been some change in the membership on the Board throughout the year and we have endeavoured to maintain a range of skills and experience to continue to take HelpingMinds forward. A stalwart of HelpingMinds and ARAFMI over many many years, Tony Fowke, retired from the Board and other mental health activities that he has been so greatly involved in. We wish Tony and his lovely wife, Pamela, all the very best. We also thank Christo Sebastian for his involvement on the Board and the Finance and Risk Management Committee over the past few years, who has resigned due to a change in employment location.

We welcomed Mani Vekaria several months ago to the Board. Mani comes to us from a multicultural background and a passion to bring her community experience to HelpingMinds.

More recently, Elizabeth Stevenson and Kristy Bradshaw have been co-opted to the Board. They bring not only a legal background to the Board but also a caring experience. We look forward to their involvement.

"It has been a big year with the official launch of the HelpingMinds brand."

I also want to again acknowledge the great continuing work of CEO, Debbie Childs and all the managers, staff and volunteers of HelpingMinds and the passion they also bring to the organisation and their enthusiasm for the very positive direction that HelpingMinds is heading.

It has been a big year with the official launch of the HelpingMinds brand by our Patron, the Chief Justice of WA, the Honourable Wayne Martin AC. Arafmi will never be far from our thoughts, but the world and the sector is changing and we need to take into account that we are now not only an organisation that supports mental health Carers, but also the loved ones that they care for.

In our 40th year we have been a partner in the launch of the "Practical Guide for Working with Carers of People with a Mental Illness in Australia". We have promoted this excellent resource at conferences and events throughout Australia and in New Zealand. I was also fortunate to give a presentation on the guide at the World Federation of Mental Health conference earlier this month. We are presently working with the Mental Health Commission to undertake a pilot and evaluation of the Carer Guide in the WA clinical setting.



HelpingMinds has made a significant investment in commencing new business models to ensure that we are able to provide quality supports as an NDIS provider. In WA we currently operate in two trial sites: one in the Hills operated by NDIA and one in Cockburn and Kwinana operated by the Disability Services Commission of WA. These trials are progressing well and are supporting eligible participants. HelpingMinds is however concerned for those who are not eligible for NDIS and their continued support requirements.

All commonwealth mental health carer funding is being transitioned into the NDIS scheme by June 2019. It is apparent that the level of carer supports will not be available through NDIS.

We are continuing to advocate that while we support NDIS it is important to ensure that no one misses out on any support they require. This means there is a need for the continuation of funding such as Personal Helpers and Mentors, Partners In Recovery and especially the Mental Health Respite; Carer Support funding. This will ensure that there is not future burden generated due to supports being withdrawn.

Other developments we will be monitoring are the 5th National Mental Health Plan and Primary Health Networks where we are seeking collaboration to provide mental health services across WA.

I was also pleased to have been re-elected to represent MH Carers for another two years on the Board of Mental Health Australia.

The Board has decided that HelpingMinds will become a Company Limited by Guarantee and this will be taken to members at a Special General Meeting later this year. This will enable the organisation to continue to develop in this changing environment and increase our support reach.

It has been another huge year for HelpingMinds and the sector with next year shaping up to continue in the same vein.

I recommend this report to you and would like to thank all our Board Members, our Volunteers, our Operational Teams and especially the people we support as well as our funders and valued partners who ensure we are able to continue our important role in our communities.

Patrick Hardwick
President

CEO's Report 2015/2016



In our first year as HelpingMinds we have continued with our Arafmi ethos that has been built up over the last 40 years. Today we continue this legacy with supports throughout Western Australia (and now Australia and New Zealand) empowering people with a mental health issue and their carers.

As you will know, in September 2015 we refocussed our organisation with a change of the operational name to 'HelpingMinds'. This reflects our commitment to providing quality education, advocacy, respite and support services to people affected by a mental health issue, their carers and family members.

Psychosocial Disability and the NDIS: An introduction to the Concept of Holistic Psychosocial Disability Support states that "Family interventions, which provide information, education, practical and emotional support to maintain hopefulness, coaching with communication and problem-solving, as well as crisis intervention, significantly reduce relapse rates for consumers".¹

By providing an holistic family approach we live our organisational purpose "By providing hope we support our clients, carers and families to live their best possible lives".

In addition to engaging with the WA Mental Health Commission and Department of Social Services; over the last 12 months we have also engaged with the Primary Health Networks, the National Disability Insurance Agency (NDIA) and the WA Disability Services Commission (DSC). Funding models are changing and the impact of these changes is affecting our communities. As I write this report we await the decision regarding the direction of the National Disability Insurance Scheme (NDIS) model in WA.

HelpingMinds has been operating in both the NDIA and DSC NDIS trial sites in WA. Services provided include support co-ordination and individual support to participants and their carers. These services are additional to those already provided by HelpingMinds.

We continue to develop new business and service models to ensure our ability to continue as the leading mental health carer support provider in WA. In addition to delivering evidence-based programs and education throughout WA, we have now successfully delivered 'Recovering Our Families', our online program, for 12 months.

1. O'Halloran, P. 2014. Psychosocial Disability and the NDIS: An Introduction to the Concept of Holistic Psychosocial Disability Support.



Our teams continue to identify and develop solutions for local community needs with funding sourced from both state and federal governments. We have been increasing our funding to allow us to undertake an holistic approach in supporting families experiencing mental health issues.

With our team now numbering over 75 employees across WA, over the last twelve months we have been focusing on our organisational culture. The 'HelpingMinds Spirit Project' is an initiative developed to ensure we continually develop our culture and actively live our organisational values.

"Culture eats strategy for breakfast", is a phrase originated by Peter Drucker and made famous by Mark Fields, President of the Ford Motor Company. It is an absolute reality! Any company disconnecting culture and strategy is putting their success at risk. In my opinion we need to add 'capabilities of our team' to this. In aligning these three concepts we see the unique proposition HelpingMinds offers our community. It is our people, their commitment, and their capabilities that make our services. In 1976 our organisation was started by a group of carers that wanted to make a difference. That passion continues in our team to this day.

We have an engaged Board of Governance that fully comprehends the need for quality services supporting people with mental health issues, their families and carers. They bring the diverse business and governance skill set required to lead a successful organisation.

Our operational team is a fantastic group of highly skilled, positive and motivated people. They engage with our clients helping to ensure that they live their best possible life. This is how we continue to deliver our 2015-2018 Strategic Plan and have increased our service provision to include new teams delivering evidence based supports to our clients.

Times are changing. We are experiencing a once in a generation change to funding, service provision and community engagement. We will continue to engage with our clients, carers, families and community to ensure our services are co-produced, evidence based, and most importantly, designed to meet each client's needs. Our organisational purpose is 'Empowering our clients to live their best possible life'.

As HelpingMinds moves into this new era, some things will not change. We will remain as we always have been, a place where carers and families can come together to learn, to share, to breathe a sigh of relief and to know that they are not alone. Quality support services will continue, as will advocacy and education for mental health carers. Additionally, we will continue to promote family inclusive practices in mental health. This has been at the heart of our organisation since its inception in 1976.

I would like to thank our Board Members, Volunteers and Operational Teams for their continued passion, commitment and positivity. This allows us to deliver quality support to our clients. Working together we have made significant progress over the last 12 months and have built a solid foundation which will serve us well for the next 40 years.

HelpingMinds, Helping You.

Debbie Childs
Chief Executive Officer

HelpingMinds History

HelpingMinds started as ARAFMI in 1976. Here is a brief recollection of how our organisation started:

On July 20, 1976

the Western Australian Association for Mental Health, then known as the Mental Health Association, called a public meeting for carers of people with mental illness. A founding member of Arafmi who attended that meeting recalls it as follows.

An announcement appeared in the newsletter of the Mental Health Association, that Dr Hearn would be speaking and inviting any interested persons to start a group. About 70 interested people attended, if I remember, all bringing our fears, grief and guilt with us but hoping for some relief at last. Dr Hearn stood up, some of us had not met him before; he stood tall and straight and spoke clearly and directly with a statement I will never forget.

"I want you all to know that there is nothing you have done, or haven't done or should have done, that would have made any difference to your sick relative. It was all inevitable, so I want you all to get rid of any guilt feelings before we start."

I as a mother heaved a sigh of relief, it was the kindest and most positive thing I'd heard for several years. My guilt was removed from that moment; it was the beginning of my learning experience in coping and coming to terms with mental illness."

Betty Rebakis, Arafmi Life Member.



Arafmi

Mental Health Carers Arafmi (WA) Inc

Arafmi commenced support groups in an upstairs room at 311 Hay Street, Subiaco. It was cold in winter and warm in summer. Mrs Jean Meharry, the secretary of the Mental Health Association led the first, very informal talks. Here at last was a place that carers could talk freely and unload their hearts to, and share their problems with, a group of understanding people.

"We slowly changed from bowed down, heavy hearted parents and relatives to happier, relieved and understanding ones with a great bond of empathy between us" Betty Rebakis

Over the next three years, the members organised themselves into a cohesive group. They succeeded in securing the funds to employ Pam Dolly, as a part-time social worker. Pam worked tirelessly to establish contact with allied professionals in both the public and private sectors to promote the services offered by ARAFMI and to help support families who had a member with mental illness.

The initial handful of volunteers, almost all of who were relatives with many years experience of living with people with psychotic illnesses received training in active listening. Pam designed and initiated the volunteer training programme.

"It was unusual to train volunteers, and the people really welcomed it. They would come in and look after the office. They would do face to face as well as telephone counselling. It constantly amazed me that these people were not only coping with their own situations but were willing to help others. The self-help that grew out of this offered much more than a Government department could ever afford."

Pam Dolly, Social Worker

"I would watch when people came in, they would sit around drinking coffee and talking to volunteers. People's relief was evident. They would come in feeling guilty, convinced that the way they had brought up their children had something to do with their child's illness. They would talk with the volunteers and their guilt would begin to lift"

Pam Dolly

They learned to be "listening posts" assisting carers who rang Arafmi to clarify their options and to harness their emotions in a disciplined and constructive way. The onus was on these volunteers to become and remain informed. Volunteers were chosen for their personal strengths and life experiences. These dedicated people had the ability to understand and empathise with people needing Arafmi's special services.

Shirley Smith, Arafmi's second social worker, focused on the Association's identified need to build up support services in country areas. Albany was the first town to form a branch of Arafmi and Geraldton, Bunbury and Esperance soon followed.

Between then and now we have increased our geographic footprint and now have teams offering support through Kimberley, Pilbara, Gascoyne and Mid West, throughout Perth and down to Rockingham and Mandurah in the South. As we celebrate our 40th anniversary we have a Board of Governance with 12 members and operational staff in excess of 75.

So as we celebrate this milestone we thank the volunteers from 40 years ago who started our wonderful organisation and to every person that has been involved in the last 40 years to make HelpingMinds what is today.

HelpingMinds Services



CARER SUPPORTS

Telephone

Carer education, information and supports are available via our 1800 number. This allows access to our various services throughout WA.

Support hours delivered in 2015/16: 151 hours

Funded by WA Mental Health Commission

Individual Advocacy

Provided from our Perth Office across WA via the 1800 number.

Services:

- Providing advocacy support to people with a mental illness and their families and carers
- Develop an action plan in partnership with clear goals
- Educate people about their rights as a mental health carer

This service is delivered by one to one sessions as well as group information and education sessions.

Support hours delivered 2015/16: 1285

Funded by WA Mental Health Commission

Mental Health Promotion

Operating at a population level this service provides education aiming to raise awareness of mental illness, improve mental health literacy, reduce stigma and discrimination and maximise the populations mental health and wellbeing.

Specific Programs:

- Changing minds
- SKIPS
- COPMI Education

Support hours delivered 2015/16: 1285

Funded by WA Mental Health Commission

Young people

Areas supported: Perth Metro, Kimberley, Geraldton, Carnarvon and Port Hedland.

These services are designed to support the youth mental health carer to sustain their caring role. Aged from 8-18 years.

Services:

- One on one counselling support
- School holiday program
- SMILES
- KOPING

Support hours delivered 2015/16: 6299

Funded by WA Mental Health Commission



"The friendly and caring support workers were willing to listen to my needs but also provide balanced offering solutions that I hadn't thought of. Dignified me in the role I was already carrying but helped me improve being a carer."

Family and Carer Supports

Areas supported: Perth Metro, Broome, Geraldton, Carnarvon and Port Hedland.

Services:

- Individual counselling
- Phone support
- Online support
- Carer peer support
- Advocacy
- Carer support groups
- Information
- Education

Support hours delivered 2015/16: 5983

Funded by WA Mental Health Commission

Drought Assistance

Areas supported: Wheatbelt

This was one off funding to expand community access to services in areas experiencing impacts from drought. The services delivered supported the community mental health in the drought affected communities.

Services were offered through community events, counselling and supports to 24 families.

Funded by DSS through Drought Assistance

Carer Respite

Areas supported:

- Joondalup
- Wanneroo
- Swan
- Perth North Metro
- Geraldton
- Pilbara

These services are designed to support the mental health carer to sustain their caring role.

Services include:

- Carer support groups
- Short breaks
- Therapy days:
 - Massage
 - Reflexology
 - Meditation
 - Yoga
- Men's carer support days
- Therapy retreat days
- Youth camps
- Swimming therapy groups
- Art therapy groups

Individuals Supported 2015/16: 1341

Funded by DSS through Mental Health Respite: Carer Supports

HelpingMinds Services

CARER SUPPORTS (continued)

Carer Education

Education programs for carers to assist them in maintaining their caring role.

Services include:

12-week psycho-education program for adults caring for a person with Borderline Personality Disorder. This is a face to face program offered in Whitfords and Midland.

Course sizes are between 6 to 12 participants.

8 week online program "Recovering Our Families". This is a fully facilitated, interactive online course designed to educate and support individuals and families in a safe supportive space to provide tools in the mental health recovery journey. Face to face support groups are available as part of this program in Perth.

From November 2015 to June 2016

we had 68 participants.

Early Intervention for Young People

"YoungMinds" in Kimberley, Gascoyne and Midwest

"Talk It Out" in Swan

These programs are for vulnerable families with children and young people who are showing early signs of, or are at risk of developing, mental illness.

Our services are provided as a responsive, flexible non clinical mental health support service to meet the needs

of children and young people affected by or at risk of mental illness.

Delivered outcomes:

- Children and young people
 - Have improved emotional health and well being
 - Better manage aspects of their lives
- Families and carers are helped to support their young person
- Communities have a better understanding and response to mental health issues that affect children and young people.

Outcomes are delivered with a primary focus on the young person using a whole of family approach by:

- Intensive long term early intervention support by identifying needs and providing practical assistance and home based supports. Linking to other services and targeted therapeutic groups.
- Short term immediate assistance which includes assessment, provision of information, referrals and limited direct support for the young person.
- Community Outreach, mental health education and community development activities.

At the end of June 2016 we had provided support to young people:

Long Term: 171

Short Term: 213

Groups: 403

Funded by DSS Community Mental Health Activity of the Disability, Mental Health and Carers Program.

"The whole organisation saved us. Forever grateful."

"I have been involved with ARAFMI / HelpingMinds for many years, I am so grateful for the raft of services and I can see the positive development of the organization over this time."

Personal Helpers and Mentors

Based in Cockburn

Service provides:

- increased opportunities for recovery for people whose lives are severely affected by mental illness
- using a strengths-based, recovery approach, and
- assists people aged 16 years and over whose ability to manage their daily activities and to live independently in the community is impacted because of a severe mental illness.

This year has seen the program operate in the WA NDIS trial site, meaning much support has been given to helping clients apply for NDIS supports. Not all PHaMS clients have been eligible for NDIS. Some of the challenges have been helping clients stay engaged with the application process and the time it has taken for applications to be finalised.

In 2015/16 we supported 81 individuals in this program.

NDIS

In 2015/16 HelpingMinds invested in the development of business models to support service provision under NDIS. We support the NDIS participant and their family through the entire NDIS process.

Supports:

- Support Coordination,
- One to One Peer Support and Mentoring,
- Recovering our Families,
- Taking a Break
- Youth Programs

Funded by NDIA & WA Disability Services Commission.



From Our Offices

Kimberley

The Kimberley teams continue to embrace the unique challenges they face working with young people and families in remote regional areas. This strength and adaptability has seen their Family Mental Health Support Service, YoungMinds, more than double the client and case figures in the 2015/16 financial year. Working with Indigenous people, in many situations, involves working in a family approach model, providing support to the primary carer and extended family members of the household. The Mental Health Carers program in Broome does this through supporting carers of people with mental illness though counselling, support and activities with the aim 'to support people to develop skills and abilities to maximise their capacity to live in the community'.



Carer Jessie with her children and grannies (grandchildren) from left; Tialylair, Jye, Jessie, Micquade and Darcy.

Midwest: Geraldton

The Midwest team's service delivery has placed a greater emphasis on strengthening families and relationships to enrich client's lives, with a stronger emphasis on self-care/self-worth and connectedness to the community. They have done this through their ever expanding counselling, carer support and respite services.

The Young Minds Program is aimed at children 0-18 years, who are experiencing emotional difficulties or are at risk of developing mental health issues and services in the Mullewa, Three springs and Morawa districts. In the past 12 months, the team has successfully collaborated with Geraldton schools and affiliated agencies to ensure the gaps in services are being filled. The schools have been utilising the referral process resulting in a wait list for our services in the Midwest region. Community engagement continues to be a focal point with a range of workshops and community events being facilitated by the Midwest team throughout the year.

Gascoyne: Carnarvon

The 2015/16 financial year has seen the Gascoyne HelpingMinds team solidify its standing as an integral part of the region's mental health services. A change of premises has created greater suitability for their clients, in terms of privacy, confidentiality and staff productivity. Community engagement, psychoeducation, counselling, carer support and respite for carers of people with a mental illness have been the core services conducted by the HelpingMinds Gascoyne team throughout the 2015/16 financial year. Utilising Carers WA short break funding the Gascoyne team were able to provide invaluable respite weekends to carer groups in the community. Embracing the ideals of community engagement, the team dressed up as octopuses for a children's week family fun day, much to the delight of parents and children alike.



Ellen Itzstein and the Yandeyarra children



Pilbara: Port Hedland

The last 12 months in Port Hedland have been increasingly busy with visits to the remote Aboriginal community of Yandeyarra in late 2015 and a partnership with Hedland Senior High School commencing in 2016. Partnership with the high school has been a long term goal in Hedland and being able to offer support services to student carers has increased our client numbers.

The community of Yandeyarra is located about one and half hours from Hedland and with the assistance of Ellen Itzstein we delivered the SMILES program to the community school. Follow-up visits revealed the students have an improved awareness of mental health and continue to practice self-care and communicate within their school community regarding their own wellbeing and mental wellness practices.

Carer respite supports have increased through Karratha, Newman, Roebourne and Hedland with a wide range of programs implemented to help support both young and adult carers. All of these programs promote the importance of self care with the objective of helping to maintain good health and wellbeing amongst carers.

Perth

Youth Carers and "Talk it Out"

The Youth team at HelpingMinds have built many working relationships with different schools throughout the metropolitan area and services that have day to day interactions with carers including CAMHS, Headspace and various hospitals. As part of these relationships, HelpingMinds provides information from a young carers perspective the complexities that might be experienced systemically which helps these services get a bigger picture of the caring role.

Our strong links with these services and schools has allowed us to deliver our SMILES and Koping programs to many young carers. SMILES program is available for children aged 8-12 years of age and the Koping program is catered for adolescents. The development of these programs means that HelpingMinds can provide support to a larger number of young carers. It also allows young carers who might not want to engage in one on one counselling.

The school holiday program continues to be a great success with over 20 new young carers accessing the program every term. This program offers young people and parents some well needed respite during the school holidays. More importantly young carers get the opportunity to develop friendships, reducing isolation and normalising mental health, with the help of other young people who are in similar situation.

Families and Carers

Carers are supported through individual counselling, phone support, online support, carer peer support, advocacy, carer support groups, information and education throughout the metropolitan area.

Carers can gain knowledge on mental health services, carer's rights, receive respite information, be assisted with referrals where appropriate, develop strategies to handle difficult situations, reduce their sense of isolation and speak with someone who understands their difficulties.

The programs also offer workshops for carers to gain a better understanding of mental health, to help improve their ability to support their loved ones and develop their own coping skills. Our Peer workers provide the lived experience and understanding and walk alongside carers in their journey.

Accessing support early is important to the wellbeing of both the person with a mental illness and the carer. Navigation of mental health systems can often be a confusing process. HelpingMinds provides information and education by understanding what the person is going through, our knowledge of service providers, as well as the various support options for the whole family.

Advocacy

The aim of the service is to meet the needs of those who are having difficulties with mental health services, and other government and non-government services. Over the past twelve months what has become evident is the great diversity of challenging issues that many carers experience, along with a notable increase in the complexity of unresolved issues. This service is about standing beside the carer, working specifically on their behalf and at their direction, in a non-adversarial way. We continue to be humbled by the carer stories that we hear and by the great courage shown by carers and family members, in the face of their person's mental distress.



R U OK Day

Mental Health Promotion

The Health Promotion team continued their strong presence in secondary schools in 2015/16 delivering the Changing Minds program, HelpingMinds mental health awareness and anti-stigmatisation educational programs. Community engagement is the cornerstone of the health promotion program with the team being present at many school, community and organisational expos throughout 2015/16.

"The welcoming overall atmosphere and the feeling of security knowing I could let it all out without judgments being made. Suggestions were made and massages helped as well."

Treasurer's Report 2015/2016



The Highlights

HelpingMinds has continued to grow over the past year and we have been using our financial strength, built up over decades, to continue to improve both our ability to deliver services to Carers and to expand into other related areas as well and to ensure that we are able to deliver those services into the future.

The imminent arrival of the full rollout of the NDIS is a great challenge for us, as it is for the rest of the not-for-profit disability sector, and in particular the mental health service suppliers. To meet this challenge, we have needed to completely upgrade our finance and accounting systems as well as embark on some new enterprises, including purchasing further respite housing, along with many other programs and continued advocacy. This work is continuing into the new financial year.

There has been considerable work behind the scenes over the last few years in changing a lot of the internal reporting, particularly to the Board, and I am confident that the Board is now better informed about the operations than it has ever been.

"HelpingMinds has continued to grow over the past year and has continued to improve both our ability to deliver services to Carers and to expand into other related areas."

Financial Outcomes

This has all come at a financial cost, but we fully expect that these expansions to set the stage for the future. In the meantime, HelpingMinds continues to generate a small financial surplus. Over the next few years we are not projecting that there will be any substantial surplus as we continue to respond to the requirements of the NDIS as well as the associated uncertainty over our funding sources.

Thanks

As your Treasurer, it has been a pleasure to work with the outstanding finance staff of HelpingMinds, such as our Executive Director, Debbie Childs, and Sandra Baudach, Finance Manager, along with the rest of the finance team, Lily Pham for managing payroll through the year and Rie McAuliffe for making sure the bills are paid. With all of the changes this has been a challenging year and accomplishing this while continuing to grow has been a real accomplishment.

I would also like to sincerely thank Franco Guazzelli and Christo Sebastian, who resigned after year end, for their help on the Finance and Risk Management committee throughout the year and I look forward to the year to come.

Andrew Reynolds
Treasurer

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Declaration of Governance

The Board of Governance have determined that the entity 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.

The Board of Governance declares that:

1. The financial statements and notes, present fairly the entity's financial position as at 30 June 2016 and its performance for the year ended on that date in accordance with the accounting policies described in Note 1 to the financial statements; and
2. In the opinion of the Board of Governance there are reasonable grounds to believe that the entity will be able to pay its debts as and when they become due and payable.

This declaration is made in accordance with a resolution of the Board of Governance by:

Representative of Board of Governance:



Patrick Hardwick
President

Dated 13th day of September 2016

Statement of Financial Position as at June 30, 2016

	2015	2016
Accumulated Funds	\$	\$
Balance at 30/06	2,201,813	2,207,422
Surplus for year	5,609	5,187
Restricted Cash		16,554
Balance at 30/06	2,207,422	2,229,163
Assets		
Current Assets		
Cash at bank	1,804,581	1,442,130
Cash on Hand	1,721	2,100
Sundry Debtors	51,225	33,905
Prepayments	39,764	108,332
GST Recoverable	2,204	3,890
Total Current Assets	1,899,495	1,590,357
Non-Current Assets		
Leasehold Improvements - 182 Lord St	824,062	824,062
Less Accumulated amortisation	(379,615)	(428,939)
Right to Occupy - 182 Lord Street	782,500	782,500
Less Accumulated amortisation	(422,872)	(461,997)
Office Furniture and equipment	1,113	1,113
Less Provision for Depreciation	(133)	(356)
Lord Street Assets	41,611	41,611
Less Provision for Depreciation	(15,626)	(18,629)
Motor Vehicles	134,448	155,625
Less Provision for Depreciation	(87,552)	(106,170)
Property	343,636	793,636
Less Provision for Depreciation	(11,055)	(16,136)
IT & Equipment	7,520	100,532
Less Provision for Depreciation	(7,445)	
Total Non-Current Assets	1,210,592	1,666,852
Total Assets	3,110,087	3,257,209
Liabilities		
Current Liabilities		
Accounts Payable	64,396	367,619
Accrued Expenses	8,660	42,970
Provision for Leave	204,987	218,095
PAYG and Superannuation payable	(2,823)	(2,822)
Grants received in advance	267,816	81,681
Total Current Liabilities	543,036	707,543
Non - Current Liabilities		
Deferred Income	782,500	782,500
Less accumulated amortisation	(422,871)	(461,997)
Total Non-Current Liabilities	359,629	320,503
Total Liabilities	902,665	1,028,046
Net Assets	2,207,422	2,229,163

Statement of Income and Expenditure for the 12 months to June 30, 2016

Income	FY14/15	FY15/16
MHC	\$2,475,205	\$2,522,234
DSS	\$2,376,655	\$3,647,928
Grants	\$136,887	\$285,975
Donations	\$13,204	\$32,245
Management fees	\$243,611	\$237,454
Interest	\$81,122	\$50,298
Property/vehicle	\$134,949	\$149,449
Total Income	\$5,461,633	\$6,925,583
Expenses		
Staff Costs	\$3,739,835	\$4,463,624
Operational Costs	\$831,240	\$1,408,453
Administration	\$164,442	\$270,679
Transport	\$191,256	\$207,089
Other	\$529,251	\$553,997
Total Expenses	\$5,456,024	\$6,903,842
Profit/Loss	\$5,609	\$21,741

Statement of Income and Expenditure for the 12 months to June 30, 2016 (continued)

	Funded	Corporate	Consolidated
Income			
MHC	\$2,522,234	\$0	\$2,522,234
DSS	\$3,647,928	\$0	\$3,647,928
Grants	\$285,975	\$0	\$285,975
Donations	\$30	\$32,215	\$32,245
Management fees	\$0	\$237,454	\$237,454
Interest	\$0	\$50,298	\$50,298
Property/vehicle	\$0	\$149,449	\$149,449
Total Income	\$6,456,167	\$469,416	\$6,925,583
Expenses			
Staff Costs	\$4,463,624	\$0	\$4,463,624
Operational Costs	\$1,259,488	\$148,965	\$1,408,453
Administration	\$255,709	\$14,933	\$270,679
Transport	\$203,360	\$3,729	\$207,089
Other	\$447,168	\$106,829	\$553,997
Total Expenses	\$6,629,349	\$274,456	\$6,903,842
Profit/Loss	-\$173,182	\$194,960	\$21,741

Notes to and forming part of the financial report for the year ended June 30, 2016

Note 1: Statement of Accounting Policies

a) Basis of accounting

This financial report is a special purpose financial report prepared in order to satisfy the reporting requirements under the Association's Constitution. The Committee of the Association has determined that the Association is not a reporting entity for financial reporting purposes. Consequently, apart from the Reporting Standard below there is no requirement to apply accounting standards and other mandatory professional reporting requirements in the preparation and presentation of this report.

No Australian Accounting Standards, Australian Accounting Interpretations, or other authoritative pronouncements of the Australian Accounting Standards Board have been applied.

This report is also prepared on an accrual basis from the records of the Association. It is calculated on an historical cost basis and does not take into account changing money values or, except where specifically stated, current valuations of non-current assets.

Operating Lease Commitments

Payable	- minimum lease payments:	<u>2016/2017</u>
Motor vehicles		
	- not later than 12 months	\$40,094
	- between 12 months and five years	\$41,751
	- later than five years	<u>-</u>
	Total lease liability	<u>\$81,845</u>
Printers		
	- not later than 12 months	\$4,536
	- between 12 months and five years	\$12,403
	- later than five years	<u>-</u>
	Total lease liability	<u>\$16,939</u>

The four motor vehicle leases are over a three-year term, with lease amounts payable monthly in advance. Leases are organised through Easifleet.

The printer leases are with Advanced Document Solutions PTY Limited and are for two Samsung Multi-Function printers and are for a term of five years ending May 2020. Lease is paid by direct debit monthly in advance.

Notes to and forming part of the financial report for the year ended June 30, 2016 (continued)

Notes relating to Funding Agreements

Helping Minds funding agreement with the Mental Health Commission (MHC) was due to conclude on 30 June 2015, however a 12-month service agreement extension was provided by the MHC taking the agreement to 30 June 2016.

Helping Minds and Department of Social Services (formerly FaHCSIA) original three-year funding agreement for Broome Outreach and MHCR: Carer Support, North Metro Respite, ending on 30 June 2014. A variation of this Funding Agreement occurred in June 2013, extending MHCR: Carer Support, North Metro Respite to 30 June 2016 and incorporating four new activities (listed below), also ending at 30 June 2016:

- MHR: Carer Support Geraldton
- MHR: Carer Support Perth North
- PHAMS Cockburn
- FMHSS Swan

A new funding agreement with DSS was entered into in March 2015 for the Community Mental Health program. Scheduled completion date of program is 30 November 2017.

The financial statements have been prepared on the basis of continued funding.

Independent Audit Report



INDEPENDENT AUDIT REPORT TO THE MEMBERS OF MENTAL HEALTH CARERS ARAFMI (WA) INC. AS AT 30 JUNE 2016

Report on the Financial Report

We have audited pages 2 to 7 of the accompanying financial report, being a special purpose financial report, of Mental Health Carers Arafmi (WA) Incorporated (the Association) trading as Helping Minds, which comprises the statement of financial position as at 30 June 2016, and the statement of income and expenditure, a statement of significant accounting policies and the statement by the Board of Management.

The Responsibility of the Board of Governance for the Financial Report

The Board of Governance of the Association are responsible for the preparation and fair presentation of the financial report and have determined that the accounting policies described in Note 1 to the financial statements, which form part of the financial report, are appropriate to meet the financial reporting requirements of the Association and are appropriate to meet the needs of the members. The Board's responsibility also includes designing, implementing and maintaining internal control relevant to the preparation and fair presentation of the financial report that is free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances.

Auditor's Responsibility

Our responsibility is to express an opinion on the financial report based on our audit. No opinion is expressed as to whether the accounting policies used, as described in Note 1, are appropriate to meet the needs of the members. 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 judgment, 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 association's preparation and fair presentation of the financial report 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 association's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the Board, as well as evaluating the overall presentation of the financial report.

The financial report has been prepared for distribution to members for the purpose of fulfilling the Board's financial reporting under the constitution. We disclaim any assumption of responsibility for any reliance on this report or on the financial report to which it relates to any person other than the members, or for any purpose other than that for which it was prepared.

CERTIFIED PRACTISING
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Grid Div Ass, CA, CIA, FFA, FCPA

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Independent Audit Report

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

Independence

In conducting our audit, we have complied with the independence requirements of Australian professional ethical pronouncements.

Auditor's Opinion

In our opinion, the financial report presents fairly, in all material respects, the financial position of the Association as at 30 June 2016 and of its financial performance for the year then ended in accordance with the accounting policies described in Note 1 to the financial statements.

2020 Global Pty Ltd



Bruce Donald

Director

30 September 2016



I always come away with a measure of hope which I did not have when I arrived.



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Perth | Fremantle | Midland | Hillarys/Whitfords
Cockburn | Clarkson | Armadale | Mandurah | Rockingham
Broome | Carnarvon | Geraldton | South Hedland

Mental Health Carers Arafmi (WA) Inc

www.helpingminds.org.au