
Annual Report

2009 - 2010



Victorian
Mental Health
Carers Network Inc.



Introduction from the Chair

As I look back over the 2009-10 year at the Victorian Mental Health Carers Network, I am struck first by the huge range of the activities in which our staff, our Board and our members have been involved.

We tackled the challenges of:

- moving office (again!);
- making routine the operation of the Carer Support Fund (CSF);
- preparing numerous submissions to state and federal governments;
- establishing a training program for Carer Consultants;
- building contacts with carer groups around the state;
- running our own finances (thanks to ARAFEMI for past support);
- monitoring the progress of Victoria's mental health reform strategy from the perspective of carers;
- completing a number of smaller research projects in parallel with the ongoing MH ECO work (joint projects with VMIAC);
- bringing the carer voice to nearly 30 committees, reference groups, advisory panels, review boards and networks;
- developing a new Strategic Plan;
- training the Board in governance and risk management;
- increasing our involvement in consumer and carer issues at a national level;
- applying for and securing a significant amount of new funding.

After the rapid growth in 2008-09, this was a year where we made strong achievements in all these areas, while maintaining our important monthly meetings for the exchange of information and ideas among Network members. I believe that our newest ventures – administering the important Carer Support Fund and running training sessions for Carer Consultants – have both brought much value to the sector.

Of great importance has been the continuing financial and operational support we receive from the Department of Health through the Mental Health and Drugs Division. As well as providing our recurrent operational funding and grants for the MH ECO research and evaluation work, the Department has covered the costs of extra effort to establish the CSF systems, the costs of IT development for the CSF and some of the costs of our office move. State government funding was also provided for Carer Consultant training and for several projects undertaken by our Carer Research & Evaluation Unit.

It has been particularly pleasing to see the outcomes of cooperative efforts with many other groups in the sector – with the area mental health services, with a number of PDRSS organisations and VICSERV, with VMIAC, with CCNV, with the Bouverie Centre (a special thanks for use of their meeting rooms), with ADEC and recently with several Aboriginal groups (thanks to this year's student Belinda Scott for her help in this area).

Our staff team has been very productive, providing wonderful service to carers, to government officers and to the Network's members. They have worked willingly without regard to the boundaries of their roles, supporting each other wherever possible. We all see the results of their skills and dedication and of the exceptional leadership of Executive Director Julien Leith. Here I can only repeat the phrase I used in last year's report, recognising the impact of "Julien's dedication, breadth of expertise, calmness and empathy". I add my personal applause to the often-heard acclaim for the team at Mollison Street.

We were fortunate indeed to have expert *pro bono* support in two important areas this year. Cheryl Kidston of Great Connections facilitated our re-write of the Network's Strategic Plan and Cheryl Sullivan from the National Disability Service provided training for board members in governance and risk management.

Once again the Committee of Management (now the Board of Governance) gave great support to our staff and to me during the year. My thanks to Jenny Burger, Beth Bailey, Warren Jenkins, Estelle Malseed, Sue McDonough and Brendon O'Hanlon. As Beth retires (again!) from the Board, I know I speak for all members and staff in thanking her for her immensely important contribution, always insightful and compassionate, and in wishing her well. We'll stay in touch.

Finally, I acknowledge the voluntary contribution of Network members. I thank you all for your tireless efforts. You give of your time to share your knowledge and experience at our monthly meetings; you represent carers on a myriad of committees; you contribute to our many papers and submissions; you pursue important causes in our working groups; many of you have caring roles of your own; many of you work to support other carers; you make a difference in so many ways.



Colin Fryer
Chair, Victorian Mental Health Carers Network Inc
November 2010



Our new premises in Mollison St, Abbotsford



Executive Director Report

Independence

2009 – 2010 has been a huge year for the VMHCN. For the first time, we have had our own Service Agreement with the Department of Health; previously we were accommodated within the ARAFEMI service agreement. We have also completely separated our business operations from ARAFEMI, and succeeded in obtaining spacious and comfortable accommodation for the VMHCN in Abbotsford. This brings us closer to VMIAC

with whom we interact closely, particularly through the joint projects that the VMHCN Carer and VMIAC Consumer Research and Evaluation Units are involved in. We are also closer to the Department of Health. A vote of thanks to Board member Estelle Malseed who found this accommodation for us.

Staffing

Laura David, a social worker and carer, became a valued member of the Carer Research and Evaluation Unit (CREU) in August 2009. Laura has contributed to the Darebin MH ECO project and assisted in the Peter James Consumer and Carer Participation project. Nicola Paton, who has a BA and LLB (Hons), has joined the CREU team on a 12-month contract; she has already made an important contribution to the development of a module on legal issues in working with families/carers. Rosemary Callander has been actively involved in implementing the final stages of the Dousta Galla and Darebin MH ECO pilot projects and took the lead in preparing several research papers for publication. Karen Fairhurst led the Peter James Consumer and Carer Participation project, developed the training of consumer and carer participants in the MH ECO project at Dousta Galla and organized the CATI (computer assisted telephone interviews) training for the Darebin project.

Chhaya Mashruwala, who has an MBA specializing in human resource management, is also a very welcome addition to our staff. Whilst being new to the mental health system, she has very quickly learnt the ropes and is doing a wonderful job assisting Robyn Wilson with the administration of the Carer Support service.

I feel very fortunate to have such skilled, enthusiastic and experienced managers and staff as part of the team. Marina Cavill as Manager of the Carer Research and Evaluation Unit has continued to make a marvelous contribution to the VMHCN. Marina's experience in developing training courses has proved a great asset and enabled us to take up a request from the Judith Block Bequest to develop some practical training modules to train mental health professionals, particularly at undergraduate level, to work with families. The Bouverie Centre, Victorian Transcultural Psychiatric Unit, the Psychosocial Research Centre and Dr Margaret Leggatt have provided valuable consultation to this project. Marina has been quick to take up opportunities and has developed fruitful relationships with VICSERV Training and Development Unit and several universities. Marina was sorely missed when she went on a well-earned extended holiday to Canada and Alaska. Staff very much appreciated the excellent contribution made by Karen Fairhurst who acted in Marina's position whilst she was away.

Robyn Wilson as Manager of the Finance Unit and the Carer Support Fund has done a wonderful job of establishing independent systems and working tirelessly with our IT contractor, the Department of Health and Area Mental Health Services to ensure the smooth, timely and transparent administration of the Carer Support Fund. The dedication and concern shown by Robyn and Chhaya is heart-warming. They appreciate the stresses many carers are experiencing and do all in their power to respond quickly to applications for financial assistance.

Dave White, Project Officer, has settled into his important role very well. He has developed a communication strategy to facilitate communication with regional networks both metropolitan and rural. He has been able to establish links throughout Victoria so that we are connected with carers at the grass roots level throughout the state.

There have been a plethora of partnership groups and policy working groups following the introduction of the Victorian government's "Because mental health matters" reform strategy. Dave has succeeded in identifying carers to represent the VMHCN on all these groups and he provides a support and resourcing function for these carers.

The first year of the Carer Consultant training program has been completed and was extremely well received and positively evaluated. Well done Dave! The second year of the project is well under way.

Team Building

Vanessa Lynne conducted an excellent team-building day for staff in July 2010. The day commenced with Vanessa, disguised as a journalist, interviewing the team about an award we had received in 2015 for outstanding service to the community sector! The staff explored the reasons for the VMHCN being given this prestigious award which proved quite inspirational and resulted in us taking on creating the "Lifting the Lid on Mental Health" event. The day also succeeded in bringing the staff into a more unified, interactive and collaborative group. There had been a history of the research team, the operations team and the Carer Support fund team beavering away in their separate domains. However, everyone's work in fact overlaps and is enriched by collaboration. Communication and interaction between the project groups has increased since the team-building day.

Governance

Another important step for the VMHCN was the conversion of the Committee of Management to a Board of Governance. As the staff of the VMHCN increased, the need for the Committee of Management members to take a hands-on role diminished and the responsibilities became more those of governance. In recognition of this the network membership agreed to convert the Committee of Management to a Board of Governance. This change has been incorporated into our Rules of Association.

In order to ensure Board members' awareness of their responsibilities training has been provided in governance and risk management and a process for updating governance policies is in process. This training has been provided on a pro bono basis by the National Disability Service.

I am very appreciative of the support provided by the Board. We are extremely fortunate to have such experienced, passionate, committed and knowledgeable Board members. They are so generous with their time and encouragement that it makes for a very positive atmosphere in which to work. I have also very much appreciated the continued input from Margaret Leggatt and Ben Ilsley, who whilst having retired as Board members, are so willing, reliable and valuable in the knowledge and expertise they continue to provide. I will miss the magnificent contribution, wisdom

and knowledge of the inimitable Beth Bailey as she is retiring from the Board this year. Thank you Beth for your long and unstinting contribution to the VMHCN.

Carer Support

A particular focus this year has been Carer Support. The Synergies forum conducted by the Department of Health early in 2009 highlighted the confusion, gaps, overlaps and fragmentation of carer support. It also demonstrated vividly the lack of collaboration between State and Commonwealth policy makers.

In response to the Synergies forum the VMHCN Carer Support working group, coordinated by Michelle Swann, instigated and resourced the development of a research proposal by Marina Cavill to explore the effectiveness of the varying models of carer support at varying stages of the carer journey. Funding is currently being sought for this proposal. The working group strongly believes that an evidence base is needed to guide coherent and systemic development of policy and services relating to carer support. The current fragmented system with its overlaps and gaps is inefficient and wasteful of resources. This research is needed to provide an appropriate evidence base to guide policy and service development.

We have also advocated strongly for the Department of Health and FaHCSIA to improve their collaboration. We have succeeded in involving a FaHCSIA representative and a Department of Health representative (Amber Scanlon) in the Carer Support Needs working group.

Workforce Development Working Group

This strong, enthusiastic group has continued to meet regularly both to oversee the implementation of the Carer Consultant training project and to advocate for training of mental health professionals to work with families. Energies have been directed to supporting the expansion of the Building Family Skills Together program, including advocating for a state-wide roll-out of family-based intervention programs.

Carer Consultant Network of Victoria (CCNV)

In order to support and strengthen the Carer Consultant Network of Victoria (CCNV), a funding submission was prepared in consultation with the CCNV. While funding was not specifically provided in response to this submission, we are very pleased to that an increase in our general funding will enable us to provide this support to the CCNV.

VICSERV Conference - “Unfinished Business”

The VMHCN participated in the development of this conference and promoted carer involvement and participation in the conference.

National Mental Health Workforce Strategy

The Siggins-Miller consultation on the National Mental Health Workforce Strategy provided the opportunity for the VMHCN to emphasize the value of lived experience in the workforce and the importance and value of educating the mental health workforce to work with families.

As our strategic plan finished this year, a new plan was required and we were fortunate in having pro bono assistance from Cheryl Kidston from Great Connections to assist us with this process. Our new strategic plan was accepted by the VMHCN in August 2010. The Board and staff of the VMHCN are immensely grateful to Cheryl for her skilled assistance.

Partnerships with peak bodies

A focus during 2009–2010 has been to build partnerships and collaboration with other peak bodies. Meetings have been held with VICSERV, VADA and Carers Victoria on several issues of mutual concern. Our close working relationship with VMIAC is strong and we have become members of the Victorian Council of Social services (VCOSS) and contributed to their election platform with a view to increasing the profile of mental health in VCOSS's work.

Collaborative Care Summit

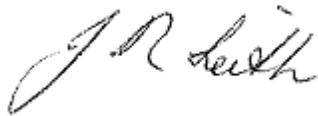
The VMHCN assisted in developing and implementing the „Future Directions for Collaborative Mental Health Care Innovation Summit“ in May 2010. The project leader was Professor Jayashri Kulkarni; funding was provided by the Federal Department of Health and Ageing. We were able to organize carer participation from all states and Barbara Robb provided a passionate exhortation for involvement of carers in treatment and care and adequate support for families who are struggling to support and care for a family member with a mental illness. We also facilitated showcasing of the Building Family Skills Together program by the Bouverie Centre, Latrobe University, Melbourne University and NWAMHS.

Quality Framework

The Network reviewed the Department of Health draft of the Quality Framework and noted that reference to carers seemed tokenistic. Strong representations were made to the Department of Health about this and we were pleased to be advised that the draft will be revised.

Quarterly liaison meetings

Meetings have been established with the Director of Operations for Mental Health & Drugs and senior staff from the Department of Health. This provides us with a good opportunity to work with the Department to improve the mental health system.

A handwritten signature in cursive script, appearing to read 'Julien Leith'.

Julien Leith
Executive Officer

Carer Research and Evaluation Unit (CREU) Report



Marina Cavill
Project Manager



Rosemary Callander
Senior Researcher



Karen Fairhurst
Researcher



Laura David
Researcher



Nicola Paton
Researcher

The unit has undertaken a range of projects during the year.

MH ECO pilots completed

The CREU has finalised the Mental Health Experience-based Co-design (MH ECO) pilots at the Doutta Galla Community Health Service and the Darebin Community Mental Health Centre. MH ECO provides tools to help capture, understand and draw on the actual experience of consumers, carers and staff to transform mental health services and the experience of those receiving and delivering care. The pilots showed the MH ECO approach to be evidence-based, inclusive, practical and effective and that it can lead to significant improvements to the experience of consumers and their carers in mental health services.

The team spent much of the next few months working with the consumer researchers at the Victorian Mental Illness Awareness Council, consolidating the research and preparing nine papers on the research for publication. The Department of Health has funded the development of a DVD to promote MH ECO. A MH ECO website with appropriate resources and promotional material will also be developed.

Eastern Aged Persons Mental Health (EAPMHS)

This project, based at the Peter James Centre in Burwood, reviewed opportunities and barriers for participation of consumers and carers at EAPMHS. The research teams from the Network and VMIAC worked collaboratively with staff, consumers and carers to establish mechanisms to promote greater participation for consumers and carers at individual and service levels. The final report was presented on 28 April 2010 and a paper on this project was presented at the 2010 TheMHS conference in Sydney.

Culture in Mental Health Project

The Department of Health asked the CREU to assist with a project to obtain carers' views on the culture of the mental health sector, for the carer subcommittee of the Ministerial Advisory Committee on Mental Health. Interviews were conducted with carers at six services to explore mental health service culture and to identify enablers and barriers to good culture. The results were analysed and incorporated in a report which provided recommendations on how to facilitate good culture in mental health services. The report was delivered to the Department in early April 2010. The feedback from Department of Health on the report has been very positive.

Privacy and Confidentiality

This issues paper was presented to the National Mental Health Consumer & Carer Forum on 25 September 2009 and was well received. The paper demonstrates the value of the consumer and carer researchers working together with clinicians, to present a well-balanced account of

consumers", carers" and clinicians" points of view. There has been a very positive response to the paper.

Family Involvement Training Modules



Marti Hunter Block, Dr Michael Block, Marg Leggatt and Julien Leith at the meeting to hand over the cheque from the Judith Block Bequest

The Judith Block Bequest has provided funding of \$40,000 towards the development of educational resources for training undergraduate mental health professionals in how to include and involve families who care for a person with mental health issues. Six training modules are being developed:

1. The Case for Family Involvement
2. Communication
3. Understanding and Managing Behaviour
4. Legal Aspects
5. Medication and Alternative Therapies
6. Training of carers to be presenters at undergraduate courses.

The target audience for the modules are students in all undergraduate courses that turn out professionals working in the mental health field. The focus is on the development of core material at the base level in which we believe all graduates should be competent. Each module will cover rationale and practical implementation. The material will be developed in such a way that some of it can be adapted for online teaching material. Representatives from Melbourne University Psychosocial Research Centre, VICSERV, the Victorian Transcultural Psychiatry Unit, Bouverie, Latrobe University Social Work and Occupational Therapy Departments, Carers Victoria and VMIAAC are members of the Reference Committee for the project.

Marina Cavill and Margaret Leggatt were invited to present on the project at the Mental Health Nursing Education Taskforce Implementation Group Workshop, a two day national gathering with representatives from all the schools of nursing in Australia, looking at mental health in pre-registration nursing courses. The presentation on the modules was well received. Recently a trial of *Module 1: The Case for Family Involvement*, was delivered to University of Melbourne social work students, as part of the PDRS elective run by VICSERV. The feedback from VICSERV was "...I thought it (the presentation) was very powerful, inspiring and captured the value of involvement of the family within the sector. It was also great to see the theory of the material translated live ..." - Sue Durham, Training Manager, VICSERV.

Dual Diagnosis and Carers Research Scholarship

In June 2010, Laura David, a Research Worker with the team, was awarded a grant to study Carers of Consumers with Dual Diagnosis and Participation in Mental Health Service Delivery. The

project expects to identify what supports and/or hinders carer participation in dual diagnosis-focused service delivery and to provide services with useful information for the purposes of service evaluation and quality improvement.

While Laura has been seconded to work on the Dual Diagnosis project, a new researcher, Nicola Paton, has been appointed to fill her position. Nicola Paton has several years experience working as a passionate advocate in the community sector.

Marina Cavill was the VMHCN representative on the VICSERV Conference Planning Committee and participated in the selection of papers for the conference. Our involvement in the Mental Health Training Redevelopment Committee has ensured the opportunity to put forward the case for involvement and participation of families and other carers in the redevelopment of the Certificate IV and Diploma in Mental Health.

Marina Cavill and Laura David completed the Certificate IV in Training and Assessment, organised through VICSERV. This will broaden the scope of training material which staff are able to deliver.

Publications and Presentations

Experiences of Families/Carers with the Mental Health Service, Mental Health Social Workers Conference, 10 November 2009, Marina Cavill and Rosemary Callander

Mental Health Experience Co-Design (MH ECO): engaging consumers, carers and service providers in quality improvement, TheMHS Conference, Perth, 2009, (Poster session), Lei Ning, Rosemary Callander, Gerard Reed

Consumer and Carer Experience of Care and Support, A Victorian Mental Health Service Quality Improvement Initiative, December 2009, ASPR conference, Canberra, Lei Ning, Marina Cavill, Rosemary Callander and Wayne Weavell

Carers Experiences of the Mental Health System in Relation To Suicide: How to Achieve a Better Outcome, Margaret Leggatt and Marina Cavill, VICSERV Conference, Melbourne, 29-30 April 2010

Carers Experiences of the Mental Health System in Relation to Suicide, New Paradigm, Autumn 2010, Margaret Leggatt and Marina Cavill

MH ECO Experience Co-Design: A Mental Health Quality Improvement Initiative, Carer Consultant Training, May 2010, Lei Ning, Wayne Weavell and Sally Woodhouse (VMIAC) & Marina Cavill, Rosemary Callander, Karen Fairhurst and Laura David (Carers Network)

Family Involvement in Mental Health Care Training for Mental Health Professionals, Mental Health in Pre-Registration Nursing Courses, Melbourne, 7-8 June 2010, presentation by Dr Margaret Leggatt and Marina Cavill

Consumers, Carers and Service Providers Co-Designing Mental Health Services, A New Way Forward, TheMHS Conference 2010, Sydney, Rosemary Callander (VMHCN), Janne-Maree Blackman (DCMHC) and Wayne Weavell (VMIAC)

Identifying barriers to, and strategies for, increasing consumer and carer participation in the Eastern Heath, Aged Persons Mental Health Service (Peter James Centre), TheMHS Conference 2010, Sydney, Wayne Weavell and Karen Fairhurst

The Case for Family Involvement, 3 hour workshop to Social Work students, University of Melbourne, 14 October 2010, Margaret Leggatt and Laura David

Consumers and Carers as Partners in Mental Health Research: Reflections on the Experience of Two Project Teams, Victoria Australia, International Journal of Mental Health Nursing, Rosemary Callander, Lei Ning, Anna Crowley, Bianca Childs, Pam Brisbane, Tony Salter (forthcoming).



Marina Cavill
Project Manager

Carer Support Fund



The Carer Support Fund has now been administered by the VMHCN for one year. I am pleased to report that this has been a successful program. The service has proved to be responsive and effective in encouraging services to utilize the fund for direct support for carers. Now that the data is centrally collected, it will be possible to review the use of the fund. There is a constant steady flow of applications and the funds are being utilised across all Area Mental Health Services.

Our Internal Review generated many positive responses from Area Mental Health Services which recognised the fast turnaround for urgent applications, and the goodwill and energy with which our staff have responded. 90% of all applications are being turned around within three to five working days. Our review also showed that the majority of Area Mental Health Services are utilising their funds, and records show that carers are the beneficiaries.

We have also received many very moving letters and phone calls from carers expressing gratitude and appreciation of the support given to them by the program. They are grateful to be given some relief from the tremendous pressures which can suddenly confront them. For many the acknowledgement has been as important as the financial support.

Development of the on-line application system has been completed and it is now up and running and working without any problems. The majority of applications are now processed on-line and we will continue to provide encouragement and support for services that have not made the transition as yet. From July 2009 to June 2010, some 2,300 applications were processed.

Vouchers have been very popular and are proving to be an effective means of providing immediate emergency support.

A handwritten signature in black ink, appearing to read 'Robyn Wilson'.

Robyn Wilson

Administrator Carer Support Fund



Project Work Report

Carer Consultant Training

The completion of the first year of the *Carer Consultant and Carer Peer Support Worker Training Project* has seen the successful delivery of five modules. The evaluation of the modules by the Bouverie Centre show very positive outcomes with participants indicating a significant increase in skills and knowledge. Below are some of the highlights of the training.

Systemic Advocacy: Presentations by Silvia Alberti (Manager of Sector Quality and Workforce Development) and Bernie Geary OAM (Child Safety Commissioner) were highlights of the first module. Silvia Alberti discussed the opportunities for carers and Carer Consultants within the current mental health plan, as well as how to advocate effectively with government. Bernie Geary provided inspiration to the group by describing his experiences as an advocate for disadvantaged people within the community.

Effective Training and Presentation Skills: The preparation and delivery of training presentations were the highlights of the second module. Participants formed pairs to present a 10-minute presentation. Presentations included: steps in creating a carer support group, overcoming stigma, managing confidentiality and privacy concerns, and working with the CALD community. VICSERV and the Western Education and Training Cluster delivered this training.

Peer and Personal Support: The adaption of the Bouverie Centre's Single Session Work for a peer worker context, and Dr Marg Leggatt's session on how to use the lived experience in the role of carer peer worker were the highlights of the third module. Participants also developed a one-page document highlighting the emotional journey of carers.

Working with Carers from a CALD community: Presentations from carers from a culturally and linguistic diverse background were the highlights of the fourth module. They outlined the difficulties they have had in their caring journey as a result of cultural differences. The Victorian Transcultural Psychiatric Unit and ADEC delivered this training.

Working with Clinicians and Other Mental Health Professionals: The highlights of the fifth module were a presentation from a clinician and a Carer Consultant from regional Victoria on how their working relationship was transformed from one of professional indifference to one marked by good-will and collaboration; and a discussion panel of clinicians, managers and a psychiatrist, who discussed what Carer Consultants could do to improve their working relationship with mental health services.

In the next financial year the project will deliver a further four modules; as well as a final report to the Department of Health on the findings and recommendations of the project.

Carer Support Networks

We continue to develop strong grass-roots networks across Melbourne and Victoria with participation in the regional and rural networks. With the development of the VMHCN regional communication plan over the last year we are beginning to build stronger networks across

Victoria. In particular, I went to Mildura and attended a number of key regional meetings. In the next financial year I plan to travel to a number of other regional areas.

Representation on External Bodies

VMHCN is active in policy development through its representation on a number of reference and advisory groups. Participation in these groups allows the VMHCN to advocate for systemic change within the mental health system. Thank you to all the people who represented the VMHCN over the past year on reference and advisory groups. Without your support this important aspect of our advocacy work would not be possible. During 2009/10 the VMHCN had representation on the following groups:

- Ministerial Advisory Committee and its subcommittees
- Mental Health Reform Council
- National Mental Health Consumer and Carer Forum
- Royal Australian and New Zealand College of Psychiatry Committee
- Mental Health Consumer and Carer National Register
- Mental Health Advice Line Stakeholder Reference Group
- Victorian Dual Diagnosis Initiative reference group
- Centrelink Victoria Mental Health working group
- Centrelink Victoria Carers working group
- Demonstration Project Mental Health and Primary Carer reference group
- Families of Parents with a Mental Illness (FAPMI) Statewide Advisory Group
- Department of Human Services Suicide Guideline Project External Consultative Group
- Psychosocial Disability Rehabilitation Support Service – Department of Health Liaison
- PARC reference group
- Carer Consultant Network Victoria
- Victorian Carers Support Network
- Victorian Women and Mental Health Network
- Royal Australian College of Psychiatrists
- Carer Advocate reference group

Consultations that we have submitted

State

- Mental Health Act Review
- Victorian Carers Card
- Submission for the Inquiry into Public Hospital Performance Data
- Ministerial Advisory Committee Complaints project
- Inquiry into the Adequacy and Future Directions of Public Housing in Victoria
- Guidelines for Best Practice: Diversion and support of offenders with a mental illness
- A framework for Best Practice: Diversion and support of offenders with a mental illness

Federal

- NMHCCF statement on seclusion and restraint
- Senate inquiry into impact of suicide in Australia
- National Mental Health Workforce Strategy and Plan
- Identifying the Carer Project

Dave White

David White, Project Officer

Financial report for year ending 30 June 2010

The attached reports show the audited financial results for the Network's activities over the last year – an Income and Expenditure Statement for the period 1 July 2009 to 30 June 2010 and the Balance Sheet at 30 June 2010.

In simplified terms, the consolidated results show:

	\$	
Income	1,932,250	(including Carer Support Fund grants)
Expenses	1,848,074	
Surplus/deficit	84,177	
Net assets at 1 July 2009	126,558	
Surplus/deficit (from above)	84,177	
Net assets at 30 June 2010	210,735	

The make-up of net assets at year end is:

Cash	137,996
Car + depreciation provision	22,496
Furniture & equipment + depreciation	46,118
Security deposit	4,125
Total	210,735

The surplus for the year provides welcome recovery from the deficits reported over the previous two years. It has arisen as a result of a number of factors – periods of reduced staffing as we recruited to fill vacancies; success in securing grants for seven research and development projects (in addition to “routine” Department of Health funding); obtaining *pro bono* support for strategic plan development and for training of board members; sales of books; receipt of higher bank interest income than anticipated in our budget.

The cash reserves at year-end, as above, are \$137,996. The expenditure currently budgeted for 2010-11 is over \$915,000 (excluding payments made to carers from the Carer Support Fund). The budget shows an expected deficit of \$31,000 unless additional income is obtained. The Board of the Network is of the opinion that the remaining reserves of about \$107,000, equivalent to only 6 weeks of expected expenditure, will then be at the low end of the acceptable range.



Warren Jenkins

Treasurer

**VICTORIAN MENTAL HEALTH CARERS NETWORK INC
INCOME AND EXPENDITURE
FOR THE YEAR ENDED 30TH JUNE 2010**

Income

DHS funding	572,309
Carer Support Fund	1,220,495
CREU projects (CC training)	50,000
Other income	63,948
Interest	<u>25,498</u>
Total income	1,932,250

Expenditure

Program expenditure (CSF grants)	1,090,122
Vouchers	129,199
Salaries & staff expenses	441,937
Office expenses	108,231
Motor vehicle expenses	4,973
Operational expenses	67,003
Depreciation expenses	<u>6,610</u>
Total expenditure	1,848,074

Net surplus

	84,177
Retained earnings transferred from ARAFEMI	<u>126,558</u>
Retained earnings at the end of the year	210,735

VICTORIAN MENTAL HEALTH CARERS NETWORK INC
BALANCE SHEET
AS AT THE 30TH JUNE 2010

<u>Current Assets</u>	
CSB	720,518
Carer Supprt Fund	101,918
Petty cash	300
Gift account	260
Debit card account	5,301
Vouchers on hand	21,826
Trade debtors	<u>10,271</u>
Total Current Assets	860,394
<u>Non Current Assets</u>	
Motor vehicle	22,496
Accumulated depreciation	(12,941)
Furniture & equip	46,118
Accumulated depreciation	(10,469)
Security deposit	<u>4,125</u>
Total Non Current Assets	49,329
<u>Total Assets</u>	909,723
<u>Current Liabilities</u>	
Creditors	48,906
GST liability	14,565
Annual leave provision	29,294
Sick leave	9,070
Payroll accrual	6,811
Income in advance	576,292
Superannuation	7,654
Employee deductions	3,811
Work Cover	<u>2,585</u>
Total Current Liabilities	698,988
<u>Total Liabilities</u>	698,988
<u>Net Assets</u>	210,735
<u>Retained Earnings</u>	210,735