



# ANNUAL REPORT 2022

SUPPORTING MENTAL WELLNESS & RECOVERY



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# OUR VALUES

## VISION

A mentally well community without judgement where all people are accepted equally.



## OBJECTIVE

To support and advocate for mental wellness and recovery through the delivery of quality services to people whose lives are affected by mental illness.

## RESPECT

To recognise the right of all stakeholders to be listened to and to be able to make informed choices.



## COMMITMENT

To provide quality services to support mental wellness and recovery.

## INTEGRITY

To provide quality services that are of the highest ethical standards and are noncoercive, non-exploitative regardless of age, gender, cultural background, social status, sexual orientation, disability or religion.



# MANAGEMENT COMMITTEE

## Vanessa Harris Chairperson

Vanessa is currently employed at the Menzies School of Health Research as the Biyamarr ma Manager and was previously the CEO for the NT Mental Health Coalition and FORWAARD. Vanessa is a local Territorian who's grandmother was a part of the Stolen Generations. Vanessa also has an extensive career in Aboriginal Health, Commonwealth Government, and within the Aboriginal Community Control sector.

## Joy Green Secretary

While her initial impetus was to advocate on behalf of her son, Joy's reach has extended to all people with a mental illness and their carers. In 2008 Joy was nominated for the Australian of the Year Award and was consequently awarded the NT Senior of the Year for her work in Mental Health.

## Maureen Booth Ordinary Member

Maureen Booth has been a member of MIFANT for approximately 6 years and more recently a committee member. Maureen cares for her partner of 24 yrs who suffers from PTSD. Maureen has lived in Darwin since 1978 and is interested in mental health having had friends and family who also struggle.

## Laura Milne Ordinary Member

Laura is the Operations Manager of Hibiscus Shoppingtown. The centre encourages community engagement activities and events throughout the year which enhances a family friendly community environment.

Laura has seen firsthand the impact of mental health in the community and nominated to be on the MIFANT Board to support the work of MIFANT in the community and brings a wealth of knowledge and compassion to the Board. Laura's interest includes supporting community wellbeing programs.

## Luciana Baronio Secretary

Luciana Baronio joined the MIFANT Board as Secretary. Luciana has brought a wealth of knowledge to the Board both as the Secretary and has utilised MIFANT's services as a carer. Luciana has a Bachelor of Business from Darwin University and an MBA from Canberra University. Luciana is a locally born territorian with experience in Computer Technology, and Education and Training.

# PRESIDENT'S REPORT



**This year MIFANT emerged from the challenges of the COVID-19 lockdowns and lockouts and continued to providing face to face programs for our clients, including outings and social gatherings.**

During this past year the MIFANT Board held a strategic planning workshop and updated the organisations constitution followed by a special general meeting after the AGM to ratify the changes.

The Strategic Plan held in November 2021 was an opportunity to revisit MIFANT as an organisation and to explore and describe who we are and what our values are? MIFANT remains a grass roots, boutique organisation providing mental health services through the lens of mental wellness and recovery.

During this period, we also launched our new look, modernising the brand to be more uplifting, vibrant and empowering by simplifying to the acronym and changing the font, colours and logo symbol.

The new brand identifies MIFANT as a modern boutique organisation with a strong focus on supporting mental wellness and recovery. These changes also include an acknowledgement to Rory and his dream to have a safe place to meet and play pool.

The NDIS (National Disability Insurance Scheme) continues to challenge MIFANT but the organisation continues to provide support coordination, recovery coach, individual supports and social and community participation, short-term overnight accommodation with a focus on client's choice of services and wellbeing programs. The other challenge has been the loss of Carers funding, the funding provided support and wellbeing programs for carers.

Despite these challenges MIFANT continues to provide mental wellness and recovery through advocacy, support, education and respite for those with mental health concerns.

I wish to thank the staff and board members past and present for their dedication and support of MIFANT and for all their efforts in supporting our participants.

A special thank you to Lorraine Davies for continue to show leadership and a commitment to MIFANT.

**Vanessa Harris**  
**Chairperson**

# EXECUTIVE OFFICER'S REPORT



**This year has seen the unusual circumstances of both unprecedented positive and negative situations affecting the organisation. The positive aspects have included the preparation for our 30 year celebrations in our 3 centres of operation which are due to occur early in the new financial year together with the refunding of our Mi Place program which includes the provision of a peer/recovery worker. The negative aspects have been more COVID related challenges with the great resignation in full force and limited availability of staff within the industry. Also due to the rise of online carer support services in the form of the Care Gateway, we lost our mental health carer funding after providing this service for 28 years.**

Regardless of challenges, we have however maintained our grass roots commitment to providing quality, participant focussed programs to people living with a mental illness throughout the period, as we know that these programs prevent people from falling through the gaps between clinical and NDIS services.

MIFANT's affiliation with national bodies Mental Illness Fellowship of Australia (MIFA) and Mental Health Carers Australia (MHCA) has also seen strong advocating for the needs of people with a mental illness and their families and friends to ensure services for those without an NDIS package continue.

MIFA in particular have established the National Psychosocial Support Advocacy Alliance which has 35 organisation members (including MIFANT) who are specifically advocating for the development of a national support program for all who need psychosocial supports within their community and do not have an NDIS package.

During this period, our NDIS services have also included one of the first Recovery Coach services in the Darwin region provided by a person with a lived experience. This important service allows a person living with a mental illness to have access to someone who understands what it is like to have a mental illness and how to progress on their recovery journey.

This year, MIFANT has also continued to support young people who are not eligible for an NDIS package with programs and services in Tennant Creek and Alice Springs. These government funded programs are essential for people where there are limited other services available and provide effective and timely supports for young people at risk of developing a mental illness.

I would like to thank our Management Committee, staff, volunteers, funders, donors and partners for all your support over the past year.

**Lorraine Davies**  
**Executive Officer**

# SNAPSHOT

# 2057

## MI PLACE PARTICIPANTS



# 5870

## ACTIVITIES OFFERED



# 460

## CARERS RECEIVED SUPPORT



# 145

## RESPIRE ACTIVITIES OFFERED IN DARWIN





473

MI TRACK  
CLIENTS



1497

CHILDREN AND  
YOUNG PEOPLE  
RECEIVED SUPPORT



247

COOL PROGRAM  
ATTENDANCES

158

OUTINGS OFFERED



NDIS

15% SUPPORT  
COORDINATION

70% SOCIAL AND  
COMMUNITY  
PARTICIPATION

5% DAILY LIVING

10% SHORT TERM  
ACCOMMODATION

We   
ndis

# OUR PROGRAMS

## CARER SUPPORT



## MI TRACK



## COOL PROGRAM

## MI PLACE



## OUR PLACE



# MI PLACE



**Mi Place drop in centre offers a range of activities in a safe and fun environment to promote mental wellness and inclusion. Mi Place is funded by the NT Government to support people living with a mental health condition who do not have an NDIS package. People with NDIS are welcome to attend utilising funds from their NDIS package.**

Mi Place assists participants to work on their recovery journey through identifying their social, recreational goals and skill development by engaging in therapeutic programs and activities that have included:

- Yoga, Meditation & Wellbeing
- Arts & Crafts
- Specialised art programs such as printing and fine art
- Gardening
- Puzzles
- Arcade games and Pool Game Competitions
- Dancing and Karaoke
- Drumming and music
- BBQ

Our participants enjoy socialising and relaxing in the expanding tranquil garden area that was this year dedicated to Rory Green and formally opened by The NT Administrator Her Honour the Honourable Vicki O'Halloran. Rory was the son of of our founding

member who dreamed of having a garden to socialise with friends, a pool table to play pool and a meal a day. Although Rory has since passed, MIFANT has finally fulfilled Rory's dream with the beautiful garden that all participants of Mi Place now enjoy.

Participants also engage in daily living activities to assist them with life skills that help them to become more independent. Activities include kitchen duties, gardening, recycling, organising & cleaning and washing.

Our notice board event is once month where participants enjoy preparing for and participating in special events such as:

- Mi Place Open Days and Art Exhibitions
- Schizophrenia Awareness week
- Mental Health Week
- RUOK Day
- Valentine's Day
- Easter
- Friendship Day
- Melbourne Cup
- NAIDOC Day
- Rory's Garden opening

Mi Place has also hosted a speaker every month from Darwin Community Legal Services to discuss the subjects that our participants have requested information about:

- NDIS appeals support
- Welfare
- Elder and disability rights
- Credit/debit legal services
- Disability
- Discrimination
- Guardianship information
- Homelessness advice
- Tenancy advice
- Scams & abuse
- Neglect

Participants from Mi Place have provided feedback that the knowledge they have gained from attending these sessions has been very useful and helpful for them.

The peer support and lived experience worker at Mi Place enables participants to share their experiences which develops social connectivity, builds self-esteem and provides a source of good news and encouragement. Feedback from participants is that they feel that they are part of a safe and encouraging community.



# COOL PROGRAM



**MIFANT offers excursions for participants through the Cool Program. This program focuses on social and community participation for participants and provides outing activities every Tuesday afternoon and once a fortnight on a Saturday with up to 10 attendees travelling on the Mifant bus. This is a great opportunity for people to socialise and attend activities**

These outings enable people living with mental health conditions to enjoy outings they would not otherwise have the opportunity to attend. The program is particularly important for those people who are living alone or socially isolated and enables participants to be active in their community.

Participants are able to suggest what outings and activities they would like to attend. In 2022 MIFANT participants enjoyed outings further afield to places such as Litchfield National Park, Crab Claw Island, Mary River, Lake Bennett and Dundee Beach where they have enjoyed the wonderful NT scenery and wildlife.

For those who enjoy physical activity, there have been walking activities along the beach and through

Botanical Gardens and Charles Darwin National Park.

Others have enjoyed visiting Darwin's museums and Art Galleries, as well as Government House and Parliament House.

The program has also catered to the foodie participants with visits to local and rural markets to take in the street food and pubs and restaurants for both new and favourite meals.

For those with a competitive streak, activities have included Ten Pin Bowling, Mini Putt-Putt, and lawn bowls.

Other activities have included op shopping, visiting a stable to feed the horses, fishing, visiting the RSPCA and relaxing at the cinema as well as attending Darwin Festival.

All of the activities provide participants an opportunity to find out what their peers like to do and share in the experience creating lasting memories as well as experiencing something new.

Many of these experiences are not usually possible for some participants due to the effects of their mental health condition together with lack of resources. The Cool Program provides a unique opportunity for those that wish to participate.

# OUR PLACE



**Our Place provides a service specifically focusing on support for participants who have an NDIS plan.**

MIFANT's support staff engage with participants and assist, support and encourage them by promoting skill development to achieve their individual goals in accordance with their MIFANT Client Support Plan and NDIS Service Agreement. Some of the goals and skill development activities include:

- Promoting all participants to have choice and control in making decisions for themselves
- Advise and assist referral pathways to relevant stakeholders
- Advocate on behalf of participants
- Encourage participants to be respectful and culturally appropriate at all times
- Provide a Peer Support Worker with lived experience to listen and advise none judgementally
- Support participants to become independent
- Build confidence to do things they have wanted to do in the past but have been apprehensive to do
- Learn skills to live independently
- Improving literacy and numeracy knowledge
- Enjoy being involved in musical, scientific and artistic tasks
- Learning WHS procedures whilst being indoors and outdoors

# CARER PROGRAM DARWIN & ALICE SPRINGS



The MIFANT Carer Support Program has provided individual and group support and respite to people caring for those with a mental health condition. The Carers' Program has offered social wellness activities, peer support networks, and overnight stays at our respite accommodation and retreats to give carers the chance to step away from their roles.

Our education programs have assisted carers to build knowledge about mental health while our wellness program assists carers to learn how to self-care and stress management while caring for others.

Unfortunately, due to the rise of digital support services through the Care Gateway, MIFANT's funding for the carer program finished on June 30th 2022. Consequently, for the second part of the year carers were able to access workshops detailing where to continue to get help and support for their caring role.





# KARAMA COTTAGE



**Karama Cottage is a multi-use overnight stay accommodation for people living with a mental health condition or caring for someone with a mental health issue.**

Karama Cottage provides short-term supported accommodation for participants living with a psychosocial disability who have an NDIS plan.

At Karama Cottage participants can relax or learn independent living skills with support from social workers.

Karama Cottage also offers respite accommodation for people caring for somebody with a mental health condition.

Karama Cottage is an elevated style house is located on a quiet street in Karama, offering a warm and welcoming atmosphere designed to help guests relax.

The house is close to shops, bus routes, bike tracks, Holmes Jungle Park, and Crocodylus Park.

Accommodation options vary according to the needs of the people requesting to stay at the house.

Options include weekend breaks, overnight stays, or longer breaks, and can also be regular planned stays or one-offs. The options are tailored to support the person's needs.

# MI TRACK ALICE SPRINGS



**The Mi Track Program provides individual support and case management to children and young people with an age range of 6 years to 18 years and a median age of 10 years of age.**

As part of the program's strategy to ensuring that clients are receiving best practice services, Mi Track offers a range of evidenced based early intervention activities to families in Central Australia.

Mi Track Alice Springs delivers individual support and case management along with group activities to enable participants the opportunity to gain confidence in a peer environment, practice resilience and develop social skills.

Christmas school holidays saw a collaboration between Mifant and the Bush Mob offering children the opportunity to go on a camp at Ross River.

The camp provided an opportunity to reconnect to country with the support of community elders and activities included:

- Bush Walks
- Bush food and medicine
- Horsemanship
- Star gazing
- Cultural Awareness
- Treasure hunt



# MI TRACK TENNANT CREEK



**The Mi Track Program provides individual support and case management to children and young people with an age range of 6 years to 18 years and a median age of 10 years of age.**

As well as case management, Mi Track provides a group session on most week days with children and youth attending after school. During these activities, participants are involved in activities such as building and maintaining relationships with their peers, building resilience, healthy eating and nutrition, hygiene as well as creative identity.

Mi Track Tennant Creek has also been involved in many collaborations to provide the community with information and awareness of youth mental health. Community events have included

- Dolly Day
- Infant Mental Health Awareness
- World Suicide Prevention
- Women's and Girls Health Week
- NAIDOC
- School Holiday Program

## School Holiday Program

Mi Track was excited at the return of Live vibe for the June-July School Holiday program. LVM WORKSHOPS use a swag of technology & visual art mediums to facilitate workshops engaging participants in creative expression and the outcomes vary using film / visual arts / music / voice / song writing / recording / performance.

Using a portable recording/film studio as a platform for participants to 'build' their songs, choose the genre, tempo, key & instruments and the decision making input supports a sense of ownership while at the same time learning by doing - how to write, create songs & work collaboratively. Below are the links

ShowUp ShowUp - <https://ddec1-0-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fyoutu.be%2f05QeYPxlg2c&umid=02ba6073-6b5f-417c-b6ab-86b357e3c6e4&auth=0a0b3a2a282a253eee5170d8fc731b6bb23b8090-52489470040b1d0ff2b143786fd7bf6587352db0>

MITRACK sting - <https://youtu.be/oCmi8HCqPGI>

# NDIS SUPPORT

We   
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**As a boutique mental health service, MIFANT is able to offer supports and services that are specifically purposed to support people living with a mental health issue as opposed to generalised disability services.**

With an increase in the number of NDIS plan's now including a Recovery Coach for people with a Psychosocial disability, MIFANT as a mental health specialised service has been supporting peer led supports for more than 20 years, and was therefore able to deliver on providing Recovery Coaching services immediately. As a consequence, it has been pleasing to see people progressing on their recovery journey with great outcomes.

As the NDIS continues to evolve, MIFA(NT) has been equally flexible to integrate the changes into our business model with constant tweaking of our systems to ensure our clients receive the best quality mental health services possible.

Services we have provided over the year have included:

- Support Coordination
- Recovery Coach
- Group and Centre based activities
- Social Participation in Community
- Short Term Accommodation

We look forward to welcoming more participants with an NDIS plan to access our services in the coming year.



# COMMUNITY ENGAGEMENT

Throughout the year MIFANT engages with the community in hosting a range of events to raise awareness about mental health in order to reduce stigma, as well as providing information, and training to assist those who have a mental health condition, their families and carers.

Throughout the year activities at our 3 centres in Darwin, Tennant Creek and Alice Springs have included information stalls at shopping centres, exhibitions, events and mental wellness talks at agencies and open days.

MIFANT also organised a Carer Expo at the Darwin Waterfront for carers and families to gain information about where to get support for themselves and their loved ones. The event had a wide range of information provided by a range of NT organisations, entertainment and was also attended by the NT Administrator, Her Honour the Honourable Vicky O'Halloran.

MIFANT's annual open days and art exhibitions for Schizophrenia Awareness Week and Mental Health Week provides an opportunity for people with a mental health issue to showcase their art work and enjoy entertainment and a BBQ lunch at Mi Place. Both open days were attended by the Hon. Ngaree Ah Kit MLA who expressed the necessity and importance of mental health support within the community.



Mifant also hosted its annual Mental Health Week Dinner with guest speaker Lulu Hawton. Lulu is a boxer who has been able to manage her own mental health issues to become a world champion. Lulu's story was inspiring to all 108 guests who attended the dinner providing encouragement to all of those on their own recovery journey. The dinner also featured musical entertainment, raffles and a silent auction which was made possible with the support of local businesses and the PHN.





## MI NETWORKS

Mi Networks is an initiative by the Mental Illness Fellowship of Australia. Mi Networks promises that we can help connect people with a mental illness, their carers and families to the information and services they need. Mi Networks will provide relevant and up-to-date information and will link people to the best programs and services to suit their requirements. Mi Networks promises that people can expect this personalised service at every location.



**SANE**  
**AUSTRALIA**

The SANE AUSTRALIA logo is set against a solid blue rectangular background. The word 'SANE' is written in a large, bold, white, sans-serif font. Below it, the word 'AUSTRALIA' is written in a smaller, bold, black, sans-serif font.

## SANE AUSTRALIA

In partnership with SANE, Mental Illness Fellowship provides an online forum for people living with a mental illness and another forum for families and friends of people living with a mental illness. The forums provide a free, peer-to-peer service where carers and people living with mental illness can link up and share stories, tips and offer support. The forums are anonymous and moderated to ensure they remain safe and welcoming for all members of the community. Both forums can be found on our website.

# SUPPORTERS

We would like to thank all our supporters without whom all MIFA(NT) programs, services and activities would not occur. Support comes in many forms including financial, volunteering, national systemic advocacy and provision of services to name a few. We are deeply grateful to all those who have supported MIFA(NT) throughout the year.



# NATIONAL PARTNERS



Mifant is the NT member of the Mental Illness Fellowship Australia (MIFA) a national alliance of not for profit mental health service providers. MIFA provides an Australian voice to international mental health networks as well as national voice representing a federation of organisations around the country. Over the past year, MIFA continues to advocate for National Reform in the Mental Health sector with the development of the National Psychosocial Support Advocacy Alliance who together with 35 other leading mental health organisations are addressing the gaps in psychosocial supports so people stop missing out on the services they need to support their recovery.



Mental Health Carers Australia (MHCA) was initially founded through the grassroots efforts of mental health carers. MHCA currently works at a national level to advocate on behalf of mental health carers. This year MHCA has been focusing on becoming a National Mental Health Carers Peak Body.



## BOARD REPRESENTATION

Our staff and board members sit on various boards and committees that ensures the choice of those with mental illness and the families and carers represented. The boards and groups listed below are those where decisions are made that can influence state and national policy.

**NT Mental Health Coalition**

**Psychosis Trust Australia**

**Mental Health Carers Australia**

**Mental Illness Fellowship of Australia**

**Our Way Our Say Headspace forum**

## TREASURERS REPORT

The Mifant audit this year was conducted by BDH Consulting Pty Ltd. In the opinion of the auditor the financial reports presented fairly and the financial performance of the organisation as at 30th June 2021 ended in accordance with accounting policies to the financial statements and the requirements of the Associations Act.



**To make a donation to MIFANT, via the link :  
<http://www.givenow.com.au/MIFANT>**

# FINANCIAL SUMMARY

INCOME SUMMARY	2022	2021
FUNDING	1,61,4431	1,626,634
OTHER INCOME	450.403	589,082
<b>TOTAL INCOME</b>	<b>2,064,834</b>	<b>2,215,716</b>

EXPENDITURE SUMMARY	2022	2021
OPERATING EXPENDITURE	2,108,099	2,172,172
OPERATING SURPLUS	43,265	43,544
<b>TOTAL COMPREHENSIVE INCOME</b>	<b>43,265</b>	<b>43,544</b>

FINANCIAL POSITION	2022	2021
<b>ASSETS</b>		
CASH ASSETS	1,125,089	980,480
OTHER ASSETS	80,931	81,046
<b>TOTAL CURRENT ASSETS</b>	<b>1,206,020</b>	<b>1,061,526</b>
PROPERTY PLANT & EQUIPMENT	208,932	294,699
OTHER		20,127
<b>TOTAL NON CURRENT ASSETS</b>	<b>208,932</b>	<b>314,827</b>
<b>TOTAL ASSETS</b>	<b>1,414,952</b>	<b>1,376,353</b>

LIABILITIES	2022	2021
PAYABLES	281,257	119,205
FINANCIAL	86,283	148,606
CURRENT TAX LIABILITIES	11,550	19,078
PROVISIONS	100,671	111,008
<b>TOTAL LIABILITIES</b>	<b>479,761</b>	<b>397,897</b>
<b>NET ASSETS</b>	<b>935,191</b>	<b>978,456</b>
<b>MEMBERS FUNDS</b>	<b>935,191</b>	<b>978,456</b>