



# MENTAL ILLNESS FELLOWSHIP of Australia (NT) Inc



**Annual Report 2018**

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# Our Values

## Respect

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

## Commitment

To provide appropriate services in a timely and co-ordinated manner. We also acknowledge that our staff are our most essential resource and we are committed to value, respect, support and encourage them accordingly.

## Integrity

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

# Our Vision

A society where understanding and acceptance of mental illness is implicit and all those affected by mental illness are able to make a valued contribution.

# Our Mission

Our mission is to provide high quality recovery-based programs offering support, education, information, and respite to all people whose lives are affected by mental illness. Our goal is to reduce community restrictions experienced by all people affected by mental illness and improve their quality of life.

**Bronwyn Russell**  
**President**

Bronwyn's previous roles have included Executive Director, Engineers Australia NT and Mental Health Coordinator, GP Network NT. Bronwyn Currently sits on the National Boards of Mental Health Carers Australia and Mental Illness Fellowship of Australia and is a trustee for Psychosis Australia.

**Joy Green**  
**Secretary**  
**Pulic Officer**

Joy is a founding member of MIFA(NT). 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

**Julie Danvers**  
**Treasurer**

Julie has been a member of MIFA(NT) for a number of years and volunteered for the role of Treasurer to be more supportive of MIFA(NT). Julie is an experienced Treasurer for a number of non-profit organisations and has a background in finance with a Bachelor of Business, majoring in accounting. Julie currently teaches business and accounting at a local high school.

# Management Committee

**Stephen Gelding**  
**Ordinary Member**

Steve is currently the Executive Director of NT WorkSafe. During the past 35 years, he has predominately worked in the health services sector, commencing as a Registered Nurse. He was the General Manager of the Top End Mental Health Service 2004-2008 and was Senior Advisor to the NT Health Minister 2012/2013. Steve maintains an interest and commitment to individuals living with mental illness

**Karen Christopher**  
**Ordinary Member**

Karen is a long term Territorian, having lived in Darwin since 1978 and raised 3 children here. She has degrees in Law and Business and has practiced in the area of commercial law exclusively since 1993. Karen brings a wealth of private practice, government and in-house corporate experience to the MIFA(NT) Management Committee.

**Teresa Hall**  
**Ordinary Member**

Teresa Hall is a partner in Ward Keller's commercial division. Teresa has double degree's in law and arts. After running her own practice in South Australia, Teresa who was born in Darwin, returned to the Territory to take up the position at Ward Keller. Teresa has a strong interest in mental health and joined the MIFA(NT) management committee in May 2018.

# Report

## President



One can never predict what the year will bring working in the Mental Illness sector and this year is no exception. Our programs continue to expand and we still seek additional funding where ever we can get it. It is such a challenge for staff and I congratulate everyone for being resourceful and working beyond expectations. We have had staff changes over the year of course which is also what we have come to expect in the sector, so it always a challenge to find new people.

One of the exciting moments has been the development of a new room to enable different activities to occur. It has been built above the toilets in the large outdoor area and looks fantastic. So many people have contributed to this project with the initial funding coming from the NT Government and added to by large amounts of pro bono work to enable it to happen. If you haven't seen it yet then you have a treat in store. It will be officially launched during Mental Health week in October.

The involvement we have with our key national groups has kept everyone busy as there has been intense lobbying to maintain the services that we currently offer consumers and carers. There have been some wins with the Australian Government so the future is looking more positive. We are still grateful to The NT Government for their ongoing support. It is always a boost to hear our politicians proclaiming that they will not let anyone lose what they already have through the NGO programs.

The Corporate dinners continue to be a success and this year we will be targeting the AFL with a player/speaker and the dinner will be held at the Michael Long Centre. I hope to see you there.

Bronwyn Russell  
President



# Executive Officer

# Report



Throughout the year, the organisation has been preparing for the roll out of NDIS. Whilst our block funding has been sufficient to maintain our programs, the level of funding into the future will be reduced as the NDIS becomes established and people begin to receive their NDIS packages. It is therefore important for the organisation to be prepared for this change. Preparations have included improving our processes and working to ensure our systems are more agile and efficient while continuing to maintain our commitment to quality service provision.

The NT has been the last area to roll out the NDIS, where as some other areas have been providing NDIS services and products for up to two years. As a member of both National bodies Mental Illness Fellowship of Australia and Mental Health Carers Australia, we have been fortunate to have the opportunity to learn from the challenges and experiences relating to the NDIS from our fellow members around the country and we thank them for their generosity and assistance. As with any new system, the NDIS has created a number of emerging issues and over the past year both our National bodies have been very active advocating about the growing issues people with a mental illness and their carers are facing while transitioning to NDIS.

With regards to our programs in the NT we have advocated for people locally in relation to their personal needs eg housing to ensure their needs are met. We have also seen some wonderful outcomes for children and youth in our early intervention program. Tennant Creek has this year experienced some very negative events that have played out in the media. However, our early intervention program in both Tennant Creek and Alice Springs has provided some excellent insight into what children are thinking through interviews, art and music. These video's are able to be seen on our website and show how children can build resilience and express their hopes and dreams with a positive intervention.

Finally I would like to thank all the staff for their commitment to providing quality services to our clients throughout the year.

Lorraine Davies  
Executive Officer

# Our Highlights



Over 550 people were assisted



1040 Page views on our online forums



25 staff and volunteers



Support provided to people between the ages of 0 to 65

*" I am very grateful for the opportunity to have been involved at the end of Schizophrenia Awareness week and as a carer how it has allowed me to really understand the importance of support from other carers"*

*"I have now moved to Tasmania and just would like to say that I appreciated the support from MIFA(NT) and think your service is such an invaluable one"*

*"All you do is make an appointment and the staff are there and they understand"*





# Programs





# Report

## Programs Manager



MIFA(NT) has a number of programs in the Northern Territory for carers, consumers (people with a mental illness) and children and youth which are funded from various sources including NT Government Dept. of Health, NT Territory Families, Commonwealth Dept. of Social Services, Darwin City Council, Palmerston City Council & Alice Springs City council

MIFA(NT) Carer programs support the family carers of people living with mental illness in Darwin and Alice Springs to provide one on one support, advocacy, respite, peer support, referrals and education. The carer programs provided support to 228 family carers in 2017/18.

MIFA(NT) programs support consumers living with a mental illness to work towards their recovery and assist in developing peer support networks. Programs include miPlace in Darwin which is a drop in centre with activities to promote health and wellbeing, one on one support, referrals and education and the Cool Program which provides social inclusion and community access activities for consumers living with a mental illness that promotes development of peer support networks in as well as accessing the local community.

MiTrack program in Alice Springs and Tennant Creek is an early intervention program providing Case Management and school holiday programs for children and young people aged 0-18, their families and community who have or are at risk of developing mental illness. The MiTrack program provided support to 117 children and families in 2017/18.

Chrissie Nichols  
Programs manager



# miPlace

This year miPlace has supported clients in many different ways. From providing one-on-one support to many different social activities throughout the year, miPlace has provided over 1000 occasions of support which has included introducing many new activities that keep clients engaged and excited.

With our yoga class held every Monday, clients have been able to feel relaxed and calm. Researchers have discovered that yoga benefits many areas in life including, greater levels of happiness and an improvement in immune systems. The yoga class has increased in numbers throughout the year with both new and old clients attending.

As well as yoga, miPlace's art program has been engaging for all clients involved. The program has involved the group creating a mosaic piece together allowing peer support to happen organically as well as supporting individuals to accomplish their artistic dreams. Many clients have submitted their artwork in various art exhibitions and competitions with some great success stories, whereas others have focussed on their own individual art exhibition showcasing their works. Many clients have also entered artwork into our own miPlace art exhibitions during Schizophrenia Awareness Week (with 39 pieces of artwork being submitted) and Mental Health Week. Participants are constantly improving and showing a tremendous amount of talent in the art classes and putting in effort to complete their artworks.

We also welcomed Roxy and Quinton the Labrador therapy dogs with their owner Hannah into the centre, with many clients excited to welcome them into our miPlace family. Therapy dogs are used to calm and relax people in distress, and this shows as many clients enjoyed sitting and playing with Roxy and Quinton.

miPlace participants have also enjoyed creating candles, experimenting with beautiful aromatherapy scents and colours which everyone could enjoy. This popular activity will continue throughout the coming year with the addition of making soaps and lip balm for participants to gift to family and friends.

Healthy Living NT made an appearance as guest speakers at miPlace during the year to discuss diabetes and anxiety. People with a mental illness die up to 25 years younger than the general population from illnesses such as diabetes and heart disease and it is therefore important for these people to have access to this type of information. We will be sure to keep the information classes going for participants to increase their knowledge on healthy eating habits, prevention and many other issues that affect their lives, throughout the coming year.



# miPlace





The miPlace centre also welcomed a brand new pool table which many clients were excited about. The pool table is used constantly at the centre and is enjoyed by all. Clients had expressed through the consumer meetings their desire for a new pool table and the weekly pool table competition allows participants to compete with fellow peers in a safe environment.

Consumer meetings are held monthly at miPlace and utilised to support clients and address their needs as well as activities they would like to see being done in the centre. The meetings have been beneficial for both clients and staff and ensure that clients have a say in activities and are able to provide feedback to staff.

The miPlace centre has held many special events and activities this year including, Australia Day BBQ, Melbourne Cup lunch, Christmas art activities, Harmony Day lunch and activities and many others.

The miPlace centre is lucky to have three areas for participants to enjoy including a garden area where many enjoy sitting in the garden with friends and appreciate the beautiful plants blooming. Both clients and staff pride themselves on this lovely area and have worked hard to maintain the garden, planting new things and keeping the garden in a wonderful condition.



**miPlace**





## Cool Program

Cool Program is specifically designed to build up the socialisation skills of consumers to reduce social isolation in a supportive environment. This program helps participants to connect with others while visiting different places in Darwin and surrounding areas. Cool program also helps participants to get connected with the community and also contribute positively to their own recovery journey. Some of the outings involve a chance for physical activity and exercise which encourages healthier living and enhances the feeling of wellbeing.

The program helps the consumers to explore Darwin, Palmerston and greater Darwin region in the company of people who have chosen where they would like to go and what they would like to do. The range of activities also assists in building up participants confidence and encourages them to be the part of their own community.

Every alternative Saturday we organise a full day outing program and every Tuesday afternoon we go for a half day afternoon outing.

MIFA (NT) offers pick up and drop off facilities for those who cannot access public transport or are having problems travelling by themselves. At the beginning of each month we publish a Cool Program calendar outlining the activities chosen by participants which also helps them to plan their time and finances to make sure they can participate in their favourite trips.

This financial year we were lucky to have some funding to organise various activities and visit some popular destinations like Crocosaurus Cove, Crocodylus Park, Royal Flying Doctors, Wave Pool, Darwin Military Museum, and the movies. Other activities included the Sea Breeze Festival where a number of participants had art pieces in the Festival Art competition, local art galleries, and Coolalinga rural market. Fish Feeding at Doctor's Gully was a popular outing and participants chose walks in different beautiful parks around the Darwin area. During the dry season, participants look forward to some full day trips to greater Darwin region such as our beautiful national parks Litchfield, Berry Springs, Howard Springs and Corrobboree Billa-bong where people are able to experience the wonderful Territory landscape and wildlife.

Cool Program is one of the most popular programs among consumers as they get the opportunity to meet friends and travel to their favourite activities in small groups.



# Cool Program





## Carer Services

### Individual Support

Many carers that access our service often need someone to talk to about their caring role. Our individual support program not only provides an understanding person to talk to, it offers support through referral, advocacy, information, goal setting and planning. We recognise that we cannot always provide the assistance a carer needs and therefore work with a wide range of other organisations and services to ensure carers get the help they need when they need it.

### Group Support

MIFANT offers a number of opportunities for group and peer support through activities that provide social connection, physical activity, information sharing and respite. Throughout the year, some of the groups have included yoga, barefoot bowls and golf, all providing social connection combined with physical activity and our morning tea's which combines peer and social support, information sharing and respite activities.

Our online carer forum also provides support both individually and as a group for those that unable to attend a session in person.

### Carer Connect

Throughout the year the Carer Connect program has supported 44 carers to take a regular monthly break with other carers. These brief breaks include activities such as dinner and a movie or an afternoon of pampering which allow carers to do something fun and enjoyable for themselves.

Carer Connect and the other group programs assist carers to identify and discuss their own caring issues with others who may be experiencing the same issues.

### Respite

Karama Cottage is situated in a quiet location close to local shops, parks, hospital and popular holiday attractions. The cottage has 3 bedrooms which makes it an ideal place to stay for single carers or carers with a family who are needing some well earned respite.

Over the past year the cottage has been utilised by local and interstate carers who have been able to stay and receive carer support while staying in Darwin supporting family who are inpatients at the Darwin Mental Health Unit.

Families living in rural Darwin region have also spent time at the cottage where these stays or retreats have been appreciated by families needing a break from their caring role in a relaxing environment not too far away from home.

The cottage has also been used by consumers who are able to live independently but need access to hospital or doctor appointments.

# Carer Services

## Darwin & Alice Springs



## miTrack

miTrack is an early intervention support program for families with children and young people who are at risk of developing mental illness. Through collaboration with the families, schools and other community services, the program uses a strength based model providing case management, education, advocacy, practical assistance and home based support.

The program based in Alice Springs and Tennant Creek also provides outreach services to the communities of Elliot and Ali Curung with the main focus of the program being case management.

Our case coordinators predominantly work with the whole family to ensure wrap around support for the child or young person to achieve their goals. Some of the achievements of the children being cased managed has included children returning to school consistently after long periods of absenteeism due to bullying, truancy or suspension for bad behaviour, young people finding a job, young people replacing negative behaviours for positive behaviours and young people confidently accessing their own community services and activities. The program has also provided families with parenting information and support in order for them to have the skills and tools to assist their children.

The program also provided school holiday activities in both centres where children have participated in graffiti workshops, circus training, hip hop and break-dancing work-shops with Reach 1 Teach1 and song writing, singing and artwork with Live Vibe. Both the break dancing and song writing programs have produced wonderful videos of these talented children and young people performing their song and dance moves.

The outcome of the school holiday programs is to encourage participation and build confidence and resilience, develop friendships and form peer networks while participating in a safe and positive environment and using creativity as a tool to identify and attain goals.

Throughout the year 183 children, young people and their families have received support through this program.



# miTrack

**Alice Springs & Tennant Creek**





# Community Engagement

Throughout the year MIFA(NT) engages with the community to raise awareness about mental health in an effort to reduce stigma, provide information about mental health and how to get help and also training regarding supporting someone with a mental illness.

Last year we held a number of information stalls in Darwin, Tennant Creek and Alice Springs at local shopping centres, the Alice Springs and Tennant Creek Shows and at various expos. We also had our own open days to showcase our drop in centres and some of the artwork the people that attend them create.

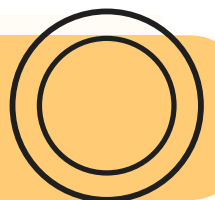
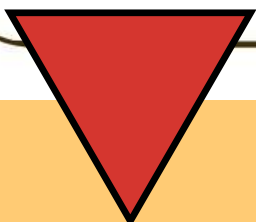
Our Corporate Dinner held in Mental Health Week each year was a great success with our key note speaker Craig Hamilton sharing his candid story of living with a mental illness and his road to recovery. Our second speaker was Tony Stevenson the Director for MIFA who spoke about the changes in the mental health sector following the roll out of the National Disability Insurance scheme. Each year the Corporate Dinner has a different theme with the 2018 theme focusing on mental health in sport.



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 in our national network.







Australian Government  
Department of Social Services



## Our 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.

Others who have supported:

- Grant O'Callaghan & Associates
- Pam Martin Draftlink
- Russell Consulting
- Parap Day Spa
- Nitmiluk Cruises
- Trailer Boat Club
- Darwin Harbour Cruises
- Crococaurus Cove
- Palmerston Lions Club
- Doctors Gully Fish Feeding
- Territory Wildlife park
- Seabreeze Festival





## National Partners



MIFA(NT) is the NT member of the Mental Illness Fellowship of Australia (MIFA) a national alliance of not for profit mental health service providers. MIFA provides an Australian voice to international mental health net-works as well as a national voice representing a federation of organisations around the country. Over the past year, MIFA has been focusing on advocating for people who may not get an NDIS package however their current services may not exist in the future.



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 ensuring mental health carers will still get support in an NDIS world. MHCA is also part of an alliance that has formed the Caring Fairly Campaign to strengthen the rights of carers in Australia

## Board Representation

Our staff and board members sit on various boards and committees that ensures the voice of those with mental illness and the families and carers are 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  
Executive Leadership Group of the NT Department of Attorney General and Justice



# Treasurers

# Report

The MIFA(NT) audit this year was conducted by BDH Consulting Pty Ltd. In the opinion of the auditor the financial reports presented fairly and the financial position of the organisation as at 30th June 2018 ended in accordance with accounting policies and the requirements of the Associations act.

During the 2017/2018 financial year, the increase in income was attributed to grants transferred from the previous year liabilities account.

Throughout the financial year the expenses have at most been in accordance with the budget, however there has been an operating deficit of \$21595 due to preparations for the roll out of the National Disability Insurance Scheme.

At the end of this current financial year, MIFA(NT) will have one contract finishing which will reduce one income stream, however will have the opportunity to increase income through the NDIS.



You can now donate online using the GiveNow website.  
Each year donations assist MIFA(NT) to reach people affected by mental illness throughout the NT.  
All donations are tax deductible

To make a donation to MIFA(NT), click the link :

<http://www.givenow.com.au/MIFANT>



# Auditted Financial Summary

<b>Income Summary</b>	<b>2018</b>	<b>2017</b>
Funding	1,913,363	1,546,308
Other income	46,890	84,382
<b>Total Income</b>	<b>1,960,253</b>	<b>1,630,690</b>
<b>Expenses Summary</b>		
Operating Expenditure	1,981,849	1,387,639
Operating surplus	(21,595)	243,051
<b>Total Comprehensive Income</b>	<b>(21,595)</b>	<b>243,051</b>

<b>Financial Position</b>	<b>2018</b>	<b>2017</b>
<b>Assets</b>		
Cash Assets	761,324	999,310
Other Assets	14,898	14,143
<b>Total Current Assets</b>	<b>776,222</b>	<b>1,013,453</b>
Property Plant & Equipment	75,661	129,227
Other	20,127	20,127
<b>Total Non Current Assets</b>	<b>95,788</b>	<b>149,354</b>
<b>Total Assets</b>	<b>872,011</b>	<b>1,162,807</b>
<b>Liabilities</b>		
Payables	58,469	87,283
Provisions	88,575	46,804
Grants	129,505	429,798
Other	18,136	
<b>Total Liabilities</b>	<b>294,865</b>	<b>563,885</b>
<b>Net Assets</b>	<b>577,326</b>	<b>598,921</b>
<b>Members Funds</b>	<b>577,326</b>	<b>598,921</b>