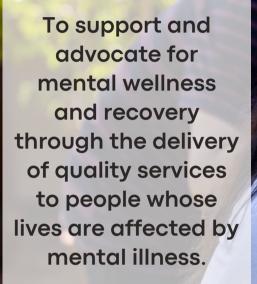




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OBJECTIVE

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



VISION

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



RESPECT

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 holds a Bachelor of Health Science and is currently employed as the Manager of Aboriginal and Torres Strait Islander Health at the Royal Australian College of General Practitioners. Vanessa was previously the Manager for Biyamarr ma at Menzies School of Health Research and held CEO positions at both NT Mental Health Coalition and FORWAARD. Vanessa's experience also includes an extensive career in Aboriginal Health and the Aboriginal Community Control sector as well as the Commonwealth Government. Vanessa is a local First Nations Territorian with familial ties to the Stolen Generations through her grandmother.



Luciana Baronio. Vice Chairperson

Luciana has a Bachelor of Business from Darwin University and an MBA from Canberra University, together with professional experience in Computer Technology, and Education and Training. Beyond her academic and professional achievements, Luciana's lived experience as a carer brings a deep understanding of supporting someone with a mental health issue on their recovery journey. Luciana's status as a locally born Territorian also provides an understanding of local values, and community dynamics.



Joy Green. Secretary

As a founding member of MIFANT, Joy was initially motivated by the advocacy for her son, however Joy's impact broadened to encompass all individuals grappling with mental illness and their caregivers. Joy has had a significant impact in the development of the Northern Territory mental health sector after the closure of mental health institutions in the late 80's and in recognition of her dedicated efforts, Joy was nominated for the Australian of the Year Award in 2008. Subsequently, she received the NT Senior of the Year Award, underscoring her significant contributions.

Management Committee





Laura Milne. Treasurer

Laura holds the position of Operations Manager at Hibiscus Shopping Town, where a commitment to fostering community engagement is integral. Having witnessed the direct effects of mental health within the community, Laura has taken a proactive step by volunteering to serve on the MIFANT Management Committee in order to support programs that enhance community wellbeing. In this role, she contributes her wealth of knowledge and compassion to support the impactful work of MIFANT.



Rosalyn Havard. Ordinary Member

Residing in Alice Springs, Roz Havard is a dedicated advocate with a commitment to ensuring high-quality service delivery. Her profound interest lies in mental health policy and legislation, reflecting her dedication to advocating for robust frameworks in the field. As a carer of a person with a mental illness, Roz has utilised her skills on a number of national working groups and boards and is currently the Deputy Carer Co-Chair of the National Mental Health Carer and Consumer Forum. In her professional journey Roz was the Advocate (Southern Region) for the Foster Carers Association NT, and she has also previously facilitated diverse family and carer mental health education programs.



Message from the Chairperson





This year, MIFANT has persevered through ongoing challenges within the framework of the NDIS (National Disability Insurance Scheme). Despite the hurdles it has faced, **MIFANT** remains steadfast in its commitment to delivering a wide array of essential services to its participants.

These services encompass support coordination, recovery coaching, individual supports, as well as social and community participation initiatives. Additionally, MIFANT extends its offerings to include short-term overnight accommodation, all centered on prioritizing the preferences and well-being of the individuals the organisation serves.

MIFANT has provided three decades of mental health services in the Northern Territory. Our three centers across the NT include (Darwin, Tennant Creek, and Alice Springs). The Programs are tailored to community diversity and meet the local need. MIFANT takes immense pride in maintaining its unwavering focus on promoting mental wellness and recovery within the community. This mission is continually achieved through a multifaceted approach, supporting people from age 6 to 65 to maintain good mental health.

Over the past year, the MIFANT Board has demonstrated remarkable growth and resilience. The infusion of new Board members has brought fresh perspectives and expertise to the organization. This dynamic shift underscores the organisation's commitment to evolving and adapting to the changing needs of the community in which MIFA serves.

In expressing gratitude, we extend heartfelt appreciation to both past and present staff and board members for their unwavering dedication and support of MIFANT's mission. The collective efforts of these individuals have been instrumental in advancing our organisation's goals and objectives.

A special recognition is also due to Lorraine Davies, whose continued leadership and unwavering commitment to MIFANT have played a pivotal role in the organisation's ongoing success.

Vanessa Harris

Message from the Executive Officer



Our 2023-2024 Annual Report highlights the year's achievements, our resilience in overcoming challenges, and our profound gratitude to the community that supports us. Operating within a landscape marked by unprecedented demand and a mental health system facing considerable strain, we remain dedicated to a core approach of providing individualised, person-centered support that maximises outcomes with the limited resources available. By focusing on each individual's unique needs and goals, we strive to ensure that our assistance is both relevant and impactful.

This year our mission to support and advocate for mental wellness and recovery through the delivery of quality services to people whose lives are affected by mental illness has been highlighted through the engagement of peer led supports providing strong commitment to person-led, recovery-focused support allowing us to help each individual to navigate their mental health journey with dignity and autonomy.

Our collaboration with stakeholders to advocate for vulnerable people living with a severe mental illness will in the future assist with developing innovative service models and launching new initiatives to support those who are currently not receiving any supports.

In reflecting on this journey, we recognise the critical role of our community. Their support and engagement have been vital in helping us to continue our mission to uplift those we serve.



In conclusion, as we reflect on the past year and the collective efforts that have shaped our journey, we will carry forward the inspiration and determination that has shaped the organisation since its inception over 30 years ago. We've faced challenges head-on and upheld our commitment to continue to make a meaningful impact in the lives of those who are affected by mental ill health.

Lorraine Davies

Lorraine Davies

NEW WEBSITE LAUNCH



www.mifant.org.au

Q

This year, MIFANT successfully launched a new website designed to enhance accessibility for individuals seeking support, service providers, and government stakeholders. The website features improved navigation, a mental health resource platform, and an interactive forum, offering a space for individuals to connect and share experiences.

With a focus on user-friendly design, the site ensures visitors can quickly find the support they need, stay informed with the latest news, and connect with upcoming events.

This launch marks a significant step in our ongoing commitment to adapting to the digital landscape and expanding our reach.

We invite you to scan the QR code below to explore our new website and start browsing today.



Community **Impact**

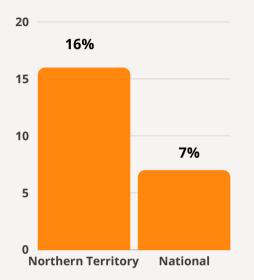


Burden of Disease Due to Mental Health Conditions

NT vs. National

In the Northern Territory, mental health conditions contribute to approximately 16% of the burden of disease, compared to 7% nationally.

% Contribution to the Burden of Disease





42.9%

Nationally, 42.9% of people aged 16-85 years had experienced a mental disorder at some time in their life





38.8%

Nationally, 38.8% of people aged 16-24 years had a 12-month mental disorder





Participants

In 2023-24, 571 people received a service from MIFANT





Young Participants

In 2023-24, 163 young people received a service from MIFANT

Our Programs





Mental Illness Fellowship of Australia (NT) (MIFANT) is a not-for-profit organization that has been serving the Northern Territory for over 30 years.

With services in Darwin, Tennant Creek, and Alice Springs, MIFANT provides recovery-focused support to individuals living with mental health conditions, as well as their families and carers. In Tennant Creek and Alice Springs, we also deliver early intervention programs for children and young people at risk of developing mental illness, helping to build resilience and promote mental well-being in these communities



MiPlace Hub

Mental Health Hub in

Darwin



Respite
Short term accommodation in Darwin



Cool Program
Supported social
community outings



MiTrack

Youth early intervention mental
health based across central Australia



Lived Experience Peer Worker

Individual support and mental health system navigation



We invite you to scan the QR code to explore our services and programs!

MiPlace Hub





Everyone deserves a place to FEEL SAFE

MiPlace Mental Health Hub continues to provide a safe and welcoming environment where participants can come together, share their experiences, and find support from others who understand. This year, we have seen participants growing through these connections, finding strength and comfort in knowing they are not alone. These shared experiences have helped reduce feelings of isolation and encouraged personal growth.

Our Mental Health Hub remains a strong advocate for mental health in the adult population of Darwin, continuing to see over 190 participants every month engaging in a diverse range of programs such as arts and craft, music and yoga, pool competitions, and basic life skills training, including meal preparation, laundry, cleaning, gardening, and computing skills. These activities not only support participants' mental health but also equip them with practical skills, empowering them in their daily lives. Social activities like board games and our ever-popular Friday pool competition with BBQ lunch not only provide a fun social outlet but also give participants opportunities to strengthen connections and learn new skills.





MiPlace Hub



We have also celebrated many special events that have brought our community closer. This year's R U OK? Day was a great success, with over 50 participants joining us to enjoy a BBQ lunch together, engage in various games, and take part in an art workshop. We also held Open Days during Mental Health Week and Schizophrenia Awareness Week, where participants proudly displayed their artwork in an art expo. These events, accompanied by live music and BBQs, strengthened our connection to the wider community and showcased the incredible talents of our participants. In addition to these key events, we have continued to celebrate occasions like Australia Day, Valentine's Day, Harmony Day, Anzac Day, NAIDOC Week, Melbourne Cup and our annual Christmas party.

Our monthly speaker series has remained a key part of our program, connecting participants with valuable resources in the community. This year, we featured various organisations, including Beyond Blue, St John Ambulance, the Northern Territory Anti-Discrimination Commission, and more. These sessions provide participants with practical knowledge and introduce them to supportive networks that enhance their well-being.

At MiPlace, we are committed to nurturing our community and supporting the mental health journey of every individual. Together, we are making a difference - one connection at a time.









We invite you to scan the QR code to explore our services and programs!

12 MiPlace Hub www.mifant.org.au

Cool Program

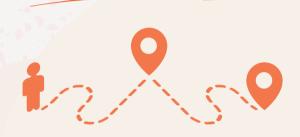


The Cool Program, as part of our Mental Health Hub, is designed to inspire and empower participants by building their confidence to form new friendships and engage in community recreational and social activities.

This year, the Cool Program continues to offer meaningful community access and social connections for participants, taking participants on weekly Tuesday and biweekly Saturday excursions. Through these regular social opportunities, participants explore the diverse sights and communities in Darwin and beyond, meeting new friends and reuniting with familiar faces along the way. Small groups travel by bus, embracing the Top End's natural beauty, rich culture, and vibrant local events. For many participants, these outings have led to personal transformations, with previously shy individuals now visibly more engaged, confident, and excited about each new adventure.



Be part of the COMMUNITY







13 Cool Program www.mifant.org.au

Cool Program





The Cool Program is designed with participant involvement, allowing members to actively choose and shape the activities that matter most to them. These excursions have included everything from enjoying lunch at Crab Claw Island Resort to exploring Darwin's Botanic Garden, Crocosaurus Cove, Fred's Pass Rural Market, Kingpin Bowling, Berry Springs, and even relaxing BBQs at Lake Alexander. While most activities are fully funded, a few may request a small contribution for outings like mini golf, movies, and occasional special lunches. In addition to fun and relaxation, the Cool Program provides rich educational experiences, with visits to the Darwin Military Museum, Darwin Aviation Museum, and art trails across the city. These outings have introduced participants to NT's unique flora and fauna, heritage sites, and community spaces like PAWS Darwin and the RSPCA, where they connect with animals and experience the healing benefits of nature.



This year's activities demonstrate the Cool Program's invaluable role in helping participants to feel included, and become part of their community, especially for those facing mental health challenges.







We invite you to scan the QR code to explore our services and programs!

14 Cool Program

www.mifant.org.au

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 recovery workers.

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

Karama Cottage is an elevated style house 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.







We invite you to scan the QR code to explore our services and programs!

MiTrack Program



MiTrack Program continues to fly the flag for mental health in the Alice Springs and Tennant Creek areas, maintaining strong relationships with families and stakeholders across the Barkly region. We support young people in recognising and addressing early signs of mental health challenges, equipping them with essential tools for resilience, self-confidence, and inner strength to pave the way for healthier futures.

Support our kids to THRIVE

Our free program supports children, youth, and their families, emphasising the critical role of early intervention in preventing or reducing mental health challenges. Through personalised case management and dynamic group activities, MiTrack offers participants a space to connect, learn, and thrive in a caring environment.

This year's Open Day brought together kids and families for a lively celebration of fun and creativity with a BBQ party. The event provided a welcoming environment for families to connect, explore mental health resources, and participate in engaging activities.







MiTrack Program





l like playing at MIFANT, it's so much fun!

It was fun to play hide and seek!





We invite you to scan the QR code to explore our services and programs!

TMiTrack hosted a packed summer school holiday program, offering a variety of engaging workshops and fun adventures. Kids enjoyed activities ranging from Christmas arts and crafts, cookie decorating, and movie days to sensory activities, goal-setting exercises, journaling, and story writing. We also incorporated cultural awareness, cooking, health and nutrition sessions, and even a mini Olympics! Each activity was designed to promote mental well-being, encourage self-expression, and develop valuable life skills.

Our outreach team remains dedicated to sharing MiTrack's message on mental health awareness and early intervention, extending services to the remote NT communities of Elliott and Ali Curung. Through MiTrack, children and youth in Alice Springs, Tennant Creek, and beyond are gaining access to a supportive network that empowers them to face life's challenges with confidence and positivity.



NDIS Support





MIFANT is a boutique mental health service dedicated to providing tailored support for individuals facing mental health challenges. With over 20 years of experience in peer-led support, we proudly offer a range of services for those with psychosocial disabilities, including:

- Support Coordination and/or Recovery Coaching
- Group and Centre-Based Activities
- Social & Community Participation
- Short Term Accommodation

The role of a Support Coordinator is multifaceted, acting as a facilitator to help NDIS participants understand and implement their plans, connect with community or mainstream services, and build self-direction capacity. Meanwhile, a Recovery Coach collaborates with clients to develop recovery plans based on their strengths, preferences, and needs, manage crises and provide emotional and motivational support through a trusting relationship.

We have developed a knowledge base of local service providers to ensure our clients receive the best possible support within their NDIS budgets. Services include quality Occupational Therapists, Physiotherapists, Exercise Physiologists, and Behavioural Support Practitioners, ready to assist our clients promptly.

Our clients have experienced both successes and challenges on their NDIS journey.
Regardless of the obstacles, we strive to help them, their families, and caregivers achieve positive outcomes. Here are a few highlights from this year:

- Helping a client transition from hospital to home with a comprehensive support plan, ensuring continuity of care.
- Connecting clients to meaningful, paid work opportunities.
- Assisting clients in obtaining appropriate
 Assistive Technology to enhance their quality of life.

We remain responsive to changes in the NDIS, continually refining our systems to ensure our clients receive the highest quality mental health services. Good mental health is crucial for well-being and quality of life, and we look forward to another year of growth, helping our clients live their best lives.

We invite you to scan the QR code below to explore how our services can assist you in navigating the NDIS and accessing the support you need for your mental health journey.



18 NDIS Support www.mifant.org.au

Community engagement



Community engagement remains central to MIFANT's mission. This year, MIFANT has further expanded our reach and impact across the Northern Territory through new initiatives and dedicated events. Our goal has been to make mental health resources more accessible, create safe spaces for shared experiences, and provide resources that support individuals and families on their mental health journey.

Our New Website: A Welcoming Doorway

This year, we launched MIFANT's new website – a major milestone in expanding our reach.

Designed with easy navigation and accessibility in mind, the site serves as a vital resource for individuals seeking support, service providers, and government stakeholders. We wanted it to be more than a site — it is a welcoming first step for anyone who may feel unsure or hesitant about reaching out. With clear navigation, a mental health resource hub, and an interactive forum, the website offers a safe space for people to connect, share experiences, and find information.



Online Forum for Lived Experience Sharing

As part of our digital launch, MIFANT introduced a dedicated forum on our website to support those with lived experience of mental health challenges. In our forum, people can share advice and find support in a safe and understanding space. This forum encourages open dialogue, offering a supportive environment for discussing complex mental health topics with individuals who "get it".



R U OK? Day 2023 Event

On R U OK? Day, our participants and attendees enjoyed art workshops, games, enjoyed a BBQ lunch at MiPlace Hub. We reminded everyone to check in with friends, family, and colleagues. This event highlighted how a simple conversation can make a real difference in someone's life and reinforced our commitment to promoting mental health awareness in our community.

Community engagement



Mental Health Week 2023: Stories of Resilience

The Mental Health Week Dinner has become a signature event for MIFANT, providing a safe environment for sharing and engaging in open conversations about mental health. This event also serves as an opportunity to recognise and celebrate the vital work of mental health advocates, our supporters, and the wider community.



In 2023, our Mental Health Week Dinner brought together 65 people, including the honorable guests Lauren Moss: Member for Casuarina and Ngaree Ah Kit: Member for Karama. Our keynote speaker, Brooke Blurton, Indigenous youth worker and mental health advocate; and guest speaker, Dr. Jessica King, the first Indigenous graduate of ANU Medical School, inspired the audience with their stories of resilience and dedication to mental health advocacy. The event highlighted meaningful messages, like "Silence is useful, and the importance of being present"; "Keep pace for the person you are walking with", reflecting the spirit of compassion and understanding at the heart of our community.

To further engage children and families across the region, Brooke Blurton also travelled to Alice Springs and Tennant Creek to deliver workshops focused on boosting self-esteem. These workshops were designed to empower young minds, helping them to develop confidence and resilience through interactive activities.

During Mental Health Week, MIFANT also hosted an Open Day at MiPlace Hub, welcoming community members to experience a vibrant art expo showcasing the creative works of our participants, delicious BBQ, and live music.





Mental Health Week 2023 was a powerful reminder of the strength found in community and the importance of supporting one another on the journey to mental well-being.

Community engagement



Schizophrenia Awareness Week 2024 Events

We celebrated Schizophrenia Awareness Week with an open day at MiPlace Hub and World Schizophrenia Day at Raintree Park. MiPlace was alive with an art expo, live music, and spontaneous jam sessions. At Raintree Park, we teamed up with TEAMHealth and Headspace to set up informative stalls that offered valuable resources and insights about schizophrenia. With Bunnings and Being Mentors providing a sausage sizzle, we created an inviting atmosphere for the public to join us. These events aimed to educate attendees about the symptoms and challenges of schizophrenia, foster empathy, and provide information about support networks for those affected by this condition.



Community Conversations

MIFANT participated in the World Suicide Prevention Day NT Forum, where we connected with key figures in mental health from across the Northern Territory. Nearly 200 attendees shared valuable insights and strategies for reducing suicide rates in our communities, strengthening collaboration and support among organizations. Throughout the year, MIFANT maintained a strong presence at numerous local events, including the Seabreeze Festival, All Abilities Expo, and Freds Pass Rural Show. At these events, we shared our mission and services, providing local mental health resources and building relationships with stakeholders.



Stories that Keep Us Going

One of the most touching moments this year happened at the Seabreeze Festival when a former client stopped by our stall. Seven years ago, she came to our MiPlace Hub in need of connection and motivation. Through art workshops and friendships formed, she slowly found a sense of belonging. Now employed and caring for her mother, she urged us, "Please keep up the service for this community. People really need that support to get back on track in their life." Her words stay with us as we continue this work.

Every event, conversation, and moment of connection strengthens our commitment to creating a community where everyone feels safe and supported in seeking help when needed. As we look to the future, MIFANT will remain a vital platform to elevate mental health awareness, to connect with resources that promote well-being, and to strengthen the bonds within our community, making mental health a priority for all.



We invite you to scan the QR code to check out our latest news & events!



National Partners

MENTAL ILLNESS FELLOWSHIP OF AUSTRALIA (MIFA)



MIFANT 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 networks as well as national voice representing a federation of organisations around the country. Over the past year, MIFA continued to advocate for National Reform in the Mental Health sector with 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)

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.

Our Networks



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



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.

FINDING NORTH



As a safe and secure online environment, Finding North Network is for the exclusive use of those who understand mental illness firsthand. The Network is a forum for people to share their experiences, discuss ideas, and develop their voice in speaking to the issues surrounding mental health in Australia.

The Network provides opportunities to connect with peers, leadership development, access to live events, resources, links to organisations and projects about lived experience leadership.

Our Supporters



We would like to acknowledge and appreciate our amazing supporters all across Australia. Your support helps us achieve our goals and make our vision a reality.

We receive support in various ways, including financial, volunteering, national systemic advocacy and provision of services to name a few. These financial contributions enable MIFANT to play a crucial role in promoting mental health awareness and supporting our community's mental wellness and recovery.



























































ALISON DOWELL







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.

- 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 **SAMAF CONSULTANTS**. In the opinion of the auditor the financial reports presented fairly and the financial performance of the organisation as at 30th June 2024 ended in accordance with accounting policies to the financial statements and the requirements of the Associations Act.

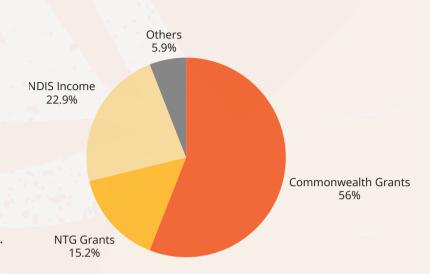
Financial Summary







The total income in 2023-24 was \$2.17 million. In 2023-24, our financial summary shows that we received \$1,216,738 (56%) from Commonwealth Grants, \$331,002 (15.2%) from NTG Grants, \$497,762 from NDIS Income (22.9%) and \$129,027 (5.9%) from other sources.



Expenditure



Our total expenditure in 2023-24 was 2.13 million, resulting in a **SURPLUS** of \$41,699 for the year.



Financial Position	2023-24	2022-23	2021-22
Total Assets	\$1,474,006	\$1,317,111	\$1,414,952
Total Liabilities	\$443,926	\$328,735	\$479,761
Net Assets	\$1,030,080	\$988,376	\$935,191
Total Equity	\$1,030,080	\$988,376	\$935,191



CONTACT US

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- www.mifant.org.au
- 2/273 Bagot Road, Coconut Grove, NT 0810

MONDAY TO FRIDAY

From 8:30 am to 4:30 pm

- **MIFANorthernTerritory**
- o mifellowshipnt
- in mifant