

# MIFANT ANNUAL REPORT 2021

SUPPORTING MENTAL WELLNESS & RECOVERY



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# OUR VALUES

## OUR VISION

A society where understanding and acceptance of mental health is implicit and all those affected by mental health issues 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 health conditions.



## 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.



# MANAGEMENT COMMITTEE

## 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 National Boards of Mental Health Carers Australia and Mental Illness Fellowship of Australia and is a trustee for Psychosis Australia.

## Vanessa Harris Vice President

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.

## Theo Fernando Treasurer

Theo Fernando is a qualified Chartered Practising Accountant Member with a Master of Business Administration. Theo is experienced in the financial operations of NDIS and currently works as a Finance Manager in a not for profit organisation in Katherine.

## Karen McArthur Ordinary Member

Karen McArthur now retired has previously worked with indigenous youth and victims of domestic crime. Karen has a Bachelor of Behavioural Science & Youth Work and Alcohol and Other Drugs. Karen has also filled the role as a carer representative on the NT PIR Reference Group within the NT PHN.

## 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 20 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.

# PRESIDENT'S REPORT



**There have been many challenges this past year with lockdowns and uncertainty around COVID-19. The vaccine rollout may have caused some anxiety for some of the participants, their carers and families. Whilst the Territory has been relatively lucky or well prepared, the spread of COVID-19 within the community has been manageable. So, it is important to remain vigilant.**

MIFA(NT) has been working hard to provide support, education, advocacy, and respite for those with mental health concerns, carers and families. Our high-quality services and programs aim to assist in improving the lives of all participants with or without an NDIS plan.

The NDIS (National Disability Insurance Scheme), and MIFA(NT) commitment to eligible clients; your services, your choice, your health, and your wellbeing and to build services. The current services provide support coordination and a recovery coach, individual supports, social and community participation, and short-term overnight accommodation and support.

The Our Place program with support staff, engages consumers with an NDIS plan by promoting skills and working towards encouraging their individual goals.

The NT Government funded carer program supports families and carers through a range of programs, information, and education sessions and is a way for carers to connect and to find support.

The Consumer Programs at MiPlace, a drop-in center that offers an opportunity to socialise and participate in recreational wellness activities and an opportunity to develop personal plans.

The Cool program is designed to motivate, build confidence, and encourage new friendships through recreational and social activities in the community.

The youth program in Alice Springs and Tennant Creek (MiTrack) for young people under the age of 18 continues to deliver high-quality early intervention services and programs that aim to assist in improving the lives of young people who are at risk of developing a mental health conditions.

MIFA(NT) is in the process of modernising the brand to better reflect today's understanding of mental health and wellbeing. The new branding will be rolled out early in 2022.

MIFA(NT) is preparing for Mental Health Week in October, the community looks forward to the dinner and the guest speaker this year is Louisa Hawton aka Bang Bang Lulu followed by the art exhibition on Wednesday.

I wish to thank the staff and board members past and present for their dedication and support of MIFA(NT) and for all their efforts in supporting our participants through a challenging year.

A special thank you to Lorraine Davies for steering the organisation through these challenges.

Vanessa Harris  
Acting President

# EXECUTIVE OFFICER'S REPORT



**This year has again been unprecedented with COVID 19 affecting Australia and the world. In Darwin however, we have been lucky to have been insulated from many of the lockdowns experienced by other states and have been able to continue to provide much-needed services and programs.**

Some of the activities we would normally undertake throughout the year were required to be canceled or rescheduled due to COVID restrictions. Activities such as our Mental Health Week dinner, art exhibitions, and open days were cancelled and our Mi Track school holiday programs in 2020 were rescheduled for 2021.

Since the arrival of COVID 19 MIFA(NT) has abided by its Statement of Commitment to our COVID plan at all sites and as we continue to provide services, we will continue to uphold the safety of all who attend MIFA(NT) sites by following government directives.

2021 commenced for MIFA(NT) with our NDIS Practice Standards and Mental Health Standards onsite assessments for accreditation.

Over the previous year, all staff had worked consistently to ensure our processes were carried out adhering to our policies and procedures and organisational systems guaranteeing our clients were getting the best possible quality services from MIFA(NT) regardless of whether they had an NDIS package or were receiving government-funded services.

The outcome of our assessments was a credit to our staff with very few minor corrections and the organisation consequently becoming accredited against the Mental Health Standards and the NDIS Practice Standards warranting our clients will continue to receive the best possible quality services into the future.

Our government-funded programs have continued alongside our NDIS services providing important support to those without an NDIS package. Without these programs people would fall through the gap between clinical and NDIS services, consequently, it is extremely important for these programs to be available for people in the community.

At the end of the financial year, we were therefore pleased to accept from the Department of Social Services a new 5-year contract to continue providing our early intervention program Mi Track in Alice Springs and Tennant Creek.

Looking forward to the future, the number of people requiring mental health support has increased substantially in the past year and there is an estimation that people requiring an NDIS package for psychosocial disability will increase from the 56,000 original estimates to over 90,000.

With this in mind, MIFA(NT) is well placed to support those affected by a mental health issue and support them on their recovery journey.

During the coming year, we will be modernising our branding to better identify with those who are experiencing mental health issues and looking for support from a boutique mental health service.

I would like to thank the staff and board for their commitment during a challenging year and look forward to achieving our goals next year.

Lorraine Davies  
Executive Officer

# SNAPSHOT

# 2571

## MI PLACE PARTICIPANTS



# 6179

## ACTIVITIES OFFERED



702

CARERS RECEIVED  
SUPPORT DARWIN



298

CARERS ALICE SPRINGS



202

PEER RESPITE  
ACTIVITIES OFFERED



327

RESPIRE ACTIVITIES  
OFFERED IN DARWIN



220

MI TRACK  
CLIENTS



3246  
CHILDREN AND  
YOUNG PEOPLE  
RECEIVED SUPPORT



**390**

**COOL PROGRAM  
ATTENDANCES**

**196**

**OUTINGS OFFERED**



**NDIS**

**25% SUPPORT  
COORDINATION**

**60% SOCIAL AND  
COMMUNITY  
PARTICIPATION**

**6% DAILY LIVING**

**9% SHORT TERM  
ACCOMMODATION**

**We**   
**ndis**

# OUR PROGRAMS

## CARER SUPPORT



## MI TRACK



## COOL PROGRAM

## MI PLACE



## OUR PLACE



# MI PLACE



**Mi Place is a Drop-in Centre that welcomes people living with Mental health conditions. Mi Place is committed to its COVID-19 Safety Plan and adheres to health and hygiene principles at all times which has enabled participants to continue to attend a safe and relaxing environment.**

In 2021 Mi Place continued to assist participants to work towards their social, recreational goals and skill development by engaging in therapeutic programs and activities that include:

- Yoga
- Meditation & wellbeing
- Arts & crafts
- Gardening
- Puzzles & digital games
- Pool game competitions
- Dancing

Our participants enjoy socialising and relaxing in the expanding tranquil garden area. The Mi Place center continues to be uplifted with all the amazing art and craft that the participants create.

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.

Feedback from participants is that they feel that they also feel that they are part of community.

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

- Mi Place Open Days and Art Exhibitions for Schizophrenia Awareness week (61 people attended)
- Mental Health Week
- Valentine's Day
- Easter
- Friendship Day
- Melbourne Cup

Once a month Mi Place have had a speaker from Darwin Community Legal Services (DCLS) who has discussed 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

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

The peer support 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.

There have been a number of great experiences shared by participants this year.

Earlier in the year one of the participants went to Queensland to represent the NT in the States Disability Ten Pin Bowling Championships and returned with a Silver medal which she proudly showed to other participants while sharing her wonderful experience.

Another participant is now working as a paid Peer Support Worker for MIFANT helping other participants to learn daily living skills and to support them on their recovery journey.

Another participant who had grown in confidence and had been looking for work for some time, however was hindered by not having a vehicle was delighted when her mother bought her a vehicle when visiting Darwin which has since enabled her to get a job working with people with a disability.



# COOL PROGRAM



**The Cool Program is committed to their COVID-19 Safety Plan and adheres to health and hygiene principles at all times which has enabled participants to continue to attend safe and relaxing outings.**

The Cool Program offers activities in the wider community every Tuesday afternoon and once a fortnight on a Saturday with up to 10 participants attending, traveling on the MIFA(NT) bus.

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

Participants have input in what outings they would like to attend. In 2021 MIFA(NT) participants enjoyed outings on the Cool Program to gain knowledge about some of Darwin's history by visiting USS Peary Memorial & Burnett House, Darwin Military Museum, Darwin Cenotaph, and the NT Chinese Village.

Outings such as relaxing and walking around the picturesque Botanical Gardens & scenic drives.

Charles Darwin National Park, the Darwin Esplanade, second hand shopping, The Big Wheel at the Wharf, markets, water parks, beach walks, Ten Pin Bowling, Mini Putt-Putt and cinemas have been well received.

Also visiting different places for lunch on Saturdays trying different cuisines.

Our participants have benefited greatly by spending time outdoors in thriving wildlife-rich environments.

They find these activities relaxing as they enjoy the amazing scenery which helps to reduce stress, anxiety, encourage exercise and reduce loneliness by making new friends as well as encouraging creativity.

Some feedback from the participants have been.

**"I enjoy going to the places I haven't been to before"**

**"I had relatives in the war and it's interesting to see the displays and learn more about what they did"**

**"This was fantastic I can't wait to tell others about it!"**

# OUR PLACE



**Our Place is committed to their COVID-19 Safety Plan and adheres to health and hygiene principles at all times whilst providing 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 as per their MIFA(NT) 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 their confidence to do things they have wanted to do in the past but have been apprehensive to do
- Relearn skills to live independently
  - Improving their literacy and numeracy knowledge
  - Enjoy being involved in musical, scientific and artistic tasks
  - Learning WHS procedures whilst being indoors and outdoors

# CARER PROGRAM DARWIN



**The MIFA(NT) Carer Support Program provides individual and group support and respite to people caring for those with a mental health condition. The Carers Program offers social wellness activities, peer support networks, and overnight stays at our respite accommodation to give carers the chance to step away from their roles.**

Our education programs assist 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.

This year our carers support services emphasised self-care and stress management. Carers have been attending Emotional Freedom Therapy (EFT) with Dr. Margaret Lambert, creative workshop, support group workshops, and Friday Zumba session.

## **Carers Support Groups**

The carers support groups have continued to be held weekly in Darwin at MIFA(NT) and in Palmerston at Eva Lawler's office in Yarrowonga.

The sessions include creative art workshops, movie afternoons, and afternoon tea catch-up sessions.

This year we incorporated a wellness program where carers were supported through Emotional Freedom Therapy (EFT), meditation sessions, yoga, and Zumba on Fridays.

The group sessions and workshops are all informal. The sessions provided a safe place for carers to talk amongst friends who are dealing with similar issues. It also provides carers with techniques to deal with stress management when caring for others.

**“The sessions have allowed me to get to know a really lovely group of women who share similar challenges which has been beneficial”**

**“The support group learning EFT has been such a great technique to get me through stressful times. I have been recommending it to others”**

## Carers Individual One-on-One Support

This One-on-One Support service is to assist carers in finding out more information about how to support those with a mental health condition and other services are available in the community.

Over the past year, carers have been supported to access services for themselves and the person they are caring for such as psychologists, Centrelink payments, NDIS housing options, the community visitors program, Disability Royal Commission, and counselling services.

Carers have also been provided with information regarding caring for themselves, future planning, the Carers Gateway, and information about mental health issues and illnesses.

## Carers Connect

Carers Connect activities include a morning walk at Nightcliff shore, a basic sign language workshop, and dinner with carers.

These activities provide an opportunity for carers to take a break from their caring role and meet up with other carers to motivate each other, learn something new and catch up on what happening in their lives.

Special events included the Christmas party and the end of financial year dinner where our carers were treated with dinner at Darwin Free Spirit resort and Silks restaurant.

For Carers Week the first-ever Carers Expo was organised down at the Darwin Waterfront to provide information on services available to the Carers in the NT. The Carers Expo was such a huge success where MIFA(NT) was joined by 16 organisations to help make the "Millions of Reasons to Care" week aware.

We will continue to assist carers to achieve their short to long-term goals and advocate for carers to gain services for themselves and for the person they are caring for.

Further to our services, we will continue to provide wellness programs, educational workshops, group support, and carers connect sessions.

**“The carers dinner has been so much fun and also enjoyed meeting other carers. It has helped me with building a helpful network”**

We thank all carers that have supported our programs and welcome new carers to our carers service.



# 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.

# CARERS ALICE SPRINGS



**The Alice Springs Carer Program provides individual and peer support as well as education about caring. Over the past 12 months, we have facilitated Assist workshops for Carers providing carers an opportunity to learn about the different aspects of what the people they're caring for are going through and strategies to manage this. Assist also helps carers to understand about the importance of caring for themselves while caring for others.**

Individual support is offered at our centre where carers are able to phone or drop in to discuss their caring issues in a safe environment over a cuppa. We consistently hear that caring for people with a mental illness can be very difficult and isolating with carers withdrawing from everyday activities and social settings due to the pressure of caring. We offer support and encouragement to carers about the importance of self-care to be able to have the capacity to be there for the people they care for.

We also provide an opportunity for peer support with our regular group activities which have included dinners, coffee at the local coffee shop, bowling and movies and a Christmas lunch. These activities allow carers to share stories and to provide and receive support from others in a similar situation. This helps reduce isolation and encourages people to participate socially.

The program together with local support has also been able to offer individual respite through vouchers for massage, facials and dinners allowing carers to take a well-earned short break caring.

# MI TRACK ALICE SPRINGS



**The Alice Springs Mi Track Program has grown substantially over the past 12 months from approximately 30 to 69 clients. Our staff work closely with schools and families providing 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.**

It has been identified through feedback from schools and other stakeholders that the program provides a service that fills a gap in service provision for this age group in the Alice Springs area.

During the COVID-19 lockdown the service was successfully maintained and children and young people continued to access the service through the use of phone and skype support sessions ensuring the continuance of support through this difficult time.

Apart from individual support and case management, the Mi Track program provides group activities to enable participants to gain confidence in a peer environment, practice resilience skills and develop social skills in a group setting. Some of the regular activities have included bowling, rock climbing and art and craft sessions.

Extended and one off group activities have included a Camp on Country in partnership with BushMob.



The two and a half day camp at Ross River Camping Grounds was attended by 30 participants and offered a range of cultural activities and discussions, cooking and bush medicine with local Traditional Elders and staff.

Feedback from participants was very positive with young people enjoying learning about culture and stories and traditions from local country.

Other group activities during the holidays have included circus workshops with 15 to 30 children attending daily and a Christmas Party for all our young people at the Dust Bowl as a nice way to see out the end of the year and enjoy our achievements as a group and individually.

We had great turnouts for the holiday programs that were run over the past year with 15 to 30 children attending daily. The holiday program allowed the children to strengthen friendships and to participate in positive activities during the period.



# MI TRACK TENNANT CREEK



**2021 had been an incredible year for Mi Track program in Tennant Creek. It has been a year of remarkable achievement despite the menace of Covid-19.**

Mi Track had provided needed support for clients through case management and timely family advice for struggling families.

The program witnessed a high number of clients participating with an increased number of clients accessing case management by about 5%.

During this period Mi Track has been able to assist the stressful transition of about 20% of our primary school clients to high school through encouragement and better case plan execution.

Mi Track has also assisted families to support some of the clients to get admission and transition to boarding school outside of Tennant Creek.

## **Family Support and Integration**

Mi Track Tennant Creek had seen an increase in support for families especially grandmothers and carers.

We have been able to support up to 10% of these families in the area of sharing useful information about promoting good parenting and care of kids.

In particular, the most vulnerable children and their families benefitted and have shown improvement in their care and relationships with the children.

Case coordinators have been able to support families to promote integration and harmony between the children and their loved ones.

## Healthy Living

Mi Track uses the afterschool program to promote and strengthen children's healthy living through undertaking healthy living activity sessions with the children. This has resulted in 10% jump in the number of children that attend the Centre for after-school activities.

Mi Track has been able collaborate with the Aniyinyi Public Health to provide health talks for the children every Monday and Thursday in the Centre.

This collaboration has received a great commendation in the community and among parents and family members. On some occasions, we have some of the grandmothers participating in the sessions with the children at the Centre which is great in terms of moral support for the children.

## School Holiday Program

Mi Track school holiday program 2020/2021 witnessed high attendance despite the Covid-19 concern. During the course of the year, the school holiday program for the April holiday period was a Kidz Circus workshop facilitated by The Amazing Miss Deb.

The children learned the tricks of uni-cycle, ball-juggling, balloon modelling, glitter tattoos, and many mind-building games. In all, about 135 children benefited from the program which is about 10% increase from last year.

During the June school holidays the Mi Track Program was facilitated by the Live Vibe Team with their creative media art workshop.

The children had the opportunity to record live songs, art and craft, mask painting, and multimedia & photography. It was a great event that assists to build resilience and develop self-esteem in children by showcasing the children's ability to display their talents.

This event was attended by about 20 children each day, which represents a 5% jump to the previous time the group was in town for the same program.

## Community Development

Mi Track was able to bring the community together during the October Mental health week with the community event organized by Mi Track.

Mi Track organized the Colour Fun Run program as activities marking the mental health week in the community. The event had attracted over 80% of our clients and their families including a whole lot of people in the community including the current MP Steve Edington.

It was a great event, and over 250 people from the region attended.

As we look forward to next year, Mi Track is proud of everything that has been achieved through the course of the year 2020/2021.



# NDIS SUPPORT



**With an increase in the number of people getting an NDIS plan, we are beginning to see a larger number of people accessing all of our NDIS services and it has been great to see peoples' recovery journey improving with the services they are now able to access.**

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 services possible.

MIFA(NT) also confirmed its compliance achieving accreditation against the NDIS Practice Standards during the year.

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 MIFA(NT) engages with the community in hosting a range of mental health events to raise awareness about mental health in reducing the stigma, providing information, and training to assist those who have a mental health condition.**

Throughout the year these activities have been required due to COVID-19, however some have included information stalls at shopping centres, exhibitions, events and mental wellness talks at agencies and open days.

One exhibition that was held this year in creating awareness and supporting the community with mental health information was:

## **Schizophrenia Awareness Week**

During the beautiful dry season, MIFANT hosted an outdoor exhibition down at the Raintree Park in the city centre of Darwin and also held a small stall down in the city centre of Alice Springs.

We were joined by other health organisations to help bust the myths and support those affected by schizophrenia and their carers. During the exhibition, we were entertained by musician James Damien performing live music, along with Hyper the Clown and Bunnings who generously provided a sausage sizzle.



## **Art Open Day**

Each year for Schizophrenia Awareness Week MIFA(NT) hosts an Art Exhibition to allow Mi Place participants to use art as a form of expression and to engage the community in a better understanding of mental health issues.

During the day as the public admired the art, James Damien played relaxing music in the background and were joined by Amazing Miss Deb performing magic.

The Hon Ngaree Ah Kit also joined us to announce the winners, of the art competition and a scrumptious BBQ lunch was soon after served.



## 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.

# NEW LOOK

Mental Illness Fellowship of Australia (NT) has been working to rebrand in order to better represent our values & mission.

The new logo reflects a modern boutique organisation providing mental health services through the lens of mental wellness and recovery. The branding Mental Illness Fellowship of Australia (NT) still continues to work at a grassroots level with the same mission and values, however with changes to the mental health sector and the incoming NDIS, it was felt that the organisation needed to refresh the existing outdated language and image in our logo.

The new logo maintained the acronym MIFA(NT) from the Mental Illness Fellowship of Australia (NT).

The yellow squiggle above the “I” represents the mind and thoughts of confusion when having mental health issues. The bright yellow colour symbolises hope and recovery that represents the sunflower.

The colours are still primarily Northern Territory colours and continue to reflect our location, however they have been emboldened to represent the organisation as a leading community-based mental health service provider.

In the coming year, our new logo will come into effect, however you can still expect the same quality services from mifant.

## Current Logo



## New Logo



MOODBOARD



WARM	NATURAL
MODERN	INSPIRING



OPTIMISM VITALITY HOPE FRESH STRENGTH

**Dosis Semi Bold**

abcdefghijklmnop ACDEFGHIJKLMNOP  
12345678901@#\$\$%^&\*()

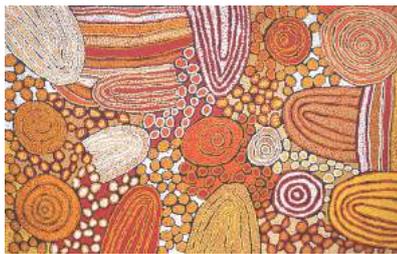
**Open Sans Regular**

abcdefghijklmnop ACDEFGHIJKLMNOP  
12345678901@#\$\$%^&\*()

**About:**

The scribble logo symbol represents the mind and thoughts of confusion when having mental health issues. The bright colour of ochre yellow is used to symbolise the sunflower of hope and recovery.

Mifa is in black to represent strength and to strongly stand out. The NT will be in the bright Territorian ochre orange colour.



# 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



MIFA(NT) 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 net-works 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. MIFA has also been developing a platform for people living with a mental health condition to share experiences, discuss ideas and develop their voice in speaking about mental health issues. Finding North will be launched in October 21.



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**

## 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 performance of the organisation as at 30th June 2020 ended in accordance with accounting policies to the financial statements and the requirements of the Associations Act.

During the 2020/2021 financial year, we serviced a new contract ensuring the continuance of the Mi Track program for the next 5 yrs. Our NDIS business has also maintained a constant cash flow in comparison to the previous year.



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

# FINANCIAL SUMMARY

INCOME SUMMARY	2021	2020
FUNDING	1,626,634	1,829,174
OTHER INCOME	589,082	525,498
<b>TOTAL INCOME</b>	<b>2,215,716</b>	<b>2,354,672</b>

EXPENDITURE SUMMARY	2021	2020
OPERATING EXPENDITURE	2,172,172	2,038,058
<b>OPERATING SURPLUS</b>	<b>43,544</b>	<b>316,615</b>
<b>TOTAL COMPREHENSIVE INCOME</b>	<b>43,544</b>	<b>316,615</b>

FINANCIAL POSITION	2021	2020
<b>ASSETS</b>		
CASH ASSETS	980,480	975,690
OTHER ASSETS	81,046	163,082
<b>TOTAL CURRENT ASSETS</b>	<b>1,061,526</b>	<b>1,138,772</b>
PROPERTY PLANT & EQUIPMENT	294,699	60,790
OTHER	20,127	20,127
<b>TOTAL NON CURRENT ASSETS</b>	<b>314,827</b>	<b>80,617</b>
<b>TOTAL ASSETS</b>	<b>1,376,353</b>	<b>1,219,389</b>

LIABILITIES	2021	2020
PAYABLES	119,205	173,324
FINANCIAL	148,606	3205
CURRENT TAX LIABILITIES	19,078	13,554
PROVISIONS	111,008	94,393
<b>TOTAL LIABILITIES</b>	<b>397,897</b>	<b>284,477</b>
<b>NET ASSETS</b>	<b>978,456</b>	<b>934,912</b>
<b>MEMBERS FUNDS</b>	<b>978,456</b>	<b>934,912</b>