

**mieact**

A safe space for  
mental health education



# Annual Report

2019-20

Mental Illness Education ACT Inc



# Mental Illness Education ACT (MIEACT) creates a safe space for mental health education for all Canberra.

Since 1993, we have been the leading local provider of evidence-informed programs, partnered with lived experience stories, increasing mental health literacy, promoting early intervention and addressing stigma to empower people to seek help early, should they need it.

## Our Vision

Address stigma so people are empowered to sustain their mental health and well-being.

## Our Mission

As a recovery driven organisation we embrace lived experience to provide mental health education awareness programs in schools and the community to address stigma, increase knowledge and promote help seeking.

## Our Values

### DoNOHarm

First, and foremost our evidence-based practices always put the safety of our people and the community front of mind.

### Connected learning

Learning through empathy, authenticity and deep human connection through real stories.

### Life changing

We work together to always focus on changing the lives of people for the better.

### Be human

We are open to vulnerability, and our own humanity every day. We recognise vulnerability brings trust.

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# PRESIDENT'S MESSAGE

Ian McDermott

2019-20 was an important year for MIEACT. With a focus on strengthening and adapting our business model to empower people to sustain their mental health and wellbeing, we developed our engagement with volunteers, increased the delivery of services with young people and continued to build our MIEACT team by investing in dedicated program staff to build on program quality control and outcomes. We also began planning the next steps in our transformation journey towards 2030 and beyond.

I am extremely proud of the progress we have made this year, significantly extending the delivery of our programs to reach more than 30,000 people. We trialed our Primary Schools Mental Health Program, added an additional 30 digital stories and videos and were selected to deliver the Youth Aware of Mental Health program (YAM). We offered free access to our adult Stress Better and Trauma Awareness programs in response to the unprecedented national disasters of 2020-21. In response to the COVID-19 pandemic we rapidly adapted our face-to-face programs to deliver in an online capacity and added Mental Health & Me and Stress & Me as digital programs. We also introduced our Volunteer Engagement Framework which has had significant impact for our volunteers, increasing their engagement, capacity and pride in their role.

This year also saw MIEACT supporting significant work with the ACT Office of Mental Health & Wellbeing, including leading a review of mental health services in the ACT for children and youth 0-25 with a focus on years 8-12 and the creation of a Report on Recommendations to ACT Government

culminating in a Budget Submission for funding Primary School Initiatives.

Importantly, MIEACT entered into partnerships with the University of Canberra to complete a formal external evaluation of our 'DoNOHarm' Framework and the Australian National University to conduct an independent impact evaluation of the Mental Health & Me and Primary Schools programs.

In a continued focus on financial sustainability, we activated a Pay-it-Forward program to develop a new revenue stream and furthered our reach in the community and youth space.

I want to thank all of the MIEACT team for their hard and dedicated work throughout the year and would like to pay special thanks to my fellow board members for their support of MIEACT. I would also like to thank each and every one of our volunteers who play a critical part in the delivery of many of our services.



# CEO'S MESSAGE



## Heidi Prowse

It is my absolute privilege to build on the foundations at MIEACT. In this report we share our achievements in increasing our reach across the local ACT community with high quality educational programs guided by the DoNOHarm Framework®.

This year our focus has been on activating our operational model to maximise our capacity to reach broader and new audiences. At the foundation is the development and implementation of our Program Development and Volunteer Engagement Frameworks. Both frameworks have been co-designed with our Board, staff and volunteers to provide a best practice approach in both the development and delivery of programs, guided by our DoNOHarm framework.

The application of our Evaluation Framework has proven program participants of all ages and backgrounds leave our sessions not only with an increased knowledge of mental health, but practical tools to manage, support and practice positive mental health, and understand help seeking pathways should they need it. In 2019-20, MIEACT reached over 30,000 people in our community across schools and workplaces through both our face to face and online programs this is three times the previous financial year.

We continue to be committed to empowering everyone in our community to sustain their mental health. In January 2020 MIEACT were appointed the local implementation partner of Youth Aware of Mental Health (YAM) a BlackDog Institute program funded by ACT Health.



Outside of our programs MIEACT has played a key role in ACT Government advocacy and community consultation, being the leading organisation of the ACT Children and Young Person review in partnership with the Office for Mental Health and Wellbeing and being a key participant and local representative in ACT Lifespan steering and working groups and ACT Children and Young people community of practice.

Looking forward, MIEACT are completing formal external evaluations on our programs and practices with both the Australian National University and University of Canberra. We are committed to continuous improvement and ensuring that our programs achieve the best outcomes for our community in Canberra.

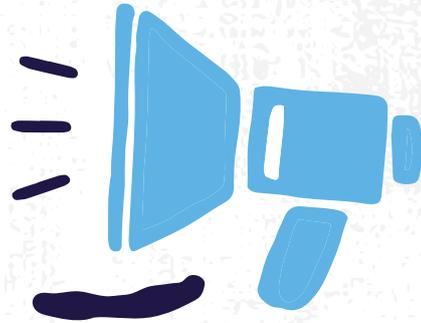
I would like to thank our staff and volunteers for their tireless efforts and commitment to MIEACT and the work we do.

# Strategy and initiatives

TOTAL REACH

**33,617**

people

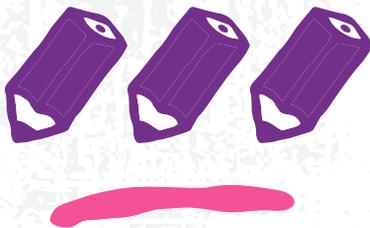


**29**



NEW VOLUNTEERS

this financial year



**192**

YOUTH  
SESSIONS

REACHING **83%** OF ACT  
SECONDARY SCHOOLS



**132**

ADULT  
SESSIONS



REACHING **37** NEW  
ORGANISATIONS

Developed

**30**

DIGITAL  
STORIES AND  
SHAREABLE  
VIDEOS



**2**

ONLINE YOUTH  
MENTAL HEALTH  
PROGRAMS

Mental Health & Me  
and Stress & Me



**CEO**

2020 ACT TELSTRA  
BUSINESS WOMEN  
OF THE YEAR

+

Canberra Women in Business  
Social Impact award

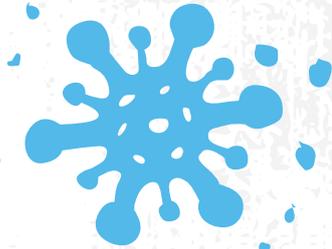


# Advocacy

AWARDED  
ADDITIONAL  
FUNDING OF

**\$80,000**

under the ACT Government **Mental Health  
Stimulus Funding for COVID-19** response



Appointed local implementation partner of:

## Youth Aware of Mental Health

BLACKDOG  
INSTITUTE  
PROGRAM



FUNDED BY ACT HEALTH

EXPANDED OUR REACH OF

## **DoNOHarm**

TRAINING IN THE  
COMMUNITY WITH  
SUPPORT FROM JOHN  
JAMES FOUNDATION.



Services have been delivered  
under our **DoNOHarm  
Framework**® with

**98.6%**

OF HOSTS REPORTING  
"NO DISTRESS" CAUSED  
TO PARTICIPANTS

Presented to the ACT  
inquiry into children and  
young people

## CO-LED THE REVIEW

INTO CHILDREN AND  
YOUNG PEOPLE

WITH OFFICE OF MENTAL  
HEALTH & WELLBEING



Developed and implemented

**VOLUNTEER  
ENGAGEMENT,  
EVALUATION  
AND PROGRAM  
DEVELOPMENT  
FRAMEWORKS**



# How do we share our stories, safely?

## Audience size

To achieve the best learning outcomes with the students and to be acutely aware of the response of the audience "hearing the story", MIEACT prefer to deliver to small group sizes of up to 30 students.

## Language matters

The language used when talking about suicide, self-harm and mental illness plays a big role in reinforcing stereotypes, myths and stigma. MIEACT Educators ensure this approach is adhered to and is fully authentic, to increase the learning outcomes and engagement of your students.

## Face-to-face

Numerous studies have found that stigma and discrimination is addressed positively when a person meets and interacts with a person with lived experience of mental illness. For most sessions, one of our amazing Volunteer Educators with lived experience will form the team that delivers the workshop to your students.



## Environment

MIEACT is always open to presenting programs within a wide variety of environments and can be adaptive to your school's needs. To optimise learning outcomes however, educators should have access to the following (or provided as pre-reading, if appropriate):

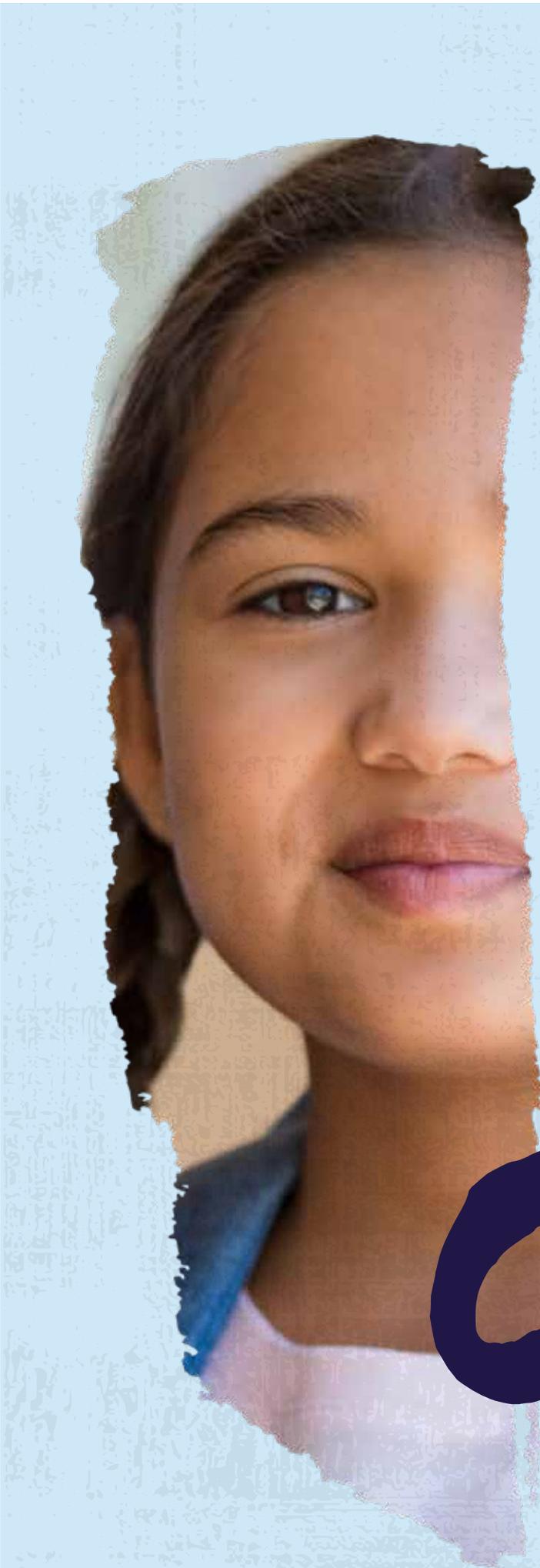
- A quiet and comfortable space for learners.
- Knowledge of audience demographics and needs.
- An understanding of the learners' awareness of mental health.
- Knowledge of any challenging behaviour.
- Knowledge of any vulnerable people.
- Knowledge of any recent, relevant incidents of concern.

This minimises the "unexpected" to occur and allows a story teller to make adjustments to the content considering the experiences of the room.

## Our aesthetic

Our messaging does not end at the language we use. The three primary modes of communication are auditory, visual and kinaesthetic. To ensure that we create safe environments we always consider how our physical and visual communication supports our verbal message.

Our digital or print materials and the imagery and visuals we use do not reinforce stereotypes, myths and stigma or create potentially traumatic aesthetic content.



# Our People



Our Board

Our Staff

Our Volunteers

Our Partners

# 01

# Our Board



**Ian McDermott**

**President**

- Appointed 2016
- President 2018
- Board Committees: Chair Revenue & Development

Ian is a program and project management professional with more than 25 years' experience supporting the design, establishment and running of large scale change programs within both the public and private sectors, including disability and aged care reform. Ian is an experienced educator and an established leader within the consulting sector. He brings design thinking, business strategy development and previous CEO experience to his role as President with MIEACT.

Ian is passionate about driving mental health awareness and the establishment of pragmatic support programs, especially for our children and youth.



**Brant Trim**

**Vice President**

- Appointed 2019
- Board Committees: Member Revenue & Development

Brant is an entrepreneur and educator in the ICT industry. He is the founder of several start ups, a Director of a Canberra based digital practice and an educator at the Australian National University. He brings his design thinking and digital strategy to the MIEACT board in his role as Vice President.

Brant is an active member of his inner-north community and a proud Canberran, he is passionate about mental illness education in our schools and workplaces for the betterment of our community at large.



**Gina Zheng**

**Secretary**

- Appointed 2019
- Board Committees: Secretariat for all committees

Gina is passionate about empowering young people to be the best versions of themselves, and believes this involves starting with a strong understanding of one's own mental health and wellbeing. Gina is also a Board Director for the World Economic Forum's Global Shaper Australia, an advisor to Plan International Australia's Programs and Influence Board Committee and currently works as a Project Manager in renewable energy development. Gina enjoys trail running and being immersed in nature as part of her self-care routine.

# Our Board



## David Bromhead

- Appointed 2018
- Board Committees: Member Audit & Risk, Deputy Chair Program Advisory Panel

David is a psychologist who has worked in public schools and community agencies supporting families and young people enhance their wellbeing. David worked in the ACT Education Directorate providing strategic and policy advice to schools, senior executive staff in the Directorate and for the Minister for Education. The advice included issues such as student wellbeing, challenging behaviours, mental health, countering violent extremism, family violence, students in out-of-home care and youth justice. David also provided expert clinical advice on complex student issues to schools and allied health professionals. David was also the principal at the school in Bimberi Youth Justice centre.



## Steven Eddi

- Appointed 2019
- Board Committees: Member Audit & Risk

Steven is an accountant specialising in financial processes and improvements currently working as Finance Manager for a local not-for-profit organisation. He brings financial and analytic skills to the Board of MIEACT. Coming from a family with a history of mental illness, Steven hopes to dedicate his skills to improving the quality of education concerning, and to reducing the stigma surrounding, mental illnesses.

Steven is the father of six very active boys. In his (rare) spare time Steven enjoys learning about everything from particle physics to culinary history. He also teaches classes at a local community centre, which he releases as a regular podcast.



## Terri Warner

- Appointed 2016
- Lived Experience Representative

Terri first joined MIEACT as a Volunteer Educator in 2013. She is an advocate who uses her lived experience to bring about positive change in mental health systems and services through community education, development and delivery of peer-led training workshops and research. She has broad experience in not-for-profit governance, quality management systems auditing and both internal and external policy development. She is passionate about ensuring that people who access mental health services are involved in making decisions that affect them, and that lived experience expertise informs the development of prevention, intervention and post-vention initiatives in mental health.



## Anthony O'Hara

- Appointed 2019
- Lived Experience Representative

Anthony first joined MIEACT as a Volunteer Educator in 2013.

Anthony hopes to use his lived experience in a positive way to help serve MIEACT's needs, guide the organisation's direction and help MIEACT to reach its full potential.



## Monique Meacham

### Treasurer (casual)

- Appointed 2020
- Board Committees: Chair Audit & Risk

Monique has been a MIEACT board member since 2020. Monique is an experienced accountant with five years experience in the finance sector and a passion for not for profits.

Monique currently works as an accountant for a not for profit and in her spare time competes in dog sports.



## Beth Barratt-Browne

### (casual)

- Appointed 2020
- Board Committees: Member Audit & Risk

Beth Barratt-Browne is a human resource and business development professional with experience in delivering and consulting across industries including Government, not-for-profit and most corporate sectors. In a career spanning Australia and the UK geographies, she has helped organisations realise greater business outcomes through enabling and empowering human capability.

*Nicole McCabe & Kath Stein were appointed in 2019 and resigned from the Board during their term. MIEACT thank them both wholeheartedly for their contribution during their term.*

# Our Staff



## Heidi Prowse

CEO

Heidi Prowse is a CEO, changemaker, community leader and carer. Heidi has built a reputation for transforming not-for-profits. By doing so, she enables organisations to reach more people with their work. She does this by applying her knowledge of systems, her empathetic leadership and business savviness. Under Heidi's leadership MIEACT's programs have achieved incredible results, including Canberra youth reporting they are 96% more likely to seek help, should they need it! Annually they have reached over 30,000 Canberrans and through improved and innovative approaches to their operational model the organisation has doubled in size and reach. These remarkable results have been recognised with Heidi being a multi-award winner including receiving the 2020 Telstra ACT Business Women of the year.



## Megan Mills

Program Director

Megan is passionate about the use of education as a tool for change. For over ten years Megan has worked across the mental health, aged care and disability sectors. She has a Degree in Health Science, and a management and training background. Megan leads the design and delivery of MIEACT programs including the innovative development of No Labels a game changer in bullying prevention programs.



## Carisse Flanagan

Business Development Manager

Carisse joins MIEACT with qualifications and experience in advertising, business development and stakeholder engagement. Her high level attention to detail and forward planning skills will contribute to her success supporting both Educators and Clients in the delivery of MIEACT programs. Further to this Carisse also brings creative expertise in TV & Film production, which compliments MIEACT Digital Stories.

## Admin



## Blanca Reyes

Executive Assistant



## Jo Klenka

Finance Officer

## Business



**John Dickson**  
Client Relations Officer



**Shahzad Ahmed**  
Salesforce Administrator



**Wendy Dawes**  
Digital Designer

## Programs



**Jessi Claudianos**  
Volunteer and Program Manager



**Jenny Dunn**  
Program Educator



**Justin Murray**  
Program Educator



**Deahnne McIntyre OAM**  
Lived Experience Program Educator

### YAM Instructors

- Colette Burke
- Jasmine Peuo
- Natasha Atchison
- Priya Chandra
- Ricky Pang
- Roberta Bagozzi
- Vinaya Kaushik

### Clinical Support Officer

- Velissa Aplin

# Our Volunteers

It is widely recognised that volunteering opportunities have a positive impact on Volunteers, organisations and the wider community.

In particular, volunteering with MIEACT for those with a lived experience, has proven to be a significant component in their recovery journey. Our volunteers are motivated to give back, make a difference, contribute to addressing stigma and encourage early help-seeking.

Through a co-design process MIEACT has established clear systems and policies required to manage and support volunteers throughout their engagement with the organisation, with an emphasis on being recovery driven, maintaining appropriate resourcing, communication and diversifying opportunities for engagement. The Volunteer Engagement Framework was implemented throughout 2019-20 and the impact has had a significant result on our Volunteers; increasing their engagement, capacity and pride in their role.

“Since the beginning of 2019, Volunteering and Contact ACT has been involved in MIEACT’s project to develop a Volunteer Engagement Framework,” said Sarah Wilson, Policy Manager, Volunteering and Contact ACT.

“Co-designing the framework with a volunteer advisory group, whilst simultaneously aligning the framework with the National Standards for Volunteer Involvement, has been an innovative approach that prioritised the needs of volunteers at MIEACT. The result of this project is a robust, volunteer-centred framework that is an example of best practice volunteer engagement. The approach taken to carefully consider the needs of volunteers at every stage of their engagement with MIEACT is a model that could be emulated by other volunteer involving organisations, and positions MIEACT as an industry leader in volunteer involvement.”



“The positive energy I felt after my initial meeting with MIEACT was unlike anything I had experienced before and for the first time I actually stopped and thought about the impact a Carer can have on the person they care for and how vital we actually are for their mental health and well-being.”

– Jodie, Volunteer Educator

## Volunteer Engagement Scorecard

	Strongly Agree	Agree	Neither agree/disagree	Disagree	Strongly disagree
MIEACT makes me feel accepted and respected.	60%	40%			
MIEACT creates a safe and trustworthy environment.	40%	50%	10%		
MIEACT adequately emphasises my strengths and capabilities.	40%	50%			
MIEACT is open to receiving feedback from me.	70%	30%			
My role at MIEACT has had a positive impact on my own mental health and wellbeing.	60%	30%			
In the last 12 months MIEACT has met our DoNOHarm Framework in terms of organisational operations and program delivery.	50%	50%			

**"I was involved in a workgroup that completely reviewed all of the processes of the volunteer's engagement with MIEACT.**

Around this time a newer team had been recruited which provided more stability and a better culture was developed from my point of view.

After these new processes were implemented I found that volunteering with MIEACT became far more enjoyable and rewarding. I was able to nominate for all the sessions that appealed to me and I knew where to go, at what time and with whom I would be presenting. I really enjoy every day that I volunteer with MIEACT.

I feel I have a story of hope and survival from a horrible illness and being able to present this story helps me maintain my mental health and give others, particularly young people, an insight into what mental illness is, where to get help and to see you are not the only one suffering. With early treatment you can live a relatively healthy and happy life."

- John, Volunteer Educator (commenced April 2017)



**TRAINING (24) OR  
ENGAGEMENT (45)  
ACTIVITIES**



**NEW EDUCATORS  
(8) AND YAM  
HELPERS (21)**



**VES IN FINAL  
STAGES OF  
TRAINING**

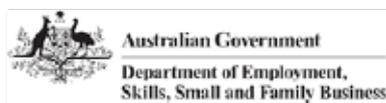


**HOURS OF  
PROGRAM  
DELIVERY**

# Our Partners



# Our Pay-it-forward Clients





## Our Programs



Youth Programs

Adult Programs

YAM

# 02



# MIEACT continues to have a positive impact in the Canberra community

This financial year we delivered 324 mental health education sessions in schools, workplaces and in the community reaching a total of 33,617 participants. MIEACT facilitated sessions in 83% of Secondary Schools in the ACT, with an aim to present in 100% of schools in the next financial year.

Like many organisations, we faced a change this financial year, when the COVID-19 Pandemic caused a transformation in the way we reached members of the community. In order to ensure the continuation of support, awareness, capacity building and the promotion of help seeking at a time of great need in the region, we adapted our face to face programs to deliver in an online capacity, including the launch of MIEACT's two digital programs: Mental Health & Me and Stress and Me. These programs are aimed at students in years 5 to 9 addressing the impacts of mental health and stress, helping young people identify tailored solutions and help-seeking opportunities.

To respond to the growing need for support in our community and with assistance through the ACT Government Mental Health Stimulus Package, MIEACT waived fees for community and frontline providers. This offered free access to our adult Stress Better and Trauma Awareness programs.

Through additional funding support, MIEACT were able to increase program offerings and methods in innovative ways including utilising social media platforms to release a series of Self-Care videos featuring MIEACT's lived experience Volunteer Educators with a reach of 27,241 individuals. With the Office for Mental Health and Wellbeing, MIEACT released self-care magnets and PDF resources to the community via the Canberra Relief Network. These resources are accessible on our website to build community awareness and capacity in four key areas being:

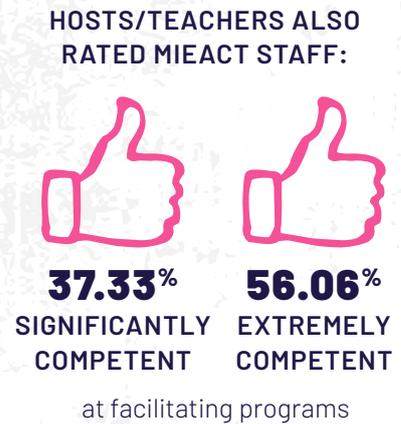
- ⇒ Stress & Anxiety
- ⇒ Self-Care
- ⇒ Trauma
- ⇒ Help seeking



Stephen Blumenthal, Heidi Prowse CEO and Shane Rattenbury MLA, Minister for Mental Health release the ACT Children and Young person review report.

# Impact report

MIEACT programs maintain a high recommendation rate showing our client satisfaction is high:



MIEACT continues to strengthen the provision of programs through:

## PARTNERSHIPS

**UNIVERSITY OF CANBERRA** 

to complete a formal external evaluation of the DoNOHarm Framework in order to formally document and validate the approach.

**AUSTRALIAN NATIONAL UNIVERSITY** 

to conduct an independent impact evaluation of the the Mental Health & Me and our Primary School Program.

## LEARNING MANAGEMENT SYSTEMS



An expansion into online learning with the procurement of a digital Learning Management System, and the development of the first module series focusing on Trauma Awareness, with a plan underway to develop parent focused health promotion modules in the 2020-2021 FY supported by the Snow Foundation.

## ADVISORY PANEL

The initial design and development of MIEACT's Program Advisory Panel is completed as a means to effectiveness and relevance of current program offerings and program expansion considerations in future years, ready for recruitment in the 2020-2021 FY.



## DIGITAL STORIES

In February, MIEACT redesigned our approach to the development of digital stories and engaged a local videographer and studio to assist in the production.

**THIS RESULTED IN 11 DIGITAL STORIES**



# Youth Programs

MIEACT's youth programs, focused on secondary school students, are delivered by experienced educators guided by our DoNOHarm Framework®, a best practice approach to communicating about mental health issues. All educational content is evidence-based and aligned to the Australian Curriculum.

Digital tools are occasionally used to engage formative assessment and allow the facilitator to drive discussion to the experience in the room.

MIEACT has developed Teacher/caregiver resources for each course to consolidate learning in the home or classroom. Our programs also include take home resources to encourage participants to integrate learning into their everyday lives.

MIEACT continue to have a high presence in secondary schools currently reaching 83% of ACT Schools.

## Digital Learning

MIEACT's first youth focused digital program, Mental Health & Me launched in April thanks to the support from the Chief Ministers Fund by Hands Across Canberra. This coincided with an increase in requests for innovative content to assist with ACT's need to transition to online education. Mental Health & Me saw 757 Individual users from its launch in April until June 30, 2020 and reports note its completion both in the school setting with entire year groups, and in-home settings alike.

Following on from the success of our first digital exemplar, Stress & Me began initial design and development and testing in June, and was launched in the 2020-2021 FY. A comprehensive report will be provided in future annual reports, but early modelling is promising, showing 157 individual users completing the exemplar after its launch in early July.

While the digital exemplars were targeted at MIEACT's prime audience, being ACT and surrounds, the benefits of the digital platform continued past ACT borders, within users reported in Adelaide, Sydney, Albury, Wollongong, Melbourne, Perth, Dubbo, Sydney's Central coast and outside of Australia's shores.



We have been privileged to welcome the MIEACT presenters into our College for several years now. It is clearly evident that the presentations offer great value to our students by using personal experience to assist them in their developing understanding of mental health concerns amongst themselves, their peers and the wider community. Through the use of personal stories, connection, empathy towards and compassion is created amongst the students.

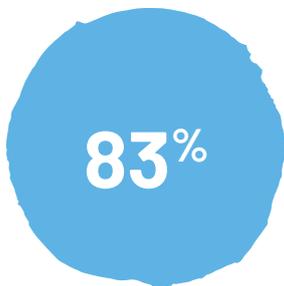


Brendan Collis, Daramalan College



## At a glance

Workshop	Description	Grades	Mode	Duration
Any Body's Cool	Developing attitudes, behaviours and language that impact body image	7, 8		2 x 60 min
No Labels	A behavioural approach to bullying prevention	7, 8		60 min
Stress and Me	An interactive program to help build an understanding of what stress is and how to manage it using effective wellbeing strategies.	7, 8, 9		60 min
				2 x 40 min
Stress Better	Builds an understanding of stress, worry and anxiety, and the connection between the three	10, 11, 12		60 min
				30-45 min
Mental Health & Me	Addressing stigma and promoting help-seeking	7, 8, 9		60 min
				30-45 min
Mental Health 201	Analysing stigma and the power of the lived experience to address mental health concerns	10, 11, 12		60 min
				30-45 min



**83% ACT SECONDARY SCHOOLS HOSTED A MIEACT PROGRAM**



**PARTICIPANTS**



**MORE LIKELY TO SEEK HELP**



The personal story talks that MIEACT provide our Psychology students with each year are an invaluable support for our unit on Mental Illness. Students get a real-life look into the effects of mental illness, and how it can affect one's life. Furthermore, these stories provide them with a sense of hope; that mental illness does not define someone, rather it is only an aspect of who they are.



- The Psychology Team, Canberra College

# Adult Programs

MIEACT's Adult and community awareness programs are delivered in partnership with workplaces and community based organisations across the ACT. A total of 76 workplaces were engaged over the 2019-20 FY of which 37 had not previously engaged a MIEACT program.

Through the provision of a diversely skilled workforce, MIEACT is able to combine current health promotion research and intervention with compelling personal connection.

MIEACT's Educators join the mental health education space from a variety of backgrounds, including Education, Nursing, Social Work, Research, Health Science and Mental Health sectors to share their experience and passion for building the capacity and resilience of Canberra's young people.

To achieve the best learning outcomes our programs are delivered in small groups, guided by our DoNOHarm Framework<sup>©</sup>, a best practice approach to communicating about mental health concerns. Following the session participants have access to a range of further learning resources and help seeking guides.

A total of 76 workplaces were engaged over the 2019-20 FY of which 37 had not previously engaged a MIEACT program.



PARTICIPANTS



WOULD RECOMMEND THE SESSION TO A FRIEND



ORGANISATIONS PAID IT FORWARD

## Pay-It-Forward

**We want mental health education to be accessible for all Canberrans**

When you book a MIEACT program your organisation helps make that dream a reality. During COVID-19 our Pay-it-Forward program made it possible for us to provide free mental health education to frontline community workers, across 14 Canberra not-for-profits, who did not stop this year.





Learning objectives (Trauma Awareness) clear, information presented in a manner that was succinct but interesting. Justin was a very credible presenter.

- Angela Ingram, Mental Health Foundation ACT



Many people liked the theory, others like the practical applications and examples, and others still likes the mix of the two elements, which made the structure ... very useful for the diverse interests.

- Northside Community Services

### At a glance

WORKSHOP	DESCRIPTION	GROUP SIZE	DURATION
<b>Mental Health 101</b>	Increase your knowledge with powerful lived experience stories that break down stigma and promote help seeking	30	1 hour
<b>Stress Better</b>	Equip your staff with practical tools to manage and respond to stress more effectively in the workplace	30	1.5 hours
<b>Trauma Awareness</b>	Equip your staff with the skills and strategies to support themselves and others impacted by trauma	15	3 hours
<b>DoNOHarm</b>	Strengthen your organisations culture with a best practice approach to mental health communication, suicide prevention and wellbeing practices.	15	3 hours

# YAM

The Youth Aware of Mental Health (YAM) program is an evidenced-based program for Year 9 students, developed to promote mental health and address suicidal behaviour.

YAM is a program aimed at addressing the mental health needs of young people, that involves discussion and role play. It aims to get young people involved and talking about mental health. By doing this, young people will learn problem solving skills and gain knowledge about mental health; build resilience; and promote early intervention and help seeking behaviours.

YAM is a BlackDog Institute program funded by ACT Health and MIEACT play the vital role of local implementation in the ACT.



(The facilitators) seemed really good, some students mentioned to me that they felt supported and the facilitators were easy to talk to. Most students engaged well with the program and a few commented that they thought the sessions were professional and helpful.



- UC Kaleen High School



SCHOOLS



CLASSROOMS



PARTICIPANTS



YAM presenters (from back left): Jasmine, Roberta, Stephen and John; (front) Brooke, Vin and Cass.



# Finance



Treasurer's Message  
Financial Statements

# 03



# TREASURER'S MESSAGE



Monique Meacham

The Association achieved an overall operating surplus for the year totaling \$80,433 (2019: \$35,768).

Total income for the year of \$1,084,442 (2019: \$740,782) represented a 46% increase as compared to the previous year which ended 30 June 2019.

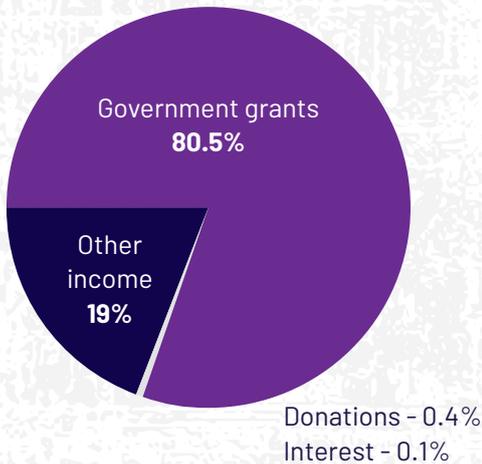
The main contributors to the increase in revenue and profit stemmed from securing the YAM contract and from ATO cash flow boost payments. Total expenditure for the year of \$1,004,009 (2019: \$705,014) represented a 42% increase as compared to the previous year which ended 30 June 2019.

The greatest increase in expenditure came from a growth in wages and program costs, this is to be

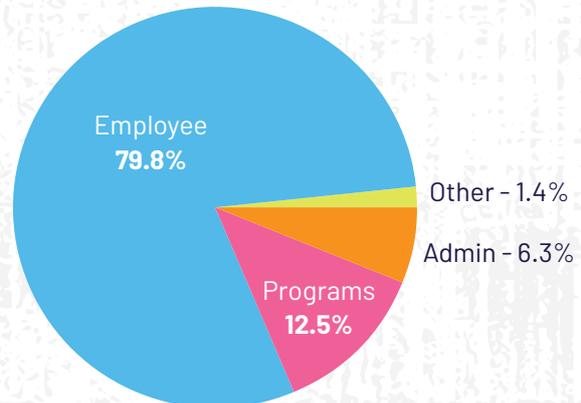
expected with the training and program delivery costs associated with the YAM contract.

The overall 2020 surplus is representative of the growth phase MIEACT is currently pursuing and it is positive to see that revenue is growing at a higher rate than expenses, indicating that taking on new projects and grants is positively impacting the financial position of the Association.

## Income



## Expenses



# **Mental Illness Education ACT Incorporated**

A.B.N 54 121 600 383

## **Financial Statements**

**For the Year Ended 30 June 2020**

# Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

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For the Year Ended 30 June 2020

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# Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

## Board Report For the Year Ended 30 June 2020

The board members present their report on Mental Illness Education ACT Incorporated for the financial year ended 30 June 2020.

### Board Members

The names of the board members in office at any time during or since the end of the year are:

Names	Position	Appointed/Resigned
Ian McDermott	President	
Brant Trim	Vice President	Appointed 18 Nov 2019
Gina Zheng	Secretary	Appointed 18 Nov 2019
Monique Meacham	Treasurer	Appointed 31 March 2020
David Bromhead	Ordinary member	
Anthony O'Hara	Ordinary member	
Steven Eddi	Ordinary member	Appointed 18 November 2019
Terri Warner	Ordinary member	Appointed 18 November 2019
Beth Barratt-Browne	Ordinary member	Appointed 24 February 2020
Nicole McCabe	Ordinary member	Stepped down as Treasurer.
Kath Stein	Ordinary member	Stepped down.
Tessa Cleradin	Ordinary member	Stepped down.
Heidi Prowse	Executive officer	

Board members have been in office since the start of the financial year to the date of this report unless otherwise stated.

### Principal activities

The principal activities of the Association during the financial year were to improve the understanding of mental illness in the community, particularly among the young in schools and through this empower people to enhance their own mental health.

### Significant changes

No significant change in the nature of these activities occurred during the year.

### Operating result

The surplus of the Association for the financial year amounted to \$ 80,433 (2019: \$ 35,768).

Signed in accordance with a resolution of the Members of the Board:

Board member: .....

Board member: .....

Dated this 15<sup>th</sup> day of December 2020

GINA ZHENG

**Mental Illness Education ACT Incorporated**

A.B.N 54 121 600 383

**Auditor's Independence Declaration under Section 60-40 of the Australian Charities and Not-for-profits Commission Act 2012 to the Responsible Persons of Mental Illness Education ACT Incorporated**

I declare that, to the best of my knowledge and belief, during the year ended 30 June 2020, there have been:

- (i) no contraventions of the auditor independence requirements as set out in section 60-40 of the *Australian Charities and Not-for-profits Commission Act 2012* in relation to the audit; and
- (ii) no contraventions of any applicable code of professional conduct in relation to the audit.

Vincent's Audit Pty Ltd

Phillip W Miller CA  
Director

Canberra

## Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

### Statement of Profit or Loss and Other Comprehensive Income For the Year Ended 30 June 2020

	Note	2020 \$	2019 \$
Revenue	5	1,032,745	740,782
Cash flow boosts		51,697	-
Accommodation expenses		(4,864)	(14,469)
Audit costs		(3,033)	(2,727)
Bank charges		(1,310)	(975)
Committee and community expenses		(9,544)	(17,602)
Depreciation and amortisation expense		(18,296)	(5,001)
Employee benefits expense		(800,998)	(557,422)
Insurance expenses		(4,110)	(2,780)
Other administrative expenses		(36,757)	(42,683)
Program and presenters costs		(125,097)	(61,355)
<b>Surplus before income tax</b>		<b>80,433</b>	<b>35,768</b>
Income tax expense		-	-
<b>Surplus for the year</b>		<b>80,433</b>	<b>35,768</b>

The accompanying notes form part of these financial statements.

# Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

## Statement of Financial Position

As At 30 June 2020

	Note	2020 \$	2019 \$
<b>ASSETS</b>			
CURRENT ASSETS			
Cash and cash equivalents	6	720,598	434,648
Trade and other receivables	7	6,228	35,728
Other assets	8	4,679	3,679
TOTAL CURRENT ASSETS		<u>731,505</u>	<u>474,055</u>
NON-CURRENT ASSETS			
Right of use asset	9	10,224	-
Plant and equipment	10	27,872	26,834
TOTAL NON-CURRENT ASSETS		<u>38,096</u>	<u>26,834</u>
TOTAL ASSETS		<u>769,601</u>	<u>500,889</u>
<b>LIABILITIES</b>			
CURRENT LIABILITIES			
Trade and other payables	11	56,866	91,947
Employee benefits	12	42,026	24,738
Other financial liabilities	13	232,797	39,920
Lease liability		10,425	-
TOTAL CURRENT LIABILITIES		<u>342,114</u>	<u>156,605</u>
NON-CURRENT LIABILITIES			
Lease liability		2,770	-
TOTAL NON-CURRENT LIABILITIES		<u>2,770</u>	<u>-</u>
TOTAL LIABILITIES		<u>344,884</u>	<u>156,605</u>
NET ASSETS		<u>424,717</u>	<u>344,284</u>
<b>EQUITY</b>			
Retained earnings		424,717	344,284
TOTAL EQUITY		<u>424,717</u>	<u>344,284</u>

The accompanying notes form part of these financial statements.

# Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

## Statement of Changes in Equity For the Year Ended 30 June 2020

2020

	Retained Earnings	Total
	\$	\$
<b>Balance at 1 July 2019</b>	<b>344,284</b>	<b>344,284</b>
Surplus for the year	80,433	80,433
<b>Balance at 30 June 2020</b>	<b>424,717</b>	<b>424,717</b>

2019

	Retained Earnings	Total
	\$	\$
<b>Balance at 1 July 2018</b>	<b>308,516</b>	<b>308,516</b>
Surplus for the year	35,768	35,768
<b>Balance at 30 June 2019</b>	<b>344,284</b>	<b>344,284</b>

The accompanying notes form part of these financial statements.

# Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

## Statement of Cash Flows For the Year Ended 30 June 2020

	2020	2019
Note	\$	\$
<b>CASH FLOWS FROM OPERATING ACTIVITIES:</b>		
Receipts from customers	1,417,994	769,385
Payments to suppliers and employees	(1,113,675)	(706,696)
Interest received	1,369	10,860
Lease payments for leases of low-value assets	(5,361)	-
Net cash provided by/(used in) operating activities	<u>300,327</u>	<u>73,549</u>
<b>CASH FLOWS FROM INVESTING ACTIVITIES:</b>		
Purchase of plant and equipment	(9,111)	(12,314)
Net cash (used in) investing activities	<u>(9,111)</u>	<u>(12,314)</u>
<b>CASH FLOWS FROM FINANCING ACTIVITIES:</b>		
Payment of lease liability (principal and interest)	(5,266)	-
Net cash provided by/(used in) financing activities	<u>(5,266)</u>	<u>-</u>
Net increase/(decrease) in cash and cash equivalents held	285,950	61,235
Cash and cash equivalents at beginning of year	434,648	373,413
Cash and cash equivalents at end of financial year	6 <u>720,598</u>	<u>434,648</u>

The accompanying notes form part of these financial statements.

# Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

## Notes to the Financial Statements For the Year Ended 30 June 2020

The financial report covers Mental Illness Education ACT Incorporated as an individual entity. Mental Illness Education ACT Incorporated is a not-for-profit Association, registered and domiciled in Australia.

Comparatives are consistent with prior years, unless otherwise stated.

### 1 Basis of Preparation

The financial statements are general purpose financial statements that have been prepared in accordance with the Australian Accounting Standards - Reduced Disclosure Requirements and the *Australian Charities and Not-for-profits Commission Act 2012*.

The financial statements have been prepared on an accruals basis and are based on historical costs modified, where applicable, by the measurement at fair value of selected non-current assets, financial assets and financial liabilities.

Significant accounting policies adopted in the preparation of these financial statements are presented below and are consistent with prior reporting periods unless otherwise stated.

### 2 Change in Accounting Policy

#### Revenue from Contracts with Customers - Adoption of AASB 15

The Association has adopted AASB 15 *Revenue from Contracts with Customers* for the first time in the current year with a date of initial application of 1 July 2019.

The Association has applied AASB 15 using the cumulative effect method which means the comparative information has not been restated and continues to be reported under AASB 118 and related interpretations and all adjustments on adoption of AASB 15 need to be taken to retained earnings at 1 July 2019. There was no impact to retained earnings on adoption of AASB 15 at 1 July 2019.

#### Income of Not-for-Profit Entities- Adoption of AASB 1058

The Association has adopted AASB 1058 *Income of Not-for-Profit Entities* for the first time in the current year with a date of initial application of 1 July 2019.

AASB 1058 clarifies and simplifies the income recognition requirements that apply to not-for-profit (NFP) entities, in conjunction with AASB 15. The new income recognition requirements shift the focus from a reciprocal/non-reciprocal basis to a basis of assessment that considers the enforceability of a contract and the specificity of performance obligations.

The core principle of the new income recognition requirements in AASB 1058 is when a NFP entity enters into transactions where the consideration to acquire an asset is significantly less than the fair value of the asset principally to enable the entity to further its objectives, the excess of the asset recognised (at fair value) over any 'related amounts' is recognised as income immediately.

Where there is an 'enforceable' contract with a customer with 'sufficiently specific performance obligations, income is recognised when (or as) the performance obligations are satisfied under AASB 15, as opposed to immediate income recognition under AASB 1058.

Under AASB 15, an entity recognises revenue when (or as) a performance obligation is satisfied, i.e. when 'control' of the goods or services underlying the particular performance obligation is transferred to the customer. AASB 15 introduces a 5-step approach to revenue recognition, which is more prescriptive than AASB 118.

# Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

## Notes to the Financial Statements For the Year Ended 30 June 2020

### 2 Change in Accounting Policy

#### Income of Not-for-Profit Entities- Adoption of AASB 1058

#### Impact of Adopting the new revenue Standards AASB 15 and AASB 1058

The Association has assessed the impact of adopting the new revenue standards and it was determined that the adoption of these new standards had no significant impact on the Association's current revenue streams. The new policies adopted by the Association are set out in Note 3(c).

#### Leases - Adoption of AASB 16

The Association has adopted AASB 16 *Leases* using the modified retrospective (cumulative catch-up) method from 1 July 2019 and therefore the comparative information for the year ended 30 June 2019 has not been restated and has been prepared in accordance with AASB 117 *Leases* and associated Accounting Interpretations.

#### Impact of adoption of AASB 16

The impact of adopting AASB 16 is described below:

#### Association as a lessee

Under AASB 117, the Association assessed whether leases were operating or finance leases based on its assessment of whether the significant risks and rewards of ownership had been transferred to the Association or remained with the lessor. Under AASB 16, there is no differentiation between finance and operating leases for the lessee and therefore all leases which meet the definition of a lease are recognised on the statement of financial position (except for short-term leases and leases of low value assets).

The Association has elected to use the exception to lease accounting for short-term leases and leases of low value assets, and the lease expense relating to these leases are recognised in the statement of profit or loss on a straight line basis.

#### *Practical expedients used on transition*

AASB 16 includes a number of practical expedients which can be used on transition, the Association has used the following expedients:

- contracts which had previously been assessed as not containing leases under AASB 117 were not re-assessed on transition to AASB 16;
- lease liabilities have been discounted using the Association's incremental borrowing rate at 1 July 2019;
- right-of-use assets at 1 July 2019 have been measured at an amount equal to the lease liability adjusted by the amount of any prepaid or accrued lease payments;
- a single discount rate was applied to all leases with similar characteristics;

# Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

## Notes to the Financial Statements For the Year Ended 30 June 2020

### 2 Change in Accounting Policy

#### Leases - Adoption of AASB 16

##### Impact of adoption of AASB 16

- the right-of-use asset was adjusted by the existing onerous lease provision (where relevant) at 30 June 2019 rather than perform impairment testing of the right-of-use asset;
- excluded leases with an expiry date prior to 30 June 2020 from the statement of financial position and lease expenses for these leases have been recorded on a straight-line basis over the remaining term;
- used hindsight when determining the lease term if the contract contains options to extend or terminate the lease;
- for leases which were classified as finance leases under AASB 117, the carrying amount of the right-of-use asset and the lease liability at 1 July 2019 are the same value as the leased asset and liability on 30 June 2019.

The Company has recognised right-of-use assets of \$20,447 and a lease liability of \$20,447 for the leases previously classified as operating leases as at 1 July 2019.

### 3 Summary of Significant Accounting Policies

#### (a) Income Tax

The Association is exempt from income tax under Division 50 of the *Income Tax Assessment Act 1997*.

#### (b) Leases

*For comparative year:-*

Lease payments for operating leases, where substantially all of the risks and benefits remain with the lessor, are charged as expenses on a straight-line basis over the life of the lease term.

*For current year*

At inception of a contract, the Association assesses whether a lease exists - i.e. does the contract convey the right to control the use of an identified asset for a period of time in exchange for consideration.

# Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

## Notes to the Financial Statements For the Year Ended 30 June 2020

### 3 Summary of Significant Accounting Policies

#### (b) Leases

This involves an assessment of whether:

- the contract involves the use of an identified asset - this may be explicitly or implicitly identified within the agreement. If the supplier has a substantive substitution right then there is no identified asset.
- the Association has the right to obtain substantially all of the economic benefits from the use of the asset throughout the period of use.
- the Association has the right to direct the use of the asset i.e. decision making rights in relation to changing how and for what purpose the asset is used.

#### Lessee accounting

The non-lease components included in the lease agreement are separated and are recognised as an expense as incurred.

At the lease commencement, the Association recognises a right-of-use asset and associated lease liability for the lease term. The lease term includes extension periods where the Association believes it is reasonably certain that the option will be exercised.

The right-of-use asset is measured using the cost model where cost on initial recognition is comprised of the lease liability, initial direct costs, prepaid lease payments, estimated cost of removal and restoration less any lease incentives.

The right-of-use asset is depreciated over the lease term on a straight line basis and assessed for impairment in accordance with the impairment of assets accounting policy.

The lease liability is initially measured at the present value of the remaining lease payments at the commencement of the lease. The discount rate is the rate implicit in the lease, however where this cannot be readily determined then the Association's incremental borrowing rate is used.

Subsequent to initial recognition, the lease liability is measured at amortised cost using the effective interest rate method. The lease liability is remeasured whether there is a lease modification, change in estimate of the lease term or index upon which the lease payments are based (e.g. CPI) or a change in the Association's assessment of lease term.

Where the lease liability is remeasured, the right-of-use asset is adjusted to reflect the remeasurement or the remeasurement is recorded in profit or loss if the carrying amount of the right-of-use asset has been reduced to zero.

# Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

## Notes to the Financial Statements For the Year Ended 30 June 2020

### 3 Summary of Significant Accounting Policies

#### (c) Revenue and other income

The core principle of AASB 15 is that revenue is recognised on a basis that reflects the transfer of promised goods or services to customers at an amount that reflects the consideration the Association expects to receive in exchange for those goods or services. Revenue is recognised by applying a five-step model as follows:

1. Identify the contract with the customer
2. Identify the performance obligations
3. Determine the transaction price
4. Allocate the transaction price to the performance obligations; and
5. Recognise revenue as and when control of the performance obligations is transferred

None of the revenue streams of the Association have any significant financing terms.

#### Grant revenue

Government grants are recognised at fair value where there is reasonable assurance that the grant will be received and all grant conditions will be met. Grants relating to expense items are recognised as income over the periods necessary to match the grant to the costs they are compensating. Grants relating to assets are credited to deferred income at fair value and are credited to income over the expected useful life of the asset on a straight-line basis.

#### Other income

Other income is recognised on an accruals basis when the Association is entitled to it.

#### Interest revenue

Interest is recognised using the effective interest method.

#### (d) Goods and services tax (GST)

Revenue, expenses and assets are recognised net of the amount of goods and services tax (GST), except where the amount of GST incurred is not recoverable from the Australian Taxation Office (ATO).

Receivables and payables are stated inclusive of GST.

Cash flows in the statement of cash flows are included on a gross basis and the GST component of cash flows arising from investing and financing activities which is recoverable from, or payable to, the taxation authority is classified as operating cash flows.

## **Notes to the Financial Statements**

### **For the Year Ended 30 June 2020**

#### **3 Summary of Significant Accounting Policies**

##### **(e) Plant and equipment**

Each class of plant and equipment is carried at cost or fair value less, where applicable, any accumulated depreciation and impairment.

Plant and equipment are measured using the cost model.

##### **Depreciation**

Plant and equipment is depreciated on a straight-line basis over the assets useful life to the Association, commencing when the asset is ready for use.

The depreciation rates used for each class of depreciable asset are shown below:

<b>Fixed asset class</b>	<b>Depreciation rate</b>
Plant and Equipment	20%

At the end of each annual reporting period, the depreciation method, useful life and residual value of each asset is reviewed. Any revisions are accounted for prospectively as a change in estimate.

##### **(f) Financial instruments**

##### **Financial assets**

All recognised financial assets are subsequently measured in their entirety at either amortised cost or fair value, depending on the classification of the financial assets.

##### *Classification*

On initial recognition, the Association classifies its financial assets into the following categories, those measured at:

- amortised cost

##### *Amortised cost*

Assets measured at amortised cost are financial assets where:

- the business model is to hold assets to collect contractual cash flows; and
- the contractual terms give rise on specified dates to cash flows that are solely payments of principal and interest on the principal amount outstanding.

The Association's financial assets measured at amortised cost comprise trade and other receivables and cash and cash equivalents in the statement of financial position.

# Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

## Notes to the Financial Statements For the Year Ended 30 June 2020

### 3 Summary of Significant Accounting Policies

#### (f) Financial instruments

##### Financial assets

Subsequent to initial recognition, these assets are carried at amortised cost using the effective interest rate method less provision for impairment.

Interest income and impairment are recognised in profit or loss. Gain or loss on derecognition is recognised in profit or loss.

##### *Impairment of financial assets*

Impairment of financial assets is recognised on an expected credit loss (ECL) basis for the following assets:

- financial assets measured at amortised cost

When determining whether the credit risk of a financial asset has increased significantly since initial recognition and when estimating ECL, the Association considers reasonable and supportable information that is relevant and available without undue cost or effort. This includes both quantitative and qualitative information and analysis based on the Association's historical experience and informed credit assessment and including forward looking information.

The Association uses the presumption that an asset which is more than 30 days past due has seen a significant increase in credit risk.

The Association uses the presumption that a financial asset is in default when:

- the other party is unlikely to pay its credit obligations to the Association in full, without recourse to the Association to actions such as realising security (if any is held).

Credit losses are measured as the present value of the difference between the cash flows due to the Association in accordance with the contract and the cash flows expected to be received. This is applied using a probability weighted approach.

##### *Trade receivables*

Impairment of trade receivables have been determined using the simplified approach in AASB 9 which uses an estimation of lifetime expected credit losses. The Association has determined the probability of non-payment of the receivable and multiplied this by the amount of the expected loss arising from default.

The amount of the impairment is recorded in a separate allowance account with the loss being recognised in finance expense. Once the receivable is determined to be uncollectable then the gross carrying amount is written off against the associated allowance.

Where the Association renegotiates the terms of trade receivables due from certain customers, the new expected cash flows are discounted at the original effective interest rate and any resulting difference to the carrying value is recognised in profit or loss.

# Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

## Notes to the Financial Statements For the Year Ended 30 June 2020

### 3 Summary of Significant Accounting Policies

#### (f) Financial instruments

##### Financial assets

*Other financial assets measured at amortised cost*

Impairment of other financial assets measured at amortised cost are determined using the expected credit loss model in AASB 9. On initial recognition of the asset, an estimate of the expected credit losses for the next 12 months is recognised. Where the asset has experienced a significant increase in credit risk then the lifetime losses are estimated and recognised.

##### Financial liabilities

The Association measures all financial liabilities initially at fair value less transaction costs, subsequently financial liabilities are measured at amortised cost using the effective interest rate method.

The financial liabilities of the Association comprise trade payables.

#### (g) Cash and cash equivalents

Cash and cash equivalents comprise cash on hand, demand deposits and short-term investments which are readily convertible to known amounts of cash and which are subject to an insignificant risk of change in fair value.

#### (h) Employee benefits

Provision is made for the Association's liability for employee benefits arising from services rendered by employees to the end of the reporting period. Employee benefits that are expected to be wholly settled within one year have been measured at the amounts expected to be paid when the liability is settled.

Employee benefits expected to be settled more than one year after the end of the reporting period have been measured at the present value of the estimated future cash outflows to be made for those benefits. In determining the liability, consideration is given to employee wage increases and the probability that the employee may satisfy vesting requirements. Cashflows are discounted using market yields on high quality corporate bond rates incorporating bonds rated AAA or AA by credit agencies, with terms to maturity that match the expected timing of cashflows. Changes in the measurement of the liability are recognised in profit or loss.

#### (i) Adoption of new and revised accounting standards

The Association has adopted all standards which became effective for the first time at 01 July 2019, the adoption of these standards has not caused any material adjustments to the reported financial position, performance or cash flow of the Association or refer to Note 2 for details of the changes due to standards adopted.

# Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

## Notes to the Financial Statements For the Year Ended 30 June 2020

### 4 Critical Accounting Estimates and Judgements

Those charged with governance make estimates and judgements during the preparation of these financial statements regarding assumptions about current and future events affecting transactions and balances.

These estimates and judgements are based on the best information available at the time of preparing the financial statements, however as additional information is known then the actual results may differ from the estimates.

The significant estimates and judgements made have been described below.

#### Key estimates - impairment of property, plant and equipment

The Association assesses impairment at the end of each reporting period by evaluating conditions specific to the Association that may be indicative of impairment triggers. Recoverable amounts of relevant assets are reassessed using value-in-use calculations which incorporate various key assumptions.

### 5 Revenue

	2020	2019
	\$	\$
- Government grants	830,994	643,966
- Donations	4,027	218
- Interest income	1,369	10,860
- Other income	196,355	85,738
<b>Total Revenue</b>	<b>1,032,745</b>	<b>740,782</b>

### 6 Cash and Cash Equivalents

Cash at bank and in hand	601,966	173,306
Short-term deposits	118,632	261,342
	<b>720,598</b>	<b>434,648</b>

### 7 Trade and Other Receivables

CURRENT		
Trade receivables	3,693	35,728
Sundry debtors	2,535	-
	<b>6,228</b>	<b>35,728</b>

### 8 Other Assets

CURRENT		
Prepayments	4,679	3,679
	<b>4,679</b>	<b>3,679</b>

# Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

## Notes to the Financial Statements For the Year Ended 30 June 2020

### 9 Leases

The Association has applied AASB 16 using the modified retrospective (cumulative catch-up) method and therefore the comparative information has not been restated and continues to be reported under AASB 117 and related Interpretations.

#### Association as a lessee

The Association has leases over a range of assets including a photocopier machine and office space.

#### Terms and conditions of leases

An operating lease is in place for office space and has a term of 2 years. Lease payments are increased on an annual basis to reflect market rentals. The discount rate is the rate implicit in the lease.

#### Right-of-use assets

	\$	Total \$
<b>Year ended 30 June 2020</b>		
Balance at the beginning of the year	20,447	20,447
Depreciation	(10,223)	(10,223)
<b>Balance at end of year</b>	<u>10,224</u>	<u>10,224</u>

### 10 Plant and equipment

	2020 \$	2019 \$
PLANT AND EQUIPMENT		
Office equipment		
At cost	73,447	64,336
Accumulated depreciation	(55,166)	(50,293)
Total office equipment	<u>18,281</u>	14,043
Website		
At cost	16,000	16,000
Accumulated depreciation	(6,409)	(3,209)
Total website	<u>9,591</u>	12,791
<b>Total plant and equipment</b>	<u>27,872</u>	<u>26,834</u>

# Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

## Notes to the Financial Statements For the Year Ended 30 June 2020

### 10 Plant and equipment

#### Movements in Carrying Amounts

Movement in the carrying amounts for each class of property, plant and equipment between the beginning and the end of the current financial year:

	Office Equipment	Website	Total
	\$	\$	\$
<b>Year ended 30 June 2020</b>			
Balance at the beginning of year	14,043	12,791	26,834
Additions	9,111	-	9,111
Depreciation expense	(4,873)	(3,200)	(8,073)
<b>Balance at the end of the year</b>	<b>18,281</b>	<b>9,591</b>	<b>27,872</b>

### 11 Trade and Other Payables

	2020	2019
	\$	\$
Current		
Trade payables	338	65,734
GST payable	17,752	2,393
Accrued expenses	5,482	2,750
Other payables	33,294	21,070
	<b>56,866</b>	<b>91,947</b>

### 12 Employee Benefits

Current liabilities		
Long service leave	-	431
Annual leave	42,026	24,307
	<b>42,026</b>	<b>24,738</b>

### 13 Other Financial Liabilities

CURRENT		
Amounts received in advance	232,797	39,920
<b>Total</b>	<b>232,797</b>	<b>39,920</b>

# Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

## Notes to the Financial Statements For the Year Ended 30 June 2020

### 14 Leasing Commitments

	2020	2019
	\$	\$
Minimum lease payments under non-cancellable operating leases: - not later than one year	-	2,556

An operating lease is in place for office space and has a term of 2 years. Lease payments are increased on an annual basis to reflect market rentals.

### 15 Key Management Personnel Remuneration

The total remuneration paid to key management personnel of the Association during the year is \$ 176,256 (2019: \$ 199,068).

### 16 Contingencies

In the opinion of those charged with governance, the Association did not have any contingencies at 30 June 2020 (30 June 2019:None).

### 17 Related Parties

**The Association's main related parties are as follows:**

The board members did not receive any remuneration directly or indirectly from the Association or any related parties for management of the Association during the current or prior year.

### 18 Significant event during the year - Covid19

The impact of COVID 19 has been raised and considered by Management at regular board meetings. Management have assessed that there has been no financial or business impact due to the COVID-19 event, and the association has been operating normally during the pandemic.

### 19 Events after the end of the Reporting Period

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the Association, the results of those operations or the state of affairs of the Association in future financial years.

### 20 Statutory Information

The registered office and principal place of business of the association is:

Mental Illness Education ACT Incorporated  
The Griffin Centre  
20 Genge Street  
Canberra City ACT 2601

**Mental Illness Education ACT Incorporated**

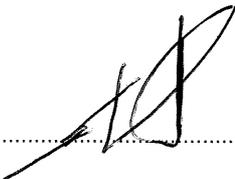
A.B.N 54 121 600 383

**Responsible Persons' Declaration**

The responsible persons declare that in the responsible persons' opinion:

- there are reasonable grounds to believe that the registered entity is able to pay all of its debts, as and when they become due and payable; and
- the financial statements and notes satisfy the requirements of the *Australian Charities and Not-for-profits Commission Act 2012*.

Signed in accordance with subsection 60.15(2) of the *Australian Charities and Not-for-profit Commission Regulation 2013*.

Board Member ..... 

Board Member ..... 

Dated 14/12/2020

GINA ZHENG

## Independent Audit Report to the members of

### Mental Illness Education ACT Incorporated

#### Report on the Audit of the Financial Report

#### Opinion

We have audited the financial report of Mental Illness Education ACT Incorporated (the registered entity), which comprises the statement of financial position as at 30 June 2020, the statement of profit or loss and other comprehensive income, statement of changes in equity and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies, and the responsible entities' declaration.

In our opinion the financial report of Mental Illness Education ACT Incorporated has been prepared in accordance with Division 60 of the *Australian Charities and Not-for-profits Commission Act 2012*, including:

- (i) Giving a true and fair view of the registered entity's financial position as at 30 June 2020 and of its financial performance for the year ended; and
- (ii) Complying with Australian Accounting Standards and Division 60 of the *Australian Charities and Not-for-profits Commission Regulation 2013*.

#### Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Report* section of our report. We are independent of the registered entity in accordance with the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 *Code of Ethics for Professional Accountants* (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other responsibilities in accordance with the Code.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

#### Responsibilities of Responsible Entities for the Financial Report

The responsible entities of the registered entity are responsible for the preparation and fair presentation of the financial report in accordance with Australian Accounting Standards and Division 60 of the *Australian Charities and Not-for-profits Commission Act 2012* and for such internal control as management determines is necessary to enable the preparation of the financial report that gives a true and fair view that is free from material misstatement, whether due to fraud or error.

In preparing the financial report, management is responsible for assessing the registered entity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the registered entity or to cease operations, or has no realistic alternative but to do so.

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Liability limited by a scheme approved under Professional Standards Legislation other than for acts or omissions of financial services licensees.



## Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of the financial report.

As part of an audit in accordance with Australian Auditing Standards, we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

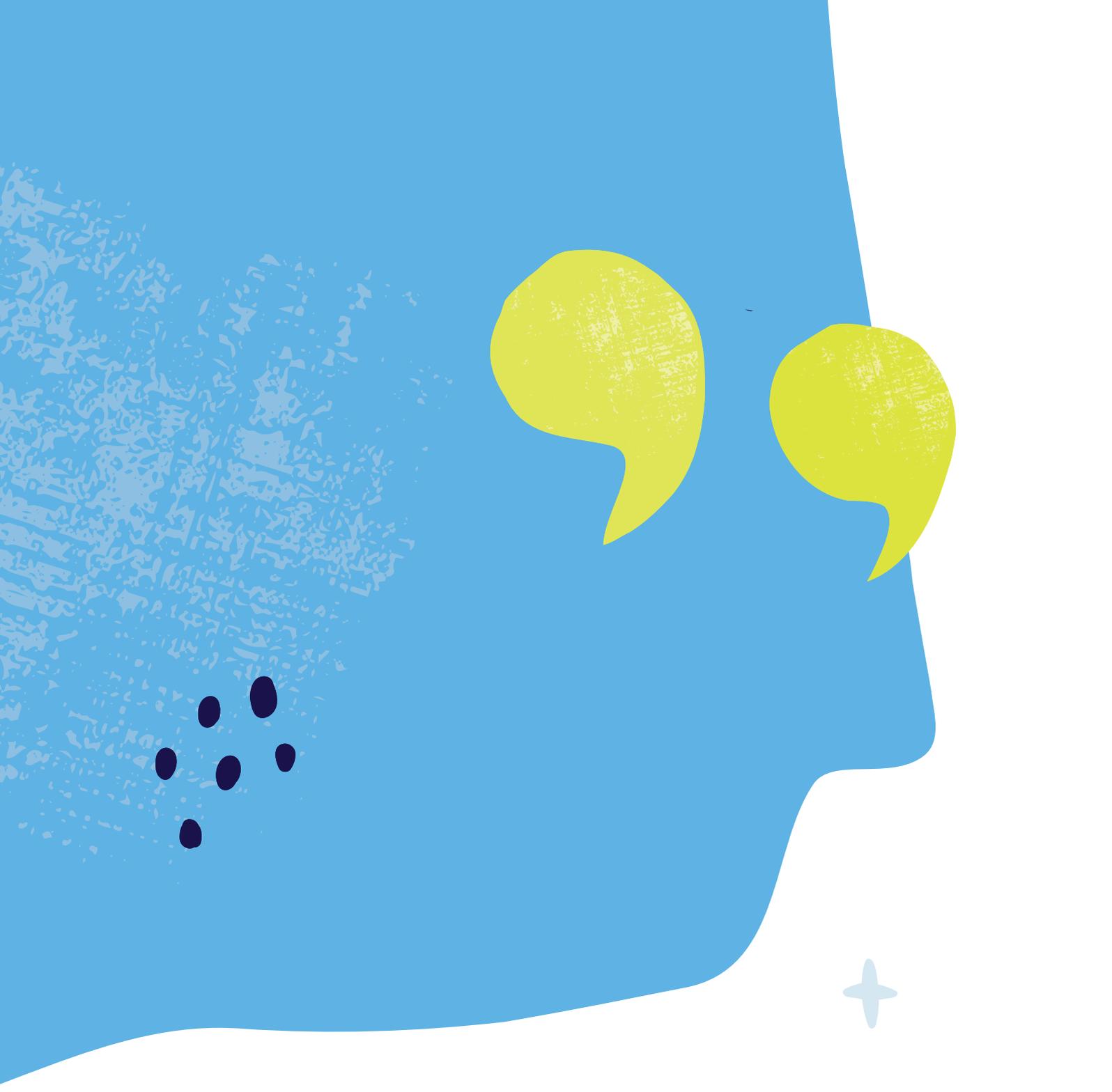
- Identify and assess the risks of material misstatement of the financial report, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the registered entity's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the registered entity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the registered entity to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Vincents Audit Pty Ltd

Phillip Miller  
Director

Canberra, 15 December 2020



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**mieact**

A safe space for  
mental health education