

mieact

A safe space for
mental health education



Annual Report

2020-21

Mental Illness Education ACT Inc



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

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

2020-2021 has been a significant year for MIEACT. I am proud that our organisation has both grown and adapted to meet an increased need for mental health awareness and education in the ACT.

MIEACT has continued to deliver high-quality programs both in-person and online. We have also undertaken important work with the ACT Government to produce a suite of new programs and initiatives, tailored to serve people living through the most uncertain of times. It is through this consistent, high-quality and impactful work that MIEACT has proven itself a crucial provider of mental health and wellbeing education for the people of the ACT.

Of course, we also continued our journey as an organisation towards 2030 and beyond, extending the reach of our programs to over 12,000 participants and increasing accessibility to resources through initiatives like Self Care Canberra. This initiative was established as part of the ACT Government's Mental Health Support Package for COVID-19 and was designed as a free program to help workplaces and community groups understand the benefits of implementing self-care strategies. We were delighted that social media for this initiative reached over 600,000 people.

Thanks to funding from the Snow Foundation and MHSP, MIEACT took another significant step in making our programs more accessible for adults in the ACT by improving our digital learning offerings with an online Learning Management System. We continue to develop the MIEACT digital offering as a strategic priority.

Finally, I was personally glad to see Pay It Forward going from strength to strength this year, enabling community organisations and essential workers to benefit from empowering and informative MIEACT programs free of charge.

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. Together, you are the backbone of MIEACT.



CEO's message

Heidi Prowse

2020–2021 has been a year of growth and consolidation for MIEACT. It has been my privilege to lead the organisation through such a significant time.

While the global pandemic resulted in a complicated operating environment for many organisations, ACT-based businesses were fortunate to avoid the worst of the lockdowns during this reporting period. The context of the global pandemic, however, and the changes to daily living that ensued, only strengthened and elevated the need for greater awareness of mental health and wellbeing amongst all parts of the community. I am proud that MIEACT could support the community during this challenging time.

In this Annual Report, I'm pleased to share our progress towards the MIEACT vision.

Our focus this year has been the continued development and delivery of quality programs. This year, we delivered sessions to over 12,000 people in the ACT and developed a number of new programs in response to a changing environment. These include community education campaign Self-Care Canberra, which was established as a free initiative to address the mental health of Canberrans, and a Parents and Carers edition of Mental Health and Me, traditionally our most popular youth program.

Initiatives have also been put in place to ensure quality across all MIEACT programs. We worked with the Australian National University and the University of Canberra to undertake external evaluations of the Mental Health and Me program as well as the DoNOHarm Framework[®]. I am delighted to report that the reviews were highly positive, and identified there are no other frameworks or approaches internationally that consider all aspects of the DoNOHarm Framework[®]. MIEACT has also achieved the Certificate and Award level in the Australian Service Excellence Standards (ASES), celebrating exceptional high quality service delivery at the highest accreditation level.

As the MIEACT team of staff and volunteers continues to grow, in 2020 we welcomed our Program Advisory Panel who provide valuable advice on our programs, ensuring they remain relevant, effective, and impactful.

Looking ahead, our focus will be on continuing to build partnerships and focusing on digital delivery of our programs to ensure they remain accessible to those that need them most.

As always, I am extremely grateful to our wonderful team and our lived experience volunteers for their tireless efforts and contributions towards MIEACT.



Strategy and initiatives



TOTAL
REACH
14,646
PARTICIPANTS



DELIVERED
1,014
SESSIONS



3.5x
MORE THAN
LAST FY

7

NEW VOLUNTEER
EDUCATORS
this financial year



232 YOUTH
SESSIONS

REACHING **90%** OF ACT
SECONDARY SCHOOLS



142
ADULT
SESSIONS
REACHING
34 NEW
ORGANISATIONS



640
YAM
SESSIONS



DEVELOPED
28 DIGITAL
STORIES

AND SHAREABLE VIDEOS
reaching **9,974** adults online



1,881
ONLINE YOUTH
MENTAL HEALTH
SESSIONS

MIEACT is to be congratulated on the sterling effort they have put into this ASES assessment Award level.

There have been numerous challenges to the assessment due to the COVID-19 pandemic, yet the team remained committed to the assessment and the process.

MIEACT is a small organisation, yet it plays such an important role within the Canberra community.

The entire team from the Board, CEO, Management, Staff and Volunteers are very committed to the values and mission of MIEACT and it is clearly lived out in all that they do, including this ASES assessment.”

ASES Assessor

MIEACT has achieved the Certificate and Award level in the Australian Service Excellence Standards (ASES), celebrating exceptional high quality service delivery at the highest accreditation level.



How do we share our stories, safely?



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.

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.



Face-to-face

Numerous studies have found that stigma and discrimination are 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.

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.

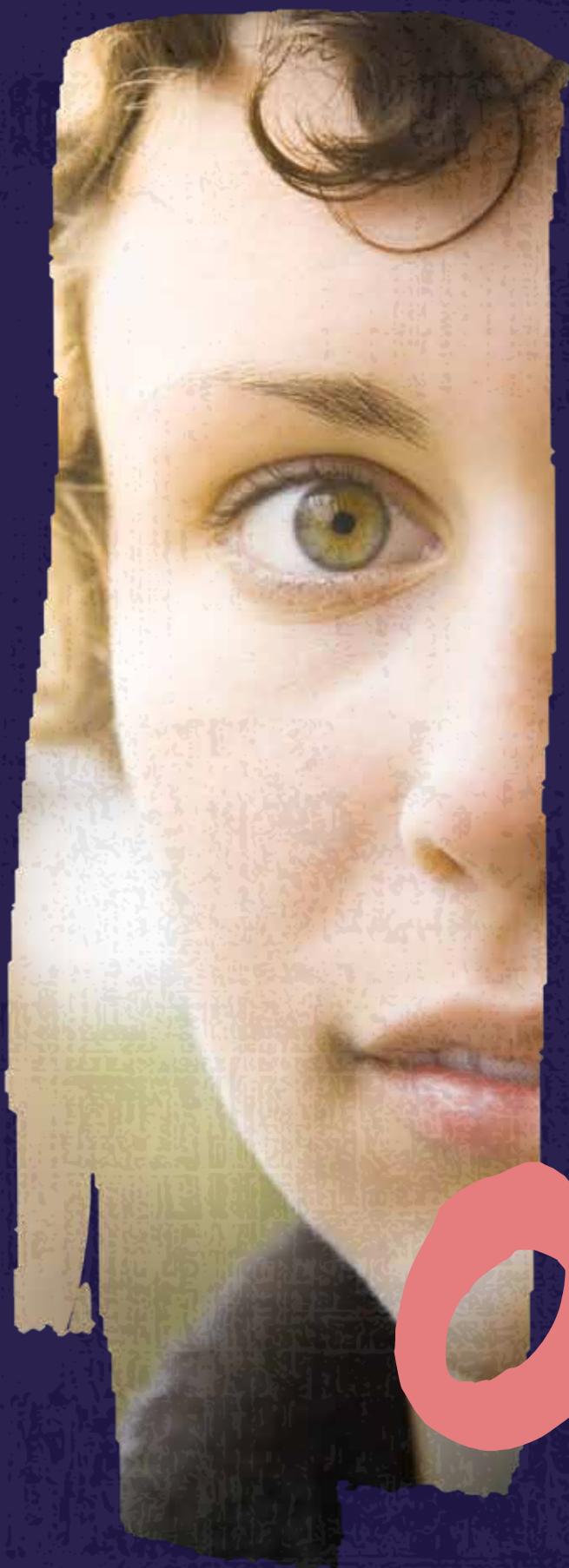
Our digital or print materials and the imagery and visuals we use do not reinforce stereotypes, myths and stigma or create potentially traumatic aesthetic content.

Environment

MIEACT is always open to presenting programs within a wide variety of environments and can be adaptive to your school or group'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 People



Our Board

Our Staff

Advisory Panel

Our Volunteers

Our Partners

01

Our board



Ian McDermott

President

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

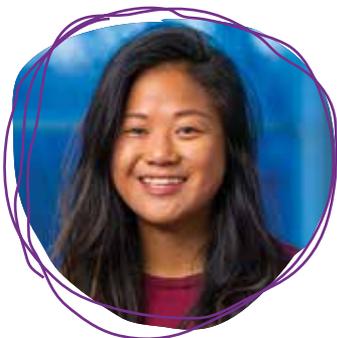
Ian is a program and project management professional with more than 25 years' experience supporting the design, establishment and running of large-scale change programs within both the public and private sectors, including disability and aged care reform. Ian is an experienced educator and an established 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.



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 to 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 postvention initiatives in mental health.



Louise Starr

- Appointed December 2020
- Board Committees: Member Nominations and Membership Committee

Louise is a public policy professional whose background includes experience working with communities in fragile environments. She brings policy, governance and risk management skills to the MIEACT Board. Louise is passionate about mental health education, removing stigma and promoting early help-seeking. She is also a board member of the Perinatal Wellbeing Centre. In her spare time, Louise can be found in the yoga studio or on the roller derby track.



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 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.

Beth Barratt-Browne was appointed in 2020 and resigned from the Board during her term in February 2021. MIEACT thanks Beth wholeheartedly for her contribution during her term.

Our people



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. Annually, they have reached tens of thousands of Canberrans and through improved and innovative approaches to their operational model the organisation has doubled in size and reach.



Megan Mills

Head of Program Development and Training

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 implementation and assessment of Program delivery through the Evaluation Framework. Megan is also a YAM Instructor.



Carisse Flanagan

Head of Operations

As Head of Operations, Carisse is responsible for MIEACT's strategy and planning, constantly looking to improve service delivery and productivity for the organisation. Using her advertising background, she also looks after the MIEACT brand and marketing, promoting programs and delivering quality assurance. Carisse manages major contracts for MIEACT as the organisation continues to grow and deliver on its objectives. Carisse is also a YAM instructor.



Gabrielle Carlton

Head of Workplace Wellbeing and Education

As MIEACT's newly-appointed Head of Workplace Wellbeing and Education, Gabrielle is developing a workplace package, including the co-design and development of a DoNOHarm[®] diagnostic tool and relevant resources. She is always on the lookout for opportunities to create new workplace resources.

Administration



Nicole McCabe

Head of Finance and
Administration



Blanca Reyes

Executive Assistant



Jo Klenka

Finance Officer

Business



John Dickson

Client Relations Manager
YAM Instructor



Ben Triglone

Volunteer Manager



Shahzad Ahmed

Salesforce Administrator



Amber Jarrett

Client Relations Officer
YAM Instructor



Deahne McIntyre OAM

Volunteer Co-Ordinator
(lived experience)
YAM Instructor



Wendy Dawes

Digital Designer



Damien Jonkergouw

Program Assistant



Roberta Bagozzi

Program Educator



Jennifer Dunn

Program Educator



Deputy Chief Minister Yvette Berry, Minister for Mental Health Emma Davidson and Ros Garrity from ACT Health visited Campbell High during the delivery of Youth Aware of Mental Health (YAM) sessions in early 2021.

Program Educators and YAM Instructors

- | | |
|--------------------|---------------------------|
| Roberta Bagozzi | William Kaira |
| Jenny Dunn | Sian Braun |
| Rose Clifford | Madeleine Schultz-Altmann |
| Kate Naser | Bronwyn Whyatt |
| Jasmine Peuo | Matthew Phung |
| Julia Scott | Bernadette Morris |
| Priya Chandra | Colette Burke |
| Stephen Blumenthal | Natasha Atchison |
| Ashlee Crane | Ricky Pang |
| Tanvi Nangrani | Vinayak Kaushik |
| Scott Borland | Sydney Thompson |
| Bianca Rossetti | |

Clinical Support Officer

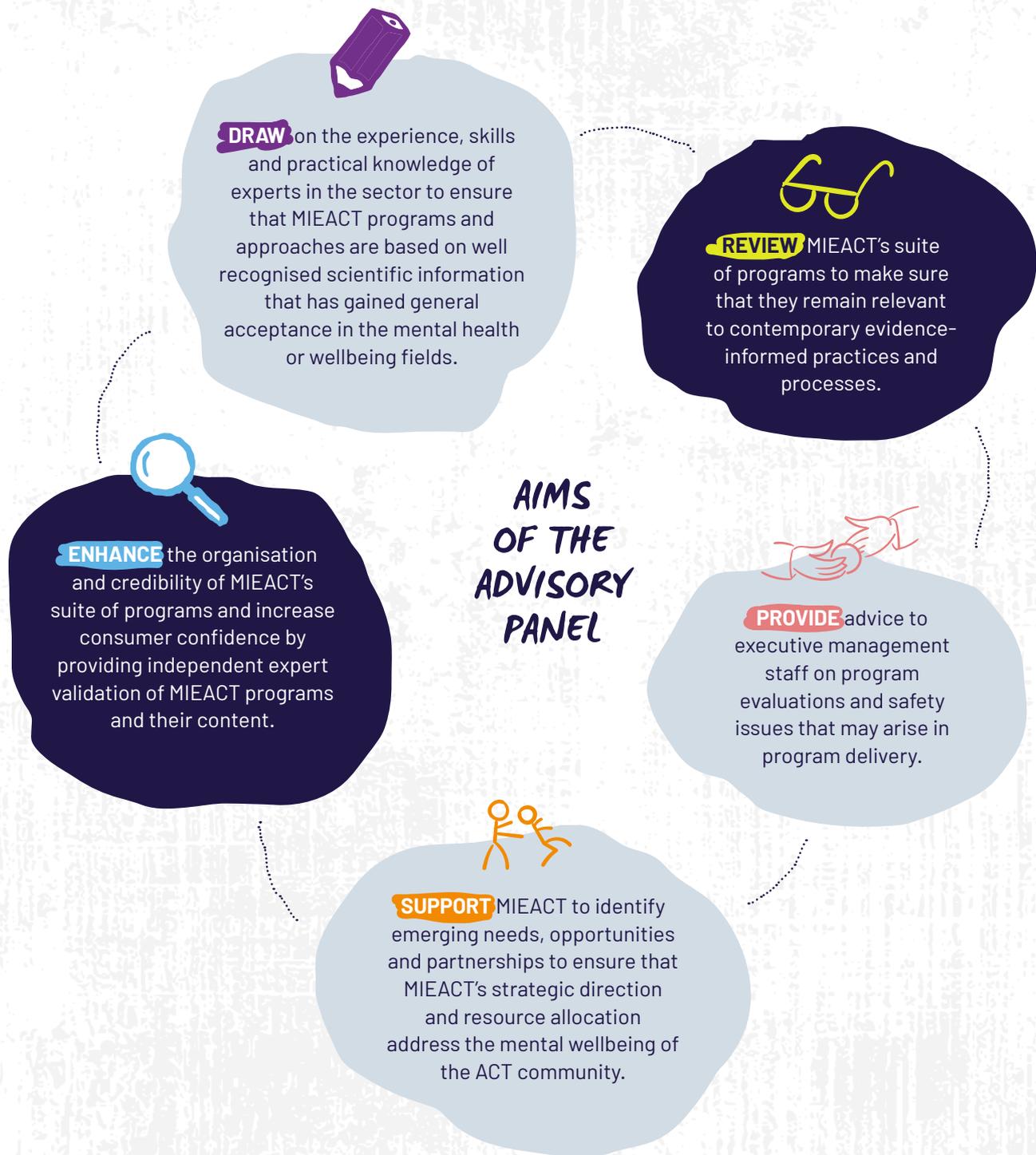
Velissa Aplin

Life Members of MIEACT

Greg Francis
 Penne Humphries
 Liz Wetherell

Our Advisory Panels

MIEACT is currently in a phase of rapid growth. Implementing an Advisory Panel will increase the confidence in the effectiveness and relevance of the suite of programs that are currently provided across the ACT and surrounding areas.





Advisory Panel members

Cathy Wong is a registered psychologist with an MA of Organisational Psychology. She has worked in private, public and NGO sectors with a strong multicultural background, having lived, studied and worked in Australia, Hong Kong, the UK and Canada. With an interest in evidence-based proactive organisational initiatives, Cathy has experience in workplace wellbeing, strategic human resources, change management and psychological injury management in settings such as education, emergency services and management consultancy. Cathy is also a committee member of the Australian Psychological Society (ACT Branch).

Before moving to Australia in January 2016, **Rana Tayara** worked as a psychological consultant for a number of NGOs in Lebanon, Jordan and the UK, working with refugees, youth and students with special needs. Rana has more than 12 years of teaching experience at the tertiary level between Lebanon, the UK and Australia. She is currently a lecturer in the Discipline of Counselling at the University of Canberra and runs her own practice, raising awareness around childhood trauma and sexual abuse and provides training around sexuality education for parents.

Louise Bromhead initially trained as a teacher and is now a registered psychologist who has worked in education for 17 years. Louise is also a trained mindfulness teacher, and is a Director of the company Wellbeing EDvantage. She has a passion for education in the wellbeing space and sees this as a powerful way to support people to have a meaningful and fulfilling life. Louise has authored a number of workshops in the education space and continues with this work through her business.

LewChing (LC) Yip is currently undertaking studies in youth work and psychology. She is passionate about intersectionality and is an aspiring social worker who intends to focus on youth mental health. She has primarily worked with young people in tertiary education. LC is also currently a peer support moderator with Headspace, a Speaker with Batyr, and a board director with Women with Disabilities ACT (WWDACT). As part of the Program Advisory Panel, LC hopes to help amplify diverse voices to ensure MIEACT programs cater to the needs of the community.

Leesa Morris is an endorsed Forensic Psychologist who began her initial registration pathway as a generalist psychologist in 2005, going on to attain a Master of Psychology (Forensic). Leesa treats clients from early childhood through to octogenarians who present with mental health conditions including Post-traumatic stress disorder, depression, anxiety, addiction, and attachment disorders as well stress and well-being issues, and victims of crime. Leesa has completed more than 600 forensic assessments and reports in criminal, compensation, competence, family, child protection and adoption matters. She has also worked at the Goulburn Correctional Centre assessing incarcerated and community offenders for criminogenic needs, parole decision reports and acceptance to Sexual and Violent Offender Treatment programs.

The Volunteer Advisory Panel

MIEACT strives to always create a safe place for our volunteers. The Volunteer Advisory Panel helps to provide objective independent advice, insights and brings recommendations to the table that will help the MIEACT Volunteer experience to be safe, impactful and enjoyable.

The purpose of the Volunteer Advisory Panel is to:

- Support the ongoing implementation of the Volunteer Engagement Framework.
- Bring experience and expertise to review the Framework, in practice, on a regular basis, to ensure our approach upholds our recovery and help seeking ethos.
- Support the identification and mitigation of risks and support the growth and development of the organisation's business and how we work with volunteers.
- Discuss, co-design and collaborate, to ensure the ongoing success of the Framework and maintenance of a base level of engagement with Volunteers, as well as meeting the National Standards of Volunteering.
- Make recommendations and support necessary changes and improvements to the Framework.

Membership

- Penne Humphries
- John Eggleton
- Beth Garwood
- Anthony O'Hara
- Fahmida Suma



Our Volunteers



“Volunteering brings me a lot of joy in my life. I enjoy helping others and this experience has also given me a sense of purpose.”

Cassie
Volunteer Educator

Volunteering is proven to be positive for organisations, the community and the Volunteers themselves.

For those volunteering with MIEACT who have a lived experience of mental health concerns, their role as a Volunteer has more often than not assisted with their recovery journey.

MIEACT Volunteers are exceptional. They care about giving back to the community, often drawing from their own lived experiences to make a difference, address stigma and allow others to see themselves in their stories.

It is important that MIEACT Volunteers are supported throughout their involvement with the organisation. 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.

To increase Volunteer engagement, encourage new volunteer recruitment and allow for training of a diverse volunteer workforce, placement agreements have been established with the University of Canberra, the Australian National University, Relationships Australia and SiTara's Story.

THERE WERE
20
ACTIVE MIEACT
VOLUNTEERS
IN 2020-2021

Recognising our Volunteers

Each year we host a special night to celebrate MIEACT Volunteers. Due to the nature of our work, our Volunteers don't always get to spend time with one another, and we as staff don't always have the opportunity to thank them for their continued contribution to our programs.

This year, we marked the continual service of a number of our Volunteers:

- **Steven:** 6 years
- **Kath:** 6 years
- **Rose:** 2 years
- **Kate:** 2 years
- **Nikki:** 2 years
- **Emilia:** 2 years
- **David:** 2 years
- **Ruth:** 2 years
- **Stephen:** 2 years
- **Shahzad:** 2 years

"Volunteers are literally the heart of our organisation. We exist as a safe space to share stories of living with mental illness and help others on their own journeys. I had the pleasure of awarding our two- and six-year service pins," said CEO Heidi Prowse. "The pin is a DoNOHarm heart to represent the gift our Volunteers give to audiences across the ACT every day."



Rose Clifford

Young Canberra Citizen of the Year



MIEACT Volunteer, Rose, was awarded the prestigious title of Young Canberra Citizen of the Year for her work promoting and implementing mental health and resilience-based programs for young people aged five to 25, as well as her work helping to develop and deliver mental health education programs in the ACT reaching more than 6400 individuals.

Congratulations to Rose on this extremely well-deserved award.

YAM Instructors

Mentally Healthy Community Award - Organisation



Mental Health Community Coalition ACT awarded MIEACT's team of YAM Instructors the Community Award for delivering the suicide prevention program to 2300 students.

Well done to the YAM team for this fantastic achievement.



**TRAINING (18) and
ENGAGEMENT (33)
ACTIVITIES**

7 
**DONOHARM
SESSIONS**
3 for YAM volunteers

7
**NEW
EDUCATORS**

 **36**
NEW YAM
HELPERS

4
PEER-LED TRAINING
AND EDUCATION
SESSIONS



including two upskilling sessions

950+ 
HOURS
OF PROGRAM DELIVERY

 **21** VOLUNTEER
EDUCATORS
IN FINAL STAGES OF TRAINING

Jodie Klaus

Mental Health Carer Award, Mental Health Month ACT Awards

This award seeks to recognise unpaid carers of people who experience mental health concerns who are family or friends. It is to recognise the contribution carers can make to wellbeing.

Congratulations to MIEACT Volunteer Educator Jodie on this wonderful award.



Terri Warner

Leadership Through Lived Experience Award, Mental Health Month ACT Awards

This award recognises an individual with lived experience of mental illness who has made an outstanding contribution to advocacy and social change benefiting people with lived experience.

Well done to Terri, MIEACT Board Member and Volunteer Educator on this great recognition.



Our partners



ACT
Government
Health

The Office for
Mental Health
and Wellbeing



**Hands
Across
Canberra**
Your Community Foundation



THE
SNOW
FOUNDATION



Our Pay-it-forward Clients



KANE



VERV



CarersACT



Questcare





Our Programs



Youth Programs

Adult Programs

YAM

02



Our programs

MIEACT continues to make a positive difference to the Canberra community

This financial year we delivered 1,014 mental health education sessions in schools, workplaces and in the community. MIEACT facilitated sessions in 90% of Secondary Schools in the ACT.

To ensure the continued quality of MIEACT programs, the Australian National University and University of Canberra were engaged to undertake independent evaluations.

MIEACT also worked closely with government to secure additional funding for its programs, and to proactively participate in the ACT Government's Mental Health Sector reform.

Heidi Prowse, CEO was appointed to the Lifespan Working and Steering Committees and continues to serve on the Children and Youth Community of Practice.

MIEACT was awarded \$80,000 in additional funding in March, thanks to an ACT Health Promotion Grant.

1014

MENTAL
HEALTH
EDUCATION
SESSIONS

in schools, workplaces and in
the community

The Australian National University (ANU) Centre for Mental Health Research conducted:

- **An independent impact evaluation of MIEACT's Mental Health and Me program.**

Mental Health and Me: MIEACT's leading youth program (Year 5-9), addresses stigma and promotes help seeking with the support of lived experience stories.

- **A review and validation of the MIEACT Evaluation Framework with particular reference to its application, processes, procedures and surveys.**

University of Canberra (UC) conducted:

- **A literature review of MIEACT's DoNOHarm[®] framework.**

This review was highly positive and identified there are no other frameworks or approaches internationally that consider all aspects of the DNH Framework. In particular, the in-practice findings identified the benefit to the Lived Experience Volunteers' own recovery or wellbeing journey.

This paper will also be published in the International Journal of Mental Health.

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 continues to have a large presence in schools, currently reaching 90% of ACT Secondary Schools and Colleges.

"I really appreciated it. The stories were very interesting and it was amazing how open and vulnerable the volunteers were. It also gave a face to the content we have covered this semester and made it all seem much more real."

Student, 17 years, Canberra 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 and 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

Mental Health and Me



The Mental Health and Me program is MIEACT's leading youth program, addressing stigma and help-seeking with lived experience stories. This year, Mental Health and Me was successfully delivered to secondary schools across Canberra, to excellent feedback.

RECOMMENDATION

94.1%

of participants agreed that they would recommend the Mental Health and Me program to a friend.

STIGMA

67.8%

of students also felt that the program had significantly or extremely increased their understanding of how stigma prevents people from getting help.

HELP-SEEKING

58.1%

felt that they were significantly or extremely more likely to seek help if they needed it.

SMILE

Schools Mental Illness Learning Event

In October 2020, MIEACT hosted a free workshop for teachers in the ACT, helping them to find out more about MIEACT's free and comprehensive range of educational programs which build students' mental health literacy, wellbeing and help-seeking skills.

The event gave teachers the opportunity to better understand our programs, ask questions and network with other school executives.



YAM

The Youth Aware of Mental Health (YAM) program is an evidence-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 Mental Health in Mind International AB (MHIM) program funded by ACT Health and MIEACT play the vital role of local implementation in the ACT.

This year, YAM has been promoted to all 39 ACT high schools, resulting in a 76% confirmed participation rate in the YAM program. We have also seen significant uptake in training, with 14 instructors completing the YAM Instructor Training Course at the beginning of 2021. YAM Helper recruitment also resulted in 81 YAM Helper Trainers completing YAM Helper Training.

In October 2020, the MIEACT YAM Team received the Mental Health Month Community Award for their outstanding delivery of the YAM program in the ACT.

15

SCHOOLS

128

CLASSROOMS

3,513

PARTICIPANTS

100%

of schools confirmed they would consider running YAM again in the future.

“Students were very positive in relation to the YAM program. I received emails from students indicating that they enjoyed the program and felt that it was an important and worthwhile program to run at the College.”

“The team were very positive and supportive of our students. Some of our students demonstrated challenging behaviour and the facilitators worked with them and the teaching staff to manage these students.”

Adult Programs

MIEACT's adult and community awareness programs are delivered in partnership with workplaces and community-based organisations across the ACT.

4138

PARTICIPANTS

88%

WOULD RECOMMEND
THE SESSION TO
A FRIEND

16

ORGANISATIONS
PAID-IT-FORWARD

Self-Care Canberra

Community Education Campaign

Prompted by the significant challenges posed by the coronavirus pandemic, Self-Care Canberra was established in 2020 as a free initiative to address the mental health of Canberrans. Self-Care Canberra provides resources and support to help workplaces and community groups understand the benefits of implementing self-care strategies, as well as to connect with local service providers.

Social media engagement around Self Care Canberra was particularly strong, with the campaign reaching over 600,000 people and unlocking over 59,000 engagements from just 25 posts.

The CEO also delivered 11 Self Care Canberra Executive Leadership sessions to 255 participants. Feedback from this program was overwhelmingly positive including:

- **82%** found the session significantly informative
- **100%** would recommend the session to a friend/colleague
- **100%** rated the facilitator as significantly to extremely competent

Self-Care Canberra was funded as part of the ACT Government's Mental Health Support Package COVID-19 response.

SOCIAL MEDIA
REACHED

600K
PEOPLE

with

59K+

ENGAGEMENTS



11

EXECUTIVE
LEADERSHIP

SESSIONS with **255**
PARTICIPANTS

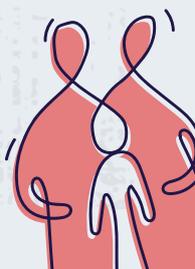


Learning Management System (LMS)

Thanks to funding from the Snow Foundation and MHSP, MIEACT was able to invest in a Learning Management System, making MIEACT programs more accessible for adults in the ACT. Content will continue to be launched over the year.

Mental Health and Me: The Parent/Carers Edition

An expansion of MIEACT's Mental Health and Me: The Parent/Carers Edition was funded in the 2020/2021 financial year by Hands Across Canberra. Accompanying MIEACT's most popular youth program, the Parent/Carers Edition provides a series of free online mini-courses with tips and strategies for parents and carers supporting the mental health and wellbeing of young people.



Community Resilience Team

“Thank you so much for making the time to share your expertise on self-care and mental health with everyone in our department. People are still talking about their key take aways and how they plan to implement what they learned into their daily lives – professionally and personally. MIEACT is doing such important work, especially in this tough year.” – Cassie, The Humanitarian Division.

In partnership with the ACT Community Services Directorate, MIEACT provided content and lived experience consultation on the wellbeing workbooks produced by the Community Resilience Team. MIEACT also co-hosted Lessons from 2020, an online community panel for women in 2020 to balance the mental load. This event had 166 registrations and just over 100 attendees.



Working with Netball ACT

“We are ecstatic to partner with local Canberra business MIEACT to assist the netball community in enhancing our knowledge of mental health and hopefully starting some critical conversations across the community.” – Nicole Bowles, General Manager, Operations and Sport

MIEACT partnered with Netball ACT to produce online mental health programs, including videos and resources to encourage the netball community to strengthen their mental health awareness skills.



ANU Thrive

ANU Thrive is a semester-based mental health program run twice a year at the Australian National University over the full semester period of 13 weeks. Comprising lived experience digital stories, social media and in-person program delivery, the 2021 trial enabled valuable learnings about the delivery of such a course, including the barrier that stigma plays in engaging with mental health education.

100% of those who undertook the session would recommend it to a friend.

My Mind, My Voice

Funding has been secured from five confirmed partners for MIEACT's My Mind, My Voice program, a peer-led educational outreach initiative to increase awareness of mental illness in vulnerable communities.

Trauma Awareness Program

In the 2020/2021 financial year, MIEACT received funding from the Snow Foundation to expand its Trauma Awareness Program. This adult program recognises that extremely stressful events happen and may have a lasting impact. Participants learn the importance of creating safe environments including routine, connection and communication.

Adult programs, at a glance

PROGRAM	DESCRIPTION	GROUP SIZE	DURATION
Mental Health 101	Increase your knowledge with powerful lived experience stories that break down stigma and promote help seeking	30	1 hour
Stress Better	Equip your staff with practical tools to manage and respond to stress more effectively in the workplace	30	1.5 hours
Trauma Awareness	Equip your staff with the skills and strategies to support themselves and others impacted by trauma	15	3 hours
DoNOHarm®	Exploring personal and professional boundaries to understand how to stay safe when supporting others	15	3 hours

Paying it forward

At MIEACT, we are always delighted when any organisation chooses to make us the focus of their fundraising. We'd like to spotlight a few key examples and extend our thanks to those who put in the work, steps, training and passion to pay it forward for MIEACT.



Oscar and Joshua Gonzalez from drive-share platform **PKUP** ran the Canberra Marathon to raise money for MIEACT.



Misty Henkel and the team at **ACT Business at Breakfast** raised \$700 for MIEACT at the **World's Biggest Networking Event**.



Recruitment firm, **Horizon One** held a fundraiser where social media engagement turned into water balloons and custard pies hurled at the team! It seems people were very keen to take part, with the event raising nearly \$5,000 for MIEACT.



Finance



- Treasurer's Message
- Financial Statements

03



Treasurer's message

Monique Meacham

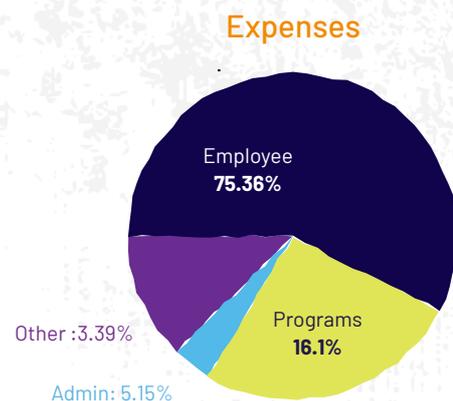
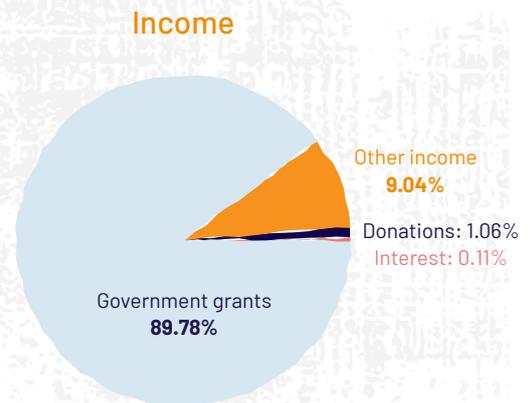
MIEACT achieved an overall operating surplus for the year totalling \$62,327 (2020: \$80,433).

Total income for the year of \$1,547,674 (2020: \$1,084,442) represented a 43% increase as compared to the previous year which ended 30 June 2020. The major contributing factors to increased revenue was a full year of YAM funding compared to 6 months funding in year ended 30 June 2020 and COVID-19 disaster related payments. Other revenue increases included training, donations, and smaller one-off grant income.

Total expenditure for the year of \$1,485,347 (2020: \$1,004,009) represented a 48% increase as compared to the previous year which ended 30 June 2020. During the year ended 30 June 2021, expenditure increases included additional rent charges from new office spaces, program evaluation expenses for UC and ANU projects, resource expenditure on the Synergy brand strategy and increased wages and associated costs to manage and deliver contracts. Despite significant expenditure to improve MIEACT's position this financial year, the resulting surplus is testament to the efficient resource allocation of MIEACT and the ability to utilise funds to serve the community.

The three-year trend for MIEACT over financial years ended 30 June 2019, 2020, and 2021 shows significant growth, with income almost doubling during this period. The additional funding and has provided the opportunity for MIEACT to expand its position in the community sector by increasing the number of programs created and delivered and providing resources to undergo significant organisational growth through our partnerships with the Australian National University and University of Canberra as well as complete the brand strategy project.

The overall 2021 performance is representative of the continued growth of MIEACT as a leading organisation in the community health sector and aligns with the 20-year plan that MIEACT has adopted.



Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

Financial Statements

For the Year Ended 30 June 2021

Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

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For the Year Ended 30 June 2021

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Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

Board Report

For the Year Ended 30 June 2021

The board members present their report on Mental Illness Education ACT Incorporated for the financial year ended 30 June 2021.

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	Appointed 19 Nov 2018
Brant Trim	Vice President	Appointed 18 Nov 2019
Gina Zheng	Secretary	Appointed 18 Nov 2019
Monique Meacham	Treasurer	Resigned 24 Aug 2021
Steven Eddi	Treasurer	Appointed 24 Aug 2021
David Bromhead	Ordinary member	Appointed 19 Nov 2018
Anthony O'Hara	Ordinary member	Appointed 19 Nov 2018
Steven Eddi	Ordinary member	Appointed 18 Nov 2019
Terri Warner	Ordinary member	Appointed 18 Nov 2019
Beth Barratt-Browne	Ordinary member	Resigned 15 Feb 2021
Louise Starr	Ordinary member	Appointed 14 Dec 2020
Nicole McCabe	Ordinary member	Resigned 11 Jan 2021.

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 \$62,327 (2020: \$80,433).

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


Steven Eddi, Treasurer

Board Member.....



Ian McDermott

Board Member..... Ian McDermott, President of the Board

Dated this 12 day of November 2021



Chartered Accountants

Suite 2A, 1st Floor
18 Napier Close
DEAKIN ACT 2600
PO Box 62, DEAKIN WEST ACT 2600
AUSTRALIA

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ABN: 87 086 412 345

Mental Illness Education ACT Incorporated

A.B.N 54121 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 2021, 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.

Bandle McAneney & Co

Anthony J Bandle, FCA
Partner

Dated this 12 day of November 2021

Liability limited by a scheme approved under Professional Standards Legislation

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 2021

	Note	2021 \$	2020 \$
Revenue	5	1,311,338	1,032,745
Australian Govt. COVID-19 Support		236,336	51,697
Accommodation expenses		(14,795)	(4,864)
Audit costs		(3,094)	(3,033)
Bank charges		(767)	(1,310)
Committee and community expenses		(406)	(9,544)
Depreciation and amortisation expense		(25,948)	(18,296)
Employee benefits expense		(1,055,804)	(800,998)
Insurance expenses		(5,279)	(4,110)
Other administrative expenses		(76,563)	(36,757)
Program and presenters' costs		(239,111)	(125,097)
Staff Training and HR development		(63,580)	-
		<hr/>	<hr/>
Surplus before income tax		62,327	80,433
Income tax expense		-	-
		<hr/>	<hr/>
Surplus for the year		62,327	80,433

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 2021

	Note	2021 \$	2020 \$
ASSETS			
CURRENT ASSETS			
Cash and cash equivalents	6	808,346	720,598
Trade and other receivables	7	3,505	6,228
Other assets	8	11,274	4,679
TOTAL CURRENT ASSETS		823,125	731,505
NON-CURRENT ASSETS			
Right of use asset	9	95,134	10,224
Plant and equipment	10	51,222	27,872
TOTAL NON-CURRENT ASSETS		146,356	38,096
TOTAL ASSETS		969,481	769,601
LIABILITIES			
CURRENT LIABILITIES			
Trade and other payables	11	45,812	56,866
Employee benefits	12	40,962	42,026
Other financial liabilities	13	296,390	232,797
Lease liability		28,395	10,425
TOTAL CURRENT LIABILITIES		411,559	342,114
NON-CURRENT LIABILITIES			
Lease liability		70,878	2,770
TOTAL NON-CURRENT LIABILITIES		70,878	2,770
TOTAL LIABILITIES		482,437	344,884
NET ASSETS		487,044	424,717
EQUITY			
Retained earnings		487,044	424,717
TOTAL EQUITY		487,044	424,717

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 2021

2021

	Retained Earnings	Total
	\$	\$
Balance at 1 July 2020	424,717	424,717
Surplus for the year	62,327	62,327
Balance at 30 June 2021	<u>487,044</u>	<u>487,044</u>

2020

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

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 2021

	2021	2020
Note	\$	\$
CASH FLOWS FROM OPERATING ACTIVITIES:		
Receipts from customers	1,376,231	1,417,994
Payments to suppliers and employees	(1,234,341)	(1,113,675)
Interest received	1,423	1,369
Lease payments for leases of low-value assets	(5,361)	(5,361)
Net cash provided by (used in) operating activities	<u>137,952</u>	<u>300,327</u>
CASH FLOWS FROM INVESTING ACTIVITIES		
Purchase of plant and equipment	(32,590)	(9,111)
Net cash (used in) investing activities	<u>(32,590)</u>	<u>(9,111)</u>
CASH FLOWS FROM FINANCING ACTIVITIES		
Payment of lease liability (principal and interest)	(17,614)	(5,266)
Net cash (used in) financing activities	<u>(17,614)</u>	<u>(5,266)</u>
Net increase (decrease) in cash and cash equivalents held	<u>87,748</u>	<u>285,950</u>
Cash and cash equivalents at beginning of year	<u>720,598</u>	<u>434,648</u>
Cash and cash equivalents at end of financial year	<u>808,346</u>	<u>720,598</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 2021

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 2021

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 2021

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 2021

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 2021

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.

Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

Notes to the Financial Statements

For the Year Ended 30 June 2021

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:

Fixed asset class	Depreciation rate
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 2021

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 2021

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 2021

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	2021	2020
	\$	\$
- Government grants	1,177,361	830,994
- Donations	13,958	4,027
- Interest income	1,423	1,369
- Other income	118,596	196,355
Total Revenue	1,311,338	1,032,745
6 Cash and Cash Equivalents	688,291	601,966
Cash at bank and in hand	120,055	118,632
Short-term deposits	808,346	720,598
7 Trade and Other Receivables		
CURRENT	3,505	3,693
Trade receivables	-	2,535
Sundry debtors	3,505	6,228
8 Other Assets		
CURRENT		
Prepayments	11,274	4,679
	11,274	4,679

Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

Notes to the Financial Statements

For the Year Ended 30 June 2021

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 \$
Year ended 30 June 2021		
Balance at the beginning of the year	122,065	122,065
Depreciation	(26,931)	(26,931)
Balance at end of year	95,134	95,134

10 Plant and equipment

	2021 \$	2020 \$
PLANT AND EQUIPMENT		
Office equipment		
At cost	106,037	73,447
Accumulated depreciation	(61,206)	(55,166)
Total office equipment	44,831	18,281
Website		
At cost	16,000	16,000
Accumulated depreciation	(9,609)	(6,409)
Total website	6,391	9,591
Total plant and equipment	51,222	27,872

Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

Notes to the Financial Statements For the Year Ended 30 June 2021

10 Plant and equipment

Movements in Carrying Amounts

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

	Office Equipment \$	Website \$	Total \$
Year ended 30 June 2020			
Balance at the beginning of year	18,281	9,591	27,872
Additions	32,590	-	32,590
Depreciation expense	(6,040)	(3,200)	(9,240)
Balance at the end of the year	<u>44,831</u>	<u>6,391</u>	<u>51,222</u>

11 Trade and Other Payables

	2021 \$	2020 \$
Current		
Trade payables	3,189	338
GST and PAYG payable	39,623	17,752
Accrued expenses	3,000	5,482
Other payables	-	33,291
	<u>45,812</u>	<u>56,866</u>

12 Employee Benefits

Annual leave	<u>40,962</u>	<u>42,026</u>
	<u>40,962</u>	<u>42,026</u>

13 Other Financial Liabilities

CURRENT		
Amounts received in advance	<u>296,390</u>	<u>232,797</u>
Total	<u>296,390</u>	<u>232,797</u>

Mental Illness Education ACT Incorporated

A.B.N 54 121 600 383

Notes to the Financial Statements

For the Year Ended 30 June 2021

14 Leasing Commitments

Minimum lease payments under non-cancellable operating leases:

	2021	2020
	\$	\$
Minimum lease payments under non-cancellable operating leases	-	-
-not layer than one year	-	-

An operating lease is in place for office space. 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 \$210,809 (2020: \$176,256).

16 Contingencies

In the opinion of those charged with governance, the Association did not have any contingencies at 30 June 2021 (30 June 2020: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*.


Steven Eddi, Treasurer, MIEACT Incorporated

Steven Eddi, Treasurer
.....
Board Member

Dated this 12 day of November



Ian McDermott, President of the Board
.....
Board Member

November 2021



Chartered Accountants

Suite 24, 1st floor
18 Hagler Close
DEAKIN ACT 2600
PO Box 62, DEAKIN WEST ACT 2600
AUSTRALIA

Ph: (02) 0282 3341
Fax: (02) 0282 3342
Email: bamca@intoface.com.au
ABN: 87 955 412 345

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 2021, 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 2021 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.

Liability limited by a scheme approved under Professional Standards Legislation

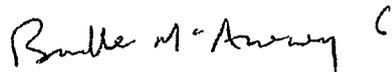
Auditor's Responsibilities for the Audit of the Financial Report

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.


Bandle McAneney & Co



Anthony J Bandle FCA

Dated this 12 day of November 2021

Final Financial Statements 2021

Final Audit Report

2021-11-12

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Final Financial Statements 2021

Final Audit Report

2021-11-16

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