



A safe space for  
mental health education



# Annual Report

## 2021-22

Mental Illness Education ACT Inc



**We strive to build a national centre of excellence, prioritising our people and working in partnership to deliver mental health services with a strong identity.**

## Our Vision

People are empowered through education to sustain mental health and wellbeing.

## Our Mission

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

## Our Values

Each value is mapped to the palm to help 'tell our story.'

## Our priorities

Each priority leverages the strengths of our values.

MIEACT

### Do No Harm

First and foremost our evidence-informed 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.

Centre of excellence

Prioritise our people

Meaningful partnerships

Honour our identity

# Table of Contents

**President’s Message ..... 5**

**CEO’s Message ..... 7**

**Strategies & Initiatives ..... 8**

**Section 1**

**Our People ..... 12**

    Our Board ..... 13

    Our People..... 14

    Our Volunteers ..... 15

    Our Advisory Panel..... 18

    Our Partners ..... 19

    Our Pay-it-forward Clients ..... 20

**Section 2**

**Our Programs ..... 21**

    Youth ..... 22

    Adult ..... 26

**Section 3**

**Treasurer’s Message ..... 30**

**Financial Statements..... 31**





# President's message

*Ian McDermott*



In another year of unfolding challenges due to the Covid-19 pandemic, I am proud that our organisation has grown and adapted to meet an increased need for mental health awareness and education in the ACT. The evolution of our online sessions and digital storytelling has been an important means in connecting with the community through this period, and we have expanded our programs and initiatives, tailoring them to serve people living through the most uncertain of times. Through all of this fantastic work, MIEACT has again reinforced its role as the key provider of mental health and wellbeing education in the ACT community.

In the past year we have given a strong focus to expanding MIEACT's revenue streams and fundraising programs. This has allowed us to widen our reach in the community, from the number of clients engaged with MIEACT, to the increased delivery of our youth and adult sessions. Through our positive relationship with the ACT Government, and the generosity of our funders and donors, we have extended the reach of our programs to 18,500 participants and increased accessibility to important resources through initiatives like Self-Care Canberra. I was delighted to see our *Pay It Forward* initiative strengthen again this year, further enabling community organisations and essential workers to access and benefit from empowering and informative MIEACT programs free of charge.

In-line with our mission, we have continued our commitment and recognition of the centrality of lived experience to MIEACT as we map out our journey towards 2030 and beyond. Leveraging the strengths of our organisational values, we have set out the following four strategic priorities that have been warmly embraced by volunteer educators, staff and board members, and which will position MIEACT for an exciting future:

- Centre of excellence
- Prioritise our people
- Meaningful partnerships
- Honour our identity.

I want to thank the many contributors who have helped shape these strategic priorities and, like all MIEACT board members, look forward to sharing further details about MIEACT's new five-year strategy soon. I would also like to sincerely thank the MIEACT team for their hard and dedicated work throughout the year and to acknowledge my fellow board members for their ongoing support of MIEACT. As always, my special thanks and gratitude goes to each and every one of our volunteer educators, and participants of the Volunteer Advisory Panel. Together, you are the backbone of MIEACT and play a critical part in the delivery of our life-changing programs.



# CEO's message

## Heidi Prowse

2021-22 has served as a launching pad for MIEACT pulling together the final parts of our 2018-22 Strategic Plan and preparing for the next phase of growth and National roll-out.

In my five years at MIEACT I have learnt so much and I am forever grateful to the volunteers, staff and Board who have joined me in believing in MIEACT's potential and their tireless efforts to increase both the reach and quality of our programs.

We have focused on three areas over the past 5 years, these being corporate sustainability, continuous improvement and strengthening and broadening our reach. Highlights of our achievements include:

- The diversification of our volunteer educators to truly ensure the community can "see themselves in our stories" with the implementation of My Mind, My Voice and development of the Volunteer Engagement Framework.
- Building MIEACT's revenue streams with the launch of our Pay-It-Forward program for workplaces and commencing our donor care and fundraising programs.
- Formal evaluation and literature review of our DoNOHarm Framework and programs to establish our evidence informed programs and impact on participants.
- Significant increase in our organisations profile through the roll out of our evolution brand and enhanced media and communications capabilities.

We have so much to be proud of and as the organisation moves into a new strategic era, so many opportunities to truly impact the lives of all Australians.

As my time as CEO of MIEACT comes to an end, I am excited about the future and look forward to cheering on from the sidelines. To Brad and the team: I wish you the best as you strive to achieve the Strategy 2027.



"Heidi is now my new favourite human being. Kudos to her for the amazing journey she has been on. Losing a loved one is devastating, and I speak from personal experience. I feel really emotional and proud of her for staying positive and helping as many people she can."

Participant of Mental Agility for Future Leaders Breakout Session



"The speaker's knowledge on the subject was immediately evident in the insightful way she discussed the personal anecdotes and ideas offered by the attendees. I felt she clarified a variety of issues into actionable ideas and solidly good advice. I cannot commend her session enough."

Participant of Mental Agility for Future Leaders Breakout Session

# Strategy and initiatives



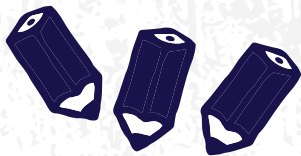
TOTAL  
REACH  
**18,577**  
PARTICIPANTS



DELIVERED  
**630**  
SESSIONS

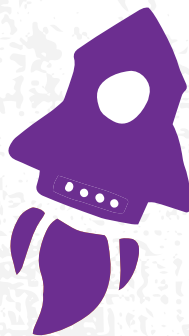
**12**

NEW VOLUNTEER  
EDUCATORS  
this financial year



**164** YOUTH  
SESSIONS

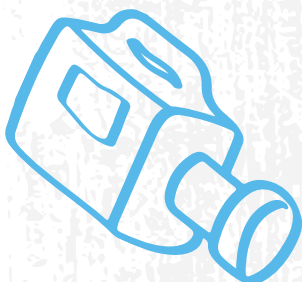
REACHING **92%** OF ACT  
SECONDARY SCHOOLS



**142**  
ADULT  
SESSIONS  
REACHING  
**48 NEW**  
ORGANISATIONS



**435**  
YAM  
SESSIONS




DEVELOPED  
**14** DIGITAL  
STORIES  
AND SHAREABLE VIDEOS



**38**  
ONLINE SESSIONS  
FOR COMMUNITY  
WORKERS DURING  
LOCKDOWN






Since 2019, MIEACT has been involved in educating occupational therapy students at the University of Canberra about mental health.

Volunteer educators come to tutorials and share their lived experience in relation to specific topics the students are learning about. Furthermore, we have volunteer educators involved in assessments, where they participate and provide feedback to our students about group facilitation skills. Students consistently provide positive formal and informal feedback about the benefits of MIEACT being involved in their training and the impact the volunteer educators have on their learning.

We seek formal student feedback at various points throughout the semester. This feedback clearly indicates that MIEACT presenters are well received and considered a highlight of the mental health unit. Students describe the volunteer educator's presentations as interesting, valuable, fantastic, and practical. Students express that the MIEACT presentations provide deeper and more meaningful learning which supports practice readiness and builds confidence.

Furthermore, the student's first assessment is a 1500-word personal reflection where they reflect on a significant moment in their learning. In 2022, one third of student reflections were drawn from MIEACT presentations; whether it was the lived experience story itself, the way it challenged stigma, the lessons about understanding mental illness and how we as health professionals can support people in their Recovery. In whatever way the students reflected, it demonstrates the profound impact of the lived experience perspective provided by the volunteer educators.

Thank you again for the valuable work your organisation does, and we look forward to further collaborations.



Breanna Cave  
Occupational Therapy Lecturer  
Faculty of Health, University of Canberra



# How do we share our stories, safely?

The DoNOHarm Framework was developed by MIEACT in 2011. We partnered with the University of Canberra to complete a literature review on each of the six pillars which was published in the International Mental Health Promotion Journal.

We believe the combination of all pillars is essential to achieve the best outcomes when delivering mental health education programs and ensure they

resonate and inform the participant long after the program is finished.

Read the abstract here:



[researchprofiles.canberra.edu.au/en/publications/mental-illness-education-through-stories-of-lived-experience-vali](https://researchprofiles.canberra.edu.au/en/publications/mental-illness-education-through-stories-of-lived-experience-vali)

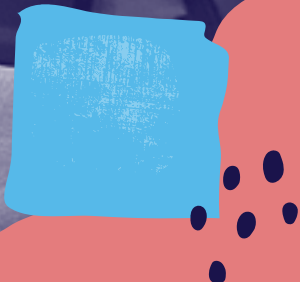


## Language matters

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 participants.

## 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 people.





## Stages of Do No Harm Framework:

Context and  
purpose

Recovery  
Emphasis

Safe talking

Limits to  
helping

Respectful,  
inclusive  
language

Self-care



### Environment

MIEACT is always open to presenting programs within a wide variety of environments and can be adaptive to your 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 storyteller 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.

### 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 be part of the team that delivers the workshop to program participants.





# Our People



Our Board

Our Staff

Our Volunteers

Our Partners

01

# Our board



## Ian McDermott President

- Appointed 2016
- President 2018
- Board Committees: Member Audit & Risk, Member Revenue & Development

## Mohamed el Roubi Vice President

- Appointed 2021
- Vice-President 2021 (filling casual vacancy)
- Board Committees: Member Audit & Risk

## Gina Zheng Secretary

- Appointed 2019
- Secretary 2019
- Board Committees: Secretariat for all committees

## Steven Eddi Treasurer

- Appointed 2018
- Treasurer 2018
- Board Committees: Member Audit & Risk

## Robert Twomey

- Appointed 2021
- Board Committees: Chair Audit & Risk

## Jemima Turner

- Appointed 2021
- Board Committees: Chair Revenue & Development

## Louise Starr

- Appointed 2020
- Board Committees: Member Audit & Risk

## Anthony O'Hara

- Appointed 2016
- Lived Experience Representative

## Liz Parker

- Appointed 2021
- Board Committees: Member Revenue & Development

## Westpac Board Observers

- Petra Parker
- Kathryn Marler

## Sub-Committee Skilled Members

- Audit & Risk: Nick Chapman & Ben Graham
- Revenue & Development: Melinda Reavell, Kate Mason & Ben Graham

The Board has met six times during this Financial Year with additional ten meetings held by the Audit and Risk Sub-Committee and ten by the Revenue and Development Sub-Committee.

# Our People



## Executive

**Heidi Prowse**  
Chief Executive Officer

**Brad Shrimpton**  
Deputy Chief Executive Officer

## HEADS OF BUSINESS

**Megan Mills**

**Carisse Flanagan**

**Gabrielle Carlton**

**Nicole McCabe**

**Monique Meacham**

## ADMINISTRATION

**Blanca Reyes**

**Jo Klenka**

**Sarah O'Callaghan**

**Damien Jonkergouw**

**Shahzad Ahmed**

**Wendy Dawes**

## PROGRAM MANAGEMENT

**John Dickson**

**Amber Jarrett**

**Roberta Bagozzi**

**Rosemary Clifford**

**Jenny Dunn**

## VOLUNTEER MANAGEMENT

**Ben Triglone**

**Deahanne McIntyre OAM**

**Beth Garwood**

## CASUAL EDUCATORS

**Bianca Rossetti**

**Collette Burke**

**Elisha Smyth**

**Julia Scott**

**Karen Burton**

**Kate Seselja**

**Lorena Wieshamm**

**Luke Robert**

**Maika Kumada**

**Matthew Phung**

**Michael Rake**

**Priya Chandra**

**Scott Borland**

**Sean Wallace**

**Sian Braun**

**Sonia Horton**

**Tanvi Nangrani**

**William Kaira**

## CLINICAL SUPPORT

**Velissa Aplin**





# Our Volunteers

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 illness, their role as a Volunteer has more often than not assisted with their recovery journey.

"Although I am thankful for having a successful and long career in the public service, there was always a part of me that felt unfulfilled. The job failed to give me the satisfaction of directly touching people's lives, connecting with people, or being of some comfort to someone, somewhere. This unmet need had me pursuing an education and career in naturopathy and counselling – helping people deal with their physical, mental and emotional needs.

I discovered MIEACT on my learning journey. The work they do in the mental health space – raising awareness and reducing stigma – resonated with me. I signed up to become a MIEACT volunteer to help advocate for mental health across the Canberra community. I am now part of MIEACT's co-design team for its My Mind My Voice program, which aims to destigmatise conversations about mental health amongst culturally and linguistically diverse communities."

"As a MIEACT volunteer I have the opportunity to educate the community about the importance of mental health. MIEACT delivers its message through beautifully crafted, real stories about people and their mental health journey. This echoes with me. For an immigrant, like me, these stories are unifying, inclusive and effective. What I have gained through volunteering is priceless, and in hindsight, I wish that I had given it more thought earlier in my life."

**Raji Samprathi**  
MIEACT volunteer, Practicing  
naturopath and Counsellor

THERE WERE  
**33**  
ACTIVE MIEACT  
VOLUNTEERS  
IN 2021-2022



# Recognising our Volunteers

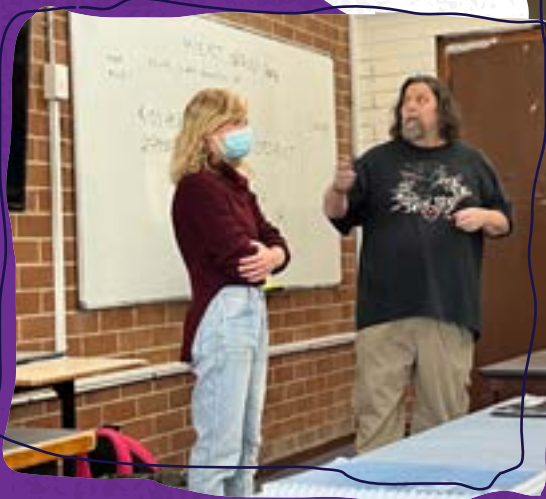
Each year we host a special night to celebrate MIEACT Volunteers. We welcomed Life Member Liz Wetherell to be the guest speaker on the night in her 15th year of service with MIEACT. She shared her inspiring journey of her time at MIEACT, the things she has loved, learned and taken away.



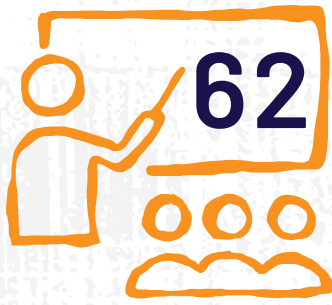
This year, we congratulated **Luke on 2 years of service.**



Awards of service recognition were also presented to **Ruth, Anthony and Mark for their significant contribution** to program delivery.







**TRAINING** (20) and  
**ENGAGEMENT** (42)

**15**



**DONOHARM  
SESSIONS**

upskilling 124 Canberrans  
in the community

**19**

**PEER-LED TRAINING  
AND EDUCATION  
SESSIONS**



including two upskilling sessions

**12  
NEW  
EDUCATORS**



**34**  
**NEW YAM  
HELPERS**

**757+  
HOURS**



**62 VOLUNTEER  
EDUCATORS**

IN FINAL STAGES OF TRAINING

OF PROGRAM DELIVERY

## Volunteering Score Card

### What our Volunteers think

**100%**

felt MIEACT creates a **safe and trustworthy environment** for volunteers



**90%**

indicated they believed their **volunteering made a difference** to program participants



**95%**

believed volunteering at MIEACT has been **beneficial to their own mental health**



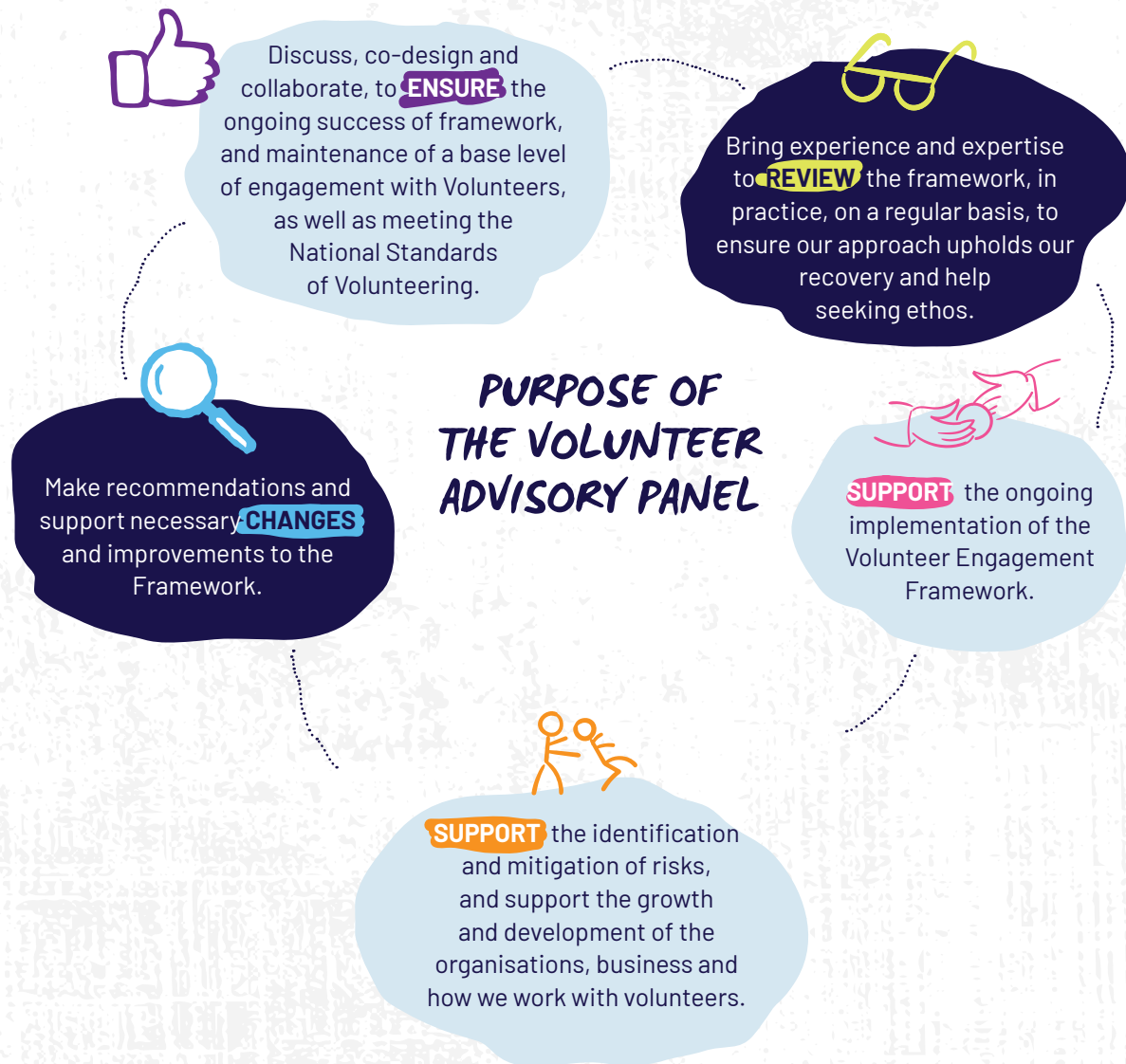
**95%**

indicated they **would recommend volunteering** at MIEACT to others



# Our 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 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:



## VOLUNTEER ADVISORY PANEL MEMBERSHIP

Anthony O'Hara  
Kate Nesar  
Mark Brosnan

Brock Harding  
Marija Lemic  
Michelle Owens

Penne  
Humphries  
Raji Samprathi



# Our Funding Partners & Donors

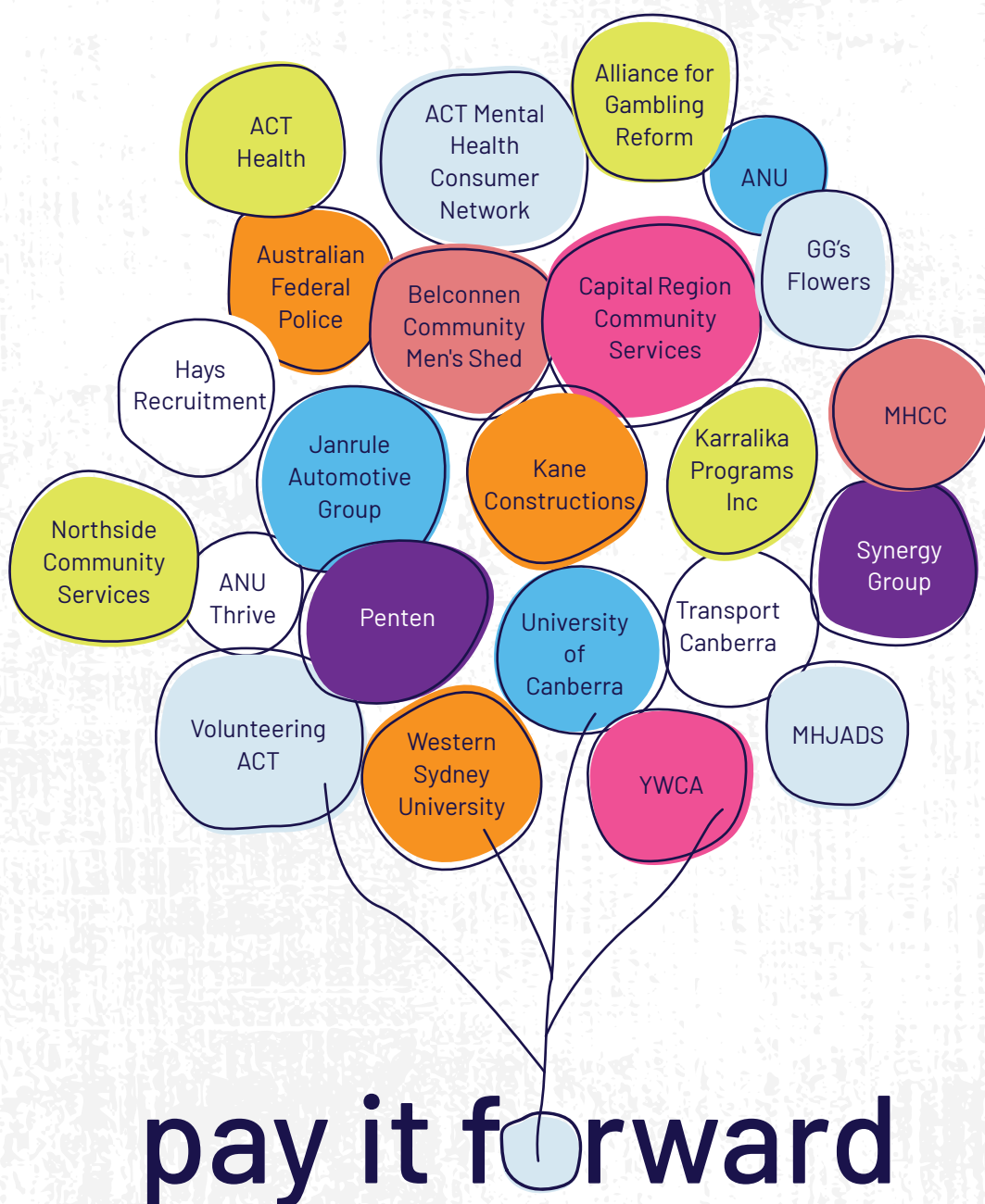


# Our Pay-it-forward Clients

Our pay-it-forward clients booked education programs for their workplaces

For every **\$1,200 spent**, we were able to reach an additional **30 kids** with free mental health education.

This financial year, our pay-it-forward clients enabled us to reach



Thank you for contributing to the well-being of our kids in the ACT!



## Our Programs



Youth Programs

Adult Programs

02





# Our programs

## MIEACT continues to make a positive difference to the Canberra community.

This financial year MIEACT delivered 630 mental health education sessions in schools, workplaces and in the community reaching a total of 18,577 participants.

MIEACT successfully navigated program delivery barriers caused by the Covid pandemic, including lockdowns and school closures. Moreover, MIEACT has utilised Covid response funding provided by ACT Health to deliver additional sessions, create new mental health awareness resources and to engage in a range of mental health education activities in the ACT community. This has included online delivery of stress and self-care focused programs for diverse adult and youth groups spanning the Department of Health (250 attendees) to female student leaders at the Amaroo School.

With the lifting of lock down restrictions, MIEACT experienced an influx of session requests which aligns to the increased demand for all forms of mental health related services caused by the rise in psychological stress, and greater awareness of mental health, triggered by the current pandemic. Although this placed our organisation under significant pressure, we are proud to have fulfilled this demand, though we note that this strong demand continues.

Feedback received from participants has reinforced the value and contribution MIEACT programs make to improving mental health literacy and assisting self-efficacy for help seeking.

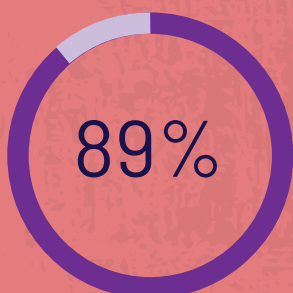
630

## MENTAL HEALTH EDUCATION SESSIONS

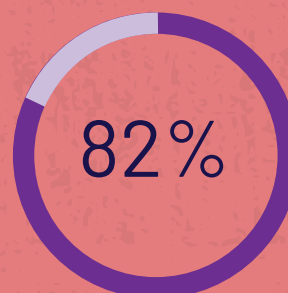
in schools, workplaces and in  
the community



## Of 453 youth participants



agreed or strongly  
agreed that the  
MIEACT program  
they had attended  
had **increased their  
mental health literacy**



agreed/strongly  
agreed their  
understanding  
of where to  
**seek help** had  
increased.

## Youth programs

92%

of ACT SECONDARY  
SCHOOLS HOSTED  
A MIEACT PROGRAM

MIEACT  
PRESENTED

164

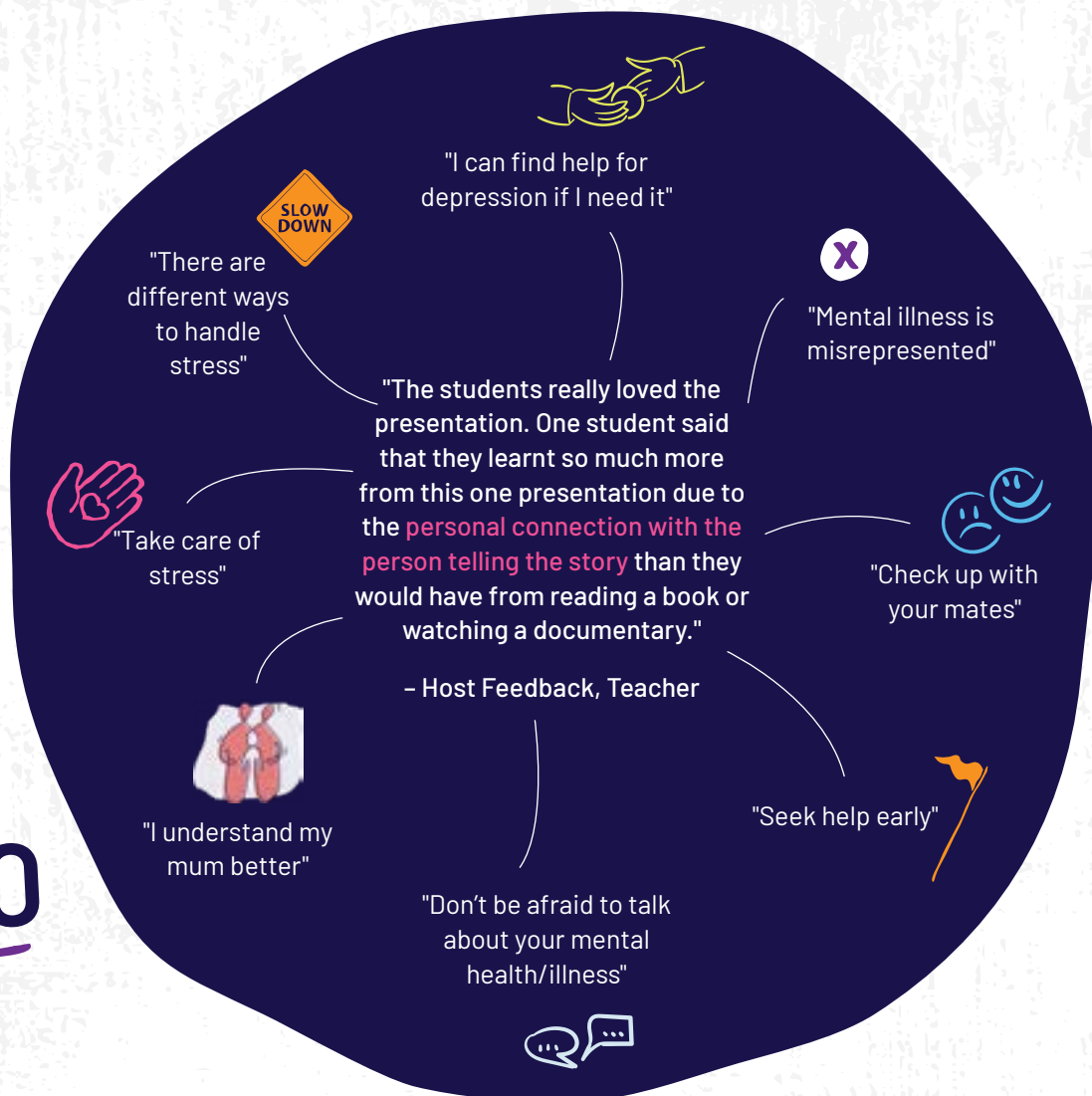
YOUTH  
SESSIONS and  
PRESENTATIONS

TO OVER

4,500

STUDENTS in  
the ACT

### At a glance



WORKSHOP	DESCRIPTION	GRADES	MODE	DURATION
<b>Any Body's Cool</b>	Developing attitudes, behaviours and language that impact body image.	7, 8		2 x 60 min
<b>No Labels</b>	A behavioural approach to bullying prevention.	7, 8		60 min
<b>Stress and Me</b>	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
<b>Stress Better</b>	Builds an understanding of stress, worry and anxiety, and the connection between the three.	10, 11, 12		60 min
				30-45 min
<b>Mental Health and Me</b>	Addressing stigma and promoting help-seeking.	7, 8, 9		60 min
				30-45 min
<b>Mental Health 201</b>	Analysing stigma and the power of the lived experience to address mental health concerns.	10, 11, 12		60 min
				30-45 min



## Mental Health 201

The highest booked program for young people this financial year was Mental Health 201. Delivered to Yr 10-12 students, this program involved 2 unique lived experience stories delivered usually towards the end of a 12-week mental health syllabus. This is a powerful tool for Teachers to connect students to their textbook learnings.

Students learn to identify, analyse, and critique stigma and different diagnoses of mental illness. They build their understanding of helpful and unhelpful strategies for mental health and positive self-care behaviour. With the power of real-life stories of people living with, or looking after someone with a mental illness they learn to plan and implement strategies for help-seeking.

"The feedback has been really positive from students. They enjoyed the interactive approach."



# 9

SCHOOLS, INCLUDING:

Daramalan College	Canberra Grammar School
Mount Stromlo High School	Dickson College
Melrose High	UC Lake Ginninderra
Marist College Canberra	St Clare's College
St Edmund's College	

# 88%

of students indicated, if they need to, they would use tools and strategies from the program

# 96%

of students rated the program Good or Excellent



## Youth Aware of Mental Health (YAM)

MIEACT continued its vital role as the location implementation partner of Youth Aware of Mental Health (YAM). YAM is a Mental Health in Mind AB (MHIM) program funded by ACT Health. The program is an evidence-based program for Year 9 students, developed to promote mental health and address suicidal behaviour.

YAM is delivered to ACT schools by MIEACT staff and volunteers working closely with the ACT Education Suicide Prevention Officer. The ACT is the second trial site of the program following implementation of the program into regional NSW. Preliminary NSW evaluations of the program have resulted in a significant reduction in passive suicidal thinking and depressive symptoms and a significant increase in help-seeking intentions.

To run a YAM program successfully in a single school with 14 classes requires the mobilisation of 28 trained facilitators and over 2000 items, including booklets, posters and program specific tools, over 3 weeks. To deliver to multiple schools within the same period while maintaining every aspect of the fidelity of the program, especially within a time of great uncertainty, truly requires an exceptional team, led by exceptional people.

# 11

SCHOOLS, INCLUDING:  
Alfred Deakin High School

St Mary Mackillop College

Gold Creek School

Caroline Chisholm School

St Clare's College

Calwell High School

Daramalan College

Melrose High School

Radford College

St Francis Xavier College

# 100%

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

**"The planning for delivery of the YAM program was comprehensive and considered. Communication from program coordinator was clear and timely. The program implementation was well organised - running smoothly across the three weeks."**



# Adult Programs

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

## 5,602

PARTICIPANTS

## 142

SESSIONS  
DELIVERED

## 23

ORGANISATIONS  
PAID-IT-FORWARD

## Adult programs, at a glance

PROGRAM	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 organisation's culture with a best practice approach to mental health communication, suicide prevention and wellbeing practices.	15	3 hours

## Self-Care Canberra

### Community Education Campaign

With a second Canberra lockdown in Q2, MIEACT shifted our focus to the community services and adult community to provide stress and self-care programs, resources and education materials. This initiative was offered to all participants free of charge, supported by additional COVID Mental Health Response funding from the ACT Government.

## 506

### PARTICIPANTS

BOOKED OUR  
ONLINE PROGRAMS  
with additional sessions  
included in the schedule

"Greatly appreciate the Lived Experience Educators. Damien should particular be commended for the hard work he is doing to reduce stigma for people with schizophrenia. Our students (especially undergraduates) have reported his talk (which he presented earlier in the year) being an attitude changing experience."

Host Feedback, Adult

## Safe & Sound Project

Our Safe and Sound project aims to build on content available through MIEACT's in-person programs, developing and distributing resources to increase accessibility and provide practical tools and strategies to support the mental health and wellbeing of our community.

As there was a significant increase in the public conversation around wellbeing, stress, and isolation, we saw an increase in general business enquiries regarding informed and high-quality materials.

This included PDF sheets, practical resources for schools and workplaces and advice on the implementation of wellbeing strategies across youth groups and workplaces in the ACT.

Additional Funding from ACT Health, the Office for Mental Health & Wellbeing and through the Chief Ministers Charitable Fund, allowed MIEACT to activate and distribute resources that could respond to these individual requests with evidence informed strategies and materials that build the individuals own self-efficacy and connect to local help-seeking where needed.

We were also able to activate our workforce to meet with diverse groups for consultation, co-design, and advice.



## Online Panel – Challenging Resilience

Ginger Gorman hosted expert panelists Synergy Group's CEO, Toni Marzulli, First Assistant Commissioner APSC, Rina Bruinsma, and Running for Resilience Founder, Matt Green with 70 audience members to define, challenge, and reinvent resilience in the workplace setting.

Beginning by taking the time to define resilience, the panel quickly identified that while resilience may be a positive concept, it does come with negative connotations and at times can leave us with unrealistic expectations of ourselves and our colleagues. As restrictions gradually ease and we slowly make our way back into the workplace, many of us are being confronted with a new normal.



"Resilience on its own is a positive concept, but how we use it and speak about it can have connotations. Many of us will have had someone say to us 'well you just need to be more resilient'. You wouldn't say that to someone with a heart problem or a broken leg." – Rina

"Resilience is about the ability to say: 'even though I don't know what's ahead, I am going to find the strength within my network, leverage it and know I am not alone'." – Matt

"Setting up meetings every day at 8am, 5pm or over lunch hour does not lead to a good culture. It removes the ability to build habits that increase our resilience." – Toni

We would like to extend our gratitude to our host, panelists, and audience members. Ticket costs were paid forward so that MIEACT could deliver more sessions in ACT schools.



# My Mind, My Voice

At MIEACT, we are committed to lifelong learning. Our country is one of the most ethnically diverse in the world. With this diversity comes a rich tapestry of views about, understandings of, language to describe, and strategies to overcome mental ill health.



Understanding differences in viewpoints surrounding mental health can build more connected communities and remove barriers to help-seeking. The telling of these stories facilitates a greater understanding of the impacts and recovery of mental illness, and can influence change, both on an individual and a community level.

This year MIEACT embarked on the My Mind, My Voice project, partnering with multicultural community groups across the ACT including SiTara's Story, Canberra Multicultural Hub, CMS Radio, East African Community Association, MELT (Moment's of Experiencing Life Together) and an Indian Women's Wellbeing Group. My Mind, My Voice builds the mental health capacity and skills of each community partner, fills identified gaps and increases peer to peer learning and empowerment. This project leads with our DoNOHarm model and is further co-designed to meet the needs of individual groups and experiences.

By sharing experiences and knowledge we can try to bridge this gap and bring all Canberrans closer to the help they need and deserve.

## 20

UPSKILLED VOLUNTEERS  
from the Canberra CALD community

12  
PODCAST  
EPISODES

4  
SESSIONS  
& EVENTS

1  
DIGITAL  
STORY



7  
RESOURCES  
DEVELOPED



"You don't see a lot of people that look like you here talk about mental health. And that's extra isolating. And I think at least, I hope people are starting to realise the importance of seeing yourself in all these spaces that you relate to and just how much of an impact that really has. I wish I had someone who looked like me or shared similar experiences as me."



Aisha, Program Participant



"The DoNOHarm workshop was an eye opener for me. Every day we use words without any awareness of how it impacts the receiver. I take a moment every now and then through the day to bring my awareness to the forefront and anchor my thoughts".

– Bhanvani, Program Participant

This program is proudly supported by the ACT Government's Healthy Canberra Grants program.



## Finance



Treasurer's Message

Financial Statements

# 03





# Treasurer's message

*Steven Eddi*

MIEACT achieved an overall operating deficit for the year totalling \$13,683 (2021 profit: \$60,327).

Total income for the year of \$1,665,911 (2021: \$1,547,674) represented a 7.5% increase as compared to the previous year which ended 30 June 2021. The major contributing factors to increased revenue was the CPI increase of the ACT Health Stimulus Package, increased donations and income from the grants provided for our Voices of Gambling Harm and My Mind My Voice project, which offset the reduction in ACT government stimulus package..

Total expenditure for the year of \$1,679,594 (2021: \$1,485,347) represented a 13.1% increase as compared to the previous year which ended 30 June 2021. During the year ended 30 June 2022, wage increase represented the greatest increase in expenditure with higher delivery and increased permanent positions within the organisation.

The 2022 financial year results reflect the increased operations MIEACT has seen through continued YAM funding, our core programs, external training and the My Mind, My Voice program. MIEACT continues to invest in our staff, volunteers, and programs to ensure that we are able to deliver high quality services to the Canberra community. The slight deficit in this year's profit and loss statement is the product of investment in MIEACT's future as a leader in mental health education.



# Mental Illness Education ACT Inc

ABN: 54121600383

## Financial Statements

For the year ended 30 June 2022

# Mental Illness Education ACT Inc

## Table of contents

For the year ended 30 June 2022

Directors' report . . . . .	2
Auditor's Independence declaration . . . . .	4
Statement of profit or loss and other comprehensive income . . . . .	5
Statement of financial position . . . . .	6
Statement of changes in equity . . . . .	7
Statement of cash flows . . . . .	8
Notes to the financial statements . . . . .	9
Responsible persons' declaration . . . . .	20
Independent audit report . . . . .	21



# Mental Illness Education ACT Inc

Directors' report

30 June 2022

The responsible persons present their report on Mental Illness Education ACT Inc for the financial year ended 30 June 2022.

## Information on directors

The names of each person who has been a director during the year and to date of the report are:

Ian McDermott (President)

Steven Eddi (Treasurer)

Brant Trim (Vice President, resigned 30th November 2021)

Gina Zheng (Secretary)

David Bromhead (resigned 30th November 2021)

Anthony O'Hara

Terri Warner (resigned 30th November 2021)

Louise Star

Monique Meacham (resigned 24th August 2021)

Jemima Turner (appointed 30th November 2021)

Mohamed el Roubi (appointed 30th November 2021, Vice President 20th April 2022)

Robert Twomey (appointed 30th November 2021)

Liz Parker (appointed 30th November 2021)

Responsible persons have been in office since the start of the financial year to the date of the report unless otherwise stated.

## Principal activities

The principal activity of Mental Illness Education ACT Inc during the financial year is to provide mental health education awareness programs in schools and the wider community to address stigma, increase knowledge and promote help seeking.

No significant changes in the nature of the Company's activity occurred during the financial year.

## Operating results

The profit/(loss) of the Company after providing for income tax amounted to (\$13,683) (2021: \$62,327)

## Significant changes in state of affairs

There have been no significant changes in the state of affairs of the Company during the year.

## Events after the reporting date

Mental Illness Education ACT Incorporated has registered as an Australian Registered Body (ARBN 661 582 289). This allows for operations outside of the ACT.

# Mental Illness Education ACT Inc

Directors' report  
30 June 2022

## Future developments and results

Likely developments in the operations of the Company and the expected results of those operations in future financial years have not been included in this report as the inclusion of such information is likely to result in unreasonable prejudice to the Company.

## Environmental issues

The Company's operations are not regulated by any significant environmental regulations under a law of the Commonwealth or of a state or territory of Australia.

## Indemnification and insurance of officers and auditors

The company has paid premiums to insure each of the directors and officers against liabilities for costs and expenses including any legal expenses incurred by them in defending any legal proceedings arising out of their conduct while acting in the capacity of director or officer of the company, other than conduct involving a wilful breach of duty in relation to the company.

## Auditor's Independence Declaration

The lead auditor's independence declaration in accordance with section 60-40 of the *Australian Charities and Not-for-profits Commission Act 2012*, for the year ended 30 June 2022 has been received and can be found on page 4 of the financial report.

## Volunteer Board

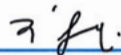
The board are not remunerated for their efforts and provide their time in a volunteer capacity only.

Signed in accordance with a resolution of the Board of directors.



Ian McDermott (President)

Dated: Nov 1, 2022



Steven Eddi CPA (Oct 31, 2022 21:28 GMT+11)

Steven Eddi (Treasurer)


Oct 31, 2022

## Auditor's independence declaration to the responsible persons of Mental Illness Education ACT Inc

I declare that, to the best of my knowledge and belief, during the year ended 30 June 2022, there have been:

- 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
- no contraventions of any applicable code of professional conduct in relation to the audit.

Laterals Chartered Accountants

A handwritten signature in black ink, appearing to read 'Tim Allen', is written over the printed name.

Tim Allen  
Director

Dated: 6 September 2022

35 Montague Street, Goulburn NSW 2580

# Mental Illness Education ACT Inc

## Statement of profit or loss and other comprehensive income

For the year ended 30 June 2022

	Note	2022 \$	2021 \$
<b>Revenue</b>	<b>5</b>		
<b>Revenue from other sources</b>			
Donations		25,937	13,958
<b>Grants</b>			
Government Grants		1,332,769	1,177,361
Other Grants		264,507	71,506
<b>Total Grants</b>		<b>1,597,276</b>	<b>1,248,867</b>
Other revenue from other sources		41,597	47,090
Government COVID support		-	236,336
<b>Total Revenue from other sources</b>		<b>1,664,810</b>	<b>1,546,251</b>
<b>Total Revenue</b>		<b>1,664,810</b>	<b>1,546,251</b>
<b>Gross profit</b>		<b>1,664,810</b>	<b>1,546,251</b>
Finance income	6	1,101	1,423
<b>Administrative expenses</b>			
Administrative expenses			
Auditor's remuneration		(3,600)	(3,094)
Other administrative expenses		(67,462)	(76,563)
<b>Total Administrative expenses</b>		<b>(71,062)</b>	<b>(79,657)</b>
Employee benefit expenses		(1,288,467)	(1,055,804)
<b>Total Administrative expenses</b>		<b>(1,359,529)</b>	<b>(1,135,461)</b>
Finance expenses	6	(1,463)	(767)
<b>Other expenses</b>			
Other expenses			
Insurance		(5,181)	(5,279)
Depreciation expenses		(32,680)	(25,948)
<b>Total Other expenses</b>		<b>(37,861)</b>	<b>(31,227)</b>
<b>User defined expenses</b>			
Accommodation expenses		(32,470)	(14,795)
Committee and community expenses		(524)	(406)
Program and presenters' expenses		(228,863)	(239,111)
Training and HR development		(18,884)	(63,580)
<b>Total User defined expenses</b>		<b>(280,741)</b>	<b>(317,892)</b>
<b>Profit (loss) before income taxes</b>		<b>(13,683)</b>	<b>62,327</b>
Income tax		-	-
<b>Profit (loss) from continuing operations</b>		<b>(13,683)</b>	<b>62,327</b>
<b>Profit (loss) for the year</b>		<b>(13,683)</b>	<b>62,327</b>
<b>Total comprehensive income for the year</b>		<b>(13,683)</b>	<b>62,327</b>

The accompanying notes form part of these financial statements.



# Mental Illness Education ACT Inc

## Statement of financial position

As at 30 June 2022

	Note	2022 \$	2021 \$
<b>Assets</b>			
<b>Current assets</b>			
Cash and cash equivalents	8	839,778	808,346
Trade and other receivables	9	3,950	3,506
Prepayments		45,400	11,274
<b>Total current assets</b>		<b>889,128</b>	<b>823,126</b>
<b>Non-current assets</b>			
Property, plant and equipment	10	193,611	139,965
Intangible assets	11	3,191	6,391
<b>Total non-current assets</b>		<b>196,802</b>	<b>146,356</b>
<b>Total assets</b>		<b>1,085,930</b>	<b>969,482</b>
<b>Liabilities</b>			
<b>Current liabilities</b>			
<b>Trade and other payables</b>	<b>13</b>		
Trade payables		39,344	3,189
GST payable		40,922	39,624
Accrued expenses		16,621	3,000
Employee benefits		22,022	-
<b>Total Trade and other payables</b>		<b>118,909</b>	<b>45,813</b>
Borrowings		3,926	-
Employee benefits	15	77,311	40,962
Lease liabilities	12	29,974	28,395
Deferred income	14	283,772	296,390
<b>Total current liabilities</b>		<b>513,892</b>	<b>411,560</b>
<b>Non-current liabilities</b>			
Lease liabilities	12	98,677	70,878
<b>Total liabilities</b>		<b>612,569</b>	<b>482,438</b>
<b>Net assets</b>		<b>473,361</b>	<b>487,044</b>
<b>Equity</b>			
Retained earnings		473,361	487,044

The accompanying notes form part of these financial statements.

# Mental Illness Education ACT Inc

## Statement of changes in equity For the year ended 30 June 2022

2021	Retained earnings \$	Total \$	Total equity \$
Opening balance	424,717	424,717	424,717
Profit for the year	62,327	62,327	62,327
Closing balance	487,044	487,044	487,044

2022	Retained earnings \$	Total \$	Total equity \$
Opening balance	487,044	487,044	487,044
Profit for the year	(13,683)	(13,683)	(13,683)
Closing balance	473,361	473,361	473,361

The accompanying notes form part of these financial statements.

# Mental Illness Education ACT Inc

Statement of cash flows  
For the year ended 30 June 2022

	2022	2021
	\$	\$
<b>Cash flows from operating activities:</b>		
Receipts from customers	1,664,366	1,376,231
Payments to suppliers and employees	(1,584,213)	(1,234,341)
Interest received	1,101	1,423
Lease payments for leases of low value assets	-	(5,361)
<b>Net cash flows from/(used in) operating activities</b>	<b>81,254</b>	<b>137,952</b>
<b>Cash flows from investing activities:</b>		
Purchase of property, plant and equipment	(40,989)	(32,590)
<b>Cash flows from financing activities:</b>		
Proceeds from borrowings	3,926	-
Payment of lease liabilities	(12,759)	(17,614)
<b>Net cash provided by/(used in) financing activities</b>	<b>(8,833)</b>	<b>(17,614)</b>
<b>Net increase/(decrease) in cash and cash equivalents</b>	<b>31,432</b>	<b>87,748</b>
Cash and cash equivalents at beginning of year	808,346	720,598
<b>Cash and cash equivalents at end of financial year</b>	<b>839,778</b>	<b>808,346</b>

The accompanying notes form part of these financial statements.



# Mental Illness Education ACT Inc

Notes to the financial statements  
For the year ended 30 June 2022

## 1. Introduction

The financial report covers Mental Illness Education ACT Inc as an individual entity. Mental Illness Education ACT Inc is a not-for-profit Company, incorporated in the ACT and domiciled in Australia.

The principal activities of the Company for the year ended 30 June 2022 were to provide mental health education awareness programs in schools and the wider community to address stigma, increase knowledge and promote help seeking.

The functional and presentation currency of Mental Illness Education ACT Inc is Australian dollars.

The financial report was authorised for issue by those charged with governance on 19 October 2022.

Comparatives are consistent with prior years, unless otherwise stated.

## 2. Basis of preparation

These general purpose financial statements have been prepared in accordance with the *Australian Charities and Not-for-Profit Commission Act 2012*. The financial statements comply with the recognition and measurement requirements of Australian Accounting Standards, the presentation requirements in those Standards as modified by AASB 1060 General Purpose Financial Statements - Simplified Disclosures for For-Profit and Not-for-Profit Tier 2 Entities (AASB 1060) and the disclosure requirements in AASB 1060. Accordingly, the financial statements comply with Australian Accounting Standards – Simplified Disclosures. The company is a not-for-profit entity for financial reporting purposes under Australian Accounting Standards. Material accounting policies adopted in the preparation of these financial statements are presented below and have been consistently applied unless stated otherwise.

The financial statements, except for cash flow information, 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.

## 3. Summary of significant accounting policies

### a. Income tax

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

### b. Borrowing costs

All borrowing costs are recognised as an expense in the period in which they are incurred.

### c. 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 payable are stated inclusive of GST.

# Mental Illness Education ACT Inc

## Notes to the financial statements

For the year ended 30 June 2022

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.

### **d. Impairment of non-financial assets**

At the end of each reporting period the Company determines whether there is evidence of an impairment indicator for non-financial assets.

Where an indicator exists and regardless for indefinite life intangible assets and intangible assets not yet available for use, the recoverable amount of the asset is estimated.

Where assets do not operate independently of other assets, the recoverable amount of the relevant cash-generating unit (CGU) is estimated.

The recoverable amount of an asset or CGU is the higher of the fair value less costs of disposal and the value in use. Value in use is the present value of the future cash flows expected to be derived from an asset or cash-generating unit.

Where the recoverable amount is less than the carrying amount, an impairment loss is recognised in profit or loss.

Reversal indicators are considered in subsequent periods for all assets which have suffered an impairment loss.

### **e. Financial instruments**

Financial instruments are recognised initially on the date that the Company becomes party to the contractual provisions of the instrument.

On initial recognition, all financial instruments are measured at fair value plus transaction costs (except for instruments measured at fair value through profit or loss where transaction costs are expensed as incurred).

#### **i. 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 Company classifies its financial assets into the following categories, those measured at:

- amortised cost
- fair value through profit or loss - FVTPL
- fair value through other comprehensive income - equity instrument (FVOCI - equity)
- fair value through other comprehensive income - debt investments (FVOCI - debt)

Financial assets are not reclassified subsequent to their initial recognition unless the Company changes its business model for managing financial assets.

# Mental Illness Education ACT Inc

Notes to the financial statements  
For the year ended 30 June 2022

## *Amortised cost*

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

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

Interest income, foreign exchange gains or losses 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
- debt investments measured at FVOCI.

When determining whether the credit risk of a financial assets has increased significant since initial recognition and when estimating ECL, the Company 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 Company's historical experience and informed credit assessment and including forward looking information.

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

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

- the other party is unlikely to pay its credit obligations to the Company in full, without recourse to the Company to actions such as realising security (if any is held); or
- the financial assets is more than 90 days past due.

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

## *Trade receivables and contract assets*

Impairment of trade receivables and contract assets have been determined using the simplified approach in AASB 9 which uses an estimation of lifetime expected credit losses. The Company has determined the probability of non-payment of the receivable and contract asset 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 Company 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 Inc

Notes to the financial statements  
For the year ended 30 June 2022

## **ii. Financial liabilities**

The Company 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 Company comprise trade payables, bank and other loans and lease liabilities.

## **f. Adoption of new and revised accounting standards**

The Company has adopted all standards which became effective for the first time at 30 June 2022, the adoption of these standards has not caused any material adjustments to the reported financial position, performance or cash flow of the Company.

## **4. Critical accounting estimates and judgements**

The responsible persons 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.

### **a. Key estimates - impairment of property, plant and equipment**

The Company assesses impairment at the end of each reporting period by evaluating conditions specific to the Company 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 and other income**

### **a. Accounting policy**

#### **i. Revenue from contracts with customers**

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 Company expects to receive in exchange for those goods or services.

Generally, the timing of the payment for sale of goods and rendering of services corresponds closely to the timing of satisfaction of the performance obligations, however where there is a difference, it will result in the recognition of a receivable, contract asset or contract liability.

None of the revenue streams of the Company have any significant financing terms as there is less than 12 months between receipt of funds and satisfaction of performance obligations.

#### **ii. Volunteer services**

No amounts are included in the financial statements for services donated by volunteers.

# Mental Illness Education ACT Inc

Notes to the financial statements  
For the year ended 30 June 2022

## b. Government grants and other assistance

	2022	2021
	\$	\$
Commonwealth government		
Government COVID Support	-	236,336
	-	236,336

## 6. Finance income and expenses

	2022	2021
	\$	\$
Finance income		
Interest income		
Other interest income	1,101	1,423
	1,101	1,423

## 7. Auditor's remuneration

	2022	2021
	\$	\$
Remuneration of the auditor of the Company, for:		
Auditing or reviewing the financial statements	3,600	3,094

## 8. Cash and cash equivalents

### a. Accounting policy

Cash and cash equivalents comprises 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 value.

### b. Cash and cash equivalent details

	2022	2021
	\$	\$
Cash at bank	718,622	688,291
Short-term deposits	121,156	120,055
	839,778	808,346

### c. Reconciliation of cash

Cash at the end of the financial year as shown in the Statement of cash flows is reconciled to items in the Statement of financial position as follows:

# Mental Illness Education ACT Inc

## Notes to the financial statements

For the year ended 30 June 2022

	2022	2021
	\$	\$
Cash and cash equivalents	839,778	808,346

### 9. Trade and other receivables

Current	2022	2021
	\$	\$
Trade receivables	3,950	3,506
	3,950	3,506

### 10. Property, plant and equipment

#### a. Accounting policy

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

#### i. Depreciation

Property, plant and equipment, excluding freehold land, is depreciated on a reducing balance basis over the asset's useful life to the Company, commencing when the asset is ready for use.

Leased assets and leasehold improvements are amortised over the shorter of either the unexpired period of the lease or their estimated useful life.

The estimated useful lives used for each class of depreciable asset are shown below:

Fixed asset class	Useful life
Office equipment	5-10
Computer equipment	2-5
Furniture, fixtures and fittings	10-20
Right-of-use Assets	5

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.

When an asset is disposed, the gain or loss is calculated by comparing proceeds received with its carrying amount and is taken to profit or loss.

#### b. Property, plant and equipment details

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



# Mental Illness Education ACT Inc

Notes to the financial statements  
For the year ended 30 June 2022

	Office equipment \$	Computer Equipment \$	Furniture, fixtures & fittings \$	Total \$
Balance at 1 July 2020		12,366	5,915	18,281
Additions	215	23,290	9,085	32,590
Depreciation	(1)	(4,269)	(1,770)	(6,040)
Balance at 30 June 2021	214	31,387	13,230	44,831
Additions	516	13,056	27,417	40,989
Depreciation	(59)	(18,909)	(1,361)	(20,329)
Balance at 30 June 2022	671	25,535	39,286	65,492

An operating lease for office space commenced 1 March 2022 and has a term of 5 years. Initial recognition of the right-of-use asset is measured at the present value of all future lease repayments. The right-of-use asset is then depreciated on a straight-line basis in accordance with the lease term.

	2022 \$
Initial recognition of right-of-use asset	137,270
Depreciation	(9,151)
Balance at end of year	128,119

## 11. Intangible assets

### a. Accounting policy

#### i. Amortisation

Amortisation is recognised in profit or loss on a straight-line basis over the estimated useful lives of intangible assets, from the date that they are available for use.

Amortisation methods, useful lives and residual values are reviewed at each reporting date and adjusted if appropriate.

### b. Intangible asset details

Summary	2022 \$	2021 \$
<b>Other intangible assets</b>		
Website Development	16,000	16,000
Website Development Accumulated Amortisation	(12,809)	(9,609)
<b>Total Other Intangible assets</b>	<b>3,191</b>	<b>6,391</b>
	3,191	6,391

# Mental Illness Education ACT Inc

Notes to the financial statements  
For the year ended 30 June 2022

## 12. Leases

### a. Accounting policy

At inception of a contract, the Company assesses whether a lease exists.

#### i. Lessee accounting

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

The Company has chosen not to apply AASB 16 to leases of intangible assets.

At the lease commencement, the Company recognises a right-of-use asset and associated lease liability for the lease term. The lease term includes extension periods where the Company 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 comprises of the lease liability, initial direct costs, prepaid lease payments, estimated cost of removal and restoration less any lease incentives received.

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 Company'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 Company's assessment of lease term.

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

### b. Company as a lessee

#### i. Terms and conditions of leases

An operating lease is in place for office space and has a term of 5 years. Lease payments are increased on an annual basis to reflect market rentals. The discount rate is the rate implicit in the lease.

#### ii. Lease liabilities

The maturity analysis of lease liabilities based on contractual undiscounted cash flows is shown in the table below:

# Mental Illness Education ACT Inc

Notes to the financial statements  
For the year ended 30 June 2022

	2022
	\$
< 1 year	29,974
1 - 5 years	98,677
<b>Total undiscounted lease liabilities</b>	<b>128,651</b>
Lease liabilities included in the statement of financial position	128,651

## iii. Extension options

A number of the building leases contain extension options which allow the Company to extend the lease term by up to twice the original non-cancellable period of the lease.

The Company includes options in the leases to provide flexibility and certainty to the Company operations and reduce costs of moving premises and the extension options are at the Company's discretion.

At commencement date and each subsequent reporting date, the Company assesses where it is reasonably certain that the extension options will be exercised.

There are no potential future lease payments which are not included in lease liabilities as the Company has assessed that the exercise of the option is not reasonably certain.

## 13. Trade and other payables

Current	2022	2021
	\$	\$
Trade payables	39,344	3,189
GST payable	40,922	39,624
PAYG Withholdings Payable	22,022	-
Accrued expenses	16,621	3,000
	<b>118,909</b>	<b>45,813</b>

Trade and other payables are unsecured, non-interest bearing and are normally settled within 30 days. The carrying value of trade and other payables is considered a reasonable approximation of fair value due to the short-term nature of the balances.

## 14. Other liabilities

Current	2022	2021
	\$	\$
Deferred income	283,772	296,390



# Mental Illness Education ACT Inc

Notes to the financial statements  
For the year ended 30 June 2022

## 15. Employee benefits

### a. Accounting policy

Provision is made for the Company's liability for employee benefits, those 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, plus related on-costs.

### b. Employee benefit details

Current	2022	2021
	\$	\$
Annual leave	63,958	40,962
Other employee benefits	13,353	-
	77,311	40,962

## 16. Financial risk management

Financial assets	2022	2021
	\$	\$
<b>Held at amortised cost</b>		
Cash and cash equivalents	839,778	808,346
Trade and other receivables	3,950	3,506
	843,728	811,852

## 17. Contingencies

In the opinion of the Directors, the Company did not have any contingencies at 2022 (2021: None).

## 18. Related parties

### a. The Company's main related parties are as follows:

#### Key Management Personnel

The remuneration paid to key management personnel of the Company is \$259,697 (2021: \$210,809).

### b. Transactions with related parties

Transactions between related parties are on normal commercial terms and conditions no more favourable than those available to other parties unless otherwise stated.

The following transactions occurred with related parties:

Other related parties	Purchases
	\$
Board member honorariums	1,610
Board member's businesses	82,479

# Mental Illness Education ACT Inc

Notes to the financial statements  
For the year ended 30 June 2022

## 19. Cash flow information

Reconciliation of net income to net cash provided by operating activities:

	2022	2021
	\$	\$
Profit/(loss) for the year	(13,683)	62,327
<b>Add / (less) non-cash items:</b>		
Depreciation and amortisation	32,680	25,948
<b>Changes in assets and liabilities:</b>		
(increase) / decrease in receivables	(444)	2,722
(increase) / decrease in other assets	(34,126)	(6,595)
increase / (decrease) in payables	73,096	(11,053)
increase / (decrease) in employee benefits	36,349	(1,064)
increase / (decrease) in other liabilities	(12,618)	65,667
<b>Cash flows from operations</b>	<b>81,254</b>	<b>137,952</b>

## 20. Events occurring after the reporting date

Mental Illness Education ACT Incorporated has registered as an Australian Registered Body (ARBN 661 582 289). This allows for operations outside of the ACT.

## 21. Statutory information

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

The Griffin Centre  
20 Genge Street  
Canberra City ACT 2601

# Mental Illness Education ACT Inc

## 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*.



Ian McDermott (President)

Dated: Nov 1, 2022



Steven Eddi CPA (Oct 31, 2022 21:28 GMT+11)

Steven Eddi (Treasurer)

Oct 31, 2022

# Independent audit report to the members of Mental Illness Education ACT Inc

## Report on the Audit of the Financial Report

### Opinion

We have audited the accompanying financial report, being a simplified disclosure financial report of Mental Illness Education ACT Inc (the Company), which comprises the statement of financial position as at 30 June 2022, the statement of profit or loss and other comprehensive income, the statement of changes in equity and the statement of cash flows for the year then ended, notes to the financial statements and the Responsible persons' declaration.

In our opinion, the accompanying financial report of the Company for the year ended 30 June 2022 is prepared, in all material respects, in accordance with the Australian Accounting Standards - Simplified Disclosures.

### 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 Entity in accordance with the auditor independence requirements of 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 ethical 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 Management and Those Charged with Governance

Management is responsible for the preparation and fair presentation of the financial report in accordance with Australian Accounting Standards - Simplified Disclosures, and for such internal control as management determines is necessary to enable the preparation of the financial report is free from material misstatement, whether due to fraud or error.

In preparing the financial report, management is responsible for assessing the Company'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 Company or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Company's financial reporting process.



### 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 the 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 this financial report.

Laterals Chartered Accountants



Tim Allen RCA

Director

21-10-22  
35 Montague Street, Goulburn NSW 2580











# Financial statements v5 - signed audit pages (002)

Final Audit Report

2022-10-31

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**mieact**

A safe space for  
mental health education