

mieact

A safe space for
mental health education



Annual Report

2022-23

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 education 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

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.

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President's Message

Glenn Rees AM



At the end of my first year as President of MIEACT, I feel not only a sense of achievement but privilege to be part of such an organisation.

MIEACT has a proud history of achievement, and much is owed to many over more than two decades of service to the Canberra community. However, expectations have changed, and there is now an ambition to expand services in the ACT and beyond its borders as we increase our efforts to reduce stigma, provide mental health information and assist individuals to seek help.

The importance of lived experience is now well recognised in national and state mental health policies and funding. MIEACT has again in 2022-23, shown it has the experience and volunteer educators to play a role in telling the positive stories of those with a mental health illness who have improved their quality of life. At MIEACT we do that in a unique way that keeps the individual and volunteer educators safe.

The only disappointment in the current year is the fact that demand for our services far outstrips our capacity to meet it. MIEACT has experienced an unprecedented demand for our school-based youth programs (a 100% increase).

The past year has also been about preparing a platform for the future. To that end, the priority has been to sustain financial resources, improve communications internally and externally and ensure we are responding to the needs of our volunteer educators. Outcomes have been largely met and we

are looking forward to the annual review in February 2024 of our Strategic Plan and setting new and more ambitious outcomes to meet the needs of those with mental health concerns.

The credibility of MIEACT depends not only on providing services that the ACT values but which are evidenced-based. To that end, in the last year, we have prioritised action on evaluating our services. This work will provide feedback to staff, volunteers and the community.

I have 20 years' experience as CEO, Chair and Board member of NGOs at the international level and nationally. I have not been part of an organisation more inspiring and committed than MIEACT.

My thanks to a wonderfully supportive Board, CEO and Deputy CEO and dedicated MIEACT staff. A special thanks to our volunteer educators who make our service possible. And thank you to the ACT Government for your continuing and invaluable support of MIEACT.

CEO's Message

Dr Brad Shrimpton



It has been a great honour to become MIEACT's fifth CEO, and to be given the opportunity to build on the work of my predecessor Heidi Prowse and all MIEACT's CEOs stretching back to Margy Wylde-Brown, the organisation's first executive officer.

In my new role I am constantly inspired and energised by MIEACT's outstanding Board, talented staff, including MIEACT's Deputy CEO Jemima Turner, and our amazing volunteers. Early in 2023, we collectively developed MIEACT's 2023-2025 Strategic Action Plan that has set out the organisation's major goals for the next three years.

A significant focus of the action plan is to increase and diversify MIEACT's revenue. But this is most certainly not money for money's sake. As noted several times in this report, demand for our youth programs has been increasing significantly. We see this as an important and unique moment where this demand 'spike' can be harnessed to achieve a deeper and more permanent engagement of ACT schools in supporting important youth mental health outcomes. Through generous donations from sponsors and grant givers we can reach more students in more schools and bolster MIEACT's sustainability.

A further and interconnected aim is to increase MIEACT's impact in the community. One way we are doing this is through expanding our work in primary schools through our Thriving Minds Year 3 mental health literacy program. Supported by funds raised from MIEACT's 2022 Gala the program has been trialled at 10 schools with great success.

To document the program's impacts Thriving Minds is now being evaluated by the ANU, which has been made possible through the generosity of Australian Rotary Health who provided \$174,386 in research funding. Together with our powerful DoNOHarm framework and training, which is experiencing a surge in interest outside the ACT, we see Thriving Minds as being a program with national possibilities.

In the past year we have redoubled our efforts toward ensuring MIEACT is a great place for our workforce, which is another key Strategic Action Plan priority. Examples of this include a new peer support and supervision program for our volunteer educators and wellbeing activities and professional development for staff to foster and embed a positive workplace culture. Strengthening the training provided to casual program facilitators and volunteer educators has also been reaping rewards with survey results showing 86% of program attendees have rated the presentation of MIEACT education sessions highly. As always, over the past year our administration team has consistently done amazing work to improve how we operate.

Looking to the year ahead there are many exciting possibilities creating new partnerships and expanding our reach to increase our contribution to changing the trajectory of people's lives and improving individual, ACT and national mental health outcomes. I look forward to these developments being shared in the 2024 CEO's message!

Our Reach

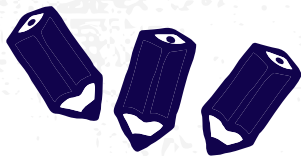


TOTAL
REACH
9,753
PARTICIPANTS

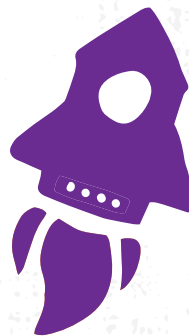


DELIVERED
681
SESSIONS

16 NEW VOLUNTEER
EDUCATORS
this financial year



540 YOUTH
SESSIONS



141
ADULT
SESSIONS



36
SCHOOLS & EDUCATION
institutions reached



70
INTERNAL
UPSKILLING
SESSIONS

Do NO Harm Framework

How do we share our stories safely?

In 2011, MIEACT developed the DoNOHarm Framework to support Volunteer Educators to share their lived experience stories safely. The framework is trauma-informed and recovery-oriented and has been evaluated by the University of Canberra as a best practice approach to communicating about lived experience.

From humble beginnings, the DoNOHarm Framework is now being adopted by workplaces and community groups across the ACT and other states. The workshop equips participants to safely and effectively communicate about mental health and other forms of lived experience in various settings. For example:

- People who share their lived experience in a wide range of settings and for diverse purposes including in the Peer Workforce, advocacy,

informing policy and program development and through co-design contributions.

- Frontline and other organisations who engage with people with lived experience as volunteers or through care and service provision.
- Leaders who manage and support direct reports, empowering them to 'create a safe space' (building trust and connection) for their team to bring their whole selves to work and authentically engage and collaborate.

"The DoNoHarm session was one of the best training sessions I have ever attended. Beth created a safe space for participants to feel they could engage in discussion without judgement. Thank you Beth and team for your wonderful work".

– Camille Schloeffel, Founder and Director of The STOP Campaign.



35 SESSIONS DELIVERED

321 PEOPLE REACHED

"MIEACT's Do No Harm training is brilliant for lived-experience advocates no matter their level of experience as it develops a practical and positive approach to sharing your value with an audience. It's definitely worth the investment of your time and support."

– Rose Lewis, NSW Young Volunteer of the Year 2022



Delivered to many Canberra community organisations including: Human Rights Commission, IP Australia, Woden Community Services, The STOP Campaign, Richmond Fellowship, Mental Health Community Coalition, Volunteering ACT, ACT Mental Health Consumer Network, Stride Mental Health



Our People



Our Board

Our Staff

Our Volunteers

Our Partners

01

Our Board



Glenn Rees AM President

- Appointed 2022

Mohamed el Roubi Vice President

- Appointed 2021 as Board Member
- Appointed 2021 as Vice President (filling vacancy)
- Appointed 2022 as Vice President
- Audit and Risk subcommittee member

Robert Twomey Treasurer

- Appointed 2021 as Board Member
- Appointed 2022 as Treasurer
- Audit and Risk subcommittee member
- Audit and Risk subcommittee Chair until February 2023

Louise Starr Secretary

- Appointed 2020 as Board Member
- Appointed 2022 as Secretary

Kathryn Marler Board member

- Appointed 2022
- Audit and Risk subcommittee Chair from February 2023

Ian McDermott Board member

- Appointed 2016 as Board Member
- Appointed 2018 as President
- Appointed 2022 as Board Member
- Revenue and Development subcommittee Chair

Steven Eddi Board member

- Appointed 2018 as Treasurer
- Treasurer until October 2022
- Appointed 2022 as Board Member
- Revenue and Development subcommittee member

Courtney Chapman Board member

- Volunteer representative
- Appointed 2022

Sam Launt Board member

- Appointed 2022
- Audit and Risk subcommittee member

OUTGOING BOARD MEMBERS

Liz Parker

- Board member from 2021 until February 2023

Gina Zheng

- Secretary from 2019 until November 2022

WESTPAC BOARD OBSERVERS

Penelope Little

Richie Widjaja

SUBCOMMITTEE SKILLED MEMBERS

Garth McDonald, Belle Thompson

- Revenue and Development

The Board met 10 times during this FY with an additional 11 meetings held by the Audit and Risk subcommittee and 8 by the Revenue and Development subcommittee.

Our Staff

Dr Brad Shrimpton
Chief Executive Officer

Jemima Turner
Deputy Chief Executive Officer

Beth Garwood
Volunteer Engagement and
Development Manager

Blanca Reyes
EA & Office Manager

Eunice Chin
Program Educator

John Dickson
Program and Delivery Manager

Lorena Wieshamm
Program Educator

Monique Meacham
Head of Finance

Roberta Bagozzi
Volunteer and Program Delivery
Coordinator

Rose Clifford
Programs Officer

Sarah O'Callaghan
Administration Officer



Our Volunteers

What makes MIEACT unique is that we educate the community about mental health through the safe sharing of lived experience by our dedicated Volunteer Educators. Through vulnerability and authenticity, our Lived Experience volunteers connect with diverse audiences by sharing their stories, messages of hope and help-seeking journeys. They aim to empower others to find the tools, strategies and support systems that work for them to take charge of their mental health.

With a solid commitment to creating the safest possible space for Volunteer Educators, the Volunteer Program team have implemented a Peer Support Program in the first half of 2023. The program has provided volunteers with the skills and knowledge necessary to foster an environment where they can best support and learn from each other.

“The MIEACT story crafting process has been incredibly valuable for me. Not only has it allowed me to share my story and contribute positively to my own mental health, but it has also allowed students to see themselves in my story”.

- Volunteer Educator



16

NEW VOLUNTEER EDUCATORS



42

ACTIVE VOLUNTEERS throughout 2022/23 FY

23



VOLUNTEERS currently story crafting



4x

PEER SUPPORT UPSKILLING WORKSHOPS

“For me it has been one of the most rewarding training sessions I’ve had at MIEACT. It was topical and necessary. I love that we are articulating best practice for supporting each other during Volunteer Education activities.”

- MIEACT Lived Experience Volunteer Educator



Volunteering Score Card

What our Volunteers think

- 93%** felt **valued and appreciated** for their contributions as a Volunteer Educator
- 93%** believed volunteering at MIEACT has been **beneficial to their own mental health**
- 93%** indicated they believed their volunteering made a difference to program participants
- 100%** felt MIEACT creates a **safe and trustworthy environment** where they feel accepted and respected.

Awareness Raising

35
Awareness
Raising
Sessions



Some of the **key events** included:

- Radford College's Dirrum Dirrum Festival
- MHCC Mental Health & Wellbeing Expo
- MIEACT's Mental Health Month Stigma BUSTers
- Canberra Times Fun Run
- Volunteering ACT Symposium



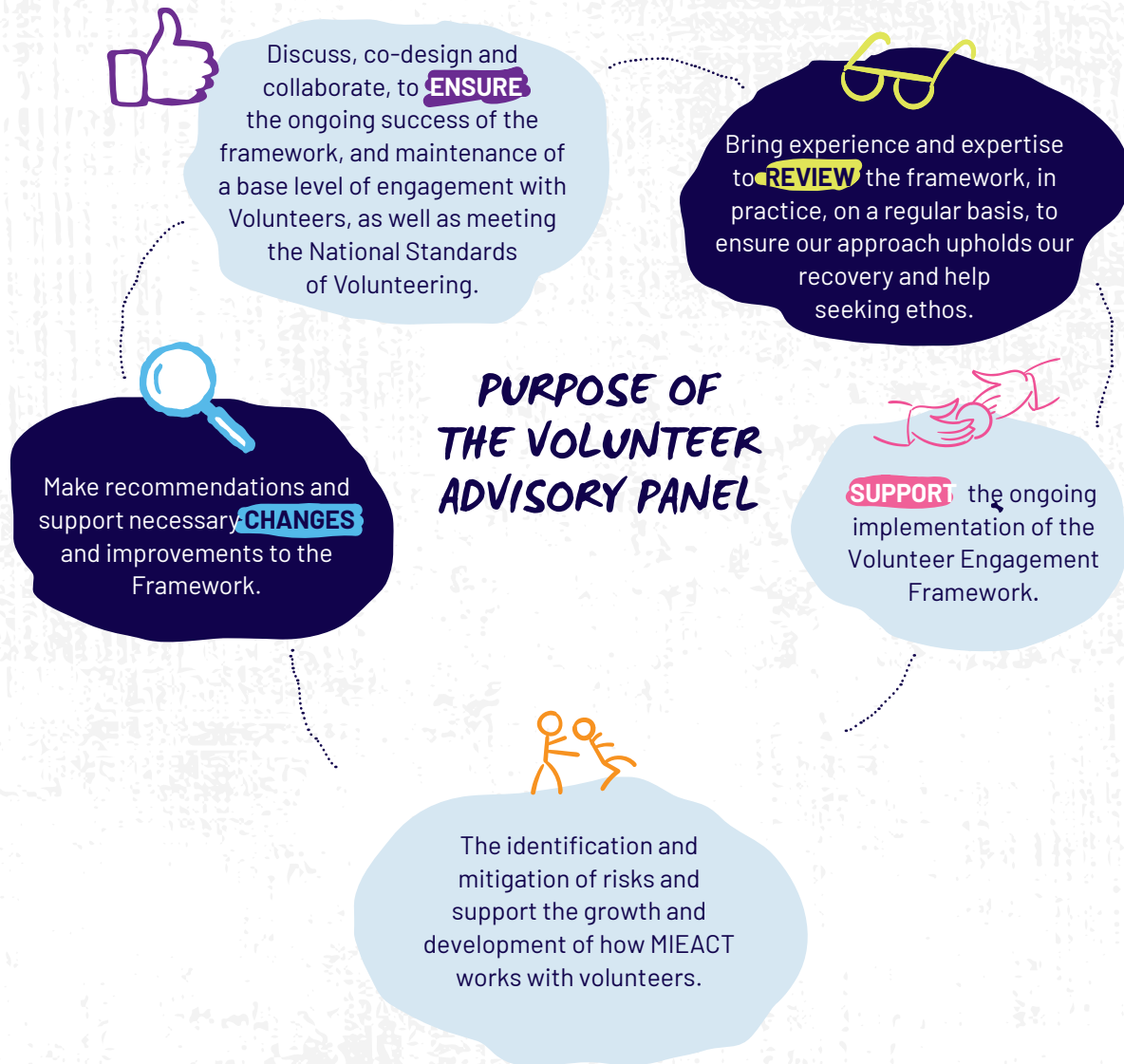
"I adore volunteering with MIEACT and would love to do more...I recommend the organisation socially and at work to people and am very proud of being able to be a little part of its incredibly important work."

- Volunteer Educator

Volunteer Advisory Panel

MIEACT strives to always create a safe place for our volunteers. An important way that the Volunteer Advisory Panel (VAP) supports this goal is through providing independent advice, recommendations and insights about MIEACT's Volunteer Engagement Framework.

For example, VAP members:



VOLUNTEER ADVISORY PANEL MEMBERS

Anthony O'Hara
Brock Harding
Kate Nesar
Penne Humphries

Michelle Owens
Marija Lemic
Mark Brosnan

Recognising our Volunteers



MIEACT Volunteer Educator **Courtney** received the **Highly Commended Inclusion Award at the 2022 Volunteering ACT Awards**. In 2022 Courtney delivered 40 sessions to the community, including sharing her lived experience story with the Australian Federal Police. These sessions shape and shift the attitudes of frontline police officers who leave with a better understanding of how to engage with people who may be in crisis or experiencing mental ill-health.



Millie's achievements and work in mental health within the ACT was recognised, earning her the **Community Connection through Recovery Award** at the MHCC's #MentalHealthMonthACT Awards ceremony.



In October 2022, 3 of MIEACT's Volunteer Educators, Mark, Dinukshi and Courtney, were named **Mental Health Month Community Ambassadors!**

MIEACT Volunteer Educators Thank You Event

In May 2023, we celebrated all our Volunteer Educators and their valuable contribution to MIEACT and the Canberra community.

We recognised the following volunteers for reaching a significant milestone in our organisation:



VOLUNTEERING FOR **10 YEARS**



VOLUNTEERING FOR **10 YEARS**



VOLUNTEERING FOR **6 YEARS**



VOLUNTEERING FOR **2 YEARS**



VOLUNTEERING FOR **2 YEARS**



VOLUNTEERING FOR **2 YEARS**



Mental Health Month Activities

To celebrate Mental Health Month 2022, a group of MIEACT Stigma BUSTers' travelled to 6 different locations across Canberra and shared their lived experience stories to promote awareness, belonging and connection.



"Wow! That was a phenomenal session. We are so very appreciative of Roberta and Courtney taking the time to share with us today, and especially Courtney's vulnerability (and humour)."

- Domestic Violence Crisis Services

95

PARTICIPANTS ACROSS SIX LOCATIONS:



- Canberra Community Law
- ACT Council of Social Services
- Domestic Violence Crisis Service
- Aspen Medical
- Findex
- RD Consulting



"I was really touched by the presentation. It is so rare to get insight into the experience of a person. I found it very affirming of our work and approach to our clients."

- Canberra Community Law



We thank the Mental Health Community Coalition for supporting us to run such an impactful event.

Our Funding Partners & Donors

In the 2022-23 Financial Year, MIEACT moved towards a more proactive model to secure funding partners and community donations to diversify its revenue streams and ensure organisational sustainability.

As part of this activity, MIEACT hosted the inaugural MIEACT Fundraising Gala, which saw more than 200 business leaders, government representatives, and community members unite to raise funds for Thriving Minds: Empowered Futures.

MIEACT warmly thanks the many individuals and organisations who supported the evening, including these major donors:





Our Programs



Youth Programs

Adult Programs

02.



Our Programs

Demand for MIEACT's programs continues to grow.

MIEACT's youth programs have always experienced strong demand. However, in the past 12 months, booking requests have been exceptionally high. Commencing in the last quarter of 2022, school booking requests for Semester 1 2023 surged to the extent that, by December 2022, all available bookings through to June 2023 were taken, and our delivery capacity was filled. School booking requests for the first half of 2023 period nonetheless continued, with MIEACT receiving further requests to deliver programs to an **additional 124 classes**. Using funds from donors and grants, we aim to significantly increase MIEACT's youth program delivery in the new financial year to ensure more schools can access our programs.

751

MENTAL HEALTH EDUCATION SESSIONS

in schools, workplaces and in the community

Interest in MIEACT's DoNOHarm training program has likewise grown impressively. While developed originally to support the sharing of lived experience stories by MIEACT's volunteer educators, DoNOHarm sessions are now being used by organisations for a wide range of purposes. These include to assist safe talking about lived experience to inform policy and program development. A further use is to guide frontline workers and others engaging with lived experience stakeholders. The DoNOHarm framework and training is also being used to guide conversations between management and employees, initiated by either party, about mental ill health at an individual or workplace level. These developments are very exciting, and we are proud of the attention DoNOHarm is gaining. With the encouraging focus being given by many organisations, state governments and the Commonwealth government to lived experience, including through establishing carer and consumer lived experience peak bodies, DoNOHarm looks set to go from strength to strength.



Youth Programs

36

SCHOOLS and EDUCATION INSTITUTIONS reached

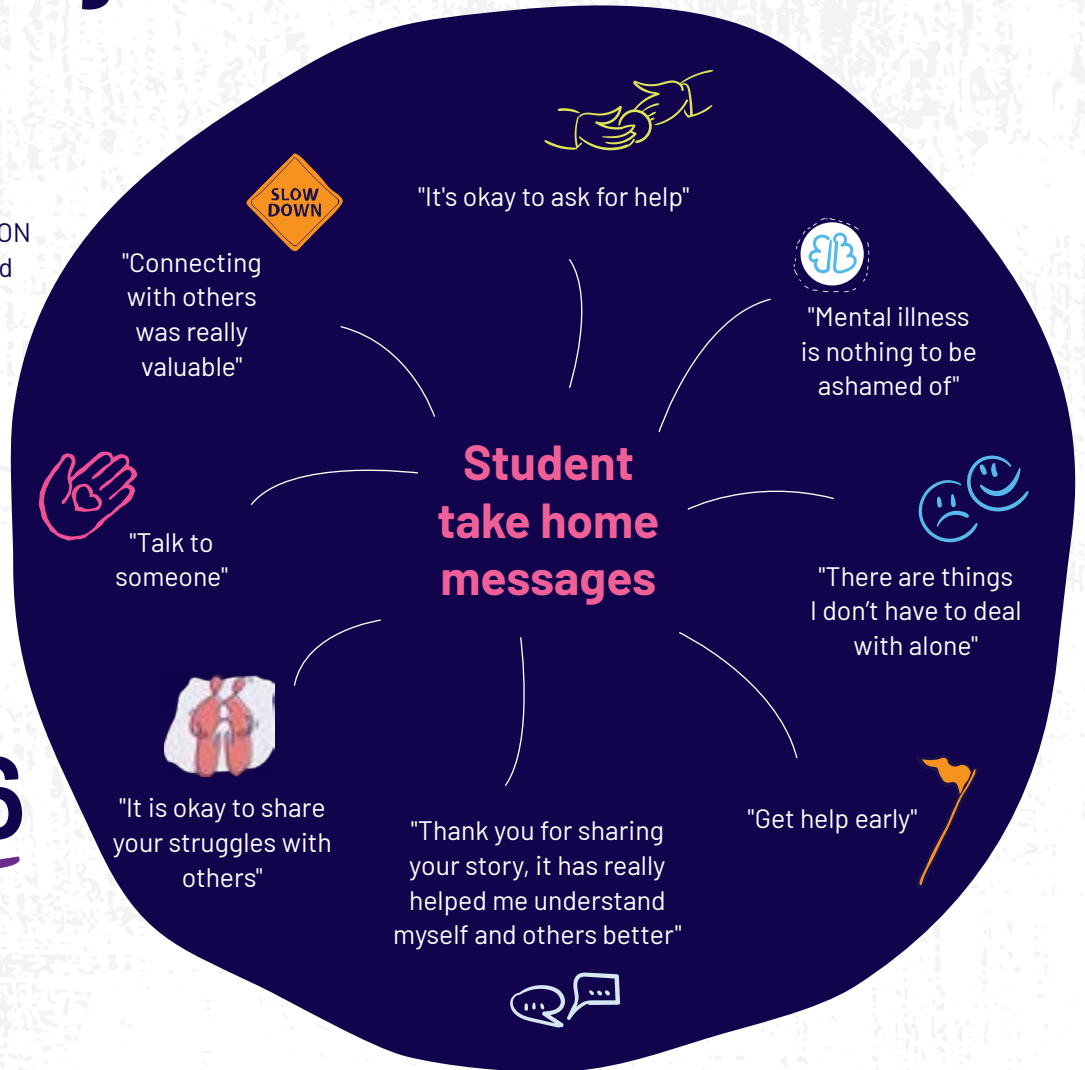
540

SESSIONS presented

TO OVER

6,636

STUDENTS in the ACT



At a glance

WORKSHOP	DESCRIPTION	GRADES
Thriving Minds: Empowering Futures	Provides schools with an initial touch point to open conversations that will build a student's sense of belonging and an understanding of themselves and others and provide strategies for effective help-seeking behaviours.	3-4
Stress and Me Years 5-6	This suite of three programs builds an understanding of stress, worry and anxiety and the connection between the three. They equip participants with tools to manage stress more effectively	5-12
Know Stress Years 7-9		
Stress Better Years 10-12		
No Labels	A bullying prevention program that is an excellent complement to a school's current practices and a way to encourage meaningful conversations with young people.	7-8
Mental Health and Me	Formally Mental Health 101, this program addresses stigma and promotes help-seeking with lived experience stories.	5-9
Mental Health 201	Powerful lived experience stories that support student understandings of mental illnesses, stigma and recovery.	10-12

Stress Suite

The 2022 Mission Australia Youth Survey has highlighted that young people consider School and Mental Health as their top two personal challenges. Stress and anxiety are commonly reported concerns.

Stress Better has been one of MIEACT's more popular school-based programs.

During 2022, MIEACT worked closely with psychologists, specialising in child and school-based clinical service provision, to revise, revamp and streamline the program. As a result of this review, MIEACT launched a Stress Suite for young people between Years 5 and 12.

- Stress & Me
Years 5 to 6
- Know Stress
Years 7 to 8
- Stress Better
Years 10 to 12

These sessions are structured to complement each other and further develop student knowledge at each year level. Similarly, the suite builds on and extends student learning from our Year 3 and 4 program Thriving Minds.

The Stress suite aims to increase the understanding of stress, its impacts, and signs. It raises awareness of individual signs of stress, that stress is a normal part of life and identifying one's coping strategies when it is too much. Participants listen to a short, lived experience story from our volunteers as part of the session.

The interactive and class-driven sessions draw on participants' experiences and knowledge.

Student feedback

"Seek help from a trusted person"

"It's ok to ask for help"

"You're not alone"

"This session made me feel safe"



Youth Aware of Mental Health (YAM)

MIEACT continued its role as the ACT implementation partner of the Youth Aware of Mental Health (YAM) program for Year 9 students. YAM is a Mental Health in Mind (MHIM) program funded by ACT Health. The program is evidence-based and was developed to promote mental health literacy, help seeking and addresses suicidal behaviour in young people.

The YAM program is one of the biggest school mental health education programs to be implemented in the Canberra Region. Since MIEACT started delivering the program in 2020 over 7500 students have accessed the program, which generally runs as 5 sessions across 3 weeks. Every classroom requires two trained YAM facilitators as well as a large number of resources including posters, booklets and program workshop tools. MIEACT has been able to successfully deliver the program to a wide variety of schools including government, independent and Catholic Education Schools. This includes some of the largest schools in Canberra (up to 15 groups in a day), as well as at schools with students who aren't accessing traditional mainstream education.

12

SCHOOLS, INCLUDING:

- | | |
|---------------------------|---------------------------|
| Amaroo School | St John Paul II College |
| St Francis Xavier College | St Mary MacKillop College |
| Belconnen High School | Gold Creek School |
| Galilee School | Melba Copland School |
| Canberra College | Radford College |
| St Clare's College | Wanniassa School |

100%

of schools were either significantly or extremely satisfied with MIEACT's response to questions and concerns raised during the planning and implementation of the program.



100%

of schools would consider running YAM again in the future.



Students spoke highly of the program and its content, they all valued the experience and appreciated the instructors and how they presented it."

Thriving Minds: Empowered Futures

Our Thriving Minds program provides schools with an initial touch point to open conversations about emotions that will build a student's mental health literacy, sense of belonging, and understandings of themselves and others.

This year MIEACT received an incredible response from Canberra's business and philanthropic communities who, recognising the value of raising mental health understandings early in a child's life, generously provided funds to support the delivery of MIEACT's Thriving Minds program for children aged 8-10.

From all of us at MIEACT, thank you for enabling Thriving Minds to come to life. The growing success of this program has only been possible because of the support of the Canberra community.



What the teachers find successful

- The discussion of emotions
- Sharing of personal experiences
- Great oral reading by MIEACT educators
- Topics being discussed in an age-appropriate way
- Students learning tools and strategies that they can use

805
STUDENTS REACHED



10

PRIMARY SCHOOLS INCLUDING:

Yarralumla Primary	Macquarie Primary School
St Joseph's Primary School	Macgregor Primary
St Clare of Assisi Primary School	Evatt Primary
Monash Primary	Duffy Primary School
Miles Franklin Primary School	Caroline Chisholm School



Adult Programs

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

2,937

ADULTS REACHED

141

SESSIONS DELIVERED

Adult programs, at a glance

PROGRAM	DESCRIPTION
Language Matters	Enhances school staff understanding of how to use language effectively when discussing mental health topics with students and when addressing student mental health concerns. This session also provides strategies to manage one's mental health and wellbeing.
Mental Health 101 for Adults	Increases mental health knowledge and understanding with powerful lived experience stories that break down stigma and promote help-seeking.
Stress Better for Adults	Equips staff with practical tools to manage and respond to stress more effectively in the workplace.
DoNOHarm®	Provides a best practice approach for communicating about mental illness and lived experiences.
Voices of Gambling Harm	This online course explores gambling harm, its impacts and where you can seek help and support. It includes lived experience stories, videos and activities related to gambling harm.

Organisations we have worked with:

ACT Health & Canberra Health Services	Mental Health Australia
ACT Human Rights Commission	Mental Health Community Coalition
ACT Mental Health Consumer Network Inc.	Office for Mental Health & Well-Being
ActewAGL	Richmond Fellowship ACT
Australian Federal Police	Stride Mental Health
Canberra Airport	Transport Canberra
Carers ACT	University of Canberra
Department of Defence	Volunteering ACT
IP Australia	Western Sydney University
Lifeline	Woden Community Service

Host feedback

"Excellent session, focused on our needs, thought provoking, brave."

"I think we found the information regarding boundaries and limits to helping useful and confirming of our current thinking. We had a conversation regarding the 'DoNoHarm' language in the context of not 'dulling' our true selves and making our interactions 'wooden'. That was very helpful. We also use the word wheel to begin management meetings - which was a great leveler to be honest about how we are feeling in a safe environment, and encouraged us to be our authentic selves."

"I thought it was excellent and worthwhile doing. I am hoping we can find a way to roll out to all our staff."



Finance

- Treasurer's Message
- Financial Statements

03



Treasurer's Message

Robert Twomey

MIEACT achieved an operating surplus for the financial year of \$77,557 representing an improved result compared to the previous financial year (2022 deficit: \$13,683). The result was in line with budget expectations.

Total income for the year was \$1,695,126 (2022: \$1,665,911) representing a slight increase from the previous financial year. The primary revenue source continues to be grants from Government, particularly the Youth Aware of Mental Health program. Grants revenue declined this year due to the conclusion of the My Mind, My Voice program. The reduction in grants revenue was more than offset by an increase in donations and fundraising activities including the inaugural MIEACT gala event and training revenue (up \$45,000), reflecting the impact of the new business strategy to expand and diversify revenue streams to reduce reliance on grants funding.

Total expenses for the year of \$1,617,569 (2022: \$1,679,594) represented a 3.8% decrease compared to the previous financial year. The decrease reflects a general approach to make fiscally responsible decisions to ensure that MIEACT operates within available revenue given the reduction in grants funding. The major expenses relate to our people and volunteers.

MIEACT continues to experience significant demand for its services. MIEACT's balance sheet is in a strong position, with an appropriate level of cash reserves, providing a solid base to position MIEACT to continue to deliver services to the community into the future.



Mental Illness Education ACT Inc

ABN: 54121600383

Financial Statements

For the year ended 30 June 2023

Mental Illness Education ACT Inc

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For the year ended 30 June 2023

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Mental Illness Education ACT Inc

Directors' report

30 June 2023

The responsible persons present their report on Mental Illness Education ACT Inc for the financial year ended 30 June 2023.

Information on directors

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

Glenn Rees (President, appointed 16 Nov 2022)
Robert Twomey (appointed Treasurer 16 Nov 2022)
Mohamed H el Roubi (Vice President)
Louise Starr (appointed Secretary 16 Nov 2022)
Ian McDermott (President, term expired 16 Nov 2022)
Steven Eddi (Treasurer, term expired 16 Nov 2022)
Gina Zheng (Secretary, term expired 16 Nov 2022)
Anthony O'Hara (resigned 16 Nov 2022)
Courtney Chapman (appointed 16 Nov 2022)
Jemima Turner (resigned 26 Oct 2022)
Katheryn Marler (appointed 16 Nov 2022)
Liz Parker (resigned 22 Feb 2023)
Sam Launt (appointed 16 Nov 2022)

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 \$77,559 (2022: (\$13,683))

Significant changes in state of affairs

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

Mental Illness Education ACT Inc

Directors' report
30 June 2023

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 2023 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.

Glenn Rees

Glenn Rees (Nov 10, 2023 17:58 GMT+11)

Glenn Rees (President)



Robert Twomey (Treasurer)

Dated: Nov 10, 2023

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 2023, 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.



Tim Allen

Laterals Chartered Accountants

Director

Dated: 23 October 2023

213-215 Auburn Street,
Goulburn NSW 2580

Mental Illness Education ACT Inc

Statement of profit or loss and other comprehensive income

For the year ended 30 June 2023

	Note	2023 \$	2022 \$
Revenue	5		
Donations		135,386	25,937
Grants			
Government Grants		1,268,409	1,332,769
Other Grants		72,054	264,507
Other Revenue			
Other Income		153,645	41,597
Fundraising Income		62,409	-
Total Revenue		1,691,903	1,664,810
Gross profit		1,691,903	1,664,810
Finance income	6	3,223	1,101
Administrative expenses			
Auditor's remuneration		(4,100)	(3,600)
Other administrative expenses		(90,493)	(67,462)
Employee benefit expenses		(1,169,056)	(1,288,467)
Finance expenses	6	(1,802)	(1,463)
Insurance		(7,927)	(5,181)
Depreciation expenses		(51,006)	(32,680)
Accommodation expenses		(2,086)	(32,470)
Committee and community expenses		(2,250)	(524)
Fundraising expenses		(65,722)	-
Program and presenters' expenses		(211,062)	(228,863)
Training and HR development		(12,063)	(18,884)
Total Expenses		(1,617,567)	(1,679,594)
Profit (loss) before income taxes		77,559	(13,683)
Income tax		-	-
Profit (loss) from continuing operations		77,559	(13,683)
Profit (loss) for the year		77,559	(13,683)
Total comprehensive income for the year		77,559	(13,683)

The accompanying notes form part of these financial statements.

Mental Illness Education ACT Inc

Statement of financial position

As at 30 June 2023

	Note	2023 \$	2022 \$
Assets			
Current assets			
Cash and cash equivalents	8	906,280	839,778
Trade and other receivables	9	2,662	3,950
Prepayments		16,602	45,400
Total current assets		925,544	889,128
Non-current assets			
Property, plant and equipment	10	145,797	193,611
Intangible assets	11	-	3,191
Total non-current assets		145,797	196,802
Total assets		1,071,341	1,085,930
Liabilities			
Current liabilities			
Trade and other payables			
	13		
Trade payables		19,007	39,344
GST payable		53,309	40,922
Accrued expenses		34,047	16,621
Employee benefits		12,992	22,022
Total Trade and other payables		119,355	118,909
Borrowings		3,970	3,926
Employee benefits	15	72,768	77,311
Lease liabilities	12	29,974	29,974
Deferred income	14	221,800	283,772
Total current liabilities		447,867	513,892
Non-current liabilities			
Lease liabilities	12	72,564	98,677
Total liabilities		520,431	612,569
Net assets		550,910	473,361
Equity			
Retained earnings		550,910	473,361

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 2023

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

2023	Retained earnings \$	Total \$	Total equity \$
Opening balance	473,351	473,351	473,351
Profit for the year	77,559	77,559	77,559
Closing balance	550,910	550,910	550,910

The accompanying notes form part of these financial statements.

Mental Illness Education ACT Inc

Statement of cash flows

For the year ended 30 June 2023

	2023	2022
	\$	\$
Cash flows from operating activities:		
Receipts from customers	1,693,191	1,664,366
Payments to suppliers and employees	(1,603,832)	(1,584,213)
Interest received	3,223	1,101
Net cash flows from/(used in) operating activities	92,582	81,254
Cash flows from investing activities:		
Purchase of property, plant and equipment	-	(40,989)
Cash flows from financing activities:		
Proceeds from borrowings	44	3,926
Payment of lease liabilities	(26,126)	(12,759)
Net cash provided by/(used in) financing activities	(26,082)	(8,833)
Net increase/(decrease) in cash and cash equivalents	66,500	31,432
Cash and cash equivalents at beginning of year	839,778	808,346
Cash and cash equivalents at end of financial year	906,278	839,778

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 2023

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 2023 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 13 September 2023.

Comparatives are consistent with prior years, unless otherwise stated.

2. Basis of preparation

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

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.

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 Inc

Notes to the financial statements

For the year ended 30 June 2023

d. 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 - FVTP

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

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.

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.

e. Adoption of new and revised accounting standards

The Company has adopted all standards which became effective for the first time at 30 June 2023, 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

Mental Illness Education ACT Inc

Notes to the financial statements

For the year ended 30 June 2023

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.

6. Finance income and expenses

Finance income	2023	2022
	\$	\$
Interest income		
Other interest income	3,223	1,101
	3,223	1,101

7. Auditor's remuneration

	2023	2022
	\$	\$
Remuneration of the auditor of the Company, for:		
Auditing or reviewing the financial statements	4,100	3,600

Mental Illness Education ACT Inc

Notes to the financial statements

For the year ended 30 June 2023

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

	2023	2022
	\$	\$
Cash at bank	781,900	718,622
Short-term deposits	124,380	121,156
	906,280	839,778

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:

	2023	2022
	\$	\$
Cash and cash equivalents	906,280	839,778

9. Trade and other receivables

Current	2023	2022
	\$	\$
Trade receivables	2,662	3,950
	2,662	3,950

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:

Mental Illness Education ACT Inc

Notes to the financial statements

For the year ended 30 June 2023

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:

	Office equipment \$	Computer Equipment \$	Furniture, fixtures & fittings \$	Total \$
Balance at 1 July 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
Depreciation	(146)	(13,961)	(6,253)	(20,360)
Balance at 30 June 2023	858	11,574	33,033	45,465

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.

	2023 \$	2022 \$
Initial recognition of right-of-use asset	137,270	13,270
Accumulated Depreciation	(36,605)	(9,151)
Balance at end of year	100,665	128,119

Mental Illness Education ACT Inc

Notes to the financial statements

For the year ended 30 June 2023

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	2023	2022
	\$	\$
Other intangible assets		
Website Development	16,000	16,000
Website Development Accumulated Amortisation	(16,000)	(12,809)
Total Other intangible assets	-	3,191

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

Mental Illness Education ACT Inc

Notes to the financial statements

For the year ended 30 June 2023

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:

	2023
	\$
< 1 year	29,974
1 - 5 years	72,564
Total undiscounted lease liabilities	102,538
<hr/>	
Lease liabilities included in the statement of financial position	102,538

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.

Mental Illness Education ACT Inc

Notes to the financial statements

For the year ended 30 June 2023

13. Trade and other payables

Current	2023	2022
	\$	\$
Trade payables	19,007	39,344
GST payable	53,309	40,922
PAYG Withholdings Payable	12,992	22,022
Accrued expenses	34,047	16,621
	119,355	118,909

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	2023	2022
	\$	\$
Deferred income	221,800	283,772

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	2023	2022
	\$	\$
Annual leave	65,468	63,958
Other employee benefits	7,300	13,353
	72,768	77,311

16. Financial risk management

Financial assets	2023	2022
	\$	\$
Held at amortised cost		
Cash and cash equivalents	906,280	839,778
Trade and other receivables	2,662	3,950
	908,942	843,728

Mental Illness Education ACT Inc

Notes to the financial statements

For the year ended 30 June 2023

17. Economic dependency

Mental Illness Education ACT Incorporated is dependent on the ongoing receipt of financial assistance from the ACT government to continue delivering its charitable programs.

At the date of this report this funding has been extended to at least the end of the 2024 financial year, the ACT Health tender has now been rolled out until the end of at least the 2025 financial year, and we are increasing our training, gala and donations income substantially

18. Contingencies

In the opinion of the Directors, the Company did not have any contingencies at 2023 (2022: None).

19. 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 \$226,703 (2022: \$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:

	2023	2022
	\$	\$
Board member honorariums	1,078	1,610
Board member's businesses		82,479

20. Cash flow information

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

	2023	2022
	\$	\$
Profit/(loss) for the year	77,559	(13,683)
Add / (less) non-cash items:		
Depreciation and amortisation	51,006	32,680
Changes in assets and liabilities:		
(increase) / decrease in receivables	1,288	(444)
(increase) / decrease in other assets	28,798	(34,126)
increase / (decrease) in payables	446	73,096
increase / (decrease) in employee benefits	(4,543)	36,349
increase / (decrease) in other liabilities	(61,972)	(12,618)
Cash flows from operations	92,582	81,254

Mental Illness Education ACT Inc

Notes to the financial statements

For the year ended 30 June 2023

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*.

Glenn Rees

Glenn Rees (Nov 10, 2023 17:58 GMT+11)

Glenn Rees (President)

Robert Twomey

Robert Twomey (Treasurer)

Dated: Nov 10, 2023

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 2023, 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 is in accordance with the *Australian Charities and Not-for-profits Commission Act 2012*, including:

1. giving a true and fair view of the Company's financial position as at 30 June 2023 and of its financial performance for the year ended; and
2. complying with Australian Accounting Standards - Simplified Disclosures and the *Australian Charities and Not-for-profits Commission Act 2012*.

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.

Mental Illness Education ACT Inc

Notes to the financial statements

For the year ended 30 June 2023

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.


Tim Allen RCA
Laterals Chartered Accountants

Dated: 7 November 2023

213-215 Auburn Street,
Goulburn NSW 2580











2023 Financial Statements

Final Audit Report

2023-11-10

Created:	2023-11-09
By:	Blanca Reyes (admin@mieact.org.au)
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-  Signer rtwomey@northsideconsulting.com.au entered name at signing as Robert Twomey
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-  Signer reesglenn@outlook.com entered name at signing as Glenn Rees
2023-11-10 - 6:58:14 AM GMT- IP address: 1.157.70.158
-  Document e-signed by Glenn Rees (reesglenn@outlook.com)
Signature Date: 2023-11-10 - 6:58:16 AM GMT - Time Source: server- IP address: 1.157.70.158
-  Agreement completed.
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mieact

A safe space for
mental health education