



WAAMH

Western Australian Association
for Mental Health

Annual Report

2018/2019

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We acknowledge the use of the artwork in this report is created by lived experience WA artist Liv Robinson. Instagram - @LivRobinsonArt

Strategic Plan 2019-2024

Our vision: As a human right, every one of us will have the resources and support needed for mental wellbeing, recovery and citizenship.

CHANGE PRIORITIES TO ACHIEVE OUR VISION

1. Progress the 10 Year Plan target for balancing the system towards prevention
2. Progress the 10 Year Plan target for balancing the system towards community support
3. Influence NDIS implementation in WA to ensure it's responsive for people with psychosocial disability
4. Uphold the human rights and hear views from those most disadvantaged by the mental health system

Lead the development of contemporary service responses for people experiencing mental health challenges and develop the sector's capacity for growth

Enhance our authority and influence by maximising our membership representation

Ensure the organisation is structured cohesively with culture, values, best practice and systems in place that support our mission

Set the agenda with powerful and persuasive advocacy that is authoritative and credible

Grow capacity in the community that enables wellbeing by addressing prevention, stigma, social determinants and promote recovery

Lead by example in co-creation, co-design and co-production processes, demonstrating the value of lived experience

Our actions to achieve this change

President Kerry Hawkins

I am pleased to present the Western Australian Association for Mental Health's 2018/19 Annual Report.

WAAMH has continued to grow and strengthen this year, and we are particularly pleased with the number of positive and durable relationships formed with organisations from clinical and other sectors, relationships we see as key in delivering reform and sustainable community-based solutions to the mental health crisis facing Western Australians and our hospital system.

As part of our growth, we also undertook a restructure in order to better support and prepare our sector for a pivot towards a growth in innovative person-led, community-based mental health and wellbeing solutions as well as increased investment in prevention and early intervention at both individual and population levels. This restructure also strengthens our advocacy capability to continue to advocate for the stalled implementation of the State Government's 2015-2025 Plan which is key to driving this innovation and growth.

WAAMH remains pleased the government kept its election promise to maintain the Mental Health Commission as a stand-alone policy, planning and procurement entity, something fundamental to mental health innovation and reform.

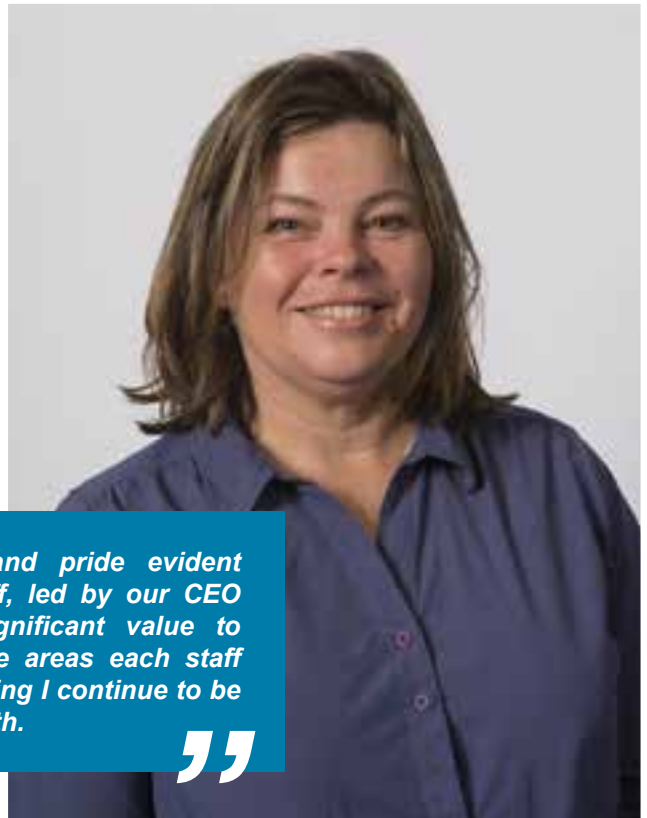
At a Board level, this year we farewelled Mick Geaney and Neil Guard, and I wish to thank them for their commitment and contributions to WAAMH and the sector. Mick served as Chair of our Finance Committee for many years and provided solid stewardship of this committee to ensure our ongoing viability and stability through a period of growth. Neil, of course, brought years of senior leadership within the Alcohol and other Drugs sector to our board and was invaluable in this role. We welcomed Beverley Wilson-Malcolm from the Salvation Army's Homelessness Network Services, Shannon Calvert and Tara Reale, both bringing strong peer workforce and lived experience expertise with them. We are proud of our leadership as a sector peak body in having such a large portion of our board bringing lived experience expertise to guide our work.

I would like to thank all the Board members for their ongoing commitment to WAAMH. Whilst everyone brings their own areas of expertise, interests and passion, the unified commitment to our strategic plan and mental health reform through a lens of citizenship, of contributing lives and thriving communities is invaluable and inspiring.

The commitment, purpose and pride evident in the work of WAAMH's staff, led by our CEO Taryn Harvey, also adds significant value to the professionalism in diverse areas each staff member brings, and is something I continue to be very proud to be associated with.

The commitment, purpose and pride also evident in you, our members for 2018-19, through your ongoing engagement with us is also valued highly by the Board. Our work in representing your interests and pushing hard for overdue reform would not be possible without your continued support. The scale and complexity of the transformation required is such that a Productivity Commission Inquiry is underway to address it, and we need your support in this collective endeavour to finally achieve action in this critical time over the next few years.

KERRY HAWKINS
President



“

The commitment, purpose and pride evident in the work of WAAMH's staff, led by our CEO Taryn Harvey, also adds significant value to the professionalism in diverse areas each staff member brings, and is something I continue to be very proud to be associated with.

”

CEO Taryn Harvey

It was a positive chapter in financial year 2018/19 for WAAMH as we began to progress our new strategic plan to advance our change priorities (outlined on page 1).

This year our primary focus was building momentum to our advocacy in relation to balancing the system and building solid working relationships with stakeholders who will be key to helping secure our desired change outcomes.

This was followed closely by strengthening our mental health promotion work to support the conversation about social determinants of mental health as critical means for prevention and supporting recovery, and also looking at how we could better support our sector in the delivery of contemporary recovery services.

We continued to provide a platform for the diverse voices and experiences of those most disadvantaged by the mental health system with a particular focus on our engagement with local Aboriginal voices. We also maintained our advocacy in support of reforms to the State's Criminal Law (Mentally Impaired Accused) Act 1996 (CLMIA).

Setting the agenda

Our new direction includes a strong focus on building community activation in pursuance of the 10 year plan targets, and to support this we engaged dedicated expertise to start developing a strategy key stakeholders will be invited to join us in.

WAAMH invested significant energy in its relationships with key stakeholders including lived experience, fellow peak bodies, those working in the public and community mental health system and government departments.

More than 25 important submissions and representations were also prepared to advance WAAMH's reform priorities.

One area of frustration in 2018/19 for WAAMH was delays in implementation of the current Government's election commitment to reform CLMIA.

WAAMH wrote to the Premier early in the 2018/19 financial year raising concerns about the implication of delays in securing this reform.

Despite the Premier's indication that a draft Bill would be brought to Parliament during the 2018 Parliamentary year this did not occur, and the election commitment remains outstanding.

WAAMH has worked proactively and constructively with the Attorney-General's office and appreciates its commitment on this complex piece of reform, however at the time of writing, we still have not reviewed the draft Bill, meaning it will not come to Parliament in 2019.

WAAMH will be seeking Government's prioritisation of this election commitment as part of Parliamentary business in 2020. If not, the legislative agenda already before the Parliament in the lead up to the 2021 State election increases the risk that this reform might not be realised.

Leading the development of contemporary service responses

In 2018-19, WAAMH commenced an operational and strategic review of its training program to ensure it has the greatest possible impact in supporting contemporary service responses.

This required a temporary reduction to our training schedule to create capacity before we commenced an organisational restructure to create a dedicated Sector and Practice Development role to help implement outcomes of the review and bring an operational focus to sector and workforce development, including better alignment with our advocacy targets. During 2018-19 WAAMH, working with WA Network Alcohol & Other Drug Agencies, secured additional support from WA Primary Health Alliance for capacity building responses to co-occurring AOD and mental health issues in the regions, following in the metro area.

Growing community capacity

Our strategic plan elevates WAAMH's mental health promotional activities to focus on advancing messages about prevention and promoting an understanding of the social determinants of mental health.

This was a specific focus of Mental Health Week 2018 with the introduction of a new theme, 'Mental health starts where we live, learn, work and play', which experienced unprecedented levels of community engagement in MHW 2018 and the highest number of applications to our community grants program.

WAAMH's Individualised Placement and Support (IPS) program is one key platform for WAAMH to directly support employment as an important element of recovery through a key social determinant of mental health.

In 2018-19, an expansion of the Federally-funded headspace youth IPS trial for a further two years led to an additional 10 IPS sites across the country - WAAMH now supports 24 IPS sites under this trial.

Our continued commitment to the Looking Forward Moving Forward project - an important initiative to improve the cultural security of mental health services - and our relationship with our elders in residence, Uncle Charlie and Aunty Helen Kickett continued to flourish to drive change. We also broadened our relationships with Aboriginal community-controlled organisations such as Mooditj Koort, and peak body, Aboriginal Health Council of WA.

Thank you to WAAMH president Kerry Hawkins and members of the board for supporting our vision and new strategic direction to achieve balance in the mental health system.

Thank you to our loyal members year-on-year for your support and engagement with us.

Finally, thanks to my team at WAAMH who continue to strive, and impress me with their work ethic, perseverance, ideas, engagement with the sector, and your commitment to improving mental health outcomes for all Western Australians.

TARYN HARVEY
Chief Executive Officer



Our Board

2018/2019

[Kerry Hawkins - President](#)

Kerry is a carer representative and appointed president in 2016. Kerry has a professional career in the private, education and public sectors, including as a strategic advisor for the National Native Title Tribunal and a senior program manager for the NDIS and Mental Health Commission, and carer consultant for North Metro Adult Health Service. Her other board appointments include vice president of Helping Minds and WA director for Emerging Minds. A graduate of Boston University's Global Leadership Institute, Kerry draws on her lived experience as a family member.

[Pamela Gardner - Vice President](#)

Pam is passionate about mental health, particularly for rural and remote communities, having lived in regional Western Australia and caring for two family members.

After a career teaching teenagers with intellectual disabilities, Pam knows it's vital to learn from every sector and partner with consumers, carers, and the wider community to achieve reform. Pam is experienced in project management, strategic planning, and workforce development and has degrees in education and psychology.

[Justine Colyer - Board Director & CEO, Rise](#)

Justine has 25 years' experience in the public, private and non-profit sectors in Australia, the UK and Europe, with much of her work supporting the needs and rights of some of the most marginalised and vulnerable people in our community. She has held senior positions in project management, strategic asset management, policy and legislation, housing, prison management, community development and suicide prevention; and board roles in housing, social services, domestic violence and intellectual disability NFPs.

[Shannon Calvert - Board Director & Consumer Representative](#)

Shannon Calvert identifies as a lived experience professional and is a passionate mental health advocate, dedicated to raising awareness and representing consumers.

She works as a peer mentor and consumer consultant for a local health service and is a qualified mental health trainer. Shannon sits on several committees including the Eating Disorder Mental Health Subnetwork, Consumer Carer Committee and Membership Committee of the Australia and New Zealand Academy for Eating Disorders.

[Richard Oades - Board Director and CEO Pathways SouthWest](#)

Richard Oades has 40 years' experience in human services, predominantly in management roles for government and NFP organisations. He is a director of South West Refuge (Domestic Violence) and Breakaway Aboriginal Corporation plus an advisory member of Walkabunning Kiaka, Healing Centre Task Force. Richard has a PhD of Philosophy in Social Sustainability, Master of Arts in Community and Social Work Studies, Bachelor of Applied Science in Social Work and a Bachelor of Science (Joint Hons) in Sociology and Economic & Social History.



Tara Reale - Board Director & Consumer Representative

Tara has a Bachelor of Psychology with First Class Honours and is currently undertaking a Masters in Clinical Psychology. Armed with a Certificate IV in Mental Health Peer Work, Tara brings a unique perspective of lived experience of recovery combined with academic prowess. Tara has worked and volunteered in WA mental health for the past decade, with experience in both the public and NGO sectors. Tara aims to challenge existing social discourses in order to dispel stigma.

Debbie Childs - Board Director and CEO, HelpingMinds

Debbie brings a wealth of experience in leadership and management as a board director with both NFP and commercial businesses. Debbie also sits on several committees and working groups, including of Mental Health Carers Australia. With lived experience as a mental health carer, Debbie is a passionate advocate within the sector and a graduate of the Australian Institute of Company Directors .

Beverley Wilson-Malcolm - Board Director and Manager, Homelessness Services Network

For nearly two decades, Beverley Wilson-Malcolm has been engaged in social services to the homeless in WA, and for the past seven years she has been responsible for the transformational change of homelessness services through research, innovation, program structural change and development, service team development and sector collaboration with The Salvations Army's Homelessness Services Network ("The Beacon"). Beverley is motivated by passion to drive change, putting a wedge in the "revolving door".

Emma Jarvis - Board Director, Lived Experience Representative

Emma is CEO of Palmerston Association, an NFP which supports individuals, families and communities affected by alcohol and other drug issues. Emma is experienced with governance, strategy, risk, and clinical and organisational development; with 20 years' experience in the NGO and government sectors. Emma is a graduate of the Australian Institute of Company Directors, has a Masters in Applied Social Studies, a Post-Graduate Diploma, a Post Qualifying Award in Social Work, a Bachelors with Honours in Theology, and a Certificate IV in Coaching.

Monique Williamson - Board Director & CEO, MIFWA

Monique Williamson is CEO of Mental Illness Fellowship West Australia (MIFWA), and has a Masters in Social Change and Development. She has worked in community services since 1990, in both the NGO and public sectors in WA. She spent the past decade in senior sector development roles including with the peak body National Disability Services and as an executive director of the Disability Service Commission. Monique has a long-standing interest in working alongside individuals and families to co-design effective support and services.

Lorna MacGregor - Board Director and CEO, Lifeline WA

Lorna is an experienced executive with more than 30 years of experience in senior management roles in both the corporate and community sectors, including HBF, Activ, healthdirect Australia and Perth North Metro Medicare Local, and currently the CEO of Lifeline. Lorna has significant experience as a board director in the arts, aged care and education sectors. Lorna has an MBA, is a member of the Australian Institute of Company Directors and an Associate Fellow of the Australian Institute of Management.

Board Committees

2018/2019

To support sound governance and lived experience collaboration, WAAMH's Board was supported by the following three committees during 2018/19.

1. Finance Committee

The Finance Committee provides advice to the WAAMH Board concerning the financial strategy and compliance of the Association, including financial controls, accountability, financial reporting and policies.

Membership:

Debbie Childs (Chair) Shannon Calvert Monique Williamson

The Chief Executive Officer and the Manager Corporate Services attend committee meetings in an ex officio capacity.

Mr Rod Lillis attends meetings and provides independent accountant consultancy services to the committee.

Directors may attend meetings as observers on a voluntary basis. In 2018/19 The President, Kerry Hawkins and Vice President, Pam Gardner attended meetings regularly.

In 2018/19 the Finance Committee reviewed monthly financial reports, supported the preparation of the annual budget and oversaw further improvements to WAAMH's financial controls and accountability.

2. Governance Risk Remuneration & Nominations (GRRN) Committee

The GRRN Committee support the Board in fulfilling its statutory, fiduciary and regulatory obligations, assists with Board performance, Director nomination, succession and development, oversees CEO performance and WAAMH's strategic risk management.

Membership:

Justine Colyer (Chair) Pam Gardner Lorna MacGregor
Emma Jarvis Shannon Calvert

The Chief Executive Officer attends committee meetings in an ex officio capacity.

3. Lived Experience Partnership Committee

The purpose of the Lived Experience Partnership Committee is to develop WAAMH's practices in lived experience partnership (LEP) and co-production to enable WAAMH to implement, role model and lead best practice.

Membership:

Pam Gardner (Chair) Kerry Hawkins Tara Reale
Monique Williamson Shannon Calvert

In 2018/19 the Lived Experience Partnership Committee worked with the CEO to align their work plan with WAAMH's strategic objectives, and continued to design enhanced opportunities for lived experience engagement with WAAMH, including at a board level, and to build organisational capacity for further engagement.



Board 2018 / 2019

Kerry Hawkins – President

Pamela Gardner – Vice President

Debbie Childs – Finance Committee Chair
CEO, HelpingMinds

Emma Jarvis
CEO, Palmerston Association

Justine Colyer – Governance Committee Chair
CEO, Rise Network

Lorna MacGregor
CEO, Lifeline WA

Monique Williamson
CEO, Mental Illness Fellowship WA

Richard Oades
CEO, Pathways SouthWest

Tara Reale
Consumer Representative

Shannon Calvert
Consumer Representative

Beverley Wilson
Manager Homelessness Services,
The Salvation Army

Departures

Mick Geaney – Finance Committee Chair
CEO, Hope Community Services

Neil Guard
CEO, Richmond Wellbeing

Directors Attendance

Name	Meetings Attended	Meetings Possible
Kerry Hawkins	9	10
Pamela Gardner	9	10
Debbie Childs	7	10
Emma Jarvis	5	10
Justine Colyer	10	10
Lorna MacGregor	7	10
Monique Williamson	9	10
Neil Guard	3	4
Richard Oades	9	10
Tara Reale	6	10
Beverley Wilson	5	6
Shannon Calvert	5	7

Staff

2018/2019



Taryn Harvey
Chief Executive Officer

Chelsea McKinney
Manager Advocacy and Sector Development

Nigel Barrett
Manager Corporate Services

Brooke Johns
Manager Public Relations

Shendelle Oliver
Marketing and Events Project Manager

Kendal O'Brien
Marketing and Events Project Officer

Lorna Lobo
Training and Administration Support

Cassie MacDonald
IPS Support and Evaluation Officer

Roshani Shrestha
IPS Support and Evaluation Officer

Colin Penter
Policy Officer

Amanda Kiely
Project Officer – Co-occurring Capability

Jasmina Brankovich
Project Officer- Supported Accommodation,
Service referral & Design projects

Yasmine Hooper
Project Officer-Lived Experience Action &
Collaboration Project

Departures

Michael Jones
Manager of Capacity Development and
Promotion

Philleen Dickson
IPS Program Manager

Julie Hannah
Acting Training Manager

Mary-Kate Lavenski
Finance and Corporate Support Officer

Elizabeth Connor
Systemic Advocacy Officer

Rikeisha Battersby
Project Officer – Youth Service Integration

Samantha Hammond
Administration Support Officer

Carli Sheers
Board Support Officer



Members

2018/2019

Full Organisational

Aboriginal Males Healing Centre
Strong Spirit Strong Families Strong Culture Inc
Access Housing Australia
Albany Halfway House Association
APM - Advanced Personnel Management
Australian Red Cross
Avivo: Live Life Inc
Avon Recovery Centre Inc
Bay of Isles Community Outreach Inc
Cana Communities
Centrecare Inc
Chorus Australia Limited (previously Community First International)
ConnectGroups Support Groups Association WA Inc
Consumers of Mental Health WA
Edith Cowan University Student Guild
Enable WA
Escare
Even Keel Bi-Polar Disorder Support Assn
Freemasons WA - Bunbury Koombana Day Lodge
Fremantle Multicultural Centre
Fremantle Women's Health Centre
Fusion Australia Ltd
Goodbye Stigma (Ruah)
Grow WA
HelpingMinds
Homeless Healthcare
Hope Community Services Ltd
Injury Matters
Ishar Multicultural Women's Health Centre
Lamp Inc
Lifeline WA
Mental Illness Fellowship of WA Inc
Mentally Healthy WA: Act-Belong-Commit
MercyCare
Mind Australia Limited
Mission Australia
Multicultural Services Centre WA
My Place Foundation Inc
Neami National
Outcare Ltd
Pathways SouthWest Inc
PeelConnect Incorporated
Perth Inner City Youth Service
Pindari Restoration House
Reclink Australia
Richmond Wellbeing
Rise Network
Romily House Care Facility
Ruah Community Services
Scouts WA
Share & Care Community Service Group
Sirens of Silence Charity Inc
South Coastal Health & Community Services
Southern Cross Care (WA) Inc
Southern Districts Support
Spirit of the Streets Choir
St Bartholomew's House
St John of God Outreach Services
St Vincent de Paul Society (WA) Inc
Tenacious House
Tender Care
The Inner Ninja Foundation Ltd
The Salvation Army - Homelessness Services
The Samaritans
UnitingCare West
Wanslea
Youth Focus
Youth Futures WA

**Slightly lower membership rates reflected a year with no major events and discount incentives that normally drives a substantial membership flux.*



Associate Organisational

Burswoodcare Pty Ltd
 City of Stirling
 Collie Family Centre Inc
 Department of Primary Industries and Regional Development
 Forrest Personnel
 Foundation Housing Ltd
 Key Assets
 Midway Community Care
 One2One Pty Ltd
 Tuart Place
 Youth Mental Health

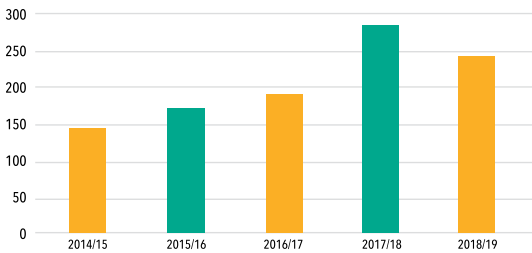
Honorary Members

Ann White
 David Kernohan
 Helen Lynes
 Keith Wilson
 Sheryl Carmody

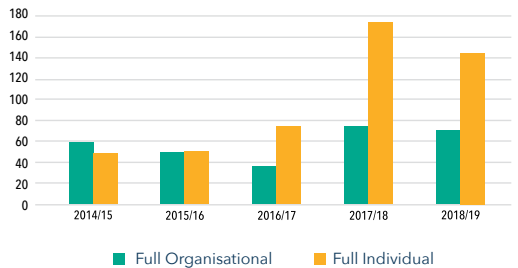
Full Individual 146
Associate Individual 15
Honorary 5

TOTAL MEMBERS
245

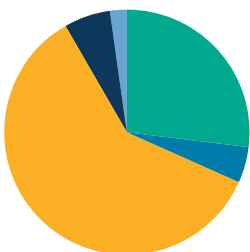
All member growth: Five-year comparison



Full Members: Five-year comparison*

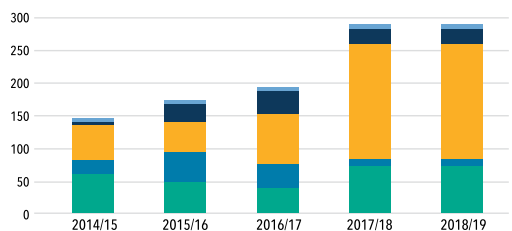


2018/2019: Membership Categories



- Full Organisational
- Associate Organisational
- Full Individual
- Associate Individual
- Honorary Member

Membership categories year-on-year



Systemic Advocacy

2018/2019

WAAMH uses a comprehensive advocacy strategy to push towards its key change outcomes through research and policy analysis, developing partnerships and unified views, coordinating joint positions and submissions, engaging directly with decision makers, consulting the sector to represent their views and voice, and reaching broad audiences through mainstream media coverage and multiple social media platforms.

Our increased focus on connecting with a broader range of stakeholders has led to deeper lived experience engagement and cross-peak representation activity. It has also strengthened our partnerships with lived experience representative organisations and other peak bodies. Our main focus in FY 2018/19 was on the following:

National Disability Insurance Scheme

- Federal advocacy to highlight the needs of WA mental health consumers and the gaps in services resulting from the end to Commonwealth mental health programs.
- Calls for effective longer term responses for people who previously accessed support under these programs, specifically 24 months of transition support rather than 12.
- Held a consultation and wrote submissions to the WA Market Review and the Thin Markets Review, and a submission to the Joint Standing Committee on the NDIS
- Held a sector forum on NDIS with the NDIA mental health advisor Gerry Naughtin
- Ongoing engagement with high level/strategic advisory committees

Representation

11 Formal consultation & special event programs

12 Submissions

14 Other significant advocacy pieces

7 Media releases and 5 articles





Balancing the system

- Extensive media coverage
- Continued advocacy for increased and coordinated supported accommodation through submission to the Draft Accommodation and Support Strategy
- Commenced work on two supported accommodation projects
- Sector consultation on prevention and community supports informed ongoing advocacy to decision makers and submissions to the 2 Year Plan Update and State Budget Submission
- Coordinated and developed joint submission to the Sustainable Health Review with Consumers of Mental Health WA, Mental Health Matters 2, Helping Minds, Carers WA and Health Consumers Council
- Submission to the Federal Productivity Commission Inquiry and organised a lived experience stakeholder forum with Productivity Commission staff
- Continued engagement with Ministers' offices and Mental Health Commission

Priority populations

- Emerging and positive partnership with Aboriginal Council of Health Services WA and Moorditj Koort around Aboriginal suicide prevention
- Highlighting the needs of people living in regional, rural and remote WA, with a particular focus on the NDIS, prevention, social determinants and community support
- Criminal Law Mentally Impaired Accused Act - continuing advocacy for timely introduction of the Bill to meet government's outstanding election commitment

For more on our advocacy work, submissions and consultations, head to: waamh.org.au/systemic-advocacy

16 Major committees & working groups



6 Significant new partnerships

7 Significant existing partnerships

34 Social media posts reaching 34,000 people



Sector Development & Training

2018/2019

In FY 2018/19 WAAMH undertook an extensive review of its training and sector development service offering, as part of its continual improvement to deliver courses which are relevant, of value and respond to sector needs. This culminated in a re-structure and recharged outlook for the next financial year training courses, in particular aimed at our community mental health service members.

In addition to program improvements and training delivery, the review encompassed needs analysis, examining courses, audiences, impact, quality, and lived experience speaker engagement, and made a range of significant recommendations.

In reviewing and developing our training services, we are confident of being able to:

- Play a leading role in training and sector development as the peak body for mental health in WA.
- Underscore training with strong governance to guide development of course content with professional and expert input and review.
- Support the community mental health sector via workforce development initiatives to ensure service delivery is underpinned by evidence-based and best practice approaches.
- Use co-design approaches and continue to use qualified and engaging trainers and facilitators.
- Ensure all work is consumer-centred, trauma-informed, recovery-oriented and contemporary.
- Develop and implement a comprehensive Lived Experience Speaker framework so that lived experience perspectives are integrated into training delivery to enrich the learning experience and honour the experience of those living with mental health challenges.

66 Scholarships provided to lived experience participants Statewide

26 total courses delivered in...

8 WA regional areas to...

595 participants





- Engage and collaborate with the community mental health sector to ensure that our workforce development initiatives are responsive to sector needs.
- Identify areas of specific focus in terms of the capacity and skill needs of the community mental health workforce.

Our sector development work will become a major focus in the years ahead.

In order to pursue our new strategic agenda to achieve our vision for all Western Australians to have the rights, resources and support needed for mental wellbeing, recovery, and citizenship, WAAMH aligned its organisational structure to strengthen the established advocacy team complemented by a renewed focus on service and practice development. This resulted in several new internal roles and an increased intake of trainers. This underpins one of our core strategic aims which ensures we are structured cohesively with culture, value, best practice and systems in place to support our mission.

In 2018/19, the top seven calendar / custom courses included: De-escalation Skills, Mental Health Challenge and Disability, Drugs Alcohol and Mental Health, Mental Health First Aid, Sexual and Gender Diversity, Positive Psychology Skills, and Manager Awareness of Mental Health in the Workplace.

Special sector development events in the year included a three-part series on Co-Design, and sessions with international guest Rachel Perkins on Managing Recovery-focused Teams and Creating and Supporting a Peer Workforce.

In the next financial year we look forward to rolling out a new range of sector development special offers and training packages for our members.

For more on training and events, head to: waamh.org.au/events--training

85 total courses on...

31 different topics delivered to...

1915 participants in Perth Metro

Mental Health Promotion

2018/2019

For Mental Health Week (MHW) in 2018, we launched an original theme, 'Mental health starts where we live, learn, work and play,' representing how mental health is a journey and it's a combination of factors in all aspects of our lives which shape our mental wellbeing.

The theme resonated with a large audience across WA for both its simplistic nature and widespread relevance.

The accompanying message was 'no one gets left behind' depicting how it's just as important we look out for others in these everyday 'live, learn, work, play' settings too.

Mental Health Week took to five major transport hub locations across Perth to hand out 10,000 free mental health resource packs, including Perth Airport, and Perth Central, Joondalup, Cockburn, and Elizabeth Quay train stations, with the help of volunteers and Members of Parliament.

Deputy Premier; Minister for Health; Mental Health The Hon. Roger Cook hosted a successful event at Parliament House to spread awareness to his constituents, with the support of WAAMH - this set a nice tone for the week about leaders of all sectors coming together and working together to drive change and understanding.

With support from Lotterywest, WAAMH was also able to distribute \$25,000 worth of grants to 42 community events mainly in regional WA for people to attend local activities and connect with local services. These grass roots initiatives are vital to spreading mentally healthy messages to 'hard to reach' demographics where it counts most, and crucial to the success of Mental Health Week and reaching vulnerable people in the regions and remote parts of WA.

Altogether there were about 180 MHW events recorded all around the State, with an estimated 700 workplaces also helping create awareness.

With support from the Mental Health Commission again in 2018, Mental Health Week reached new heights in terms of reach and activation in the community, with around 100,000 people engaging with our mental health promotion work. We also saw a dramatic increase in mainstream media coverage, including a whole week of extensive mental health focus in The West Australian news section.

WAAMH also took an active role in helping to promote and support NAIDOC Week, Homelessness WA Week, Carers Week, Volunteers Week, Mens Health Week, Suicide Prevention Day, Sorry Day and International Youth Day.

In early 2019, WAAMH convened a Reference Group of stakeholders to oversee a mental health promotion agenda for Mental Health Week, the WA Mental Health Conference, Awards and The Mental Health Service Conference 2020.

For more on Mental Health Week, head to: mhw.waamh.org.au



Visitors to website **61,206**



Webpage views **18,989**

#mentalhealthstartshere

438

33,500

People organically reached via Facebook

7000

People organically engaged with us on Facebook



Social media followers up by **348%**



Instagram posts relating to MHW **34,100**



11,000 Mental health resource packs distributed

Media Articles

40

700

Workplaces participated

180

Community events around WA



600 Volunteer Hours



\$25K Donated to 40 community events in WA



156,679

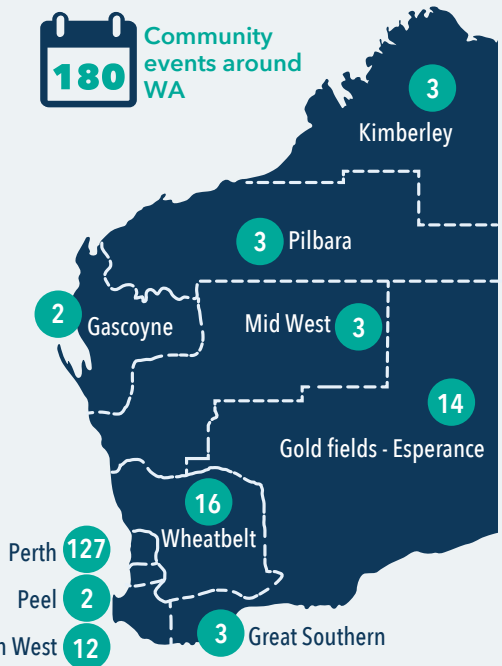
people engaged in community activity / events

50

Politicians, MPs involved

65%

Found MHW theme effective



Individual Placement & Support

2018/2019

WAAMH was re-contracted to provide technical support, training and fidelity reviews of the Individual Placement and Support model, with the additional role of project management, collating data and outcomes, supporting Department of Social Services with trends, and providing consistent messaging to all sites.

Since its launch on 1 November 2016, 50 percent of the 879 participants involved in the Individual Placement and Support sites (up until April 2018) had achieved an education or employment placement.

IPS WORKS, the name of the team at WAAMH delivering technical and fidelity support to sites to implement IPS in helping their consumers find meaningful employment, nearly doubled its headspace trial sites in FY 2018/19, with another 10 towns from around Australia joining the group.

Two IPS WORKS team members Cassie and Roshani, attended the 15th Annual Meeting of the International IPS Learning Community held in Denver, Colorado (USA).

More than 200 practitioners attended from the USA, Australia, New Zealand, Spain, Netherlands, Canada, Japan, Norway and Iceland. Cassie and Roshani presented on the current state of IPS in Australia and in particular the technical support and fidelity review services IPS WORKS provides.

Also of note in the year, the Armadale Kalamunda Adult Public Mental Health Service partnered with Disability Employment Service provider MatchWorks and launched IPS at the Eudoria clinic, providing evidence-based employment support to adults with severe and persistent mental health challenges.

Interestingly, the Mental Health Productivity Commission has identified IPS as a key recovery intervention that should be implemented in Australian mental health settings.

During 2018-19 WAAMH also began to sow the seeds for the expansion of IPS into other key areas with a particular focus on IPS as a potential component of a supported pathway towards private housing in recognition that for many people with mental health issues income poverty is a key barrier to sustainable private housing.

For more on IPS, head to: ipsworks.waamh.org.au



IPS SITES

14 existing sites

Broome
Albany
Shepparton
Bendigo
Dubbo
Edinburgh North
Gosford
Penrith
Mount Isa
Inala
Meadowbrook
Hobart
Darwin
Port Augusta

10 new sites

1. Hervey Bay
2. Townsville
3. Cairns
4. Frankston
5. Sunshine
6. Bega
7. Nowra
8. Grafton
9. Devonport
10. Midland



Projects



2018/2019

Projects are an important way for WAAMH to achieve its strategic objectives and address sector needs that are unable to be met through its core funding. In 2018-19 we ran a variety of projects, including:

Lived Experience Action Project

The Lived Experience Action Project (LEAP) is 12-month pilot project funded by the Department of Finance in which a cohort of young people with lived experience of mental health issues work directly with services to bring about service development and improvement that will benefit young people with mental health issues. Four young people with lived experience of mental health issues were recruited, upskilled and supported to work directly within four services, two non-government organisations and two youth mental health services in the public mental health system. The project builds on work done in WAAMH's Youth Services Integration Project in 2018.

Co-occurring capability development for services in regional, rural and remote areas

This project is a partnership between WA Network of Alcohol and other Drug Agencies (WANADA) and WAAMH to develop the capacity of 14 services, including seven drug and alcohol services and seven mental health services in rural and remote WA to work with people with co-occurring mental health and AOD issues, with several Aboriginal services participating. This project involves the use of the Dual Diagnosis Capability in Addiction Treatment (DDCAT) or Dual Diagnosis Capability in Mental Health Treatment (DDCMHT) to undertake a single co-occurring capable assessment with 14 services. The project is funded by the WA Primary Health Alliance and will be completed in mid-2020.

Alcohol and Other Drug and Mental Health Sector Capacity Building Project

During 2018-19, WAAMH completed the Alcohol and Other Drug and Mental Health Sector Capacity Building Project, a 12-month pilot project with four mental health agencies to build their capacity to recognise and support people with co-occurring mental health and alcohol and other drug issues. The project was funded by the WA Primary Health Alliance and the agencies involved included Uniting Care West Personal Helpers and Mentors Program; Rise Community Support Services, Housing Support Services; Life Without Barriers Ngatti House; Mental Illness Fellowship of WA Wellways Duo Program and the Early Intervention Recovery Program.

Youth Service Integration

This game-changing project led by WAAMH was completed in October 2018 and funded by the Department of Finance. It investigated the many journeys a young person can have when they seek help for mental health issues, resulting in a comprehensive picture of the "pain points".

The project worked with young people in WA who were experiencing or had used mental health and related services with the goal of capturing their experiences and pathways - these were used to illustrate how and where services are integrated, or not, and what effect this had on their recovery.

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The final report from this project is now publicly available at: waamh.org.au/development-projects

Young people navigating Western Australia's mental health system

KEY FINDINGS



Discrimination

Based on our interviews conducted with young people, it emerged discrimination was widely experienced both from within the mental health services and from the general public. Young people claimed clinicians were being dismissive of their concerns, talking only to their carer about treatment plans and treating them differently to older adults in the hospital setting.

Privacy & consent



Based on our mapping exercises with young people it became apparent that young people and service providers' perceptions differed about the limitations that should be exercised when sharing personal information between agencies, with some allowing the client to set the parameters and others that wouldn't disclose the details they would share and for how long.



Crisis Management

Around half of the young people we spoke to had accessed, or attempted to access support through hospital emergency departments and acute inpatient units, which was universally described as "traumatic". People with physical illness were prioritised and those presenting with self-harm or suicidal thoughts were subject to stigmatising language, turned away or left waiting for unacceptably long times. Online and telephone support services provide the potential for around the clock care for young people, especially those facing additional barriers accessing support.

First point of contact



The first point of reference a young person has with mental health care plays a significant role in their journey, and is often influenced by their capacity to pay for services. Given the financial choice, private services by far provided a more integrated pathway for recovery, while public health services were less conducive to an integrated journey. All but one of the 24 young people involved in our study were referred into the mental health system by their GP, a school psychologist or a worker from the Department of Communities.



Support Networks

Many young people consistently described how their clinician or service's knowledge of support outside their own service was essential to their recovery. These were mainly non-mental health specific, including social groups, support groups and help with employment and housing-related issues. This highlights the critical need for mental health and related services to work more collaboratively offering a diversity of supports for people's recovery.

Diagnosis



A common experience among young people was to be given a diagnosis which went on to impact (and often dictate) the type of services they could access and for how long; the type of treatment and medication they received and the consequences of misdiagnosis. A person's diagnosis changing over the course of their journey due to illness progression and variations between clinicians, dictated their support plan and further complicate the already disjointed pathways.

Financial Overview



2018/2019

Income

WAAMH's income was consistent with past years' performances of 2016 and 2017 but reduced from 2018 due to no state conference or major income generating events during the FY 2018/19.

The majority of income was associated with WAAMH's primary Mental Health Commission Service Agreement (48%), Sector and Workforce development grant projects (27%) and Training services (17%).

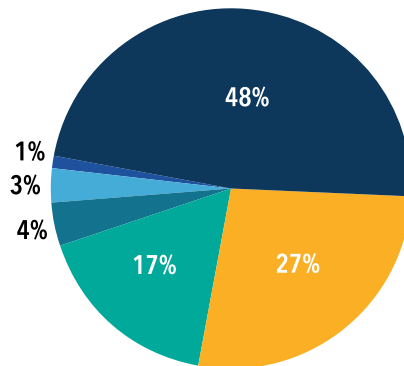
Grant funding supported WAAMH's delivery of projects in Individual Placement Support (IPS), Lived Experience Collaboration, and Dual Diagnosis and Co-occurring (Regional and Remote).

Training income was slightly reduced while the Training Review was being carried out, though delivery of contract training and key training courses remained steady throughout the year.

Membership fees and other income remained stable for FY 2018/19.

Income 2018-19

- Service agreements
- Non-recurrent grants
- Training & program fees
- Events & activities
- Membership fees
- Other income



Income by account group	17-18	18-19
Service agreements	\$887,226	\$893,879
Non-recurrent grants	\$922,479	\$500,181
Training & program fees	\$497,660	\$312,921
Events & activities	\$563,724	\$77,928
Membership fees	\$63,869	\$61,599
Other income	\$26,423	\$26,170
Total income	\$2,961,381	\$1,872,677

WAAMH consolidated its financial position in 2018/19 reinvesting to provide crucial Training, Sector Development and Mental Health Promotion services. There was a strong focus on retaining and growing service delivery capacity during a standard income year.

Expenditure

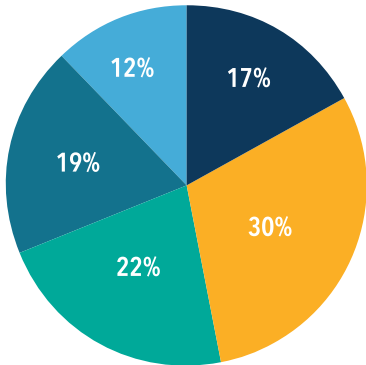
Expenditure continues to be governed by service agreements, grant projects, training and event outcomes. Additional investment from previous years’ surplus was utilised during 2018/2019 to focus on key activity areas identified in WAAMH’s Strategic Plan.

Ratios of expenditure were maintained across the organisation with additional funding made available for Mental Health Promotion.

A focused effort to improve efficiencies within Operations (overheads) and Governance allowed for additional expenditure for direct service delivery, with general operational costs reducing from 15% in 2018 to 12% in 2019.

Expenditure by Activity 2018-19

- Systemic advocacy
- Workforce development & training
- General operations & governance
- Sector capacity building
- Mental health promotion



Expenditure by activity	17-18	18-19
Systemic advocacy	\$499,827	\$371,332
Sector capacity building	\$909,660	\$583,492
Workforce development & training	\$638,726	\$427,181
Mental health promotion	\$345,485	\$363,818
General operations & governance	\$428,146	\$238,736
	\$2,821,844	\$1,928,558

Strong and thriving mental health community

At the Western Australian Association for Mental Health we work to support and enable recovery in people affected by mental health concerns, through the development and representation of community mental health service providers, and by our direct engagement in understanding the experiences of people living with mental health challenges in WA.

We work to influence policy and funding decisions that will help create a strong and sustainable range of community mental health services, to provide contemporary, individualised, and responsive support for people across the breadth of our State.



Membership

Join a network which influence mental health priorities and community attitudes.



Service directory

Find a community mental health service in your area.



Support us

Corporate partnerships, sponsorship, donations, bequests and volunteering.



WAAMH

Western Australian Association
for Mental Health



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