



**WayAhead
Annual Report
2019**

CEO's Report

Elizabeth Priestley



The last twelve months have presented both opportunities and challenges for WayAhead. The three-organisation partnership known as Collective Purpose (CP) has ended following the departure of Being. This has meant a rethink for WayAhead and the remaining CP partner Mental Health Carers NSW, as well as the other organisations sharing our space, SMART Recovery Australia and International Social Services Australia. Whilst there are some uncertainties, it offers us an opportunity to review our direction, structure, partnerships and governance with exciting possibilities going forward.

What is certain is that demand for WayAhead's programs is increasing. To ensure sustainability, meet demand and cover increased costs, WayAhead is considering charging for some of our programs, mindful that there are some programs that do not lend themselves to a fee structure. The staff, to their credit, are always innovative in adapting programs to successfully meet the varied needs of the audience.

The past year has also given us opportunities to explore new areas. Currently, we are trialling a new program called Buried in Treasures. The 16-week program, supported by Randwick City Council, is designed to assist those living with clutter and hoarding tendencies. If the trial proves a success, WayAhead will expand the program into other areas of NSW with possible support from local councils or LHDs.

With collaboration in mind, I would like to express my gratitude to all the organisations and individuals who partner with us in a variety of ways. My deepest thanks also go to the NSW Ministry of Health and the Mental Health Commission of NSW for their backing. We would find it very difficult to do our work without this ongoing support.

Finally, I wish to thank the wonderful WayAhead staff, directors and volunteers who show a passion and commitment to WayAhead and to the vision of better mental health for all. It is great to be part of such an exceptional team.

Thank you to all.



President's Report

Dr Meg Smith OAM

This year has been productive one for WayAhead. In particular, several new Anxiety Support Groups have started, and are going really well.

Collective Purpose, our shared workplace and meeting hub, has hosted many organisations for casual and formal meetings, training and development days. We are planning to continue this shared workplace but under a different model.

WayAhead has made vital submissions to government enquiries this year. Our key focus remains mental health promotion and advice to governments about the needs of people living with mental health issues.

The launch of Mental Health Month and announcing the Mental Health Matters Awards is the key event of the year for WayAhead. There were outstanding award recipients across varied community activities promoting positive mental health.

Mental health community groups receive far less in philanthropic funding and government funding compared to other health priority areas. Our goal in 2020 is to advocate for more funding and support for community groups leading the way in mental health action and community initiatives. We look forward to working with our members in the coming year to promote best practice in community mental health and to support new projects with you.

About this Annual Report

WayAhead has developed an outcomes framework that helps us to understand and measure the impact of our work. This report identifies the key outcomes we are seeking and the activities we have undertaken to reach them.

We strive to support people to live their lives to their full potential

WayAhead works towards building a society that understands, values and actively contributes to the best possible mental health and wellbeing by supporting individuals, organisations and communities through information, awareness raising, capacity building and increasing participation.

We work to ensure:

- Individuals and communities are supported to incorporate mental health and wellbeing into their daily lives.
- Individuals living with a mental health condition know how to find help and that they feel safe and ready to seek it when they need it.
- Communities feel they can support people living with mental health conditions in an informed, positive way.
- Communities are increasingly connected and people feel less isolated.
- Discrimination toward people who experience mental illness is eliminated and stigma is reduced by normalising talking about mental health.
- Policies and services are informed by mental health and wellbeing information.

Our programs

Who they target

	Individuals	Workplaces	Communities
Anxiety awareness forums	████████		████████
Anxiety Support Groups	████████		
Mental Health Month campaign	████████	████████	████████
Mental health promotion	████████	████████	████████
Online information and directory service	████████		████████
PNDA campaign	████████		████████
Small Steps - Anxiety seminars in schools	████████	████████	████████
WayAhead Workplaces	████████	████████	





We tackle prejudice and stigma to encourage people to seek help

Prejudice and discrimination can make people reluctant to seek help or lead to the spread of misinformation.

WayAhead works with individuals, services, schools, workplaces and communities throughout NSW to share accurate, up-to-date information and reduce stigma. We engage communities and workplaces through programs such as Understanding Anxiety and WayAhead Workplaces.

We attend community events where we speak with members of the public in an informed, supportive way to share information, provide resources and encourage people to seek support. We also build community online through social media and our blog and e-newsletter, the Mind Reader.

What we did this year:

- We supported workshops and public forums to help people living with hoarding disorder. Along with Hume Housing and The Collectives, we sponsored US-based experts, Lee Shuer and Bec Belofsky Shuer, to present two public forums, each with 90 attendees, and a train-the-trainer workshop to increase understanding of problem clutter and living with too much stuff, help participants to share coping strategies, and reduce stigma.
- We began trialling our first Buried in Treasures workshop, a 16-week program supporting people who live with problematic clutter or hoarding disorder in Sydney's East.

"Thank you so much. I honestly got so much out of this. I can't even tell you how valuable I found it. I'm going to hug my boss for sending me along to this"

Buried in Treasures training participant

- We attended Sydney Fair Day for a second year to share information and resources with the LGBTIQ+ community and conducted successful engagement through various activities including a Mardi Gras-themed selfie frame to promote connection for good mental health.
- We increased our online community with news and personal stories shared through our Mind Reader blog, as well as across Facebook and Twitter accounts. We also ran a Perinatal Depression and Anxiety Awareness Week campaign for Instagram.
- We held our first Facebook Live event, *The State of Mental Health in NSW*, with Osher Günsberg in conversation with the former NSW Mental Health Minister Tanya Davies, the NSW Mental Health Commissioner Catherine Lourey, former Deputy Commissioner Allan Sparkes, and our CEO Elizabeth Priestley. The video had more than 12,000 views and 1,448 comments, reactions and shares.
- We hosted two WayAhead Public Talks on understandings of mental health in culturally diverse communities and targeting bullying behaviours in schools, with guest speakers from the Transcultural Mental Health Centre and Mental Illness Education ACT.
- As part of our annual Perinatal Depression and Anxiety (PNDA) Awareness Week campaign, we produced and distributed more than 10,000 fold-out information cards to share tips on maintaining good mental health and contact details for support services.
- We also redesigned our PNDA website to encourage visitors to take a quick test, with 80 per cent of respondents showing medium to high risk of symptoms consistent with PNDA who were then encouraged to contact health professionals.

We lower barriers to accessing information and finding the right support

For people experiencing mental ill health, it can be difficult to find the right information and support to help them when they need it. Navigating the many options can be challenging which is why we work to increase access and help people make informed decisions. Through a range of initiatives we support individuals, their families and communities to find what they need.

The WayAhead Directory, our online fact sheets, our Mental Health Support Line, and Anxiety Disorders Support Line continue to provide individuals, communities, and organisations with access to free, publicly accessible, comprehensive information on mental health and community services throughout NSW.

What we did this year:

- We held two public events to raise awareness of anxiety disorders in primary school-aged children.
- We created a series of films with Professor Ron Rapee of Macquarie University's Centre for Emotional Health, as well as a parent, teacher and young person with lived experience, to answer frequently asked questions about childhood anxiety.
- We spoke to 651 teachers and parents of primary school-aged children through 67 Small Steps seminars, with half held outside the Sydney metro area, to better prepare adults to support children who might be struggling with problematic anxiety. We also hired two casual presenters to respond to the demand for the program.
- At year's end, we had 32 anxiety and OCD support groups around NSW with 1932 attendances, supported by 59 volunteer facilitators who provided 1226 donated hours.
- We started three new support groups with partners to reach vulnerable populations: the Nagel Centre in Campbelltown, The Haymarket Foundation and Ozanam Learning Centre, both in Woolloomooloo.
- We had 21,796 downloads of factsheets about a range of mental health topics in English, 2304 in Chinese and 1208 in Bengali.
- We had 335,860 page views by 90,000 users of more than 6,400 support services on our online directory, which is continuously checked for accuracy by a team of staff and volunteers.
- We distributed 38,000 wallet cards with contact information and phone numbers for support services.



"A great opportunity for people to talk with others with similar challenges and share techniques for coping"

Support Group attendee



We recognise the importance of good mental health and wellbeing in our communities



Many of us take our mental health and wellbeing for granted, only seeking support or information in times of distress. Sometimes, we might not always work proactively to protect our good mental health.

At WayAhead, we work to make sure that mental health and wellbeing become a part of everyday conversations and actions, through various health campaigns and programs, such as Mental Health Month, PNDA Awareness Week and WayAhead Workplaces, in order to promote positive wellbeing practices, help seeking and stigma reduction.

Each year, we engage directly with members of the public through our online and printed campaigns and indirectly through supporting community organisations to run activities in their local area to encourage conversations about mental health.

What we did this year:

- Our WayAhead Workplaces Network increased paid membership by 13% at year's end with members across four states.
- 93 people from 55 different organisations attended the WayAhead Workplaces Annual Members Forum
- We distributed more than 50,000 resources, showcasing new artwork sharing tips on how to "Share the Journey" in the lead up to Mental Health Month.
- We distributed \$35,000 to 47 organisations to hold Mental Health Month events around NSW reaching approximately 14,650 people.
- We launched Mental Health Month by celebrating our eight Mental Health Matters Awards winners with a public event, which had 170 people in attendance. The Awards recognise the efforts of individuals and organisations working towards better wellbeing outcomes for their communities.
- We were one of a select number of organisations to be featured at the NSW Mental Health Commission's Parliamentary Showcase as part of Mental Health Month.

Mental Health Matters Award Winners

NSW Mental Health Commissioner's Community Champion Award

Minh Tam Nguyen

Aboriginal Social and Emotional Wellbeing Award

Red Dust Healing

Excellence in Service or Program Delivery Award (Joint Winner)

Connect for Kids
Royal Far West and Murrumbidgee PHN

Excellence in Service or Program Delivery Award (Joint Winner)

Bright Minds:
Connected Communities
CALM

Mental Health Promotion and Wellbeing Award

Solace Place at Iluka reserve
Port Stephens
Suicide Prevention Network

Lived Experience Participation and Leadership Award

Mental Health Recovery Program
Wagga Wagga Mental Health Recovery Unit

Media Award

SBS Punjabi Program

Mental Health Promotion Workplace Award

RAW Mind Coach

Nearly **90%** of WayAhead Workplaces Members surveyed, say they are **more confident** in applying changes to their work environment that support good **mental health & wellbeing** for all employees or passing on information to those that can

We work collaboratively to improve the lives of those experiencing mental health problems

"The sharing is very important to my recovery"

Support Group attendee

Some individuals and groups in our community lack access to advocacy or networks that may be able to provide support. At WayAhead, we work closely with a number of partner organisations and groups in the sector to address mental health challenges. We also connect with universities, community groups, service providers, government bodies and several advisory and reference groups.

What we did this year:

- We worked with the University of Queensland, School of Public Health team, which specialises in reviewing health promotion programs, to redesign our WayAhead Workplaces evaluation processes.
- We supported the Happy Hens, a women's community group, to hold a public festival about mental health and wellbeing on the grounds of the old Gladesville Hospital.
- We worked with Mental Health Carers NSW and Ryde City Council to hold an event in North Ryde to launch and trial a Vietnamese Mental Health Support group.
- We have continued to provide secretariat support for the growing Australian Coalition to End Loneliness in order to respond to this significant public health concern.
- We provided submissions to the Productivity Commission's inquiry into the social and economic benefits of improving mental health.
- We submitted an official response to NSW Health on the increased fees charged to involuntary patients in psychiatric hospitals.
- We formed an agreement with the Department of Premier and Cabinet to support their process for consultations regarding restrictive practices authorisation in NSW.
- We joined the Sydney Alliance campaign to lobby for affordable housing in the Waverley and Woollahra Council areas.

- We sponsored a MAD Pride concert which saw 9 artists perform to 70 people at the TheMHS conference in Adelaide.
- We published a public statement online on World Mental Health Day to draw attention to mental health in regional areas and rural suicide prevention, as well as a response to the National Apology to Victims and Survivors of Institutional Child Sexual Abuse.
- We continue to co-host and facilitate the NSW Workplace Mental Health Network group with Beyond Blue, made up of 13 key stakeholders, resulting in improved communication and partnership working in the sector.
- We continued our longstanding work operating and administering the Official Visitor's answer service, a NSW Health initiative, for those held in a mental health facility under the NSW Mental Health Act (2007).
- We worked with the NSW Department of Education on an initiative where almost 1500 Year 9 and 10 public high school students converged on Sydney Olympic Park for a mental health promotion challenge, beating the current Guinness World Record set in the UK by 651 students.



Workplace Wellbeing

It is important for us to model what positive workplace wellbeing looks like, and to continue to work to improve staff productivity, engagement and morale. We have organised a range of workplace wellbeing activities that staff participated in through their daily half-hour wellbeing allowance, along with other wellbeing initiatives.



- We held 5 financial wellbeing sessions with Ryan Porter, a professional financial advisor, who donated his time to us for free, including a 30 minute personal consultation for those who attended multiple sessions.
- We encouraged attendance at weekly activities, including the walking group, yoga class and Zumba class run by the Heart Foundation.
- We provided flu shots to staff, students and volunteers who wanted one.
- We hosted board games groups, monthly quizzes as well as knitting and crochet groups.
- We held an end of year celebration in the office with Secret Santa gift giving and a donation to Lou's Place.
- We celebrated Australia Day and Waitangi (NZ) Day for all staff, volunteers and students with cultural quizzes to teach each other about our different cultures.

Partnerships

We value the relationships we have with our partner organisations and appreciate that we achieve our objectives with their ongoing support.

We have formal partnerships in place with:

- ACON
- The Black Dog Institute
- Family and Community Services – Youth
- LGBTI National Health Alliance
- MAD Music
- MAD Pride
- Mental Health Carers NSW
- Mental Health Commission of NSW
- MIEACT
- Mindout LGBTI
- NSW Ministry of Health
- Official Visitor Service
- SANE Australia
- Transcultural Mental Health Centre
- WEAVE Youth and Community Services

We belong to the networks and Professional Associations below that also support us in our work:

- Australian Health Promotion Association
- Australian Coalition to End Loneliness
- Mental Health Australia
- Mental Health Coordinating Council
- Mindframe
- NCOSS
- Our Community
- Suicide Prevention Australia
- The Centre for Volunteering



Staff Members

Including Collective Purpose (CP)

Chief Executive Officer
Elizabeth Priestley

Senior Manager
Marge Jackson

Program Assistant - Understanding Anxiety
Ali Vinall (until Dec 18)

Project Assistant - Mental Health Information
Kanika Mathur (until May 2019)

Mental Health Promotion Officer
Asha Zappa

Graphic Designer
Leanne Kelly

CP Hub Coordinator
Ashleigh Morton

CP Hub Assistant
Luke McGrath

Corporate Affairs Manager
Benjamin Graham

Workplaces Program Assistant
Lynley Hurst

Event Management
Caryn Shipp

CP Admin and Promotions Assistant
Lynley Hurst (until April 2019)

CP HR Manager
Cecilia Rais (until April 2019)

CP General Manager
Matthew Stanley

CP HR Administrator
Cyril O'Connor

CP HR Assistant
Maureen O'Keefe (until April 2019)

Project Officer - WayAhead Directory and Information Services
Jamie Saltoon (until May 2019)

Understanding Anxiety Programs Assistant
Melanie Adams

Small Steps and Anxiety Educator
Julie Leitch

Small Steps Facilitator - Regional NSW
Merrick Powell

CP Account Assistant
Michael Cobby (until April 2019)

Anxiety Support Group Program Lead
Rachel Flint

Project Assistant - Mental Health Information
Sanju Gangolli

Workplace Health Lead
Sharon Leadbetter

CP Accountant
Supun Rangana

CP Bookkeeper
Suzanne Weber (until April 2019)

CP Administration Officer
Tasmin Hill

Writer
Tasnim Hossain

Membership and Information Officer
Terri Marsh

Small Steps Facilitator - Regional NSW
Dominique Sherley

Board Members

President Attendance at meetings
Dr Meg Smith OAM 6/9

Chairperson
Mr Gary Moore (until Nov 18) 3/3

Treasurer
Mr Don Murray 9/9

Chairperson
Ms Sharyn McGee 9/9

General Members Attendance at meetings
Mr David Harper 8/9

Mr Frank Flannery 9/9

Ms Jill Faddy OAM (until Nov 18) 3/3

A/Prof. Viviana Wuthrich 8/9

Pam Barker 5/6

Linda Hurst 5/6

Stephen Bourne 6/6

Volunteers

Anxiety Support Groups Volunteers

Simone Anciller
Jess Baker
Akanksha Bhatia
Tara-Jean Brady
Colin Bull
Bani Chami
Jessica Coe
Marisa Copperwaite
Katie Dobinson
Jill Edmondson
Georgia Evans
Saeed Fayad
Caroline Foord
Kylie Fulton

Michelle George
Vikki Gover
Rebecca Graham
David Groves
Janelle Halil
Petra Harris
Emma Hartcliff
Kate Hirneth
Anita Hucket
Nadiyah Karim
Thomas Kelly
Erin Kelso
Jess Keogh
Felicity Kiln

Julie Leitch
Paul Leonard
Carol Liu
Cate Lloyd
Luke McGrath
Brooke McIntyre
Eliza Morgan
Tina Muddle
Trisha Nowland
Benjamin Ong
Morgan Parsons
Deborah Peel
Cecilia Rais
Maree Richards

Kate Ridgway
Trish Sara
John Shipway
Shelly Southam
Celine St George
Alexandra Stanford
Suzi Talevska
Brianna Toohey
Gwynne Travers-Barnes
Andy Tyler
Olga Underwood
James Vee
Nicole Warnaar
John Young

Volunteers

Kanika Mathur
Michela Folli
Tina Pirola
Ella Peihopa Jackson
Emma Duncan
Voula Sofiou
Luke McGrath
Dylan Brown
Tasmin Hill

Students

Stephanie Vianello
Rebecca Allen
Amy Green
Minh Thu Nguyen (Abby)
Adepeju Onamusi (PJ)
Ogechukwu Maduka (Blessing)

Anxiety Disorders Advisory Committee

Frank Flannery - Chair
Prof. Ron Rapee
Jenny Learmont
Dr Meg Smith OAM
Peter Bradfield
Lisa Lampe
Dr Rocco Crinco
Anne Wignall



Financial Reports

MENTAL HEALTH ASSOCIATION NSW LIMITED
A.B.N. 11 326 005 224

STATEMENT OF FINANCIAL POSITION AS AT 30TH JUNE 2019

	\$ 2019	\$ 2018
Current assets		
Cash assets	869,779	843,346
Receivables	70,009	103,424
Inventories	1,413	1,413
Other	67,443	52,402
Total current assets	1,008,644	1,000,585
Non-current assets		
Property, plant and equipment	142,181	511,497
Total non-current assets	142,181	511,497
Total assets	1,150,825	1,512,082
Current liabilities		
Payables	581,006	332,499
Provisions	62,481	90,052
Total current liabilities	643,487	422,551
Non-current liabilities		
Provisions	88,841	100,593
Total non-current liabilities	88,841	100,593
Total liabilities	732,328	523,144
Net assets	418,497	988,938
Members Funds		
Retained funds	418,497	961,167
Collective Purpose reserve	-	27,771
Total Members Funds	418,497	988,938

The Statement of Financial Position, Profit or Loss and Other Comprehensive Income should be read in conjunction with the notes to the financial statements. Full set of audited financial reports with the notes can be accessed from wayahead.org.au

STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2019

	\$ 2019	\$ 2018
Revenue from ordinary activities	2,990,896	2,757,564
Expenses from ordinary activities:		
Depreciation and amortisation	(136,990)	(144,664)
Impairment expense	(239,907)	-
Provision for doubtful debts	(137,219)	-
Provision for make good	(164,000)	-
Employee expenses	(1,525,515)	(1,404,000)
Professional and consultancy fees	(70,022)	(48,891)
Occupancy expenses	(357,944)	(347,705)
Other expenses from ordinary activities	(929,740)	(1,105,784)
Surplus / (deficit) from ordinary activities before income tax expense	(570,441)	(203,444)
Income tax revenue / (expense) relating to ordinary activities	-	-
Surplus / (deficit) from ordinary activities after related income tax expense	(570,441)	(203,444)
Other comprehensive income	-	-
Total comprehensive income attributable to the members of the entity	(570,441)	(203,444)

Note from the Treasurer

The bulk of the deficit of \$570,441 is the result of the Collective Purpose Joint Venture dissolving. We have taken a conservative accounting approach in that we have:

- written down the Leasehold fittings to nil = \$240K
- Made a provision for Make Good of the premises = \$164K
- Made provision for non collection from ex JV partners = \$137K

This totals \$541K. Cash flow was positive, as can be seen in the cash flow report.

STATEMENT OF CASH FLOWS FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2019

	\$ 2019 Inflows (Outflows)	\$ 2018 Inflows (Outflows)
Cash flows from operating activities		
Interest received	23,040	33,125
Receipts from government grants	1,888,308	1,930,908
Membership fees	49,820	36,694
Other receipts	1,103,989	983,460
Payments to suppliers and employees	(3,031,143)	(3,054,759)
Net cash provided by / (used in) operating activities	34,014	(70,569)
Cash flow from investing activities		
Payments for property, plant and equipment	(7,581)	(49,982)
Proceeds from the sale of property, plant and equipment	-	-
Net cash provided by / (used in) investing activities	(7,581)	(49,982)
Net increase / (decrease) in cash held	26,433	(120,551)
Cash at the beginning of the financial year	843,346	963,897
Cash at the end of the financial year	869,779	843,346



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wayahead.org.au

We acknowledge the Gadigal people of the Eora Nation as the traditional custodians of the land on which WayAhead is based and works and we pay our respects to the Elders both past and present.

