



2018 – 2019 ANNUAL HIGHLIGHTS

Making a real difference in complex mental health

SANE AUSTRALIA


**Anne Deveson
Research Centre**
A SANE Australia initiative


The Dax Centre

A MESSAGE FROM THE CHAIR AND CEO

The past year has been one of solid growth for SANE Australia as we honed our vision to *an Australia where everyone affected by complex mental health issues lives a long and fulfilling life, free from stigma and discrimination.*

We reached more people than ever before as we extended our service offerings, boosted our research and advocacy effort, grew our revenue by 40% and delivered a small operating surplus.

After extensive discussion with our lived experience community, we refined our mission to *making a real difference in the lives of people affected by complex mental health issues.*

We landed on *complex mental health issues* because the illness label did not sit comfortably with many of the people we serve and we didn't want it to be a barrier to helping more people in the future.

We undertook new research for the National Mental Health Commission to drive better support for people living with personality disorders – one of the most stigmatised and poorly supported complex mental health conditions, affecting as many as 500,000 Australians.

We commenced development on the suicide prevention pilot 'Better Off With You', which seeks to break new ground by taking a peer-to-peer approach with people who feel the world would be better off without them and therefore don't reach out for help.

We strengthened our team at The Dax Centre, grew visitor numbers by 50% and brokered new philanthropic partnerships.

The Anne Deveson Research Centre commenced work on the National Stigma Report Card, thanks to the generous backing of the Paul Ramsay Foundation. This project will build a research base from which to launch an extensive advocacy

program to reduce stigma and discrimination nationally.

We invited candidates in the 2019 Federal Election to take the #StigmaPledge and commit to not using language that stigmatises people affected by mental health issues.

We are only as good as the people around us. Thankfully, the SANE group has held people with lived experience at the heart of the organisation from the founding days of the Schizophrenia Australia Foundation and The Dax Centre to the recent launch of the Anne Deveson Research Centre. Through the Peer Ambassador program, along with our Board Directors and supporters, lived experience remains our golden thread.



John

“Being a Peer Ambassador gives me purpose. I facilitate conversations where others can open up and start their own journey on the road to recovery.”

We partnered with the National Mental Health Commission, Suicide Prevention Australia, Everymind and the Mental Health Leaders Group involving CEOs from Beyond Blue, Black Dog Institute, headspace, Orygen, Lifeline, ReachOut Australia and Mind Australia.

Our growth was enabled by strong support from many of Australia's leading foundations along with a growing number of very generous individual donors.

Our pro-bono partnership with King & Wood Mallesons has continued to be a critical enabler delivering enormous benefit across the organisation, while our new partnership with oOh!media has great potential to extend our services and advocacy.

Growing well has had its challenges. Mindful of this, we have expanded our leadership group and are putting in place processes and systems for sustainable future growth.

Looking to the year ahead, we will craft a new strategic plan.

We will mobilise around the findings of the Productivity Commission Inquiry into Mental Health, the Royal Commission into Victoria's Mental Health System, the National 'Towards Zero Suicide Prevention Strategy' and the Aged Care Royal Commission to advocate and secure new funding for improved policies and programs that make a real difference in the lives of people affected by complex mental health issues.

We thank everyone who is on this special journey with us – our Board, our staff, our Peer Ambassadors and our funding partners, from government to our individual donors.

Thank you so much!



Jack Heath
CEO

Margaret O'Donnell AO
Chair



SUPPORT

An integrated online and telephone support service providing free counselling and referrals by mental health professionals specialised in complex mental health issues, together with online peer support and resources.



Josh

“SANE has provided me with mentoring, not just in my advocacy journey, but in everyday life.”

RESEARCH

Through the Anne Deveson Research Centre, SANE advances knowledge to drive better health and social outcomes for Australians affected by complex mental health issues.



Sarah

“SANE recognises that carers possess invaluable and detailed knowledge about their loved one including their needs, preferences, strengths and interests.”

ADVOCACY

A multi-level cross sectoral approach to reducing stigma and discrimination and ensuring that people get the support and connection they need to live long and fulfilling lives.

FY18/19 IMPACT HIGHLIGHTS

SANE Assist

Transforming the SANE Help Centre to enhance and expand SANE’s capacity to provide specialised, professional support, with focus on increasing access in rural and regional communities.

- 15,056 contacts to the SANE Help Centre, representing an increase of 7.5% compared to the previous financial year.
- Clinical governance and infrastructure review undertaken to support development of a new pilot intervention in 2020.
- Professional development for counsellor workforce, co-designed with SANE Peer Ambassadors.
- 17 young adult Peer Ambassadors recruited to support service model innovation.

Understanding how best to respond to the needs of Australians living with personality disorder

Research commissioned by the National Mental Health Commission included:

- A mixed-methods study exploring responses to people living with personality disorder from the perspectives of nearly 150 healthcare professionals.
- Consultation with Primary Health Networks to understand appropriate models of care for Australians living with personality disorder.

SANE Peer Ambassadors

SANE is committed to working in authentic partnership with people with lived experience and carers to inform our programs, service development, research, and advocacy. Peer Ambassadors are trained to share their stories as a way to promote understanding of complex mental health issues.

- 90 SANE Peer Ambassadors registered across Australia
- 117 Peer Ambassador public engagements nationally.

SANE Forums

A safe, anonymous online discussion, moderated 24/7 by mental health professionals that brings together the lived experience of individuals, families and carers. This online peer support community cultivates connection, belonging and hope.

- The community grew by 37% from 11,567 registered members in the previous year to 15,893.
- The number of unique visitors increased by 204%, compared to the previous year, with an average of 54,990 per month.
- 136,109 posts, of which an estimated 95% were generated by registered members.

Shared decision-making in schizophrenia

A mixed-methods study of 195 people explored shared decision-making among carers and people with lived experience of schizophrenia spectrum disorders.

- The study found that only half of people living with schizophrenia spectrum disorders were satisfied with their level of involvement in treatment decisions.
- Higher levels of involvement in treatment decisions were associated with experiences of higher personal wellbeing.

Media Centre & StigmaWatch

Promoting responsible reporting of mental health issues and suicide in the Australian media.

- 381 reports of media breaches actioned by SANE, representing an increase of 69% compared to the previous financial year.
- SANE was mentioned in 1,302 media stories reaching a combined audience of more than 16 million people.

Online Resources

Producing practical and reliable resources and content for SANE's website and online channels.

- 1.38 million unique visitors to sane.org, representing an increase of 17% compared to the previous financial year.
- Content targeted at young adults affected by complex mental health issues and young carers promoting help-seeking and early access to treatment.

Better Off With You

A Commonwealth-funded targeted suicide prevention campaign pilot, delivered in partnership with two Primary Health Networks in the regions of Mackay, Whitsunday and Isaac in Northern Queensland, and the Northern Beaches in New South Wales.

- The pilot will deploy in early 2020, featuring a digital campaign sharing the stories of six people with lived experience of suicidal thoughts and actions.
- These stories challenge the perception experienced by some people who may be contemplating suicide that they are a burden on their family, friends and others.
- Digital resources tailored for those with lived experience and for the mental health sector will also be disseminated.

Royal Commission into Victoria's Mental Health System

SANE called for accessible and appropriate care and support for all Victorians living with complex mental health issues.

- Deputy CEO, Dr Michelle Blanchard and Stigma Report Card Research Lead, Dr Chris Groot presented evidence addressing discrimination and stigma.
- SANE co-founder and Patron Dr Marg Leggatt AM presented evidence on the role of carers and effective care models.

Better Support

A research and resource development project, examining the impact of supporting someone who has attempted suicide. Conducted in partnership with the University of New England, it aims to explore the experiences of family and friends following a suicide attempt by a loved one.

- Research report disseminated to the mental health and suicide prevention sectors with recommendations regarding supports for families and friends, which have been picked up by federal and state government policymakers working in suicide prevention policy and practice.

Hocking Fellowship

Providing grant funding for people with lived experience or carers to undertake an investigative project in the field of complex mental health issues.

- Dr Katherine Gill facilitated knowledge translation workshops in three capital cities for those supporting someone with Functional Neurological Disorder and more than doubled the size of an online peer-to-peer support community.
- Tandi Kuwana researched the Zimbabwean Friendship Bench initiative and considered how this model of care could be adapted to provide effective support to people living with complex mental health issues from culturally and linguistically diverse communities in Australia.

Productivity Commission Inquiry Into Mental Health

- Advocating at the Federal level, SANE provided a written submission to the Australian Government's Productivity Commission Inquiry into Mental Health.



THE DAX CENTRE'S GROWING IMPACT

It has been an exciting time of growth at The Dax Centre. Since merging with SANE Australia in April 2018 we have a new Director and our education and creative team has evolved to become a diverse group of skilled and dynamic professionals.

Throughout this period of growth and change our mission has remained strong and clear: to advance the understanding of mental health issues and reduce stigma through art.

To achieve this mission, we are focussed on building new connections across the arts, mental health and education sectors, enabling us to expand our reach and achieve measurable impact.

As part of our new strategy, we partnered with The Vizard Foundation to develop our first exhibition of 2019, *STIGMA: dismantled, revealed*. This included our first ever residency program and new works from community based and emerging artists.

Of the experience, artist Kylie Steinhardt said: *'I loved being part of the exhibition. It really made me come out with my illness as a public thing with my friends and family I enjoyed the process of drawing for it and having a purpose. I also really liked sharing my work and being part of something that was supporting change in the mental health stigma space'*.

As we embark on our new strategy, our visitor numbers are starting to grow. In FY19 3,354 general visitors and students visited our exhibitions or participated in one of our educational programs, up 53% from the previous year.

In the coming year, we will continue our focus on developing exciting new exhibitions and programs to create change and reduce stigma. Strategic partnerships will be key and we are forming strong relationships with organisations aligned to our mission, including Arts Access Victoria and The Melbourne School of Psychological Sciences.

LAUNCH OF THE ANNE DEVESON RESEARCH CENTRE

In November 2018, SANE launched its Anne Deveson Research Centre (ADRC) to conduct research that drives better social outcomes for people affected by complex mental health issues.

At the launch, SANE Patron-in-Chief and ADRC Patron, Dame Quentin AD, CVO, commented: "The Centre is a commitment to vitally important research, path-breaking inquiry and far reaching consultation." SANE Patron Janet Meagher AM also shared: "The Centre places people with lived experience of complex mental health issues as contributors, participants, advisors and researchers who will be the core of the work, who will be valued for their inputs and insights as having a unique personal expertise."

Named in honour of SANE's co-founder Anne Deveson AO, the ADRC's long-term aims are to:

- conduct outstanding, multi-disciplinary translational research, which focuses on improving the lives of people affected by complex mental health issues.



Left to right: former CEO of The Paul Ramsay Foundation Simon Freeman, SANE CEO Jack Heath, SANE Deputy CEO & Director of The Anne Deveson Research Centre Dr Michelle Blanchard, SANE Patron-in-Chief The Hon. Dame Quentin Bryce AD, CVO, SANE Peer Ambassador and former Board Director Simon Champ, SANE Patron Janet Meagher AM, SANE Chair Margaret O'Donnell AO.

- build the capacity of early career and lived experience researchers, including through the Hocking Fellowship.
- use our insights into the lived experience of people affected by complex mental health issues to catalyse policy change resulting in better support for those that need it the most.
- bring together a truly diverse group of perspectives through convenings, to spotlight neglected areas of policy and practice and galvanise sustainable action that makes a real difference.

The ADRC's flagship initiative *Our Turn To Speak* is a comprehensive survey of Australians living with complex mental health issues about their experiences of stigma and discrimination across a range of areas. This includes domains of housing, education, employment, health services and media representations. The results will be used to develop a National Stigma Report Card and drive positive change. The ADRC has partnered with the Paul Ramsay Foundation and the Melbourne School of Psychological Sciences to undertake this flagship initiative.

paulramsay
FOUNDATION
PARTNERSHIPS FOR POTENTIAL



SANE BOARD OF DIRECTORS & EXECUTIVE



Top L-R: Rod, Ewan, Cameron, Osher, Rob, Mark
Bottom L-R: Heather, Lucy, Jack, Margaret, Suchitra

Chair
Margaret O'Donnell AO

Deputy Chair
Heather Gray

Treasurer
Ewan Barron

Chief Executive Officer
Jack Heath

Non-Executive Directors

Suchitra Chari
Dr Mark Cross
Dr Rod Farmer
Rob Gerrand
Osher Günsberg
Lucy Myer
Cameron Solnordal
(As at 31 October 2019)

Deputy Chief Executive Officer and Director, Anne Deveson Research Centre
Dr Michelle Blanchard

Company Secretary and Chief Operating Officer
Dinah Rowe-Roberts

Director, The Dax Centre
Charmaine Smith

Clinical Director
Karen Fletcher



"Creating a meaningful life can be challenging for people with complex mental health issues, but possible, with understanding, awareness, self-compassion and support."

THANK YOU TO OUR MAJOR SUPPORTERS & PARTNERS



FINANCIALS

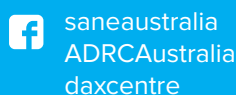
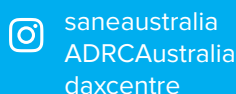
SANE GROUP	FY18/19
Revenue	\$6,441,015
Expenditure	\$(6,606,164)
Surplus/(Deficit) after income tax	\$(165,149)
<i>Non-cash items</i>	
Amortisation of right to occupy building	\$142,220
Depreciation	\$58,124
Operating result	\$35,195

SANE Australia is a public company limited by guarantee and registered tax-exempt charity with DGR (Deductible Gift Recipient) status. ABN 92 006 533 606.

The Dax Centre is a public company limited by guarantee and registered tax-exempt charity with DGR (Deductible Gift Recipient) status. ABN 76 147 566 792.

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THE DAX CENTRE

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