



Palmerston

ANNUAL REPORT 2014 / 15

Improving your wellbeing

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# Chairman's Report

**The 2014-2015 year has been highly successful for Palmerston Association. We were fortunate to retain our existing State Government contracts through a highly competitive tendering process. In addition, we were delighted to be awarded a new contract to deliver services to the South East metropolitan communities.**

**This success is the result of years of hard work, building a reputation in our brand, ensuring our staff are trained and our services are accredited. The success reflects our efforts to provide the best possible service and programs to our clients so that they feel valued and can trust our service.**

Establishing a new branch in Thornlie has been a privilege. We are already seeing the service expand as we build relationships in the community. We have also established a new service in Katanning in response to the needs in the Great Southern.

Our efforts have been supported by a new and dynamic strategic framework for 2015 – 2018. This provides a strong, clear road map to harness opportunities, growth and sustainability. We have made real progress implementing our key objectives, one of which is to strengthen the organisation's cultural response. During the year every staff member received training on culturally secure practices; the Board had similar training. Significant progress has been made on our first Reconciliation Action Plan and we continued to be supported by the wisdom of our Nyoongar Elders.

Palmerston was successfully reaccredited in December 2014 at the higher standard of good practice. There is no doubt that being accredited at this level reflects the professionalism of the staff, and their desire to offer the best service to our clients and their families.

We have also embarked on a comprehensive re-evaluation of our risk management. We are close to finalising a comprehensive strategic and operational risk framework.

The Board of Palmerston welcomes the State Government's 10 year Mental Health, Alcohol and other Drug (AOD) Services plan. The plan acknowledges the demands on services and unmet needs within

the Western Australian community. Palmerston is well positioned to work with and support the State Government to meet its ambitious agenda to deliver an increased service response.

Palmerston also acknowledges the State Government's new agency to support people with mental health and AOD issues - the Mental Health Commission. It is vital that the drug and alcohol sector remains highly visible within the new Commission and Palmerston offers its support to ensure this happens.

The role of the Federal Government is also crucial in the reduction of harms associated with AOD use. We await the Federal Government's new funding guidelines through the Department of Health and the recommendations of the Prime Minister's taskforce on methamphetamine which we anticipate will shape the Federal Government's policy framework and funding.

As Chairman of the Board, I am privileged to have the support and commitment of wonderful Board Members. I thank them for their generous time, dedication and wisdom. I welcome Louise Forster who was appointed to the Board in June and will commence her appointment in July. Louise's advocacy for consumer involvement and her experience in consumer directed care and co-production will add a further dimension to the significant qualities already embodied in the Palmerston Board.

Finally, I thank the CEO, Sheila McHale, for her continued leadership, vision for the future and energy. Sheila's creativity, drive and focus have ensured our success and her excellent performance gives the Board confidence that we will be able to meet our goals in line with our strategic framework. The Board congratulates Sheila and her management team for its success and for striving for excellence for our clients and staff.

Julie Wager, Chairman

# Board Governance

Palmerston Association is governed by nine Board Members, each of whom commits time and expertise to provide leadership to the organisation.

## Office bearers:

- Judge Julie Wager (Chairman)
- Jeremy Rigg (Vice Chairman)
- Tony Silipo (Treasurer)

## Life Members:

- Hal Jackson
- George Davies
- Maureen Hinton

## Members:

- Judy Alcock
- Annalee Stearne
- Jeremy Quan-Sing
- Alan Ferris
- Dr Carlo Bellini
- Louise Forster (from July 2015)

## BOARD MEMBERS ATTENDANCE: JULY 2014 - JUNE 2015

	Board		Governance and Risk		Finance	
	Possible	Actual	Possible	Actual	Possible	Actual
Julie Wager - President	10	8				
Jeremy Rigg - Vice President	10	7	4	4	6	6
Tony Silipo - Treasurer	10	8	4	4	6	4
Judy Alcock	10	8				
Anna Stearne	10	9				
Jeremy Quan-Sing	10	7				
Alan Ferris	10	7	2	2	6	5
Carlo Bellini	10	7				

# Our Consumers

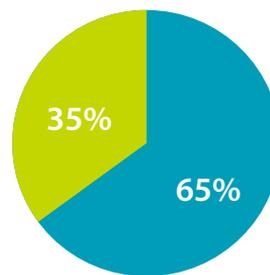
Palmerston Association supported over 5000 clients, at our residential and community services.

**Our community non-residential services have experienced an 11% increase in demand over the year, with some branches experiencing an 18% increase in demand on last year's figures.**

Our support to Aboriginal clients has remained constant over the last two financial years. Ten per cent of our total clients were Aboriginal or Torres Strait Islander people although in the Great Southern 24% were Aboriginal. Sixty five per cent of clients were male, 29% were under the age of 25 years and 26% were in the 30-39 year old age range.

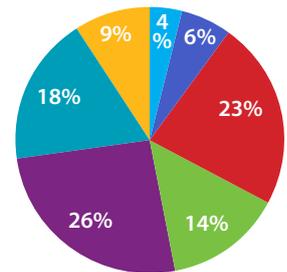
The three primary drugs of concern as reported by our clients in the metropolitan community based (non residential) services are, in order, alcohol, cannabis and amphetamine/methamphetamine. In the Great Southern, cannabis is reported as the primary drug of concern, followed by alcohol and amphetamine/methamphetamine.

Gender of Clients



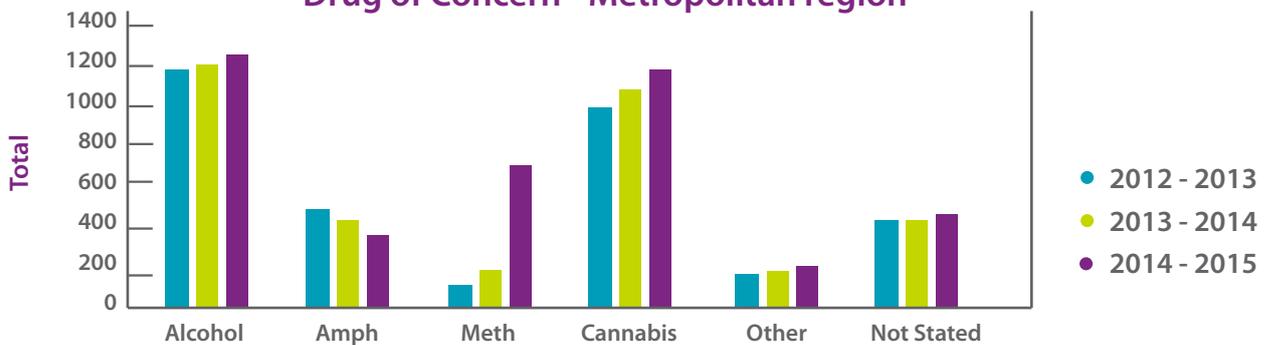
- Male
- Female

Age Range of Clients

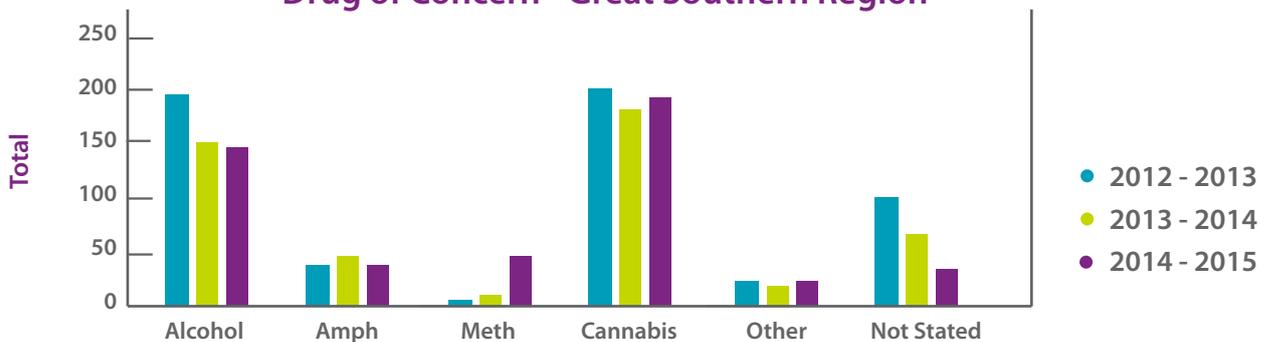


- Under 18
- 18 - 24
- 25 - 29
- 30 - 39
- 40 - 49
- 50 - 59
- Over 60

Drug of Concern - Metropolitan region



Drug of Concern - Great Southern Region



# Highlights of the Year

**Securing our new contracts with the State Government means that Palmerston can continue to grow its reputation for offering quality services and reach new communities, families and individuals. Our Great Southern contract provided the opportunity to establish a service in Katanning, a region facing significant need.**

**The innovative work on the continuing care program has progressed significantly during the year. With the roll out of SMART Recovery groups, social groups and the TelCheck initiative we offer clients who have finished a formal program ongoing support in the weeks and months following formal intervention.**

Palmerston's relationship with the Telethon Kids Institute through the Looking Forward Project has continued to strengthen our understanding of Nyoongar culture. Our elders in the Kwinana area have maintained their trust in the project and Palmerston. The year saw the organisation embark on the development of a Reconciliation Action Plan (RAP) with the assistance of Reconciliation Australia and Reconciliation Western Australia.

An important dimension of good governance is an effective and meaningful risk management strategy. This year, the Board and senior management invested significant effort in a comprehensive review of the organisation's key risks and controls. The Board now has greater confidence that the risks associated with the operations of the service are well understood and managed.

Developing our sense of organisational unity across our sites continues to be an important strategy. This year, our "Big Day Out" was a fantastic success, the best yet! Bringing all our staff, Board and volunteers together annually is a highlight of the Palmerston calendar.



*Big Day Out*

At the time of preparing the annual report, another significant event under development is an organisational wide one day workshop for Palmerston clinical staff on methamphetamine, its impact on the brain and how to respond at a clinical and systemic level.

Finally it was very pleasing to be reaccredited at the higher level of good practice by the independent auditor, the Institute of Healthy Communities of Australia under the Culturally Secure Standard. The mid cycle review was thorough and comprehensive. The outcome is a tribute to the quality of the service and the dedication of the staff.

# Community Services

**Palmerston delivers non residential community services in Perth; the South metro corridor - Fremantle, Rockingham, Mandurah; the South East metropolitan corridor - Thornlie and an office planned for Armadale; and the Great Southern region - Albany and Katanning. The following showcases just some of the highlights for each service.**

## **Metropolitan Integrated Services**

Palmerston is a strong supporter of the metropolitan AOD integrated service model and delivers integrated services from hubs at Fremantle, Rockingham, Thornlie and Mandurah. The Fremantle, Rockingham and Thornlie hubs are fully integrated with Next Step Drug and Alcohol Services and offer the full range of integrated services including home based withdrawal provided by the Drug and Alcohol Withdrawal Network (DAWN). The Mandurah hub is partially integrated offering psychological services provided by Next Step in addition to Palmerston's services.

## **South Metro Community Alcohol and Drug Service - Fremantle, Rockingham, Mandurah**

The South Metropolitan Community Alcohol and Drug Service (SMCADS) continues to be a leading integrated service provider. The service has seen continued growth with an overall increase of 12% in demand over the last 12 months and 20% over the last two years.

This year we relocated our Rockingham services into significantly larger premises in a highly visible location. This has considerably increased our community presence, with a 14% increase since we moved into the new premises and a 30% increase in demand over the last two years. Mandurah has experienced a 13% increase over two years, however, the growth over the last 12 months has been more moderate (4%). This might suggest that our current staffing levels and overcrowded premises are limiting our growth, and looking for larger premises in Mandurah is a priority. Fremantle has also experienced growth this year, with an 18% increase in client numbers.

Palmerston's involvement with the innovative South West metro partnership forum has provided the opportunity to offer targeted services in the community. The strength of this partnership is the collaboration and commitment of state and local governments and allied not for profit organisations working together at a very local level in Cockburn, Fremantle and Melville. A strong level of engagement has already been built in the first 12 months of the Partnership which has permitted new projects and partnerships to form not only within but parallel to the Partnership Forum. This is an excellent example of one of several strong partnerships that flourish in the SMCADS.

We are pleased to offer expanded evening services in the South Metro region, supported by the significant contribution of our DAO trained volunteers.



*New Rockingham reception and waiting room*

# Community Services

## **South East Metro Community Alcohol and Drug Service - Thornlie**

Palmerston is delighted to have been awarded the contract to deliver integrated services to the South East metropolitan region.

The new staff from Palmerston and Next Step have already formed a functioning, dynamic and cohesive multidisciplinary team.

Building on our reputation for strong collaboration with Next Step to deliver a full range of integrated services in the South metro corridor, we are committed to the development of a seamless service for our new clients in the South East.

One priority is developing our relationships with the communities in the South Eastern corridor. We have built new partnerships with individuals and organisations, including excellent working relationships with the Department of Corrective Services and Fiona Stanley Hospital.

It is gratifying to see an increase in the number of clients every month since commencement.



*New Thornlie office*

## **Palmerston Perth**

Palmerston Perth has continued its focus on providing accessible specialist services to the community by building capacity in specialist areas and partnerships with allied services. The service has seen considerable growth this year with an overall increase of 18% in demand.

Highlights of the year are:

- Perth's long standing family program has become a signature service for consumers and families affected by drug use. The team has improved its family support group programs and broadened the scope of reflective family therapy to include clinicians from allied services supporting mutual clients and their families.
- The Perth team's involvement with the inter-sectoral relationship building project auspiced by the Palmerston comorbidity capacity building project has forged good relationships with government and non-government mental health services, family services and training providers, Aboriginal agencies, and CALD services.
- The partnership with the START pilot mental health diversion Court, collaboration with prisons to facilitate the assessment of clients in custody for the Farm TC program and the Department of Corrective Services to provide coordinated care to clients diverted into treatment and post sentence programs have all improved referral pathways.
- The team continues to support the Farm Therapeutic Community (TC) by delivering the assessment and pre-entry process for potential residents, at both the Perth and Mandurah branches.

## Great Southern Community Alcohol and Drug Service – Albany and Katanning

This has been an exciting year for the Great Southern Community Alcohol and Drug Service (GSCADS) with significant change occurring. A restructure took place to accommodate the requirement for a new branch in Katanning. Overall demand for services remains strong with a 7% increase in client numbers recorded.

The Albany team were delighted that the Minister for Mental Health, the Hon Helen Morton, MLC officially opened the new Frederick Street premises.



*Julie, Minister Helen Morton, Sheila McHale CEO, Ben Headlam Manager*

In order to gain a greater understanding of the needs of the communities and stakeholders, Palmerston commissioned independent research on community and stakeholder perceptions in the Katanning, Albany, Denmark and Mount Barker areas. This research provides valuable insights for future service planning.

Palmerston continues to be a driving force in the Lower Great Southern AOD management group, an interagency group that holds the responsibility for the local AOD prevention plan. The Albany coordinator was appointed chair of the group, and Palmerston administers funding through Healthways to deliver the Good Sports program in Mount Barker and Denmark. Events organised through this group have seen a significant number of sporting club members receive training in responsible service of alcohol as well as harm minimisation information and education.

Without doubt the most significant milestone for the Great Southern has been the establishment of the new Katanning branch. Katanning has long been recognised as an area of high social need. As such, the new branch has quickly become a vital element of the community and contributor to social services in the region.

A key strength of the Katanning team is community and stakeholder engagement. In a very short space of time, the team has brought together interagency groups around specific issues and inaugurated several community events. Katanning's first International Women's Day was hosted by the Palmerston team attended by over 200 people.

Katanning has one of the most culturally diverse populations in WA. Providing a culturally relevant service to migrants from over 50 separate language groups globally has been a challenge. The Katanning team has approached this in a dynamic fashion and has drawn together agencies and stakeholders to develop and improve an interagency response to culturally and linguistically diverse issues. This group now provides ongoing capacity building and community planning activities.

# Residential Services

The Farm Therapeutic Community (TC) has had a busy year refining our service and the program to meet the changing needs of individuals and their families. The community has maintained an exceptionally high occupancy rate. During the year, 155 residents participated in the TC program, 64% of whom were male. Alcohol was the main drug of concern for 50% of the residents, followed very closely by amphetamine/methamphetamine (42%). The ages of our residents ranged from 20 years to 59 years with the biggest number of residents in the 30-34 year age range (24%). Eleven per cent of our resident population were under the age of 25. Fourteen per cent of our residents identified as Aboriginal or Torres Strait Islander people.

**Palmerston Farm TC supports families to visit residents. During the year, a children's playground was constructed through the generosity of one of our donors, Allens Linklaters.**

All residents participate in the work program and a number of our residents were involved in the design and construction of the playground. The impact of the play area has been a wonderful and important addition to our program, providing a child appropriate space for reconnecting children and parents and for some, re-establishing their relationship.

As one resident put it:

*"...the joy I see when my son is enjoying himself reminds me of one of the reasons why recovery is so important to me. Without this, I would not be able to spend such quality time with him".*

And another resident:

*"The play equipment is fantastic. My 4 year old son has autism and if the play equipment wasn't here, I don't know how I would cope with him visiting. It enables us to enjoy ourselves with a lot less stress."*



Children's playground

Working with residents with mental health issues as well as AOD issues has been made easier because of the strong partnership with local services such as the Kwinana GP and the Peel and Rockingham Group mental health services.

The Farm TC is working towards developing a more culturally secure program for people from Aboriginal backgrounds and recent developments include a bush healing trail, with the planting of native trees and shrubs. We continue to include Aboriginal art in our program and support our Aboriginal residents to participate in our weekly yarnning circle that includes song, music and poetry. We are grateful for the support of Nyoongar elders from Kwinana.

## Transitional Housing and Support Program

Palmerston offers residents access to three houses in the general community following their program at the Farm TC. These beautifully furnished homes offer residents who are at risk of homelessness a safe, short term independent living option, with support from Farm TC staff. Clients are assisted with independent living skills, integration back into the community and support to identify suitable long term housing.

The transitional housing program continued to be well utilised by residents exiting the Farm TC with an occupancy rate of 80% this year.

# Specialist Services

## Young consumers

With over 29% of our clients under the age of 25, the needs of young people require a different approach. Our dedicated youth counsellors provide counselling services and also liaise with local Juvenile Justice Teams, community youth services and local schools to ensure the established service networks and clinical pathways for young people are maintained.

During the year, the Fremantle youth counsellor ran workshops for adolescent students at Challenger TAFE and Port School in Hamilton Hill. These workshops focused on the health impacts of alcohol and other drugs and the ways in which young people might support friends in trouble.

The youth workers across the South metro connected and collaborated with numerous other youth organisations to offer AOD education sessions. Examples of this include:

- The Fremantle youth worker collaborated with Cockburn Youth Centre to deliver workshops on minimising the effect of drugs and alcohol on the body and encouraging ways to create healthier bodies.
- At Rockingham, students at SMYL Community College were supported with counselling and educational activities.
- Through the partnership with Rockingham headspace, the Rockingham youth counsellor co-located one day a week to support their youth activities.
- The Mandurah Aboriginal counsellor and the youth counsellor presented at the Heath Black conference attended by 1000 year 11 students from nine local secondary schools.

The Fremantle youth counsellor worked with Fast Track, a program for at risk students run through North Lake Senior High School. Students created short films in which they told their stories. The program encouraged students to explore how their lives might change and their hopes for the future. Several local film and media industry people worked with the students to support their film and storytelling skills.

The South metro teams were very active looking for opportunities to engage with young people. Several examples of this were stalls at the “Music to Open Your Mind”, a mental health week event aimed at raising awareness of services and the Fremantle National Youth Week skate park event.

During the year, 38 young Aboriginal female students at Warnbro Senior High School engaged in a yarning group with the Rockingham Aboriginal worker and this created a culturally secure space to deliver education and advice on alcohol and other drugs to these young students.

In the Great Southern, the youth counsellor has been energetically supporting our young clients in very creative ways.

During the year, the Albany youth counsellor and the Aboriginal counsellor along with staff from the David Wirrpanda Foundation held a cultural camp to strengthen relationships between Noongar young people and their fathers or close role models. The camp, held over three days, included recreational activities like fishing, kayaking, swimming and tennis. The evenings were spent yarning around the campfire, telling stories to inspire young people. The camp also allowed young people to connect with workers and drug and alcohol education was provided in a culturally secure way through story telling. The most valuable outcome of the camp came about through having time to develop trusting relationships. This resulted in open and frank discussions about drugs and mental health as well as the hopes and dreams of the young people.



*Culture Camp activities*

# Specialist Services

## Families

Taking a family based approach may significantly increase the chance of people staying engaged and reducing their drug/alcohol use problems. Palmerston offers a family program that supports family members to deal with the stress and strain of having a loved one with an AOD problem and help the family play a role in the recovery process. The following describes some of the activities during the year.

- A new family support program “Stepping Forward” was delivered by the Fremantle family counsellors which provided information and support for parents or significant others, over a three week period.
- A joint program with the Alma Street dual diagnosis nurse for families involved with both services was provided.
- A collective wisdom family support group and a Be SMART family support group were provided in the period at the Perth branch.
- Reflective family therapy was further developed at Perth and broadened to include participation of clinicians from allied services such as DAWN and mental health services.
- A service level agreement with DAWN includes the co-location of a nurse at the Perth Branch. The partnership has expanded into providing service to families. Joint home visits have occurred to enable families into supported service sooner.

The Yarning and Parenting program, a signature family service of the Great Southern for many years has evolved over the last 12 months. A review conducted in 2014 led to reshaping our approach to vulnerable parents. No longer running playgroups out of Katanning and Mount Barker, Palmerston's clinical resources are divided between the Katanning and Albany branches. Young mothers attending groups operating in Tambellup and Gnowangerup are supported by our AOD specialist staff, either through informal education and advice sessions or more formal specialist counselling and support.

## People with mental health and drug concerns

Palmerston is committed to supporting people with co-occurring mental health and AOD concerns. This is evidenced by strong partnerships developed with allied services:

- A new partnership and a service level agreement has been formalised with the WA Department of the Attorney General START Mental Health Court, a pilot program aiming to provide a more effective service to clients with mental health concerns.
- A new partnership has been formalised with The Salvation Army – The Beacon (crisis and transitional accommodation service for up to 102 homeless men) leading to the co-location of a staff member offering a brief intervention group as well as one on one counselling for clients with co-occurring issues.
- The strong partnership with City Mental Health has continued. Palmerston Perth has committed to support AVRO house in Subiaco. The manager of this service also attends Palmerston Perth's family reflective team and we are working to incorporate joint family work into this partnership.
- The successful partnership continues with Sir Charles Gairdner Hospital mental health ward.
- The South metro service and the Farm TC has a longstanding MOU with Fremantle and PaRK Mental Health Services. This supports a very good working relationship with Mental Health Services and an effective service for dual diagnosis clients.
- The Partners in Recovery program has been in operation throughout the year in both Albany and Katanning.

The Great Southern co-occurring capacity building project has provided extensive training to the team as well as stakeholder and partner agencies to improve the service response for clients with both mental health and AOD issues.

Participation in Palmerston's PODCaB mental health capacity building project has further enhanced the service's dual diagnosis capability. The provision of staff training and annual review of dual diagnosis capability have been particularly effective outcomes of this project.

### **Continuing Care program**

In 2013 Palmerston Association secured funding from the State Attorney General's Department to develop and pilot a community based continuing care program. This program was designed to provide services to consumers who have recently completed a formal drug and alcohol treatment program, such as counselling or rehabilitation, and who are still in need of ongoing support. The Continuing Care Program was designed and implemented across the metropolitan and Great Southern branches between January 2014 and June 2015.

After an initial research phase it was decided that, in the interests of providing a multi-faceted and holistic program Palmerston would focus on developing three distinct services:

- **The provision of SMART Recovery groups at all branches.** Twenty five staff were trained to run SMART Recovery groups at all of the metropolitan branches with plans for a SMART group to commence at Albany and Katanning well advanced.
- **The development of a consumer driven social networking group.** Palmerston hosted a series of events (barbeques, picnics, bike rides) that supported consumers to meet in a drug and alcohol free environment and establish common interests. These groups were subsequently launched online through Meetup.com.

- **The development and pilot of a telephone based wellness check program.** Palmerston worked with consumer focus groups to develop a 12 week structured follow up support program. The program involves staff conducting a 15 minute structured phone call with the consumer every week for 12 weeks with the option of a monthly phone call for three months after the initial 12 week period. The six month pilot was launched in June 2015.

### **Needle and Syringe Programs**

Needle and Syringe programs are a proven strategy to reduce the harms associated with injecting drug use. Palmerston has well established programs at Albany and Mandurah.

At Mandurah the exchange program (NSEP) distributed 323,535 pieces of equipment. On average 329 consumers per month access this service.

# Support to Aboriginal consumers, their families and communities

**Improving our culturally secure practices and services is an explicit objective in Palmerston's Strategic Framework 2015 – 18. The Board and management acknowledge that building relationships and trust with Aboriginal clients, families, elders and communities lies at the core of how we approach our commitment to improving services. Thus, acknowledging the importance of elders and their knowledge and building relationships with them has been our priority as evidenced by the progress made in Katanning and the Looking Forward Project. Providing cultural awareness training, developing a Reconciliation Action Plan and improving relationships with Aboriginal services have been some of the highlights of the year.**

## **Cultural Awareness Training**

As a clear demonstration of our commitment, every metropolitan Palmerston staff member received training in cultural understanding delivered by Mr Danny Ford, Kambarang Services. The Board also received training.

In the Great Southern, culturally secure training based on the WA Drug and Alcohol Office Strong Spirit Strong Mind model was provided to all staff. Dr Tracy Westerman was also engaged to provide training to the team and stakeholder agencies in her highly acclaimed mental health assessment of Aboriginal clients.

## **Development of the Reconciliation Action Plan**

The second major development during the year has been the development of a reconciliation action plan (RAP). With the support of Reconciliation WA, an initial workshop was held to explore what we are currently doing and what we can do to improve our responsiveness to Aboriginal staff, clients and their families. This was followed by a workshop facilitated by Reconciliation Australia and attended by our management team, staff and stakeholders such as the Aboriginal Alcohol and Drug Service and DAO. The Kwinana elders also attended and spoke about their involvement with Palmerston. A draft RAP is under development and it is anticipated this will be finalised later in the year.

## **Improving relationships at a branch level**

Aboriginal workers at each branch provide culturally appropriate advice to staff and support for sensitive issues arising through our work. In the metropolitan CADS, attendance at the local Magistrates' Court provides a culturally sensitive court diversion service for Aboriginal people. Additionally, Federal Government funded Aboriginal workers in the Great Southern and Peel regions enhance Palmerston's capacity to serve the Aboriginal community.

Our new Thornlie Aboriginal diversion officer has made a significant contribution to relationship building with the Aboriginal community. Through the Looking Forward Project and participating in local initiatives, trust and mutual respect is being nurtured. At Thornlie we have also recently created an innovative position of Aboriginal Liaison Officer for the South East metro area. The primary role of this position will be the further growth of relationships with Aboriginal people and the promotion of their interests in the area of AOD and general wellbeing.

Culturally competent connections with Aboriginal people have been absolutely vital to the new Katanning team. In each of the small towns surrounding Katanning there is regular consultation with the Aboriginal elders and gaining the support of the elders' groups has quickly led to the establishment of treatment and support groups.

At our Perth office, the working relationship with the Aboriginal Alcohol and Drug Service (AADS) remains strong. Co-location of two AADS staff was arranged by the Perth branch to provide cultural support and referrals to the Residential service assessment process.

A highly significant event led by the new Katanning team was Katanning's first ever National Sorry Day. Over 250 people attended this event and stories were heard from members of the stolen generation and Aboriginal leaders.

A very special event was an Aboriginal family gathering in Mandurah and attended by over 80 people. The audience was treated to bush tucker including kangaroo, crocodile and emu meat, Aboriginal music and dance.

Our annual Fremantle Christmas in the Park lunch this year was a huge success. Over 100 people joined the Fremantle Aboriginal worker for a healthy lunch and a yarning opportunity.

We are grateful to the Aboriginal Health Service Moorditj Koort in Kwinana for partnering with Palmerston Association to provide a more consistent Aboriginal outreach service to Kwinana.

The Mandurah Aboriginal counsellor provided support to other Aboriginal workers in the Peel region and attended local Aboriginal networking meetings. She provided weekly outreach to Waroona and Pinjarra in collaboration with GP Down South and Nidjalla Waangan Mia Aboriginal Medical Service.

Palmerston's Great Southern Walk Tall Program continued to support the Aboriginal community this year.

# Building capacity – the PODCaB project

**Funded by the Federal Government through the Department of Health, the Palmerston, Outcare and DAWN Capacity Building (PODCaB) project has delivered a range of innovative initiatives to strengthen our capability to respond to clients with co-morbid mental health and substance use issues.**

Highlights include our peer-led SMART Recovery groups, a peer forum, the inter-sectoral capacity and relationship building initiative, and several professional development opportunities.

## **SMART and BeSMART groups**

Palmerston's SMART and BeSMART (Self Management and Recovery Training) groups are co-facilitated by a pool of trained peer workers and experienced counsellors.

The appointment of peer workers offers a new way of working and connecting with clients. The highly valuable lived experience that the peers bring to the SMART Recovery groups enriches the experience for the participants.

The groups have expanded and Palmerston now offers nine weekly SMART Recovery groups across the metropolitan area (and soon in Albany and Katanning). These peer support groups teach individuals useful self-management skills to deal with their substance use and/or mental health issues. In addition BeSMART programs in Perth and Rockingham provide peer support to carers and families and the skills to develop more effective coping strategies.

## **Peer Forum**

PODCaB's annual family forum was held in April 2015 attracting 120 participants. The forum, entitled "Power of Peer Work" showcased successful peer support programs currently available in Perth including the SMART and BeSMART Recovery groups – Palmerston Association; overdose prevention and management project – WASUA; peer support program – Mental Illness Fellowship of WA; peer led program - Narcotics Anonymous; family support program - Mental Health Matters 2.

## **Inter-sectoral Relationship Building project**

From April to November 2014 a series of team building events were held for 16 mental health and AOD city based services. Through these events, participants built personal and professional relationships with the aim of providing their clients with improved collaborative care. The evaluation showed that over time, participants were more likely to engage in higher levels of professional relationships with organisations than at the start of the project.

## **Professional Development**

Opportunities were provided for staff to attend numerous training workshops and conferences. In August 2014, staff attended the national Mental Health Services Conference (TheMHS) in Perth. Two papers were presented at the conference on the peer work project and the inter-sectoral relationship building project.

Other training opportunities provided to staff included working therapeutically with CaLD clients, Be SMART Recovery training, refresher SMART Recovery training, and family skills training.

Networking meetings during the year gave participants the opportunity to hear about SMART Recovery groups, family support programs, and current trends and emerging psychoactive substances.

# Independent Audit Report



chartered accountants  
and business advisors

## **Independent Audit Report To the Members of Palmerston Association Inc**

We have audited the accompanying financial report, being a special purpose financial report, of Palmerston Association Inc (the Association), which comprises the balance sheet as at 30 June 2015, the statement of profit or loss and other comprehensive income, statement of changes in equity and a statement of cash flows for the year ended on that date, a summary of significant accounting policies and other explanatory notes and the directors' declaration.

### *Board's responsibility for the financial report*

The Board of directors of the Association are responsible for the preparation of the financial report that gives a true and fair view and have determined that the basis of preparation described in Note 1 to the financial statements is appropriate to meet the requirements of the *Australian Charities and Not-for-profits Commission Act 2012* and is appropriate to meet the needs of the members. The directors responsibility also includes such internal controls as the directors determines is necessary to enable the preparation of a financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

### *Auditor's responsibility*

Our responsibility is to express an opinion on the financial report based on our audit. We conducted our audit in accordance with Australian Auditing Standards. Those Standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial report in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control.

An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the Board, as well as evaluating the overall presentation of the financial report.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

### *Independence*

In conducting our audit, we have complied with the independence requirements of Australian professional ethical pronouncements.

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# Independent Audit Report



## *Auditor's Opinion*

In our opinion:

- a) the financial report of Palmerston Association Inc is prepared in accordance with Division 60 of the *Australian Charities and Not-for-profits Commission Act 2012*, including:
  - i) giving a true and fair view of the Association's financial position as at 30 June 2015 and of its performance for the year ended on that date;
  - ii) complying with Australian Accounting Standards to the extent described in Note 1 of the financial statements and the *Australian Charities and Not-for-profits Commission Regulation 2013*.
- b) we have been given all information, explanation and assistance necessary for the conduct of the audit;
- c) the Association has kept financial records sufficient to enable a financial report to be prepared and audited; and
- d) the Association has kept other records as required by the Act.

## *Basis of Accounting*

Without modifying our opinion, we draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared for the purpose of fulfilling the director's financial reporting responsibilities under the *Australian Charities and Not-for-profits Commission Act 2012*. As a result, the financial report may not be suitable for another purpose.

NPAS

Nexia Perth Audit Services Pty Ltd

Amar Nathwani

Amar Nathwani  
Director

Perth 25 August 2015.

# Acknowledgments

**Palmerston Association is funded through contracts with the Federal and State Governments and various other sources of project funding and private giving as well as in kind support. Palmerston Association would like to acknowledge the following organisations for their generous and valuable contribution.**

## Major partners

### The Government of Western Australia, through

- Mental Health Commission, formerly Drug and Alcohol Office
- Lotterywest
- Health Department of WA
- WA Country Health Services, WA
- Attorney General's office

### The Australian Government, through

- Department of Health
- Department of Prime Minister and Cabinet

## Other supporters and partnerships

- Aboriginal Alcohol and Drug Service (AADS)
- Adzoo
- Allens Linklaters
- Amity Health
- Anglicare, WA
- Australian Institute of Management Western Australia (AIMWA)
- Bridging the Gap

- Dee Roche and Associates
- Drug and Alcohol Withdrawal Network (DAWN)
- headspace WA
- Hepatitis WA
- Morley Davis Architects
- Outcare
- South West Medicare Local
- Southern Aboriginal Corporation
- West Australian Council of Social Services (WACOSS)
- Western Australian Network of Alcohol and other Drug Agencies (WANADA)

We also acknowledge the many partnerships that are enshrined in MOUs or Local Service Agreements throughout the metropolitan and Great Southern regions.

## Private giving

We would also like to express our gratitude to the many individuals and organisations who generously donated to Palmerston Association and who wish to remain anonymous.



**palmerston.org.au**

We acknowledge Aboriginal people as the traditional custodians of this land upon which we walk together. We recognise that Palmerston services are located on Nyoongar country.