

LIVED EXPERIENCE AUSTRALIA

ANNUAL
REPORT

2019/2020



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MESSAGE FROM THE EXECUTIVE DIRECTOR

2020 will go down in history as an incredibly challenging year with all Australians struggling with the effects of COVID-19. This is a first for all of us, and it has impacted our lives and activities. We have had to postpone or cancel some things we had planned to do, change the way we did things for others, and even as this report comes together, one state has come to the end of a period of lockdown, while another has just gone into its first iteration of it.

Yet, it is not all doom and gloom!

2020 has brought our lived experience community together in a sense of belonging, connection, and support. Lived Experience Australia (LEA) has been innovative in our approach to this. I commend the “Our Connection” webinar series we conducted to support our community. These were recorded and can be viewed from our website. The sense of belonging was palpable with participants from all over Australia connecting.

Despite COVID-19, LEA has had a very productive year. We have seen an expansion in training, research, advice and advocacy initiatives. We are only able to continue to develop these activities with the support of our financial contributors. We thank them for their ongoing belief in and commitment to LEA and the things we do.

Our primary goal is to see consumers and carers engaged in improvements made to their care, or those they care for, from informing policy to system design, implementation, and evaluation. It is also our greatest hope that consumers and carers may also be able to advocate for themselves and others.

It is pleasing to see representational opportunities sought from LEA by government, the National Mental Health Commission, and other key stakeholders. This year we have had representatives on 27 high level committees/working groups, 5 important invitations from key stakeholders to provide input and participated in 9 workshops. LEA has rightly earned our strong reputation of providing skilled and knowledgeable consumer and carer representatives for these positions. Further, our advice and advocacy were provided in 12 submissions of importance representing people with a lived experience.

As a result of these opportunities, we have established a Representative Panel. This panel, all with lived experience, are provided with mentoring as needed either prior to or during participating in committees or working/advisory groups. On completion of their role, representatives provide a report outlining key points, significance to consumers and carers, their contribution to the meetings and strategic opportunities for LEA.

While serving our lived experience community in this representation, it also gives our Board insights into how we can better support and promote consumer and carer issues and needs.

We have some exciting highlights outlined in this Annual Report. We believe it is a first for a consumer and carer organisation to provide an annual award to clinical providers of the care received. We were extremely pleased that the Royal Australian and New Zealand College of Psychiatrists were committed and engaged with us in providing our Annual Award at their College Ceremony which we titled: Best Practice in Consumer and Carer Inclusion. We will continue to provide this annual award over the next 4 years.

We advocate tirelessly for the issues and needs of consumers and carers. I have an enthusiastic team who support me. I believe our strengths are that we have clarity of vision, are swift to action, can provide direct lived experience perspectives of both consumers and carers and keep mental health on the political agenda. We respond to changes in health and the mental health sector and achieve change in mental health policy by using the experiences of our representatives, our Board, and members of our State Advisory Forums.

This tireless work is only possible because of the dedicated people on our LEA team. I would like to acknowledge the huge amount of support from the Deputy Chair Prof Sharon Lawn, the Manager for Administration, Communications and Projects, Ms Christine Kaine, and our Executive in Mr Norm Wotherspoon and Mr Darren Jiggins. Their work and support have been amazing during this challenging year. I also want to thank other members of our Board including Judy Bentley, Helene Langley and Simone Allan, our Multicultural Officer Evan Bichara, and Clinical Advisor Dr Bill Pring for having the faith in me to drive Lived Experience Australia to where we are today.

Janne McMahon

Ms. Janne McMahon, OAM

LIVED EXPERIENCE AUSTRALIA

OUR MISSION

Engage, empower, enable choice in mental health.

OUR VISION

To promote effective consumer and carer advocacy as the driving force behind all changes in mental health services.

OUR PATRONS

Professor Allan Fels, AO

Mr John McGrath, AM

OUR PEOPLE

Executive Directors

Chair, Executive Director, Ms Janne McMahon OAM

Deputy Chair, Treasurer, Professor Sharon Lawn,

Director - South Australia

Secretary, Mr Norm Wotherspoon, Director - Queensland

Mr Darren Jiggins, Director - Tasmania

Directors

Ms Judy Bentley, Australian Capital Territory

Ms Simone Allan, New South Wales

Ms Helene Langley, Victoria

Multi-cultural Officer

Mr Evan Bichara, Victoria

Clinical Advisor

Dr Bill Pring, Psychiatrist

Manager, Administration, Communication and Projects

Ms Christine Kaine

Marketing & Communications Officer

Ms Heather Smith



OUR HISTORY

Lived Experience Australia was previously known as the Private Mental Health Consumer Carer Network (Australia) Limited, established in 2002 to promote the interests of community members who receive treatment and care from mental health services, their families and carers, with a focus on the private sector.

Since its inception, LEA has become an integral part of key policy and decision-making processes affecting many Australians, providing a strong representative voice for mental health consumers, families, and carers.

LEA facilitates the sharing of the lived experience of mental health problems, addresses common issues, and encourages people to seek help.

LEA is the recognised national organisation representing and comprised of both mental health consumers and carers and all directors and staff have a lived experience of mental ill-health or as carers of someone with mental ill-health.

Our core business is to advocate for systemic change, empowerment of consumers and carers in their own care, promoting engagement and inclusion of consumers and carers within system design, planning and evaluation and importantly, advocating for consumer choice and family and carer inclusion.

WHAT WE DO

LEA promotes effective consumer and carer participation as the driving force, advising and advocating for change in mental health services.

The activities of LEA are largely facilitated through the Chair/Executive Director, the members of the Executive, Board members and it's Advisory Forums for Queensland, New South Wales, Victoria, South Australia, Tasmania, and the Australian Capital Territory.

As a national organisation, LEA strives to provide systemic advice and advocacy on behalf of mental health consumers, families, and carers.

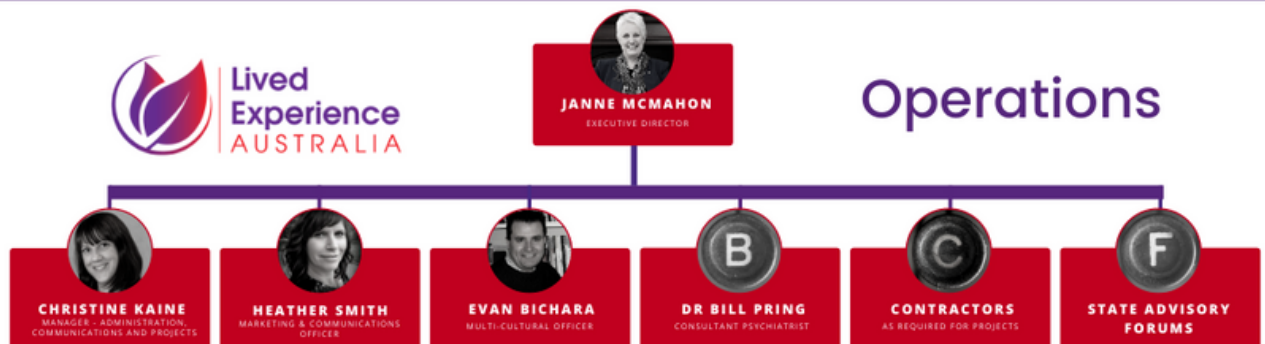
Lived Experience Australia has been invited to appear before ten Parliamentary Inquiries to offer lived experience perspectives, has made sixty-nine formal Submissions and has been invited to actively contribute and participate in many forums.

Lived Experience Australia is registered with the Australian Charities and Not-for-profits Commission (ACNC).

OUR OBJECTIVES

- Equity and access to clinical services for mental health consumers and carers;
- Responsive, accessible, and appropriate treatments for people experiencing mental illness;
- Adequate and appropriately trained health workforce
- Improve the culture for those experiencing mental illness, and promote choice;
- Improve the well-being of consumers, families and carers impacted by mental illness;
- Empower consumers and carers to utilize all means to maintain their mental health;
- Promote the value of consumer and carer engagement and influence within the community;
- Share knowledge and information to enhance recognition of rights and overcoming discrimination;
- Maximise lived experience participation in mental health policy, planning and decision making;
- Provide avenues for developing and representing unique consumer and/or carer perspectives on mental health policy, planning and decision making; and
- ***We will do all within our power to support the lived experience community.***

Lived Experience Australia Board



OUR STRATEGIC PLAN

Excel as the peak consumer and carer advocacy organisation

LEA is developing our profile as the 'one voice' organisation and increasing our recognition at the national, state, and local levels. We do this by:

- Listening to consumers and carers - determining the best advocacy we can undertake for change.
- Representing consumers, their families and carers and the Australian community with a strong, collective voice.
- Working in collaboration with organisations across the mental health system to implement changes.

Advocate for the needs of mental health consumers and carers

LEA, working with governments and stakeholders, is dedicated to identifying needs, highlighting gaps, and supporting innovation in practice, to address the ongoing needs and improve the lives of consumers, families, and carers. We do this by:

- Ensuring that factors which impact on the lives of mental health consumers, their families and carers are raised nationally.
- Advising and advocating for changes in mental health services to better address the needs of consumers, families, and carers.
- Working with Governments, the National Mental Health Commission, other Commissions, NDIS, PHNs, health insurers, private hospitals, providers, clinical colleges, community, and research organisations.

Develop and build our future

Lived Experience Australia is strengthening our organisation. We are:

- The 'one voice' representative organisation for consumers, families, and carers in mental health.
- Expanding the focus and membership of state-based forums to incorporate more consumers, families, and carers.
- Creating more opportunities for our 'Friends' to be involved.
- Seeking opportunities to develop partnerships that strengthen our work and increase our capacity to do more of it.
- Increasing capacity by recruiting key personnel, always with their own lived experience.

Expand and develop organisational partnerships & engagement

LEA is building on existing working relationships with key providers in mental health. We are:

- Expanding existing partnerships to add strength to the work undertaken.
- Engaging with new organisations to promote the interests of consumers, families and carers.

Build capacity to increase offerings

LEA is seeking additional resources to build our capacity to offer more to consumers, families, carers, peer workers and clinical staff. We will:

Add to our Training Program by:

- Offering training workshops and develop new training and education modules.
- Increasing the opportunities for state-based training.
- Continuing to offer our Annual 'Best Practice in Consumer and Carer Inclusion' Award to psychiatry trainees through the RANZCP.

Increase our Research Program by:

- Undertaking new national surveys to provide lived experience perspectives into translational research activities.
- Strengthening relationships with our university partners.
- Building our collaboration with governments and others by offering critical data to influence policy, service design, delivery, implementation, and evaluation.

OUR ADVOCACY

In our advocacy work it is key that all our Directors and Staff have lived experience themselves. This gives us a greater empathy for the needs of those we serve. We try to balance this between lived experience consumers and carers so that they receive equal representation.

Our Forums

Each Director has responsibility for the Advisory Forums within their state. They facilitate forums that provide us with up to date, grass roots consumer and carer perspectives on issues of national significance. Directors also provide feedback and input on the current activities of LEA.

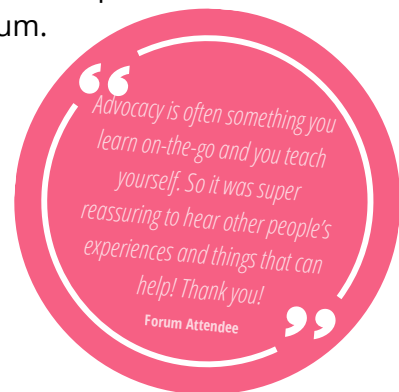
While we meet many individuals, and hear and appreciate their unique experiences, the State Advisory Forums are designed to provide systemic rather than individual advocacy.

The Forum objectives are as follows.

1. Identify issues of national significance for consumers and carers in various settings.
2. Provide feedback to State Directors on current activities and priorities.
3. Foster links with established consumer and carer groups in private hospitals.
4. Promote the interest and involvement of the State Advisory Forum.

At each Board Meeting Directors report on the forums and discuss any issues arising from them.

State Forums held this year are as follows:



| State | Dates | Location |
|-----------------|---|--|
| Queensland | 9th October 2019 10th March 2020 | Belmont Private Hospital Greenslopes Private Hospital |
| New South Wales | 21st November 2019 29th May 2020 | City Office, Mondo via Zoom |
| South Australia | 12th September 2019 20th February 2020 18th June 2020 | The Adelaide Clinic The Adelaide Clinic via Zoom |
| Tasmania | 20th September 2019 16th February 2020 | The Old Woolstore Hotel The Old Woolstore Hotel |
| Victoria | 25th October 2019 22nd June 2020 | Melbourne Clinic via Zoom |

Advocacy Representations

Over the last twelve months Lived Experience Australia has been approached by Government and other entities to fill many representational opportunities for consumers and carers. During 2019-2020 we established a **'Representative Panel'** comprising skilled and experienced consumer and carer advocates so that we have a pool of experienced people that we refer opportunities to.

Commonwealth Government Department of Health

1. National Mental Health Policy Renewal Project Steering Group
2. Reducing Stigma and Discrimination Project
3. Psychiatry Liaison Implementation Group
4. Mental Health Lead Site Evaluation Advisory Group
5. 5th National Mental Health and Suicide Prevention Plan Mental Health Expert Reference Panel
6. PHN Data Reference Group
7. Mental Health Technical Reference Group – National Mental Health and Wellbeing Survey
8. Australian Digital Health Agency, Mental Health Resource Group
9. Improved Models of Care Working Group
10. Improved Models of Care Working Group – Mental Health Sub-group
11. MBS Item Number Review Taskforce, Psychiatry Clinical Committee
12. MBP Item Number Review Taskforce, Primary Care Reference Group for Mental Health



NDIA and Department of Social Services

13. Mental health Working Group Stakeholder Reference Group
14. Disability Reform Council, Stakeholder Reference Group

Australian Commission on Safety and Quality in Health Care

15. Mental Health Committee
16. Development of the Consumer and Carer Safety and Quality Engagement Guide
17. National Safety and Quality Community Mental Health Service Standards – Advisory Group
18. Deterioration in a person's mental state

Government and Private Institutions

1. Mitchell Institute, University of Victoria – Self Care Expert Advisory Group
2. Australian Medical Association, Victoria, Response to the Royal Commission
3. RANZCP MBS Review Taskforce Working Group
4. RANZCP Alcohol Harm and Mental Health Working Group
5. SA Mental Health Commission State-Wide Peer Workforce Taskforce
6. SA Mental Health Commission – input into research re absconding
7. QLD Mental Health Commission – advice on QLD MH Consumer peak ongoing dialogue
8. Priority 6 - 5th National Mental Health and Suicide Prevention Plan reduction of stigma survey
9. Australian Psychological Society Expert Reference Group - online training modules for the mental health workforce. Focused on aged people living in Residential Aged Care Facilities.



Official Functions and Launches

1. Launch lunch - Caring Futures Institute of Flinders University
2. Australian Medical Association, Victoria President's dinner
3. RANZCP Congress, Dinner and Annual Award Ceremony
4. Royal Commission into Ageing – direct contact
5. Productivity Commission – direct contact



Workshops Conducted

1. Primary Mental Health Care- Minimum Data Set Consent Workshop 1 (DOH)
2. Primary Mental Health Care- Minimum Data Set Consent Workshop 2 (DOH)
3. Primary Health Care 10 Year Plan Roundtable (DOH)
4. PHN Focus Group - Quality Mental Health Care Framework for Lived Experience Workers
5. Suicide Prevention Australia: Turning Points: Imagine a World Without Suicide Policy Roundtable
6. Suicide Prevention Australia: Turning Points: SA Consultation
7. Australian Health Policy Collaboration - self-care policy roundtable (Australian Commission on Safety and Quality in Health Care)
8. Scoping Study Roundtable: Resources for monitoring signs of deterioration in a person's mental state (Australian Commission on Safety and Quality in Health Care)
9. Australian Digital Health Agency and Consumers Health Forum focus group toolkit for *myHealth* record



Media Releases about our Work

1. Mental Health Support - 'Targeting the right people at the right time'
2. 'Taking care of vulnerable Australians' \$64 million injection into suicide prevention and mental health packages
3. 'Lived experience voices shaping research into service design in suicide prevention'
4. Mental Health Support 'Identifying the needs of Australians'
5. Dr Ruth Vine – appointed as Deputy Chief Medical Officer for Mental Health
6. '\$48.1 million for Australians' mental health and wellbeing' National Mental Health and Wellbeing Pandemic Response Plan



Inquiry Submissions

1. Royal Commission into Aged Care Quality and Safety
2. National Safety Priorities in Mental Health
3. SA Community Mental Health Services Model of Care, Duress Alarm System at the Royal Adelaide Hospital
4. SA COVID-19 Emergency Act (2020)
5. SA Minister Health and Wellbeing Summary of Evidence for Mental Health Peer Support in Emergency Departments
6. Banking Association Consultation Paper: Use of credit cards for gambling transactions
7. Productivity Commission Inquiry into Mental Health -Response to the Draft Report
8. Suicide Prevention Taskforce
9. Supplementary Submission One Productivity Commission Inquiry into Mental Health
10. Supplementary Submission Two Productivity Commission Inquiry into Mental Health
11. SA Controlled Substances (Confidentiality and Other Matters) Amendment Bill 2020
12. SA Health Care (Governance) Amendment Bill 2020 Services Model of Care, Duress Alarm System at the Royal Adelaide Hospital



We are honoured to have represented consumers and carers at 59 formal opportunities this year.



OUR PROJECTS

Hand in hand with our Advocacy are the projects we undertake to further add to the resources and support available to people experiencing mental ill-health, their carers, and families.

Our Research

Director of Research, Professor Sharon Lawn, is highly active in this area. Due to her tireless work, we have partnered with the following universities over the last 12 months.

- LaTrobe University, Psychosocial Disability and the NDIS: Research Forum
- RMIT University, Borderline Personality as Social Phenomenon (ARC grant) Associate Investigator
- Newcastle University.
- Australian Institute of Health Innovation: Application for research funding under the MRFF COVID-19 Mental Health Impacts grant round
- Flinders University, PHD project

As part of the final project on this list, LEA identified a grant opportunity and partnered with Flinders University and BPD Co in South Australia to support a PhD Student, Ms Pauline Klein. Pauline's PhD Thesis is: 'Bringing consumer and carer lived experience expertise to inform improved service responses to distress, suicidal thoughts and actions of people with a Borderline Personality Disorder diagnosis' Pauline will investigate the data from our 2011 and 2017 Australian and International first surveys for consumers and carers affected by Borderline Personality Disorder.

A number of papers have been published from this data since that time and these can be viewed on our website of www.livedexperienceaustralia.com.au/research these include peer-reviewed articles, published papers etc.

Carer Guide

LEA has created a series of resources to support health professionals and clinicians who support carers and families through their experience of mental ill-health. These are some of the major projects we have worked on this year:

Practical Guide for Working with Carers of People with a Mental Illness

LEA in association with other key organisations, developed this guide in 2015 for clinicians and service providers working within the mental health and community managed sectors. Five Demonstrations Projects were conducted which included two from South Australia at The Adelaide Clinic, Gilberton Adelaide and the Jamie Larcombe Centre, Glenside Adelaide. The following paper was published during the last 12 months:

Lawn S, Waddell E, Cowain T, Turnbull C, McMahon J. (2020) Implementing national mental health carer partnership standards in South Australia: Australian Health Review, <https://doi.org/10.1071/AH19156> AHHA 2020 Open Access CC BY-nc-Nd

Carer Guide Online Library

Lived Experience Australia in partnership with Mental Health Carers Australia manages and maintains an online library for health professionals to support engagement with families and carers in mental health. The library includes a large collection of practical resources, fact sheets, research, online training, legislation, videos and more and is free to access. The library is currently funded until 31 March 2021 and accessed via www.workingwithfamiliesandcarers.com.au

Carer Guide Self-Assessment App and Website

Lived Experience Australia developed an App and an online portal to enable health practitioners and organisations who are using the 'Practical Guide for Working with Carers of People with a Mental Illness' to self-assess against each of the partnership standards. The reporting portal provides organisational level reports to show how an organisation is progressing against the partnership standards. We continued to maintain and update the website during the year. This can be accessed via www.carerguide.com.au

Carer Guide Implementation Project

In 2019 we embarked on a Carer Guide implementation project in partnership with [Mind Australia](#) and [HelpingMinds](#). The goal was to support the dissemination of information and resources regarding the Practical Guide for Working with Carers of People with a Mental Illness and support ongoing engagement in the Guide. This project produced several resources available on the Carer Guide Online Library including an evaluation of the Demonstration Projects conducted across Australia and a 'how to' brief manual to support implementation of the Guide.

Peer Workers

Supporting the Peer Workforce has been a major focus over the last 12 month, and will continue to be into the future.

National Qualification: Certificate IV – Mental Health Peer Work

LEA approached the Australian Government, Department of Health, to seek funding to cover course fees for 12 people to complete their training in this national qualification per year. As a requirement, each applicant must have a lived experience of mental ill-health either as a consumer or carer.

We had 92 people apply to complete the course, of which we could only sponsor 12. All 12 of those who received the sponsorship are expected to complete the course successfully. We are grateful to those who took this opportunity to develop their skills. The feedback we received upon commencement indicated that there was clearly a need for this kind of opportunity.



Peer Worker Practical Support

COVID-19 has had a significant impact on all Australians during the last six months. Peer workers play a crucial role in supporting consumers, families and carers in mental health, and the additional challenges from COVID-19 have made this a difficult task.

The following resources have been provided to support lived experience or peer workers, particularly during the COVID-19 pandemic. We know that undertaking lived experience or peer work can be very rewarding, giving a sense of achievement and real empowerment. Lived Experience Australia has been privileged to be able to continue to provide consumer or carer perspectives and provide resources specifically for the peer workforce.

LEA developed and distributed two Help and Tip Sheets for peer workers regarding working during COVID-19.

- Looking after yourself during COVID-19
- Transitioning back to the workplace after COVID-19



LEA recognises that transitioning back from the restrictions of lockdown may be problematic for some peer workers. This second resource provides tips around having open conversations and way to transition back to the workplace. It was developed with the assistance of the Mental Health Coalition of SA and their Lived Experience Workforce Program.

Both resources were distributed widely and can be viewed on our website via www.livedexperienceaustralia.com.au/peerworker

We continue to investigate more ways in which we can support peer workers.

Our Training

Lived Experience Australia has developed the following five training modules for consumer, family, and carer advocacy. LEA provides these modules on an ongoing basis with additional advocacy resources including videos, fact sheets and a webinar freely available from our website:

1. Looking after yourself
2. Briefing and De-briefing
3. Keeping the enthusiasm going
4. Self-evaluation and self-reflection
5. Advocacy and the organisation



Our Webinars

The effects of restrictions placed on people with existing mental health issues and those that support them during COVID-19 was top of mind for LEA. We know that the pandemic has raised anxiety, and many have seen a deterioration in their mental health and wellbeing. Carers also have been struggling with the additional strains that COVID has created for them.

It seemed only natural for LEA to promote and facilitate connectedness for mental health consumers and carers, especially during these uncertain times. We understand how important and essential a sense of connection with others is to our wellbeing.

We know that mental illness can bring loneliness, family disconnection, and difficulties getting through. Now things are particularly difficult as we are required to isolate from and change the way we go about many of our usual activities and contact with others.

We ran a series of six webinars on a fortnightly basis for approximately 45 minutes each. The webinars were run under the banner of **'Our Connection'** Webinar Series. These were recorded and are now on our website www.livedexperienceaustralia.com.au/ourconnection

The webinars had a total 732 people at the time of writing this report, connected directly with our mental health lived experience community through this means. Feedback demonstrates that the webinars were successful in helping people feel part of a mental health community and connected with their peers.

The webinars ran fortnightly from the 8th of April, to the 17th of June, 2020.



Feedback from Webinar 1:

"I just wanted to say how much I felt connected to everyone and it was a positive experience. I also have now got more resources for my work as a Peer Specialist."

Feedback from Webinar 2:

"I think parents of kids who have emerging or current mental health issues like depression may find things challenging, given the structure of school and socialisation face to face is so important for keeping any progress going....then COVID came along....hope kids get back to school soon so all those other benefits of being with peers starts up again."



Feedback from Webinar 3:

"Thanks to Janne, David, Heather and Sharon for sharing your knowledge, skills and understanding of life when living with mental ill health and caring for those who face challenges in life."

Feedback from Webinar 4:

"Thanks Christine, it's very encouraging to hear your support for the lived experience workforce. "

"Thank you for being open and genuine, and oh so normal. Thank you Janne, Norm and Christine. Very interesting, informing and heartening."





Feedback from Webinar 5:

"Thank you again for the brilliant topics and hearing the carers perspective"

"Keep doing what you love and with kindness x"

Feedback from Webinar 6:

"Lyn and Jennifer- thank you so very much for this webinar. It has highlighted challenges and potential solutions. Let's all celebrate the value of peer work and fight for it to be resourced, respected and used as a viable and recovery-oriented approach."



Lived Experience Australia Award

'Best Practice in Consumer and Carer Inclusion'

The annual Lived Experience Australia Award for Best Practice in Consumer and Carer Inclusion for 2020 was awarded to **Dr Sally Sinclair** (pictured below).

Sally is a Psychiatry trainee working within acute adult mental health. In her feedback after undertaking the learning modules, Sally provided this insight:

'The modules have highlighted and re-emphasised the importance of several areas in which I can change my clinical practice. A key message from the modules was the frustration individuals (consumers, carers and health professionals) experience when appropriate implementation of collaboration, communication and cooperation does not occur.'

The award is presented annually at the Royal Australian and New Zealand College of Psychiatrists award ceremony. This is the second year that LEA has provided the award to a RANZCP psychiatry trainee who completes all 5 LEA developed e-learning modules and submits the best reflective piece around Collaboration, Communication and Cooperation between Health Professionals. This year 13 trainees applied for the award.



More information about the award is available at:

<https://www.livedexperienceaustralia.com.au/resources-training-consumersandcare>

Other Projects

Borderline Personality Disorder SA Services Website

Lived Experience Australia provides a website to support consumers and carers access local support services and resources that specialise in Borderline Personality Disorder (BPD) in South Australia.

This site also provides a range of resources and links for clinicians to support them in working with people with a diagnosis of Borderline Personality Disorder. We continued to maintain and update the website during the year.

This website can be accessed via www.bpdsa.com.au

Questionnaires for Partnering with Consumers

(National Safety & Quality in Health Services Standards)

LEA has developed two Questionnaires which provide mental health services and organisations with practical questions to assist and support the assessment and engagement of consumers and carers. This provides a practical exercise and addresses some of the requirements for Standard Two: Partnering with Consumers.

1. Questions for consideration prior to partnering with consumers and carers.
2. Questions for discussion when bringing consumers, carers, and staff together as partners.

OUR FINANCES

Treasurers Report

Professor Sharon Lawn

As Treasurer, I monitor the financial aspects of Lived Experience Australia together with the Chair/Executive Director and Manager, Administration, Communications and Projects.

I would like to acknowledge and thank our financial supporters and donors, without which we could not undertake the work that we do.

We have processes in place to ensure transparency of all our financial dealings and our budget is set by the Board at the commencement of each funding cycle. Budget updates and our financial position including progress against the annual budget are discussed fully and openly at all meetings of the Board.


I wish to advise that Lived Experience Australia's progress against our budget has seen a significant underspend following COVID-19 postponements or cancellations.

This situation affected the Australian Government's financial contribution the most and we have since received approval to use the underspend to employ a Marketing & Communications Officer, and to develop a Learning Management System to assist and support our online training into the following financial year.

The audited financial statements show Lived Experience Australia operated the last financial year with probity and diligence.

We have again used the accounting firm HLB Mann Judd Audit SA Pty Ltd for our annual audit. The 2019-2020 financial year has seen Lived Experience Australia adhere to the budget and financial requirements of our major funder the Australian Government, Department of Health.

I refer you to the Auditor's Declaration in the Appendix.

 on Lawn



Our Supporters

As a not-for-profit organisation, we would not be able to undertake the work we do without contributions from our supporting partners and agencies.

It is important that we communicate how valuable this support is to us, and to acknowledge and thank those who contribute.

Below is a list of our major supporters.

Australian Government, Department of Health

We value our association with the Commonwealth, and will continue to provide input into policy, inquiries, consumer and carer engagement and gaps as we become aware of them.

We would not be able to do what we do without this funding and are grateful to have their commitment through until 30th June 2022.

Website: <https://www.health.gov.au>

The Royal Australian & New Zealand College of Psychiatrists

The RANZCP has been a financial contributor to the Network activities since July 2004. We are grateful for their commitment to supporting our work through until 30th June 2021.

As well as financially supporting LEA, the RANZCP also provides the venue for our Board Meetings at no cost, which we are extremely grateful for.

Website: <https://www.ranzcp.org/home>

Australian Psychological Society

The APS has been a financial contributor for many years. They are a strong supporter, and we are grateful for their commitment to contributing to our service until 30th June, 2020

Website: <https://www.psychology.org.au>

Australian Private Hospitals Association

We value our close working association with the APHA in bringing consumer and carer experiences and perspectives into the work undertaken by private psychiatric hospitals. Their support is invaluable, and we are grateful to have it again until 30 June, 2020

Website: <http://www.apha.org.au>

Individual Private Donors

Without ongoing financial support, LEA would be unable to continue our activities. We thank our individual donors for their financial support. It means a lot to us.

Thank
you

YOUR SUPPORT KEEPS US GOING

It is through the vital support of individuals and organisations that Lived Experience Australia can continue its work. Contributions can be offered to LEA in a few ways.

Subscribers - Be Our Friend

LEA currently has over 1700 'friends'. As our 'friend', we communicate with you directly on matters of importance for consumers and carers. We do this through our mailing list, we seek your input in surveys and research and we share our news and results with you directly. This is extremely valuable to our work as the greater our network of 'friends' the more we learn about different lived experiences. We are then able to advocate with increased data and stronger anecdotal evidence.

Joining Lived Experience Australia as a 'friend' is completely FREE and is available to consumers, carers, peer workers, clinicians, and other professionals.

Go to our website

www.livedexperienceaustralia.com.au/join-now



Sponsorship - Be A Donor

As a registered charitable organisation, our work continues due to the amazing support of donors. We receive Government funding and rely on other funding to allow us to increase the amount of advocacy, support, research and training we can do. The funding goes to creating better resources, doing more advocacy, and supporting our community.

Some individuals find that the way they can add value to our work is by making a financial contribution. If you can do this, we are always grateful for these donations. We know they often come with lived experience stories and are pleased we can learn more about our donors.

If you would like to contribute in this way, go to our website:

www.livedexperienceaustralia.com.au

Click on the 'Make a Donation' button

Partnership - Be Our Partner

Our partnerships with corporate supporters are an essential part of our work. Without organisations who see the value in supporting consumers and carers with a lived experience of mental ill-health, we would not be able to do what we do. If your organisation sees value in supporting lived experience consumers, families and carers please get in contact with us directly so that we can discuss the best ways we can do this together.

To enter into a partnership with LEA, please contact **Janne McMahon** phone on 1300 620 042 to start a conversation about what we can achieve together. Alternatively, please email: admin@livedexperienceaustralia.com.au and we'll be in contact with you as soon as we can.

CONTACT US

P O Box 542

MARDEN SA 5070

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APPENDIX I

Auditors Declaration



PRIVATE MENTAL HEALTH CONSUMER CARER NETWORK (AUSTRALIA) LTD

ABN 44 613 210 889

AUDITOR'S INDEPENDENCE DECLARATION

We declare that, to the best of our knowledge and belief, there have been no contraventions of any applicable code of professional conduct in relation to the audit of the financial report of Private Mental Health Consumer Carer Network (Australia) Ltd for the year ended 30 June 2020.

HLB Mann Judd

HLB Mann Judd Audit (SA) Pty Ltd
Chartered Accountants

Adelaide, South Australia
8 September 2020

C. McGowan

Corey McGowan
Director

hlb.com.au

HLB Mann Judd Audit (SA) Pty. Ltd. ABN: 32 166 337 097

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HLB Mann Judd Audit (SA) Pty. Ltd. is a member of HLB International, the global advisory and accounting network.

APPENDIX II

Financial Report

Private Mental Health Consumer Carer Network (Australia) Ltd
Statement of profit or loss and other comprehensive income
For the year ended 30 June 2020

| | 2020 | 2019 |
|--|----------------|------------------|
| | \$ | \$ |
| Revenue | | |
| Government grants | 366,431 | 171,699 |
| Donations | 46,056 | 43,030 |
| Other income | 64,458 | 57,545 |
| | <u>476,945</u> | <u>272,274</u> |
| Expenses | | |
| Employee benefits expense | (202,391) | (193,533) |
| Contractor and professional fees | (43,710) | (81,102) |
| Travelling expenses | (40,221) | (33,747) |
| Scholarships and training expenses | (26,675) | - |
| Insurance expense | (10,747) | (12,415) |
| Other expenses | (59,066) | (59,424) |
| | <u>94,135</u> | <u>(107,947)</u> |
| Surplus/(deficit) for the year | 94,135 | (107,947) |
| Other comprehensive income for the year | - | - |
| Total comprehensive income for the year | <u>94,135</u> | <u>(107,947)</u> |

The above statement of profit or loss and other comprehensive income should be read in conjunction with the accompanying notes



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