

WestCASA

Western Region Centre Against Sexual Assault

(ABN 29 351 352 921)

26th Annual Report 2013-2014

53 Ballarat Road (PO Box 443)
Footscray, Victoria, 3011
Phone: 9687 8637 (Admin)
9687 5811 (Counselling),
Fax: 9687 8960
info@westcasa.org.au
www.westcasa.org.au

CONTENTS

- 2
2013-14 Board of
Governance and Staff
- 3
Chairperson
- 4
Executive Officer
- 5
Senior Counsellor/Advocate
- 6
Development of the Strategic Plan
Vision, Mission, Aims
Values that underpin the Strategic Plan
- 7
Goals and how WestCASA
implements them
- 14
Counselling Statistics
Crisis Care Unit Statistics
- 15
Finance Report
- 16
Auditor's Report

2013-2014 Board of Governance and Staff

Board of Governance

Alexis Eddy
Angela Hart (*resigned April 2014*)
Helen Barnes
Jacqui Morse
Jenny Elliott – Treasurer
Jenny Wilson – Chair
Jodi Dawkins
Laurel Sutton
Michelle Wells

Executive Officer

Jane Vanderstoel

Administrative Staff

Alanna Smith – Finance / Payroll Officer
April Multanen – Finance / Payroll Officer
Michelle Kenney – Office Administrator
Lesley Hyde – Quality Project Officer

Senior Counsellor/Advocate

Sheri Zala

Counsellor/Advocates

Eileen Mundy
Esen Uygun
Fran Goodwin
Georgia Taylor
Luciana Castagna
Penny McDonald
Suzanne Swift
Tara Schintler
Ursula Benstead
Kelly Horkings (Intake)

After Hours Crisis Team

Cigdem Yilan
Cindy Tarczon
Kelsey Schwabe (*resigned March 2014*)
Linette Harriott
Marta Jones
Matilda Xerri
Monica Karst
Nicole Battle
Sudha Narayan

Students

Jessica Downey
Monica Karst



WestCASA acknowledges
the support of the
Victorian Government.

Chairperson

The WestCASA Board has seen significant changes in the 2013 /14 year.

Laurel Sutton resigned as Chair of the Board after serving for six years. During Laurel's period as Chair, we have seen the introduction and expansion of the alternative therapies programs and connection with like minded service providers in Fiji and Vanuatu, where WestCASA Counsellor/Advocates have provided consultancy and training.

We have also seen WestCASA increase its service across the three outreach sites at Melton, Hoppers Crossing and the Women's Prison.

Laurel has provided positive and supportive leadership whilst challenging the Board and Executive Officer to try new things and continuously improve. Laurel is caring by nature and forefront in her mind has been the wellbeing of everyone connected to the organisation.

I congratulate Laurel on the exceptional service she has given WestCASA. Having said this, Laurel has not gone. When I took over the reins as the new Chair, Laurel kindly stepped into the Vice Chair role to help orientate me into the Chair position and for this I am grateful.

We have seen other changes at the Board over the year. **Angela Hart** decided to leave the Board in 2013 and we welcomed **Jacqui Morse** back from a break.

We also welcomed new members **Jenny Elliott** and **Jodi Dawkins**, who both have a background in finance. Jenny has stepped in to take on the treasurer position (what a champion) and we were very happy to have **Helen Barnes** join us earlier this year.

WestCASA continues to provide access to a professional and committed service to women, men and young people who are victims of sexual assault across the western suburbs of Melbourne. Professionally skilled and committed Counsellor/Advocates supported by administrative staff, ensure that clients experience positive engagement whilst linked with WestCASA.

The Royal Commission into Child Sexual Abuse continues to impact sexual assault service providers, including WestCASA, who continue to see increased engagement of victim/survivors who feel encouraged to seek out assistance.

WestCASA continues to look at ways to support and educate the community regarding sexual assault and therapeutic treatments. Launching its new website in 2013, WestCASA has sought to provide alternative avenues of communication and education for those who have experienced sexual assault within the community. This site continues to grow and evolve and has received very positive feedback from both service providers and members of the public.

WestCASA continues to look at ways to support and educate the community regarding sexual assault and therapeutic treatments.

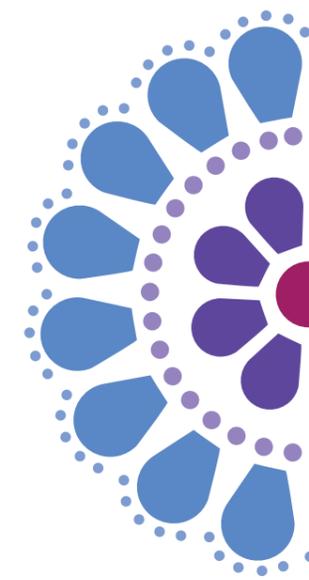
Over the next twelve months, WestCASA will undertake a formal **accreditation process** with work having already begun on reviewing policy and practice. The whole organisation is involved and has approached this process in a very positive way, realising that reflection and review enables continuous improvement. Thank you to everyone for their efforts thus far.

Finally, I would like to thank the Executive Officer **Jane Vanderstoel** for her commitment and care during the year and my fellow Board members for their humour, insight and encouragement.

WestCASA is strengthened by a collaborative approach, linking the staff, Executive Officer and Board of WestCASA together, all made possible through the dedicated people who collectively make up this organisation.

JENNY WILSON

CHAIR OF THE WESTCASA BOARD



Executive Officer

It is with pleasure that I present my sixth Annual Report as Executive Officer of WestCASA.

The past 12 months has been one of reviewing and re-establishing the foundations of the organisation. All these new and emerging elements strengthen the collaborative culture that WestCASA is known for and also provide the foundation for WestCASA as a modern organisation delivering quality services to people who have experienced sexual assault.

New Constitution

In line with changes made under the Incorporations Association Reform Act 2012 the Board has been reviewing the constitution ready to present at the AGM in October 2014.

Strategic Plan

WestCASA staff and Board have spent time reviewing and developing a new strategic plan. The new plan outlines WestCASA's beliefs, values and principles that underpin the focus for the future in a way that is broad and flexible.

Quality Plan & Accreditation

Department of Human Services now requires services to undertake quality accreditation against their standards. Preparation for the accreditation means getting our structures and processes right. As part of this process we have audited our case files and made changes to the ways we record and keep files.

Governance Policies and Procedures

Developing governance policies and procedures means that accountability, authority, expectations, roles and processes are clearer for the Board, the Executive Officer and staff.

WestCASA Policies & Procedures

Developing other policies and procedures across the organisation

provides a broad platform that clearly outlines expectations, practice and accountability across Service Delivery, Values, Human Resources, OH&S and Information & Knowledge Management.

The Enterprise Bargaining Agreement process has been long and drawn out but we are close to finalising it. The process for negotiating has been consultative in true WestCASA style. Once completed we will have a simpler document that makes it easier to understand the salary and conditions staff are employed under.

The new logo and re-branding has bought a contemporary look and feel to the organisation's documents and brochures.

The new website enables us to reach out into the online world, to our clients, stakeholders and the community providing accessible information and resources and importantly to people who will never be our clients. Thank you to **Karen Parish** of Munatha Design who has donated time and creativity to support the development of our branding and website.

While my focus has been quite internal in these processes the team keeps on delivering fabulous services to the community. A big thanks for all you contribute in your own ways that make up the special and distinctive services that WestCASA provides to the communities in the west.

Special thanks to **Alanna, April** and **Michelle** for keeping WestCASA admin, finance and payroll shipshape and the support you provide to me in managing the demands of my role.

Particular thanks this year goes to **Sheri Zala** for taking up the challenge and returning to WestCASA as the Senior Counsellor/Advocate. Also to **Lesley Hyde** for agreeing to take up the challenge of another accreditation process and to Board member, **Michelle Wells** for steering us in the right direction with our quality plan, structure and processes.

A farewell thanks to **Deb Mountjoy** for her support in her role as Senior Counsellor/Advocate.

Thanks also to **Jenny Wilson** as the new chair of the Board for her support and capacity to think through issues alongside me. I look forward to our continuing and evolving relationship.

Thanks also to **Alexis Eddy** for her work on the new constitution.

Appreciation to all other members of the Board: **Jenny Elliott** and **Jodi Dawkins** for work on the budget and financial reporting; **Jacqui Morse** for her insider's perspective on the many issues that come to the table.

Farewell, with thanks to **Angela Hart** and welcome to **Helen Barnes** – I look forward to the ideas and viewpoint you will bring.

A personal standing ovation and thanks to **Laurel Sutton** who stepped down as chair of WestCASA's Board of Governance after six years in the role. I have appreciated your support, wisdom; humour and challenging of the norms organisations often live by: you have given me so much in finding my way into my role at WestCASA.

JANE VANDERSTOEL
WESTCASA EXECUTIVE OFFICER

Senior Counsellor / Advocate

In a remarkable series of events, towards the end of 2013 **Deb Mountjoy** left the position of Senior Counsellor/Advocate at WestCASA to take up the role of Senior at Barwon CASA pursuing her continuing interests in working with families, young people, and sexually offending behaviours in addition to supervising counsellors providing this service.

At the beginning of January 2014 I returned to the position of Senior Counsellor/Advocate after approximately three years living in Northern NSW. Like Deb before me, it's a strange state of affairs to return to something very familiar and yet extremely different all at once.

Upon my return, the team seems bigger, the work load busier, and the complexity increasing. Somehow, despite my previous tenancy in the Senior Role, much seems different at WestCASA and I'm facing yet another learning curve in the work.

Some things that feel new at WestCASA include the absence of two staff on maternity leave this year bringing with it changes to our team composition, welcoming **April Multanen** to the administration team and **Kelly Horkings** to assist with our business hours Intake Counselling roster. **Lesley Hyde** is with us again (thankfully!) to walk us through another accreditation process.

The counselling team have also been extremely busy devising new intake and assessment processes to mirror the types of impacts from sexual assault we continue to see in clients accessing the service and the principles articulated in Complex Trauma Guidelines.

Many of the people contacting WestCASA are either exploring direct participation in the Royal Commission into Institutional Responses to Sexual Abuse, or are currently giving evidence to the Commission.

Alternatively, many seek support in relation to the constant exposure and media saturation around sexual abuse the Royal Commission has attracted and reminders of past experience of abuse this can trigger.

Other high profile child sexual abuse cases in the media appear to have encouraged people to seek support from past abuse validating the long hidden impacts of sexual violence as well as the tendency for people to disclose or report abuse long after its incidence. We hope this will continue to dislodge myths in the general and legal community in relation to delayed reports of child sexual abuse.

Some things that feel familiar at WestCASA include the ongoing participation in community education around the impacts of sexual assault, including **Spring Into Action**, participation in the **1 Billion Rising** campaign against violence, and the manifold presentations or workshops WestCASA provides to services locally, internationally, and this year, electronically.

This year we have again provided training to Family Violence workers in Fiji and Vanuatu.

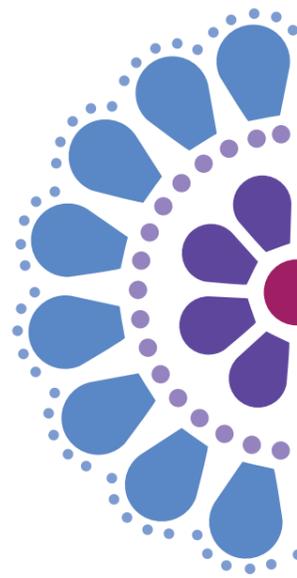
Among other projects, training and presentations, this year we have again provided training to Family Violence workers in **Fiji and Vanuatu**, and to students in secondary and tertiary institutions at local schools and universities.

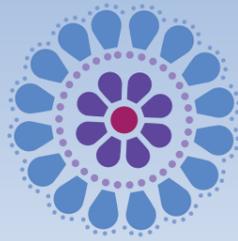
Ursula Benstead developed a series of webinars about responding to victims of institutional sexual abuse for the Australian Psychological Society, and **Georgia Taylor** has worked on further developing our funky website to increase our profile and provide resources around sexual assault.

This year I've turned my interests to supporting those who support the victims of sexual abuse, devising a framework for clinical supervision of trauma practitioners that incorporates Sensorimotor Principles, respects the wisdom and knowledge of the counsellors in their therapeutic process with clients, and attends to the physiological and emotional impacts of vicarious trauma.

So, what is old and familiar, is new again at WestCASA, (including myself)...

SHERI ZALA
WESTCASA SENIOR COUNSELLOR / ADVOCATE





The WestCASA Strategic Plan was due for review and renewal in 2013. The staff and Board spent time together and separately over the past 12 months to bring the plan together.

The plan was developed to express our core values and principles across our key areas of activity expressed as strategic goals.

The goals are broad to enable flexible responses to changing environments, circumstances and opportunities. The plan will provide a broad framework for planning, development and decision-making into the future.

WestCASA Strategic Plan 2013 - 2016

WestCASA values that underpin the Strategic Plan:

- We work within a trauma focused, feminist and rights based framework.
- We prioritise safety for people who have experienced sexual assault.
- We support and encourage people who have experienced sexual assault to have control over their decisions and lives.
- We value inclusiveness and the challenges of holding difference.
- We value diversity in the team, our service users and the community in which we are based.
- We value transparency and accountability in our operations, practices and partnerships.
- We value the culture of our organisation that supports the wellbeing of staff working with the secondary impacts of sexual assault.
- We recognise and value the expertise of others and the importance of working together to achieve our goals.
- We recognise the importance of being responsive to the changing needs of our community.
- We recognise and value that some things we do will be a challenge and that we can learn from that.
- We recognise and value good governance practice and strategies.
- We value our role in changing community attitudes towards violence and sexual assault.
- We value and support the development of clinical expertise in the team that ensures being at the forefront of therapeutic practice and knowledge.

Vision:

A world where everyone lives free from the fear of sexual violence

Mission:

To promote the recovery of all people who have experienced sexual violence and to strive for a world free of sexual violence

Aims:

To create an environment in which recovery from the effects of sexual violence can occur

To advance community understanding of the social conditions that allow sexual violence to continue to occur

To encourage communities to take responsibility for addressing the crime of sexual violence

Strategic Goal: Prevention

Advocating for greater understanding and community responsibility for the conditions under which sexual violence continues to occur.

Advocating for resources and delivering services that support the prevention of and education about sexual assault across our community.

We will focus on the gendered nature of sexual assault and the structural factors that cause and maintain the social conditions under which women and children, mostly, are the victims of sexual assault.

We will look for and create opportunities to undertake action to change these factors.

WestCASA will undertake social action, advocacy, research, direct service delivery, organisational capacity building, community education and development that support and enable a better understanding of sexual assault and how it can be prevented.

KEY THEMES

Engage people who use our services in social action.

SPRING INTO ACTION

Instead of our usual Spring Breakfast, WestCASA hosted an event we called *Spring Into Action* in September 2013.

The attendance was greater and the event attracted a much wider audience than has been usual at WestCASA's Spring Breakfasts, as we were able to bring together clients, workers and other interested community members.

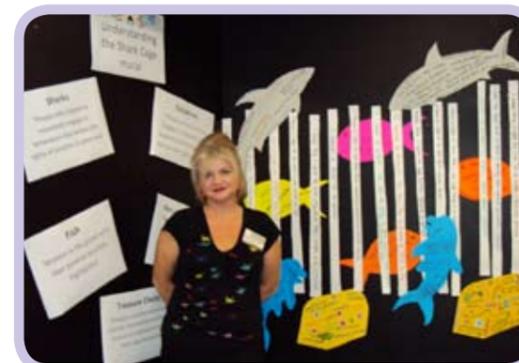
The event was held at the Footscray Community Arts Centre, and involved a Welcome to Country by Auntie Diane, discussion groups covering issues such as pornography and feminism, speeches from WestCASA's Chair and Executive Officer, as well as a talk from a survivor of childhood sexual assault.

The event also served as a platform to launch WestCASA's new branding, logo, and upgraded website.

A big thank you is due to Masters of Social Work student Jessica Downey for her efforts in organising the event while on placement with WestCASA.

The *Spring into Action Slogan Competition* was won by Elizabeth for her entry:

Strength in talking, strength in supporting, strength in numbers, Rise Up!



Strategic Goal: Prevention

Engage people who use our services in social action.

ONE BILLION RISING (2014)

WestCASA staff attended this event in Federation Square and danced against violence against women world wide.

Uploaded a photo of WestCASA staff dressed in orange (below) to support the **2013 UNITE** (United Nations campaign to end violence against women and girls) Orange Day on 25th November which is the **International Day for the Elimination of Violence Against Women**.

Participate in regional prevention of violence against women activities.

WestCASA joined Preventing Violence Together, The Western Region Action Plan for the Prevention of Violence Against Women Implementation Committee.

WestCASA also joined Action for Equity the Western Region Sexual and Reproductive Health Promotion Partnership.



Deliver community education to schools, other community groups and professional services.

Taylors Lake Secondary College - *You the Man Panel*

Marian College

Werribee Secondary College

Western Region Community Health - *You the Man Panel*

Brimbank Youth Services & Police & Citizens Club - *Crime Stoppers Campaign at Sunshine Train Station*

Western Mental Health Professionals Network

Department of Justice - Community Corrections Womens Intensive Case Managers

Western Region Community Health - VACP & Family Violence Counselling Services - Legal aspects of case notes

APS Webinar - Responding to the Royal Commission

SASS Workforce Development - Shark Cage framework training

Mid-west Mental Health Service - Social Workers

Aged Psychiatry Assessment & Treatment Team

Victoria University - Cert 4 Youth Work

Victoria University - Grad Dip Counselling

Western Region Community Health - Living Well Volunteers

Western Region Community Health - Joslin Clinic

Elder Abuse Forum



AUSTRALIAN TEENAGE EXPO

WestCASA partnered with CASA House, Barwon CASA, SouthEast CASA and Domestic Violence Resource Centre (PIP network) to attend the **Australian Teenage Expo** in late August 2013.

The theme of the CASA stand was **Love, Dating & Other Stuff** with activities such as answering a gender quiz, dyeing hair with hair chalk, and talking about respectful relationships.

The event attracted hundreds of young people and teachers across Victoria.

Strategic Goal: Partnership

Working with others to achieve our goals.

We value the partnerships we have that enable us to work in collaboration to achieve our goals and the best outcomes for those who use our services and the community we serve.

We seek to develop future relationships that continue, extend and expand our capacity to achieve our goals.

KEY THEMES

Increase and enhance our partnerships.

WestCASA and Footscray SOCIT have had a good working relationship for more than 15 years. In 2013/14 SOCIT made some structural changes and there are now two SOCIT teams in the Western Region: Brimbank (Sunshine) SOCIT and Footscray SOCIT.

The team at WestCASA meet continuously with the **Brimbank and Footscray SOCIT** teams to facilitate and enhance our relationship, to improve our service delivery to the clients that we work with collaboratively.

WestCASA is a member of **CASA Forum** which is the statewide peak body for all CASAs.

Working with our funders (**Department of Human Services & Department of Justice**) to ensure continuing, fair and equitable delivery of sexual assault services to the communities we support.

Continued to build our relation with **Western Region Community Health Centre** (now CoHealth) VACP and family violence counselling services. Jane Vanderstoel delivered training to staff on the legal aspects of case notes and subpoenas and implications for clients.

Jane and Luciana attended a lunch at **Intouch Multi-cultural Centre Against Family Violence** to learn more about how each service works and how we can work together more.

The Yoga Program made a big shift in 2013 with the decision to run it out of the **Yarraville Yoga** studio. By running the program at Yarraville studio, we were able to increase the number of women attending and also create an ongoing trauma-informed women only yoga group.

It was bumpy at first, but we managed to hang in there and the trauma program has continued to grow in success with a number of women attending the ongoing group (for a minimal cost) as a part of their healing work. Yarraville Yoga has kindly donated the space for WestCASA to run the ongoing group, so that only the practitioner's costs need to be covered.

Participate in regional networks.

Continued to participate in the **Western Integrated Family Violence Committee**.

Staff attended the **Wyndham Youth Services Network** and the **Family Violence Network**.

Develop new connections.

Became a member of the **Western Indigenous Family Violence Regional Action Group**.

During **NAIDOC Week**, attended the Maribyrnong & Brimbank Flag raising ceremonies.

Supported the Rockbank Football team and participated in the NAIDOC Week game.

Made connections with the **Joslin Clinic** to develop referral pathways for clients with medical needs.

Services that came to visit WestCASA included:

HealthWorx who provide specialist care for people who inject drugs.

DASWest provide drug and alcohol services and a residential detox program for women.

Footscray & Brimbank Sexual Offences Child Abuse Investigation Teams (SOCIT) from Victoria Police.



Strategic Goal: People

WestCASA recognises and values the people who make up our organisation.

We employ staff and provide a work environment that enables development of specialist skills and knowledge. These qualities and capacities enable us to push service boundaries and deliver high quality services to those who have experienced and been affected by sexual violence. This also allows us to develop and explore different ways of working to meet changing needs of clients and service.

We recognise the impacts of undertaking this work has on people and are committed to managing vicarious trauma through self-care, transparency and accountability to ourselves and each other.

We will identify the factors that make up an effective service, ensuring financial sustainability, organisational accountability and systems that sustain those people.

KEY THEMES

Continue to support staff professional development.

Bouverie Centre Family of Origin Coaching
An experimental workshop

Cannan Institute/Delphi Centre Practical Application of Mindfulness & Relational Approaches of Trauma Therapy

Christine Courtois/Delphi Centre Into the Whirlwind: Clinical and scientific innovation in the treatment of complex trauma

Connecting Up Data analysis and presentation using Excel & Powerpoint

Domestic Violence Resource Centre Victoria
Eroticising Inequality: Porn and young people

Dr Amanda Johnston, CASA Workforce Development Dialectical Behavioural Therapy for survivors of childhood sexual assault with complex presentations

Orygen Youth Health Time to Reflect: Responding to mental health needs of students

Our Community Strategies for sustainable fundraising
Sensorimotor Psychotherapy Institute Attachment, Development & Trauma

Kevin Keith/The Professional Development People
Working with sexual diversity in psychotherapy

Therapist Training Advanced Schema Training

Victoria University Sleep treatment issues in sexual assault survivors

Continue to support structures and processes that enhance self-care and reduce vicarious trauma.

In late November 2013 the staff attended three **Planning Days**, to spend time reflecting on the 2013 year and planning for 2014.

On 2 April 2014 the staff spent a day offsite together touring the National Gallery of Victoria for our **Team Day**, to refresh and replenish as a team.

Provide opportunities for staff to explore, research, think and develop new ways in which sexual assault services can be delivered.

Continued to support a staff member with study leave to complete Level 2 in Sensorimotor Psychotherapy.

Ensure staff pay and conditions are fair and reasonable, offering as much as we can afford.

The WestCASA team established a working party to negotiate a new workplace EBA, and they have been working hard on this over the past few years. The EBA is currently being formalised and the process is nearing completion.

Continue to explore opportunities that enhance financial sustainability.

Donation of \$959 raised from a **Women in Horror** event. Big thanks to Simone O'Dea for organising this.

Jane undertook training in developing fundraising strategies.

The Board is looking for opportunities to strengthen the financial platform of the organisation.

Continue to build and enhance governance capabilities.

Completed the Strategic Plan

New Board members recruited with financial backgrounds.

Developing comprehensive governance policies.

Developing a new constitution as required by the Associations Incorporation Reform Act 2012.

Strategic Goal: Provide and Promote Services

WestCASA is committed to providing quality responses to people who have experienced sexual assault.

We provide services that are accessible and culturally appropriate.

We seek and value feedback and responses from those who use the service.

We want to extend our service models, develop and try new therapeutic techniques and share our knowledge and wisdom with others.

We will identify and nurture the factors in our organisation that maintain and progress delivery of quality services.

KEY THEMES

Deliver quality services to clients.

Undertaking quality accreditation as a new requirement of funding using the Department of Human Services Quality Standards.

In late 2013 and early 2014 WestCASA ran Strength-to-Strength groups for female survivors of both domestic violence and sexual assault.

The groups ran for eight weeks each and were formulated on the Shark Cage framework for working with re-victimisation.

The attendees supported each other well and reported that they loved the learning experience. The course helped to empower them to feel safe and not responsible for the abuse they had experienced in their lives.

DAME PHYLLIS FROST CENTRE

We continue to provide a service at the maximum security women's prison with two staff attending one day per week. There have been some staff changes through the year with Suzanne partnering with Penny for most of the year then sharing with Georgia. The staff team are now settled with Penny and Tara. We provide counselling and advocacy to 70 women during the year.

The waiting list for our service is approx. 6-8 weeks, and we also provide secondary consultations to other services in DPFC.

This service is delivered with the support and funding from the Department of Justice.

Our outreach services at Melton and Wyndham continue to have high demand.

CRISIS CARE SUPPORT

In the 2013-14 year WestCASA responded to 61 call-outs to support people who have experienced a recent sexual assault.

These clients were supported at WestCASA's Crisis Care Unit (CCU) in the Emergency Department of the Sunshine Hospital. A small number of these people go on to engage with longer term counselling as well.

In 2014 we welcomed Monica Karst, who completed her Masters of Social Work placement in 2013 at WestCASA, to our After Hours team.

WestCASA would like to take the opportunity to thank and acknowledge the after-hours team for the effort, dedication and hard work they put in the CCU this year.



Strategic Goal: Provide and Promote Services

Engage in client evaluation and feedback processes.

An **evaluation project** was carried out between July and September 2013 by a Masters of Social Work student, Monica Karst, on placement at WestCASA. The evaluation was completed with the commitment of the organisation to gaining feedback from its service users about their experiences.

The evaluation comprised both qualitative and quantitative research, which involved the use of surveys, one-on-one interviews, and a focus group.

31 clients completed the survey, including four service users at the Dame Phyllis Frost Centre and one who had attended the Crisis Care Unit at Sunshine Hospital. Several expressed their interest in participating further and four one-on-one interviews were completed along with one focus group attended by two women.

The key aims of the project were:

Transparency and accountability to service users, the Board and funding bodies.

To gain in-depth feedback about people's experiences while receiving counselling at WestCASA

To provide service users with a voice and an opportunity to feel empowered

To answer key questions about aspects of the counselling experience.

Client feedback

"very warm, welcoming and reassuring. I had just told my partner and he wasn't coping and they arranged a meeting for us both to come in and talk it through."

"It was great. It was insightful. I felt safe."

"I was supported all the way through. Always felt comfortable and looked after."

Expand and continue to deliver body-based therapies.

Alternative Therapies

In 2014 Shiatsu practitioner Alex Caldwell, in collaboration with WestCASA, ran another very successful **Shiatsu program** for four women. The feedback from the clients was extremely positive and highlighted the benefits of an integrated counselling and body based therapy, held in an environment where the participants felt safe and supported.

The **yoga program** was run in 2013 by Clare Pritchard in collaboration with WestCASA and Yarraville Yoga Studio, and we are hoping this will continue into the future.

Ensure people can get information about our service in ways that are accessible.

WestCASA continues to develop the website and thank Karen Parish from Munatha Design for her donations of time to this project. Thanks also to **Georgia** and **Michelle** for their vision and work on the website.

Our daily intake service provides information and support to many people over the year. During the year we took 1226 calls from people who have experienced sexual assault, family friends, workers and schools.

Eileen Mundy is a stalwart of intake and provides containment and support to those who make a phone call to talk about their experiences for the first time.



Build professional skills in others who deal with sexual assault.

WestCASA sees the provision of psycho-education and student placements as an opportunity to increase knowledge about the impacts of sexual violence within the community and, as a result, improve outcomes for those seeking support for its impact.

WestCASA were able to offer **two social work student placements** in 2013, each with a different focus.

Jess Downey coordinated the **Spring into Action** event and **Monica Karst** coordinated and undertook a clinical and client evaluation project. Both students were highly skilled and made a wonderful contribution to WestCASA during their placement. We wish to thank Monica and Jess for their hard work during their placement and wish them well in their new and future employment.



In July 2013 WestCASA provided a five-day training program to the workers at the **Fijian Women's Crisis Centre** in Suva.

The training was developed and delivered by **Esen Uygun, Fran Goodwin, Deb Mountjoy and Jane Vanderstoel**. About 35 women participated in the training coming from a number of centres across the Fiji islands.

The topics covered included sexual assault counselling, a 3 stage trauma model which engaged workers in a practical application of the theory process (including role play activities), confidentiality, risk assessment and learning to explore family using genograms.

Day four and five focused on models for reflective practice using individual and group supervision.

All sessions were attended with much enthusiasm by the participants, and very positive feedback was received.

WestCASA renewed its commitment to developing the skills of domestic violence and sexual assault workers in the Pacific islands through accepting an invitation by the **Vanuatu Women's Centre (VWC)**, to provide sexual assault training in 2014.

This followed training that WestCASA provided to their service the previous year. **Ursula Benstead** and **Georgia Taylor** were the counsellor/advocates that developed and delivered 5 days of training to approximately 22 workers at the Vanuatu Women's Centre in Port Vila, Vanuatu in March 2014.

The focus of the training was sexual assault counselling for young people and families. The participants engaged well and found the consolidation of the previous years' training as well the new information, skills, demonstrations and further opportunities for practice very valuable.

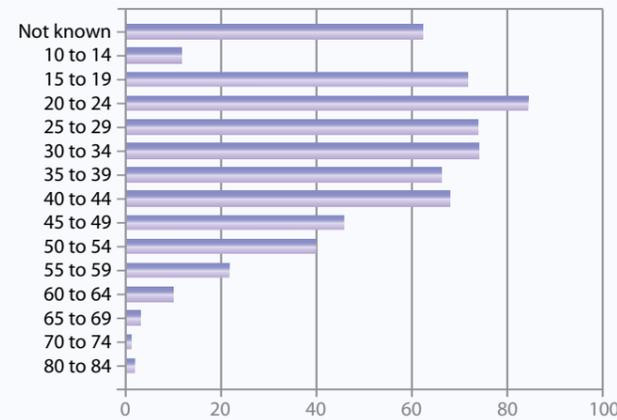
Participant feedback:

"I feel confident more than last year"

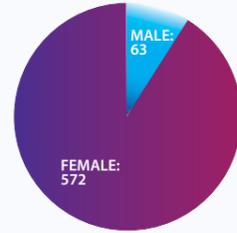
"The knowledge and skills have furthered my understanding on sexual assault and assisted to improve my counselling skills and techniques... especially with young people and mothers"

Counselling Statistics

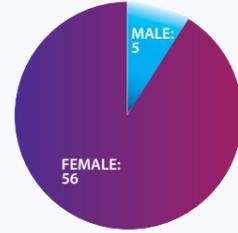
Clients by Age Group



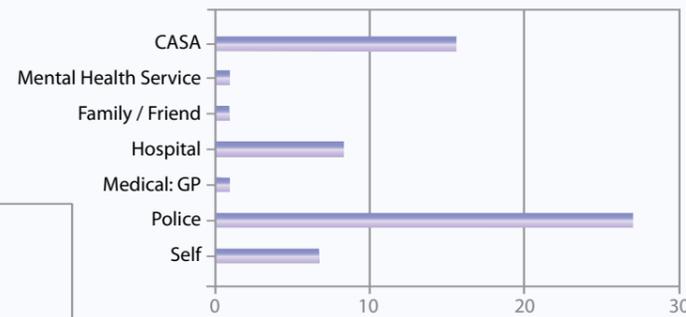
Clients by Gender



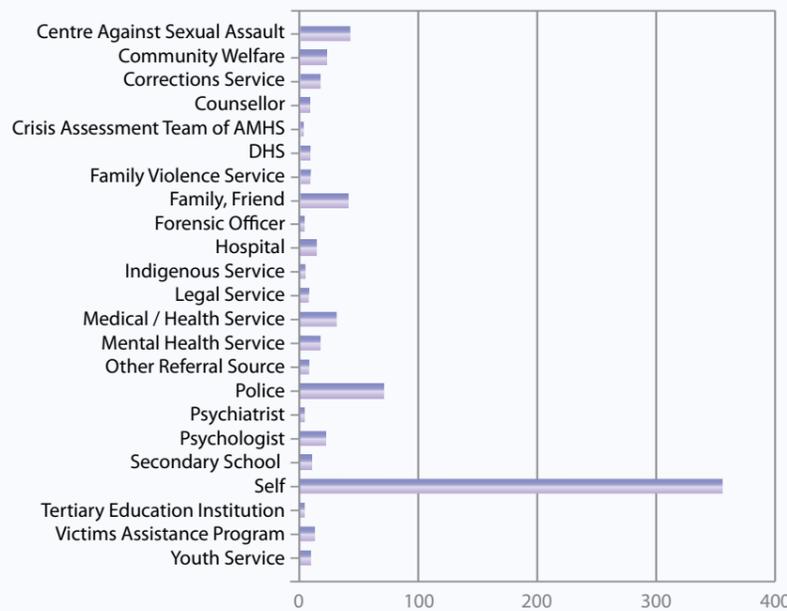
Crisis Care Unit Presentations



CCU Referral Source



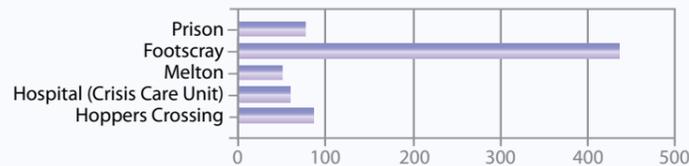
Referral Source



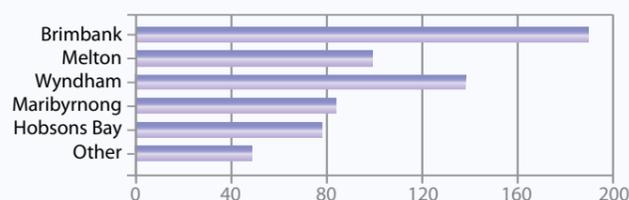
Perpetrator



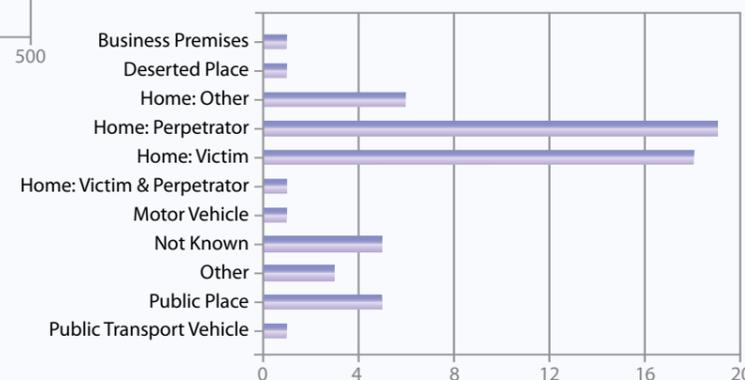
Counselling Location



Client LGA



Location of Assault



Finance Report

Balance Sheet as at 30 June 2014

	2014	2013
	\$	\$
Equity		
Fixed Asset Reserve	1,154,012	1,154,012
Retained Earnings	172,692	171,437
Total Equity	1,326,704	1,325,454
Represented by:		
Current Assets		
Cash on Hand	300	300
Petty Cash -Group	0	600
Cash at Bank - Community Access Account	20,884	35,866
Cash at Bank - Visa Debit Float / Salary Pack	319	764
Cash at Bank - Investment Accounts	310,476	302,647
	331,979	340,177
Non-Current Assets		
Land, Building & Improvements at Valuation	1,100,000	1,100,000
	1,100,000	1,100,000
Motor Vehicles	35,612	37,015
Less Accumulated Depreciation	1,652	14,280
	33,960	29,335
Equipment, Library, Furniture & Fittings	143,837	182,011
Less Accumulated Depreciation	101,635	133,459
	42,202	51,931
	1,176,162	1,171,288
Investments		
Shares in Other Companies	5	5
	5	5
Total Assets	1,508,146	1,511,469
Current Liabilities		
Other Creditors - PAYG	6,838	5,240
Superannuation Payable	107	5,728
Provision for Holiday Pay	58,381	54,494
Provision for Long Service Leave	97,688	96,207
Provision for GST	18,428	24,351
	181,442	186,020
Total Liabilities	181,442	161,777
NET ASSETS	1,326,704	1,369,124

Statement of Change of Equity For the Year ended 30 June 2014

	2014	2013
	\$	\$
Retained Earnings at the beginning of the financial year	171,437	215,112
Surplus (deficit) attributable to members	1,255	(43,674)
RETAINED EARNINGS AT 30 JUNE 2013	172,692	171,437

Income Statement For the Year ended 30 June 2014

	2014	2013
	\$	\$
Income		
Community Education	-	989
Professional Development Fees	30,340	10,010
Donation	959	-
Interest Received	14,752	14,337
Reimbursements, Sales & Sundry	10	93
VOCAT	20,577	18,452
DHS - Core Operating Grant	1,003,184	983,456
DHS - Better Pathways	91,636	91,636
DHS - ANCOR Funding	-	-
Other Grants	-	5,000
DHS - Indigenous Inclusion	-	-
Profit on Sale of Non-current Assets	1,772	-
Loss on Disposal of Assets	(12,221)	-
	1,151,009	1,123,973
Expenditure		
Accountancy & Audit Fees	3,472	7,267
Advertising	335	435
ANCOR Funding	-	-
Bank Charges	53	59
Building Maintenance	11,292	3,996
Catering	1,184	1,093
Cleaning & Gardening	11,165	15,843
Client Costs	6,240	5,823
COM Expenses	735	1,653
Computer Support and Supplies	36,462	26,394
Community Ed / Prof Dev. Costs	14,339	12,770
Depreciation	16,029	19,543
Emergency Relief	1,949	558
Equipment Purchases	11,786	1,620
Fringe Benefit Tax	3,044	2,420
Provision for Holiday Pay	70,455	70,975
Insurance	1,356	1,401
Legal Costs	187	40
Library & Resources	1,061	332
Light & Power	6,694	6,407
Provision for Long Service Leave	16,467	44,694
Materials / Program Costs	1,094	362
Motor Vehicle Expenses	7,914	7,991
Other Staff Costs	720	167
Outreach Hoppers	8,320	8,320
Outreach Melton	4,128	4,128
Plant & Equipment - Repairs & Maintenance	139	248
Postage & Courier	1,333	1,081
Prison Costs	-	-
Printing & Photocopying	14,856	6,888
Professional Services & Consulting	5,286	3,461
Rates & Taxes	770	576
Sanitation	247	1,025
Salaries & Wages	749,689	781,435
Staff Amenities	3,341	3,958
Staff Training	3,367	6,609
Stationery	4,163	2,311
Subscriptions & Memberships	12,243	5,182
Sundry Expenses	1,517	447
Supervision	9,096	4,930
Superannuation Contributions	74,535	76,608
Telephone, Fax & Pagers	13,587	11,434
Travelling - Staff & Clients	1,921	1,445
Waste Disposal	320	425
Workcover	16,863	15,291
	1,149,754	1,167,647
SURPLUS/ (DEFICIT)	1,255	(43,674)

Auditor's Report

J L Collyer & Partners

Directors

Lionel R. Arnold CA, B Bus
Rosalene Cheng CPA, B Com

Consultant

Janet L. Collyer FCPA

1st Floor, 189 Coleman Parade
GLEN WARRILEY, VIC 3150
PO Box 240
GLEN WARRILEY, VIC 3150
Phone: 03 95600211
Fax: 03 95615487
Email: enquiries@jcollyerpartners.com.au

INDEPENDENT AUDITOR'S REPORT To the members of WESTERN REGION CENTRE AGAINST SEXUAL ASSAULT INC

Report on the Financial Report

We have audited the accompanying financial report, being a general purpose financial report, of **WESTERN REGION CENTRE AGAINST SEXUAL ASSAULT INC** which comprises the Balance Sheet, Income Statement, Statement of Changes in Equity and Notes to the Financial Statements for the period ending 30th June 2014.

Management's Responsibility for the Financial Report

The management of **WESTERN REGION CENTRE AGAINST SEXUAL ASSAULT INC** is responsible for the preparation and fair presentation of the financial report and has determined that the accounting policies are appropriate to meet the needs of the members. The management's responsibility also includes designing, implementing and maintaining internal control relevant to the preparation and fair presentation of the financial report that is free from material misstatement, whether due to fraud or error, selecting and applying appropriate accounting policies, and making accounting estimates that are reasonable in the circumstances.

Auditor's Responsibility

Our responsibility is to express an opinion on the financial report based on our audit. No opinion is expressed as to whether the accounting policies used, as described in Note 1, are appropriate to meet the needs of the members. We conducted our audit in accordance with Australian Auditing Standards. These Auditing 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 directors, as well as evaluating the overall presentation of the financial report.

The financial report has been prepared for distribution to members for the purpose of fulfilling the Management's financial reporting requirement. We disclaim any assumption of responsibility for any reliance on this report or on the financial report to which it relates to any person other than the members, or for any purpose other than that for which it was prepared.

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 relevant independence requirements.

Auditor's Opinion

In our opinion the financial report of **WESTERN REGION CENTRE AGAINST SEXUAL ASSAULT INC**

- (a) gives a true and fair view of **WESTERN REGION CENTRE AGAINST SEXUAL ASSAULT INC**'s financial position as at 30th June 2014 and of its performance for the year ended on that date in accordance with appropriate accounting policies; and
- (b) complying with appropriate Australian Accounting Standards.

.....
Lionel R. Arnold
JL COLLYER & PARTNERS

25th September 2014