

WestCASA

Western Region Centre Against Sexual Assault

(ABN 29 351 352 921)

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

28th Annual Report 2015-2016

2015-2016 Board of Governance and Staff

Board of Governance

Alexis Eddy
Helen Barnes
Jacqui Morse
Jenny Elliott – Treasurer
Jenny Wilson – Chair
Joanna Ellis
Jodi Dawkins
Michelle Wells

Chief Executive Officer

Jane Vanderstoel

Administrative Staff

Alanna Smith – HR/Payroll Manager
April Multanen – Business Services Manager
Michelle Kenney – Office Administrator

Quality Project Officer

Lesley Hyde

Clinical Services Manager

Susan Geraghty (*joined November 2015*)

Counsellor/Advocates

Ding Makuei (*resigned October 2015*)
Eileen Mundy
Erin Logan
Esen Uygun
Fran Goodwin (*resigned June 2016*)
Georgia Taylor (*maternity leave*)
Julie Kruss
Kelly Horkings (*Intake worker*)
Lejla Arnautovic
Luciana Castagna
Monica Karst
Penny McDonald
Suzanne Swift
Tara Schintler (*maternity leave*)
Ursula Benstead

After Hours Crisis Team

Cigdem Yilan
Cindy Tarczon
Colette Leber (*resigned October 2015*)
Linette Harriott
Matilda Xerri (*resigned June 2016*)
Michelle Kozman
Nicole Battle
Rachel Phillips
Ruqaya Almirgani
Sudha Narayan

PAGE 2

2015-16 Board of
Governance and Staff

PAGE 3

Chairperson

PAGE 4

Chief Executive Officer

PAGE 5

Development of the
Strategic Plan

Vision, Mission, Aims

Values that underpin
the Strategic Plan

PAGE 6

Goals and how WestCASA
implements them

PAGE 14

Counselling Statistics
Crisis Care Unit Statistics

PAGE 16

Finance Report

PAGE 17

Auditor's Report

WestCASA thanks you for your donations.

• \$650 raised by a service user who asked her friends for donations rather than birthday presents

• \$1,000 donated by a Telstra employee through the Good Giving workplace giving website

WestCASA acknowledges
the support of the
Victorian Government.



Chairperson

I am now reaching the point where I can say I have chalked up a number of years as a member of the WestCASA Board of Governance and consequently witnessed a period of the evolving history of this fantastic organisation.

This year has seen a number of significant events unfold that will impact WestCASA into the coming years. My observations of the Board and organisation is that its culture is signified by the delivery of a high level of service, commitment to our clients, innovation, support for our colleagues and connection with our community.

Looking back, the decision to create satellite locations at Melton, Wyndham and significantly the Dame Phyllis Frost Centre was based on taking our service to our clients. The development of the alternative therapies program signifies innovation, and as a novice in the sexual assault counselling field, I was initially amazed at the different ideas our counsellors initiated to reach out and support our clients. Over time I have watched this program's success with our clients and the wider acceptance for these therapies as professional practice.

The current environment as identified in last year's report continues, with the Royal Commission into Institutional Responses to Child Sexual Abuse still current and the finalisation of the state based Royal Commission into Family Violence last year.

These events ensure violence against women and children maintains a presence in the media with the reporting of stories, continuing dialogue with local, state and federal governments and importantly, the continued public spotlight on this issue and its impacts on our communities. WestCASA continues to receive high numbers of clients seeking out our services.

The announcement of the Wyndham Multi-Disciplinary Centre (MDC) in November 2015 came as a relief and great joy to all at WestCASA. Relief in that as we have out-grown our lovely house as we have continued to grow as an organisation, consequently we are looking forward to space and updated facilities. Great joy in that the

announcement confirmed what we knew: that our catchment area is a growth corridor and our client numbers are growing with it.

The new MDC will see WestCASA as an organisation move to Wyndham and into a new multi-purpose building co-located with Victoria Police and other services. This does not mean we will leave our other sites, we will continue to assess where our services are required and continue our philosophy of taking the service to our clients.

In December 2015 we had our 'Knit into Action' launch at the Footscray Mall where the mall was yarn bombed as part of our contribution to 16 Days of Activism against Gender Violence. This activity was led by Fran Goodwin and was a great success, not only highlighting the issue but also seeing us connect with the local community. Thanks Fran and the volunteer knitters who assisted.

As I mentioned, we have a satellite service at the Dame Phyllis Frost Centre (women's prison), a service developed and managed over a number of years, most recently by Counsellor/Advocates Penny McDonald and Luciana Castagna.

Earlier this year this work was recognised when the State Government awarded WestCASA the contract to extend this service and develop a statewide post-release specialist trauma service. The Board of Governance would like to acknowledge the great work by WestCASA in this area. This program has directly made a positive impact on many women's lives and with a wider service will make a real difference.

These new projects have increased our staff levels and we have conceded the organisation needed more space. Recently WestCASA has opened a second counselling site in Footscray; this space has been well received by staff and clients. Thanks to the Administration team for pulling this together.

WestCASA proudly continues to provide access to a professional and committed service for women, men and young people who are victims of sexual assault across the western suburbs of Melbourne.

This year we have welcomed a number of new staff, including our new Client Services Manager Susan Geraghty. Susan has been a welcome addition and has hit the ground running providing active and supportive leadership at WestCASA, particularly during this time of change. We also welcome Erin Logan and Lejla Arnautovic as new Counsellor/Advocates and Michelle Kozman to the After Hours crisis team

We thank staff members who have left: Counsellor/Advocates Ding Makuei and Fran Goodwin, and on the afterhours team Collette Leber and Matilda Xerri.

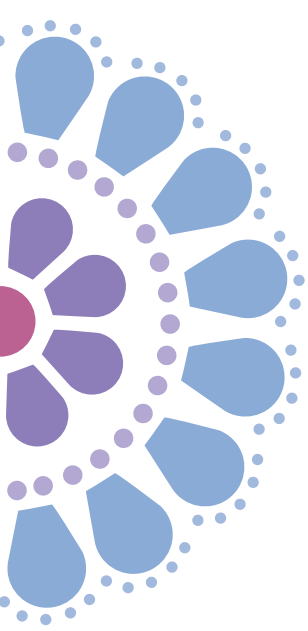
Thank you to all the other Counsellor/Advocates, After Hours team and Administrative staff: this has been a challenging year with changes in staff and significant organisational announcements impacting 2016/2017. The Board of Governance are committed to supporting you through these transitional periods and see great opportunities for WestCASA going forward.

I would like to thank the Chief Executive Officer Jane Vanderstoel. It must be recognised that Jane undertook the Convenor of CASA Forum role in addition to her duties this year. The successful organisational announcements for WestCASA, whilst contributed to by all staff, are a credit to Jane's commitment and leadership at WestCASA and we thank you.

Thanks to all Board members. It has been a very active year for the Board, and it has been a pleasure to work alongside you all. I am grateful for all the skills and experience you bring in to our collaborative environment. We have welcomed new member Joanna Ellis and acknowledge that Alexis Eddy has had a leave of absence to welcome twins into her family. We look forward to catching up with Alexis and the twins this next year.

WestCASA's service to clients is strengthened by a collaborative approach, linking of our staff, Chief Executive Officer and Board of WestCASA who come together in a common purpose.

JENNY WILSON
CHAIR OF THE WESTCASA BOARD



Chief Executive Officer

At the end of this financial year WestCASA has entered a period of excitement, challenge and change.

We have been successful in expanding trauma services in DPFC and Community Correctional Services through Department of Justice and Regulation.

We are also embarking on a significant change as we become a partner in the **Wyndham Multi-Disciplinary Centre (MDC)** and plan to move our central service location there.

Change is a challenge, even if it is exciting and expansive. The WestCASA staff have been very enthusiastic about the idea of being co-located with Gatehouse, Sexual Offences and Child Abuse Investigation Team (SOCIT) from Victoria Police and Child Protection. They immediately engage with the anticipated benefits for clients in this model of integrated and seamless service response.

For much of the past 12 months my focus has been on the recruitment of new staff. We have welcomed **Susan Geraghty** as the Clinical Services Manager – a new role developed in anticipation of the MDC.

Erin Logan and **Lejla Arnautovic** are new Counsellor/Advocates who bring great skill and enthusiasm to the service. We have farewelled **Fran** and **Suzanne** who have left to pursue other paths.

Ursula and **Eileen** have taken long service leave enjoying time away from WestCASA after their years of service.

Additional funds from the Department of Health and Human Services (DHHS) recognises the increase in demand for our services. Managing people and our service delivery is a challenge.

We have expanded our services in Footscray by opening a small outreach close by so that we have additional workspaces and more counselling rooms.

We continue to develop our structures and processes to ensure that we continue to deliver a quality service and meet our DHHS and ISO standards. Both these standards continue to challenge us as an organisation to ensure we can show that we do what we say we do. **Lesley** continues with enthusiasm to focus on our next steps in our quality improvement plans.

The Administration staff have continued to be flexible and unfaltering in ensuring the 'back office' supports the work of the Counsellor/Advocates, Clinical Services Manager, the Chief Executive Officer and the Board.

Alanna, April and **Michelle** all work together in a small space and support each other's roles. April's contribution to getting our Footscray outreach up and running in quick time must be acknowledged in my appreciation for her work.

I have continued as **Convener of CASA Forum** which has provided opportunities to contribute to the wider family violence and sexual assault sectors. This has been especially important given the extension of the Royal Commission into Institutional Responses to Child Sexual Abuse and the Reporting of Victorian Family Violence Royal Commission.

My thanks to **Jenny Wilson** and the rest of the **Board** who have been a support and sounding board over the past 12 months – I appreciate the belief you all have in this organisation and the work that we do.

JANE VANDERSTOEL

CHIEF EXECUTIVE OFFICER OF WESTCASA

Sarah Radcliffe

(16.4.1957 - 28.4.2016)



It was with sadness that staff and board learned of the passing of Sarah Radcliffe after a long battle with cancer.

Sarah began as a Counsellor/Advocate with WestCASA in 1994 and became Senior Counsellor/Advocate in 2001. She resigned from WestCASA in August 2009.

Sarah was both a social worker and Gestalt therapist and her great ability to be grounded and supportive was experienced by all her knew her.

Sarah provided abundant support and strong clinical supervision to the team as well as being a remarkable therapist.

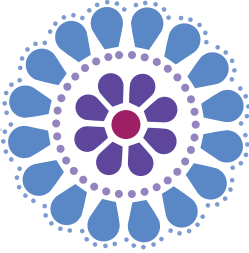
She had an ability to find the strengths and capacities in all those around her. At WestCASA this led to an organisational culture that clearly focussed on healing and recovery.

She also steered the organisation in developing its strong therapeutic capacities and understanding of the impact of the work on Counsellor/Advocates and other staff. She lived and embodied a 'no shame – no blame' philosophy in all aspects of her life. Sarah generously bequeathed money to support the WestCASA alternative therapies program.

We know she leaves a great many friends and family behind who are all the richer for having had her in their lives.

WestCASA Strategic Plan 2013-2016

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.



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*

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.

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

a. Engage people who use our services in social action.

Knit Into Action Project

WestCASA has been knitting and yarn-bombing the building at 53 Ballarat Road Footscray for 12 months in preparation for yarn-bombing Footscray Mall during the **16 Days of Activism Against Gender Violence** in December 2015.

WestCASA used yarn-bombing as a way of using women's work to make a peaceful but striking statement about the unacceptable prevalence of sexual violence in our community.

Staff and clients of WestCASA, local community members, students from Gilmore Girls College and women on community corrections orders have all contributed knitted and crocheted squares which were sewn together around trees and poles in the Mall.

Unwind Café in Keilor East supported the project with great contributions of squares by women who attended a WestCASA supported morning tea.

The yarn-bombing was launched by **Marsha Thompson**, Member for Footscray and **Cr. Catherine Cumming**, City of Maribyrnong.

Victoria Police attended along with staff and Board of WestCASA, other community services, women who had contributed knitting and crochet, **Gilmore Girls Secondary College** along with members of the general public interested in the colourful trees and the project behind it.



State Govt. MP Marsha Thomson with Detective Senior Sergeant Stuart Bateson, Vic Police.



WestCASA CEO Jane vanderstoel and Chair Jenny Wilson



Knitting from Corrections Prison - handover to WestCASA

Strategic Goal: Prevention

b. Participate in regional prevention of violence against women activities.

While WestCASA has been a member of the **Preventing Violence Together (PVT)** Executive Committee and the **Action for Equity** project, other demands have made active participation difficult this year.

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

COMMUNITY EDUCATION AND TRAINING PROVIDED TO:

- Brimbank Youth Services – Youth Expo
- Children With Disabilities
- Creekside College Caroline Springs - *You the Man* panel
- Melton Family Violence Network
- Odyssey House – Footscray
- Sunshine Hospital - Emergency Department Nurses
- Victoria University Certificate IV Education Students
- Werribee Mercy Hospital - Emergency Department Doctors
- Wyndham Workers with Young People – presentation at Network Meeting

WestCASA has a long collaborative history with **Victoria University**. We provide tailored education to many course disciplines about what they need to know as professionals about sexual assault. For over a decade, WestCASA has participated in the delivery of the Domestic Violence and Sexual Assault Post Graduate unit.

In October 2015 **Julie** and **Suzanne** delivered specialist training to students of this unit who visited WestCASA.

Each year we receive feedback from the course coordinator that the WestCASA visit and practice based lecture is a highlight of the course for the students.

We look forward to meeting the 2017 students and enhancing their knowledge of and responses to sexual assault in their careers as helping professionals.

LIVING SAFER SEXUAL LIVES: RESPECTFUL RELATIONSHIPS

Living Safer Sexual Lives: Respectful Relationships (LSSLRR) is a peer-led sexuality education and violence and abuse prevention project. People with intellectual disabilities and people from local agencies are trained to work together to run groups on sexuality, rights and being safe for people with intellectual disabilities.

La Trobe University developed the program and provide training and support for organisations to run it in their local area.

Fran Goodwin co-facilitated the program with **Co-Health** in five local government areas.



Girls from the Gilmore Girls Secondary College knitting for the yarn bombing project.



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

a. Increase and enhance our partnerships.

- WestCASA has been asked to extend our work in the women's prison (DPFC) to include broader trauma experiences than purely sexual assault and to provide a service across four days in the prison.

This work will be enhanced by a state-wide service that will support women exiting prison to link in with counselling and group work. We will also provide training to community correctional staff across Victoria to support their work with women in the correctional system.

- WestCASA is one of the partner services involved in the development of the **Multi-Disciplinary Centre (MDC)** with Victoria Police and Child Protection. MDCs seek to provide victim/survivors of sexual assault and child abuse support, healing and justice within an integrated, seamless and multi-disciplinary environment. The MDC will be a major project for WestCASA over 2016 and 2017.
- WestCASA is a member of **CASA Forum** which is the state-wide peak body for CASAs across Victoria. Jane is the current Convenor of CASA Forum. CASA Forum continues to advocate for strategic and policy change at state levels and participates in a number of forums contributing to decision-making in relation to violence against women and sexual assault. The Forum has contributed a number of papers to the Royal Commission into Institutional Responses to Child Sexual Abuse and the Royal Commission into Family Violence.
- WestCASA continues to develop ongoing working relationships with both **Footscray and Brimbank SOCITs**.

The WestCASA team visited Footscray SOCIT in their offices as part of our aim to ensure that the good practice developed over many years remains the focus of our longstanding partnership.

Both SOCITs have attended WestCASA staff meetings and met with our Crisis Care After Hours team. We also invite new SOCIT members to attend a meet and greet morning tea so that we get to know each other.

- WestCASA has continued to support the **Trauma Sensitive Yoga Program** run at Yarraville Yoga. Participation has continued to grow steadily with the support of donated funds which enabled us to offer support for women to participate without having to worry about cost. Particular thanks to Yarraville Yoga for donating the space for the program.

b. Participate in regional networks.

WestCASA has continued to participate in the **Western Integrated Family Violence Committee (WIFVC)** bringing the voice of sexual assault into discussions and decisions about family violence in the region. Participation also provides great opportunities to build partnerships and work co-operatively.

c. Develop new connections.

Connections with the Aboriginal Community

- Supported CASA House to participate in the **Sisters Day In** program in DPFC.
- Supported audience attending a play delivered in Melton by Family Violence and Prevention Legal Service Victoria (FVPLS).
- Attended **An Evening with Sisters Day Out** on Saturday 5 March hosted by the Aboriginal Family Violence and Prevention Legal Service Victoria as a fundraising dinner to support the continuation of the Sister's Day Out programs.



'SISTERS DAY OUT' EVENING

Strategic Goal: Partnership

- Participated in **Taskforce 1000** – a collaborative project between the Department of Health and Human Services (DHHS) and the Commission for Children and Young People (through the Commissioner for Aboriginal Children and Young People, Andrew Jakomos) which started in 2014.

The project seeks to improve outcomes for Aboriginal children and young people and inform future planning by reviewing the current circumstances of the approximately 1000 Aboriginal children and young people in out-of-home care, and to identify and address the issues associated with their over representation in out-of-home care.

- WestCASA is an active member of the **West Metro Indigenous Family Violence Regional Action Group (IFVRAG)**. Meetings are held quarterly with membership including Indigenous and non-Indigenous services. The IFVRAG also has strong community representation. In May the IFVRAG members worked together to determine the goals, activities and also the roles and responsibilities of partner organisations, to support the implementation of the Western Metro IFVRAG Regional Action Plan.

STAFF XMAS LUNCH 2015



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

a. Continue to support staff professional development.

• PROFESSIONAL DEVELOPMENT FOR STAFF:

Associated Psychology Services

EMDR Basic Training

CASA Forum Workforce Development

Working with men who have been sexually assaulted

Continuum of Dissociation

Trauma of Attachment

Mindfulness

Working with Victim/Survivors with Cognitive Impairment

Mindfulness

EMDR Institute

EMDR Supervision – Case Consult Day

Gray Management Systems

Demystifying ISO 9001:2015

• PROFESSIONAL DEVELOPMENT FOR STAFF:

Sensorimotor Psychotherapy Institute

Sensorimotor Psychotherapy Level 1

Somatic Experiencing Australia

Somatic Experiencing Professional Training (Beginning Level)

Statewide Workforce Development

Sleep Treatment Issues in Sexual Assault Survivors

The Delphi Centre

I Don't Trust You But You Are My Last Hope: Assessing and Treating Complex Trauma

TRE Australia

Trauma Release Therapy.

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

On 10th March, along with Northern CASA staff, WestCASA staff attended a presentation by **Andrea Guest** on her Master's thesis on vicarious trauma.

She focused on the extent of vicarious trauma in a sample of 96 sexual assault counsellors across Australia and New Zealand. Her study found that vicarious trauma levels in this sample were significantly higher than normal averages of trauma therapists.

As hypothesised, supervisory relationship and self-compassion were both inversely and significantly correlated with vicarious trauma.



Strategic Goal: People

It was concluded that, in order to minimise their extent of vicarious trauma, sexual assault counsellors require both internal (i.e. self-compassion) and external support (i.e. a positive supervisory relationship), thereby promoting positive outcomes for counsellors, supervisors, sexual assault agencies and clients.

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

In December 2014, Australia's National Research Organisation for Women's Safety (ANROWS) commissioned the Australian Institute of Family Studies, in partnership with CASA Forum and UnitingCare ReGen, to undertake the **Establishing the Connection Study**.

Establishing the Connection is a Victorian-based study that aims to improve understanding of the complex intersections between alcohol and other drug use (AOD) and the severity of, or vulnerability to, sexual violence and re-victimisation, and to build the capacity of the sexual assault and AOD sectors to respond more effectively to the needs of affected women and their families.

Findings from the Establishing the Connection Study will inform the development of Practice Guidelines to assist service providers with the identification, assessment, response and referral of individuals and families affected by co-occurring sexual abuse victimisation and substance use issues.

The Practice Guidelines were released in May 2016.

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

The negotiations for a new workplace EBA have continued this year. The EBA is close to completion and we hope will be finalised before the end of 2016.

e. Continue to explore opportunities that enhance financial sustainability.

We have received additional funding to address demand for sexual assault counselling services from the Department of Health and Human Services.

The Department of Justice and Regulation have funded an extended specialist trauma service at the women's prison and a position to support women exiting prison to access specialist trauma services provided by CASAs across the state.

We are very excited to implement these services over the next year.

Wyndham MDC has been announced and will be a partnership between WestCASA, Gatehouse, VicPol and Child Protection to provide a victim focused, integrated service response.

f. Continue to build and enhance governance capabilities.

The Board of Governance continues to meet monthly, receiving financial and other reports about the operation of the service, and overseeing risks.

The Board and staff participated in a shared planning day by visiting the Barwon MDC as a beginning to our entry into the Wyndham MDC. The Board welcomed a new member **Joanna Ellis** who has a social work and family violence background.

Our quality work is ongoing with the support of **Lesley Hyde** with a focus on integrating the new Child Safe Standards into the organisation. She also ensured we continued to meet our ISO and DHHS Standards in the annual review process in April 2016.



Strategic Goal: Provide and Promote Services

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

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

a. Deliver quality services to clients.

WestCASA has been fortunate to receive additional funds from DHHS to ensure we can deliver our services in a timely way and with experienced staff.

Two new staff have been employed in the past 12 months using these funds.

GROUP WORK

In semester 1 of 2016, Eileen and Julie ran another **Women Gathering** group for adult female survivors of childhood sexual assault.

Seven women attended the group for 8 sessions and said that they gained a great deal from the opportunity.

We received highly positive feedback.



MURAL CREATED AT THE WOMEN GATHERING PROGRAM.

Strategic Goal: Provide and Promote Services

b. Engage in client evaluation and feedback processes.

WestCASA encourages client feedback through a feedback book and suggestions box in the waiting room.

"Thank you very much for all of your help when I needed it most of all."

"Thanks for everything."

WestCASA holds focus groups after the body-based therapy sessions.

"I feel softer and more connected to myself, my body"

"... doing yoga was very body centred so this was a great challenge for me. Clare helped me through this by accepting this was how I felt..."

The groups we run include participant evaluations, both around change that occurs during the group, and feedback about their experience in the group.

"You are all the best possible people to be running the groups. So knowledgeable, sensitive to individual needs as well as the group as a whole."

"I am proud to say I was a part of this group and the healing I have achieved."

c. Expand and continue to deliver Body-Based therapies.

WestCASA has been providing a safe environment for participants to experience body-based intervention in relation to their trauma, to complement and enhance talk-based therapies since 2009.

The yoga program was run in 2015 by **Clare Pritchard** in collaboration with WestCASA and Yarraville Yoga Studio.

This collaboration has provided a great space for the yoga program and provides a pathway into the **Trauma Sensitive Yoga** course at Yarraville Yoga Studio.

"Clare did not ask about my sexual assault experience nor did she encourage me to talk about it. The sessions were based on my body and the reactions of the trauma. Because my story was not spoken about, that encouraged me to focus on the yoga. I liked this. It felt safe."

In 2016 Shiatsu practitioner **Alex Caldwell** provided a program at WestCASA for four clients. Shiatsu provides a safe experience of massage as participants remain clothed.

Feedback from a client:

"Alex and I worked on some pain management techniques and this was very helpful."

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

Penny McDonald took on a project translating our WestCASA brochures into Arabic and Vietnamese.

We have also reprinted brochure for DPFC including one in Vietnamese.



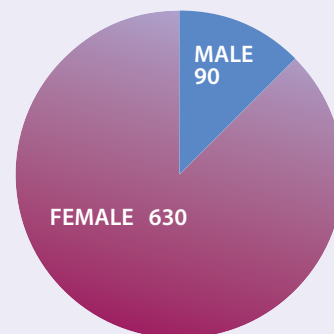
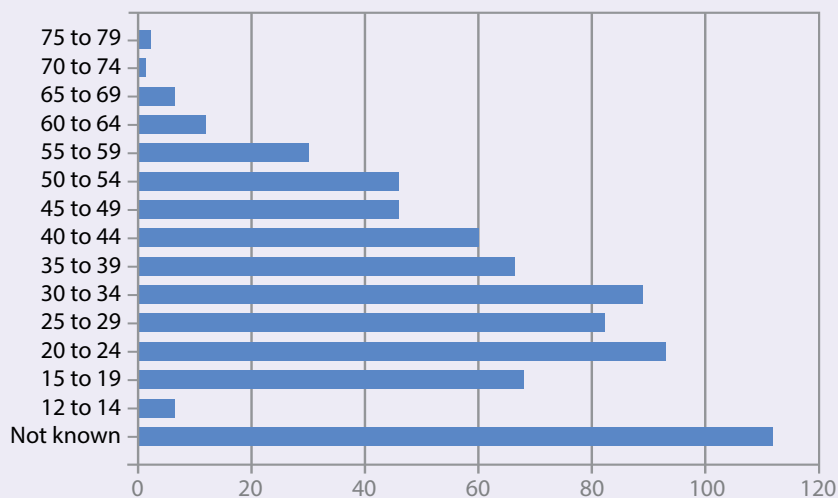
e. Build professional skills in others who deal with sexual assault.

Esen Uygun presented as part of the Sexual Assault Support Services Workforce Development calendar on *An Introduction To The Application Of EMDR In The Context Of Sexual Assault And Complex Trauma*.

This was presented to experienced practitioners, and received positive feedback regarding the usefulness of the training in their counselling with people who have experienced sexual assault.

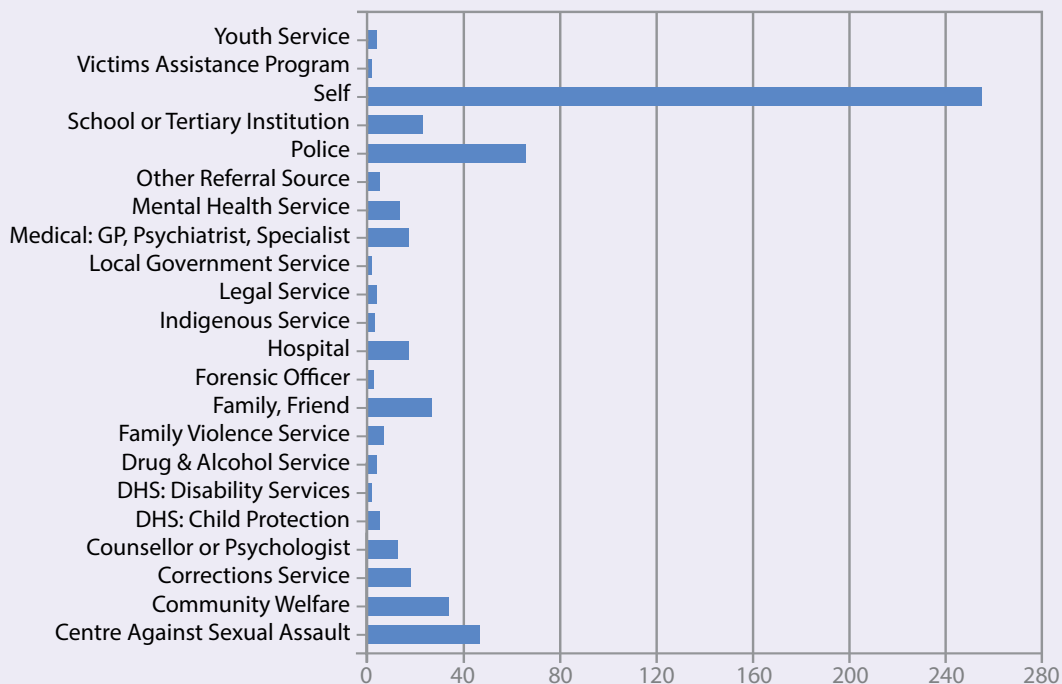
Counselling Statistics

CLIENTS BY AGE GROUP

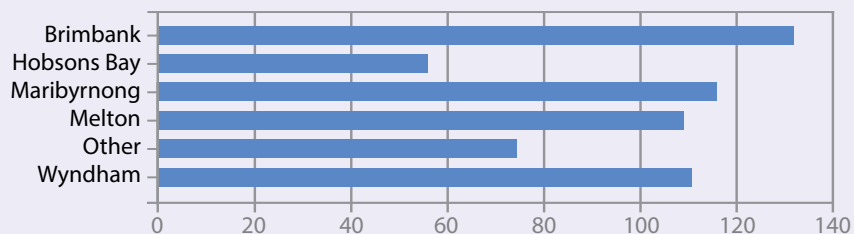


CLIENTS BY GENDER

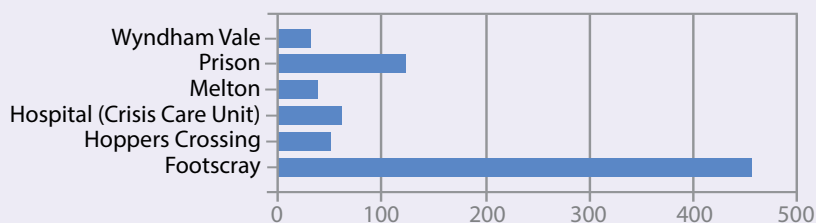
REFERRAL SOURCE



CLIENT LGA

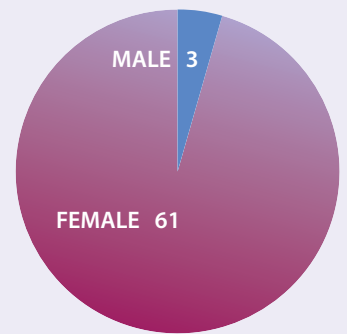
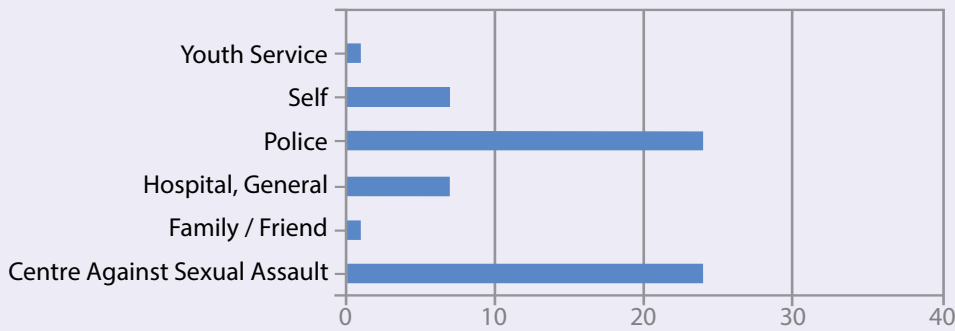


COUNSELLING LOCATION



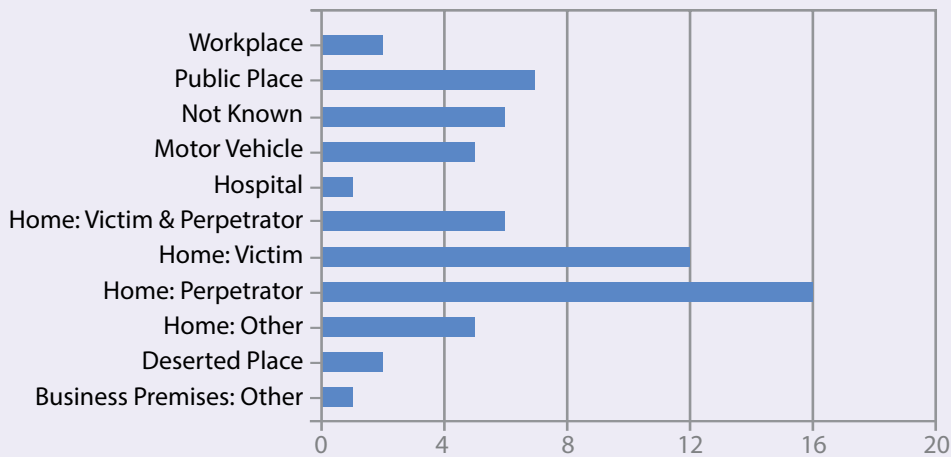
Crisis Care Unit Statistics

CCU REFERRAL SOURCE

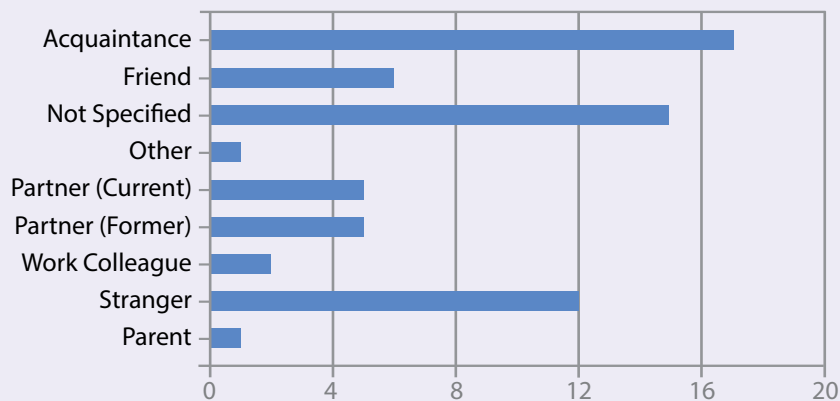


CRISIS CARE UNIT CLIENTS BY GENDER

LOCATION OF ASSAULT



PERPETRATOR



Finance Report

Balance Sheet as at 30 June 2016

	2016 \$	2015 \$
Retained Earnings		
Asset Revaluation Reserve	1,154,012	1,154,012
Retained Surplus/(Loss)	209,376	79,004
Total Equity	1,363,388	1,233,016
Represented by:		
Current Assets		
Cash on Hand	300	300
Cash at Bank - Visa Debit Float / Salary Pack	452	477
Cash at Bank - Investment Accounts	527,795	388,428
Salary Packaging Clearing Account	13,996	13,996
	542,543	403,201
Non-Current Assets		
Land, Buildings & Improvements at Valuation	1,100,000	1,100,000
	1,100,000	1,100,000
Motor Vehicles	35,612	35,612
Less Accumulated Depreciation & Impairment	15,215	9,293
	20,397	26,319
Office Furniture & Equipment and Library	182,135	161,383
Less Accumulated Depreciation & Impairment	124,140	112,063
	57,995	49,320
	1,178,392	1,175,639
Investments		
Shares in Other Companies	-	5
	-	5
Total Assets	1,720,935	1,578,845
Current Liabilities		
Bank Overdraft	18,029	16,486
Other Creditors - PAYG	11,150	6,732
Other Creditors - Superannuation Payable	2,710	330
Provision for Holiday Pay	35,632	66,370
Provision for Long Service Leave	114,486	115,516
Provision for Graduate Allowance Back Pay (Note 10)	146,873	114,813
Provision for GST	28,667	25,582
Total Liabilities	357,547	345,829
NET ASSETS	1,363,388	1,233,016

Statement of Appropriations For the Year ended 30 June 2016

	2016 \$	2015 \$
Retained Profits - Beginning of Year	79,004	172,692
Surplus/(Loss) for Year	130,372	(5,595)
Retained Earnings Before Extraordinary Item	209,376	167,097
Post-Graduate Allowance Back Pay 2010-2014 (Note 9)	-	(88,093)
Retained Earnings at 30 June 2016	209,376	79,004

Profit and Loss Statement For the Year ended 30 June 2016

	2016 \$	2015 \$
Income		
VOCAT	7,246	16,474
DHS – Core Operating Grant	1,361,782	1,129,145
DHS – Better Pathways	96,182	93,927
Professional Development Fees	-	2,400
Donations	1,240	1,100
Other Grants	10,000	10,841
Interest Received	11,869	10,100
Reimbursements, Sales & Sundry	1,102	1,002
Centrelink-Paid Parental Leave	23,544	-
	1,512,965	1,264,989
Expenditure		
Accountancy & Audit Fees	3,142	2,913
Bank Charges	-	36
Building Maintenance	3,377	9,065
Catering	2,160	1,982
Cleaning & Gardening	7,248	7,331
Client Costs	11,826	9,731
COM Expenses	320	760
Computer Support and Supplies	20,771	19,709
Community Ed / Prof Dev. Costs	4,482	11,108
Depreciation	17,999	18,069
Equipment Purchases	3,818	2,538
Filing Fees	198	394
Fringe Benefits Tax	2,317	2,766
Holiday Pay Provision	90,774	76,928
Insurance	1,405	1,255
Library & Resources	334	506
Light & Power	4,238	5,698
Long Service Leave Provision	21,937	19,025
Materials / Program Costs	1,942	155
Motor Vehicle Expenses	5,291	6,111
Other Staff Costs	473	681
Outreach - Hoppers Crossing	7,410	9,992
Outreach - Melton	5,997	3,688
Outreach - Footscray	14,728	-
Outreach - Wyndham	3,225	-
Postage & Courier	675	384
Printing & Photocopying	7,436	7,319
Professional Services & Consulting	-	7,400
Rates & Taxes	852	779
Repairs & Maintenance	1,100	508
Salaries & Wages	951,204	865,195
Sanitation	251	260
Staff Amenities	1,290	1,297
Staff Training	9,682	5,659
Stationery	3,340	3,881
Storage Fees	974	-
Subscriptions & Memberships	6,067	4,647
Sundry Expenses	1,827	1,227
Superannuation Contributions	101,024	89,615
Supervision	13,730	13,641
Telephone, Fax & Pagers	16,401	17,760
Travelling Expenses - Staff & Clients	2,338	2,178
Waste Disposal	372	386
Workcover	28,618	13,686
	1,382,593	1,270,584
Surplus/(Loss) For Year	130,372	(5,595)

Auditor's Report



1st Floor, 189 Coleman Parade
GLEN WAVERLEY, VIC. 3150

PO Box 340
GLEN WAVERLEY, VIC 3150
Phone: 03 95600211
Fax: 03 9561 5497
E-mail: toner@jcollyerpartners.com.au

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF WESTERN REGION AGAINST SEXUAL ASSAULT INC.

Report on the Financial Report

We have audited the accompanying special purpose financial report of Western Region Centre Against Sexual Assault Inc. (the association), which comprises the committee's report, the assets and liabilities statement as at 30 June 2016, the income and expenditure statement for the year then ended, notes comprising a summary of significant accounting policies and other explanatory information, and the statement by members of the committee.

Committee's Responsibility for the Financial Report

The committee of Western Region Centre Against Sexual Assault Inc. is responsible for the preparation of the financial report that gives a true and fair view in accordance with Australian Accounting Standards and the Associations Incorporation Reform Act 2012 and for such internal control as the committee determines is necessary to enable the preparation of the financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

In Note 1, the committee also state, in accordance with Accounting Standard AASB 101 Presentation of Financial Statements, that the financial statements comply with International Financial Reporting Standards.

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 about 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 association's preparation of the financial report that gives a true and fair view, 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 association's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the committee, 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.

Opinion

In our opinion:

- a. the financial report of Western Region Centre Against Sexual Assault Inc. is in accordance with the Associations Incorporation Reform Act 2012, including:
 - i. giving a true and fair view of the Association's financial position as at 30 June 2016 and of its performance for the year ended on that date;
and
 - ii. complying with Australian Accounting Standards and the Associations Incorporation Reform Act 2012
- b. the financial report also complies with International Financial Reporting Standards as disclosed in Note 1.

Dated this 24th day of October 2016

A handwritten signature in blue ink, appearing to read 'Lionel R. Arnold'.

Lionel R. Arnold
Director

J. L. Collyer & Partners