



Sydney **Drug Education** & **Counselling** Centre

# **Annual Report 2020**



## **Acknowledgment of Country**

SDECC acknowledges Aboriginal and Torres Strait Islander people as Australia's First People and The Traditional Custodians. We value their cultures, identities, and their continuing connection to country, waters, kin and community. We pay our respects to Elders past, present and emerging. SDECC is committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people and families by providing services that are welcoming, safe, culturally appropriate and inclusive.

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## OUR CHAIRPERSON



As Board Chair I am delighted to be able to present to you our 2020 Annual Report.

Last year I highlighted the opening of our St Leonard's office as a symbol of change for the organisation. This last year has again seen enormous change, and it was also a real test of resilience and adaptability. It is wonderful to see how the team has risen to the challenge and continued to serve our clients and community through this turbulent time. Our clients depend on

us and we have been there for them despite all of the changes that were necessary to how we do our work.

We continue to make strategic progress despite the need to focus on the short term risks and impacts of COVID-19. Building new community support responses, strengthening our credibility with continued research, and our new fresh branding are all important steps towards the future success and ongoing strong relevance of the organisation.

I would like to acknowledge our funding agencies for supporting our work, and the value they place on our services.

A special thankyou to my fellow Board members for their continued support of Carolyn and the team, and enduring the switch to virtual meetings with good humour.

Finally, on behalf of the Board thank you to Carolyn for her calm leadership through a challenging year and of course to everyone in the team for the hard difficult work you do every day.

**Ian Farmer**

**CHAIRPERSON**

## OUR CEO

2020 will go down in history for many things and it has certainly been a memorable and successful year at SDECC. I am proud of how our team has worked together through all the challenges presented by COVID-19 to ensure seamless service provision for our clients. We have steadily navigated episodes of remote working, the introduction of telehealth and the transition back to face to face working, keeping our clients as the central focus of everything we do. Through this year of disruption we have managed to deliver more services to more people than in previous years.

We have continued to build on our practice-based research to demonstrate the impact of our work and add to the discourse in relation to effectively working with young people and families impacted by substance use and co-occurring mental health issues. We were supported in our research through the achievement of a CMHDARN Innovation and Evaluation Grant and with the support of The Matilda Centre in particular our wonderful mentor Erin Kelly.

I would like to sincerely thank each member of the wonderful SDECC team, receiving the 2020 Workplace of the Year Award was a great recognition of the positive SDECC culture we continually strive to build and maintain.

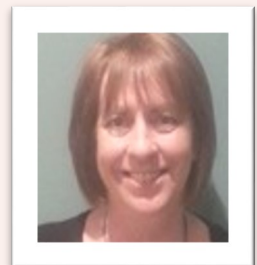
The SDECC Board volunteer their time to provide the strong governance and strategic oversight essential for our continued ability to deliver on our purpose and achieve our strategic goals. I would like to acknowledge and thank Ian Farmer, our Chair and each of our Directors for their ongoing support and guidance.

I would like to acknowledge and thank all the young people and families who trust us to work with them to achieve their goals; you are the reason we come to work each day.

We are looking forward to the year ahead, confident of our ability to overcome any challenges that arise and make the most of every opportunity as we continue to strive to increase our impact for the benefit of our clients and the communities we work in.

Carolyn McKay

CEO





## **OUR VISION**

A society that supports people with problematic use of alcohol and other drugs together with any related mental health concerns, minimises related harms and empowers those people to live a fulfilling and healthy life

## **OUR PURPOSE**

To empower Young People, their families and communities to minimise the harms associated with their problematic use of alcohol and other drugs

## **WHAT WE DO**

- We provide outcome focused counselling and support services for Young People aged 12-25 with problematic use of alcohol and other drugs, and their families
- Our model of care is trauma informed, evidence-based and acknowledges the complexity of co-occurring mental health and substance use issues
- We help communities to build the capacity to support Young People and their families facing these issues.

## **OUR STRATEGIC PRIORITIES**

- High quality, outcomes focused, evidence-based service delivery
- Our people
- Growth, reach and influence
- Communications
- Governance & Resource Management

**SDECC** is a not-for-profit, charitable organisation specialising in providing free counselling and support for young people aged 12 -25 with problematic alcohol and other drugs (AOD) use and their families across the Northern Sydney Region.

**The services we offer include:**

- Counselling
- Parenting groups
- Mental health assessment
- Case management
- Research
- Drug and alcohol education
- Sector capacity building



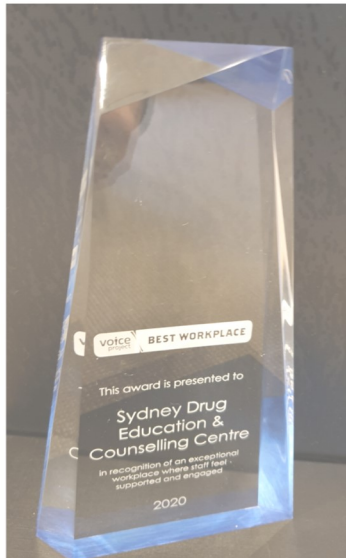
# OUR TEAM





“Great people  
doing great  
work.”

“SDECC has such a  
positive work environment  
which supports our  
challenging work.”



“SDECC is a fantastic  
organisation to work  
for”

## A FEW HIGHLIGHTS OF 2020

**Over 350  
young people  
supported**

**Over 100 parents  
attended Paving  
Ways Groups**

**Over 2,500  
counselling  
sessions**

**Work Place of  
the Year Sward**

**Over 400  
assessments**

**Over 90% of clients  
reported that SDECC  
services helped them deal  
more effectively with their  
problems**

**New website**

**287 parents  
supported**

**Conference  
presentations**

**100% of the Team  
believe in the  
purpose and values  
of SDECC**

**Introduced  
Telehealth**

**100% of SDECC Team  
members are proud  
to tell people they  
work for SDECC**

**New research**

**"You have changed my life for the better."**

**"I tell my friends they should go."**

**"Awesome!"**

**"SDECC is a warm and safe place."**

**"Friendly and helpful."**

**What do young people say about SDECC?**

**"SDECC helped me through some real tough times."**



**"Your strategies and discussions and stories are incredibly powerful".**

**"We are so grateful that people like yourselves have the talent and emotional capacity to listen and guide us through traumatic times".**

**What do parents say about SDECC?**

**"Thank you for introducing us to people in situations just like our own. We are all struggling with similar problems and doubts about our abilities to manage our family and our relationships."**



## OUR STORIES

*All names have been changed to ensure confidentiality.*

Michael was encouraged by his parents to attend SDECC. He was 16 years old when he first engaged with SDECC for management of problematic poly-substance use, Cannabis dependence, severe symptoms of depression, anxiety and stress. Michael was initially reluctant to engage in counselling, however later found counselling helpful with his struggles of understanding himself, interpersonal relationships, emotional regulation, impulse control and distress tolerance. Michael further engaged with our Psychiatrist for further mental health support and wanted a lifestyle change to his situation.

Michael initially required intensive support (two sessions per week) then reduced his frequency of counselling to once a week. After eighteen months of counselling, Michael had reduced his cannabis use from dependency to moderation, was abstinent of poly-substance use, had a better understanding and insight of himself and interpersonal relationships, resulting in better emotional regulation and distress tolerance. Towards the end of his treatment, Michael reported a reduction in his symptoms of depression, anxiety and stress. He had also reported a higher sense of wellbeing and better interpersonal relationships. Michael is currently self-managing and has reported he is going well, meeting his goals and enjoying a deeper meaningful journey.

## OUR STORIES

*All names have been changed to ensure confidentiality.*

Jo (16 years old) was referred to SDECC by her Psychiatrist. At the time of the referral, Jo had been using Cannabis daily and other substances such as, MDMA, Acid, and prescription drugs on the weekends for the past 10 months. Jo also struggled with depressive symptoms including suicidal ideation, deliberate self-harm and social anxiety.

Jo reported that substances made her feel “confident” and “loving”, which helped her to be more social and relaxed around others. She also identified experiencing negative consequences of her substance use, such as feeling agitated and an increase in sadness and irritability when she was withdrawing from substances or could not access any. As a result, Jo found it difficult to focus and concentrate on tasks, she was disengaged from family relationships and struggled to attend school.

In the early sessions of counselling, Jo was provided with psycho-education about the impact of substance use on her physical and mental health and she was encouraged to use harm reduction strategies. As counselling continued, Jo worked on identifying and managing triggers for her substance use, she set weekly achievable goals to reduce polysubstance use and worked on safety planning around risk to self. After 18 counselling sessions, Jo is now abstinent from weekly polysubstance use, has reduced daily cannabis use significantly, and has reported an increase in her concentration and energy levels. Jo has also experienced an improvement in her mood and depressive symptoms. She has reported an absence in suicidal ideation and deliberate self-harm for the past 3 months. Jo is keen to continue with counselling at SDECC to maintain her goal of harm reduction, to work on decreasing anxiety and to create healthier relationships with friends and family.





## OUR FINANCES

The Association of Drug Referral Centres Ltd (Trading as SDECC)  
Statement of profit or loss and other comprehensive income  
For the year ended 30 June 2020



	Note	2020 \$	2019 \$
<b>Revenue</b>	<b>4</b>	<b>1,582,102</b>	<b>1,296,567</b>
Interest income		8,901	11,700
Total revenue		<u>1,591,003</u>	<u>1,308,267</u>
<b>Expenses</b>			
Employee benefits expense		(1,236,339)	(999,923)
Depreciation and amortisation expense		(95,967)	(35,886)
Audit fees		(12,700)	(6,250)
Consultants/contractors		(44,302)	(14,193)
Events costs		(3,238)	(2,139)
Marketing		-	(1,135)
Insurance		(8,410)	(13,916)
Operating lease expenses - office rent		-	(33,951)
Office supplies/equipment		(6,370)	(18,179)
Printing and stationery		(6,219)	(5,333)
Repairs & maintenance		(9,066)	(17,019)
Subscriptions		(17,567)	(16,231)
Supervision/mentoring		(18,200)	(13,372)
Telephone & IT expenses		(19,017)	(26,532)
Other expenses		(25,340)	(22,694)
Finance costs		(3,143)	-
Total expenses		<u>(1,505,878)</u>	<u>(1,226,753)</u>
Surplus before income tax expense		85,125	81,514
Income tax expense		-	-
Surplus after income tax expense for the year		85,125	81,514
<b>Other comprehensive income</b>			
<i>Items that will not be reclassified subsequently to profit or loss</i>			
Gain on the revaluation of land and buildings, net of tax		462,188	-
Other comprehensive income for the year, net of tax		<u>462,188</u>	<u>-</u>
Total comprehensive income for the year		<u>547,313</u>	<u>81,514</u>

**Note:** Abridged version of financial statements. For a full copy of the report, please contact us on (02) 9977 0711 or email [admin@sdecc.org.au](mailto:admin@sdecc.org.au)



The Association of Drug Referral Centres Ltd (Trading as SDECC)  
Statement of financial position  
As at 30 June 2020



	Note	2020 \$	2019 \$
<b>Assets</b>			
<b>Current assets</b>			
Cash and cash equivalents	5	418,990	295,535
Trade and other receivables	6	5,085	4,406
Contract assets	7	5,000	-
Term deposits	8	500,843	490,239
Other	9	32,181	23,900
Total current assets		<u>962,099</u>	<u>814,080</u>
<b>Non-current assets</b>			
Property, plant and equipment	10	2,901,605	2,452,709
Right-of-use assets	11	49,143	-
Total non-current assets		<u>2,950,748</u>	<u>2,452,709</u>
<b>Total assets</b>		<u>3,912,847</u>	<u>3,266,789</u>
<b>Liabilities</b>			
<b>Current liabilities</b>			
Trade and other payables	12	107,961	79,386
Contract liabilities	13	256,500	-
Lease liabilities	14	50,513	-
Employee benefits	15	73,962	45,462
Unexpended grants	16	-	262,031
Total current liabilities		<u>488,936</u>	<u>386,879</u>
<b>Non-current liabilities</b>			
Employee benefits	17	11,916	15,228
Total non-current liabilities		<u>11,916</u>	<u>15,228</u>
<b>Total liabilities</b>		<u>500,852</u>	<u>402,107</u>
<b>Net assets</b>		<u>3,411,995</u>	<u>2,864,682</u>
<b>Equity</b>			
Reserves		2,888,619	2,426,431
Retained surpluses		<u>523,376</u>	<u>438,251</u>
<b>Total equity</b>		<u>3,411,995</u>	<u>2,864,682</u>

## OUR BOARD



**Ian Farmer, FCA, ICAEW – Chairman**

Ian has had a 30 year career in professional services, including 20 years as a partner with a major global accounting firm in a range of local and international client serving and leadership roles. Ian is on a number of not-for-profit boards in Sydney, including as chairman of Lifeline Northern Beaches Inc. where he is also a volunteer telephone crisis supporter.



**Stephen Harmer, B.Comm (Marketing), GAICD, IS Accredited Professional**

Stephen is a senior executive manager with extensive leadership experience including over thirty five years in general management, strategy development, consulting in change management, the sales and marketing of fast moving consumer goods, industrial and services. Stephen sits on a number of NGO's Boards, including Northern Beaches Interchange, BiPolar Australia and is SDECC Treasurer and Chair of the Finance and Risk Committee.



**Merrianne Sinclair, BSW, Grad Dip VET, Cert IV TAE10**

Merrianne is a social worker who has worked for both Government and non-Government organisations and, has also had a private counselling practice. Merrianne currently works as a teacher and workplace trainer and assessor for TAFE NSW at Northern Beaches Campus. Merrianne is the Secretary and Chair of The Governance Sub-Committee.



**Nick Dillenbeck, B. Comm. (Liberal Studies)**

Nick is a management consultant, helping ASX-listed, private and government organisations develop strategies and deliver performance improvement projects.



**Will Adames, BSC Hons**

Will is a communications professional with a wide range of experience gained in private and public sector roles. He currently works in local government specialising in community and business engagement. Will has a degree in Environmental Engineering and diplomas in Management and Government.

**Louise Cummins**

Louise is currently the Marketing and Digital Director at H&R Block Australia. She has over two decades of experience working across a range of industries including finance, technology, entertainment, healthcare and telecommunications. She has extended successes in the corporate world with consultative and governance roles for not-for-profit organisations.



**Paul Hogan, B.Comm.**

Paul works in the Executive and Ministerial Support branch, NSW Ministry of Health. He has a local government background, having worked for a number of councils in social planning and youth services roles. He has also worked extensively in the non-government sector.

**Sarah Mercer, BSc(Psychol), HONS, MCLinPsych, MAPS**

Sarah is a Clinical Psychologist who has worked for Government and non-Government organisations and in private practice. Sarah's focus has been on working with children, young people and their families. Sarah currently works as the Student Wellbeing Manager for a local not for profit organisation, Stewart House. Sarah is a member for the Governance Sub-Committee



## DONATIONS

Are welcomed and will contribute to further enhancing our services:

### **Online**

[www.sdecc.org.au](http://www.sdecc.org.au)

or

### **Directly into our account below:**

Account name: Association of Drug Referral Centres

BSB: 032-096

Account No: 208 039

All donations are tax deductible



## THANK YOU TO OUR FUNDING PARTNERS



SDECC would also like to thank Family and Community members who generously donate to support our work.



**[www.sdecc.org.au](http://www.sdecc.org.au)**

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