



Annual Report 2019



We **Welcome** & include LGBTIQ+ people

We **Create** positive change in our local community

We **Celebrate** LGBTIQ+ diversity

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

Shortly after our AGM in November 2018 I became Chairperson and I wanted to open by saying how proud I am to take on this role. It is a privilege to support a great team of talented people doing such important work to change lives in our community. I am fortunate to have followed in Russell Wolfe's footsteps.

It has been a year of accelerating change as we build for the future. Perhaps the most significant single change has been the opening of the St Leonard's office and it is fantastic to see this up and running. A highlight of my first year as Chairperson was attending the February opening and meeting some of our partners, referrers and funders, and to hear how much they think of SDECC and what we do.

The quality of our work is the foundation of the successful outcomes for our clients, and client feedback continues to be outstanding. It was also very pleasing to achieve ACHS re-accreditation for a further three years in November 2018.

Thank you to all of our funders, partners and supporters for helping us support the community.

I would like to acknowledge my fellow Board members for their efforts and passion for the cause. This year we farewelled Russell Wolfe and Angus Megarritty - our thanks go to them for their contribution. We welcomed Stephen Harmer to the Board recently bringing extra finance, strategy and leadership skills to the table.

On behalf of the Board I want to thank Carolyn for her leadership as CEO, and all of our staff who make such a huge difference every single day.

Ian Farmer

CHAIRPERSON

OUR CEO

I am delighted to introduce our 2019 Annual Report, in which we celebrate not only the past 12 months, but also the launch of the history of our first half century of service. Helen Crouch has done a wonderful job in researching our history. Sincere thanks go to Helen and all the people who have so generously contributed.

There have been a number of significant achievements over the past year, including the establishment of our second full-time office at St Leonards and a part-time base at Hornsby. We extended our age range to provide services for young people from age 12 and have implemented practice based research with the support of The Community Mental Health Drug and Alcohol Network (CMHDARN) and The Matilda Centre for Research in Mental Health and Substance Use (University of Sydney and presented our innovative model and learnings at The Creating Synergy Conference).

We were delighted to be involved in the “Creating Access” pilot project seeking to improve access for young people with disabilities to mainstream youth services. Our team has also facilitated a number of capacity building sessions for service providers and participated in a range of community networks and events.

I would like to acknowledge and thank the team for their passion and dedication to deliver exceptional services to our clients; and their ability to sustain enthusiasm in relation to both the challenges and opportunities presented over the year. We were delighted to welcome Dr David Gordon, Child and Adolescent and Addiction Specialist to our team in a consulting capacity through a partnership with NSW Health. He has made a significant contribution to our clients and the team.

SDECC works closely with a wide range of community partners in order to provide the best possible service to our clients. We would like to acknowledge and thank them all. We thank our funding partners who entrust us with taxpayers’ dollars enabling us to deliver much needed services. We know that the returns that we have provided to our clients and the community has repaid this investment many times over.

I would like to acknowledge and thank the Board of Directors for their continuing commitment and efforts in leading and supporting the organisation through strong governance and development of our strategic direction.

We are excited about the opportunities ahead as we continue to build on our successes and strive to increase our impact within our community.

Carolyn McKay

CEO



WHO WE ARE

Our Purpose

Is to empower young people, families and their community to minimise the harms associated with the problematic use of alcohol and other drugs.

SDECC strives to be a centre of excellence, providing counselling and support services to young people aged 12-25 years with problematic use of alcohol and other drugs and their families.

Our team of qualified counsellors work with SDECC clients using evidence-based therapies, underpinned by a harm minimisation framework. Our counsellors and support staff are passionate about empowering young people and their families to minimise the harms of problematic use of alcohol and other drugs so they can lead healthier, more fulfilling lives.

A recent employee survey found 100% of SDECC employees believe in the vision purpose and values of the organisation.



WHAT WE DO

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.

SDECC works within the following frameworks:

- family inclusive
- trauma informed
- harm minimisation

Our highly qualified counsellors understand the complexities of AOD use, including any mental health issues.

The services we offer include:

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



OUR HISTORY

From Our Corporate Beginnings

The Manly office of the “Drug Referral Centre” opened just before Christmas in 1970 and operated from the basement of the family home of a founding Director, Mr Eric Gray, at 6 Lauderdale Avenue, Fairlight.

The first Drug Referral Centre was established in Kings Cross in 1967, in response to the wide social issues encountered in the area. It was considered ‘a place of refuge or escape for many who suffered violence, homelessness and addiction.’

On December 22nd, 1969, the members of the Drug Referral Centre resolved to form an association and on July 14th, 1970, executed a Declaration of Trust. As a ‘Company Limited by Guarantee’, the Memorandum and Articles of Association of “The Association of Drug Referral Centres Limited” was signed on December 29th, 1972. The Association has had five (5) offices...



Fifty years later 2019.

SDECC continues to strengthen partnerships and community interactions in this decade too, with a focus on building and retaining key stakeholder relationships. SDECC's longevity of participation has firmly cemented our place in the region and beyond, with the drug and alcohol sector and other NGO's more broadly.

Please contact SDECC to request a copy of SDECC "Our First Half century".

A group of people are sitting in a circle on a light-colored floor. In the foreground, a person is wearing a blue jacket over an orange top and jeans, holding a green mug. To their right, another person is wearing a brown jacket over a striped shirt and jeans, holding a pink mug. In the background, a person is wearing a yellow jacket and holding a white mug. The scene is a casual gathering, likely a support group.

PAVING WAYS

Paving Ways is a 6 week therapeutic group for parents and carers who are experiencing the effects of their child or dependent's problematic alcohol and/or drug use. Our qualified clinicians provide a safe and supportive environment for parent/carers to explore strategies and skills to manage their own stress and the behaviour of their child/dependent.

"The activities each week were perfect to how we were dealing with our children. Light bulbs went off as the weeks progressed and I started looking at and approaching my children differently. I have started to feel more comfortable with the situation and feel I have been given the skills to help me deal with my children."

"We still have a very long road with our young person's choices but with SDECC's support during the Paving ways Group and our counsellor's tireless support, we feel we and our family will survive this."

"SDECC has saved our family unit"



OUR STATS

- 212 parents supported.
- 90 parents attended 12 PAVING WAYS groups.
- 50% of young people engaged in counselling following a parent/carer attending Paving Ways.
- 96% of clients said that SDECC helped them deal more effectively with their problems.
- 278 young people supported (60% under 18 and over 40% over 18).
- Over 2000 counselling sessions.
- Over 300 assessments.
- 82% of clients rate SDECC quality of service as excellent
- 64% of clients stated their principal drug of concern is cannabis.
- 96% of clients would recommend SDECC to a friend.

OUR STORIES

All names have been changed to ensure confidentiality.

Kevin was referred to SDECC by his GP. Kevin, who was 16 years old when he entered the service, had been using cannabis daily and binge drinking alcohol on the weekends for the past 12 months. Kevin was also struggling with depressive symptoms, including suicidal ideation and social anxiety.

Kevin reported during counselling that substances made him feel like a “normal teenager” and made him more social and relaxed. He identified that some of the unwanted consequences of his substance use was feeling agitated when he ran out of cannabis, difficulty focusing and concentrating on tasks, and disinterest in playing sports; a pastime he had really enjoyed before he started drinking alcohol and smoking cannabis regularly.

Kevin attended 15 weekly counselling sessions, working on identifying and managing his triggers to use substances, and setting small and achievable weekly goals to cut down his cannabis use. As a result of the work Kevin has done with his Counsellor, he has been able to abstain from cannabis use for several weeks and reports already noticing an improvement in his concentration. Kevin also reports a significant improvement in his depression symptoms and an absence of suicidal ideation for four weeks. Kevin’s current goals in counselling are to work on decreasing his anxiety and increasing his motivation to be able to play sport again, and to work on feeling more comfortable socialising with his peers.





John participated in the six week Paving Ways parenting support program and four individual counselling sessions to support him with his 19 year old son, Tom. John was 60 years old, a single parent to Tom, unemployed and a sole carer for his ageing parents. John had some mental health challenges and was living with depression. His son Tom, also a client of the service, was using a number of substances at the time, including cannabis, cocaine, alcohol and benzodiazepines. Tom also had some mental health challenges; including anxiety, behavioural challenges and previous episodes of psychosis.

Through his participation in the Paving Ways program, John learnt how to manage his own fears and anxieties about Tom's drug use, set appropriate boundaries and hand back some responsibility to Tom, negotiate conflict and communicate more effectively, and look after his own health and wellbeing. John also learnt about the stages of change an individual with problematic substance use cycles through which helped him to understand Tom's attitude to his drug use and desire to make changes.

John was able to develop a healthier relationship with Tom thanks to his knowledge of problematic substance use, improved communication skills and ability to set appropriate boundaries. John also reported an improvement in his depression symptoms thanks to a combination of counselling and pharmacotherapy following a referral to a GP.

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 2019



	Note	2019 \$	2018 \$
Revenue	4	1,296,567	1,008,673
Interest income		11,700	11,311
Total revenue		<u>1,308,267</u>	<u>1,019,984</u>
Expenses			
Employee benefits expense		(999,923)	(840,604)
Depreciation and amortisation expense		(35,886)	(22,914)
Audit fees		(6,250)	(6,269)
Brokerage fees		-	(1,250)
Consultants/contractors		(14,193)	(8,564)
Events costs		(2,139)	(3,610)
Marketing		(1,135)	(867)
Insurance		(13,916)	(10,197)
Operating lease expenses - office rent		(33,951)	(16,467)
Motor vehicle expenses		-	(4,893)
Office supplies/equipment		(18,179)	(3,897)
Printing and stationery		(5,333)	(4,570)
Repairs & maintenance		(17,019)	(8,664)
Subscriptions		(16,231)	(14,886)
Supervision/mentoring		(13,372)	(11,515)
Telephone & IT expenses		(26,532)	(13,025)
Other expenses		(22,694)	(11,614)
Total expenses		<u>(1,226,753)</u>	<u>(983,806)</u>
Surplus before income tax expense		81,514	36,178
Income tax expense		-	-
Surplus after income tax expense for the year		81,514	36,178
Other comprehensive income for the year, net of tax		-	-
Total comprehensive income for the year		<u>81,514</u>	<u>36,178</u>

The Association of Drug Referral Centres Ltd (Trading as SDECC)
Statement of financial position
As at 30 June 2019



	Note	2019 \$	2018 \$
Assets			
Current assets			
Cash and cash equivalents	5	295,535	180,436
Trade and other receivables	6	4,406	16,649
Term deposits	7	490,239	462,529
Other	8	23,900	2,999
Total current assets		<u>814,080</u>	<u>662,613</u>
Non-current assets			
Property, plant and equipment	9	<u>2,452,709</u>	<u>2,466,390</u>
Total non-current assets		<u>2,452,709</u>	<u>2,466,390</u>
Total assets		<u>3,266,789</u>	<u>3,129,003</u>
Liabilities			
Current liabilities			
Trade and other payables	10	72,598	49,294
Employee benefits	11	52,250	24,455
Unexpended grants	12	262,031	242,697
Total current liabilities		<u>386,879</u>	<u>316,446</u>
Non-current liabilities			
Employee benefits	13	<u>15,228</u>	<u>29,389</u>
Total non-current liabilities		<u>15,228</u>	<u>29,389</u>
Total liabilities		<u>402,107</u>	<u>345,835</u>
Net assets		<u>2,864,682</u>	<u>2,783,168</u>
Equity			
Reserves		2,426,431	2,426,431
Retained surpluses		<u>438,251</u>	<u>356,737</u>
Total equity		<u>2,864,682</u>	<u>2,783,168</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

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 delighted to join the SDECC Board as 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:

on line

<http://www.sdecc.org.au/about-sdecc/>

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.



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

FUNDING PARTNERS

Proudly funded by



We are looking forward to working with you again in the coming year.



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SDECC

**SYDNEY DRUG EDUCATION
& COUNSELLING CENTRE**