



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

# Annual Report 2021



## **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



This time last year I referred to the year to 30 June 2020 as having been a test of resilience and adaptability with the first COVID related lockdowns and a transition to a more flexible working model. The work on adaptability served us well in the year to 30 June 2021 with relative stability in the first half and then change in the second half, starting with the short Northern Beaches lockdown, and finishing with the start of a lengthy Sydney wide lockdown. For most of this year however we were able to support clients face to face rather than remotely.

As the year progressed there was an increasing awareness in the community of the mental health impacts of the various restrictions although not much profile for the impact on young people with a difficult relationship with alcohol and other drugs. The lockdowns in Sydney that started right at the end of the financial year brought these into stark focus for us in supporting our clients.

In January Carolyn McKay told of us of her intention to move interstate and relinquish her CEO role. I would like to thank Carolyn on behalf of the Board for her impact in her tenure as CEO and for her support through the transition.

In May, just a few weeks before everyone was sent into work from home mode, we were delighted to welcome Kathryn Key as CEO. The Board look forward to working with Kathryn as we review our priorities and refresh our strategies for a new era.

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

A thankyou to my fellow Board members for their work alongside me in an important period.

Finally, on behalf of the Board thank you to everyone in the team for the hard and difficult work you do every day.

Ian Farmer

CHAIRPERSON

## OUR CEO

I have been pleased and privileged to step into the role of CEO in late May of 2021, replacing Carolyn McKay, who was a much loved and dedicated leader. 2021 has not been an easy year for anyone with the ongoing implications of the COVID19 pandemic in NSW. Fortunately for much of the 2020/21 financial year SDECC was able to open and seeing clients face to face. Where it's been necessary, the team have moved to telehealth delivery and done this with great flexibility and commitment to continuing services. The team have done an amazing job of continuing to provide safe, trauma informed and holistic services for young people and their families.

I'd like to particularly acknowledge the impact of these lockdowns on the young people and families we work with- we have certainly seen the realities of the mental health impacts of extended isolation on people who are already in need of support; this has not been ideal for many. However, we've seen young people and their families continue to access service at very high rates, engage well over telehealth and continue to make significant gains in their lives. I thank them all for their faith in SDECC, particularly during such a tricky time both in their lives and in the world.

Despite the challenges of this period, much work has still been achieved in progressing the goals of the organisation. The partnership with the Matilda Centre continues to help SDECC to gather rich data about the work we are doing and the successes of these young people and families. We've also progressed our research work more broadly, embarking on a partnership with the Northern Sydney Local Health District, evaluating the impact of our partnership with their AOD specialist psychiatry team. Additionally, we have continued to develop our suite of programs and service offerings. The team should be very proud of their efforts.

I also thank the SDECC board who generously volunteer their time and considerable expertise to providing solid governance and strategic direction to the organisation. I'd also like to thank our funders, the Northern Sydney Primary Health Network, the Northern Sydney Local Health District, and the Ministry of Health. I'm very much looking forward to working with the board in the year ahead to develop the strategic priorities for the next few years and am very excited about what lies ahead for the organisation.

Kathryn Key

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

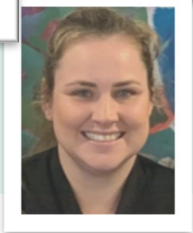
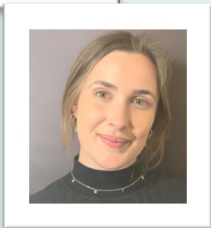
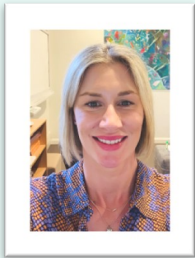
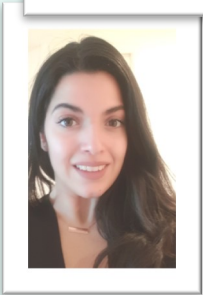
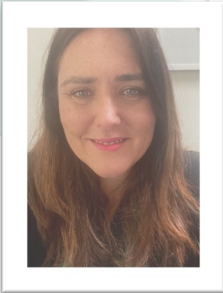
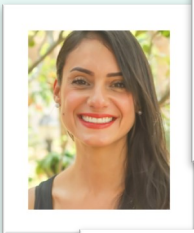
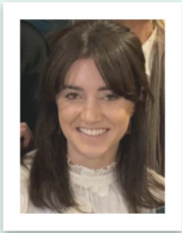
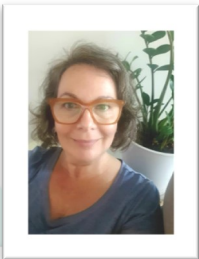
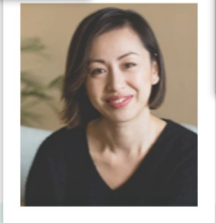
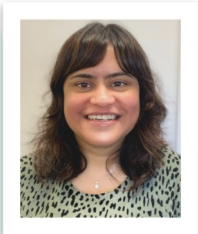
**SDECC** is a not-for-profit, charitable organisation specialising in providing free counselling and support for young people aged 12 -25 with problematic alcohol and other drugs (AOD) use and their families across the Northern Sydney Region.

**The services we offer include:**

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



OUR TEAM





## A FEW HIGHLIGHTS OF 2021

**Welcomed new CEO**

**15 paving ways groups**

**504 young people seen**

**886 new referrals,  
including parents**

**Successfully delivered  
services via telehealth**

**Commenced new  
research in collaboration with  
the Northern Sydney Local  
Health District**

**Continued to work with Matilda  
Centre to strengthen our  
outcomes data**

**Staff trained as Preventor  
facilitators**

**100 percent of clients surveyed rated the  
service they received as either excellent  
or good.**

**"Thanks for putting all of your knowledge and experience in favor of us!"**

**"Your program at SDECC was invaluable for myself and my husband. Your unwavering support throughout our 6 week zoom meetings gave us the tools to move forward and the hope we needed."**

## **What do Clients say about SDECC?**

**"I feel so much more positive about moving forward within our family environment. I cannot thank the staff at SDECC for sharing their knowledge and providing support throughout the program. They have done wonders with my daughter through counselling – she is a changes girl. We are in a good place now."**



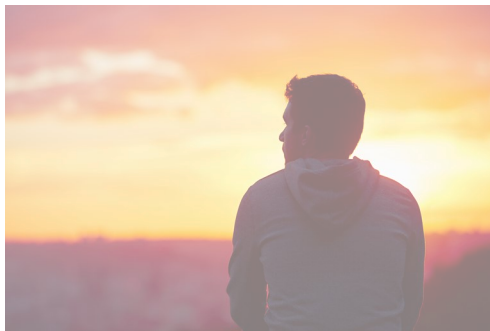
## OUR STORIES

*All names have been changed to ensure confidentiality.*

James (15 years old) was referred to SDECC by Juvenile Justice as part of his Outcome Plan following a brief incarceration in a Juvenile Justice facility. At the time James was in a pattern of offending whilst under the influence of alcohol. James was having difficulty managing his anger in both the home environment and in the community. He was also experiencing symptoms of anxiety, low mood and significant stress due to frequent conflict in the home environment as a result of his behavior when using alcohol. James' school attendance had been poor for some time. James was motivated to work towards a goal of abstaining from alcohol to avoid the consequences of incarceration and frequent conflict with his family.

Over the course of six months, James worked on his plan towards abstaining from alcohol, using harm reduction strategies to minimise the risks to himself and others when using alcohol. James was able to identify his anger triggers and started to implement coping strategies to help him self-regulate when feeling distressed. James was referred to SDECC's consulting Psychiatrist and since commencing medication and continuing his engagement in counselling, James has maintained alcohol abstinence for four months, is attending school full time and has ceased offending. James continues to develop strategies to avoid using alcohol and manage his mental health.

At the time of James' initial engagement with SDECC, his parents self-referred to SDECC and completed the 6 week Paving Ways program. After completing the program and attending 2 follow-up sessions with an SDECC Clinician, James' parents reported feeling more confident in managing James' behavior in the home and supporting him to increase his school attendance.



Max (20 years old) self-referred to SDECC after receiving some criminal charges related to his drug use. He reported his substance use had escalated over the last 2 years and he was now using large amounts of Cannabis, Cocaine and Valium each day. Max was experiencing high levels of stress and anxiety because of his involvement in the justice system. He reported feeling the need to continue using substances to manage this anxiety.

Max disclosed he was experiencing a lot of shame and guilt around his behaviour and its impact on his parents. He identified these uncomfortable feelings along with boredom and social withdrawal were triggers for maintaining his drug use. Max had disengaged with his university studies and was unemployed. During his assessment, Max identified his goal was to achieve abstinence from Cannabis and reduce his use of other drugs.

During weekly counselling sessions, Max received psychoeducation on the effects and harms of substance use and explored harm reduction strategies appropriate to his drug use. Further sessions explored his motivation for change, provided strategies for managing anxiety without substances and assisted him in creating value-directed future goals. After 7 months of counselling, Max had achieved abstinence from all substances, re-enrolled in university and obtained employment in his chosen field. Max reported significant improvements in his wellbeing and interpersonal relationships, remarking that his father had expressed gratitude because he “now has his son back”. Max is still engaged in fortnightly counselling sessions to work on relapse prevention and receive continued support in managing his anxiety. He reports feeling optimistic about his future.

## 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 2021



	Note	2021 \$	2020 \$
Revenue	4	1,672,607	1,582,102
Interest income		3,706	8,901
Total revenue		<u>1,676,313</u>	<u>1,591,003</u>
Expenses			
Employee benefits expense		(1,305,301)	(1,236,339)
Depreciation and amortisation expense		(100,042)	(95,967)
Consultants/contractors		(43,003)	(44,302)
Insurance		(12,828)	(8,410)
Office supplies/equipment		(7,671)	(6,370)
Printing and stationery		(6,102)	(6,219)
Repairs & maintenance		(8,260)	(9,066)
Subscriptions		(23,812)	(17,567)
Supervision/mentoring		(18,390)	(18,200)
Telephone & IT expenses		(20,622)	(19,017)
Other expenses		(34,129)	(41,278)
Finance costs		(4,159)	(3,143)
Total expenses		<u>(1,584,319)</u>	<u>(1,505,878)</u>
Surplus before income tax expense		91,994	85,125
Income tax expense		-	-
Surplus after income tax expense for the year		91,994	85,125
Other comprehensive income			
Items that will not be reclassified subsequently to profit or loss			
Gain on the revaluation of land and buildings, net of tax		-	462,188
Other comprehensive income for the year, net of tax		-	462,188
Total comprehensive income for the year		<u>91,994</u>	<u>547,313</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 2021



	Note	2021 \$	2020 \$
<b>Assets</b>			
<b>Current assets</b>			
Cash and cash equivalents	6	317,353	418,990
Trade and other receivables	7	222,444	5,085
Contract assets	8	-	5,000
Term deposits	10	506,371	500,843
Other	11	38,450	32,181
Total current assets		<u>1,084,618</u>	<u>962,099</u>
<b>Non-current assets</b>			
Property, plant and equipment	12	2,886,576	2,901,605
Right-of-use assets	9	<u>197,464</u>	<u>49,143</u>
Total non-current assets		<u>3,084,040</u>	<u>2,950,748</u>
<b>Total assets</b>		<u>4,168,658</u>	<u>3,912,847</u>
<b>Liabilities</b>			
<b>Current liabilities</b>			
Trade and other payables	13	130,225	107,961
Contract liabilities	14	242,758	256,500
Lease liabilities	15	76,280	50,513
Employee benefits	16	<u>76,893</u>	<u>73,962</u>
Total current liabilities		<u>526,156</u>	<u>488,936</u>
<b>Non-current liabilities</b>			
Lease liabilities	15	122,648	-
Employee benefits	16	<u>15,865</u>	<u>11,916</u>
Total non-current liabilities		<u>138,513</u>	<u>11,916</u>
<b>Total liabilities</b>		<u>664,669</u>	<u>500,852</u>
<b>Net assets</b>		<u>3,503,989</u>	<u>3,411,995</u>
<b>Equity</b>			
Reserves		2,888,619	2,888,619
Retained surpluses		<u>615,370</u>	<u>523,376</u>
<b>Total equity</b>		<u>3,503,989</u>	<u>3,411,995</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-

**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: 633 000

Account 187 345 046



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)**

[admin@sdecc.org.au](mailto:admin@sdecc.org.au)

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