



Sydney **Drug Education & Counselling** Centre

Annual Report 2022



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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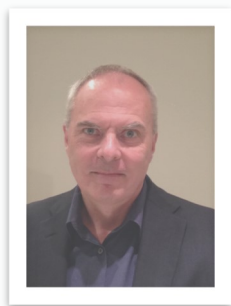
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OUR CHAIRPERSON



As with the previous two years, the twelve months to June 22 was once again impacted by COVID-19 and for SDECC the strains of working from home and simply being separated were very difficult for the whole team. I can speak on behalf of the whole Board in saying how proud we are that through this period we continued to provide caring non-judgemental support to young people and their families in need of help. As some sense of stability returned in early 2022 it was a welcome relief for everyone although the changes in community behaviours, attitudes and cohesion through the last three years are still evolving. Our support to young people and their families is as important as ever.

Early 2022 also saw the evolution of our strategy towards 2025 – bringing some clarity to our priorities and focus – which resulted in some early changes to our operating model.

I would like to thank Kathryn for her calm and thoughtful approach through a turbulent first full year as CEO, and we look forward to a bright future with Kathryn at the helm.

As ever, we could not support the community without our funding agencies and our partners in the community.

As a board we said a sad farewell to Louise Cummins and I want to place on record our thanks to Louise. I want to acknowledge the hard work put in by our entire volunteer board through this year, with countless meetings and calls into the evenings.

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

Ian Farmer

CHAIRPERSON

OUR TREASURER

SDECC is a not for profit purpose driven organisation that operates under grant funding to deliver services to the Northern Sydney community.

For the year ending 30th June 2022 SDECC secured total revenue of \$1,630,897 which was consistent with the operating budget established for the year, while incurring \$1,627,850 in expenses to deliver the services, with a resulting surplus of \$3,047.

This outcome is a credit to the management team in an environment impacted by COVID-19 that challenged face to face service delivery, resource availability and the mental wellbeing of the staff.

Within this environment the services were delivered within the budget framework including commencement on a number of initiatives under the strategic plan. Matched revenue and expenditure outside the budget were noted in employment costs and workers compensation with a minimal net result on the final numbers.

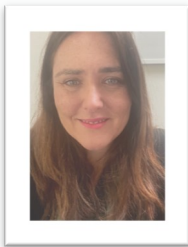
SDECC remained solvent at all times and maintains a strong total equity position of \$3,507,036 and complies with the accounting standards under the Australian Charities and Not-for-profits Commission Act 2012 (the “ACNC Act”).



Stephen Harmer,

TREASURER

OUR CEO



Financial year 21/22 has been a productive year for SDECC. We have moved into a new phase of living with COVID-19, the management of which has presented unique challenges in therapeutic service delivery. We have come out of the restrictions of COVID-19 both impacted by the strain of remote working and simultaneously better able to navigate the new remote working environment. Telehealth has brought a level of flexibility for both clients and the team that wasn't possible before, and fostered new areas of learning about best practice service delivery via video and phone. I really acknowledge the flexibility and understanding of our clients and the commitment of the team to thinking and working through the many issues and challenges associated with this, and for their willingness not just to adapt but to maintain an excellent standard of work with young people and families.

Over the past 12 months we have been focused on growing our work with families and were fortunate to receive some one off funding from the PHN to focus on our group work with families across a 12 month period. This has enabled the creation of a group work position that is both focused on improving access for families to our Paving Ways program, increasing the number of groups we are able to run in a year, and also reviewing the group content to ensure it is in line with current literature and that all of team are easily able to run the groups in consistent and cohesive way. In addition, we have been building on our learning around Adolescent Violence in the Home, which had commenced in the previous financial year with a review of the literature and the gathering of information from parents about how common violence is in the home. We found a prevalence of occurrence for over 60 percent of parents accessing support with SDECC. To begin to address this, we have formulated a 2-session addition to Paving Ways that will equip parents with some skills to cope and make change. This will be piloted in 22/23 with some additional support from Northern Beaches Council.

During this period, the Board of Directors has developed the new three-year strategic plan. The next three years will bring a focus on articulating our model, understanding our outcomes and making best use of our data, clarifying our service offering and integrating telehealth ongoingly, continuing to build a team culture that is professional and supportive, forming partnerships and alliances, and exploring growth within the Northern Sydney Region. I'd like to thank the Board for their contributions to this process, and thank them for their generous voluntary service to the organisation, it's deeply appreciated.

I'd also like to thank and acknowledge the outstanding team at SDECC. The team is comprised of highly skilled individuals, and I see every day the care and thought they show to every person they support. The feedback we have received from both young parents and families is almost universally positive, a reflection of their commitment. I also want to thank and acknowledge our funders, without who nothing would be possible; Sydney North Health Network, Northern Sydney Local Health District and the Ministry of Health. In addition, we have received support from Northern Beaches Council and the Department of Communities and Justice.

Finally I want to acknowledge the many young people and families that we have the great privilege of working with. We are fortunate to work within a strong community, and be able to support many in their individual journeys of improving their wellbeing and reducing drug related harm.

Kathryn Key

CEO



Sydney Drug Education & Counselling Centre

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 their 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

- Develop our model of care through clarity, research, evidence and evaluation of outcomes
- Create a values based professional culture that enables our people to give their best
- Prioritise our counselling work by focusing our community and advocacy activities to those that have a meaningful impact
- Forming partnerships and alliances that enhance referral pathways and enhance our operating effectiveness
- Embrace telehealth in a sustainable delivery model and leverage digital evolution
- Maximise our impact in the Northern Sydney area and lay the foundations toward supporting young people elsewhere.

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:

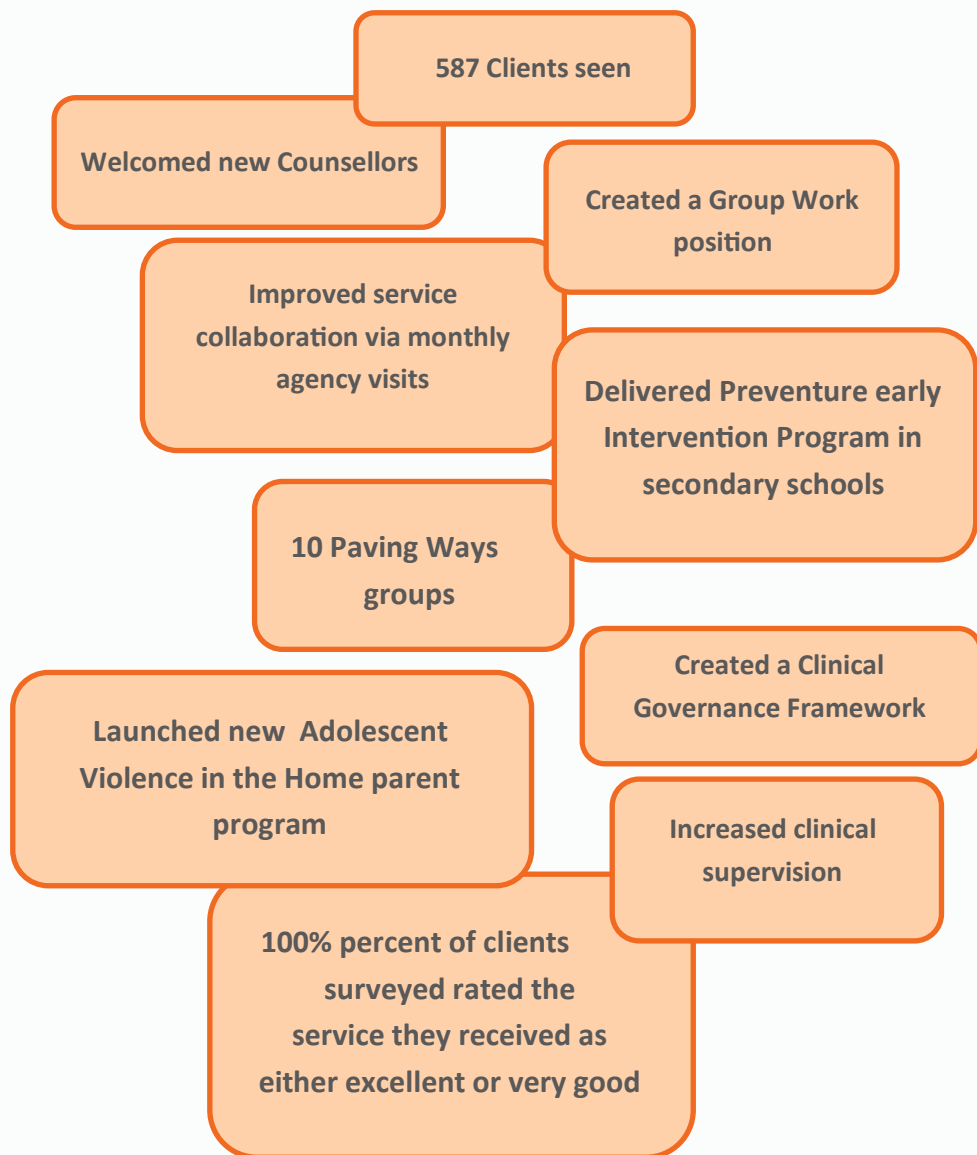
- Counselling
- Parenting groups
- Mental health assessment
- Case management
- Research
- Drug and alcohol education
- Sector capacity building



OUR TEAM



A FEW HIGHLIGHTS OF 2022



"Thank you for the fantastic help over the past 10 months. Great advice and well being support I needed & will continue to use into the future."

"SDECC has had such an impact on my life and has been very effective for me"

What do Clients say about SDECC?

"I have already noticed a huge difference in both my behavior and my ability to recognise negative or unhelpful behavior since I started coming to SDECC. It has been a great help in achieving what I wanted to through therapy, and I'm excited to continue in this journey with the amazing Fabi - a real life angel!"



Nick* (14 years old) was referred to SDECC by parents for his daily alcohol and other drug (AOD) use. Initially Nick did not want to engage in counselling due to not believing his use was a problem, however after a few sessions of explorations of use, Nick identified that his AOD use was a coping strategy to manage his symptoms of depression and anxiety, including social anxiety. Nick reported having to attend SDECC three times as a consequence for having substances in his parent's home, however after a few sessions of counselling, Nick continued counselling for himself, began to have a better understanding and insight into his situation and work towards a more fulfilling life.

During Nick's engagement at SDECC, he was also referred to SDECC's consulting Psychiatrist for support managing mental health symptoms such as social anxiety and depression. After the Psychiatrist offered options of either initiating medications and/or making lifestyle changes, Nick decided to work on lifestyle changes such as healthier eating habits, increase in exercise and implementing good sleep hygiene to better manage his mental health symptoms. After a couple of years of counselling, Nick no longer met criteria for SDECC counselling and reported to have more confidence in himself to manage his symptoms, as well as having a changed relationship with his substance use.

Lauren* (21) was referred by a friend who used to be a client at SDECC. At assessment, Lauren presented with Cannabis Use Disorder and occasional polysubstance use. She was also experiencing high levels of anxiety, paranoia, depression, suicidal ideation, difficulty regulating emotions and low self-esteem. The use of cannabis was exacerbating her anxiety and paranoia, which made it difficult for her to socialize with family and friends.

Over the course of two years, Lauren worked on her goal to reduce substance use and was able to identify that she was using substances to fit in with friends and to self-medicate her mental health. With the support of her counsellor, Lauren implemented harm reduction strategies, learned skills from Cognitive Behavior Therapy (CBT) to reduce her anxiety and through Acceptance and Commitment Therapy (ACT) activities was able to set goals consistent with her values which improved her self-esteem. Through counselling, Lauren was also able to identify that she was experiencing symptoms of psychosis related to her substance use and Lauren was referred to the SDECC consulting psychiatrist for a mental health assessment and medication.

Since starting on medication and engaging in regular counselling, Lauren has stopped cannabis use, her anxiety has reduced, and she is better able to self-regulate and is more comfortable in social situations. Lauren is also not currently experiencing depression or suicidal ideation. Lauren also found that her symptoms of psychosis stopped once cannabis use ceased. She has started working in the field of disability, which was one of her goals and is in a healthy and loving relationship. Lauren continues to attend counselling at SDECC with a goal of maintaining long term abstinence from cannabis use.



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 2022



	Note	2022 \$	2021 \$
Revenue	4	1,628,516	1,672,607
Interest income		2,381	3,706
Total revenue		<u>1,630,897</u>	<u>1,676,313</u>
Expenses			
Employee benefits expense		(1,355,759)	(1,305,301)
Depreciation and amortisation expense		(101,260)	(100,042)
Accounting fees		(15,120)	(13,765)
Consultancy fees		(26,425)	(29,238)
Insurance		(12,770)	(12,828)
Office supplies/equipment		(4,536)	(7,671)
Repairs & maintenance		(5,865)	(8,260)
Subscriptions		(28,148)	(23,812)
Supervision/mentoring		(19,430)	(18,390)
Telephone & IT expenses		(22,950)	(20,622)
Other expenses		(29,043)	(40,231)
Finance costs		(6,544)	(4,159)
Total expenses		<u>(1,627,850)</u>	<u>(1,584,319)</u>
Surplus for the year		3,047	91,994
Other comprehensive income for the year		-	-
Total comprehensive income for the year		<u>3,047</u>	<u>91,994</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

The Association of Drug Referral Centres Ltd (Trading as SDECC)
Statement of financial position
As at 30 June 2022



	Note	2022 \$	2021 \$
Assets			
Current assets			
Cash and cash equivalents	6	488,531	317,353
Trade and other receivables	7	424	222,444
Term deposits	8	530,458	506,371
Other assets	9	36,791	38,450
Total current assets		<u>1,056,204</u>	<u>1,084,618</u>
Non-current assets			
Property, plant and equipment	10	2,871,720	2,886,576
Right-of-use assets	11	119,362	197,464
Total non-current assets		<u>2,991,082</u>	<u>3,084,040</u>
Total assets		<u>4,047,286</u>	<u>4,168,658</u>
Liabilities			
Current liabilities			
Trade and other payables	12	138,131	130,225
Contract liabilities	13	180,000	242,758
Lease liabilities	14	79,380	76,280
Employee benefits	15	71,544	76,893
Total current liabilities		<u>469,055</u>	<u>526,156</u>
Non-current liabilities			
Lease liabilities	14	43,268	122,648
Employee benefits	15	27,927	15,865
Total non-current liabilities		<u>71,195</u>	<u>138,513</u>
Total liabilities		<u>540,250</u>	<u>664,669</u>
Net assets		<u>3,507,036</u>	<u>3,503,989</u>
Equity			
Reserves		2,888,619	2,888,619
Retained surpluses		<u>618,417</u>	<u>615,370</u>
Total equity		<u>3,507,036</u>	<u>3,503,989</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.

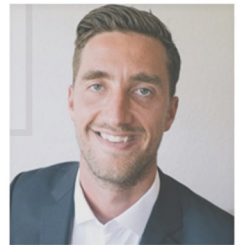


Will Adames, BSC Hons

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.

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.



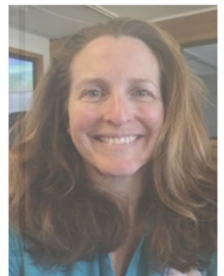
Paul Hogan, B.Comm.

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

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

admin@sdecc.org.au

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