

ANNUAL REPORT

2016-2017



Loddon Campaspe

CCASA

Centre Against Sexual Assault

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LCCASA acknowledges the traditional owners of this country. We acknowledge their living culture and their unique role in the life of the Loddon Campaspe region.

LCCASA celebrates cultural diversity, and we welcome people of all race, religious or political views, sexual orientation or gender identity.

Chairperson's report

LCCASA provided a counselling, advocacy and a crisis response to over one thousand women, children and men across the Loddon and Campaspe regions. Our service continues to grow and thrive and it is a privilege to be part of an organisation that provides sexual assault programs and services from a feminist and trauma informed perspective.

Over this year we have also seen continued media coverage of the Royal Commission into Institutional Responses to Child Sexual Abuse and the Victorian Family Violence Royal Commission. It is encouraging to see increasing numbers of people publicly engaged in discussing both sexual assault and family violence including community leaders, the media or on social media.

In the past it has been common to have these issues not included in community dialogue as they have been too hard or difficult to discuss. It is important that we keep this dialogue going to ensure these important issues remain in the public spotlight, and to give people who have experienced sexual assault the confidence in reporting to police and in seeking counselling and support.

In its second year of operation the Multi-Disciplinary Centre continues to be a successful collaboration and we receive very positive consumer feedback regarding the combination of services in providing a tailored, coordinated response to individual circumstances. All the partner organisations demonstrate a positive regard for each other's role, this translates to better support for people who have experienced sexual assault.

This year has been busy and we successfully completed our third quality accreditation process, this time with Quality Innovation Performance against the Australian Services Excellence Standards (ASES) and DHHS (Department of Health and Human Services) Standards. This was an extremely valuable experience and reinforced the importance and value in assessing and evaluating policy and practice across the organisation. This work is also important in ensuring we maintain quality services and programs for our clients that are transparent and based on good practice.

The Board is also reviewing and building its governance model and this will set the framework for LCCASA's strategic planning and governance into the future. This will ensure our governance is the best it can be which will continue to enable the continuation of quality service delivery.

Our programs and services are delivered by committed and skilled counsellors/advocates, who are supported by an outstanding administrative team, resulting in a focused and positive experience for clients whilst engaging with LCCASA. I thank you all on behalf of the Board for your ongoing commitment.

I also thank my fellow Board members for their support and acknowledge their skills, dedication and support. I particularly thank departing Board Members Cherie Bailey for her time and contribution on the LCCASA Board as Treasurer, Aimee Maud, Solitaire Meerman and Helen Hickson. It is also a pleasure to welcome new members of the board Kathleen Tonini, Laura Coatsworth, Sharon Scott and Nickie King. Thank you, also to the Chief Executive Officer Kate Wright for her commitment and professionalism during the year.

Lindsey Bish
Chairperson



CEO's report

This past year has continued to spotlight the prevalence of sexual assault in the Victorian community, including the implementation of recommendations from the Victorian Royal Commission into Family Violence and the continuing interviews and public hearings of the Royal Commission into Institutional Responses to Child Sexual Abuse. Both commissions, alongside other state and local initiatives, have resulted in increased requests for support, information and advocacy.

Again, this year we received an increase of funds in our Sexual Assault Services and Sexually Abusive Behaviour Treatment Service (SABTS) program for children. These funds greatly assist in expanding the service we can offer to young people, their carers and families. The SABTS program is an early intervention program and the recidivist rates, for participants in the program, nationally and internationally are extremely low (between 3 and 15%). This program is intensive and the increase in funding has enabled us to employ additional staff in the Children Youth and Families Team.

In 2016 we commenced our third quality accreditation process, this time with Quality Innovation Performance against the Australian Services Excellence Standards (ASES) and DHHS (Department of Health and Human Services) Standards. It is important to note the strengths identified during the accreditation process included the quality of service, the passion and skills of staff, the leadership provided and that clients feel empowered and positive about the service.

These standards have challenged us as an organisation and contributed to the development of structures and procedures that ensure we can provide the evidence to support the work we do. Continuous improvement will remain a focus for next year and we will consolidate and build on our systems and processes.

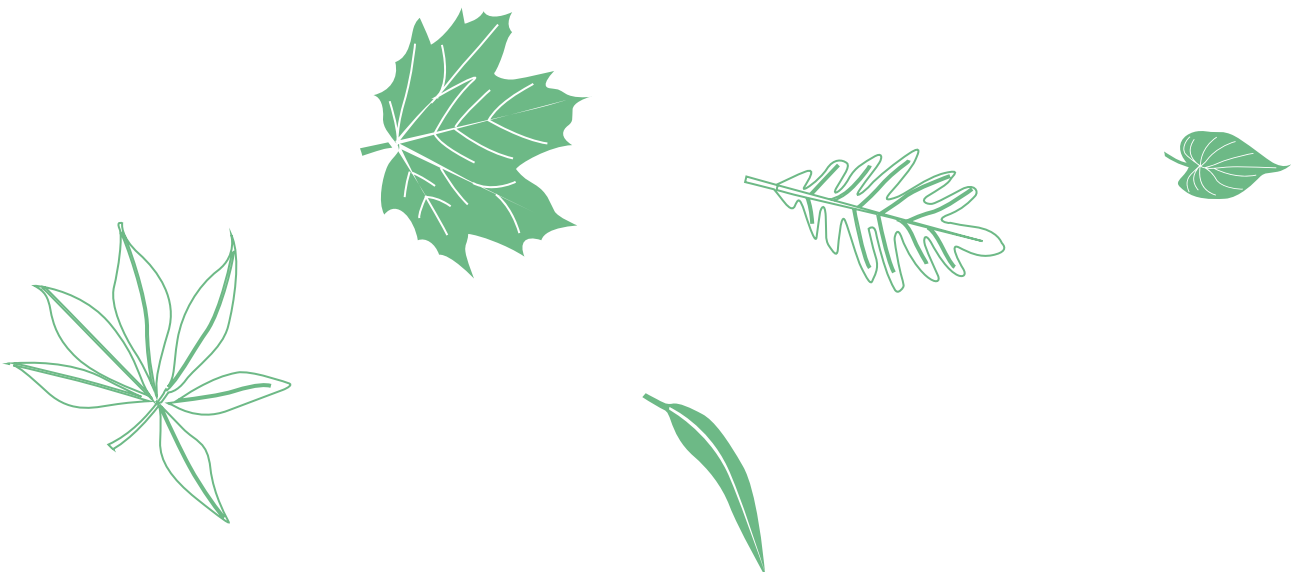
Our commitment to training, education and community engagement will be further supported by the creation of a focused training, education and community engagement position to lead and guide our work into the future. This year we provided training to schools, community organisations and community groups to increase their capacity to respond to disclosures, understand the the impact of sexual violence and to introduce the underpinning contributing factors as to why it occurs.

LCCASA continues to build strong partnerships and has participated and engaged in many forums and reference groups, including ministerial meetings, Member of Parliament visits, and most importantly, heard from individuals, children and their families about the impact of sexual violence on their lives. All of which provide the context, reassurance and validation that our service is valued and necessary.

I take this opportunity to thank all board members for their continued commitment to LCCASA. Thank you as well to the After Hours team for continuing to provide a quality crisis response. Most importantly thank you to staff, who, despite the challenges they face, have continued to exhibit dedication that drives us towards achieving real and lasting change for people who access our service.

Kate Wright

Chief Executive Officer



Our team

Board Members

Lindsey Bish (*Chairperson*)
Sonya Oper (*Vice Chairperson*)
Lauren Coatsworth (*Treasurer*)
Cherie Baily (*Treasurer**)
Noella Bannon

Riley Driscoll
Michelle Johnson
Sharon Scott
Kathleen Tonini

Solitaire Meerman*
Aimee Maud*
Helen Hickson*

LCCASA Staff

Kate Wright (*Chief Executive Officer*)
San Leenstra (*Children Youth and Family Team Leader*)
Sylvia Andrews (*Adults Team Leader*)
Meegan (Intake)

Counsellor Advocates

Kim
Tim
Janine
Colin
Jenny
Tracey

Holly
Jan
Asadeh
Mena
Louise
Maria

Alex
Jane
Simon*

Administration

Rachelle
Jenni
Jenna

After Hours Team

Allannah
Lily
Mena
Meegan
Michelle
Kim

Acknowledgments

Loddon Campaspe Centre against Sexual Assault would like to extend our gratitude to all the people who walk through our doors and trust us with the privilege of bearing witness to your healing journey.



*denotes no longer with LCCASA

Our philosophy

Loddon Campaspe Centre Against Sexual Assault (LCCASA) is committed to ensuring access to equitable, supportive and timely services for female and male clients of all ages who are recent and past victim/survivors of sexual assault, to address the individual and often complex impacts they experience.

LCCASA acknowledges that sexual assault arises from a power imbalance, usually between men and women, and men and children. It is a violent act, which occurs regardless of age, class, culture and race. Mens' exercise of power over women and children can be reinforced by myths and attitudes held in the home, workplace and the community.

LCCASA is committed to advocating for change by educating and empowering the community to dispel prevailing myths and attitudes that perpetuate violence and power inequities. To work towards a safer community, LCCASA will encourage and promote changes within society to address gender inequities and the abuses of power.

Sexual assault is a violation of human rights and a crime against the individual and society. While acts of sexual assault are always the responsibility of the perpetrator of the assault, it is the responsibility of the whole community to work towards the prevention of sexual violence.



Service and program overview

Sexual Assault Services

Sexual assault remains one of the most underreported of personal crimes in Australia. This year our Sexual Assault Services provided assistance to over 1006 people in the Loddon Campaspe Region of these 577 were aged below 19. As well as direct services, we provided advocacy, reports, case conferencing, secondary consultations and support groups.

Sexually Abusive Behaviours Treatment Service

Again this year, referrals into our Problem Sexual Behaviours (PSB) and Sexually Abusive Treatment Service (SABTS) programs well exceed funded targets across our service area. This has been the trend for the past years. Over two thirds of the clients that we see in this program are male. In the past year our combined SABTS programs provided support to 82 children and young people, against a target of 26.

After Hours Service

The After Hours crisis service operates seven days a week for women and children experiencing family violence, and for people who have recently experienced sexual assault across the Loddon Campaspe region. The service works in conjunction with Safe Steps, the Sexual Assault Crisis Line and Victoria Police, to provide a comprehensive response which may include support, advocacy, accommodation, food, clothing and other assistance.

Support and wellbeing checks will occur until the person is then referred to the most appropriate service the next working day. This year the After-Hours service provided a response to 35 family violence incidents and to 16 people that had experienced a recent sexual assault.

Training and Education Report

LCCASA ran seven workshops during the year for other professionals around how to respond to disclosures and work with people who have experienced sexual assault. The workshops were attended by over 100 participants and included:

- Responding to Disclosures of Sexual Assault (1 day) x 2
- Working with Adolescent Survivors of Sexual Assault x 1
- Working with Adult Survivors of Sexual Assault (2 day) x 1
- Lifeline - Identifying Sexual Assault and Responding to Callers x 1
- Respectful Relationships – Sexual Assault and SABTS
- Latrobe University Student Leader Workshop - Consent

Group Work at LCCASA

At LCCASA we have a solid understanding of trauma and strive to incorporate the research findings about how trauma is processed and what works for people recovering from trauma. We are aware that counselling is not for everyone so this year we extended our services to offer group work.

Due to the success of this year's groups we will expand group work next year to include a group for men, another group for women and a group for parents utilising a mix of approaches and modalities.



Service and program overview

Art Group achieves its goals!

This year eight women participated in an eight-week therapeutic art group run by Counsellor Advocates, Asadeh and Louise. All participants were clients of LCCASA who had expressed interest in attending the group. One participant commented that she was not comfortable in groups and that she was likely to struggle with attending and then attended every session.

The goals for the group were to provide a safe forum for women who had experienced sexual assault or child sexual assault, to give social support to one another and to experience a nurturing environment for themselves. It was helpful to have the normalising benefits of meeting other women with similar past experiences, in a supported setting. Additionally, the participants had the opportunity to engage in creative activities and do emotional exploration without expectations. The successful achievement of the goals for the group was demonstrated in the qualitative and quantitative feedback measures provided by the participants.

Participants were asked to provide written qualitative and quantitative feedback halfway through and at the completion of the group. The feedback provided was very positive about safety, support, facilitation, the activities and undertaking the group. Participants responded that they had found safety and support in the group. All eight participants indicated that they had found the art group personally helpful and a positive and enjoyable process.

“Helps me to realise I am not alone. Has been nice to meet with a group of women who understand how I feel.”

“I have felt calm and positive after the group. Nice to know I am not alone. I have been more positive and kind to myself. I have learnt more about myself. I feel now I am a worthy person.”

“Effects are very supportive and encouraging. I have been feeling more confident within myself. Being with a group of ladies that were supportive and non-judgemental, that helped me feel safe. I’m noticing my triggers quicker.”

“I felt better each time. I felt very relaxed. I understand a little more about myself. Learning how to express myself.”

“Thank you and hope others get to experience art therapy.”

Tarrengower Program Report

This year saw a substantial increase in referrals at Tarrengower Prison with the roll-out of the new service delivery model. LCCASA now provides two days of counselling and two groups for women in Tarrengower Prison who have experienced trauma.

While most women who access the service have been sexually assaulted, significantly more women have felt confident to access the service for a wide range of trauma issues, such as family violence. Some women have commented that they had wanted the service previously, but felt less comfortable to attend a specific sexual assault counselling service because of perceptions both that they would have to talk about what had happened, and that “everyone would know” they had experienced sexual assault. The prison community is small, so visibility in accessing services is a challenge for women at Tarrengower. One woman commented that since the change to a broader service “everyone is saying go to CASA”.

The pilot “Breathe it Out” program for women in Tarrengower prison who have experienced trauma began in March 2017. The six-week program was a success and a second group ran over May and June. This program aims to teach women emotional regulation skills by learning breathing and relation techniques which enable them to manage trauma triggers. Women voiced the usefulness of the group through comments such as:

“... I find myself stopping and breathing when I am stressed and anxious”

“I’m now more comfortable with my own space”

“...now when stressed I can just walk away and breathe instead of reacting.”

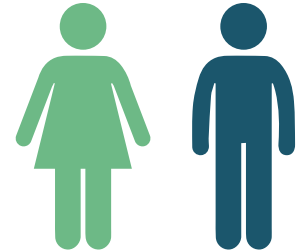
The program is growing from strength to strength, with a steady increase in interest and registrations. Another group is planned for next year and will be expanded to eight weeks.



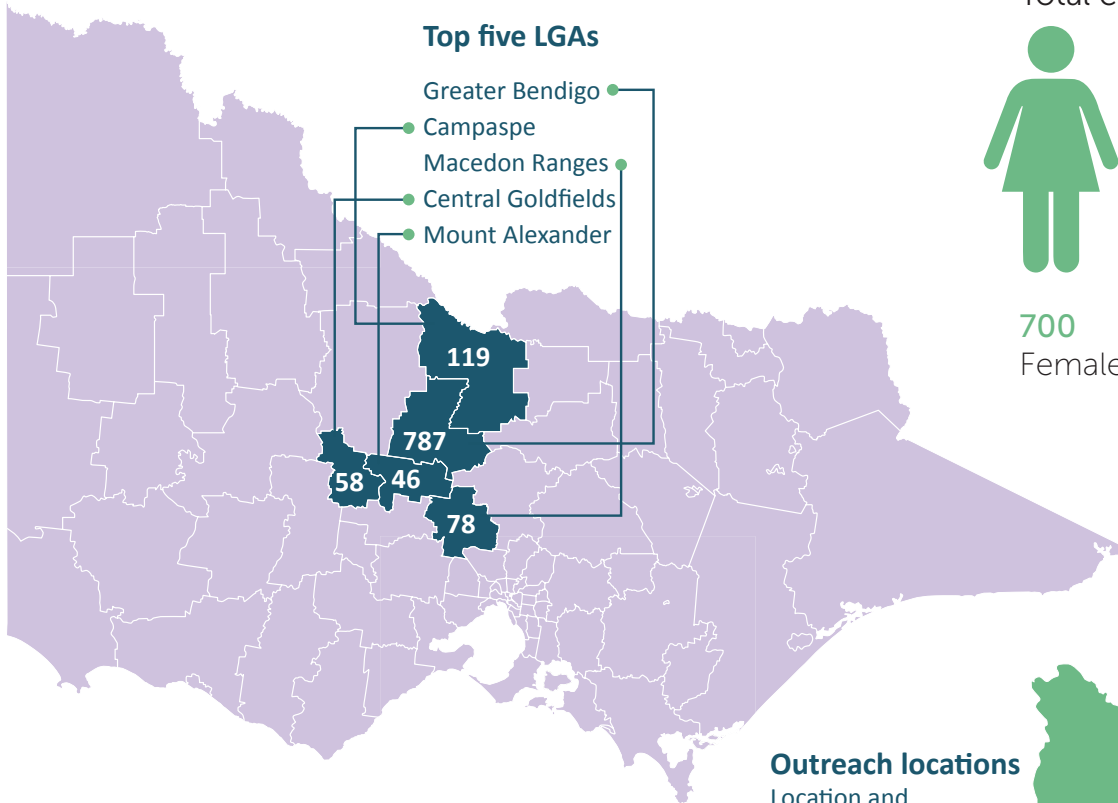
Clients

People (women, children and men) that have had contact with LCCASA over the past year. Clients may engage in one-off, short term, medium or long term counselling.

949
Total clients

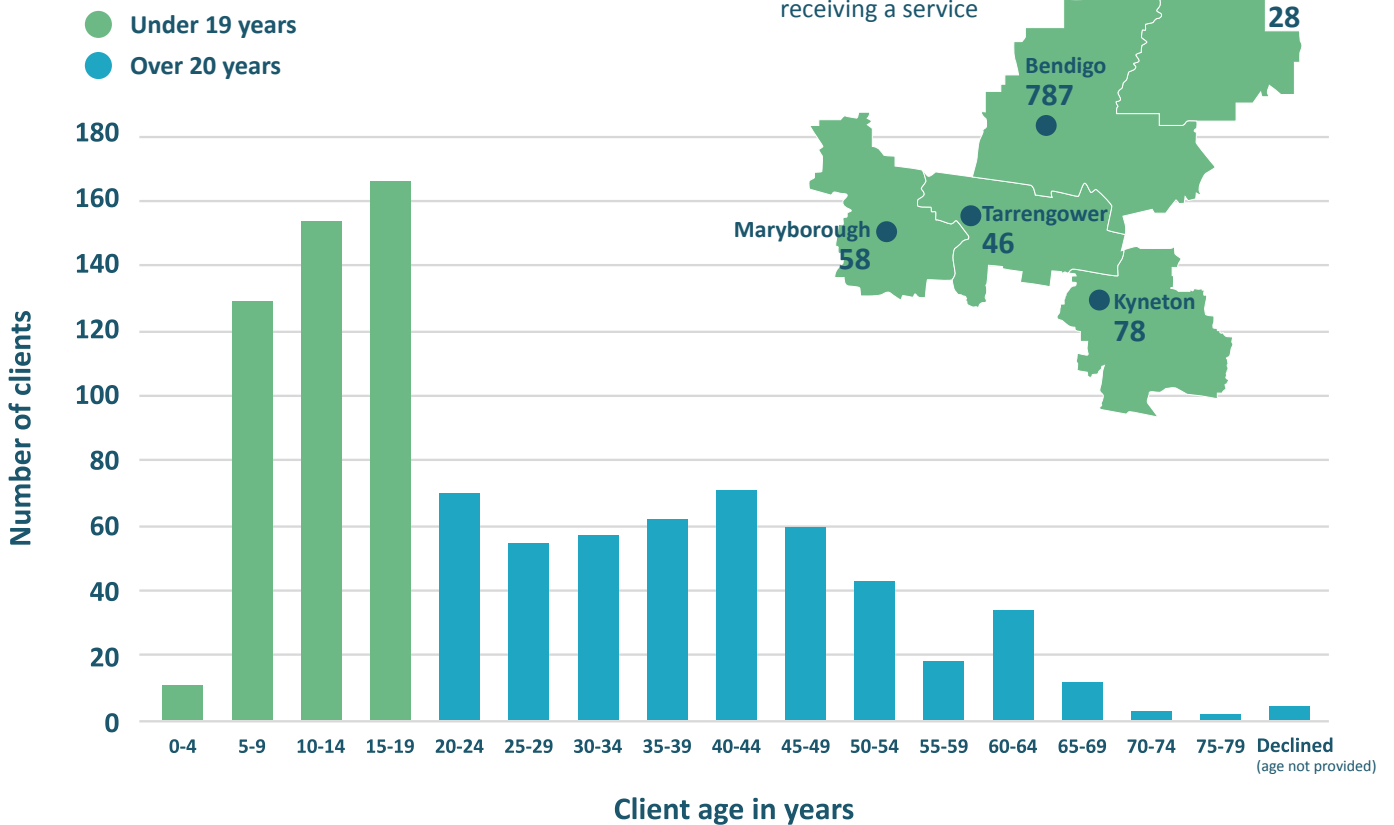
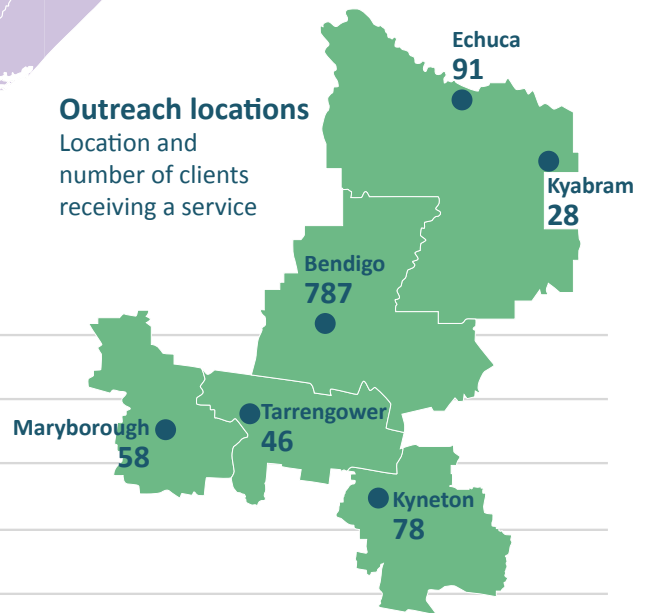


700 Female
249 Male



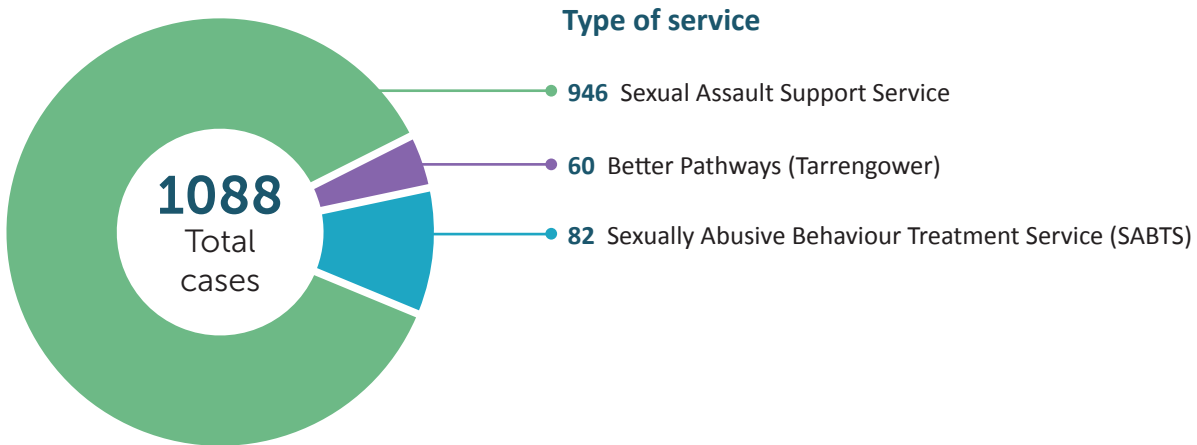
Outreach locations

Location and number of clients receiving a service



Cases

People (women, children and men) engaged in receiving a service with LCCASA



Referral source



303
Self



214
Police



136
Family or friend



126
Child protection



25
Centre Against Sexual Assault



24
Primary School



40
Health Service



28
Community Welfare Other



22
Secondary School

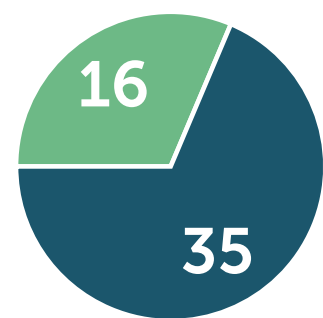


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Family Violence Service



Non Substantive (Non-Subs) cases

LCCASA provides advice to other professionals and community members regarding their client, a situation or service overview and availability. This also includes a one off episode of care with the service.



After Hours service

- Recent sexual assaults
- Family violence

Financial report

Loddon Campaspe Centre Against Sexual Assault (LCCASA) finished the 2016-17 year with a surplus and an improved balance sheet position. Income for the 2016-17 year was \$2,227,298 received in grants and other income, as compared to \$1,944,293 the year prior. Expenditure for all programs and operations totalled \$1,843,894 leaving a surplus of \$412,976. Our total combined assets at 30 June 2016 were \$1,881,133 with liabilities of \$308,3172 and overall equity of \$1,526,789. LCCASA has a healthy asset to liability ratio, and continues to be a financially strong and viable organisation. Full copies of financials are available from LCCASA on request.

Profit and Loss Statement for the year ended 30 June 2017

	2017 (\$)	2016 (\$)
Income		
Revenue from Operating Activities	2,227,298	1,944,293
Revenue from Non-Operating Activities	27,012	24,592
Profit On Sale Of Non-Current Assets	2,560	(9,566)
	2,256,870	1,959,319
Less Expenditure		
Employee Benefits Expenses	1,527,145	1,340,763
Administration Expenses	297,048	375,571
Audit Fees	9,588	5,450
Depreciation Expense	10,113	12,343
	1,843,894	1,734,127
Net Operating Profit	412,976	225,192

Statement of Financial Position as at 30 June 2017

Assets	2017 (\$)	2016(\$)
Current Assets		
Cash on hand	1,758,431	1,279,564
Accounts receivable and other debtors	58,230	50,749
Other current assets	1,925	3,333
Total Current Assets	1,818,586	1,333,646
Non-Current Assets		
Property, plant and equipment	62,547	39,507
Total Non-Current Assets	62,547	39,507
Total Assets	1,881,133	1,373,153
Liabilities		
Current Liabilities		
Accounts payable and other payables	140,343	125,013
Provisions	167,053	133,551
Other	776	776
Total Current Liabilities	308,172	259,340
Non-Current Liabilities		
Provisions	46,172	-
Total Non-Current Liabilities	46,172	-
Total Liabilities	354,344	259,340
Net Assets	1,526,789	1,113,813
Equity		
Retained earnings	1,526,789	1,113,813
Total Equity	1,526,789	1,113,813



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LCCASA celebrates cultural diversity, and we welcome people of all race, religious or political views, sexual orientation or gender identity.

For more information contact LCCASA

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