

LODDON CAMPASPE

Centre Against Sexual Assault

Annual Report

2017 – 2018



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ACKNOWLEDGMENTS

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

LCCASA VISION

**Our vision is a community where
women, children and men live
without sexual harassment, abuse
and violence.**

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.

We acknowledge 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. Men's 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.

OUR VALUES & PRINCIPLES

- Social Justice - equity, inclusion and human rights are embedded within our organisation
- Integrity, Safety, Respect and Empowerment - are integrated in every aspect of service delivery and governance
- Quality and Accountability - our work is evidence based, measured and accountable to our clients and the community
- Feminist - we work within a feminist framework to challenge and reform structural

CHAIRPERSON'S REPORT

On behalf of the Board, I am proud to present the 2018 Loddon Campaspe Centre Against Sexual Assault Annual Report. It has been a productive and reflective year for the Board and the organisation as we continue to grow and expand our services. Firstly, we farewelled Michelle Johnson and Riley Driscoll from the Board and I thank them both for their strategic and specialist skills they brought to the organisation. I am also pleased to welcome John Dalton to the Board.

As a community we continue to see unprecedented focus on sexual abuse, violence and harassment via the global #metoo movement, the state and federal governments commitment to responding to family violence and institutional sexual abuse. We also saw the launch of a national inquiry into sexual harassment in Australian workplace and the Change the Course - National Report on Sexual Assault and Harassment in Australian Universities documenting the sexual harassment and assault that is occurring in tertiary institutions across Australia. LCCASA is and has contributed to all of these initiatives and inquiries to ensure that responses are developed at a systemic and individual level.

As a result of the above focus LCCASA has received increased funding to deliver specialist therapeutic services resulting in growth in our agency and our reach within the community. This year we provided specialist therapeutic services to over 1000 women, children and men across the Loddon Campaspe region. Our education and advocacy has expanded with a review of all training materials and expanded reach into a range of settings including early years and tertiary institutions.

This year we also developed our new Strategic Plan which involved an environmental scan and workshops with Board and our staff. The new five-year plan is dynamic and sets the future directions for LCCASA across three domains including our clients, our organisation and our community. The plan also provides a framework for planning into the future and ensuring we are agile and flexible in our ability to respond to forthcoming challenges and opportunities.

The plan accommodates increasing demand and innovation in our service delivery, responding to our infrastructure constraints and organisational growth. I am sure that we will meet these challenges and opportunities by working together towards our common vision - to see our communities free of sexual harassment, assault and violence.

Thank you to CEO Kate Wright who continues to lead the organisation to ensure the development and delivery of quality services that align with our core values of social justice, accountability and respect. A thank you to LCCASA staff for their hard work in ensuring our specialist services are non-judgemental and accessible across all program areas. Finally, thank you to my Board colleagues for their ongoing and enduring commitment LCCASA.

Sonya Oper

Chairperson

CEO'S REPORT

Our work in delivering specialist trauma informed counselling, prevention and education continues to move from strength to strength with over 1,600 people receiving therapeutic services, specialist information, training and advice through LCCASA programs.

It is fantastic that our work is being supported in Victoria and at the National level by unprecedented commitment and action to address the extensive level of violence and abuse against women and children, sexual harassment within the community and workplaces and sexual assault and harassment at Universities. This is ground breaking and the commitment from government to respond to the issues, listen to experts and fund a wide range of initiatives in very welcome. LCCASA, through additional resourcing has been able to recruit additional staff and further build our specialist response to women, children and men that have experienced sexual violence and trauma and further develop our prevention and advocacy focus.

Our primary prevention, professional development and advocacy focus also increased over the past year with the commitment to a dedicated and expanded position to review refine and expand our education and training services. LCCASA programs were well subscribed and we designed and delivery training to organisations including schools, universities, service clubs, mental health agencies and early years agencies.

Due to our growth over the past three years we are now met with the challenge of how best we structure ourselves as an organisation to meet the needs of our clients, our community and our

staff. Over the next year we will review what is required to manage growth and opportunities and ensure the continuity of quality services across the region. We have developed our new five-year strategic plan which is an overarching plan that aligns our trauma informed approach to working with individual and the system to build community awareness and capacity to respond to sexual violence and a greater focus on prevention.

We greatly appreciate the high degree of collaboration from all our partnering organisations. It is through our partnerships that we see so many benefits in working together toward achieving a better experience for clients. We will continue to build partnerships to gain further reach and work with people that are impacted by sexual assault and trauma.

I thank all our dedicated staff for the work they do every day. Their commitment to providing responsive, empowering and quality service to our clients that have experienced trauma, as a result of sexual violence and abuse, is truly appreciated. Finally, thank you to the Board for their solid and committed leadership in the strategic governance of LCCASA.

Kate Wright

Chief Executive Officer

OUR TEAM

BOARD

Sonya Oper
(Chairperson)

Lindsey Bish
(Vice Chairperson)

Lauren Coatsworth
(Treasurer)

Michelle Johnson*

Nickie King

John Dalton

Riley Driscoll*

Kathleen Tonini

LCCASA STAFF

Kate Wright
Chief Executive Officer

San Leenstra
Children Youth and Families Team Leader

Sylvia Andrews
Adults Team Leader

Lee Edmonds
Education and Advocacy Coordinator

COUNSELLOR ADVOCATES

Kim

Jane

Alex

Terri

Claudia

Beth

Helen

Meegan
(Intake)

Mena
(Intake)

Tracey

Holly

Jan

Asadeh

Louise

Maria

Sharon*

Tim*

Janine*

Colin*

Jenny*

ADMINISTRATION TEAM

Rachelle
Administration
Team Leader

Jenni

Jenna*

Rebecca

AFTER HOURS SERVICE STAFF

Allannah*

Lily

Mena

Meegan

Michelle

Kim

*denotes no longer with LCCASA

OUR SERVICES

Our services include free and confidential, trauma informed counselling for adults, young people and children who have experienced sexual assault or violence either recently, or in the past, and to their non-offending parents, partners, family and friends. We also provide a 24-hour crisis care response to people who have experienced recent sexual assault, including crisis counselling, information, support and advocacy for medical care and legal options.

We also deliver specialist family focused, prevention and early intervention therapeutic services to children and young people under the age of 17 who have engaged in problematic or abusive sexualised behaviours. LCCASA also provides specialised advocacy, secondary consultation, community education and professional training across the sector and within the community.

LCCASA is a partner in the Bendigo Multi-Disciplinary Centre (MDC) where we are co-located with Victoria Police, Sexual Offences and Child Abuse Investigation Team (SOCIT), Department of Health and Human Services, Child Protection team and Bendigo Community Health Service community nurses. In this specialised model, partner organisations support adult and child victims from first disclosure of sexual assault to criminal prosecution. MDCs seek to provide a best practice approach in response to victims of sexual assault and child abuse safety, support and access to justice within an integrated environment.

COUNSELLING & SUPPORT SERVICES

At LCCASA we offer short, medium and long term counselling for women, children and men who have been impacted by sexual assault. We utilise a range of modalities including narrative, art, play, sandplay, cognitive and Eye Movement Desensitization and Reprocessing (EMDR) when working with children, adults and families in their recovery from trauma. In addition to therapeutic services we provide client advocacy, VOCAT reports, court reports, case conferencing and secondary consultations to other professionals.

Groupwork adds to the individual and family counselling and support services that LCCASA provides. This year we delivered group programs for men, and women at Tarrengower prison. These programs provided choice to our clients for how they want to engage in therapy and used a range of modalities including art based, self-awareness, body work and exploration and connection with others.

Continuous quality improvement is central to our work and ensures that we offer services of a high standard that are based on evidence and best practice. Professional development, organisational training and reflective practice are essential to supporting our staff and for enhancing our work with clients. During the year staff undertook extensive professional development including (EMDR), intensive training and support in the Sexually Abusive Behaviour Treatment Service, Sensorimotor Psychotherapy Approach, the Good Way Model and much more.

We also reviewed and strengthened our internal systems with a view to achieving transparent and empowering practices for, and with, our clients. From intake through to exiting our service we ensure our processes are clear, ethical and reflect our values. The focus this year has been to double our intake resources which has seen a refinement of our processes to ensure that our referral pathways are clear and that anyone contacting LCCASA receives consistent advice and information.

CRISIS RESPONSE

LCCASA provide a crisis for people who have recently experienced sexual assault across the Loddon Campaspe region. This year our After-Hours service provided a response to 20 people (women and children) that had experienced a recent sexual assault. The afterhours service operates seven days a week and works in conjunction the Sexual Assault Crisis Line,

Victoria Police and Victorian Institute of Forensic Medicine to provide a comprehensive response which includes crisis support, medical and legal advocacy, accommodation, clothing and other assistance. We have a dedicated team that work cohesively with other agencies to minimise trauma and provide a comprehensive and “wrap around” response to each person we provide a service to.

SEXUALLY ABUSIVE BEHAVIOURS TREATMENT SERVICE (SABTS)

Our SABTS provides counselling and support for children and young people up to the age of 17 who display problem or sexually abusive behaviours. This year LCCASA worked with 99 clients in the SABTS program.

LCCASA conducts compressive assessments with children and young people referred to the program also working with their families, carers and other aspects of their world including school and extended family. We receive most of our referrals for SABTS from Child Protection and Victoria Police and at times children and young people are mandated to attend the program.

The program was developed and funded in 2007 and national and international evaluation indicates that participation and engagement in SABTS (and like) programs significantly reduces the likelihood of harmful or problematic behaviours continuing. It is important to understand that a child exhibiting sexually abusive behaviours is not an indicator that the child or young person will go on to sexually offend as an adult.

TARRENGOWER PROGRAM REPORT

The Department of Justice and Regulation (DOJR) funds the Therapeutic Trauma Service that LCCASA delivers at Tarren Gower Prison. In addition to providing individual counselling to 79 clients we provided two body-based groups to support our clients in responding to and recovery from trauma.

The DOJR funding also provides training for correctional staff on the trauma experience (for women inmates and themselves) and how it can impact on self-regulation. Correctional staff that participated in the training provided feedback that the training was extremely beneficial to their work.

CASE STUDY - TARRENGOWER

Jenny (not her real name) has had twelve sessions to date with CASA at Tarrengower Prison. Jenny has a history of complex trauma including developmental trauma, neglect, exposure to family violence in her family of origin and exposure to drug use and mental health problems of her parents. Jenny has also experienced significant and ongoing family violence including sexual violence and stalking by her ex-partner. Jenny initially presented with high levels of anxiety and panic. She has been diagnosed in the past with major depression and anxiety requiring hospitalisation at times.

Counselling sessions with Jenny initially focussed on skills to contain and manage heightened emotional states, identifying triggers and working on strategies to settle the nervous system. Psycho-education was done around the fight/ flight/ freeze response and the impacts of trauma, and Jenny was able to spend time processing some of her traumatic experiences. Jenny has reported a reduction in anxiety symptoms and has stopped having panic attacks. She has stated that she feels a greater capacity to manage and regulate her emotions and pre-empt her triggers, and that she has a deeper understanding of how the traumatic experiences she has endured have impacted her, especially in relation to her anxiety symptoms.

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.

970

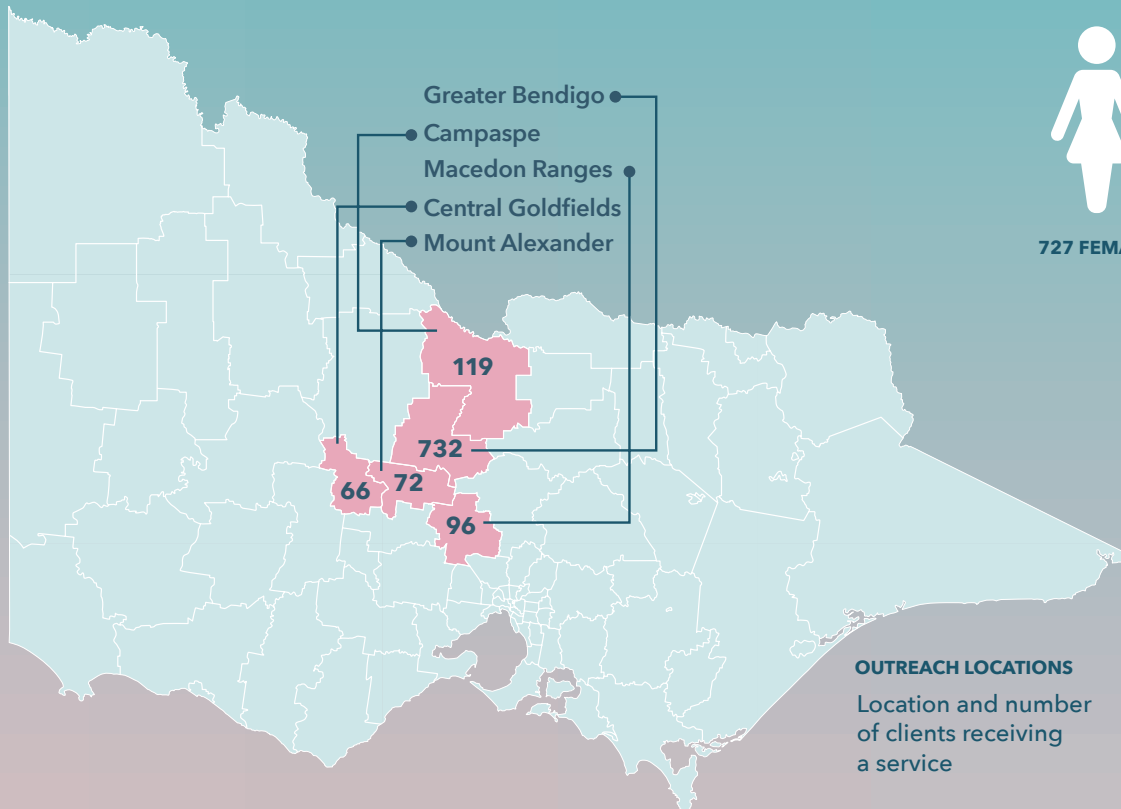
TOTAL CLIENTS



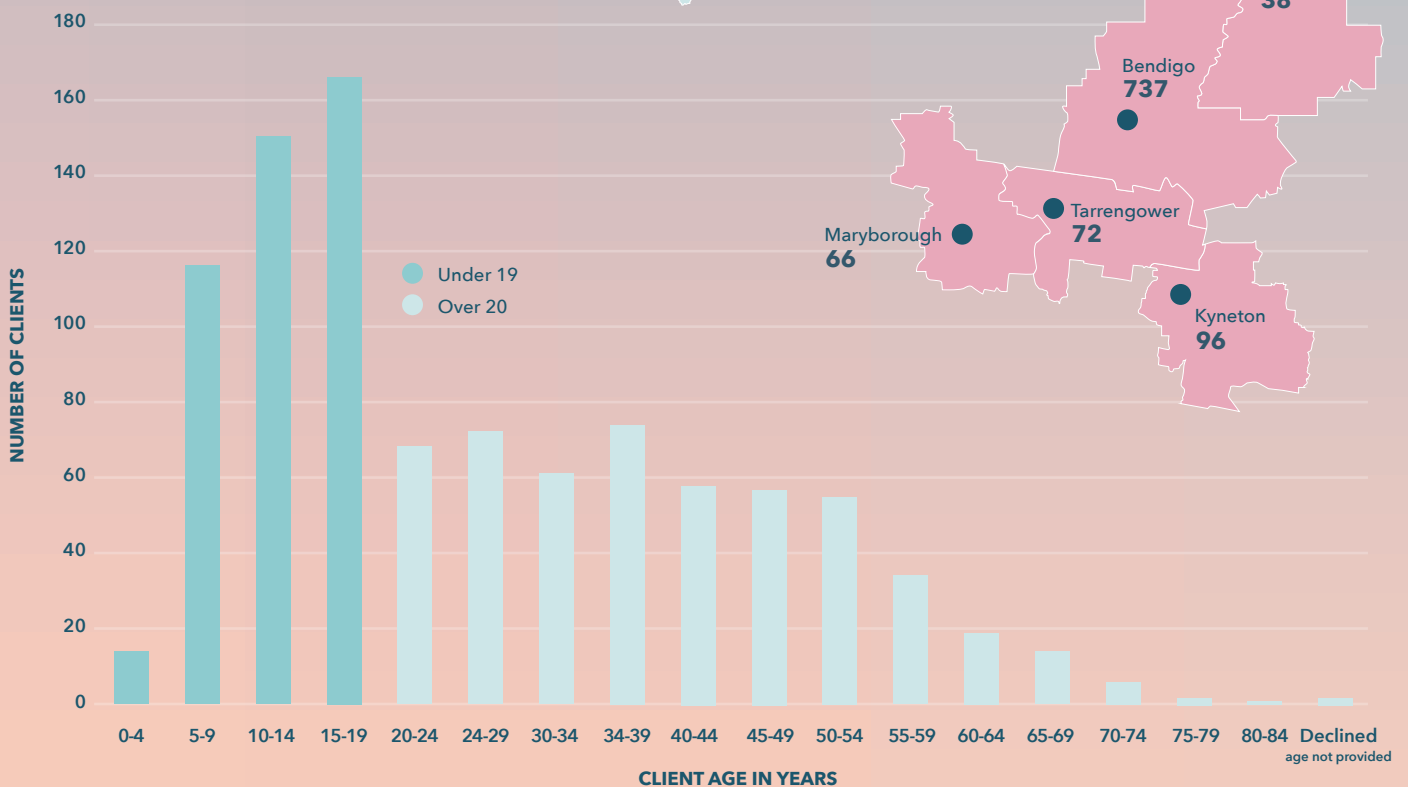
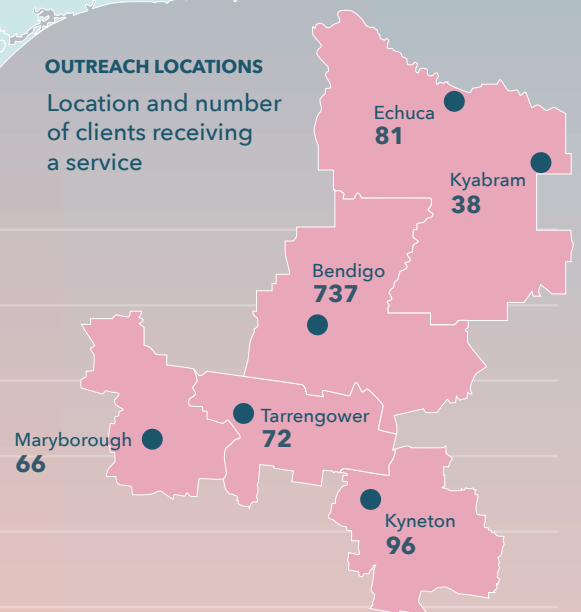
727 FEMALE



243 MALE

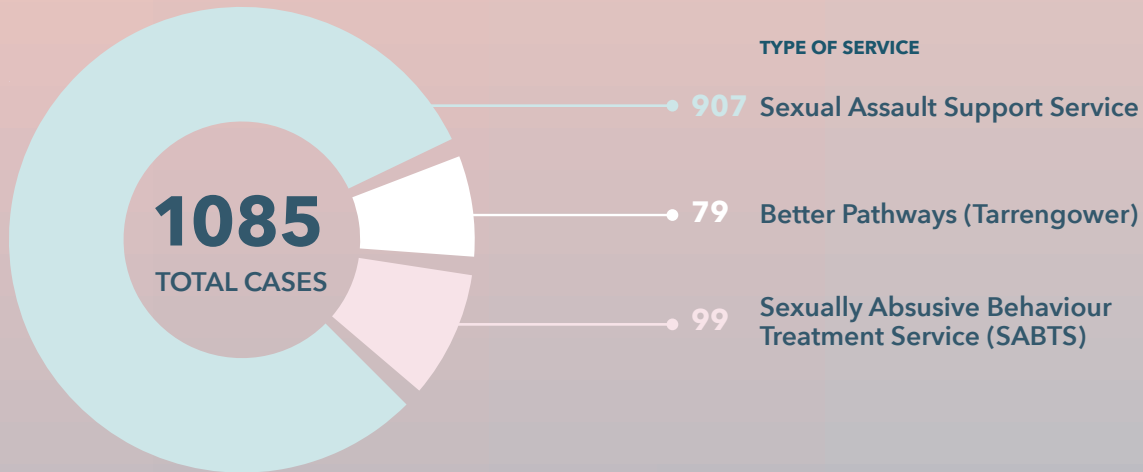


OUTREACH LOCATIONS
 Location and number of clients receiving a service



CASES

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



REFERRAL SOURCE



265
Self



190
Police



265
Family
or friend



115
Child
Protection



47
Centre Against
Sexual Support



19
Primary
School



54
Health
Service



26
Community
Welfare
Other



21
Secondary
School



21
Family
Violence
Service

433

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.

20

AFTER HOURS SERVICE

Recent sexual assaults

EDUCATION & ADVOCACY

LCCASA continues to participate in policy development and service design at a local, regional and state-wide level through our memberships of the Gender Equity and Violence Prevention (Loddon Area) Consortium, Stewardship Group for the Loddon Mallee Action Plan for the Primary Prevention of Violence Against Women, Gender Equity Coalition and Strengthening Hospitals Responses to Family Violence and Sexual Assault.

Building community and individual capacity to understand and respond to sexual harassment, abuse and violence is a very important part of our work. To facilitate this, we presented and participated in a range of events and forums including International Women's Day, 16 Days of Activism, Respectful Relationship expo, Health expos and forums, La Trobe University O Week, Talking Justice, Rotary and the Chill Out Festival.

This year we reviewed and refined our prevention and advocacy program which saw us building and strengthening our partnerships with schools, health providers community.

These partnerships resulted in co delivery of training in addition to the delivery of specialist training in a range of settings. We delivered the following training:

4 Full day professional development workshops

58 participants attended

- Responding to Disclosures of sexual assault by children and adolescents
- Understanding and responding to sexualised behaviours in children and adolescents
- Trauma informed therapeutic approaches for working with children and adolescents
- Trauma informed therapeutic approaches for working with adults

Workplace training (1.5 - 3 hours in duration)

220 participants attended

- Understanding context of sexual assault and gendered violence
- Responding to disclosures of sexual assault by children and adolescents
- Responding to sexualised behaviours in children and adolescents
- Understanding dynamics and context of child sexual abuse

LCCASA IN THE MEDIA

AUGUST 11 2017 - 12:30AM

Loddon Campaspe Centre Against Sexual Assault welcomes funding boost for Sexually Abusive Behaviours Treatment Services

APRIL 28 2018 - 4:00AM

Loddon Campaspe Centre Against Sexual Assault chief executive Kate Wright on music festivals

SEPTEMBER 27 2018 - 5:30PM

More confidence in reporting possibly behind rise in sexual offence report figures in Bendigo

OCTOBER 15 2018 - 10:46AM

Unite Against Family Violence campaign launched in Melbourne



The Bendigo Advertiser ✓

14 October · 🌐

The head of the [Loddon Campaspe Centre Against Sexual Assault](#) will speak for Victorian CASA centres at the launch of the Unite Against Family Violence campaign in Melbourne today.

FINANCIAL REPORT

Loddon Campaspe Centre Against Sexual Assault (LCCASA) finished the 2017-18 year with a surplus and an improved balance sheet position. Income for the 2017-18 year was \$2,239,744 received in grants and other income, as compared to \$2,227,298 the year prior.

Expenditure for all programs and operations totaled \$2,103,512 leaving a surplus of \$136,232. Our total combined assets at 30 June 2018 were \$1,968,306 with liabilities of \$305,036 and overall equity of \$ 1,663,021. 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

	2018 (\$)	2017 (\$)
Income		
Revenue from Operating Activities	2,207,850	2,227,298
Revenue from Non-Operating Activities	31,894	27,012
Profit On Sale Of Non-Current Assets	-	2,560
	2,239,744	2,256,870
Less Expenditure		
Employee Benefits Expenses	1,664,972	1,527,145
Administration Expenses	416,902	297,048
Audit Fees	5,900	9,588
Depreciation Expense	15,637	10,113
Interest Paid	101	-
	2,103,512	1,843,894
Net Operating Surplus	136,232	412,976

FINANCIAL REPORT

Statement of financial position as at 30 June 2018

Assets

Current Assets

Cash on hand	1,927,738	1,758,431
Accounts receivable and other debtors	38,627	58,230
Other current assets	1,941	1,925

Total Current Assets

1,968,306	1,818,586
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Non-Current Assets

Property, plant and equipment	46,910	62,547
Total Non-Current Assets	46,910	62,547

Total Assets

2,015,216	1,881,133
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Liabilities

Current Liabilities

Accounts payable and other payables	162,822	140,343
Provisions	141,438	167,053
Other	776	776
Total Current Liabilities	305,036	308,172

Non-Current Liabilities

Provisions	47,159	46,172
Total Non-Current Liabilities	47,159	46,172

Total Liabilities

352,195	354,344
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Net Assets

1,663,021	1,526,789
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Equity

Retained earnings	1,663,021	1,526,789
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Total Equity

1,663,021	1,526,789
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LODDON CAMPASPE

Centre Against Sexual Assault

For more information contact LCCASA

71 Bridge Street, Bendigo VIC 3550

T. 03 5441 0430

E. lccasa@lccasa.org.au

lccasa.org.au

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.

