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Annual Report 2016



MDECC
91 Pittwater Road
Manly NSW 2095
Phone: (02) 9977 0711
Fax: (02) 9976 2319
Email: admin@mdecc.org.au
www.mdecc.org.au

CHAIRPERSON'S REPORT

I am pleased to present the MDECC Annual Report for 2015-16.

At the start of the year we bid a fond farewell to three long serving, valued and respected Board members: Ms Aileen Ogilvie; Ms Maria Page and Mr Brian Phillips. I would like to take this opportunity to thank them for their significant contribution to MDECC over many years. Their legacy can be seen in the culture of continuous improvement which permeates the organisation and particularly the Board, which continued to strengthen its governance processes during the year.

Improvements this year have included the adoption of our new Constitution at our AGM, a renewed focus on Board development training and a Board Skills Audit to better target our director recruitment processes.

This time last year I reported on the Board's focus on our people and improving our governance practices. This year, that focus was formalised in our new 2016-2020 Strategic Plan with its five themes of: our people; our funding; our relationships; our practice; and our governance. On behalf of my fellow Directors I wish to single out our people for special mention as it is they who, under the leadership of our wonderful CEO, Susan Watson, continue to inspire us and remind us of the positive impact we are having on the young people we serve and their families. We continue to be grateful for all that you do for MDECC.

Thank you to all our members and supporters. I look forward to another year of growth in 2016-17.

Russell Wolfe

CHAIRPERSON



BOARD MEMBERS

Mr. Russell Wolfe

Ms. Merrienne Sinclair

Ms. Sarah Mercer

Mr. William Adames

Mr. Paul Hogan

Mr. Nick Dillenbeck

Ms. Vanessa Wood

CEO'S REPORT

In the past twelve months we have particularly focused on one of MDECC's key strategies, to ensure we are known as a Centre of Excellence where the highest standards of service delivery are maintained. Making the shortlist for an Excellence in Treatment Award in the NSW Non Government Alcohol and Other Drugs Awards in June was a huge acknowledgement of the specialised work we do. Further to this, we have also been accepted to present a poster on the MDECC model at the NSW Agency for Clinical Innovation Drug and Alcohol Innovation Forum.

MDECC has had a busy year. We completed 238 assessments and over 1565 Counselling sessions .

Cannabis remains the drug of concern for our clients (69%), followed by alcohol (15%).

Last year, we highlighted the types of outcomes data we use at MDECC. This year we have built on this and provided a de-identified case study for one of our young clients and also data relating to the Paving Ways group. I hope you find it interesting.

Under the guidance of our Chairperson, we have an enthusiastic and visionary Board who are consistently striving to uphold the highest governance standards and achieve our strategic goals.

In August MDECC went through an in-depth onsite quality audit with the Australian Council on Health Care Standards (ACHS). The surveyors reported that they were "impressed with the passion and commitment of the Board, CEO and staff in ensuring that the services provided are of the highest quality possible".

As you will note from our independent audit papers, MDECC is financially sound. Most importantly, this year we will focus on sustaining our funding beyond June 2017 by working very closely with the Primary Health Network and our Local Health District.

I have the joy of working with a highly skilled and professional team who regularly bring tears of absolute pride to my eyes. The quality, compassion and care our clients receive is because of this incredible team, their passion and fascination for their work.

A huge thank you to all our partners, we really enjoy working with you for the benefit of our clients. A very special thank you to our clients for choosing MDECC to be part of their recovery journey.

Susan Watson

CEO





WORKING WITH YOUNG PEOPLE A CASE STUDY

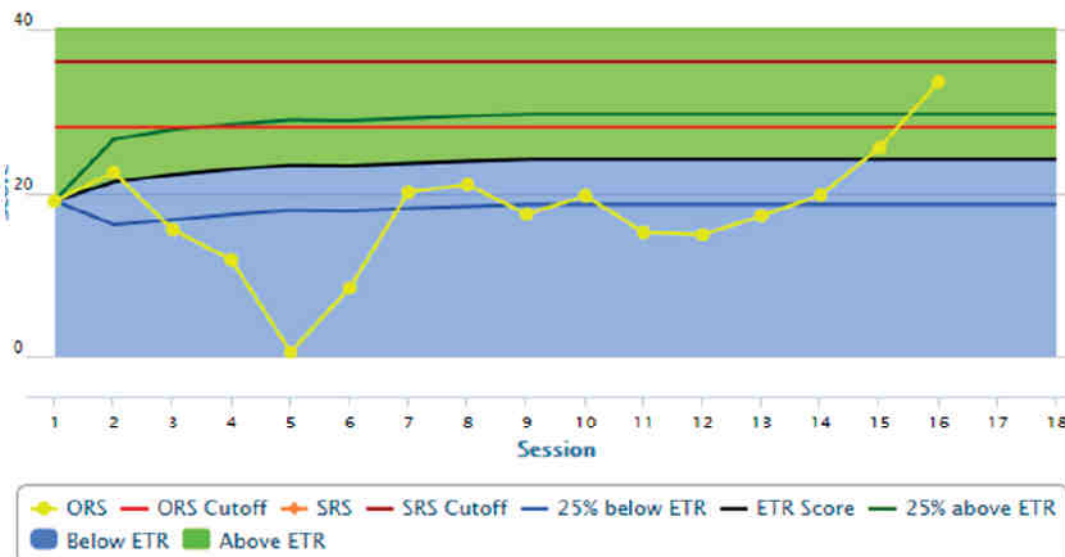
When young people present at MDECC it is common that they do not identify their drug use as problematic. As a harm minimisation organisation in line with Australia's National Drug Policy, MDECC is able to engage young people whether they choose to abstain or not. Our clinicians are highly skilled at building rapport with young people and providing them with a safe space to explore the challenges and impacts of their drug use including any mental health issues.

Explanation: A young person who presented to MDECC for cannabis use. She was in Year 10 at school, although had been skipping classes due to smoking cannabis. She also reported frequent conflict with her parents. She had a goal of reducing drug use and had been discussing harm reduction strategies with her counsellor, however her Outcome Rating Scale (ORS) score continued to decline from weeks 2-5.

In the week of session 5, the client presented in distress, reporting she had major conflict with her parents regarding her substance use and was informed by the school that she would need to make significant changes to her attendance if she was to continue on to Year 11. The client decided to change her goal to abstinence from cannabis.

In session 6-16, the client and the counsellor continued to explore abstinence, and addressed issues relating to social anxiety, low mood and affect regulation. The client began to engage in school and started engaging in social activities and regular exercise. The client reported less conflict at home. She was observed to be more confident and brighter in her appearance. This was also reflected in her ORS score at session 16.

Outcome Rating Scale



Other data collection for this client:

Intake: SDS: 11 DASS21: Depression (moderate), Anxiety (severe), Stress (ex. severe)

Session 10: SDS: 3 DASS21: Depression (mild), Anxiety (moderate), Stress (moderate)



WORKING WITH PARENTS PAVING WAYS

MDECC experiences many parents contacting the service for information on how to make their son or daughter attend counselling. They are then often very stressed when they find out that they cannot. These parents are offered the Paving Ways therapeutic group, facilitated by our experienced counsellors.

The group allows parents to be supported, less isolated and learn skills to survive as a family. Working intensively with these parents stabilises the family so that skills learnt can be put in place often resulting in their son or daughter presenting to MDECC.

In the last 12 months MDECC has conducted 8 Paving Ways groups with 58 attendees and over 30 families have been supported.

An example of the outcomes measures are below:

The Outcome Rating Scale (ORS) is a measure of the client's level of distress over the previous week. The score is tallied to a total score out of 40. The lower the score, the more distress a client has experienced over the previous week. The average ORS score in week 1 is 23.6/40. This suggests that parents are experiencing some level of distress and would benefit from treatment. At Week 6, the average ORS score for parents attending is 30.2/40. This means that parents are reporting lower levels of distress and showing improvement as expected.

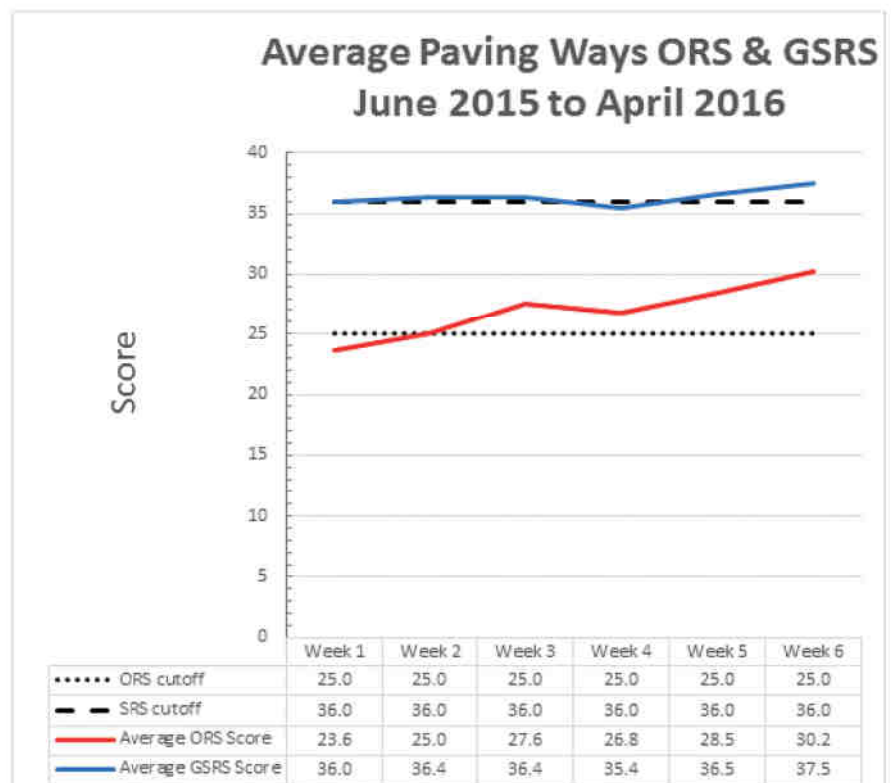
Group Session Rating Scale (GSRS) is a measure of the client's satisfaction with the group session. The score is tallied to a total score out of 40. Scores above 36 (the black dash line) suggest that the client is satisfied with the group session. We would expect GSRS scores to be lower initially and improve throughout the 6 weeks if parents are satisfied by the group and finding it useful. We can see that for parents attending Paving Ways group, the average GSRS score improves across the 6 weeks and is generally above 36.

Some feedback from parents include :

"Helping parents is clearly an important part of helping our young people."

"Fantastic! Such knowledge & expertise! Excellent communication & group management skills. Thank you!!"

"An incredible amount of real information, demystification and no judgement."



FEEDBACK

In May MDECC used the Client Satisfaction Questionnaire (CSQ-8) to assess clients overall satisfaction with the service. The CSQ-8 is an 8-item validated tool that is designed to measure client satisfaction within a service. The CSQ-8 has been extensively studied, and while it is not necessarily a measure of a client's perceptions of gains from the treatment or outcome, it does elicit the clients perspective on the value of services received. The questionnaire when scored produces a range between 8-32 with high scores indicating greater satisfaction.

Twenty three MDECC clients completed the May survey and the average score recorded was 28.7. This indicates MDECC clients are highly satisfied with the service they are receiving.

General Comments:

"MDECC offers an invaluable service that helps keep families together and gives me strength as a parent to understand and accept what we are going through with my son."

"Without this service I don't think I could really cope. I find Manly Drug & Counselling Centre one of the best services I have been in contact with in a very long time. Thank you."



PARTNERSHIPS

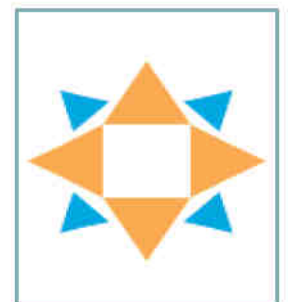
A huge thank you to our partners, without whom we could not provide services at the level we do. A special mention to headspace, Northern Beaches Child and Youth Mental Health Services, Beaches Early Intervention Centre (psychosis), Adult Mental Health Services, Probation & Parole, Juvenile Justice, Taldumande, The Burdekin Association, Kedesh Rehabilitation Services, Manly Hospital and Police and Ambulance Services.

SMART RECOVERY

The SMART Recovery group is up and running at MDECC for young people aged 18 to 25 years who want to make changes around their drug and alcohol use. The group focuses on building and maintaining motivation, coping with urges, managing thoughts, feelings and behaviours and living a balanced life.

The group runs every Tuesday from 4.30pm to 5.30pm and is facilitated by our qualified counsellors. It is free for participants and they can drop in on the day without making an appointment. Participants can also be set up for Work Development Orders which can reduce any pending government fines.

We have found SMART to be a great opportunity for young people to have an experience of drug and alcohol counselling in a peer supported way. SMART has also been a stepping stone for participants to start engaging in one to one counselling at MDECC .



HIGHLIGHTS OF THE YEAR

Continuous Quality Improvement - Accreditation



In August MDECC went through an in-depth onsite quality audit with the Australian Council on Health Care Standards (ACHS). The audit process examines clinical, support and corporate services. The surveyors reported that they were “impressed with the passion and commitment of the Board, CEO and staff in ensuring that the services provided are of the highest quality possible”.

MDECC received an MA (Marked Achievement) in 9 out of 10 clinical criteria, 6 out of 6 in the support criteria and 8 out of 8 for the corporate criteria. Our Accreditation status has been awarded until December 2018.

Tony Abbott Visit



The Hon Tony Abbott MP visited MDECC in June to launch new alcohol and other drug funding which will be coordinated by the Sydney North Primary Healthcare Network. The first tranche of the funding, which was announced as part of the Federal Government’s National Ice Task Force report handed down in December, will be available from July 2016. MDECC is eligible to tender for the funds.

Excellence in Treatment Award—NADA Conference



MDECC made the shortlist for an Excellence in Treatment Award. The Excellence in Treatment Award recognises excellence and/or innovation in treatment to reduce alcohol and other drug related harm.

MDECC presented a paper at the NADA conference in June entitled ‘Working at the “pointy end”: The benefits of a collaborative team model when working with problematic AOD use in young people with multiple and complex needs’.

The presentation outlined how working together as a cohesive team we are able to foster an ongoing fascination with the work, share professional responsibility and accountability throughout the team. The paper discussed how our work contributes to what is known about facilitating a healthy and motivated workforce in the AOD sector, particularly those working with young people and families with multiple and complex needs.

http://nadaconference.org.au/presentations/2016/young_lovett.pdf



LBW & PARTNERS
Chartered Accountants & Business Advisers
ABN 80 618 803 443

Level 3, 845 Pacific Highway, Chatswood NSW 2067
Postal Address PO Box 276 Chatswood 2057
Telephone (02) 9411 4866 Fax (02) 9412 1143
Email mail@lbw.com.au
Web www.lbw.com.au

PARTNERS
George P Rochios
Mark W Willock
Rupa Dharmasiri
Alan M Perrott

The Association of Drug Referral Centres Ltd

ABN 71 554 039 749

Auditor's Independence Declaration to the Directors of The Association of Drug Referral Centres Ltd

In accordance with the requirements of section 60-40 of the *Australian Charities and Not-for-profits Commission Act 2012*, as the auditor of The Association of Drug Referral Centres Ltd for the year ended 30 June 2016, I declare that, to the best of my knowledge and belief, there have been:

- (i) no contraventions of the auditor independence requirements as set out in the *Australian Charities and Not-for-profits Commission Act 2012* in relation to the audit; and
- (ii) no contraventions of any applicable code of professional conduct in relation to the audit.

Rupaninga Dharmasiri

Partner

LBW & Partners
Chartered Accountants
Level 3, 845 Pacific Highway
CHATSWOOD NSW 2067

Dated 4th October 2016



Utility limited by a scheme approved
under Professional Standards Legislation



CHARTERED ACCOUNTANTS
AUSTRALIA - NEW ZEALAND

ANALYSIS
INTERPRETATION
PLANNING

The Association of Drug Referral Centres Ltd

ABN 71 554 039 749

Directors' Report For the Year Ended 30 June 2016

1. General information continued

Principal activities

The principal activity of The Association of Drug Referral Centres Ltd during the financial year were alcohol and other drugs counselling.

No significant changes in the nature of the Company's activity occurred during the financial year.

The Company's objectives

The Company's goal is to empower young people, families and their community to minimise the harms associated with the problematic use of alcohol & other drugs.

The Company recognises that the problematic use of alcohol & other drugs occurs within a complex social and family environment and seriously impacts the health, life and potential of young people, their families and the community. Evidence shows that working holistically with young people and their families, and a harm-minimisation approach, improves results.

The Company's purpose is to be a centre of excellence that provides a model of evidence-based, outcome focussed counselling and support services for young people aged 14 to 25 years with problematic use of alcohol and other drugs, and their families. This model focuses on keeping the young people with whom we work safe, out of hospital, out of the criminal justice system, contributing to their community and achieving their potential.

Members guarantee

The Association of Drug Referral Centres Ltd is a company limited by guarantee. In the event of, and for the purpose of winding up of the company, the amount capable of being called up from each members and any person or association who ceased to be a member in the year prior to the winding up is limited to \$ 1 for all members, subject to the provisions of the company's constitution.

At 30 June 2016 the collective liability of members was \$ 14 (2015: \$ 6).

Operating results

The surplus of the Company for the financial year amounted to \$ 8,487 (2015: \$ 59,499).

The Association of Drug Referral Centres Ltd

ABN 71 554 039 749

**Directors' Report
For the Year Ended 30 June 2016**

Meetings of directors

During the financial year, 6 meetings of directors (including committees of directors) were held. Attendances by each director during the year were as follows:

	Directors' Meetings	
	Number eligible to attend	Number attended
Russell Wolfe	6	6
Merriane Sinclair	6	6
Brian Phillips	3	3
Maria Page	3	1
Aileen Oglvie	3	2
Sarah Mercer	3	3
William Adames	3	3
Paul Hogan	3	2
Nick Dillenbeck	1	1

Auditor's independence declaration

The auditor's independence declaration as required under section 60-40 of the *Australian Charities and Not-for-profits Commission Act 2012* for the year ended 30 June 2016 can be found on page 4 of the financial report.

Signed in accordance with a resolution of the Board of Directors:

Director:
Russell Wolfe

Director:
William Adames

Dated this 4 day of October 2016

The Association of Drug Referral Centres Ltd

ABN 71 554 039 749

Statement of Profit or Loss and Other Comprehensive Income

For the Year Ended 30 June 2016

		2016	2015
	Note	\$	\$
Revenue	4	789,583	779,185
Employee benefits expense		(611,882)	(545,425)
Depreciation and amortisation expense		(28,566)	(4,550)
Advertising		(14,376)	(23,120)
Audit fees		(9,536)	(13,043)
Brokerage fees		(14,000)	(9,000)
Consultants/contractors		(17,308)	(6,522)
Events costs		(5,255)	(28,901)
Insurance		(6,670)	(10,003)
Motor vehicle expenses		(6,670)	(7,695)
Office supplies/equipment		(2,433)	(8,007)
Printing and stationery		(6,751)	(5,760)
Repairs & maintenance		(9,988)	(14,621)
Subscriptions		(7,478)	(7,302)
Supervision/mentoring		(10,318)	(8,597)
Telephone & IT expenses		(9,981)	(10,451)
Other expenses		(19,884)	(16,689)
Surplus before income tax		8,487	59,499
Income tax expense	2(b)	-	-
Surplus for the year		8,487	59,499
Other comprehensive income			
Items that will not be reclassified subsequently to profit or loss			
Gains on revaluation of land and buildings	8	-	800,000
Other comprehensive income for the year		-	800,000
Total comprehensive income for the year		8,487	859,499

The accompanying notes form part of these financial statements.

The Association of Drug Referral Centres Ltd

ABN 71 554 039 749

Statement of Financial Position

As At 30 June 2016

	Note	2016 \$	2015 \$
ASSETS			
CURRENT ASSETS			
Cash and cash equivalents	5	84,055	122,683
Trade and other receivables	6	-	3,950
Financial assets	7	247,264	200,390
Prepayments		2,777	3,485
TOTAL CURRENT ASSETS		334,096	330,508
NON-CURRENT ASSETS			
Property, plant and equipment	8	2,495,466	2,511,891
TOTAL NON-CURRENT ASSETS		2,495,466	2,511,891
TOTAL ASSETS		2,829,562	2,842,399
LIABILITIES			
CURRENT LIABILITIES			
Trade and other payables	9	34,450	23,402
Provisions	11	25,448	46,236
Deferred income	10	5,523	35,838
TOTAL CURRENT LIABILITIES		65,421	105,476
NON-CURRENT LIABILITIES			
Provisions	11	18,731	-
TOTAL NON-CURRENT LIABILITIES		18,731	-
TOTAL LIABILITIES		84,152	105,476
NET ASSETS		2,745,410	2,736,923
EQUITY			
Reserves	12	2,426,431	2,426,431
Retained earnings		318,979	310,492
TOTAL EQUITY		2,745,410	2,736,923

The accompanying notes form part of these financial statements.

Note: Abridged version of financial statements. For a full copy of the report, please contact us on (02) 9977 0711 or email admin@mdecc.org.au



ABOUT MDECC

MDECC is a not for profit charitable organisation based on the northern beaches of Sydney.

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

We are a centre of excellence that provides a model of evidence-based, outcome focussed counselling and support services for young people aged 14 to 25 years with problematic use of alcohol and other drugs, and their families. This model focusses on keeping the young people with whom we work safe, out of hospital, out of the criminal justice system, contributing to their community and achieving their potential.

The problematic use of alcohol and other drugs occurs within a complex social and family environment and seriously impacts the health, life and potential of young people, their families and the community. Evidence shows that working holistically with young people and their families, and a harm-minimisation approach improves results.

At MDECC we

- * are warm, friendly and welcoming
- * are accepting and non-judgemental
- * are accessible and efficient
- * have highly skilled and qualified staff
- * are respectful of privacy and confidentiality
- * meet the highest accreditation standards
- * use only proven, evidence-based methods of practice

Funding through contracts with the State and Commonwealth Government allows our services to be free.

Donations are welcomed and will contribute to further enhancing our services.

Donations can be made on line <http://www.mdecc.org.au/about-mdecc/> or directly into our account below:

BSB: 032-096

Account No: 208 039

All donations are tax deductible.



