



Act for kids

Preventing and treating child abuse and neglect

HELP MORE KIDS LIKE MILLY* CELEBRATE A BIRTHDAY



When three-year-old Milly started coming to Act for Kids' pre-school, it was clear she'd missed out on some big milestones in her little life. On Milly's birthday, when her teacher presented her with her very own birthday cake, the melting candles were met with nothing but blank stares from a little girl who had no idea what to do.

After a little coaxing, some encouragement from her class and lots of relighting of the candles, Milly was soon able to understand that this was for her birthday. Some children have never experienced a birthday celebration before coming to Act for Kids; our teachers have the opportunity to show them how a birthday looks and feels.

Act for Kids' Early Education Program is a unique pre-school educational intervention service for children aged 2-5 years who struggle to attain the skills they need to start school as a result of abuse or neglect. It's a place where children can have the 'normal' childhood experiences they may have missed out on. It's about replacing bad memories with good ones and teaching children what it means to feel happy.

Your generous support and donations mean we can help more children just like Milly go on to experience a safe and happy childhood, free from abuse and neglect.

*Name changed to protect identity.



STICKS AND STONES MAY BREAK BONES BUT WORDS HURT FOREVER

People understand the effects of hitting a child or sexually abusing a child. A harder concept to grasp, is the damage that is caused by calling a child 'stupid' over and over again, or telling them 'they never should have been born'. Bruises fade but making a child regret their own existence? That's a bit tougher to heal.

When children are emotionally abused, this can severely affect their brain from developing properly which can lead to struggles with their wellbeing and development, from their speech and language to their ability to engage and function at school.

If emotional abuse is left untreated, children are significantly at risk of drug or alcohol abuse problems, mental health issues, eating or sleep disorders and struggles with future life coping skills.

It breaks my heart that in our Act for Kids centres, we have to teach children that they are not stupid or worthless, that they have a right to feel safe and that they are the boss of their own little bodies.

Through techniques such as art therapy and sensory play, we work with these children to break down the walls that have been built up due to constant abuse. It's key to point out that we don't have a 'one size fits all' approach when it comes to our clients. Every single child we treat at Act for Kids has gone through their own personal trauma. As we learn more about the child, we can determine which techniques would best help them relax and open up.

Act for Kids recently conducted our own research to confirm what we anticipated was true - that emotional abuse really is one of the most common forms of abuse. Unsurprisingly, the results of our survey revealed that over a third of respondent's had experienced emotional

abuse in their childhood. What did surprise us however, was that 40% of those surveyed didn't feel confident that they could identify the signs of abuse and neglect and one in ten people would wait to see if the situation got worse before reporting it to the authorities.

- Over a third (38%) stated that they had experienced emotional abuse in their childhood,
- 1 in 4 (25%) would talk to the child's parents or caregivers if they suspected abuse or neglect,
- 1 in 2 people (50%) believe that child abuse and neglect are increasing,
- 42% of women said that they had experienced emotional abuse in their childhood.

"We have got to stop this attitude of 'it's not my business' or 'I'll just wait and see what happens'. The theme of this year's National Child Protection Week was 'protecting children is everyone's business'. It's time we stopped being scared and start taking a stand for kids who don't have a voice."

At Act for Kids we educate children on how to stay safe through our protective behaviours program *Learn to be Safe with Emmy & friends* in schools and we encourage parents, carers, teachers and child care workers to educate themselves on the signs of child abuse and neglect, keeping in mind that this will be different for every child.

Look for changes in behaviour, have they become anxious or withdrawn, unwilling to participate in activities, are they acting out, or have their sleeping or eating patterns changed? These could all be possible indicators of child abuse or neglect. And it is everyone's business to care.

* Australian Institute of Health and Welfare, Child protection Australia 2014-15.

Dr Neil Carrington
Chief Executive Officer



'ENGAGING FATHER FIGURES' SYMPOSIUM A SUCCESS

Act for Kids hosted the Engaging Father Figures Symposium in June and raised over \$2,000 for Act for Kids' Flourish - Child and Family Therapy program.

77 mental health practitioners attended the Symposium which demonstrated good practice for working with men and encouraged participants to reflect on their work with families.

Key note speakers were: Richard Fletcher, author of 'The Dad Factor: how father-baby bonding helps a child

for life', Tim Fisk from Complete Men, Gary Simpson from the Workplace Wellbeing Institute, Steve Lock from Child & Family Practice & Service Improvement, Rosemary O'Malley from Gold Coast DVPC, and Simon Santosha from Men & Family Counselling and Consultancy.

WE RAISED OVER \$2,000
FOR OUR flourish PROGRAM
CHILD AND FAMILY THERAPY

WE WISH EVERY WEEK WAS CHILD PROTECTION WEEK



It was an enormous week during Child Protection Week, with Act for Kids hosting and attending events from as far as North Queensland all the way down to Adelaide. All eyes were on Queensland, as Child Protection Week celebrated its 30th anniversary in the state that created the now national awareness campaign.

Act for Kids CEO Dr Neil Carrington, Executive Director of Services Dr Katrina Lines and Regional Directors

could be heard on radio stations around the nation, sharing the harsh facts Act for Kids recently uncovered surrounding emotional abuse.

In the Brisbane region, we saw the official opening of the Brisbane North Intensive Family Support service which was attended by politicians, key stakeholders and many influential dignitaries.

Act for Kids hosted a huge public awareness campaign at Southbank where we attempted to get over 3,000 hand prints on one continuous sheet of paper! Due to some stormy weather, Act for Kids didn't quite reach our goal but we did manage to collect over 2,100 hand prints including one paw print and a foot print!

To bring the week to a close, Subway Restaurants in Regional Queensland hosted Free Cookie Day to raise funds and awareness for Act for Kids.



HOW DID ACT FOR KIDS DO?



“ THIS YEAR WE HELPED
21,698
Australians
... 36% increase
FROM 2014-15 ”



KEEMA FOUNDATION HELPING LITTLE STARS SHINE BRIGHTER

Supported by Act for Kids, the Keema Children's Foundation ran a hugely successful Little Stars Kids' Camp. Held four times a year, the Little Stars Kids' Camps are free Brisbane day camps designed specifically for children aged 3-5 currently in long term foster care.

In the lead up to the camp, Act for Kids therapists Kaya Beinke and Steph Jordan provided training and therapeutic support to the camp facilitators or 'companions' to help them identify any trauma related behaviours to look out for.

Kaya Beinke from the Woolloowin Act for Kids centre attended the Little Stars Kids Camp on the weekend and said it was great to see the children relax and just get to be kids for the day.

"It was wonderful to watch the kids have fun and play without the therapeutic focus", Kaya said.

The camp ran from 9am – 3pm and included a Build a Bear station, dress up corner, arts and crafts, an animal farm and even pony rides.



SPONSORS SWING INTO SUPPORT FOR VULNERABLE KIDS

Thanks to Act for Kids' corporate sponsors Auto & General and the Vita Foundation, over 1,300 children nationally will benefit from the money raised at their respective corporate golf challenges. Insurance provider Auto & General had over 100 staff, suppliers and business partners take part in the event, which was held at The Brisbane Golf Club and raised \$30,000.

"As well as being a fun day out on the green it was a great opportunity to connect with our partners who feel as strongly as Auto & General does about making a difference to vulnerable kids' lives," said Gerry O'Shaughnessy, Director Contact Centre Operations, Auto & General.

Vita Group's philanthropic arm, the Vita Foundation, teed off at St Lucia Golf Links with 90 players from the Vita Group and its valued partners. The \$37,000 raised will go towards our protective behaviours program *Learn to be safe with Emmy and friends* aimed at five year olds in schools across Australia.

Vita Group CEO, Maxine Horne, who was at the Golf Challenge cheering on the teams and selling raffle tickets, said

"We're very proud to support Act for Kids and the work they do. Joining forces with our amazing partners and Act for Kids, the Vita team hit a hole in one with this event. Thanks to our partners for getting on board and donating their time and money. Great team work for a worthy cause!"

If you would like to hold a Corporate Golf Day on behalf of Act for Kids, contact 1300 228 000 for more information.



EUREKA BENEVOLENT FOUNDATION DONATES \$50,000 TO HELP CHILDREN IN WESTERN SYDNEY

Act for Kids recently received \$50,000 from the Eureka Benevolent Foundation (EBF) to contribute to the prevention of child abuse in Western Sydney. Thanks to EBF, 1,000 grade one kids will learn how to keep themselves safe through our five week in school protective behaviours program, *Learn to be safe with Emmy and friends*.

"We were intending to roll out the program to 1,000 Western Sydney kids over the coming two years, thanks to the Eureka Benevolent Foundation we will now reach 2,000 children, which is just fantastic."

"We know the program makes a difference as children learn and recall vital skills to keep themselves safe from abuse," said Act for Kids CEO, Dr Neil Carrington.

MENTAL HEALTH SUPER SUMMIT



RAISES OVER 800 HOURS OF THERAPY FOR CHILDREN



We were thrilled to be selected again as the recipient charity for the 2016 Mental Health Super Summit. This year the amazing Mental Health Academy team has raised over \$130,000 for kids who have experienced abuse and neglect. This will help Act for Kids provide integrated therapy to 66 children in our centres around Australia. Our Integrated Therapy Program is a key step to recovery for children who get to work with a psychologist, speech therapist and occupational therapist to ensure all their needs are met.

The Mental Health Super Summit was an enormous success for the second year in a row, running over 18 days from 6 -23 October the online Summit features live sessions with 20 internationally renowned, award-winning practitioners, researchers, authors and educators – including our own Reneé McAllister, Regional Director of Act for Kids in North Queensland and Queensland Chair of the Australian Psychological Society.

The Mental Health Super Summit provided 20 hours of mental health professional development for a minimum donation of \$50 - amazing value!



CAPITOL TRIVIA NIGHT RAISES OVER \$10,000

It was a scene like no other at the Brothers Grange Community Sports Club, where characters from Star Wars, Willy Wonka, The Wizard of Oz and Ghostbusters just to name a few, came together for a fabulously competitive night of trivia! Hosted by Act for Kids supporter Capitol Body Corporate Administration, the fun filled evening raised \$11,400 which will go directly towards helping Brisbane children at our Woolloowin centre who have been affected by child abuse and neglect.

"Capitol have been supporting Act for Kids for about 10 years now and we are really passionate about the work they do with our communities," said Josephine D'Arcy, Capitol Director.

"It is great to know that the money we raise goes toward helping children and families work toward stable home environments and happy childhoods. Every child deserves the same opportunities that so many of us take for granted so to hear of the success of the programs we help support is very satisfying and we look forward to continuing our efforts in the years to come."



WHERE DID WE GROW?

WESTERN AUSTRALIA

Delivered *Learn to be safe with Emmy and friends.*



Adelaide: Expanded services to include speech therapy and counselling.
Delivered *Learn to be safe with Emmy and friends.*

SOUTH AUSTRALIA

QUEENSLAND

Cairns: Early Education Program opened in Edmonton. SafeKIDS - 27 kids reunified

Townsville: FaCC partnership

Mackay: New centre and FaCC partnership'

Gold Coast: Hosted inaugural Cyberstalking Symposium. Hosted Engaging Father Figures Symposium.

Woolloowin: Flourish child and family therapy program in North Brisbane schools.

Brisbane North: IFS service opens in partnership with Community QLD.

flourish
CHILD AND FAMILY THERAPY



Delivered *Learn to be safe with Emmy and friends.*

VICTORIA

NEW SOUTH WALES

Blacktown: Integrated Therapy Service opened.

Learn to be safe with Emmy and friends is in West and North Sydney.



TASMANIA

Delivered *Learn to be safe with Emmy and friends.*

From 2015- 2016

Prevention  2,945 KIDS

Early intervention  10,475 KIDS

Intensive therapy  969 KIDS

Kids safe in beds  206 KIDS SAFE IN BEDS OVER 7,911 PLACEMENT NIGHTS

Kids reunified  27 KIDS

Total number of kids we worked with  14,595

Total number of adults we worked with  7,103

SHANE PARKINS – TREKKER PROFILE

Since 2009, Dealer Principal for Mercedes Benz Brisbane Shane Parkins and his team have donated over \$700,000 to Act for Kids. Shane has just completed his second Trek for Kids in the Southern Alps of New Zealand. We caught up with Shane to find out why he wanted to take part in another Trek and why he's so passionate about Act for Kids.

So you participated in our Larapinta Trek for Kids, what made you want to do it again? It's quite rewarding when you realise that the money you raised helps children on many levels in need, and the efforts made by the team at Act for Kids are certainly inspiring enough for me to walk a few kilometres to assist.

Why are you passionate about Act for Kids? Being a father of 2 myself, and hearing the stories of the children that Act for Kids sees really hits me on a personal level. Seeing the combined efforts of the staff and seeing how they work and where the money you donate goes, it makes it easy to be involved and want to do more.

What were you most looking forward to on the trek?

Spending time with likeminded people with the same passion as me, assisting Act for Kids. Also some time to myself, with a very hectic business and lifestyle this gives me time to think about my own personal business requirements and more importantly allows me to focus on my family and be grateful.

What has been the most rewarding part of your Act for Kids partnership so far? Friendship, relationships and the opening of so many new facilities through-out the country. Which means more and more children are getting the help they need.



OVER \$130,000 WON!

It took three days before Mrs H from South Australia listened to the message on her phone from Dr Katrina Lines, acting CEO of Act for Kids. Dr Lines had left a message to say that Mrs H was the winner of the Act for Kids Platinum Class Lottery Draw 62, and was now the proud owner of a luxurious brand new Mercedes-Benz. "I finally listened to the message that I received on Friday late Sunday night. I then debated whether it was too late to return the call. Finally after some pushing from my husband, he was very excited, I called her back. It was after 9pm." Mrs H said.

"I was so happy to give Mrs H the great news. I don't know who was more excited, Mrs H or her husband Mr P who I could hear in the background." Dr Lines said.

"The car was amazing," Mr P said. "A few days later we visited our local Mercedes-Benz dealership to see the car in the yard. That's when we decided we would personally pick the car up from Brisbane and take our time to drive back to South Australia."

Dr Neil Carrington, CEO for Act for Kids, had the honour

of unveiling the metallic silver E200 Saloon at Mercedes-Benz Brisbane in Fortitude Valley, and handing the keys to the lucky winners on Friday 9 September.

The E200 valued at over \$100,000 was brand new to the Australian market only arriving in Australia a month earlier. Mrs H and Mr P were also rewarded the largest multi buyer prize of \$25,000, in platinum or a holiday, for buying seven tickets. Their total prize package won was over \$130,000.

Mrs H and Mr P are long-time supporters of Act for Kids. Coincidentally Lottery Draw 63 marked their tenth year of supporting abused and neglected kids.

Despite the recent win, Mrs H is continuing to support Act for Kids. **"It is such a good cause, and this is my way of supporting kids who need help."**

For your chance to be our next lottery winner call 1800 968 946 or visit platinumclass.com.au.

GIVE THE GIFT THAT WILL CHANGE CHILDREN'S LIVES



Did you know more than 40,000 children suffer abuse and neglect each year in Australia?
That's one child every 12 minutes.

Act for Kids Lottery tickets make great gifts and help raise much needed funds to stop child abuse and neglect.



A great Christmas gift



Just to say thank you



The perfect birthday gift

ORDER YOUR GIFT TICKETS ONLINE: platinumclass.com.au

 **Act for kids**
PLATINUM CLASS LOTTERY

**Be our next lucky winner! Win The Mercedes-Benz SLC200 Roadster Or Mercedes-Benz GLE250 SUV
Visit www.platinumclass.com.au to purchase your ticket online or
call 1800 968 946, Monday -Friday 9am- 5pm**

THANK YOU!

THANKS TO YOUR GENEROUS SUPPORT AND DONATIONS, ACT FOR KIDS IS ABLE TO MAKE A REAL DIFFERENCE TO THE LIVES OF AUSTRALIA'S ABUSED AND NEGLECTED CHILDREN AND THEIR FAMILIES.

In the financial year 2015-16 Act for Kids were able to help 21,698 people which is a 36% increase on the previous year.

We want to continue to extend our help where it is most needed and we are proud to say that we now have a presence in every state of Australia. Your continued kindness and trust has allowed us give more children their childhoods back and we can't thank you enough.



THANKS TO OUR SUPPORTERS!

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Act for Kids is a not-for-profit organisation providing free professional therapy and support services to prevent and treat child abuse and neglect. Established in 1988, we have helped thousands of children and families in Australia who have experienced, or are at risk of child abuse and neglect.