



Annual Review
2015-16



Giving children their **childhood back**



ACT FOR KIDS ANNUAL REVIEW 2015-16



ABOUT ACT FOR KIDS

Act for Kids is an Australian charity providing free professional therapy and support services to prevent and treat child abuse and neglect in Australia.

Through prevention, treatment, research, education and advocacy, we are committed to supporting thousands of children, young people and their families.

Board of Directors

Chairman	Ms Lesley-Anne Houghton
Deputy Chairman	Mr John Manning
Treasurer	Mr Thomas Rice
Board Secretary	Mr Emmanuel Pappas
	Ms Zoe Newbury
	Ms Maria Rampa
	Mr Nigel Harris
	Mr Berkeley Cox
	Ms Leilani Pearce
	Dr Ryan Mills
Retired during 2015-16	Ms Justine Best
	Mr Simon Harrison
	Ms Madonna King

Executive Team

Chief Executive Officer	Dr Neil Carrington
Chief Financial Officer	Mrs Leanne Dreves
Executive Director of Services	Dr Katrina Lines
Executive Director of Marketing, Communications and Fundraising	Mr Rob Williamson
Executive Director of People, Culture and Infrastructure	Ms Koni Hanlon

Patrons and Ambassadors

Patron	His Excellency the Honourable Paul de Jersey AC, Governor of Queensland
Founding Ambassador	Dr David Wood
Ambassadors	Ms Kay McGrath
	Councillor Paul Pisasale
	Ms Joanne Desmond
	Mr Andrew Griffiths
	Mr Greg Hamblin
	Mr Gene Farrelly
	Mrs Karen Wilson



OUR PURPOSE

To prevent and treat child abuse and neglect.

VISION

All kids have a safe and happy childhood, free from abuse and neglect.

VALUES

We are a professional, ethical team who is caring, courageous and collaborative.

CEO AND CHAIRMAN REPORT

We are very pleased to report this past financial year has been one of our busiest yet, with a 36% lift in the number of kids and families receiving our support. Act for Kids now has 22 centres across Australia, with a team of over 300 staff providing support for over 20,000 kids and adults.

This growth has largely been possible thanks to an increase in funding from sponsors, strategic partnerships, and support from government agencies. In 2015 Act for Kids expanded into New South Wales, opening an Integrated Therapy Service in Blacktown thanks to funding from the Wilson Foundation. The service has received 110 enquiries and referrals since opening in November, demonstrating the real need in this area.

In January Act for Kids was selected as the hero charity for the Vita Foundation – the philanthropic arm of Vita Group. Vita Foundation has committed \$200,000 over 18 months to enable us to take our successful protective behaviours program *Learn to be safe with Emmy and friends* nationwide. We are now delivering this free in school program to Grade 1 students in Sydney, Adelaide, Melbourne, Hobart and Perth, as well as throughout Queensland, giving us a national presence for the first time. Thanks to Vita Foundation we will help 4,000 more kids learn how to keep themselves safe from abuse.

In Queensland we have expanded the areas we cover through strategic partnerships with government and non-government organisations. In February Act for Kids successfully tendered to provide an Intensive Family Support service in Brisbane North, in partnership with Communitify Queensland. As at 30 June we had received referrals for over 120 families, demonstrating the real need for assistance for families feeling overwhelmed and unable to cope.

We now have a presence in Mackay, providing Family and Child Connect services in partnership with The Creche and Kindergarten Association Limited and Girudala Community Co-operative Society. In March we opened an Early Education Program in Cairns, delivering a kindy program alongside therapeutic support for kids who have experienced abuse and neglect.

Our partnership with the Daniel Morcombe Foundation continues to grow, with the Foundation providing funding for two part-time therapists in Nambour and one part-time therapist in Ipswich to provide counselling and support for kids and young people who have experienced or are at risk of physical, emotional or sexual harm. Funding from Brisbane North PHN has enabled us to provide in-school therapy support to primary and secondary school students in North Brisbane.

Our second annual Trek for Kids – involving a trek, cycle and kayak across Vietnam – raised over \$70,000 for abused and neglected kids. We are incredibly thankful to the participants of these fundraising physical challenges, who train and fundraise hard to ensure more kids get the childhood they deserve.

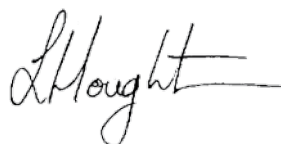
Our annual Gala Ball in May was a triumph, raising over \$125,000 on the night. Thank you to our sponsors Mercedes-Benz Brisbane, Budget Direct and SRJ Accountants, and all the volunteers and supporters who helped make our biggest fundraising event such a success.

In this past financial year Act for Kids has received significant funding from new sources, including the inaugural Mental Health Super Summit, run by leading mental health professional development provider the Mental Health Academy. We were selected to be the charity recipient for the Summit, which raised almost \$90,000 for kids who have experienced abuse or neglect. We are thrilled to have been selected as the Summit's charity again this year.

All of our sponsors and pro bono supporters deserve heartfelt thanks. What a difference you have made in thousands of children's lives. We truly appreciate all those who volunteer their time and resources to help us make a difference in children's lives. To our ambassadors who network, fundraise and educate on our behalf, we thank you.

Finally thank you to our committed staff and board who continue to ensure Act for Kids remains a successful 'for purpose' organisation, working together in the prevention and treatment of child abuse and neglect across Australia.

Ms Lesley-Anne Houghton
Chairman



Dr Neil Carrington
CEO



AUSTRALIAN CHILD ABUSE STATS



IN 1 YEAR ALONE

42,457 children WERE

CONFIRMED AS ABUSED OR NEGLECTED

IN AUSTRALIA **RISING BY 35%**

from 31,527 in 2010-11

That's one child every 12 minutes

NSW 15,022

VIC 13,300

QLD 5,869

WA 3,382

SA 1,908

NT 1,757

TA 833

ACT 386

43,400
CHILDREN AND
YOUNG PEOPLE IN
OUT-OF-HOME
CARE

Emotional
43%

Neglect
26%

Physical
18%

Sexual
13%

**CHILDREN
UNDER 12
MONTHS OLD
WERE THE MOST LIKELY
TO SUFFER ABUSE
OR NEGLECT.**

Source: Australian Institute of Health and Welfare, Child Protection Australia 2014-15, Child welfare series no. 61. Cat. No. CWS 52. Canberra: AIHW.
<http://www.aihw.gov.au/publication-detail/?id=60129550762>

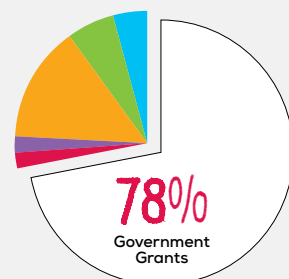
If a child experiences abuse or neglect at a young age, often their brain may not develop properly. Without intervention, impairments can be permanent.

FINANCIAL STATISTICS

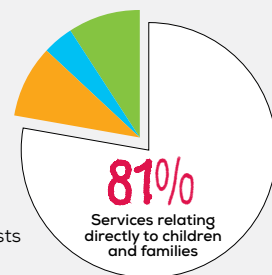
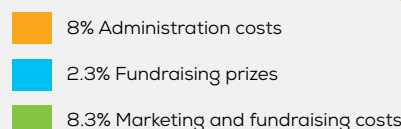


81% spent directly ON SERVICES
RELATING TO CHILDREN AND FAMILIES
Over \$680,000 IN PRO-BONO SUPPORT

Revenue 2016



Expenses 2016

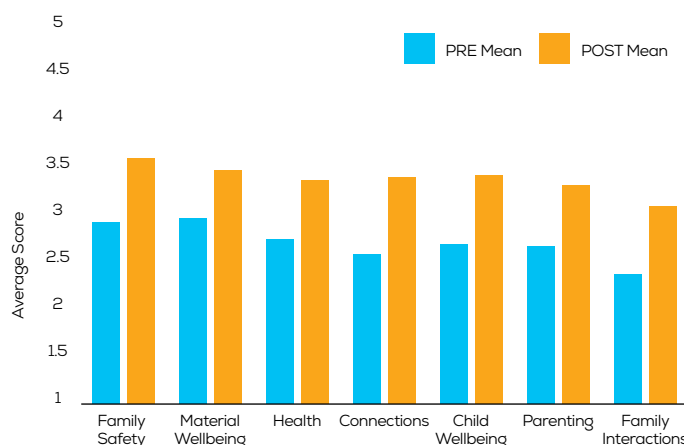


WHAT DIFFERENCE DID WE MAKE?

The average improvement over all clients is 15% with a range of 10% - 42%.

Prior to intervention, these families were in the 'challenged' range. Now, improvements in all areas mean that these families are classified as 'functioning' and are in the normal range on the scale. They had experienced significant and complex issues impacting on the safety and wellbeing of their children.

This is a fantastic result!



HOW DID WE DO?


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

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

WHERE DID WE GROW?

WESTERN AUSTRALIA

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



QUEENSLAND

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

Townsville: FaCC partnership

Mackay: New centre!

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 Communitify QLD.

flourish
CHILD AND FAMILY THERAPY

NEW SOUTH WALES

Blacktown: Integrated Therapy Service opened.

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

SOUTH AUSTRALIA

Adelaide: Expanded services to include speech therapy and counselling.

VICTORIA

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

TASMANIA

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





JOSH* 5 YEARS OLD



Five year old Josh watched his father brutally stab his mum - causing him to suffer horrific nightmares long after the family was safe. Josh is the youngest of three children. His mother was brutalised by his father for years and she barely escaped with her life. Although they broke free of the situation, Josh and his family were not free of the trauma and they were all haunted by disturbing memories day and night. The legacy of living for years in an extremely violent environment meant Josh remained in a constant state of anxiety, alertness and fear, even though there was no longer a threat to this safety.

Mum would cry whenever the abuse was mentioned and was unable to provide her kids with the comfort and assurance they needed. The children, particularly Josh, retreated into themselves and suffered in silence. When Josh came to Act for Kids he, along with his mum, brother and sister, showed severe symptoms of Post Traumatic Stress Disorder. They were constantly on edge due to the extreme domestic violence they had experienced.

Through intensive family therapy sessions with Act for Kids' therapists, Josh and his family re-discovered their family strengths, abilities, interests and values, which helped to restore their self-esteem, confidence, resilience, hope and pride. Mum learned how to become attuned and attend to her children's psychological needs, increasing their capacity to turn to her for help.

Through art and talking, the kids were able to share their feelings, memories, questions, concerns and beliefs about their experiences of the violence as well as their imagined and actual sense of threat that remained.

While understanding the long term impact of trauma, the family was encouraged not to be defined by the abuse. We helped them instigate new activities that had previously not been possible - creating an arts and craft corner in their home, hosting birthday parties and sleep overs, having dinner together at the dining table and going on a camping trip.

After just three months the family is making great progress. We provided brief but intensive exposure therapy for mum and now, rather than avoiding talking about the abuse, Mum can recall the violence without becoming emotionally flooded. This means she has a much greater capacity to help her children manage their own trauma and they have now begun family therapy.

While abuse and trauma too often takes place within the context of family relationships, Act for Kids believes with the right support and assistance family relationships can be a source of true healing and repair and prevent children like Josh from feeling alone with their nightmares any longer.

*Name changed to protect identity.



OUR WORK - PREVENTION & EARLY INTERVENTION

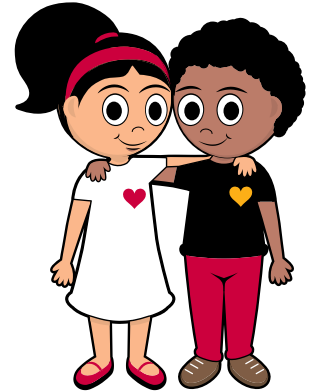


LEARN TO BE SAFE WITH EMMY AND FRIENDS

Cairns, Townsville, Brisbane, Gold Coast, Sydney, Melbourne, Perth, Hobart and Adelaide

We delivered our protective behaviours program *Learn to be safe with Emmy and friends* to 2,945 Grade 1 and Grade 2 students across Australia.

The program consists of five weeks of interactive classes teaching children to identify their feelings, differences between public and private parts of the body, safe and unsafe secrets and how to manage different situations that make them feel unsafe. The program is activity-based and developmentally appropriate for 5-7 year olds. It is currently being jointly evaluated by Griffith University, James Cook University and Queensland University of Technology.



**LEARN TO
BE SAFE**
with Emmy & friends

FAMILY AND CHILD CONNECT (FACC)

Maroochydore and West Burleigh

Family and Child Connect (FaCC) is a Queensland government initiative that endeavours to provide advice, information and/or referrals to any person/s interested in the safety and wellbeing of children and families.



EARLY INTERVENTION - INTENSIVE FAMILY SUPPORT SERVICE

Brisbane, Cairns, Labrador, West Burleigh, Maryborough, Roma, Toowoomba and Townsville

Intensive Family Support (IFS) programs provide case management support to families at risk of entering the statutory child protection system. The IFS service accepts eligible referrals from Family and Child Connect, Department of Child Safety, prescribed entities, community agencies and self-referrals from families.





OUR WORK - TREATMENT

EEP

Townsville, Cairns and Woolloowin

The Early Education Program (EEP) is a unique educational intervention service for children who struggle to attain the skills necessary to start school as a result of abuse or neglect. An alternative to mainstream kindergarten programs, children aged between 2 and 5 years old thrive in a smaller class environment with a focus on reaching milestones and recreating experiences they may have missed out on at home.



WALK TALL

Nambour, Ipswich, Gympie and Caboolture



Walk Tall is funded by the Daniel Morcombe Foundation and is managed by Act for Kids. Walk Tall provides counselling and emotional support to children and adolescents who have either experienced or are at risk of physical, emotional and/or sexual harm. We also specialise in working with victims of, and those impacted by crime.



INTEGRATED THERAPY SERVICE

Adelaide, Gympie, Ipswich, Townsville and Western Sydney

The Integrated Therapy Service (ITS) is a therapeutic service for children, young people, their families and/or carers who have behavioural, emotional and/or developmental difficulties due to trauma from abuse and neglect or who are at risk of harm. A full integrated team is comprised of speech and language therapists, occupational therapists and psychologists.

SAFE HOUSES

Aurukun, Cairns, Doomadgee, Kowanyama, Napranum and Pormpuraaw

Many Aboriginal and Torres Strait Islander children and young people under child protection orders or investigation are placed in care outside of their communities making maintaining family, community and cultural connections impossible. The Act for Kids Safe Houses keep children safe whilst allowing them to remain in their own communities and build on their cultural connections. In some cases, we are able to reunify a child with their family. In 2015-16, 27 children were able to return to their families and continue to remain part of their community.

SEXUAL ABUSE COUNSELLING SERVICE (SACS)



Labrador and Townsville

The Sexual Abuse Counselling Service (SACS) is a program designed to provide individual, centre-based and outreach counselling to children and young people who have experienced sexual abuse and/or exhibit sexually reactive behaviour, as well as their parents and carers.

The program is funded by the Department of Communities, Child Safety and Disability Services and only takes referrals from Child Safety Services. The Southern Queensland service is an outreach model, while the Townsville service provides both centre-based and outreach support.



COUNSELLING AND INTERVENTION SERVICE

Brisbane and Townsville

Our Counselling Intervention Service is provided by psychologists and social workers who specialise in working with children and young people who have experienced harm or neglect. These teams are specialised in trauma and work with children and their families to help them resolve trauma, and achieve their own goals for their future and wellbeing.

This comprehensive counselling service is for children and young people aged 0-17 years, and their carers/family. A referral from Child Safety Services is required for this program. This service is available for children and families within the Townsville and Brisbane region.

GROWING AND LEARNING

Brisbane and Townsville

The Growing and Learning service provides multi-disciplinary therapy for children, young people and their families who have experienced trauma from abuse and neglect, or who are at risk of harm. This program is funded by the Non Schools Organisation (NSO), Education Queensland and Queensland Health and is provided by a multi-disciplinary team including speech and language therapists, occupational therapists, and teachers.

FLOURISH - CHILD AND FAMILY THERAPY

Brisbane, Labrador, Townsville and West Burleigh

Flourish Child and Family Therapy provides counselling for children, young people and their families who have experienced trauma or who are at risk of harm. The program is privately funded providing therapeutic services for children, adolescents, their families and/or carers who are concerned about the wellbeing of their children. Our service is free of charge. Counselling can range from as few as three sessions to up to three months. The amount of time will depend on what concerns a child presents with, for example family situation, regular attendance and other factors.

Act for Kids has trialled delivering services to high school aged students within their schools and is currently working with students from schools in North Brisbane.



THANKS TO OUR 223 VOLUNTEERS



The contribution of volunteers in both economic and social terms can't be underestimated. We would like to acknowledge our dedicated team of individual volunteers, board directors and students who supported us this year.



THANKS TO OUR SUPPORTERS



Our generous sponsors give us so much more than money; many also provide pro-bono services and help us spread our message far and wide. Many of their amazing staff also volunteer to help us when we need an extra set of hands.

OFFICIAL PARTNERS



GOLD SPONSORS



SILVER SPONSORS



BRONZE SPONSORS



PRO-BONO SUPPORTERS

2NM
4BC
4CC Gladstone
4MCY Hot 91 Sunshine Coast
4NNN Zinc 96 Sunshine Coast
4RO Rockhampton
7AD
7BU
7SD
11 Brisbane
96FM Perth
97.3FM Brisbane

102.6AM 4MK Mackay
106.3FM Townsville
846am 4CA Cairns
Admedia Creative
Along the Grapevine
APN Regional Paper
Bmag
Brisbane News
BSEA
Chilli FM
CNE
Cutting Edge

DSEA
Follow
KIIS 101.1 Melbourne
KIIS 106.5 Sydney
King & Wood Mallesons
LAFM
Magic 882
Messages on Hold
Mix 102.3 Adelaide
Mix 106.3 Canberra
North West News
One

Power FM
Ten Brisbane
Westside News
Wynnum Herald
Zenith Optimedia
Zinc 90.7 Airlie
Zinc 100.7 Townsville
Zinc 101.9 Mackay
Zinc 102.7 Cairns

We apologise to anyone whom we may have missed.



For more information please call 1300 228 000 or visit our website actforkids.com.au

mail@actforkids.com.au

PO Box 1844,

Milton, Qld 4064

ABN 98 142 986 767