



International Society for Psychological
and Social Approaches to Psychosis

ANNUAL REPORT 2016

**(for the period July 1st 2015 – June 30th 2016 with
financial statements offering information back to 2013)**

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OUR OBJECTIVES AND ACTIVITIES

Our principle objectives are to:

- promote the appropriate use of psychosocial approaches to psychosis which include but are not limited to peer lead recovery, psychotherapy and other psychological treatments;
- promote research and dissemination of evidence relating to psychosocial programmes for those with psychosis;
- advance education, training and knowledge for mental health professionals in comprehensive approaches to the treatment and prevention of psychotic mental health;
- develop partnerships with other organisations and individuals working in the area of psychosis management and education

Our Mission

Contemporary research shows that psychological factors play a key role in influencing the cause and chronicity of psychotic disorders (NICE Guidelines for Schizophrenia Update, 2009). Despite this recognition, the mainstay of treatment for psychosis is anti-psychotic medication. While medication may play an important role in management of psychotic experiences for many, there is a strong need for acknowledgement of the psychological factors that may be involved in how a person may develop psychosis and also, how they may learn to manage and have mastery over the experience of extreme states. Our principal activity is to further the wellbeing of persons vulnerable to psychosis by promoting psychological and social approaches to psychosis and advancing the education and knowledge of mental health professionals and other stakeholders. It is envisioned that through improved understanding of the social and psychological factors which influence psychosis, benefits in a person's understanding and management of their experience of psychosis will ensue. Consequently, ISPS Australia has a primary focus on the

delivery of seminars and training workshops that can disseminate practical skills and knowledge as well as research findings regarding what is known about the role of psychological and social factors in psychosis and importantly, ways that clinicians and consumers can be working from a psychological perspective to reduce the impact of psychosis.

Our Vision

We aim to bring together all those who have an experience of or an interest in psychological and social approaches to psychosis. We believe that it is through dialogue and working together that we can improve the experience of psychosis for consumers, and also reduce its impact on family members and friends. The exchange of ideas and information between consumers and those close to them, researchers, clinicians, and policy makers is vital for gains to be made in the wellbeing of those who may experience psychosis. ISPS Australia believes in contributing to a future in which people vulnerable to psychosis will have the same quality of life and health as those who do not have these experiences.

Our History

ISPS Australia is part of a broader international organisation that has its origins in Europe in the 1950s. It was formed with the intention of promoting psychotherapy for psychosis and providing a forum for like-minded individuals to exchange ideas. Since then it has continued to grow and refine its objectives. Now ISPS has expanded to have over 20 branches around the world and involves many leaders in this field.

ISPS Australia was first incorporated as a public company limited by guarantee in October 2013 and is also recognised as a small charity registered with the Australian Charities and Not-for-profits Commission.

Since our beginnings in 2013, we have presented seminars and workshops from a number of important leaders in the field of psychosis. We have also supported local events and have provided a forum for debate and the exchange of information through our email discussion group.

ABOUT US

ISPS Australia is part of a broader international organisation that has its origins in Europe in the 1950s. It was formed with the intention of promoting psychotherapy for psychosis and providing a forum for like-minded individuals to exchange ideas. Since then it has continued to grow and refine its objectives. Now ISPS has expanded to have over 20 branches around the world and involves many leaders in this field.

Prior to our incorporation in 2013, our founder Philip Benjamin had spent several years raising awareness of ISPS in Australia. Earlier in 2013, Philip gathered together a group of interested individuals to form a steering committee and formally establish the organisation ISPS Australia Limited. Since our incorporation, we have been presenting seminars and workshops around Australia but have also worked to develop the organisation by establishing governance.

OUR PEOPLE

Board members/Volunteers

Name	Position	Dates acted
Melissa Connell	President	05/2015 to present
Lyn Mahboub	Vice President	05/2015 to present
Vanessa Beavan	Membership Secretary	05/2015 – 2/2105
Ros Bowyer	Membership Secretary /Secretary	02/2016 – 6/2016
Bryan Mather	Treasurer	05/2015 – 6/2016
John Read	Board member	05/2015 – 3/2016
David Ward	Board member	05/2015 to present

STRUCTURE & MANAGEMENT

ISPS Australia is registered with the Australian Charities and Not-for-profits Commission (ACNC). We are considered a small size charity and operate in accordance with the guidelines outlined in the ACNC Act and in our constitution. We are an unfunded member based organisation and therefore do not have paid staff at this point in time. All activities are carried out by the Board.

The ISPS Australia Board is composed of up to seven members who are elected by ballot by the ISPS membership every year. The ISPS Board is made up of people with a wide range of interests and experience, all of whom donate their time voluntarily. The board is geographically spread out across different states in Australia and so we meet for our monthly board meetings via Skype.

SECTION 2

REPORTS

CHAIRPERSON'S REPORT

Looking back over the last year, a lot has changed for ISPS Australia. Although we are still a young organisation, not yet 3 years old, we have had some significant achievements, and significant challenges. Most members would know our founding president Philip Benjamin and may have been surprised when Philip resigned from his position as president and left the organisation. I took over as president in Philip's absence as I had worked quite closely with him since our inception and also shared his passion and vision for the organisation. So the last year marks my first as president and also marks a phase of significant growth and change for ISPS Australia.

I would like to acknowledge that as a group of volunteers, all busy in our work lives, we have made a number of important achievements that have moved us further toward building our growing organisation. Our focus over the past 12 months has been on building internal infrastructure so you may have not seen us around as much. The following provides an outline of activities we have achieved.

Governance Development

Our first priority for the year that began in the second half of 2015 was to develop some governance practices for the organisation so that we had policies and procedures to guide our actions and help us to be accountable to both the ACNC and to our members. We have worked on policies that have included: a guide for expenditure and reimbursement, board director responsibilities, a code of conduct for board members, a policy to guide partnerships with other organisations, a strategic plan, a proposals policy and a corporate governance policy. It has taken much of our time to develop these documents, however, we believed it was important to provide a solid base for us to grow from and that a lack of governance risked placing us in contravention of our requirements under law and also

contributed to a fragmented and disorganised way of operating. We recognise too our obligations to our members to build a sound organisation based on usual governance principles.

ISPS Australia Website Construction and Development

Another area we identified as needing development was our communication with members and the broader public. Having a professional looking website that could present our mission and activities to the public was identified as essential. Also, we wanted the website to act as a hub for members so they could sign and renew memberships, communicate with other members through the forums, get information about upcoming events and also access relevant resources. The development of the website has been a significant milestone for ISPS Australia and we are planning to continue to building and growing what we offer there.

Membership

The website launch in January coincided with membership renewal time. We were pleased that members were able to successfully use the website to renew their membership and we currently have 66 financial members. Our membership rates have fluctuated from year to year since we first began and are often influenced by the events we are offering and cheaper rates for members. Our current number of members is quite an achievement as this has been a period of change for our organisation and we haven't offered any paid events with membership concession rates over the last year. It demonstrates there are many who share our vision and are committed to supporting our work.

Events

Following our inaugural conference in May last year, we have put on a series of workshops and seminars.

- We have worked with local partner Metro South Queensland Health over the last two years to put on an annual event called *Voices of Recovery* featuring experts by experience, Debra Lampshire and Amanda Waegeli. One of the strengths of this workshop is that it is a free event aimed at those with a lived experience of voice hearing and those who may support them. This event had a turnout of 160 people last year and involved consumers, family members, psychiatrists, allied health

clinicians and support workers. Events like this that bring together all stake holders and draw on such a range of knowledge and expertise are what ISPS is all about.

We were also pleased to have collaborated with other organisations and ISPS members to co-present other key events:

- Jane Hetherington talking about Peer Supported Open Dialogue in the UK
- Trevor Eyles from Denmark who presented on the Aarhus Model of working with voices.

We are always receptive to any suggestions from members regarding speakers they would like to see come to Australia and we enjoy working collaboratively with other organisations to promote and host these events.

Our Board

As you know, our board is made up of volunteers and all we have achieved over the last year can be attributed to the work of our board. Special thanks must go to long-time member and Vice President, Lyn Mahboub, for playing a leading role in our governance development. Lyn has worked tirelessly to draft numerous documents and attain relevant guidance on policies and procedures.

In addition we were sorry to see the departure of one of our founding members, Vanessa Beavan, who left at the end of last year to go on maternity leave - which was sad for us, but nice for her. We are very grateful to Ros Bowyer for stepping in and filling Vanessa's shoes as membership secretary. Ros was integral in getting both new and old members memberships organised for the New Year. We will be sorry to see Ros leave us as she departs with this AGM. We were lucky to have John Read join our board while he was here in Australia. John is a long time member and leader within ISPS and editor of the ISPS journal, *Psychosis*.

Unfortunately John returned to England recently and so has departed from the board. Bryan Mather has been our treasurer over the last year and has also helped guide us through this time of transition. We have benefited from Bryan's expertise in the corporate sector and he has assisted in aspects of website design and maintenance. Bryan will also be leaving with this AGM. Thanks also go to David Ward, another founding member for his contribution too. It has been hope inspiring to have a psychiatrist with a critical psychiatry background as a part of the team.

As we look toward the coming year, we will be welcoming in a number of new board members. It is exciting to have the energy and experience of new people coming in

to the board and I'm anticipating a period of further growth and consolidation for ISPS Australia. We are constantly reflecting on what we do and how we might expand or refine our activities to meet our objectives. We are intending to keep building our website, presenting speakers who are leaders in the field, developing partnerships with like-minded organisations and considering other ways we might forge networks and work together with others to continue our mission. We thank all members for their support and for staying with us through this time of transition and we look forward to a long and fruitful relationship.

Best wishes,

Melissa

Melissa Connell, PhD, DClinPsych
President
ISPS Australia

Report on Activities

In the last year we have conducted the following activities in line with our objectives:

- Voices of Recovery was a one day workshop for voice hearers, families, friends and workers with presentations by Debra Lampshire and Amanda Waegeli, and an expert panel answering questions from the audience
 - ISPS Australia partnered with Metro South to offer this free event that was attended by over 160 people.
 - This was the second year we co-sponsored this event and we are working with Metro South and Aftercare to offer this event again in July, 2016
- Jane Hetherington presented two seminars on Implementing Peer Supported Open Dialogue in the UK
 - These events were held in Sydney and Melbourne, were offered free to the public
 - We worked in collaboration with Australian College of Applied Psychology in Sydney and Swinburne University in Melbourne
- Trevor Eyles presented training on The Aarhus Model, A Contemporary, Innovative Approach of Working with Auditory Hallucinations
 - Trevor gave both a breakfast seminar and a one day workshop in Perth
 - ISPS Australia partnered with Richmond Wellbeing to present Trevor

- The new ISPS Australia website was launched in January 2016 and will provide a base for ISPS members to connect with the organisation and other like-minded people.
 - The website provides a foundation for ISPS Australia to offer relevant resources, links and networks for those seeking information or contacts in the area of psychological and social approaches to psychosis

TREASURER'S REPORT

A Review of the Results

Since May 2015, the ISPS Board under the Chairmanship of Melissa Connell has taken financial stewardship of ISPS Australia very seriously and corrected many oversights of past processes. The current financial processes of ensuring all transactions are documented and approved are robust and are of a good standard.

However, when I assumed the role of Treasurer for ISPS Australia in May 2015, it was noted that there had been inadequate financial reporting for the previous financial periods. I have endeavoured to correct this oversight by recreating financial reports from available information for financial years 2014, 2015, as well as the period of which I was treasurer, 2016.

The recreation of the previous financial years reports has been hampered by a lack of financial documentation and process. Most notably there has been a lack of documentation for payments approved by the Chair Phil Benjamin into his personal accounts. The larger of these transactions are noted in this financial report.

Statement by the Board of ISPS Australia

The Board of ISPS Australia declare this is a concise financial report of ISPS Australia for the financial year ended on the 30th June 2016.

Signed on behalf of the Board

Bryan Mather
Treasurer

Financial Report 2016

Balance Sheet 30/06/2016

Assets

<u>1000 Assets</u>	\$0.00
<u>1110 NAB 084-391 181621374</u>	\$5,102.44
<u>1200 Equipment > \$1,000</u>	\$0.00
<u>1300 Depreciation</u>	\$0.00
<u>1100 NAB</u>	\$0.00
Total Assets	\$5,102.44

Liabilities

<u>2000 Liability</u>	\$0.00
<u>2100 Accounts Payable</u>	\$0.00
<u>2200 Credit Card</u>	\$0.00
Total Liabilities	\$0.00

Equity

<u>3000 Equity</u>	\$0.00
<u>3100 Opening Balances</u>	\$3,835.93
Retained Earnings	\$1,266.51
Total Equity	\$5,102.44

Total Liabilities & Equity	\$5,102.44
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Notes: 1) '1100 NAB' is the legacy NAB bank account held by the previous Chair Phil Benjamin. Prior to the 6/10/2015, ISPS Australia operated out of this account. The new '1110 NAB 084-391...' account is now operated by joint signatures of the Treasurer and Chair.

Financial Report 2016

Profit & Loss For Period Covering 01/07/2015 to 30/06/2016

Revenues

4000 Revenue

<u>4200 Membership</u>	\$130.00
<u>4220 Member Fees</u>	\$160.00
<u>4230 Paypal Member Fees</u>	\$3,770.17
<u>4300 Other Income</u>	\$331.50

Total Revenue **\$4,391.67**

Expenses

6000 Expenses

<u>6800 2015 Conference costs</u>	\$2,900.00
<u>6900 ISPS International fees</u>	\$2,453.13
<u>7000 Internet Site</u>	\$2,617.00

Total Expenses **\$7,970.13**

Net loss for Period **\$3,578.46**

Notes: 1) Costs for the 2015 conference were carried over into the current financial year, which accounts for the majority of the loss ISPS occurred. The remainder of costs for the conference appear in the 2015 financial Profit & Loss report.

Financial Report 2015

Profit & Loss For Period Covering 01/07/2014 to 30/06/2015

Revenues

4000 Revenue

4200 Membership

4210 EFT Member Fees \$21,517.91

4220 Member Fees \$880.00

4230 Paypal Member Fees \$6,087.54

4300 Other Income \$440.00

Total Revenue **\$28,925.45**

Expenses

6000 Expenses

6100 Director Expenses

6110 Melissa Connell \$194.00

6120 Lyn Mahboub \$359.09

6140 Phil Benjamin \$15,004.26

9000 Unreceipted \$22,350.73

Total Expenses **\$37,908.08**

Net loss for Period \$8,982.63

Notes: 1) The '9000 Unreceipted' expenses refer to costs for which insufficient documentation exists to accurately categorise the cost. (e.g. missing receipts). Category '6140 Phil Benjamin' expenses refer to monies paid into the account of the previous Chair which also have insufficient documentation (e.g. missing receipts).

2) The '4210 EFT Members Fees' income is more likely to refer to income from conference registration than membership of ISPS Australia.

3) ISPS International fees have not been separated from the '9000 Unreceipted' category.

4) Director Expenses have been identified except for Phil Benjamin's (excluding the \$15,004.26). These are part of the '9000 Unreceipted' expenses, and the amount is unknown at this time.

Financial Report 2014

Profit & Loss For Period Covering 01/07/2013 to 30/06/2014

Revenues

4000 Revenue

<u>4200 Membership</u>	\$200.00
<u>4210 EFT Member Fees</u>	\$80.00
<u>4220 Member Fees</u>	\$9,699.90
<u>4230 Paypal Member Fees</u>	\$12,370.22
<u>4300 Other Income</u>	\$26,920.25

Total Revenue **\$49,270.37**

Expenses

6000 Expenses

6100 Director Expenses

<u>6110 Melissa Connell</u>	\$844.85
<u>6130 Vanessa Beavan</u>	\$202.50

9000 Unreceipted \$33,359.60

Total Expenses **\$34,406.95**

Net income for Period \$14,863.42

Notes: 1) The '9000 Unreceipted' expenses refer to costs for which insufficient documentation exists to accurately categorise the cost. (e.g. missing receipts).

2) ISPS International fees have not been separated from the '9000 Unreceipted' category.

3) Director Expenses have been identified except for Phil Benjamin's. These are part of the '9000 Unreceipted' expenses, and the amount is unknown at this time.

ACKNOWLEDGMENTS & THANK YOU

Corporate & community partners

La Trobe University
Metro South Queensland Health
Australian College of Applied Psychology
Swinburne University
Richmond Wellbeing

Volunteers

Rachel Liddle Design (logos and flyers) rachliddesign@gmail.com

Members

Thanks go to Nicholas Marlowe for his assistance in presenting Jane Hetherington's talks

HOW YOU CAN HELP

Become a member

ISPS Australia receives no funding other than memberships. In order to continue to provide the events and resources we offer, we need membership support! Go to www.isps.org.au and select "membership" and "sign up"

Volunteer your time

As we are all volunteers, we have limited time to devote to organisational activities such as website maintenance, event planning and resource building. We would greatly benefit from any time you can offer to assist us with the important work of growing and maintaining the organisation by perhaps joining us on a subcommittee. Contact us at admin@isps.org.au

Make a donation

Please contact admin@isps.org.au for more information on how you can support us through making a donation.

Become a corporate partner

We have opportunities for other organisations to become involved in ISPS Australia through co-sponsoring events, donating money, or pro bono work. Send us an email for more information.



CONTACT US

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