



Joining forces to prevent mental health conditions

ANNUAL REPORT 2018-19



The graphic design of this annual report
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ABOUT PREVENTION UNITED

Prevention United is a mental health charity with a difference. We believe mental health conditions, like depression, anxiety disorders and other conditions, are not inevitable.

At present, nearly 1 in 2 Australians will experience a mental health condition in their lifetime. These conditions can be profoundly distressing and disruptive to people's lives.

Our mission is to prevent these conditions from developing in the first place.

A growing body of research is showing that we can prevent many common mental health conditions by tackling the underlying risk and protective factors that influence the development of these conditions.

We can do this by using similar approaches to how we're successfully working to prevent physical health conditions like diabetes, heart disease and cancers.

Prevention United is part of this pioneering new approach. We're joining forces with individuals, families, organisations and communities to prevent mental health conditions by fostering strengths and reducing risks.

Join us by following us on social media, subscribing to our e-newsletter or donating to our work, and let's get serious about prevention.

Prevention United is a registered health promotion charity.



A WORD FROM THE CHAIRPERSON

It seems like only yesterday that our idea to establish an organisation that would help fill the glaring gap in Australia's approach to the promotion of mental wellbeing and the prevention of mental health conditions seemed like a long shot that would be hard to achieve. Yet a mere 18 months after submitting our application to register as a health promotion charity, Prevention United is not only a reality, but is going from strength to strength.

Over the last 12 months, Prevention United has gone from being 'a good idea' to an organisation with a clear direction and strong foundations. Our governance arrangements have continued to evolve, and we welcomed a new Director Ms Carolyn Nikoloski onto the Board.

Carolyn is a strong leader and sharp thinker who brings her passion and wealth of experience in the public health and mental health sector to our Board.

We have also initiated discussions with potential new members of the Board. At an operational level, we have welcomed new staff and volunteers into the organisation, and we have continued to refine our policies and procedures, and our internal systems and processes.

Importantly, we have also taken significant steps to implement our prevention agenda. Mental health conditions are not inevitable and there is now good evidence to show that many common conditions can be prevented from occurring in the first place.

Our job is to implement that evidence and to convey it to business, philanthropy and governments to encourage them to act as well.

In the past 12 months we have therefore focused on developing information resources for individuals and for organisational and

A WORD FROM THE CHAIRPERSON

community leaders to guide them on how to promote mental wellbeing and reduce their own and other people's odds of becoming unwell. We also started the process of developing and disseminating prevention programs to the public.

As part of this, we received funding from the Helen McPherson Smith Trust to work with Associate Professor Marie Yap from Monash University to take her evidence-based online Partners in Parenting program to scale in Victoria and evaluate its real-world impacts in reducing teenage depression.

We were also honoured to receive support from the WorkSafe WorkWell Mental Health Improvement Fund to collaborate with our colleagues at Federation University Australia and Ballarat Health Services to support the mental wellbeing of staff working in the residential aged care services at Ballarat Health Service.

We also worked tirelessly to advocate to government about the importance and benefits of investing more in the promotion of mental wellbeing and the prevention of mental health conditions.

In addition to meeting with numerous politicians and mental health sector stakeholders, we submitted our independent submission to the Victorian Royal Commission into Mental Health and the Productivity Commission Inquiry into Mental

Health, and also partnered with VicHealth and several other organisations to present a joint submission to the Productivity Commission.

Such progress does not happen by accident and we could not be in the position we are today without the support from our funders and the advice, encouragement and practical support of our supporters and advisors and the hard work and commitment of our staff and volunteers.

People like Professor Tony Jorm and Betty Kitchener AM, the founders and pioneers of Mental Health First Aid Australia, thought leaders in mental health, and major benefactors to Prevention United.

Or Tony Jorm and Professors Harriet Hiscock, Cathy Mihalopoulos, Felicia Huppert, John Toumbourou, Michael Berk, James Scott, members of our Scientific Advisory Committee who review our ideas for change and provide expert advice that helps us to ensure our work is evidence-informed and evidence-based.

Or our brains trust of friends and former colleagues who generously give their time to guide our work and provide much needed moral support. We would like to thank them all for helping us to make the prevention of mental health conditions a reality in Australia.

OUR PEOPLE



WELCOME CAROLYN NIKOLOSKI, DIRECTOR

The Board welcomed a new Director, Carolyn Nikoloski. Carolyn is a mental health policy specialist, who is committed to improving mental health and reducing social disadvantage. Carolyn has extensive experience working across government and non-government organisations, including the Department of Veterans' Affairs, the Australian General Practice Network, Beyond Blue and Good Shepherd Microfinance. Carolyn led Beyond Blue's policy reform agenda, which influenced the establishment of low intensity mental health services across the country, and the routine provision of follow-up care for people who have attempted suicide. Carolyn hopes Prevention United will shift the environments that we live in, to better promote mental health and prevent mental health conditions.



WELCOME NEW STAFF

Over the course of the year we were delighted to welcome Dr Luke Martin as Head of Programs at Prevention United and Charmaine Cauchi and Sarah Williams as our inaugural volunteers! Luke is a clinical psychologist with extensive experience designing large-scale mental health promotion, prevention and early intervention initiatives for organisations such as Beyond Blue, the Australian Psychological Society and RMIT University. Luke has worked clinically with children, young people and families and understands the impact of early life experiences on mental health. To share the knowledge of psychology with the public, Luke has previously acted as a media spokesperson, advice columnist, workshop facilitator, freelance writer, and video presenter.

OUR PEOPLE



SCIENTIFIC ADVISORY COMMITTEE

Our Scientific Advisory Committee have been an integral part of our success over the 2018-19 financial year. They have provided key insights, advice and networking opportunities to ensure that we are bringing the best of prevention science to the fore through our advocacy and awareness-raising activities.

The Committee includes Australian mental health experts with expertise in promotion and prevention including: Professor Anthony Jorm (committee chairperson), Professor Michael Berk, Professor Harriet Hiscock, Professor Felicia Huppert; Professor Cathy Mihalopoulos, Associate Professor James Scott and Professor John Toumbourou.

Many thanks to each and every one of them for taking the time to meet every quarter to discuss critical issues.



THE BRAINS TRUST

Every few months, a group of our close friends and colleagues with experience working in various areas of mental health, including marketing and communications, come together for a dinner and discussion to help help guide some of our work. We call this fantastic group of individuals our “Brains Trust” and they have provided some invaluable advice to us over the last year. Huge thanks to everyone involved and we hope it has been a rewarding experience for you all, beyond the pizza.

OUR ACHIEVEMENTS

AWARENESS AND PROGRAMS

Mental wellbeing is about feeling good emotionally and functioning well psychologically and socially. High levels of mental wellbeing are associated with a wide range of benefits including increased creativity, better learning and job performance, greater productivity, better relationships, more pro-social behaviours and civic engagement, lower rates of mental disorders, better physical health and longer life expectancy. Everyone has a level of mental wellbeing and it's just as important for us to look after our mental wellbeing as our physical wellbeing.

That's why over the last 12-months Prevention United has focused on increasing people's understanding of the importance and benefits of promoting their own and others mental wellbeing through information resources on our website, through our social media channels and through speaking engagements direct to the general public. But while raising awareness and supporting individual behaviour change is important, it is not enough, and we have therefore also been working to develop and disseminate practical programs targeted to improving the social environments in which people grow, study, work and live.

Partners in Parenting

The brainchild of Associate Professor Marie Yap, Partners in Parenting (PiP) is an international-first personalised online program that empowers parents to support their adolescent's mental health and reduce the risk of teenage depression and anxiety disorders. It's based on parenting guidelines supported by research evidence and expert consensus.

Prevention United received funding from the Helen Macpherson Smith Trust to undertake a real-world implementation trial of PiP in partnership with Monash University. The project will run from July 2019 until June 2021 and aims to reach over 500 Victorian families.



PARTNERS IN PARENTING
Preventing Depression & Anxiety

OUR ACHIEVEMENTS

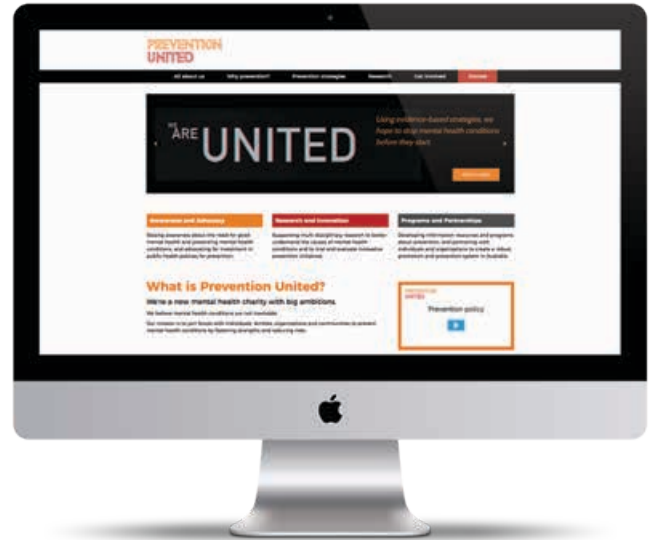
Web, social media and newsletter

Information empowers people and we believe it's important to provide the Australian public with up-to-date and evidence-based information on mental wellbeing. Over the course of the year, we added some major new content to our website

preventionunited.org.au. This content discusses the difference between mental health and mental illness, explains what prevention is, and provides information tailored to individuals, parents and caregivers, and organisational and community leaders on ways to promote mental wellbeing and prevent mental health conditions.

We've supplemented this with regular social media posts that let people know what's happening in the prevention space in Australia, showcase our prevention researchers and research trials that people can get involved with, and that link to news items and articles about prevention. We have also produced a regular e-newsletter for our followers and supporters.

Over the last 12 months we've generated a substantial online profile, having garnered over 2,500 visitors to our website, 150 Facebook followers and over 100 subscribers to our quarterly newsletter. Our social media post about our success in receiving support from the WorkSafe WorkWell Mental Health Improvement Fund in partnership with our colleagues at Federation University and Ballarat Health Services, on its own reached 2,500 people and had over 400 engagements in a one-week period, highlighting the keen public interest in the prevention of mental health conditions.



OUR ACHIEVEMENTS



Workplace Wellbeing

Prevention United is delighted to be part of the Wellbeing Track and Change Project supported by the WorkSafe WorkWell Mental Health Improvement Fund. Working with our partners Professor Britt Klein at Federation University Australia and Dr Lisa Clinnick Ballarat Health Services (BHS), our project aims to support the mental wellbeing of frontline residential aged care workers working at BHS using a co-design process to develop, test, implement and evaluate a digital monitoring and decision support system that aims to maintain a mentally healthy workplace.

The digital tool will be developed in close consultation with staff and management working in BHS's 10 residential aged care facilities, ensuring that the system is fit for

purpose. Once developed, the tool will benefit over 500 staff working at BHS residential aged care, and potentially thousands more across the aged care sector.



WORKPLACE WELLBEING ASSIST

Supported by



OUR ACHIEVEMENTS

ADVOCACY AND PARTNERSHIPS

Over the last three decades there have been a series of major reforms of Australia's mental healthcare system and a significant increase in investment in this crucial area. A lot has been achieved. Australians are nowadays more aware and more willing to talk about mental health concerns and seek assistance if they are experiencing difficulties. The range and availability of supports and services has expanded and proportionately more people with a mental disorder are accessing services than ever before. Yet despite these considerable improvements, the prevalence of mental disorders in the community remains stubbornly high and the burden of disability and premature death associated with these conditions has changed little in over two decades. Clearly, more remains to be done.

Over the past 12 months, Prevention United has been advocating tirelessly for increased government action and investment in the prevention of mental health conditions to complement our focus on mental healthcare. It is our view, that in order to effectively reduce the personal, social and economic cost of mental health conditions we need to urgently boost our focus on the prevention of mental health conditions, while we simultaneously continue to promote early intervention and high-quality supports and services for people living with a mental health condition, and their families and carers.

This work has seen us meet with senior politicians across the political spectrum, participate in forums and roundtable discussions, and submit proposals to government.

OUR ACHIEVEMENTS



The Joining Forces Forum

Funded by VicHealth and run in partnership with the Alliance for the Prevention of Mental Disorders (APMD), the Joining Forces Forum was a one-day industry event held on 19th October 2018.

The event brought together over 70 individuals from a range of mental health, public health and related organisations to discuss the prevention of mental health conditions and chronic disease.

The event examined the overlap between promoting mental and physical wellbeing and the prevention of mental and physical health conditions, to explore ways in which groups from diverse sectors could work together to achieve an integrated approach to prevention.

A key outcome from the forum was a commitment from VicHealth and many of the organisations attending the forum to produce

a joint submission to the Productivity Commission Inquiry into Mental Health focusing on prevention. The drafting of this submission was led and coordinated by Prevention United on behalf of VicHealth.



OUR ACHIEVEMENTS

Submission to the Productivity Commission Inquiry into Mental Health

In addition to the joint VicHealth submission, Prevention United also submitted its own independent submission to the Productivity Commission titled *'Investing Upstream: The Social and Economic Benefits of Promoting Mental Wellbeing and Preventing Mental Health Conditions.'*

This submission highlighted the failure of existing policy approaches in reducing the prevalence and impact of mental health conditions in the Australian community and highlighted the urgent need to add a focus

on the promotion of mental wellbeing and the prevention of the mental health conditions to Australia's mental health policy.

The submission focused on building a robust mental health promotion system that would link to and complement our existing mental healthcare system and called on the Australian Government to establish a National Centre for Promotion and Prevention in Mental Health and a series of collaborating Centres in each State and Territory to lead and coordinate action in this area. The submission can be found on the Prevention United website.

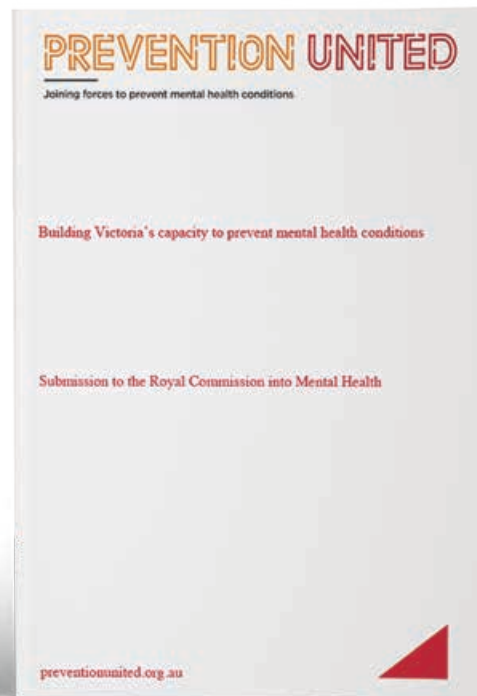


OUR ACHIEVEMENTS

Submission to the Victorian Royal Commission into Mental Health

Despite decades of active mental health reform in Victoria and across Australia, at a population-level, improvements in mental health outcomes have been glacially slow, particularly when compared to the rapid gains we're making in tackling conditions like cardiovascular disease and cancers.

The Victorian Royal Commission into Mental Health is a once in a generation opportunity to radically change this. Prevention United's submission titled *'Building Victoria's capacity to prevent mental health conditions'* once again highlights the need to take decisive action on prevention and provides a blueprint for how this could be achieved in Victoria. The submission can be found on the Prevention United [website](https://preventionunited.org.au).



CAPACITY BUILDING

Prevention United is available to work with other organisations who are interested in developing a greater focus on the promotion of mental wellbeing and the prevention of mental health conditions within their own work or organisation. Over the course of 2018-19 Prevention United worked to establish its mental health promotion consultancy and capacity building service and looks forward to working with non-for-profit and for-profit organisations to enhance their approach to mental wellbeing for their staff or their key audiences.



FINANCIAL SUMMARY

Building a financially sustainable organisation takes time and effort. Over the last 12 months, Prevention United has diversified its income sources and increased its revenue by 400%. This included another major donation from Tony Jorm and Betty Kitchener AM along with other donations, support from the WorkSafe WorkWell Mental Health Improvement Fund, funding from the Helen MacPherson Smith Trust along with fee-for-service consultancy activities including a policy paper for one of

Australia's major mental health organisations. The details of our financial situation are provided in our accompanying audited financial statement.



STATEMENT OF COMPREHENSIVE INCOME (FOR THE YEAR ENDED 30 JUNE 2019)

| | 2019(\$) | 2018(\$) |
|--|----------|----------|
| Revenue | 462,674 | 105,050 |
| Employee benefits expense | -96,625 | -15,561 |
| Project subcontractors | -193,305 | |
| Other project costs | -378 | |
| Fundraising expenses | -127 | -496 |
| Consulting fees | -14,934 | -4,891 |
| Other operating expenses | -24,008 | -4,459 |
| Total expenses | -329,377 | -25,407 |
| Profit before income tax | 133,297 | 79,643 |
| Income tax expense | 0 | 0 |
| Profit for the year | 133,297 | 79,643 |
| Other comprehensive income, net of income tax | 0 | 0 |
| Items that will not be reclassified subsequently to profit or loss | 0 | 0 |
| Items that will be reclassified to profit or loss when specific conditions are met | 0 | 0 |
| Total comprehensive income for the year | 133,297 | 79,643 |

STATEMENT OF FINANCIAL POSITION (FOR THE YEAR ENDED 30 JUNE 2019)

| | | |
|--------------------------------------|-----------------|-----------------|
| Assets | | |
| Current assets | 2019(\$) | 2018(\$) |
| Cash and cash equivalents | 213,058 | 110,751 |
| Trade and other receivables | 13,750 | |
| Other financial assets | 20,520 | 20,000 |
| Other assets | 2,200 | |
| Total current assets | 249,528 | 130,751 |
| Non-current assets | | |
| Total assets | 249,528 | 130,751 |
| Liabilities | | |
| Current liabilities | | |
| Trade and other payables | 20,567 | 6,108 |
| Borrowings | 15,000 | 5,000 |
| Other financial liabilities | | 25,000 |
| Total current liabilities | 35,567 | 36,108 |
| Non-current liabilities | | |
| Borrowings | 1,021 | 15,000 |
| Total non-current liabilities | 1,021 | 15,000 |
| Total liabilities | 36,588 | 51,108 |
| Net assets | 212,940 | 79,643 |
| Equity | | |
| Reserves | 37,807 | |
| Retained earnings | 175,133 | 79,643 |
| Total equity | 212,940 | 79,643 |



DONATE TO PREVENTION UNITED

Mental health conditions are distressing, potentially disabling and contribute to death by suicide.

These conditions can affect anyone at any age. At present, around 1 in 2 Australians will experience a mental health condition at some point in their life and, as you read this, approximately 1 in 5 Australians are living with a mental health condition.

We believe mental health conditions are not inevitable and we need your help to tackle the root causes so that we can prevent them from happening.

Donations of \$2 or more to Prevention United are tax deductible in Australia.

Whether it's a one-off gift or a regular donation every dollar helps, and we appreciate any contribution that you can make.

Let's unite to make a difference. Thank you.

PREVENTION
UNITED

Joining forces to prevent mental health conditions