

ANNUAL REPORT

2020-2021



PREVENTION
UNITED

Joining forces to prevent mental health conditions

Contents



| | |
|--|----|
| About Prevention United..... | 3 |
| A word from our CEO | 5 |
| Meet our wonderful team..... | 7 |
| The Prevention United team..... | 9 |
| Board Members | 9 |
| Supporting Australians to promote and protect their mental wellbeing | 11 |
| The Staying Ahead online self-care program | 13 |
| Helping parents promote their teenager's mental wellbeing | 16 |
| Promoting the mental health of frontline workers | 18 |
| Supporting communities to promote youth mental health..... | 20 |
| Advocating for change..... | 23 |
| Building capacity in mental health promotion..... | 25 |
| Thanks to our funders, donors and supporters..... | 27 |
| Financial report..... | 28 |

About Prevention United



Prevention United is one of Australia's leading mental health promotion charities.

Mental health promotion is different from, but complementary to mental healthcare. It focuses on ensuring that every Australian experiences their best possible mental health through initiatives that promote mental wellbeing, prevent mental health conditions, and encourage help-seeking if people are experiencing difficulties.

The field of mental health promotion recognises that our mental wellbeing is shaped by a wide array of biological, psychological, social and economic risk and protective factors. While some of these are unique to each person, most exist in the environments in which we are born, grow, learn, work, play and live and it is therefore possible to promote mental wellbeing,

prevent mental health problems and support recovery through programs and social policies that target these underlying factors.

Currently the Australian Government spends about 1% of the mental health budget on mental health promotion and 99% on mental healthcare. As a result Australians are missing out on access to proven effective programs designed to help them stay mentally well.

This needs to change, and Prevention United is at the forefront of these efforts.

Prevention United focuses on working with individuals, families, organisations, and communities to foster their strengths and reduce their exposure to the risk factors that lead to poor mental health and wellbeing.

Our activities are organised into three work streams.

Advocacy and awareness – Prevention United raises awareness about the benefits of promoting mental wellbeing and preventing mental health conditions. We also advocate to governments throughout Australia to increase their investment in mental health promotion initiatives.

Programs and resources – Prevention United provides up-to-date information on the ways people, families and communities can promote and protect their mental wellbeing. We also offer wellbeing and prevention programs that enable people to look after their mental health, and reduce their risk of experiencing depression, anxiety disorders or other mental health conditions.

Capacity building – Prevention United works to build the capacity of Australia's mental health promotion system by supporting other organisations to increase their focus on wellbeing and prevention through our training and consulting services. We also produce high quality evidence reviews and other strategic documents for government agencies.



A word from our CEO

This year will undoubtedly be remembered for the impact that COVID-19 had on our collective mental health and wellbeing.

Across the country, and especially in my home State of Victoria, the mental health impacts of COVID-19 have been plain to see. People's mental wellbeing has taken a dive and the sharp increase in mental ill-health has been rightly called the shadow pandemic.

Australian Bureau of Statistics data from June 2021 show a much higher proportion of Australians are experiencing high to very high levels of psychological distress than ever before. In Victoria a staggering 27% of adults report high to very high levels of psychological distress. Normally it's around 15-18%.



27%

of adults report high to very high levels of psychological distress

While most people have experienced negative impacts at some point during the pandemic, some groups have experienced more issues than others. Children and young people have been particularly hard hit by lockdowns and the disruption they've caused to their friendships, study, extra-curricular activities and social and economic participation. The resulting increase in children and young people presenting to hospital emergency departments in NSW and Victoria with anxiety, depression, eating disorders and self-harming behaviours is truly tragic.

There is no doubt lockdowns and other public health measures have been necessary to stop the spread of coronavirus and prevent people from becoming seriously unwell. These strategies have prevented tens of thousands of deaths that would have otherwise occurred.

But there is also no doubt that if ever there was a time to invest in wellbeing and prevention efforts, it's been over the last 18 months when people's lives and livelihoods have been thrown into disarray and they have been under significant and sustained stress.

So, while the record investments in mental health made by the Victorian and Federal governments this year were extremely welcomed, most of this funding was directed to bolstering the capacity of mental healthcare services to assist people who are already experiencing a mental health condition. Less was spent on programs to prevent mental health conditions from occurring in the first place.

Clearly, it's impossible to prevent every mental health condition, but I am nevertheless left wondering what might have been if, as a nation, we'd invested more in programs and policies to help people manage the huge stress of COVID-19, as well as in bolstering mental healthcare.

Mental health promotion and mental healthcare are complementary rather than competing endeavours, and we need to invest in both if we wish to avert the personal, social, and economic impacts of mental health conditions in Australia both now, and into the future.

At Prevention United, we therefore call on businesses, philanthropists and governments around Australia to boost their emphasis on this missing aspect of Australia's mental health response.

COVID-19 highlights the suffering that's caused when people experience prolonged or intense stress or trauma. But it also highlights the opportunity we have to proactively prevent mental ill-health from occurring if we simply put more emphasis on wellbeing and prevention.

Meet our wonderful team



Prevention United's passionate volunteers, staff and Board members are central to our success.

Over the last 12 months we've welcomed some new people and said goodbye to others.

In March this year, Lachlan Kent, one of the co-founders of Prevention United, finished in his role as Online Manager to pursue his research interests in time dilation and depression, and consciousness research. Very complex stuff! Fortunately, Lachlan has agreed to remain on the Prevention United Board.

We would sincerely like to thank Lachlan for his massive contribution to Prevention United so far. Over the last few years

Lachlan has played a pivotal role in helping us to set our strategic agenda, support our business development activities, manage our online presence, oversee our funded projects, get our operational systems in place, and be a jack-of-all-trades and master-of-them-all.

We would also like to welcome two new members to the Prevention United Board.

Devin O'Keefe joined us in the role of Treasurer earlier this year. Devin is a financial services professional with a passion for improving mental health within the community. He has worked in roles from private wealth management, through to fund-raising for boutique ethical investment opportunities.

Devin has worked with not-for-profits his whole career, provided pro-bono financial services to terminally ill cancer patients and currently works with an ethical investment group which is seeking to provide better cancer and diabetic treatments for sufferers.

Having seen the impacts of negative mental health conditions first-hand, Devin wants to ensure that Prevention United is able to continue to reduce people's risk of experiencing mental health difficulties.

Heidi Reid also recently joined us as a Director. Heidi is a communications and engagement specialist who has worked with some of Australia's largest social impact organisations, developing award-winning initiatives to drive growth and impact. Heidi is passionate about understanding the needs and values of key audiences and stakeholders, and developing brands, stories and experiences that move people, and motivate them to act. We are thrilled to have Heidi on the Board to help us increase the community's awareness of

the critical importance of focusing on the promotion of mental wellbeing and the prevention of mental health conditions in our communities.

We are also pleased that Pat O'Leary and Carolyn Nikoloski continued their term as Board Members. In addition to their role as Directors at Prevention United, Pat is Deputy CEO at YSAS, and Carolyn is the Chief Strategy Officer at Beyond Blue. We are very fortunate to have them both at Prevention United.

Over the last 12 months we said goodbye to our fantastic volunteers – Emily, Lauren, Jess, Amber, Marlee, Gemma and Toni – who were assisting us with the Partners in Parenting online program. Their fantastic efforts were central to the very strong impacts we achieved through this program.

Thanks to everyone connected with Prevention United over the last 12 months for their support and assistance in helping to make us one of the leading mental health promotion organisations in Australia.

We would particularly like to thank our major funders this year including the Helen Macpherson Smith Trust and WorkSafe Victoria.

THE PREVENTION UNITED TEAM



Dr Stephen Carbone, CEO



**Dr Luke Martin,
Head of Programs**

BOARD MEMBERS



Pat O'Leary, Chairperson



Heidi Reid, Director



**Carolyn Nikoloski,
Director**



Dr Lachlan Kent, Director



Devin O'Keefe, Treasurer



Supporting Australians to promote and protect their mental wellbeing



Prevention United's approach is informed by a developmental, eco-systems approach which focuses on altering the balance of protective and risk factors that people experience through each age and stage of development, in the everyday settings in which they learn, work, play and live.

- Staying Ahead builds people's psychological and social skills to help them better manage stress and adversity, and experience personal growth and meaning in their life.
- Partners in Parenting equips parents with the confidence and skills they need to raise happy, healthy and resilient teenagers, and reduce their teenager's risk of experiencing depression or anxiety conditions.
- Workplace Wellbeing Assist helps to create a mentally healthy workplace by encouraging staff to monitor and enhance their mental wellbeing through tailored self-care resources, and to call out any psychosocial hazards in their work environment so that their managers can proactively intervene to manage these risks before they cause problems.
- Our partnership with Communities that Care Ltd aims to equip local communities with the knowledge, tools and supports they need to work together to positively change the risk and protective factors that shape young people's mental health and wellbeing.

THE BUILDING BLOCKS OF MENTAL HEALTH PROMOTION

Fulfilment & contribution

Promote mindfulness, compassion, gratitude, personal growth, purpose & civic contribution.

Psychological skills

Foster mental health literacy, social and emotional competence, self-care and resilience & encourage help-giving and help-seeking for stress, psychological distress or suicidal ideation.

Healthy behaviours

Encourage regular physical activity, high quality diet, good sleep hygiene.

Supports and connections

Promote secure attachment, positive parenting, social support, social participation and a sense of belonging.

Safety

Ensure freedom from child abuse, gendered violence, racism and discrimination.

Material Basics

Ensure equitable access to food, adequate income, education, work, stable housing, and holistic healthcare.

The Environment & Culture

Protect the environment and support people to speak their language and practice their culture.



THE STAYING AHEAD ONLINE SELF-CARE PROGRAM

Looking after your mental wellbeing has never been more important.

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, better physical health, and longer life expectancy.

Learning key psychological life skills, and putting time and energy into enhancing your mental wellbeing is definitely worthwhile. It can also significantly lower your risk of experiencing depression, anxiety, or other mental health conditions.

That's why we were proud to launch our Staying Ahead online program!

Staying Ahead has been developed by mental health professionals at Prevention United using the latest research for what works to promote mental wellbeing.

The program teaches people practical self-care strategies that strengthen their mental wellbeing, and help them cope with any stress or adversity they're facing.

Staying Ahead is about keeping things simple. Nothing complicated or time consuming, just practical strategies drawn from health, clinical and positive psychology across 4 key action areas - Lifestyle, Mindset, Connection, Direction.

To start the program, individuals answer some brief questions about themselves in a Wellbeing Check-in. This helps to understand what each individual is already doing to care for their mental wellbeing, and the specific modules which they can use to help them improve how they feel.



The program then maps their answers to the mental health research and recommends a program of six priority modules that are personalised to each individual. Individuals complete a 10-minute module each week for six weeks to learn simple yet effective strategies to strengthen their mental wellbeing.

Prevention United conducted a small-scale pilot prior to the official launch of the program and the feedback was overwhelmingly positive.



The program is available to the public through **stayingahead.org.au**

We are also making the program available to TAFEs/universities, NGOs, employers and local councils who want to purchase a licence that would allow their students, clients, staff, or local community members to access the program.

What people are saying:

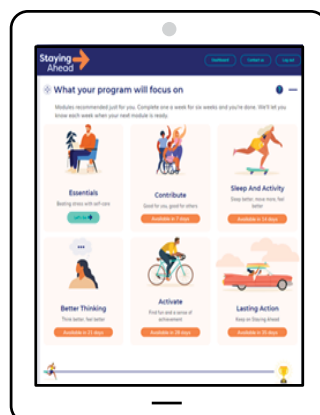
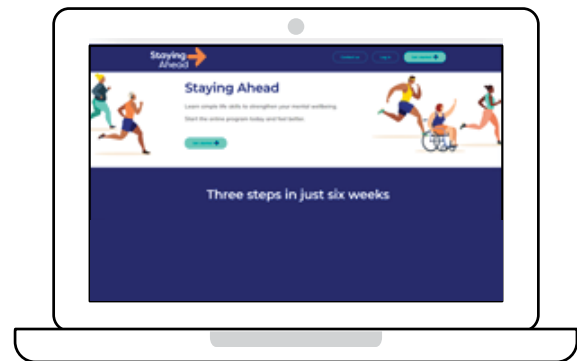
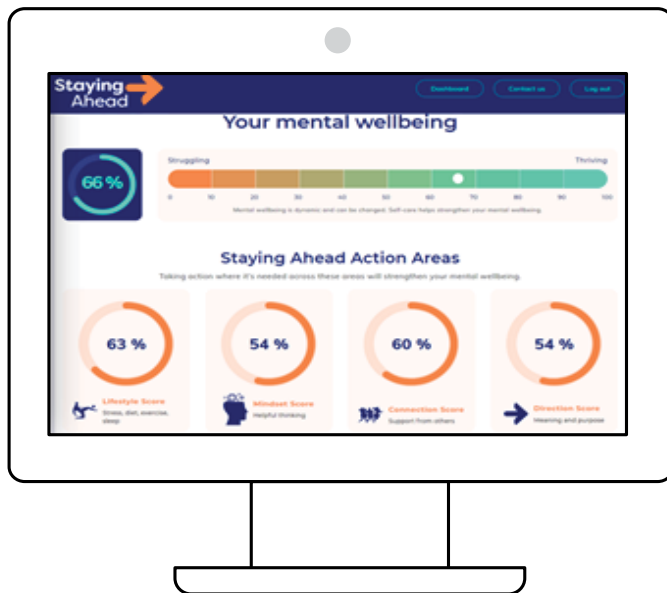
“It was user friendly and easy to fit into my schedule. There wasn’t really anything that I didn’t like about the program”

“It is really practical and powerful. Easy to use which is a bonus. Have had a tough start to the year so this is a great timely reminder to prioritise my own wellbeing in very practical ways”.

“Very practical and useful information. It is do-able and the style is caring and friendly”.

“It’s highlighted the small things I can do each day to help my wellbeing. I feel more motivated to do them as a result of the program”

“I’m now more conscious of my self-talk. It’s helped me to be kinder to myself”



HELPING PARENTS PROMOTE THEIR TEENAGER'S MENTAL WELLBEING

The Partners in Parenting program is an award-winning online parenting program that aims to prevent adolescent depression and anxiety conditions.

The brainchild of Associate Professor Marie Yap from Monash University, Partners in Parenting is a structured skills-building program that empowers parents to support their adolescent's mental health and wellbeing. The program's content was developed through an extensive review of the scientific literature and a Delphi expert consensus study.

Parents first complete an online survey and are then provided with personalised feedback about their parenting, and about their own and their teen's mental wellbeing. They are then given access to nine user friendly interactive online modules, which they can work through in their own time.

Each module touches on different aspects of parenting adolescents to promote mental wellbeing such as:

- communicating with teenagers and positively influencing them;
- supporting teenagers to develop social skills across a variety of settings;
- supporting them to develop good problem-solving skills;
- helping a teenager deal with anxiety/cope with fears and worries;
- establishing clear expectations that a teen is likely to follow;
- managing conflict at home and creating a supportive environment for your teenager;
- and several other important topics.

The program has been evaluated through two randomized controlled trials involving over 700 families in total, each of which has found positive benefits for both parents and teenagers.

Prevention United received funding from the Helen Macpherson Smith Trust to undertake a real-world trial of the program in partnership with Monash University which occurred between 1 June 2019 and 30 June 2021.

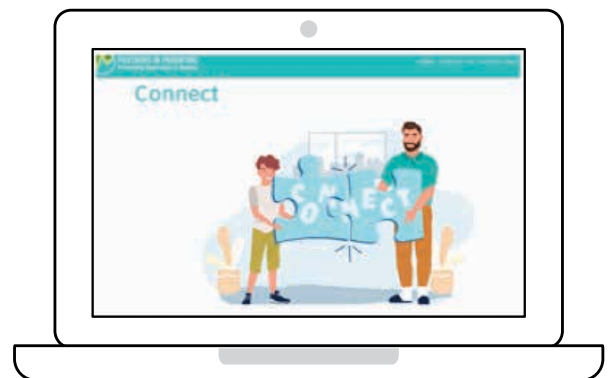
The results from the trial and the qualitative feedback from parents has been incredibly positive. Overall, we recruited close to 750 parents during the life of the project. Most were mothers with a teenager around 14 years of age on average.

Among the parents who completed both a pre and post evaluation survey, the program led to:

- Significantly improved use of evidence-based parenting strategies
- Significantly improved parental self-efficacy
- Significant improvements in parent-teen relationships
- Significant reductions in teen depression and anxiety

In addition, the overwhelming majority of survey respondents found the content useful and were satisfied with the program, with 95% of parents stating they would recommend the program to another parent.

Prevention United is now working with A/Professor Yap on the next phase of the program's development, which will include a module on parenting during the COVID pandemic, and a Facebook peer support group where parents can learn from and support one another.



PROMOTING THE MENTAL HEALTH OF FRONTLINE WORKERS

Over the course of the year, COVID-19 has negatively impacted many sections of society, perhaps no more so than those working in residential aged care services.

Staff in these services have been on the frontline of efforts to keep our most vulnerable citizens safe from coronavirus, and to support their families and carers during this extremely challenging period. Without their efforts many more older Australians would have perished during this terrible pandemic.

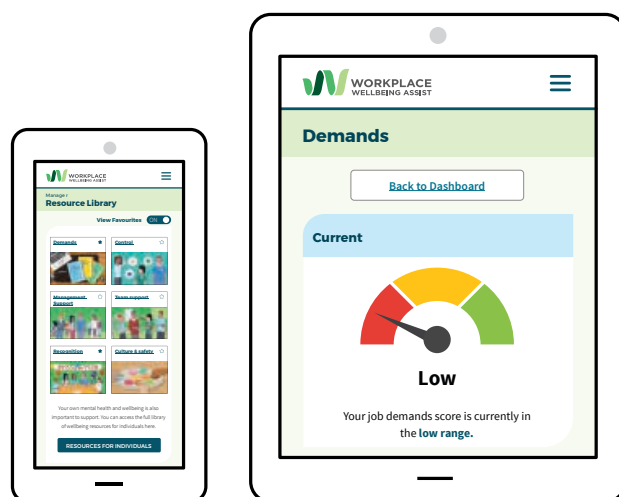
Over the last two years, Prevention United, working in collaboration with Professor Britt Klein at Federation University Australia and Dr Lisa Clinnick at Ballarat Health Services, have been privileged to work on a project to support the mental health and wellbeing of residential aged care staff.

The Wellbeing Track and Change Project was supported by the WorkSafe WorkWell Mental Health Improvement Fund and aimed to promote the mental wellbeing of residential aged care workers by using a digital monitoring and decision support system to create a mentally healthy workplace.

The digital tool – dubbed Workplace Wellbeing Assist, or WWA for short – allows frontline staff in residential aged care services to monitor their mental wellbeing, and access a range of self-care resources which can assist them to look after their mental wellbeing.

Staff can also use WWA to rate their perceptions of their work environment. Their anonymous ratings are then aggregated and displayed on a dashboard that provides Nurse Unit Managers (NUMs) and other senior leaders with ‘real-time’ data about overall staff mental wellbeing and staff perceptions about any psychosocial risk factors present in the workplace.

NUMs and other senior leaders can then use the tool’s built-in information resources and ‘how-to’ videos to learn practical evidence-based strategies they can implement to address any workplace psychosocial hazards that have been flagged by staff through the regular workplace wellbeing ‘check-in survey’.



Over the course of the year, we trialled WWA at Ballarat Health Services, Colac Area Health and Swan Hill District Health. Unfortunately, participation rates among staff in the trials were low. This led to a lack of data to determine whether the tool was effective in helping to create a more mentally health workplace.

However, the staff who did participate in the trial rated the WWA tool quite highly. We recognise that it was a very difficult year for

residential aged care staff, and participating in a research project was not a high priority.

Prevention United is currently working with Federation University to optimise the WWA digital tool based on the results of the trial, and is seeking funding to undertake a trial of a new and improved version of the program.



SUPPORTING COMMUNITIES TO PROMOTE YOUTH MENTAL HEALTH

During the year, Prevention United had the privilege of partnering with the team at Communities That Care Ltd, to host a series of webinars designed to increase awareness of the value of place-based community mobilisation programs to promote young people's mental health and wellbeing. The project was funded by VicHealth as part of their Reimagining Health Grant program.

Community mobilisation programs bring together local community members, program and service providers, schools and universities, employers, local government workers and experts in mental health promotion to plan and implement a coordinated approach to promoting mental wellbeing within a local community.

Interventions are grounded in the needs of each local community and the choice, and the implementation of solutions is driven by local residents and organisations, working under the guidance of experts in mental health promotion.

One of the best examples of such programs is Communities That Care (CTC). CTC is a five-stage community-change process that aims to promote young people's mental wellbeing and reduce harmful substance use, low academic achievement, early school leaving, sexual risk-taking, and violence by tackling the underlying risk and protective factors that are linked to these problems.

Our project with Communities That Care Ltd involved co-hosting four online forums which we targeted to organisational and community leaders and frontline staff in schools, universities/TAFEs, workplaces,

sport/community groups, and local government who have a role in promoting and protecting the mental health and wellbeing of young people aged 12-25. One forum was held in each of the former Department of Health and Human Services Division areas.

The Forums featured speakers from each organisation, local CTC Coordinators from Geelong, the Alpine Shire and the Mornington Peninsula and from young people involved in the CTC Geelong Youth Advisory Group.

A total of 233 workers registered for the events, and 117 people attended the forums. Many others accessed the recording of the events online at a later date. Attendees were asked to complete a post-forum evaluation survey at the conclusion of each forum. Their feedback showed that the forums were helpful and over 80% of survey respondents stated that they would recommend the session to other workers.

Prevention United is currently collaborating with Communities That Care Ltd to examine ways to increase the adoption of the CTC in local communities around Australia.



**PREVENTION
UNITED**



Advocating for change



Australia currently lacks a plan for how to systematically promote the mental wellbeing of the community and prevent mental health conditions like depression, anxiety, and other disorders from occurring.

Just as concerning, only 1% of the mental health budget is spent on mental health promotion initiatives that aim to keep people well, while 99% of the budget goes towards mental healthcare services to support people after they experience mental health difficulties.

A better balance is required and Prevention United has been at the forefront of efforts to advocate for greater government action and investment in the promotion of mental wellbeing and the prevention of mental health conditions.

We believe a minimum of 5% of the mental health budget should be focused on such initiatives.

During the course of the year, we saw some very promising developments result from this advocacy.

In November 2020, the Federal Government released the Final Report of the Productivity Commission's Inquiry into Mental Health, and in February 2021 the Victorian Government tabled the Final Report of the Royal Commission into Victoria's Mental Health System.

Both of these Reports included some excellent recommendations relating to the promotion of mental wellbeing and the prevention of mental health conditions. Of the two, the Royal Commission Report was the most explicit about what's needed to strengthen our impact in mental health promotion.

The Commission called on the Victorian Government to establish a new Office for Mental Health and Wellbeing Promotion in the Health Department that would have

responsibility for planning, commissioning, and coordinating activities that aim to promote mental wellbeing and prevent mental health conditions. The Commission also recommended that in the first instance, the Victorian Government's investment should support school, workplace and local government-based mental health promotion initiatives. The Victorian Government has accepted these recommendations.

Prevention United is delighted with this outcome. We believe that the creation of this new office is a game changer, and all jurisdictions that do not currently have such an arrangement in place, such as the Federal Government, should consider following suit and establish a unit within government that can lead and oversee efforts in this vital area of mental health.

Prevention United is also delighted that its own submission and its evidence review on primary prevention were quoted extensively in the Royal Commission's Final Report and appear to have been taken into account in the final recommendations.

Throughout the year we have continued to voice our view that we must start to change the risk and protective factors that impact people's mental health and wellbeing, rather than simply waiting until people experience difficulties before we take action, and we believe this advocacy is slowly starting to have an impact.





Royal Commission into
Victoria's Mental Health System

Fact Sheet

Promoting mental wellbeing for all Victorians

Good mental health is about more than the absence of mental illness.¹



'Mental wellbeing' describes 'a dynamic state of complete physical, mental, social, and spiritual wellbeing in which a person can develop to their potential, cope with the normal stresses of life, work productively and creatively, build strong and positive relationships with others and contribute to the community.'²

It is estimated that, based on current prevalence data, the cost of mental ill-health and suicide to the Australian economy is up to **\$70 billion** per year, with additional costs arising from disability and premature death due to mental illness.³



However, research indicates that investment in prevention can reduce these costs. For example,

for every \$1
spent on programs
targeted at children with
behavioural problems,
a return of
between \$1.80
and \$3.30
has been estimated.⁴



Similarly, universal primary prevention programs targeting parents could generate a return of up to **\$9.29 for every \$1 spent.**⁵

It's time to try something new. It's time to add prevention to the policy and funding mix because without greater investment and action to prevent mental health conditions from developing in the first place, we will never be able to 'shift the dial' in mental health in Victoria.⁶

- Prevention United

Building capacity in mental health promotion



The language we use in mental health is constantly evolving, and it is therefore not surprising that from time-to-time differences emerge around what terms to use, and how they should be defined.

The term mental health promotion is one such term that is defined differently by different groups.

The World Health Organization states that “mental health promotion involves actions that improve psychological well-being” while the US Institute of Medicine defines mental health promotion as

“interventions that aim to enhance the ability to achieve developmentally appropriate tasks and a positive sense of self-esteem, mastery, well-being, and social inclusion and to strengthen the ability to cope with adversity.”

In essence, these definitions imply that mental health promotion is synonymous with promoting mental health.

By contrast, Australia’s National Mental Health Policy states that “mental health promotion aims to maximise the ability of children, youth, adults and older people to realise their potential, cope with normal stresses of life, and participate meaningfully in their communities.

It also seeks to increase awareness and understanding of mental health problems and mental illness, reduce stigma and discrimination, and encourage help-seeking behaviour where this is needed.” This definition broadens the scope beyond promoting mental health, to also responding to mental ill-health.

At Prevention United we take a different approach. For us, mental health promotion is the mental health equivalent of health promotion, and we believe it can be defined in a similar way.

Mental health promotion is the process of enabling people to increase control over their mental health and its determinants to improve their mental health and wellbeing. It covers a wide range of individual and environmental interventions that are designed to increase people's mental health literacy and promote and protect their mental wellbeing.

Mental health promotion focuses on three key outcomes:

- Promoting high levels of mental wellbeing across the whole community, regardless of whether someone is living with a mental health condition or not.
- Preventing the onset of mental health conditions through efforts to tackle the underlying risk and protective factors that are linked to these conditions.
- Enhancing mental health literacy to promote self-care, and to encourage help-seeking and help-giving for suicidal ideation and psychological distress.

Over the course of this year we've used this definition to guide our efforts in working with other organisations to advance the field of mental health promotion including:

- Working with VACCHO Inc. to assist them to develop a model for the new Centre of Excellence in Aboriginal Social and Emotional Wellbeing.
- Publishing an evidence review for the Mental Health Commission of NSW on what works to promote the mental health and wellbeing of children aged 0-12.
- Publishing an evidence review for the WA Mental Health Commission that reviewed the scientific literature on what works to promote mental wellbeing and prevent mental health conditions across the lifespan, as well as working with the WA MHC to assist them to develop their new Wellbeing and Prevention Framework.
- Providing training in Mental Health Promotion Theory and Practice to workers in other mental health organisations to build their own ability to contribute to this important field of endeavour.

Over the coming year, we plan to continue these capacity building activities, and also establish a network of mental health promotion professionals so that we can support those already working in the field, and inspire others to make a career in this crucial area of mental health activity.



Thanks to our funders, donors and supporters

The last 12 months has been tough for everyone, and so we'd like to give a huge thanks to all the people who have kept supporting us during this difficult period which enabled us to continue our work.

We couldn't have done it without you.

Thanks also to all the people who used our programs, attended our events and commissioned our services, and to our suppliers and contractors for your fantastic assistance.

We would particularly like to thank our major funders this year including:

- The Helen Macpherson Smith Trust for their support for the Partners in Parenting Program.
- WorkSafe Victoria for their support for the Workplace Wellbeing Assist project, through the WorkWell Mental Health Improvement Fund.

If you would like to find out more about Prevention United, purchase our programs, commission our services, or donate to our work, please get in touch via email or through our website or social media channels.

Email:

info@preventionunited.org.au

Website:

preventionunited.org.au

Facebook:

www.facebook.com/prevention.uta

Instagram:

www.instagram.com/preventionunited

LinkedIn:

au.linkedin.com/company/prevention-united

Prevention United is a registered health promotion charity with DGR 1 status. All donations to Prevention United of \$2 AUD or over are tax deductible.



Financial report

Over the last 12 months, Prevention United has continued to focus on achieving financial sustainability. A summary of our financial position for 2020-2021 is provided below.

STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME (FOR THE YEAR ENDED 30 JUNE 2021)

| | 2021(\$) | 2020(\$) |
|--|-----------|-----------|
| Revenue | 899,458 | 648,299 |
| Consulting fees | (149,211) | (74,557) |
| Employee benefits expense | (206,391) | (233,322) |
| Insurance | (7,744) | (4,546) |
| General Office Expenses | (8,338) | (2,641) |
| Professional Fees | (16,074) | (10,854) |
| Project subcontractors | (485,669) | (350,980) |
| Rental Costs | (4,873) | (23,100) |
| Travel and Accommodation Costs | (239) | (3,829) |
| Other expenses | (10,303) | (7,025) |
| Total expenses | (888,842) | (711,035) |
| Surplus/(Deficit) before income tax | 10,616 | (62,736) |
| Income tax expense | - | - |
| Surplus/(Deficit) for the year | 10,616 | (62,736) |
| Other comprehensive income, net of income tax | - | - |
| Total comprehensive income for the year | 10,616 | (62,736) |

STATEMENT OF FINANCIAL POSITION AS AT 30 JUNE 2021

| | | |
|-----------------------------|-----------------|-----------------|
| Assets | | |
| Current assets | 2021(\$) | 2020(\$) |
| Cash and cash equivalents | 157,453 | 211,208 |
| Trade and other receivables | 40,260 | - |
| Other assets | 7,056 | 17,836 |
| Total current assets | 204,769 | 229,044 |
| Total assets | 204,769 | 229,044 |

Liabilities

| | | |
|----------------------------------|----------------|----------------|
| Current liabilities | | |
| Trade and other payables | 38,199 | 36,122 |
| Income in advance | - | 32,575 |
| Provisions | 5,750 | 10,143 |
| Total current liabilities | 43,949 | 78,840 |
| Total liabilities | 43,949 | 78,840 |
| Net assets | 160,820 | 150,204 |

Equity

| | | |
|---------------------|----------------|----------------|
| Reserves | - | 7,339 |
| Retained earnings | 160,820 | 142,865 |
| Total equity | 160,820 | 150,204 |

A large, teal-colored abstract shape that resembles a stylized 'V' or a large arrow pointing downwards, occupying the upper two-thirds of the page.

PREVENTION UNITED

Joining forces to prevent mental health conditions