



Annual Report

2022 – 2023

Corazon Centre Inc.
A not for profit organization serving the people of Wyndham.

Introduction

The report covers the period from July 2022 to June 2023. The highlights and significant events of this time include:

- Renewal of Committee of Management with appointment of two new members.
- Farewell to Sr Mary Davis rsj. Mary has been associated with Corazon since its inception.
- Rebuilding the Psychological Counselling service following Covid 19.
- Winding up the massage service.
- Renewal of service agreement with North Western Melbourne Primary Health Network to

provide 'CAREinMIND' Targeted Psychological Support Services and 'On the Line' Suicide Prevention Services.

- Grant from Mental Health Foundation Australia for \$5000.
- Employment of staff to help build capacity.
- Ongoing commitment to water sustainability

Service Provision

Professional Services

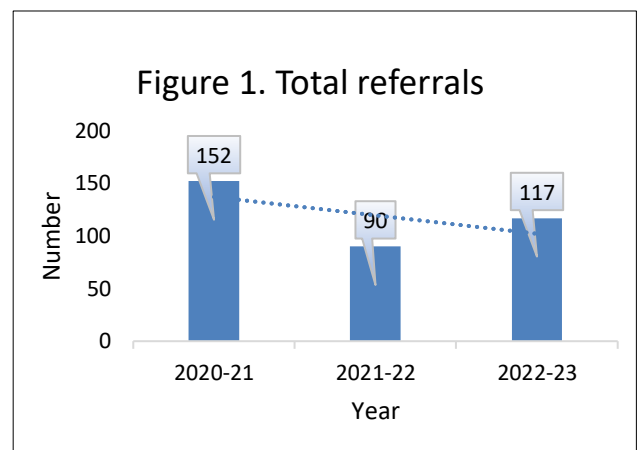
Psychological Counselling Service

Referral Source

Our referral sources remained the same as in previous years and are derived from the following providers:

- Better Access to Mental Health, funded by the Commonwealth Government through the Medicare Benefits Schedule (MBS).
- NWMPHN Targeted Psychological Support Services (TPS)
- NWMPHNSPS Suicide Prevention Service (SPS) managed by 'On the Line.'
- Access Employment Assistance Program (EAP).

The total number of referrals accepted for service during our reporting period was 117. As shown in Figure 1, new referrals increased by 30.0 % (27) compared to the previous reporting period. While the referrals we were able to accept increased, relative to the previous reporting period, our limited resources meant we were unable to accept additional referrals.



Referral Sources and Referral Numbers

As shown in Figure 2, 117 referrals were accepted for service and came from: Medicare, the North West Melbourne Primary Health Network (NWMPHN) and Access EAP. The main referral source was the NWMPHN which accounted for 63 referrals (53.8%). This was an increase of 29 (85.3%) referrals compared to the previous year. Of this number, 47 referrals were from the Targetted

Psychological Service (TPS) and 16 from the Suicide Prevention Service (SPS). These figures do not include the referrals we could not accept due to being at capacity.

Referrals from Access EAP, also increased during the reporting period. The total number of referrals accepted for service was 33 which is an increase of 15 referrals (83%).

Figure 2. Referral source and number

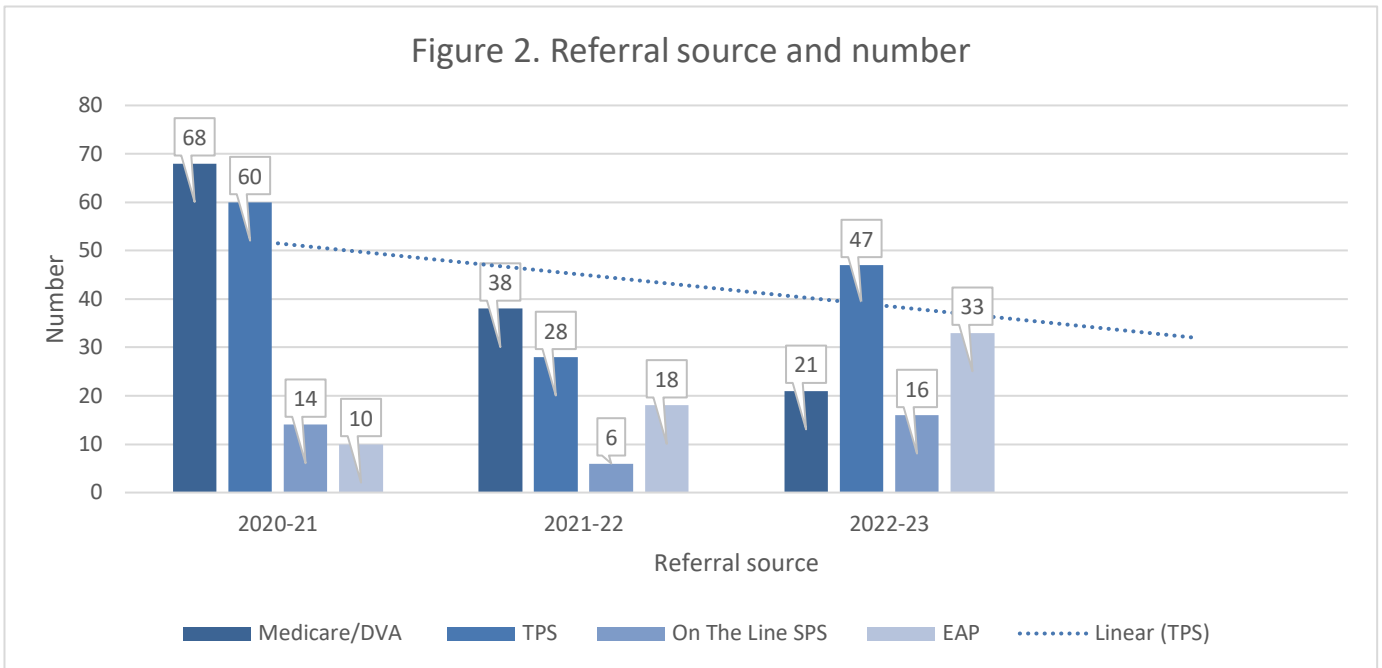
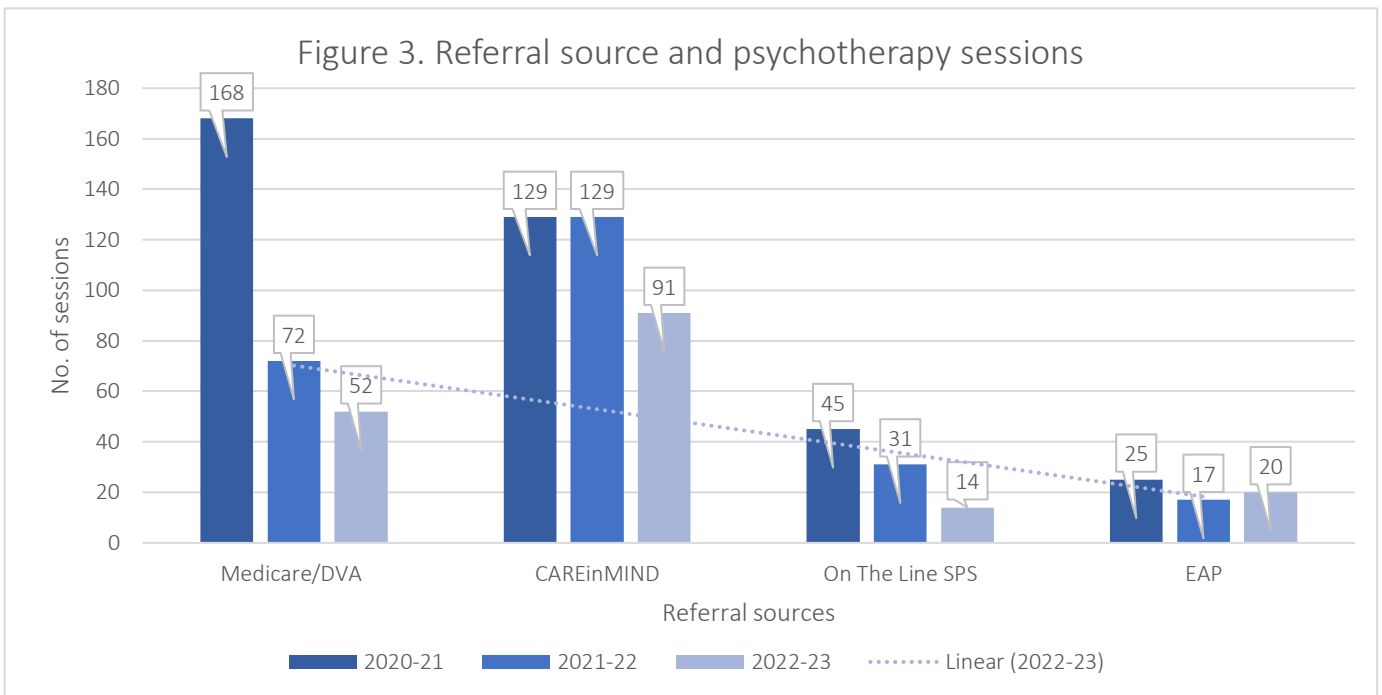


Figure 3. Referral source and psychotherapy sessions



Referral Sources and Psychotherapy Sessions

Individual

As shown in Figure 3, a total of 177 sessions of individual psychotherapy were delivered during the reporting period. Overall, this figure represented a decrease of 72 sessions (29%) when compared to the previous reporting period. The decrease in session numbers is evident across all programs. The decrease in service delivery was due to our limited human resources during the reporting period.

Group Therapy

It was not possible to run the Circle of Security (CoS) program during the reporting period. It is planned to run CoS during 2024.

Some Reflections during this Period

While the direct impact of Covid has been declining, research would suggest that the impact on mental health has only been further exacerbated. According to a report, published by Sydney University in collaboration with Australian National University's Centre for Mental Health Research (March 2023), increases in depression and anxiety were noted

during the pandemic. The review found that rates of probable anxiety and depression were 24.4% and 22.9% in general populations, but up to 41.1% and 32.5% in vulnerable populations. Teesson noted, however, that “the path to recovery had further crises, including marked increases in the cost of living and natural disasters”. Teesson added that “there (had) been no meaningful changes to income support schemes such as youth allowance and jobseeker, aside from a \$1.77 per day increase to keep up with inflation, despite skyrocketing costs of living,”

The issues voiced by Teesson are often faced by the individuals who attend our service. Presenting problems typically include depression, anxiety, suicidal ideation, social disconnection, loneliness and financial stress. Some people report the experience of rental ‘squeeze’ and have been forced out of their homes. This can result in dislocation and loss of connection. In addition, these socio-economic conditions have precipitated an increase in family violence. This can be particularly difficult for women to leave such situations due to the lack of affordable rentals. These are problems which currently lack a system and nationwide solution. Coupled with the increased mental health problems in the community is the shortfall in mental health professionals in Australia. “The Federal Government is meeting only 35% of its workforce target for psychology, and 25% of the existing workforce is aged 55 years or older”

<https://psychology.org.au/about-us/news-and-media/media-releases/2022>).

In addition, a recent APS member survey found that 88% of psychologists had seen an increase in demand for their services, equalling the previous record increase set in June 2021. The survey also found that 1 in 3 (33%) psychologists were unable to take new clients, up from 1 in 5 (22%) in June 2021. Before the pandemic, only 1 in 100 psychologists were not taking new clients. At Corazon our demand for services outstrips our current resources.

Relaxation Therapy

The Relaxation Therapy service has been provided by Fiona McKee for eighteen years. Clients to this service have generally been referred by Carers Victoria (CV). CV, a not-for-profit organisation, support unpaid carers to provide care and support for their partners, friends, family members or other loved ones. Corazon has had a close relationship with CV since our inception.

We would like to thank Fiona for her gentle presence and commitment to providing this valuable service to those who care for others and who are often vulnerable themselves. This service has been very much appreciated over the years and will be missed. Thank you, Fiona.



Ongoing Developments

Our new partners in Mission

Joining our Committee in 2023 are Kate Lind and Fiona Weedon.

Fiona, a Registered Nurse, Midwife and Diabetes Educator, works at Werribee Mercy Hospital, a position she has held for the past 30 years. She has two grown up children. Fiona is also an active member of her local parish community. She is a Special Minister of Communion, a Vinnies member and helps on the Fete Committee. When she has down time she enjoys travelling, caravanning, kayaking and cooking. Her expertise in working with new mums and their infants is greatly appreciated.



Fiona Weedon

Kate has experience in the travel industry, tourism and in industry development with specialist skills in the visitor economy and more broadly in economic development. She has held significant leadership roles first in her dream job with Qantas Holidays and then with Wyndham City Council. With the latter she led the Tourism unit for ten years after which she moved into an organizational, corporate and planning role.

Kate values learning and brings the fruits of a Master of Leadership and a Master of Business Administration to the team she currently leads at Wyndham City Council where she is a Senior Organisational Planner. Kate has three teenage sons.

Kate Lind



Farewell to Mary Davis rsj

We say farewell and thank you to Sr Mary Davis for her many years of commitment and service to Corazon.

Her interest in Corazon from its inception together with her generous contribution, many skills and humour have been wonderful gifts to us. We wish her all the best as she moves to Sydney and takes up a new ministry in her Congregation. You will be much missed by all of us.

Mary Davis



Wyndham Ladies Friendship Group

On April 12, 2023, we gathered for a luncheon at the Italian Social Club. The event was organised by Denise Doolan (President) and Tess Mijares (Treasurer). The Corazon Centre was given a cheque for \$600 and the funds will be used to support the Circle of Security group. We are grateful to Tess Mijares for her support and interest in the work of Corazon.



Fundraising luncheon

*Front Row: Fr Jude, Jenny Sheehan, Fr Silvio
Back Row: Tess Mijares, Denise Doolan*

Werribee Mazda Dance Stars on the Floor Small Grants Program

In 2022 we successfully applied for a grant from the Werribee Mazda Dance Stars on the Floor Small Grants Program 2023. The “Dancing with the Stars” event was organised by Heather Marcus OAM.

Funds raised are used to support individuals and community organisations, within Wyndham City, by providing financial support for innovative projects and initiatives to promote mental health and prevent youth suicide. Grants of \$5000 were awarded by the Mental Health Foundation Australia to 10 Wyndham organisations.



*Photo: Mazda grant
2022 Werribee Mazda Dance Stars on the Floor
organizer Heather Marcus with grant recipients and
participants. (Photo: Damian Janeyski, 351945_01.*

Water Sustainability

We have continued with the development of the grounds, a journey that began in December 2000. From the beginning we have been committed to creating an urban wildlife habitat. At the heart of this project has been water management: catchment and recycling.

In 2011 we secured a grant from Wyndham City Council which allowed us to purchase and install an underground tank.



This was in addition to the three existing above ground tanks. Rainwater is harvested from the roof, and filtered through two reed beds (shown below) and collected in our tanks.





In January 2023 we installed an irrigation system. Our tanks are linked to each other, and the irrigation system runs entirely on recycled water.



Our grey water is also collected, filtered and stored in another underground tank.

The availability of recycled water has allowed us to create a small lawn area for the caregivers and their young children participating in the Circle of Security.



A resident Blue-tongued skink and purple Hardenberger.



We also thank the students from MacKillop College for lending a hand and helping with weed eradication.



- Recruitment of a person with project and administrative expertise is in progress.
- Redevelopment of our website with a social media interface to assist in the promotion of our services and, in particular, the Circle of Security.

Policy development

- Development of a contractor employment agreement for employment of mental health professionals.
- Safeguarding in accord with Australian Catholic Safeguarding Ltd.
- Development of clinical governance policies and procedures to create client safety and high-quality services in line with Australian Commission on Safety and Quality in Health Care Primary and Community Healthcare Standards, and the National Mental Health Standards.

Future Planning and Development

Affordable psychology and counselling services

- The decision has been made to move towards the exclusive provision of services with no ‘out of pocket’ cost for clients. Revenue to run the service will come from the following Commonwealth funded programs: Medicare and the North West Primary Health Network.

Building capacity

- The process to recruit and employ either a Mental Health Social Worker and or a psychologist has begun. Given the shortage of allied health professionals this has proved difficult. An alternative strategy being explored is approaching a local university to whom we are offering student placement/s to provisional psychologists. While negotiations are at an early stage our offer has been well received and it is possible placements could commence in 2024.

Financial Report – for end of financial year to 30 June 2023.

CORAZON CENTRE INC. FINANCIAL STATEMENT

INCOME	AMOUNT
Massage	\$1,111.36
Psychology	\$26,339.70
Bank Interest Received	\$1,129.15
Trustees OLSH	\$13,147.00
Donations	\$650.00
Solar Energy Refund	\$986.41
Other	\$366.59
TOTAL INCOME	\$43,730.21
EXPENDITURE	
Property Maintenance	\$9,068.73
Water, Utilities	\$987.99
Salaries	\$892.53
Supervision	\$1,130.00
Bank Fees and Charges	\$116.65
Professional Memberships	\$3,006.30
Professional Development	\$300.00
Psychology Resources	\$56.37
Telephone & Internet	\$2,119.99
Centre Expenses	\$1,804.41
Insurance	\$1,233.10
Motor Vehicle Expenses	\$852.33
TOTAL EXPENDITURE	\$21,568.40
SURPLUS (Income - Expenditure)	\$22,161.81
ASSETS	
Cash in bank	\$1,576.01
Investments	\$302,921.27
Motor Vehicle	\$51,538.17
Furniture & Equipment	\$21,009.39
Property Improvements	\$52,990.93
TOTAL ASSETS	\$430,035.77
Liabilities	
GST	\$2,640.27
Creditors	\$4,216.86
TOTAL LIABILITIES	\$6,857.13
ASSOCIATION'S EQUITY	\$423,178.64