

2017-2018 ANNUAL REPORT



Phoenix
Support & Advocacy Service Inc

“
 One sentence gave me insight that will hasten my healing "abuse was done to me" so now I don't have to hold onto any guilt that it was my fault and I actively engaged or encouraged it.
 ”

A Phoenix Client

“
 I had some shifts regarding how beneficial to my healing these therapeutic activities can be and that has created thirst for more.
 ”

A Phoenix Client

“
 Affirmed everything I have been experiencing, studying and I know I am going to be alright.
 ”

A Phoenix Client

“
 I feel a natural permission in our group to be me. Safe, no judgement. Quite beautiful.
 ”

A Phoenix Client

“
 I have learned and pieced together this messy jigsaw. I have self-realisation and have implemented self-regulation and feel I have the greatest tool ever.
 ”

A Phoenix Client

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2017-2018 IN REVIEW



Phoenix Named as Finalist in the 2018 Community Services Excellence Awards

Phoenix Support and Advocacy Service was pleased to be named as a finalist in the 2018 Community Services Excellence Awards (CSEA) in the category of 'Small Organisation Providing Collaborative, Innovative, or Creative Programs or Services.'

Phoenix was recognised at the CSEA ceremony held in May 2018 in conjunction with the WA Council of Social Service (WACOSS) Conference, 'Making Place', the largest gathering of the community services sector in WA.

This award recognises a small organisation making a positive difference to individuals, families, or communities, through collaborative, innovative, or creative programs or services.

Phoenix is delighted to have been recognised for its valuable work and particularly proud of what we have been able to achieve in the past year with our innovative and unique Trauma Transformation program. It is also timely to receive this recognition now as we move towards celebrating 40 years since the concept of Phoenix was born via founder and volunteer Nancy Rehfeldt, and in acknowledgement of 35 years of operating in WA since Phoenix (formerly Incest Survivors' Association) became incorporated and received partial funding from the WA Government.

This recognition is well deserved by our dedicated staff and Board for their incredible work which is only made possible by the support of the State Government of WA, the WA Primary Health Alliance (WAPHA), Lotterywest, and our other important supporters.

The annual Community Service Excellence Awards are held in partnership between WACOSS and the State Government, with the support of Lotterywest.



Trauma Transformation Trial Statement of Appreciation

The Phoenix Board and Staff express appreciation for the funds the WA Primary Health Alliance (WAPHA) provided to Phoenix Support & Advocacy Service to develop, design and deliver a Trauma Transformation Trial. The WAPHA funding also allowed Phoenix to develop a training package on the issue of child sexual abuse for General Practitioners and allied health professionals.

Phoenix (formerly known as the Incest Survivors Association) originally began as a volunteer service in 1978 and evolved into a professional service working with those in the West Australian metropolitan regions impacted by child sexual abuse. Phoenix has remained a small service that has continued to receive funding from the WA Government (with short term funding cycles) and is one of very few services in Perth specialising in work with adult survivors of child sexual abuse, who too often experience complex trauma because of that abuse. The support provided for healing and recovery is available longer term and we see clients on average for 1-2 years. Clients have reported when previously accessing mainstream services, often the workers are not trained to adequately support their specific needs. The age range of clients accessing Phoenix services has been from 5 years to 91 years of age.

The funding provided by WAPHA allowed Phoenix to take the work we do to the next level, something we have not been able to do in the 35 plus years we have been servicing the WA community. In the last decade particularly, evidence informed research has shown that working with complex trauma requires a multi-faceted approach and that there is no 'one size fits all' intervention. WAPHA's funding provided Phoenix with the opportunity to introduce innovation and move towards being leading edge in our approach to the work.

We would particularly like to thank WAPHA's staff Rachel O'Connell and Meera Byatt who had the courage to take a risk on a program that began just as a concept but has since evolved into a successful trial with outcomes even beyond what we had anticipated and hoped for. The support and encouragement we received from Rachel and Meera has been exceptional. In addition, we have also been supported by Samantha Bradder and Kaylee Toll.

With all staff at Phoenix employed part-time our capacity was limited therefore the WAPHA funding received facilitated capacity building and allowed us to take our knowledge, skills and experi-

ence to the next level and to apply these to developing a detailed program to support healing and recovery from traumatic childhood experiences that were impacting on daily functioning and quality of life. The funding also supported our ability to contract external expertise where relevant as well as an independent evaluator to report on the outcomes.

Phoenix was also able to purchase the critical program resources required to deliver the program, which we otherwise would just not have been in a position to do, or we would have had to see if these were available to borrow or to hire. Staff were also well supported with additional professional clinical supervision throughout the trial and were able to access further training.

The Trauma Transformation program was underpinned by trauma informed practice and the Shanker Method of Self-Regulation. Dr Stuart Shanker is a neuroscientist in Canada and head of The Mehrit Centre and the Self-Regulation Institute as well as a Professor at York University. Employing the only accredited WA practitioner in the Shanker Method, Phoenix was able to embed the learning and practice into the Trauma Transformation program.

Another critical element of the program included the introduction of alternative evidence informed therapies and approaches known to support trauma recovery and enhance individual work. These approaches included mindfulness, body-based therapy such as trauma informed yoga, and expressive therapies such as music and art. The psycho-educational aspects of the program ensured participants understood how their traumatic experiences in childhood had impacted on their brain development and their ability to self-regulate. This assisted participants to make sense of why they were at times finding it challenging to feel fully functional, and in turn this reduced their level of anxiety.

As this cohort of clients are at high risk of self-harm, and potentially at risk of being triggered into traumatic responses, the program required careful consideration of safety factors and risk reduction. The WAPHA funding, and the time provided to develop the program, ensured there were no compromises in meeting this specific need. Safety was considered paramount and therefore built in to all aspects of the program. The WAPHA funding also allowed Phoenix to introduce an evidence-based assessment tool to measure group readiness and risk factors, in addition to the comprehensive intake and ongoing risk assess-

ments that are conducted by Phoenix for all clients accessing the services and support available.

The WAPHA funding has had a profound impact on our organisation at every level. Firstly, it was a real morale booster for staff who in some respects have been 'survivors' of funding cycles and working in a continual climate of uncertainty. Phoenix Staff are very grateful for the additional supervision support and professional development they could access because of the funding. Staff are also appreciative that the program has been equipped with the essential resources rather than staff seeking to 'borrow' the required equipment and resources.

Participants have appreciated being able to attend the program in a suitable venue and feel valued through the catering provided. These may seem like 'small things', but it is these 'extras' that a small organisation such as Phoenix can't always provide. Not having to make compromises or chase others for this support meant a lot to all concerned.

Because Phoenix works at 'the coal face' we can confidently say we understand the needs and experiences of Phoenix clients at a deep level, and Phoenix clients consistently provide this feedback that our organisation understands and responds to their specific needs and has supported them in ways that make a difference, whereas they consistently report that mainstream services have not been able to help them in this way.

Unfortunately, in many cases Phoenix clients reported feeling re-traumatised by the inadequate responses of a 'system' ill equipped to meet their needs.

Another aspect of our organisation that has been important to Phoenix clients is the fact that as a 'secular' organisation with no affiliations with religious or faith-based groups or organisations we are considered a much more suitable option. In light of the institutional child sexual abuse uncovered in the recent Royal Commission, this has been an extremely important factor to many Phoenix clients.

The WAPHA funding and the innovative Trauma Transformation Trial we have introduced has gone a long way to raise the public profile and positive perception of Phoenix. In turn, this has led to Phoenix being sought out to deliver training and presentations to other organisations and allied health professionals. We have been selected to deliver papers at national and interna-

tional conferences on Mental Health and Childhood Trauma and attended by up to 2,500 delegates. The final was being nominated for a Community Services Excellence Award in the small organisation category and then selected as one of four finalists for this Award.

Phoenix is aware there has been a view by both sides of the West Australian Government that perhaps 'big is best' in the sense that there is a move away from funding smaller organisations. In many respects we have an appreciation to the efficiencies larger organisations can generate, and that from a procurement and contractual point of view this creates economies of scale for Government. However, we would present the argument that there are some benefits in not taking an 'either or' approach and that there is a place for organisations such as Phoenix that meet community needs that cannot always be replicated in a larger organisation. With the right support and level of funding (like that provided by WAPHA) an organisation such as Phoenix can take practice to another level, build capacity and move towards generating long-term sustainability and less dependence on Government support.

Phoenix clients, both current and future, will reap long-term benefits from this program as will the next generation. The evidence is conclusive that trauma is passed from one generation to the next without intervention. Supporting those impacted by complex trauma to heal and recover has enormous social and economic benefits and facilitating healing and recovery can lead to suicide prevention, reduced self-harm, reduced dependency on and abuse of alcohol and drugs, increased ability to remain in long term employment, improved interpersonal relationships and improved ability to self-regulate and positively parent to name a few. Phoenix is keen to utilise WAPHA funding to measure these socio-economic benefits.

Phoenix is most grateful WAPHA had the foresight and courage to support an innovative trial and risk funding a very small organisation. This investment by WAPHA facilitated the creation and delivery of a sound program without any compromises that offers innovative pathways to recovery for complex trauma. Thank you WAPHA.

 **LOUISE LAMONT**
EXECUTIVE OFFICER



CHAIRPERSON & EXECUTIVE OFFICER 2017-2018 REPORTS



Chairperson Report 2017-2018



JULIE WOODHOUSE
CHAIRPERSON

It is an honour to have been appointed Board Chairperson in January 2018 and I am very pleased to be presenting my first Chairperson's Report. In doing so, I acknowledge the service of my predecessor, Mr Jonathon Smith, who chaired the Board from October 2015. Mr Smith is highly esteemed by all Board members who served with him. I also acknowledge the work of the other Board members – Ms Minji Kim, Ms Leanne Sultan, Mr Rob Wilton, Mr Jasdev Singh, Ms Collette Wrynn and Mr George Cherian – for the significant contributions each has made.

As I settle into this role, it is apparent that we are in a period of on-going change and reform with a number of review projects which have the potential to impact significantly the Board's work. This includes Curtin University WA's Not-for-profit Sector 2017: The First Report on charities and Other Not-for-profits in WA, and particularly the Royal Commission into Institutional Responses to Child Sexual Abuse final recommendations.

With the best interests of children and adults who have suffered and survived child sexual abuse foremost in the Board's considerations, the recommendations will also be keenly examined with particular attention given to those recommendations which have a bearing on our work. The Board will work with relevant agencies as the broader impacts of these recommendations are fully considered and progressed through the relevant authorities for implementation.

Following Machinery of Government changes to increase collaboration and achieve efficiencies in service delivery, the Board has been challenged with the changes to the funding and acquittal models. I would like to acknowledge the work of the Executive Officer in collaborating with her broad network to effect a seamless transition in this challenging space.

There has been a number of changes to our client interface with Phoenix Support and Advocacy Service improving, enhancing and expanding our processes. In particular the Board is pleased to see the introduction of leading edge evidence based practices known to enhance healing and recovery from Trauma. This includes the innovative Trauma Transformation Initiative that has proved successful and has led to the introduction of Trauma-Sensitive Yoga sessions as an addition to the psycho-educational component and expressive therapies.

Over the past 12 months, we have matured to become much more than a 'not-for-profit organisation'. Today, we are drawing on different business models to help drive our purpose and improve the lives of those impacted by child sexual abuse. We remain responsive to national debate and issues highlighted in the media.

As we head towards our 40-year anniversary in 2019, it is critical that we continue to think about alternative ways of delivering positive change for those affected by child sexual abuse and our ongoing journey as an organisation.

“
The sense of isolation diminishes. Knowing there is no one size fits all, all walks of life, I feel more connection and affinity with myself being in the company of other 'normal' women. It has erased whatever entrenched beliefs I had and about what abused women looked like.
”

A Phoenix Client



Executive Officer's Perspective



To describe the 2017-2018 annual reporting period at Phoenix in simple terms would be to say this time has very much been a period of 'highs' and 'lows'.

CSEA AWARDS

The 'highs' have included Phoenix being selected as one of four finalists from nominations put forward for a Community Service Excellence Award in the small organisation category. These awards were presented at a Gala event held at the Perth Convention Centre in May 2018. Staff and representatives from the Board, along with other invited Phoenix guests, attended this exciting evening. A more detailed account of this evening with the accompanying photos are provided in a place of pride further in this report.

CONFERENCE PAPERS ACCEPTED

Some of the other 'highs' have included Phoenix being selected to present papers at the Childhood Trauma Conference that was to be held in Melbourne in July 2018. This highly regarded bi-annual conference is usually attended by more than 2,500 delegates and hosts leading trauma experts from around the globe. Phoenix was also selected to present a paper at the National Mental Health Learning Network Conference to be held in Adelaide in August 2018.

COMMUNITY EDUCATION

Phoenix has been delighted to provide information sessions and training for education assistants, teachers, school principals, early childhood educators, allied health professionals, mental health providers and university counsellors to name a few. It is so important for the community and those working with parents and children to be aware of the impact of childhood trauma. Phoenix always welcomes any opportunity to contribute to raising a greater awareness about these impacts with those that can influence change through being better placed to identify behaviours and other challenges that may be indicators of trauma.

PHOENIX BOARD STRATEGIC PLANNING AND GOVERNANCE CHANGES

A Planning Day was held with Board members in May 2018 and facilitated by Jennifer Chaplyn from Same Page consulting. The

Board and I are pleased to have developed a dynamic 2018-2022 Strategic Plan to take us in to the future. In addition, a business continuity plan and operational plan has been developed. All Phoenix Policies are in the process of being reviewed by the Board and a revised risk management framework is being completed. In January 2018, Julie Woodhouse was appointed as the new Chair taking over from retiring Chair Jonathan Smith. During this reporting period we were pleased to have George Cherian, Colette Wrynn and Jasdev Singh join the Phoenix Board and with all of them bringing a unique set of skills and experience to the organisation. I thank the Board members for their generosity and volunteer time and contributions to Phoenix. The governance and support offered to Phoenix is appreciated. In my role as Executive Officer I have particularly appreciated the specific support I have received from Julie as Chair and from Leanne as Deputy Chair and Secretary.

SECTOR OPPORTUNITIES AND CONTRIBUTIONS

Phoenix was pleased to be able to attend the WA Council of Social Services (WACOSS) Conference held at the Perth Convention Centre in May 2018 and the opportunity to engage with and hear from other providers in the sector as well as leading edge experts in the field. Phoenix remains an active member of the WACOSS Children's Policy Advisory Committee (CPAC) and the Mirrabooka Family Support Network. Phoenix was invited by the Women's Community Health Network WA to participate on an Expert Advisory Group developing pathways, information and resources about sexual victimisation for General Practitioners and other health professionals.

PHOENIX STAFF

The 2017-2018 annual reporting period was a very busy and challenging time while we developed and delivered a new program for Phoenix clients and had an increase in requests for survivor counselling. The clinical staff were excited to be a part of a new program, and we all gained a lot from the experience. In support of remaining innovative in our practice, Senior Counsellor Coby Greer successfully applied for acceptance into the worldwide Trauma Sensitive Yoga Training program and once completed Coby will be one of three accredited practitioners in WA in this field. Senior Counsellor Anna Antoine-Cooper has been completing registration as an EMDR specialist, and we are pleased to report that Phoenix clients have reaped the benefits

of this specific intervention for complex trauma and they are very pleased with the positive outcomes from their participation. Finance Officer Kaye Doolan has been mentored by Accountant Marc Spradbury during this last year and has had opportunities to further develop her skills in the use of our accounting program while Office Manager Lois Lloyd enrolled in a series of Microsoft Office refresher programs. The commitment from Phoenix staff, and their contributions to the organisation, have been critical in maintaining service during a challenging period of uncertainty. It is their efforts that have played an important role in the survival of Phoenix and the excellent service provided to Phoenix clients. For a range of reasons, it has not been an easy context to work in however, the staff are always mindful of the needs of the clients and go out of their way to ensure they are not impacted wherever possible and that they continue to receive a professional service.

WHERE TO FROM HERE?

Phoenix continues to operate in an environment of uncertainty and ongoing change, and at times with unpredictable and unexpected outcomes. While on the one hand we appreciate the 'one-year extensions' we have received from both our funding sources, there are moments when it can feel like a 'slow and painful death'. This funding context has made it very difficult to forward plan and to retain and/or recruit staff and Board members, while also maintaining a positive morale. Despite this uncertain context, Phoenix remains quietly confident that the work we do is critical and much needed by the WA community and therefore we will continue to search for the silver linings. Our strategic and innovative approach aims to promote new growth and produce much fruit from our labour so watch this space! Phoenix has always been inspired by the courage and resilience of the survivors we work with. They are a shining example for surviving adversity, so it is only fitting that Phoenix shows the same courage and resilience during these uncertain times.

♥ LOUISE LAMONT
EXECUTIVE OFFICER

Phoenix IT and Finance Update

Prior to September 2017 Phoenix had used an Accounting Software program that met the needs of the organisation however, due to the additional funding received in 2017, Phoenix wanted to ensure that while remaining transparent we had a program that was more user friendly and suited the changes to our Financial Reporting.

Phoenix made the decision to transition to an Accounting Software package that could be accessed online. After much research, not only was this software going to save money for the organisation, it has a greater capability of providing what we required for multi-funding reporting requirements.

Phoenix has had a smooth transition to this software and we have also recently added another program that has increased our efficiency and has created a very effective and easy to access audit trail for our invoices and receipts. This additional software is a mobile phone app which allows receipts from work related purchases to be photographed in the app, which then uploads to the software and is then automatically emailed to Phoenix accounts. This app allows the Finance Officer and Auditor to easily identify and allocate correctly the expenditure for the receipt.

All invoices that are signed for approval are scanned and also uploaded through this app which creates full transparency and accounting for all of our documentation for invoices and receipts. For an organisation with limited capacity these changes have created increased time efficiencies for staff and for the accounting practices at Phoenix.

♥ KAYE DOOLAN
FINANCE OFFICER



OUR RANGE OF THERAPEUTIC INTERVENTIONS

**Phoenix Shining
A Light On Child
Sexual Abuse
Healing & Recovery**

Trauma Transformation Trial - One Year On

“
The help available I need and there is work ahead of me. Thank goodness for Phoenix. This has seriously been a life line. Really appreciate the women and collective wisdom.”

A Phoenix Client

“
My shame has been 'called out' it was never mine. I have a much healthier 'self-perspective' I feel more equipped to fit back into society. I can place anger healthily where it belongs rather than internalising.”

A Phoenix Client

The Trauma Transformation Trial program funded in this past financial year by the WA Primary Health Alliance was a humbling experience for all of us involved. This psycho-educational program was developed around trauma-informed practice and the Shanker method self-regulation framework.

There were 5 programs run throughout the trial period and we appreciated the courage shown by those Phoenix clients who participated, along with their willingness to be a part of this trial. The participants comprehensive feedback throughout the trial was invaluable in terms of refining and developing the program further, and it became a process of continuous improvement.

The educational aspects of the program focused on providing information about the impact of traumatic experiences such as child sexual abuse on brain development and the autonomic nervous system. In addition, the impact of stress and trauma on self-regulation in the five domains namely biological, emotion, cognitive, social and pro-social helped participants to make sense of their experiences and their day to day challenges, and consequently provided hope for their healing and recovery.

Everyone is unique in terms of what they may find to be 'self-regulating', so the program gave participants the opportunity to experiment with and explore self-regulation strategies such as art, music, mindfulness, relaxation techniques and trauma-informed yoga practices. In between workshop sessions, participants applied some of these strategies and practices at home and then reported back on their experiences. Follow up one to one counselling was also provided to ensure ongoing support and the opportunity to discuss specific needs.

Educational aspects of the program also touched on the myths and facts about child sexual abuse and the 'grooming' process which for many of the participants

was 'liberating' in terms of understanding therefore how this happened to them and why it was not their fault which often survivors of sexual abuse are led to believe. This insight certainly reduced the burden of shame imposed upon them and helped to shift responsibility to where it truly belonged.

One of the side benefits of the program was that being part of a group reduced the participants sense of isolation and linked them with others that had experienced trauma. Participants appreciated that it was not necessary to retell or relive those traumatic experiences, and that healing was possible in the here and now as they focused on reducing the impacts of trauma in the present rather than return to events of the past.

Participants reflected how the group program had felt safe and respectful, and there was a sense of camaraderie and support throughout the period they were engaged in the program. There were also some friendships forged beyond the life of the trial period. Participants reported a range of improvements in their ability to self-regulate as a result of the program and testimonials to this are quoted throughout this report. The positive program outcomes were even beyond our hopeful expectations.

From the perspective of the clinical staff and I, it was an absolute privilege to be a part of this trial and we cannot thank enough the Phoenix clients who participated and for everything they gave to the process and for what we learned from them. We were inspired and touched by their courageous spirits. We look forward to what emerges from Chapter 2 of Trauma Transformation.

♥ LOUISE AND THE CLINICAL TEAM

EMDR Therapy at Phoenix - One year on

As one of only two recommended treatments for post-traumatic stress, EMDR is gaining momentum as an advanced treatment plan for all those impacted by adverse life experiences and trauma. As such the available protocols and guidelines for use continue to expand and allow for EMDR to be used with specific presentations and demographics. As research continues EMDR practitioners are upskilling to better meet client needs and specific issues.

One such area is the use of EMDR with children, where research has now led to advancements in protocols to allow for early childhood interventions and offers practical skills to treating trauma effectively and often in less time than other treatment modalities (Greenwald, 1993). Although using EMDR with children has been validated and in use since the 1990s, it is now appearing to be gaining popularity as a well-established research-based treatment for trauma and loss. Dr Ricky Greenwald's contributions to the use of EMDR with children and teens has been one of the most influential in this area and has allowed for EMDR to be used with a variety of presenting childhood adverse experiences including Childhood Sexual Abuse.

Additionally, the research into the area of EDMR use with children and teens has also allowed for a greater understanding in ab-reactions in adults whose trauma may have occurred in pre-verbal childhood states. Due to the lack of need of an expanded narrative of the trauma, to allow for treatment in traditional talk-based therapies, the client is able to focus on other aspects of the trauma, most significant to them, and allow bi-lateral stimulation to do the rest.

At Phoenix, EMDR therapy has led to some long-term clients coming to the end of their therapeutic journey due to positive changes and integration of trauma. One example is a client that reported at every session to being triggered by vari-



ous day to day things. The client reported a constant state of agitation and was often unable to regulate her emotions. Post EMDR the client reported a feeling of stability, integration and confidence in them self they had not experienced before. Triggers that prior to EMDR therapy had induced fear responses were now experienced without the previous feeling of overwhelm from anxiety and emotion. This client was successfully exited from counselling without their trauma narrative needing to be revealed to the counsellor.

EMDR continues to provide an alternative to talk-based therapy that is an evidence-based treatment for adverse life experiences and is endorsed worldwide.

References:

- Greenwald, R Dr, 1993, Using EMDR With Children, Pacific Grove, CA: EMDR Institute



♥ ANNA ANTOINE-COOPER
SENIOR COUNSELLOR &
REGISTERED PSYCHOLOGIST

“
I am very grateful for people who care and help to put these workshops together. It has not only just helped me, but my relationships with my husband, children, and slowly to people in my life with a positive and health effects. Most importantly about the self-growth, acceptance and self-compassions.”

A Phoenix Client

“
Not that it is always comfortable (e.g. the impacts of child sexual abuse) but just identifying my internal world and reconciling my past. I understand me!”

A Phoenix Client



Trauma-Sensitive Yoga

“
I feel a little more disassociated today, but I feel permitted, safe and free to be as I am, no judgement.”

A Phoenix Client

“
This is step forward in my healing journey as these things I haven't experienced in my childhood. Also learning to co-regulate my emotions and anxiety helped my 2-year-old daughter to co-regulate as well. As a result, her tantrums have reduced dramatically, and she is enjoying mum's company a lot more.”

A Phoenix Client

“
My sense of self and understanding and affirming my reality.”

A Phoenix Client

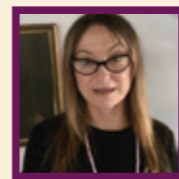


Trauma-Sensitive Yoga as an aspect of the Phoenix healing and recovery model The Trauma Centre Trauma-Sensitive Yoga (TCTSY) is recognised as an evidence-based adjunctive treatment for complex, developmental trauma or chronic, treatment-resistant PTSD. TCTSY is the only stand-alone Yoga Program endorsed nationwide in the USA by The Substance Abuse and Mental Health Services Administration (SAMHSA) as an evidence-based program and practice for traumatic stress, PTSD, complex trauma, dissociative disorders & other related emotional and behavioural problems. Research has empirically validated that Complex or Developmental Trauma in particular, have such a deep impact on the entire individual that there is now a growing understanding among professionals in the field that treatment approaches need to reach beyond psychodynamic psychotherapy.

Phoenix is pleased to announce that Senior Counsellor Coby Greer applied for and was accepted in to the internationally available TCTSY Program. The 2018-2019 TCTSY Program will kick-start with an opening weekend in Melbourne. This 300-hour program, offered internationally, has been created to be primarily web-based for accessibility to participants from any geographical loca-

tion. The only in-person requirement is the opening weekend that will be held in Boston, Berlin and Melbourne simultaneously. There will be 31 participants in the Melbourne weekend that will be held in early September 2018 and with only 2 representatives from Perth, and approximately 150 participants worldwide in this cohort. Coby, in addition to her role as Senior Counsellor at Phoenix is a Certified Yoga Teacher and looks forward to deepening her understanding from a variety of clinical perspectives about the impacts of Complex and Developmental Trauma, both in her individual counselling and groupwork settings, over the coming months in the next reporting period. If all goes to plan Coby will be fully certified in early April 2019.

Phoenix wishes Coby well on this next phase of developing her trauma practice and are pleased to be able to support her to achieve this goal and pass on the benefit to Phoenix clients. In the meantime, Coby will continue to deliver trauma-informed yoga as a part of the Phoenix Trauma Transformation Initiative.



COBY GREER
COUNSELLOR & YOGA INSTRUCTOR

Drumming introduced at Phoenix

With the successful addition of the Trauma Transformation Program commencing in 2017 a new alternative therapy modality of Drumming was introduced at Phoenix as a part of the Psycho-educational group program. Due to its popularity with group participants the Drumming component was expanded and included in a follow up therapeutic group with success.

Drumming, or sometimes referred to as Drumbeat is a powerful tool that can be used therapeutically by a trained facilitator to allow for expressions of emotions and healing in an alternative non-threatening manner that offers an additional mode of intervention to just traditional “talk” therapy. In a group setting, drumming can allow for a group to be established without the usual social pressures of “getting to know” the group and/or having to “share” too much of self. This proved to be invaluable in the Phoenix Trauma Transformation cohort who allowed themselves the freedom of expression without the social expectations that group work can also bring. This also facilitated for participants a sense

of connectedness with self and others. Research has verified the therapeutic effects of drumming techniques and indicates that drumming accelerates physical healing, boosts the immune system, and produces feelings of well-being, a release of emotional trauma, and reintegration of self (Friedman, R, 2000). The physical stimulation of drumming can remove blockages and produces emotional release. Sound vibrations resonate through every cell in the body, stimulating the release of negative cellular memories (Winkelman, 2003). Both client participants and staff at Phoenix were introduced to drumming and with all reporting positive experiences via the feedback provided.

References:

- Friedman, R.L, 2000. The Healing Power of the Drum. Reno, NV: White Cliffs.
- Winkelman, Michael, "Complementary Therapy for Addiction: Drumming Out Drugs," American Journal of Public Health; Apr 2003, Vol. 93 Issue 4, p647, 5p.



“
This week's trauma transformation has been lifesaving, changing and has truly and quite simply put me back into the game of life. I have found myself again and have renewed my love for life.”

A Phoenix Client

“
Since first learning about self-regulation and learning new tools I have learned to have more self-compassion. To pause and slow it down and listen to myself more when stressed or triggered and not be judging or self-rejecting.”

A Phoenix Client



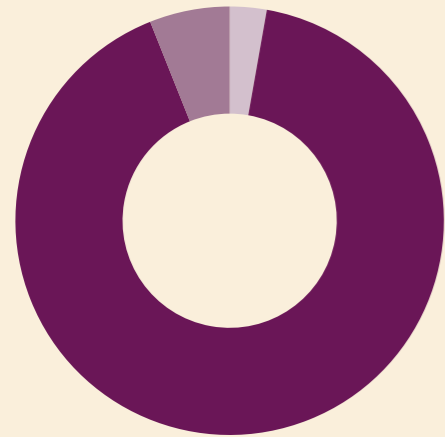
2017-2018 FINANCES



Financial Report Overview

INCOME \$586,091

Fee for service	3%
Funding	91%
Other income	6%



STATEMENT OF FINANCIAL POSITION

	2018 (in \$)	2017 (in \$)
CURRENT ASSETS		
CURRENT ASSETS		
Cash and cash equivalents	248,303	153,028
Trade and other receivables	190	28,076
Prepayments	580	-
TOTAL CURRENT ASSETS	249,072	181,104
NON-CURRENT ASSETS		
Property, plant and equipment	761,769	773,373
TOTAL NON-CURRENT ASSETS	761,769	773,373
TOTAL ASSETS	1,010,841	954,477
LIABILITIES		
CURRENT LIABILITIES		
Trade and other payables	72,131	109,040
Employee Benefits	32,882	24,266
Unexpended Funds	49,926	9,267
TOTAL CURRENT LIABILITIES	154,939	142,573
NON-CURRENT LIABILITIES		
Employee Benefits	9,626	5,518
Provision for contingent liability	283,281	-
TOTAL NON-CURRENT LIABILITIES	292,907	5,518
TOTAL LIABILITIES	447,846	148,091
NET ASSETS	562,995	806,386
MEMBER' FUNDS		
Accumulated funds	562,995	806,386
TOTAL MEMBERS' FUND	562,995	806,386

Phoenix improved its operating results over the previous financial year recording an audited surplus of \$39,890 (2017 – \$36,741 deficit). This surplus was generated from fee for service and management fees operating two Government funded programs.

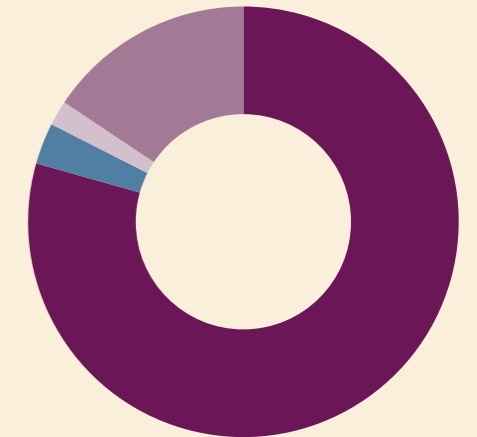
Government funding made up 91% of total revenue and service delivery costs 74% of total revenue. Unspent funding of \$49,926 was carried forward to the new financial year. An Information Technology Grant was received from Lotterywest for \$35,557 to update the IT systems.

For the 2018 financial year end, the organisation made the decision to raise on the balance sheet Lotterywest financial interest in the property of \$283,281 (2012 - \$500,000). Lotterywest holds an equitable mortgage over the property which it will relinquish in 2026 as per the building grant agreement.

All staff entitlements were accrued in full at year-end. Overall the financial position is sound.

EXPENDITURE \$ 546,111

Service delivery	79%
Depreciation	3%
Insurance	2%
Administration	16%



\$35,557



Source: Lotterywest

For: Information Technology Grant, IT systems updating



Independant Auditor Report

STATEMENT BY THE BOARD

The accompanying financial statements of Phoenix Support & Advocacy Service Inc have been prepared in compliance with the relevant provisions of the *Australian Accounting Standards* from proper accounts and records to present fairly the financial transactions for the financial year ended 30 June 2018 and the financial position as at 30 June 2018.

At the date of signing, we are not aware of any circumstances which would render any particulars included in the financial statements misleading or inaccurate.



Julie Woodhouse
Chairman of Board

Dated this day of 22.10.18.

Independant Auditor Report

MOORE STEPHENS

Level 15, Exchange Tower,
2 The Esplanade, Perth, WA 6000

PO Box 5785, St Georges Terrace, WA 6831

T +61 (0)8 9225 5355
F +61 (0)8 9225 6181

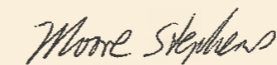
www.moorestephenswa.com.au

AUDITOR'S INDEPENDENCE DECLARATION UNDER SECTION 307C OF THE CORPORATIONS ACT 2001

TO THE BOARD MEMBERS OF
PHOENIX SUPPORT & ADVOCACY SERVICE INC

I declare that, to the best of my knowledge and belief during the year ended 30 June 2018 there have been:

- (i) no contraventions of the auditor independence requirements as set out in the Corporations Act 2001 in relation to the audit; and
- (ii) no contraventions of any applicable code of professional conduct in relation to the audit.



Moore Stephens
Chartered Accountants



Neil Pace
Partner


Dated this 25th day of October 2018 in
Perth, Western Australia.







Phoenix
Support & Advocacy Service Inc

 61 8 9443 1910

 61 8 9227 1510

 info@phoenix.asn.au
counsellor@phoenix.asn.au

 404 Walcott Street,
Coolbinia WA 6050

 www.phoenix.asn.au