



International Society for Psychological  
and Social Approaches to Psychosis

# **ANNUAL REPORT 2017**

## **Our Mission**

Contemporary research shows that psychological factors play a key role in influencing the cause and chronicity of psychotic disorders (NICE Guidelines for Schizophrenia Update, 2009). Despite this recognition, the mainstay of treatment for psychosis is anti-psychotic medication. While medication may play an important role in management of symptoms, there is a strong need for acknowledgement of the psychological factors that may be involved in how a person may develop psychosis and also, how they may learn to manage it. Our principal activity is to further the wellbeing of persons vulnerable to psychosis by promoting psychological and social approaches to psychosis and advancing the education and knowledge of mental health professionals and other stakeholders. It is envisioned that through improved understanding of the social and psychological factors which influence psychosis, benefits in a person's understanding and management of their experience of psychosis will ensue. Consequently, ISPS Australia has a primary focus on the delivery of seminars and training workshops that can disseminate research findings regarding what is known about the role of psychological and social factors in psychosis and importantly, ways that clinicians and consumers can be working from a psychological perspective to reduce the impact of psychosis.

## **Our Vision**

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

## **Our History**

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

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

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

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## ABOUT US

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

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

Our principle purposes are to:

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

## OUR PEOPLE

### Board members/Volunteers

<b>Name</b>	<b>Position</b>
Melissa Connell	Chair
Lyn Mahboub	Vice Chair
Amanda Waegeli	Membership Secretary
Kim Jennings	Secretary
Matthew Ball	Treasurer
David Ward	Board member

## STRUCTURE & MANAGEMENT

ISPS Australia is registered with the Australian Charities and Not-for-profits Commission (ACNC). We are considered a small size charity and operate in accordance with the guidelines outlined in the ACNC Act and in our constitution.

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

## CHAIRPERSON'S REPORT

Although the last year may have seemed like quiet one for ISPS Australia, there has been a lot of work going on behind the scenes. Our board has been busy working to build the organisation and pursue our objectives. We have welcomed new board members Amanda Waegeli, Kim Jennings and Matt Ball to the team who were elected by ballot by members at our last AGM. As all our board are volunteers, I thank them for the time they put in and for the energy, experience and knowledge that they offer. We are extremely lucky to have such a range of talent and wisdom on our board.

We have continued our development of governance for the organisation including a conflict of interest policy, partnerships policy and ongoing refinement of our strategic plan. We have also been expanding our website and have added organisational members and will be soon including pages which will draw on and showcase innovative psychological and social approaches to psychosis and personal experiences. We have been able to renew memberships via the website this year and currently have 52 members. There has also been a focus on ways that we can partner with like-minded organisations and support the work of others who may doing activities that share our objectives.

Looking towards the year ahead, we are currently in negotiations to bring two leading figures in the field of psychological approaches to psychosis to Australia and are planning both a workshop and conference early next year. We invite members to join with us at these events and as always, encourage your feedback and suggestions so that we can be better meeting your needs and also be achieving our aims.

Best wishes,

*Melissa Connell*

Chair

ISPS Australia

## OUR ACTIVITIES

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

- **Voices of Recovery**
  - This was a one day workshop for voice hearers, families, friends and workers with presentations by Debra Lampshire, Amanda Waegeli, and Assoc. Prof. James Scott.
  - ISPS Australia has partnered with Metro South to offer this free event each year and it is regularly attended by 150+ people
- **Open Dialogue Training**
  - ISPS Australia partnered with St Vincent's Hospital Sydney and the Mental Health Commission of NSW to present a 4 day training seminar with Jaana Castella and Kari Valtanen
  - We also supported a peer scholarship to attend the training
- **The Many Voices Collective**
  - We provided sponsorship to support the MVC holding a stall at Womadelaide in 2017
- **ISPS Australia website**
  - Continued development of the website showcasing our past events, a new organisational members page and planning towards a innovative psychological approaches to psychosis page and a personal stories page
- **Partnership proposal**
  - We have begun approaching organisations that share our objectives to seek ways that we might collaborate
- **Small Grants Program**
  - This program awards grants of up to \$600.00 (in total) annually to small emerging Australian collectives, groups or organisations to support their activities in the area of psychological and social approaches to psychosis
- **Newsletters, information brochure and membership application form**
  - We have continued to develop and provide these documents for distribution to our members and the public

## TREASURER'S REPORT

### A Review of the Results.

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

I assumed the role of Treasurer for ISPS Australia in June 2016 and was fortunate to inherit a coherent financial situation. The legacy of the previous treasurer and the work continued this financial year has provided a good platform for transparent processes that can support planned expenditure over the coming year towards delivering ISPS Australia objectives.

During the financial year 2016/2017 the ATO profit & loss statement template has been used to record and summarise income and expenditure. With the approval of the ISPS Australia Board the use of this template will provide further transparency and aid ongoing financial management of assets when updated and provided to monthly board meetings during the financial year 2017/2018

### Statement by the Board of ISPS Australia

The Board of ISPS Australia declare this is a concise financial report of ISPS Australia for the financial year ended on the 30<sup>th</sup> June 2017.

Signed on behalf of the Board

**Matthew Ball**

Treasurer

**Melissa Connell**

Chair

# Financial Report 2017

## Balance sheet 30/06/2017

### Assets

NAB 084-391 181621374	\$6303.56
ISPS Australia PayPal Acc.	\$ 0.00

Total Assets **\$6303.56**

### Liabilities

Total Liabilities **\$ 0.00**

### Equity

Opening Balance	\$5102.44
Retained earnings	\$1200.92
Total Equity	\$6303.56

**Total Liabilities and Equity \$6303.56**

## Profit and Loss for period 01/07/2016 – 30/06/2017

### Profit and Loss summary

- Opening balance	\$5102.44
- Income	\$4264.14
- Expenditure	\$3063.22
- Net Profit	\$1200.92

Year End balance **\$6303.56**

ATO profit and loss template. NAB bank account transactions for period 30/06/17 – 26/06/17)

Profit & Loss statement for ISPS Australia 2016/2017													
PROFIT & LOSS	July	August	September	October	November	December	January	February	March	April	May	June	Yearly Total
Membership direct to NAB	80.00												80.00
Membership PAYPAL transferred to NAB (less Paypal fees - \$176.16)			2,300.00					1,300.00		500.00		84.14	4,184.14
Other income	-												-
<b>Gross profit/net sales</b>	<b>80.00</b>	<b>-</b>	<b>2,300.00</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>1,300.00</b>	<b>-</b>	<b>500.00</b>	<b>-</b>	<b>84.14</b>	<b>4,264.14</b>
<b>Expenses</b>													
Bank fees & charges													-
International ISPS fees										1,771.55			1,771.55
Overseas banking fees			18.39			25.11				22.61			66.11
Presenter expenses - Debra Lamp						675.56							675.56
Website work							175.00				50.00		225.00
Reimbursement to Melissa C re: previous website payments - Board Chair								225.00					225.00
Many Voices Womadelaide donation - contribution for promotion of work consistent with									100.00				100.00
													-
													-
<b>Total expenses</b>	<b>-</b>	<b>-</b>	<b>18.39</b>	<b>-</b>	<b>-</b>	<b>700.67</b>	<b>175.00</b>	<b>225.00</b>	<b>100.00</b>	<b>1,794.16</b>	<b>50.00</b>	<b>-</b>	<b>3,063.22</b>
<b>NET PROFIT (Net Income)</b>	<b>80.00</b>	<b>-</b>	<b>2,281.61</b>	<b>-</b>	<b>-</b>	<b>- 700.67</b>	<b>- 175.00</b>	<b>1,075.00</b>	<b>- 100.00</b>	<b>-1,294.16</b>	<b>- 50.00</b>	<b>84.14</b>	<b>1,200.92</b>
<b>Assumptions:</b>													
All figures do not include GST.													

NAB bank account transactions for period 30/06/17 – 26/06/17 showing transactions consistent with profit and loss template (above). The NAB bank account 'NAB 084-391...' account is operated by joint signatures of the Treasurer and Chair.

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date	transaction details	debit	credit	balance *
26 Jun 17	INTER-BANK CREDIT		84.14 CR	6,303.36 CR
15 May 17	INTERNET TRANSFER WEBSITE WORK TRANSFER DEBIT	50.00 DR		6,219.22 CR
26 Apr 17	Ref TT30W7456930 Ref ISPS AUSTRALIA Oseas Fee EUR 15.00 MISCELLANEOUS DEBIT	22.61 DR		6,269.22 CR
19 Apr 17	INTERNET TRANSFER ISPS AUSTRALIA A7958169277 TRANSFER DEBIT	1,771.55 DR		6,291.83 CR
18 Apr 17	5WL22A4GT5KN6 PAYPAL AUSTRALIA ISPS AUSTRALIA L INTER-BANK CREDIT		500.00 CR	8,063.38 CR
06 Mar 17	INTERNET TRANSFER Many Voices coll TRANSFER DEBIT	100.00 DR		7,563.38 CR
27 Feb 17	INTERNET TRANSFER Reimbursement ISPS Australia TRANSFER DEBIT	225.00 DR		7,663.38 CR
14 Feb 17	5WL22A2ENG8FG PAYPAL AUSTRALIA ISPS AUSTRALIA L INTER-BANK CREDIT		1,300.00 CR	7,888.38 CR
18 Jan 17	INTERNET TRANSFER website work TRANSFER DEBIT	175.00 DR		6,588.38 CR
17 Jan 17	5WL22ZFZEK6A PAYPAL AUSTRALIA ISPS AUSTRALIA L INTER-BANK CREDIT		2,300.00 CR	6,763.38 CR
20 Dec 16	Ref TT30X6102333 Ref TRAVEL COST DEBR Oseas Fee NZD 25.00 MISCELLANEOUS DEBIT	25.11 DR		4,463.38 CR
15 Dec 16	INTERNET TRANSFER travel cost debr X0102433870 TRANSFER DEBIT	675.56 DR		4,488.49 CR
01 Sep 16	Ref TT20W6355016 Ref NETWORK FEES Oseas Fee EUR 11.73 MISCELLANEOUS DEBIT	18.39 DR		5,164.05 CR

Found: 13 transactions

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Notes: 1.) \$80 income brought forward to 2016/17 accounts from 30/06/16 as not accounted for in previous years figures. 2.) \$0.20 unaccounted profit to be reported to the board.

## ACKNOWLEDGMENTS & THANK YOU

### Corporate & community partners

SANE  
Metro South  
St Vincent's Hospital Sydney  
Consumers of Mental Health WA (Inc.)

## HOW YOU CAN HELP

### Become a member

ISPS Australia receives no funding other than memberships. In order to continue to provide the events and resources we offer, we need membership support!

Go to [www.isps.org.au](http://www.isps.org.au) and select "membership" and "sign up"

### Volunteer your time

As we are all volunteers, we have limited time to devote to organisational activities such as website maintenance, event planning and resource building. We would greatly benefit from any time you can offer to assist us with the important work of growing and maintaining the organisation.

Contact [admin@isps.org.au](mailto:admin@isps.org.au)

### Make a donation

Please contact [admin@isps.org.au](mailto:admin@isps.org.au) for more information on how you can support us through making a donation.

### Become a corporate partner

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



## CONTACT US

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