



The Sexual Assault & Family Violence Centre





“I came broken, I leave healing. My scars will make me stronger. Thank you for showing me the way.”

Therapeutic Services client, Barwon

Acknowledgements

The Sexual Assault & Family Violence Centre acknowledges the serious impact, particularly upon women and children, that sexual assault and family violence has upon communities and families.



We acknowledge and respect the traditional Aboriginal and Torres Strait Islander custodians of the land.

We value inclusivity, diversity and intersectionality. We work to ensure our services are accessible to people of all ethnicities, races, sexual orientations, religions, ages and abilities.


Our vision is for a community free from family violence and sexual assault, and a society underpinned by the principles of gender equality, social justice and human rights.

Our purpose is to:

- Provide services underpinned by a feminist philosophy that are empowering, respectful and inclusive, and which address barriers to service access.
- Provide high-quality, sensitive and responsive services to women and children who have experienced, and been impacted by family violence, and to people who have experienced and been impacted by sexual assault.
- Design and implement effective evidence-based prevention of violence against women and gender equality programs and initiatives.
- Contribute to the evidence base and social policy frameworks which inform effective service provision.
- Contribute to the systematic and social change necessary to eliminate sexual assault and family violence.

Our values underpin our work:

- Respect: We value people, embrace diversity and demonstrate fairness.
- Integrity: We are open, honest and ethical. We are accountable for what we say we will do and for the impact of our actions.
- Innovation: We advocate for what can be and not settle for what is. We embrace new ideas and approaches that will make a sustainable difference.
- Collaboration: We work as a team, sharing ideas and expertise with each other and our partners. We trust and empower people, harnessing their strengths.
- Commitment: We are driven by our deep commitment to gender equality, social justice and human rights. We are passionate about improving the lives of our clients and inspired to achieve our goals.

A close-up photograph of a person's lower legs and feet. They are wearing light pink, ribbed leggings and pink sneakers with white soles and silver buckles. The person is standing on a colorful, geometric structure with sections of blue, green, yellow, and red. The background is dark and out of focus.

"I feel free like a bird. I can eat. I can just make toast when I want to and eat, it's a little thing but I wasn't allowed to before. It's the little things; I'm watching the sky, the trees, watching what is around me, looking up."

Therapeutic Services client, Colac

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A snap shot of 2018-19

3,865

Number of clients supported across The SAFV Centre.

2,766

Number of adults, children and young people who received a therapeutic service including counselling and group programs (Barwon and Wimmera).

156

Number of children and young people who received therapeutic treatment for problem sexual and sexually abusive behaviours (Barwon and Wimmera).

837

Number of individual women, many of whom were accompanied by children, who received family violence case management (Barwon).

663

Number of adults, children and young people supported across the Wimmera district.

361

Number of women who received court support when applying for Family Violence Intervention Orders at the Geelong Magistrates' Court.

263

Number of women and children supported with a Flexible Support Package (Barwon area).

45

Number of professional training sessions delivered.

692

Number of participants attending our professional training.

550

Number of people attending our primary prevention presentations.

109

Number of staff employed at 30 June 2019.

45

Number of new staff who commenced during 2018-19.

Chairperson and Chief Executive Officer Joint Report

Welcome to The Sexual Assault & Family Violence Centre's 2019 Annual Report.

This year has provided the opportunity to further build upon our achievements. We have delivered important services to those that seek our support, refreshed our strategy and values, continued recruitment to our large team of skilled professionals and invested in creating suitable infrastructure and systems for the future.

Extensive reform across the sector continues to shape our work as we are now in the third year of the roll out of the recommendations arising from the Victorian Royal Commission into Family Violence. In the past year we have expanded the range of services we provide to our clients, grown in organisational scope and span, and have increased our impact and reach.

As one of the largest stand-alone, specialist sexual assault and family violence services in Victoria, we are proud of the work we do to provide services to all people who have experienced sexual assault and women and children experiencing family violence. Our training unit has extended its reach by partnering with corporate entities to deliver workplace professional development programs and gender equity initiatives, contributing to the primary prevention of violence against women and children.

We are humbled and deeply thankful to our client advocates who bring the lived experience of people impacted by sexual assault and family violence. This year we created meaningful opportunities for people with lived experience to guide, shape and inform our work, and the work of others, including new projects such as the Barwon Health Strengthening Health Responses to Family Violence. We are further learning how to embed the invaluable knowledge of the lived experience across our organisation and look forward to growing opportunities in partnership with our clients over the next 12 months.

Underpinning our continued growth and expansion has been sound financial governance. Our stable and experienced board, who maintain good governance with a clear focus on strategy, supports this effort. We thank them for their considered deliberations and commitment to our purpose. We are confident we have in place robust foundations to enable us to thrive and to continue delivering the high-quality services that we, and the community, expect.

Our partnerships are important to us and to the people we work with. Streamlined and coordinated services can change the way clients engage with us, and improve their outcomes. The Barwon Multidisciplinary Centre (MDC) continues to demonstrate the value in working together under the one roof for greater coordination and consistency. Likewise, The Orange Door in Barwon has seen a large increase in the number of families seeking support and assistance.

The skill and expertise of our staff is commendable. We welcomed many new staff over the year. The results of our employee engagement survey conducted in 2019 confirmed what we intrinsically knew – that we have exceptional staff and a strong, caring culture. Our results sit at 20 per cent higher than the benchmarks for not-for-profit organisations. We thank and congratulate all of our staff for their commitment in embracing our rapid change, and their unwavering passion and dedication to gender equality, social justice and human rights.

We remain committed to our work in rural Victoria – across Wimmera, Colac and south west Victoria and are pleased to see our partnerships and collaborations deepening. Delivering services in regional and rural Victoria is an important element of addressing sexual assault and family violence in our broader communities.

Working alongside partners continues to drive our approach to primary prevention. As well as our continuing projects with the City

of Greater Geelong and Women's Health and Well-being Barwon South West, we welcomed the input of new partners into the gender equity space, namely Maurice Blackburn Lawyers Geelong and Pixeld our website designer, who both supported primary prevention events during the year.

Our deep appreciation to the many clients for trusting us with your experience and journey. We are a people-centred entity first and foremost. We remain steadfast in our commitment for a community free from family violence and sexual assault.

We are proud to present this 2019 Annual Report and its record of our achievements.



From left: Jenny McMahon, Chairperson and Helen Bolton, Chief Executive Officer

Forging strong pathways..... to create timely access to holistic services

The Sexual Assault & Family Violence Centre (The SAFV Centre) increasingly recognises that people who have experienced sexual assault and family violence need holistic services that encompass physical, emotional, psychological, material, legal and health needs. A client's choice and the timing of services is critical for effective outcomes.

Understanding that trauma affects the brain and body has informed the way we think about recovery. Once, counselling was thought to be the preferred pathway to recovery. While counselling continues to be extremely beneficial, there is compelling evidence that additional or alternative approaches to counselling can also enhance resilience following trauma.

With this knowledge, we have broadened our offering of client services. Our programs are informed by expertise in sexual assault and family violence. We use a trauma-informed, systemic and intersectional feminist approach. This approach enables clients to access options for programs that best suit their needs at the time. This may mean that a client is being supported in more than one way.

At the point of entry into our service, clients are given information about a range of pathways to recovery, including immediate brief support, case management, court support, counselling, therapeutic groups, trauma-informed yoga, the Body and Mind program or early intervention programs. We look forward to continuing to offer a broad range of specialist services that support people to experience 'post traumatic resilience'.

Additional services, such as flexible support packages offering financial support, and co-located financial counselling, legal advice and community health services enhance our core services. In the Barwon area, this range of services can be provided from within our Geelong office. The fluidity between services enables a person to access a range of different types of support depending on their needs and timing.

In support of a holistic approach, we expanded our after-hours service to build a model that integrates responses to both sexual assault and family violence. Typically, in Victoria, crisis responses to sexual assault and family violence have been delivered by separate services. We acknowledge that sexual assault often occurs in the context of family violence and that it makes sense to provide a crisis response that can support a person who has recently experienced sexual assault and/or family violence.

Our expanded after-hours team is fully trained and equipped to work with people impacted by sexual assault and family violence, Victoria Police members, forensic medical officers and the wider service system. The upskilling of the team has improved their capacity to respond with specialist knowledge and sensitivity to both sexual assault and family violence. This initiative leads the way for integrated crisis response models across the state.

Team building between our specialist family violence practitioners located at The Orange Door in Barwon and family violence case managers significantly increased understanding of the respective roles and strengthened the connection between teams. These professional connections have contributed to more streamlined services for our clients.

We have learnt that holistic delivery of services provides clients with more choices and offers a response that is better tailored to people's needs, which is more meaningful and leads to better client outcomes.

"This is the first time I have been offered another service to support me while I am waiting for counselling. I really appreciate it."

Body and Mind participant, Barwon

Highlights for the year include:

- Building the capacity of our after-hours crisis response team to deliver specialist support to both victims of sexual assault and family violence.
- Building an intake model that integrates responses to sexual assault and family violence and offers tailored services to diverse needs.
- Offering a range of client services, including crisis support, early intervention, case management and therapeutic programs to provide flexibility and more options for clients in their engagement with our services.
- Offering music and art therapy within counselling for children and young people.
- Expanding the trauma-informed yoga program and hearing from women about the difference it makes to their ability to relax.
- Assisting women and their children who have been affected by family violence to reclaim their relationship.

The Barwon Multidisciplinary Centre (MDC)

The Geelong-based Barwon MDC partners include Victoria Police's Sexual Offences and Child Abuse Investigation Team (SOCIT) and Family Violence Investigation Unit (FVIU), the Victorian Department of Health and Human Services (DHHS) Child Protection Sexual Abuse Intervention team, and The SAFV Centre.

Two Community Health Nurses from Barwon Health are co-located within the MDC. They offer MDC clients information and resources, and actively link them in to health and community supports that contribute to social connection and well-being. The Community Health Nurse also delivers information on health and well-being, as part of The SAFV Centre's Body and Mind program.



The SAFV Centre reception area, Geelong office

With Victoria Police's FVIU joining the Barwon MDC in 2018, this has enhanced responses to people in the Barwon area who have been impacted by family violence. There are significant benefits in having the FVIU co-located in the Barwon MDC. This includes being updated on the stage of the investigation or receiving current information regarding a perpetrator that is useful in promoting women and children's safety.

The Barwon MDC Forum, held in February 2019, brought key partners together for a day of presentations, round table discussions and strengthening connections. It was an informative and stimulating day where a range of MDC professionals described their roles and how the MDC model provides the intersection of supportive services that benefit clients. We also heard from a woman who spoke of her lived experience as a victim of childhood abuse. She spoke of the courage she needed to manage the challenging experience of making a report to police and the protracted court process that followed. Her experience reinforced the role that the MDC can play in streamlining responses. Her story was compelling and was a highlight of the day.

Highlights for the year include:

- Supporting women and children to receive a more timely and coordinated response with the incorporation of Victoria Police's FVIU as a partner of the Barwon MDC.
- Sharing learnings and practice to build and strengthen collaborative responses amongst MDC partners.
- Understanding how the 'lived experience' of clients can be used to inform and improve our responses.

The Orange Door in Barwon

The Orange Door in Barwon, established by Family Safety Victoria as a result of the Victorian Royal Commission into Family Violence, celebrated its first year anniversary in May 2019. This new co-located, multi-agency service provides a rapid risk assessment, triage and brief response service to women and children who have experienced family violence; men who have perpetrated violence against family members; and vulnerable families who require additional support. The multi-agency model includes staff from Family Safety Victoria, The SAFV Centre, Bethany Community Support, Wathaurong Aboriginal Cooperative, Colac Area Health and Community-based Child Protection.

The SAFV Centre specialist practitioners in The Orange Door provide services to women, children and young people experiencing family violence. Our team of 15 staff includes team leaders, Specialist Family Violence Practitioners, an Advanced Family Violence Practice Leader, and an Administrative Officer.

One of the benefits of working in an integrated model is that our specialist family violence team works alongside specialist practitioners from Bethany Community Support who work with men who perpetrate family violence. For example, information may be shared in relation to a perpetrator's previous offending behaviour and engagement with services. This information assists in ensuring that risk assessment and safety plans for women and children are appropriate.

Highlights from The SAFV Centre team at The Orange Door in Barwon include:

- Seeing positive impacts for women and children who have recently experienced family violence. This includes women choosing and being supported to remain safely in their home, safe separation from an ex-partner/s who perpetrated serious criminal assault; re-locating to secure accommodation; re-engaging with supportive family members; and increasing understanding and knowledge about the impact of family violence on the wellbeing, safety and development of their children.
- Building strong relationships with practitioners across The Orange Door partner organisations to work together in delivering high-quality services to people impacted by family violence and needing immediate support.
- Building a new team of highly experienced and capable practitioners who support each other, enjoy their work and collaborate with partner organisations.

Services located under one roof at the MDC provide wrap around support

Olga was sexually assaulted as a child. She reported the offence to Victoria Police at the Barwon MDC. A police member from the SOCIT began an investigation of the sexual assault and referred Olga for support and counselling at The SAFV Centre.

The counselling explored the impact of childhood sexual assault and also family violence that Olga experienced in a past relationship. The Counsellor Advocate was able to liaise with the SOCIT member to inform Olga of the stage of the sexual assault investigation and was able to support her through the investigation process.

During the counselling, Olga spoke about some concerns regarding her health. The Counsellor Advocate introduced Olga to the co-located Community Health Nurse from Barwon Health. The Community Health Nurse supported her to access appropriate free medical services and advised about strategies for sleeping and eating well.

Flexible Support Packages (FSP) assist with recovery from family violence and provided Olga with the financial means to commence a course as a nail technician as well as an annual membership to Melbourne Zoo for Olga and her daughter to enjoy together.

Olga participated in Body and Mind sessions offered at The SAFV Centre to assist with maintaining self-care. She said, *"Body and Mind has helped me feel more grounded and relaxed"*.

Olga noted that the experience of accessing all of these services (Victoria Police, counselling, community health, financial support and Body and Mind program) under one roof was simple and much less stressful than having to go to different organisations and request each service. Olga said, *"If it had depended on me finding the right supports and telling my story over again to someone else, I probably wouldn't have done it"*.

Delivering holistic services.....to better meet the diverse needs of clients

Therapeutic Services

Our dedicated team of Counsellor Advocates provide trauma-informed counselling across the Barwon area and Wimmera district for adults, young people and children who have experienced sexual assault and for women and children who have experienced family violence. Each year the demand for our therapeutic services is increasing. In 2018-19, we provided therapeutic counselling to a total of 2,766 adults, young people and children, a notable 30 per cent increase in the number of adults, children and young people supported in 2017-18.

Trauma-informed counselling provides adults, young people and children the opportunity to explore individual support as well as family counselling for mothers and children. Our trauma-informed counselling focuses on supporting individuals and families to work in self-determined ways toward achieving their own goals and ensuring it is meeting their changing needs.

Our therapeutic counselling services aim to re-empower adults, young people and children ensuring they experience a safe, nurturing and healing environment. Throughout the 2018-19 financial year we provided therapeutic counselling to 2,140 adults, young people and children across the Barwon area.

Therapeutic Group Programs

We have continued to develop more responsive, accessible and effective ways to meet the needs of women and children experiencing trauma, including the development of our group programs.

- The **Trauma-focused Acceptance and Commitment Therapy** (TACT) program is specifically designed to support adult women impacted by sexual assault and family violence. It is intended to increase participants' understanding of trauma, build emotional awareness and use of practical tools to manage the challenges of emotional regulation in day-to-day living. In 2018-19, in partnership with Bethany Community Support, we held three TACT programs, for 55 women with a 75 per cent participation rate.
- The **Connect** program is designed for women/carers and their children, aged 5-12 years who have experienced family violence. The program provides an opportunity for children to share their experiences of the impacts of family violence whilst providing women an opportunity to build skills and confidence to emotionally attune to their child and ultimately strengthen their relationship. In 2018-19, in partnership with Bethany Community Support, we delivered two Connect programs to 14 families; 14 women and 14 children. The average participation rate across the two programs was 73 per cent. 29 per cent of participants were from culturally and linguistically diverse (CALD) communities.
- The **Children and Mother's in Mind** (CMiM) program designed for mothers and children aged under four years who have experienced the trauma of sexual assault and family violence. The program aims to build a greater understanding of the impact of sexual assault and family violence and to enhance the relationship between mother and child. We delivered four programs in Geelong, in partnership with Kids First Australia in 2018-19. A total of 53 women and children were supported through the programs; 22 women and 31 children. Of these clients, 15 per cent identified as Aboriginal or Torres Strait Islander. The average participation rate across the four programs was 83 per cent.



“Every year I am amazed by how brave our clients are and how they strive to have a better outcome or understanding about their trauma. This gives me the energy to keep working hard.”

Counsellor Advocate, 2.5 years at The SAFV Centre

- The **Body and Mind program** is designed to assist adults to develop understanding of the impacts of trauma on both the body and mind. It provides strategies to manage the emotional and physical impact of trauma; increasing self-awareness and enhancing day-to-day living. There is high demand for the sessions. 132 people registered for the Body and Mind program in 2018-19. More than 50 per cent of clients attended multiple sessions with a 71 per cent average attendance rate.
- The **Trauma-Informed Yoga program** addresses the growing need for alternate ways to support women impacted by family violence. The program uses techniques to support women to feel calm and centred, as well as developing a more positive relationship with their bodies. The techniques of breath awareness, choice making, and supporting emotional regulation and stabilisation are interwoven into the program. In 2018-19, 122 women registered for the program with 65 per cent attending multiple sessions.

"After three weeks I feel the benefits of the class immediately, I feel calm and self-assured and this lasts into the next day. It is making it easier to cope with my home situation."

Trauma-Informed Yoga participant, Barwon

The overwhelming positive outcomes for women and children participating in these programs has reinforced for us the importance of incorporating holistic, mind/body oriented therapeutic practices to support healing and recovery.

Case study

Learning new ways to talk about tricky experiences

Rebecca and her mother Lucy had left their family home 12 months ago following family violence perpetrated by Rebecca's step-father.

During counselling, Rebecca engaged in a number of play-based activities that aimed to establish safety, increase her awareness of feelings and the body sensations, develop her emotional regulation skills, support her relationship with her mum and provide opportunities for her to share her experience of family violence with her mum.

Rebecca enjoyed the different activities; using feelings cards, practising regulation strategies such as breathing, creating a calming box with ideas for managing her anger, using the sand tray and art materials to explore big feelings, family relationships, and the impacts of family violence.

Lucy also participated in therapeutic counselling sessions to assist her in understanding the impact of the violence on herself and her daughter, and to develop strategies to manage her trauma as a result of her experience.

Rebecca and Lucy attended some sessions together aimed at building connection and strengthening their mother-daughter relationship by playing games together and engaging in co-regulation activities such as hand massage, ball games, and sensory toys. Rebecca and Lucy also talked about the hard times they had experienced, the sadness they felt about leaving their home and worries they had about on-going contact with Rebecca's step-father.

With the agreement of Rebecca and Lucy, the Counsellor Advocate consulted with Rebecca's school, and the Family Services case manager to support their therapeutic goals.

A Family Violence Flexible Support Package enabled Rebecca to attend swimming lessons, and assisted her mum to purchase new bedding for Rebecca's room. This was important to Rebecca as her room was a place she identified as a safe, calm space.

At the conclusion of counselling, Rebecca and Lucy reported that their relationship was closer and that Rebecca was experiencing less worry and angry outbursts. They could now talk about some of their tricky and hard experiences without becoming overwhelmed or shutting down.

Some highlights from our therapeutic services include:

- Extending our range of therapeutic services by offering family violence group programs.
- Supporting women and children to strengthen their relationship after experiencing the impacts of family violence; helping them develop greater self-reliance and find enjoyment, purpose and new meaning in their lives.
- Offering more variety in our services, including mother-child groups, adult recovery groups, skills practicing, psycho-education regarding trauma interwoven with grounding techniques to manage trauma symptoms.
- Supporting children impacted by sexual assault and family violence that strengthen a child's protective relationships to aid their individual trauma recovery and maintain long term improvements. Play, craft, music, relational games and education have been used to support families in their recovery and help provide resources and practical skills for mothers and their children.
- Using the findings from the preliminary evaluation of the CMiM program to inform our group work. The evidence indicates positive change across key areas such as the impact of family violence on the mother-child relationship, mother's self-care, social connection, and children being better able to express themselves and overall become calmer and better regulated.
- Participating in ongoing training that reflects the latest evidence-informed practices relating to trauma-informed therapy to achieve optimal outcomes for adults, young people and children impacted by sexual assault, and women and children impacted by family violence.

"Thank you for making me realise life is a journey worth exploring and enjoying. Thank you for all your wisdom and encouragement."

Therapeutic Services client, Barwon



Family Violence Case Management Services

Women and children experiencing family violence face an array of options, which can be bewildering, whilst also being impacted by the trauma of their experiences. Our Family Violence Case Managers use their specialist skills and knowledge of the service system to support women and their children whose complex circumstances can change rapidly. They support women and their children to navigate their way; accessing the supports needed to address their immediate and ongoing needs and goals.

Family Violence Case Managers work in partnership with women and their children regarding their experience of violence perpetrated by a member of their family; their current level of risk and the impact of the violence on their physical and emotional wellbeing and other aspects of their life, including their financial, social, housing and employment situation. This assessment assists the Family Violence Case Manager

to work with women to identify their priorities, develop a case plan and implement targeted strategies to improve their safety, reduce their level of risk and improve their health, housing, financial and social situation.

"I've learnt that I can think outside the box and be creative while being able to support women and their children."

Family Violence Case Manager, 11 months at The SAFV Centre

Our specialist practitioners bring a broad range of qualifications and skills into their case management practice, including high levels of emotional intelligence; strong interpersonal and critical analytical skills; and advocacy skills along with a passion for social justice. Family Violence Case Managers also use their specialist skills and knowledge to assist women to navigate complex systems including court, financial, housing, employment and educational, and ensure women are able to access required supports. These practice skills support women in their decision making towards creating safe and positive lives that are free from violence for themselves and their children, by ensuring women have access to appropriate and timely information and support services.

"When I spoke with my case manager recently - it helped me internally to have an outlet and left me feeling they cared about me. I felt 'peace' afterwards that lasted all day...I could feel their empathy toward me."

Family Violence Case Management Services client, Barwon

In 2018-19, our Family Violence Case Managers supported a total of 837 individual women, many of whom were accompanied by children. This included supporting 44 women who identified as Aboriginal or Torres Strait Islander, and 42 women from CALD backgrounds.

We referred 36 women who were deemed to be at high risk of family violence to the Barwon Risk Assessment and Management Panel (RAMP). This represents a 56 per cent increase in our referrals to RAMP from the previous year, and is also reflective of our ongoing commitment to collaboration in supporting the coordinated approach provided via RAMP.

Our service provided court support to 361 women applying for Family Violence Intervention Orders at the Geelong Magistrates' Court.

Highlights from our family violence case management services include:

- Supporting women to achieve their goals such as successful application for Family Violence Intervention Orders or reporting family violence to Victoria Police.
- Responding to feedback from clients which has enhanced our practice including: improving referral processes between our intake services, The Orange Door in Barwon, case management and therapeutic counselling services.
- Contributing to Domestic Violence Victoria's consultation process on the redeveloped Code of Practice for Specialist Family Violence Services.

Early Intervention Services

Our specialist practitioners offer a range of early intervention services for children and young people that work to address the complex range of factors that can lead to an ongoing pattern of concerning or abusive behaviours and support the building of respectful and rewarding relationships within families.

Services for problem sexual and sexually abusive behaviours

The Problem Sexual Behaviours (PSB)/Sexually Abusive Behaviours Treatment Service (SABTS) is an evidence-based, trauma-informed, early intervention response that supports children and young people to cease sexually harmful behaviours. The program specifically addresses the problem behaviour with the young person by exploring the factors that have contributed to the behaviour, encouraging the young person to take responsibility for the behaviour and supporting their families to provide nurturing, safe and respectful environments.

Across the Barwon area and Wimmera district, PSB/SABTS supported 156 children and young people for the year; a 44 per cent increase from 2017-18. Of those supported:

- 49 were under 10 years of age
- 71 were aged 10 to 14 years
- 36 were aged 15 to 17 years.

The primary referral sources were via DHHS Child Protection (28 per cent) and family or friends (21 per cent).

Collaboration with other services is central to our early intervention approach. Typically these services include DHHS Child Protection, family support services, residential and foster care services, schools, Aboriginal, disability and mental health services. The effectiveness of this collaboration relies on us to build and maintain strong, respectful and trusting relationships with this broad range of professionals.

“A highlight for me this year is seeing how new research can impact the way I work and add to good outcomes for clients.”

Counsellor Advocate, 7 years at The SAFV Centre

Step Up – Building Healthy Relationships

The Step Up – Building Healthy Relationships (BHR) program provides youth focussed, family-centred, intensive case management support and group programs, for families and young people. The program, delivered in partnership with Barwon Child, Youth and Family (BCYF), includes a specialist response for Aboriginal families.

Specialist case managers work with young people aged 10 to 17 years who use violence against a parent or carer, and their families. The program focuses on the young person's relationship with their family and community; recognising that change occurs through supporting the individual in the context of family, friends and community. In 2018-19, 96 young people were supported through the program.

During the year, we worked with BCYF, The Orange Door in Barwon and Family Safety Victoria, to develop interim operational guidelines on the interface between The Orange Door in Barwon and the Step Up BHR program. The guidelines seek to improve screening for adolescent family violence at The Orange Door in Barwon, streamline referral pathways and increase the likelihood of families engaging with the Step Up BHR program. We have seen an increase in referrals to the Step Up BHR program, via The Orange Door in Barwon as a result of the project.

“Thank you for your professionalism, your knowledge and your ability to identify the needs, concerns and strengths of my son and draw these out and help him to understand them. This made for a positive and powerful experience each time he met with you. I am truly grateful that we have had the opportunity to work with you.”

Parent of Early Interventions Services client, Barwon

Highlights of our early intervention services include:

- Increasing the number of referrals to our programs and our ability to commence work with most families immediately or within a relatively short period.
- Supporting client outcomes through collaboration. For example, a successful collaborative intervention resulted in a family reunification after a young person had spent a lengthy period in care services due to his behaviours, including a six-month therapeutic residential care placement.



**Collaboration with
other services is
central to our early
intervention approach.**

Reaching out to regional and rural Victoria.....to improve access to quality professional services

We believe improving access to quality professional services for people in regional and rural Victoria can make a significant and positive impact to their recovery from the trauma of experiencing sexual assault and family violence. Our services reach out into regional and rural Victoria with a focus on the Wimmera district, and Colac.

Wimmera

Our services in the Wimmera district reach out to seven Local Government Areas across approximately 43,426 square kilometres. We aim to offer the community timely access to professional specialist therapeutic services in ways that minimise the barriers that can arise in rural areas such as isolation, geographic distances, and the need for anonymity.

The demand for our services continued to rise in 2018-19, with a total of 663 adults, young people and children, supported through our therapeutic counselling and early intervention services. This is an increase of 57 per cent from 2017-18.

Our highly trained staff provide a wide range of therapeutic modalities suitable for families including adults, young people and children who have experienced sexual assault and family violence. Our staff provide secondary consultation to community agencies and professionals seeking specialist knowledge and referral pathways for people needing our services.

Providing our services at outposts through the district supports people to overcome the barriers of distance that can further impact on their trauma, and ensures that they have the opportunities to rebuild their lives no matter where they live. Our outposts are located in Hamilton (South West), Stawell, Warracknabeal, Nhill, St. Arnaud and at headspace Horsham.

We continue to participate with Grampians Dhek Dja and working collaboratively with Goolum Goolum Aboriginal Cooperative to ensure that all Aboriginal people live free from family violence and enshrine their right to self-determination. We have actively supported and partnered in the planning of the Dhek Dja Three Year Action Plan 2018-2021.

Highlights from our work in the Wimmera district include:

- Assisting women and children to access support for therapeutic counselling to achieve their goals of understanding the impact of sexual assault and family violence and assist in rebuilding their lives.
- Participating in Working through Trauma for Harmful Sexual Behaviours training; enabling greater engagement in counselling for children and young people.
- Delivering and maintaining a high-quality service with a small team across the Wimmera district.

"Thank you doesn't seem enough for all your assistance, patience and professional work with me. The past version of myself could not, did not imagine a future that looked like this. I'm exceedingly grateful every day."

Therapeutic Services client, Wimmera

Colac

Our partnership with Colac Area Health enables us to provide services in Colac and the surrounding area. In Colac we have provided therapeutic counselling and case management services to 84 adults, young people, children and their affected family members who have experienced sexual assault and family violence. We also provided early intervention responses for children and young people, aged 10-17 years who have engaged in problem sexual or sexually abusive behaviours and for children under 10 years displaying sexually concerning behaviours via SABTS. This service has seen a significant increase in the engagement of young people participating in the program with almost 100 per cent attendance rate in Colac across the year.

Based at the Youth Health Hub in Colac, we have supported 17 families, including 28 children and young people with therapeutic counselling. We have engaged clients in a range of creative mediums such as song writing, drawing, singing and modelling clay, to address therapeutic goals of emotional expression, trauma processing, grounding, building self-esteem, and strengthening family connections.

Our Family Violence Case Management service provides assertive outreach to women and children who are currently or have recently experienced family violence. As Colac is a small rural community, case management services work proactively and flexibly to ensure clients' access to the service and also maintain their privacy and confidentiality. In addition to direct client services, the Family Violence Case Manager actively participates in community networks and ensures a presence at court and local interagency meetings.

"You get it. You're the only one I've talked to that gets it. Everyone can see the violence but they don't understand what he has also been to me, what he did for me and how things used to be. It's not black and white. You get that."

Family Violence Case Management Services client, Colac

Some highlights of our work in Colac include:

- Supporting women to understand more about their experience and dynamics of violence.
- Working alongside women to identify and build on their individual safety plans.
- Establishing and strengthening working relationships with professionals and services in Colac.
- Supporting people who have disclosed their experience of childhood sexual assault for the first time, after having held the secret for a very long time.
- Supporting several children and young people participating in counselling at the Youth Health Hub to engage in the therapeutic process of writing songs about their resources, worries and their experiences of trauma. As part of this process, they have shared the songs with their family members and support people, which has provided opportunities for their voices to be heard and understood within and beyond the counselling space.

Children and their parents have welcomed the therapeutic activity of song writing together. This is a positive and creative way of expressing feelings about their experiences and a shared hope for the future.

'These are all the good things'

CHORUS

This is what I need to live and be happy
Cuddling animals and having my friends around
Music makes me calm and helps me sleep
These are all the good things

VERSE 1

I like animals cos they are cuddly, cute and funny
They make me feel happy and calm
They are such a big part of my life
I couldn't live without them

VERSE 2

My friends are always there if I need someone to talk to
I can trust them and they help with everything
We muck around, laugh and are happy together
They like me for who I am, I don't have to pretend

CHORUS

This is what I need to live and be happy
Cuddling animals and having my friends around
Music makes me calm and helps me sleep
These are all the good things

VERSE 3

Sleep is relaxing and is good for you
My cat keeps me warm and helps me sleep
I don't have to worry about anything
It's good for you and it's a fun thing to do





Case study

Recovering from trauma; facing the world again

Following an incident which had triggered memories of sexual assault experienced in childhood, Joan made contact with The SAFV Centre in Horsham. She had seen a flyer about the services available while waiting to see her GP.

Weekly therapeutic counselling appointments supported Joan to address the significant impact of the trauma on her life.

Learning to become comfortable with her own feelings was Joan's biggest challenge. Joan had shut off her emotions and this impacted on any relationships Joan had developed.

There were many tough sessions, some in long periods of silence. Determined, Joan kept turning up, week after week in spite of the challenges she often felt. Joan and her Counsellor Advocate tried many strategies to ensure her safety in the counselling session and beyond.

The use of the therapeutic modality Eye Movement De-sensitisation and Reprocessing was a really useful tool in helping Joan to release the strong sense of shame and responsibility she carried about her childhood trauma.

Working in conjunction with her GP was vital to her recovery; to monitor medication and to seek referrals to specialist services such as a sleep clinic.

In addition to supporting Joan to process the trauma at her own pace, Joan chose and was supported to make a statement to Victoria Police and to disclose the sexual abuse to her supportive family members. A Family Violence Flexible Support Package assisted her to increase security at her property.

After long term support, Joan decided she was ready to face the world. She is now in a healthy relationship; something she never thought possible. She is taking it slowly and there are still times when she says she "freaks out", but she is able to identify this and now has strategies for managing the strong feelings associated with the abuse.

Influencing practice.....to create shared understandings and better responses

Our capacity building role significantly contributes to the building of specialist knowledge and skill base of the health, education and community services sectors through a range of targeted approaches including our:

- Specialist practitioner capacity building
- Enhanced Pathways to Family Violence Work project
- Professional training services.

Our role in capacity building across the sector means that people experiencing sexual assault and family violence can receive sensitive and informed responses by generalist services and information regarding accessing specialist support.

Specialist Practitioner Capacity Building

We employ a number of specialist practitioners who are co-located with universal services to enhance professionals' skills and approach to family violence. Some examples of our capacity building work include:

- Through our partnership with BCYF in the Step Up BHR program, we provide supervision and reflective practice to build the team's understanding of trauma-informed practice in case management with adolescents who use violence in the home.
- Our specialist family violence practitioners in The Orange Door in Barwon work within a multidisciplinary model, which offers opportunities for learning and the sharing of expertise to enhance all practitioners' knowledge and capability when responding to family violence.
- In particular, our Advanced Practice Leader provides specialist family violence advice to all practitioners based in The Orange Door. This shared understanding supports a more consistent and informed response to women, children and young people seeking support for family violence.

- Our specialist family violence practitioners; co-located in the DHHS offices in the Western Metropolitan Melbourne and Barwon areas as part of the Family Violence Child Protection Partnership; facilitate consultations, support professional collaboration and provide training to Child Protection staff. This has substantially influenced the practice and increased the confidence and skill of Child Protection practitioners in relation to specialist family violence practice.

"The Advanced Practice Leader role is absolutely necessary. When I've had a difficult case, a high risk case, when I'm stuck, it's been really helpful to consult with her. I feel like I am heard, and I can talk things through and think about how to proceed. Just recently I consulted with her about a woman who has an intellectual disability. It was really helpful to explore some options and to identify some strategies to respond sensitively and appropriately to the woman and her particular situation."

Specialist Family Violence Practitioner, The Orange Door in Barwon

Some highlights include:

- Assisting Child Protection practitioners to keep the perpetrator in view when making comprehensive risk assessments in relation to family violence.
- Enabling Step Up BHR case managers to better understand the impact of trauma on the adolescents they are supporting.
- Providing joint training for Child Protection practitioners and raising awareness of the nature and impact of family violence on families in the Child Protection system.
- Promoting collaborative practices between the Advanced Practice Leader at The Orange Door in Barwon and a range of professionals seeking guidance in relation to assessing family violence risk.

Enhanced Pathways to Family Violence Work project

This year we have been highly engaged in the state-wide Enhanced Pathways to Family Violence Work project. The project is building capacity and capability in the community sector workforce to prevent and respond to family violence by facilitating student placements in community service organisations. The project also supports the development of formal partnerships with education providers across a range of disciplines relevant to community services, provides access to supervision training and supports the transition of graduates and new practitioners into family violence roles.

The project supports the implementation of the *Orientation to Family Violence Practice: Guidelines for students and new workers*. All students completing placements with participating organisations will have gained foundational family violence knowledge with relevant practice information.

In Phase 1 of the project, we hosted the Capability Building Coordinator and engaged with four organisations in hosting student placements. Phase 2 has seen 11 organisations in the Western Region engaged in the project including: Bethany Community Support, Caroline Chisholm Society, Centacare Catholic Diocese of Ballarat, Child and Family Services Ballarat, Colac Area Health, Grampians Community Health, Gunditjmara Aboriginal Co-operative Ltd, McAuley Community Services for Women, Stepping Up – Alcohol and other Drugs Consortium, MindWorks Geelong and Wyndham Community Education Centre.

As the lead organisation, along with hosting placements, we have provided training, and negotiated contracts with universities.

Professional Training Services

Our professional training brings together the connection between theory and evidence-based practice. This is compelling in the building of professional workforce capacity and enables more



Identifying Family Violence Training

Nicole Grotheer, Trainer, The SAFV Centre

professionals to recognise and respond appropriately to people who are affected by sexual assault and family violence. This also supports a consistent approach across the sector and workplaces to understand and respond to disclosures of sexual assault and family violence.

We evaluate our training using feedback from participants to identify strengths and areas for development. This assists us to deliver high-quality professional training that also meets the needs of organisations and professional workforces.

Our professional training includes a calendar of training modules, and tailored, customised training for workplaces.

During 2018-19, our calendar of training included:

- Working Relationally with Family Members
- Trauma: the Body and Brain module (refreshed)
- A Primary Prevention of Violence Against Women module (new).

Our training participants represent many community groups and individuals including: Aboriginal community members and organisations, health professionals, general practitioners, child and family services, prevention practitioners, family violence sector, housing services, legal services, court liaison, local government and the private sector.

We delivered tailored training specific to the needs of organisations including:

- Recognising and Responding to Sexual Assault and Family Violence for the City of Greater Geelong and GeelongPort
- Identifying and Responding to Family Violence training session under the Strengthening Health Responses to Family Violence co-facilitated with Barwon Health
- Responding to Sexual Assault for Court Network volunteers in Melbourne.

"Both trainers were so knowledgeable and I gained so much information that I previously didn't know or understand."

Training participant, GeelongPort

Highlights of our professional training services include:

- Increasing the capacity of our training team by building processes and resources, including establishing a pool of sessional trainers from within our specialist organisation.
- Expanding the reach of our training through promotion by social media and by word of mouth from previous participants, of the value of our training.

We delivered:

- 45 training sessions to 692 participants.
- 28 Identifying Family Violence training sessions to 450 participants on behalf of the Barwon Area Integrated Family Violence Committee. This is a 33 per cent increase in the number of sessions, and a 25 per cent increase in number of participants from the previous year.

Feedback from participants indicate that 85 per cent agreed or strongly agreed that they gained a better understanding of the barriers facing women and children impacted by family violence.

Around 100 people attended our breakfast event *How to Have the Conversation* held in partnership with Maurice Blackburn Lawyers. The aim of the session was to provide participants with knowledge and information about how to talk about family violence in the workplace with staff and with colleagues.

Seeing the situation through a 'family violence lens' enables timely support for Maria

The Child Protection practitioner consulted The SAFV Centre Specialist Family Violence practitioner in relation to a family; Joe and Maria and their two children aged 4 and 6 where family violence was occurring. The Child Protection practitioner was concerned about Maria who appeared to be depressed and emotionally disconnected from her children, and was unsure about the impact of the family violence on Maria and the children.

Discussions with the Specialist Family Violence practitioner provided a family violence 'lens' through which to view Maria's situation and provided a sharper focus on Joe's behaviour. The shift in focus from Maria to Joe's behaviour highlighted that the primary issue was family violence, which was seriously impacting Maria and the children.

The Child Protection practitioner had not used the Comprehensive Risk Assessment Framework tool to assess family violence. It was agreed that both practitioners would jointly meet with Maria to gather information about her level of risk, and to inform the response by Child Protection. The conversation revealed new information about the pattern and history of the family violence and captured Maria's assessment of her situation, her significant fear and the impact on herself and her children.

The Specialist Family Violence practitioner and Child Protection practitioner also talked with Maria about her needs. This enabled the Child Protection practitioner to link Maria into local services, including The SAFV Centre for case management support. A safety plan was developed with Maria, including options for leaving the family home and seeking support with family or friends if urgently needed.

Child Protection took a pro-active approach with Joe; and challenged him about his violent behaviour and the impact on the family. It was possible to engage him about taking steps to change his behaviour and to refer him to a Men's Behaviour Change Program.

The Child Protection practitioner reflected: "Working with a family violence specialist gave me a fresh perspective. Seeing the family through a family violence lens put a completely different 'spin' on it. It clicked that he was responsible for the violence. I can see that the mum's difficulties are directly related to the trauma and that she needs support to re-connect with her kids. It was so good to talk it through with the Specialist Family Violence practitioner and to work together.

Case study

Valuing the lived experience.....to shape and inform our services

We listen to and value the voices of the people with lived experience of sexual assault and family violence coming to The SAFV Centre. This greatly assists us to focus on how to create safe, supportive, and responsive services that are tailored to their needs. We invite feedback and this informs our reflection, refinement and continuous improvement of our services.

Hearing directly from clients about their experiences provides a powerful and compelling insight into the devastating impacts of sexual assault and family violence. This year, past clients articulated their experience in community awareness raising opportunities such as community radio interviews, and fundraising events. Our past clients have also taken an advisory role on the Barwon Health Strengthening Health Responses to Family Violence project, helping to shape and influence how this reform project is rolled out across the Geelong area.

Through these opportunities, past clients can also celebrate the positive impacts and changes in their lives and help shape new policies and programs.

“Working on the project has therapeutically changed my very destructive memories of the family violence I have experienced throughout my whole life. I now feel empowered and honoured to help change something and to help a cause. I am treated as a valued part of the project which is just the opposite of how I used to feel about myself. When I work on the project, I get a sense of relief and healing. I am so grateful for the experience as it has been life changing for me.”

Steering Committee, The SAFV Centre client representative, Barwon Health Strengthening Health Responses to Family Violence project

We continue to explore ways in which the voices of people with lived experience can make a difference to the quality and range of our services.

A woman of Aboriginal heritage attending our counselling service offered to provide some feedback about our office environment. She provided extremely helpful suggestions about simple ways we could enhance our organisation as a culturally welcoming space. We appreciated her feedback and acted on her advice. On future visits, she was pleased to see additions such as an Aboriginal Australia Language map, Aboriginal literature and children’s books, and Aboriginal Art work and to hear about some of our changes to practice such as stating an Acknowledgement of Country at the beginning of a counselling session.



Aboriginal Australia Language Map

Driving change.....to prevent violence from occurring in the first place

The principles of social justice and human rights are at the heart of our primary prevention work. Our Primary Prevention team delivers training, and designs and delivers innovative projects which are informed by and contribute to the evidence base about what works to prevent violence from occurring in the first place.

We address the most consistent factor associated with violence against women - gender inequality and the underlying drivers.

Our key primary prevention projects include:

Breaking the Binary Code project

Our commitment to inclusive practice and dismantling stereotypes and binary constructs of gender and sexuality, supports our work in the primary prevention of family violence and implementing the Breaking the Binary Code project. The project focuses on primary prevention of family violence in lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ) communities.

Additional funding received this year to extend the timeframe of the project has allowed for in depth consultation and engagement including:

- 11 presentations and workshops to approximately 185 young people
- 97 surveys completed by individuals
- Participation in events and initiatives with more than 800 people in attendance
- Connection with 37 individual stakeholders and 18 stakeholder organisations and community groups.

The consultation process is critical in informing the development of a resource for parents, families and the community on challenging the binary constructs of gender and sexuality; to understand and inform safe and respectful relationships for LGBTIQ people.

The partnership between Barwon Adolescent Task (BAT) Force, City of Greater Geelong, Creative Geelong and The SAFV Centre, enables the project to reach out into a range of settings in our local communities, such as education, arts, media, recreation, sport, health and community.

"Thank you for taking the time to have these important conversations with us, we don't usually talk about this."

Young person, Breaking the Binary Code project



Primary Prevention Community of Practice

Leading the Community of Practice in partnership with Women's Health and Wellbeing Barwon South West; we have seen a growing membership of primary prevention practitioners in the Geelong region.

The Community of Practice focuses on supporting primary prevention workforce development, upskilling, sharing of information and networking. This year the Community of Practice facilitated regional opportunities to increase knowledge in primary prevention practice and understanding including the following presentations:

- Dealing with data by ANROWS and the Crime Statistics Agency.
- Health Literacy by Barwon Health and the Health Services Alliance.
- Multicultural perspective on intersectional practice by the Multicultural Centre for Women's Health and Diversity.

At the celebration of the first year of the Community of Practice in June 2019, members expressed strong support to continue developing primary prevention practice in the region.

16 Days of Activism

We partnered with Pixeld, our website designers, to hold a breakfast event during the 16 Days of Activism: Gender Equity in Your Workplace for businesses in the Geelong area. More than 110 attendees were inspired by key speakers from Respect Victoria, City of Greater Geelong and The SAFV Centre.

In addition, our social media campaign promoted a different key message each day during the 16 Days.

Highlights from our promotion of gender equity this year include:

- Continuing to offer support to organisations, and to promote awareness of the role of gender equity in the primary prevention of violence against women.
- Working closely with Deakin University in the planning of the Gender Equity Conference, an initiative of the Geelong Gender Equality Coalition, convened by Christine Couzens MP. The conference was attended by 110 people, who had the opportunity

to learn from experts and to be inspired about gender equity practices in the workplace. The SAFV Centre's presentation at the conference reinforced the importance of workplaces as a setting for advancing gender equality.

- Delivering four primary prevention presentations, to 550 people representing the following organisations: Ocean Grove Rotary, St Josephs College, iEmpower group at the Department of Justice and Community Safety Victoria.
- Sponsoring the City of Greater Geelong's Women in Community Life Award, category of Human Rights and Gender Equality.



Gender Equity Conference

From left: Christine Couzens, MP; Dr Amanda Green, Director Human Capital – Consulting Australia, PwC; and Heidi Waterson, Manager, The SAFV Centre.

Building strong foundations.....to ensure quality services



The SAFV Centre Board

From left: Ben Meeke, Treasurer; Dr Sarah Leach; Renee Fiolet, Deputy Chairperson; Jenny McMahon, Chairperson; Megan Jenner; Sheridan Salmon; Jodie Haydon; Helen Bolton, CEO; Tess Lye.

Passionate, caring and committed people work together to enable The SAFV Centre to provide high-quality services. This includes our board members, our staff and people who are impacted by sexual assault and family violence who access our services.

Investing in our Board and staff, and truly valuing the voice of people with lived experience of sexual assault and family violence, along with our infrastructure, systems and processes supports The SAFV Centre to provide a professional and contemporary working environment that in turn impacts on our ability to influence positive outcomes for clients.

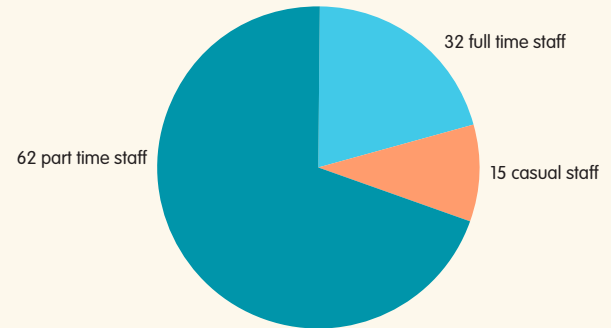
"People can be reassured that The SAFV Centre is well-governed. The board and I take our roles seriously. It is public money we are managing. We can demonstrate the value of the services we provide to the community."

Board Chairperson, The SAFV Centre

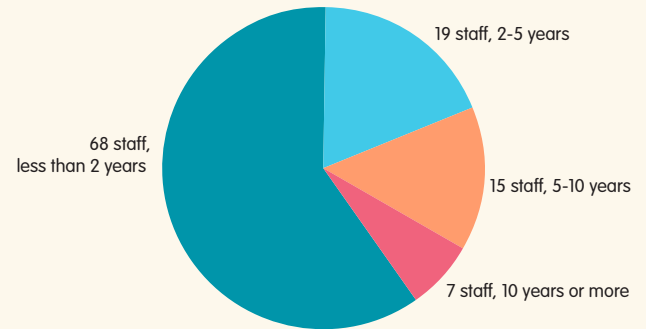
Board sub-committees active during the year include:

- Finance Risk & Audit Sub-Committee: responsible for oversight of, and advice and recommendations to the Board of Directors on:
 - Financial management including asset management
 - Risk management including compliance management
 - Internal and external audit.
- Board Development Sub-Committee: assists the Board in determining the Board's membership and measuring the quality of the Board's performance, wholly and individually. It makes recommendations to the Board about Board development needs, and best practices for maintaining good governance.

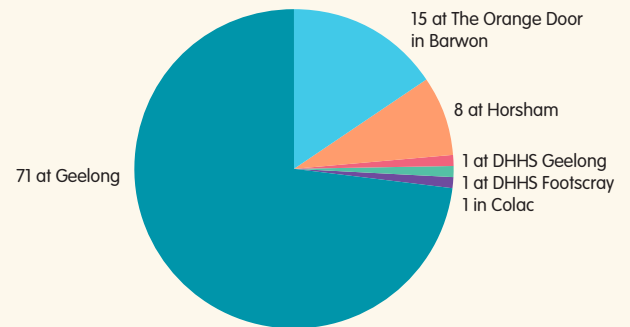
We employ



Length of service at The SAFV Centre



We have staff working in 6 different locations



Staff

At June 2019, we employed a total of 109 staff members, a 16 per cent increase from June 2018.

45 new staff commenced working at The SAFV Centre during 2018-19.

We provide services in 13 outpost locations:

- Bellarine Community Health Drysdale
- Colac Area Health
- Colac Youth Health Hub
- Corio Community Health Centre
- headspace Drysdale
- headspace Geelong
- Wathaurong Aboriginal Cooperative Geelong
- Brophy Family and Youth Services Hamilton
- East Wimmera Health Service St Arnaud
- Grampians Community Health Stawell
- headspace Horsham
- Warracknabeal Neighbourhood House and Learning Centre
- Western Wimmera Health Service Nhill

"To people who might be thinking about working at The SAFV Centre, I'd say 'Come with a spirit of kindness, enthusiasm and self reflection. Be prepared to learn new skills, follow what is happening in the trauma field, integrate evidence-based practices into your work and learn from others you respect in the field.'"

Counsellor Advocate, 7 years at The SAFV Centre

Staff Engagement Survey

This year we undertook our first Staff Engagement Survey to gauge how our staff feel about working at The SAFV Centre and what we can do to make our organisation a great place for our staff and as a preferred employer for new recruits.

We were delighted by the survey results including:

- All 15 areas surveyed provided positive results above the Australian Industry Norm.
- Our overall employee and engagement score was rated at 85 per cent favourable. This is 13 per cent higher than the Australian Industry Norm.

The survey results represent the positive attitude and enthusiasm held by our staff who are proud of their work, and engaged with the culture, values and purpose of The SAFV Centre.

Strengthening our infrastructure

During 2018-19, to match our growing staff and services, we have invested in our infrastructure and systems to ensure we can provide a safe, contemporary and professional environment that enables and supports our work. This has included upgrades to our IT systems, vehicle fleet, and more efficient financial processes.

"A highlight for me has been the opportunity to work across all areas of the organisation and building relationships."

Administration staff, 15 months at The SAFV Centre

This year we were finalists in the Geelong Chamber of Commerce Business Excellence Awards. Our award application highlighted information about our business achievements, marketing, customer service, people and culture, and finance. The Award judges' visit to our Geelong office was a great opportunity for us to showcase our achievements and performance. It was an honour to be part of this great experience.



Geelong Business Excellence Awards

The SAFV Centre board members and staff, from left: Deb Mountjoy, Executive Manager Client Services; Heidi Waterson, Manager Training and Primary Prevention; Dr Lee FitzRoy, Manager Access and Support; Helen Bolton, CEO; Katie Wright, Executive Manager Strategy and Reform; Jenny McMahon, Chairperson; Megan Jenner, Board Member; Renee Fiolet, Deputy Chairperson; David Board, Acting Executive Manager Corporate Services.

Robust sustainable financials.....to ensure ongoing service delivery

Our funding to provide our wide range of services is primarily received from the Victorian Government, via DHHS and Family Safety Victoria. Fundraising and donations also support us to provide innovative services and programs.

Fundraising and Donations

We are very thankful to, and are inspired by, the many people who support our fundraising efforts and make donations to The SAFV Centre. People who fundraise with and for us are often motivated to do so because they have a connection to our service, or because they want to help others and to make a difference. Community members are sometimes inspired to fundraise for us after hearing about the devastating impact of sexual assault and family violence on our community.

Fundraising enables us to channel funds into activities and programs that we otherwise may not be able to offer. For example, this year we purchased therapeutic toys, art supplies and therapeutic oils for our clients as well as linen packs and moving boxes through fundraising efforts and donations.

Fundraising opportunities also support us to create new partnerships and connections with individuals, community and educational organisations, and businesses, and to increase awareness amongst community members about the impact of sexual assault and family violence.

Highlights from fundraising activities this year include:

- Grace Bullen, motivated to donate money to an organisation supporting people through the trauma of sexual assault and family violence, chose us for her 'hair-raising' event. Grace raised funds by shaving her hair and donating the proceeds to us.
- Support from Vigorella who this year sponsored two fundraising events - a movie night and a fashion parade. Both were well attended and helped to spread the word about our organisation and the services we provide.

- Our enduring relationship with St Joseph's College and their donation of funds raised by the ticket sales from their Year 10 formal.
- Ocean Grove Rotary members who initiated and held a BBQ to promote the 16 Days of Activism Campaign and donated the funds raised to The SAFV Centre, following our presentation to members about the primary prevention of violence against women and family violence.

"We support The SAFV Centre because we feel a responsibility to stand against family violence ... we feel more people should be aware of the services available to victims of family violence. The breakfast was a chance for us to spread what we had discovered into the business community and to hopefully be an eye-opener as to how businesses can make a positive impact."

Fundraising partner



Fundraiser: Grace Bullen.

We wish to thank the following individuals and organisations for their generous support: Suzy Dascarellos, Pixeld, Maurice Blackburn, Dawn Wade Foundation, Leigh Klug, Lara Lions Club, St Joseph's College, Sarah Henderson MP, Alannah and Madeline Foundation, Share the Dignity, Geelong View Club, CWA Thurina Branch, Next steps, and Cottage by the Sea.

"I was really pleased that we were able to raise a significant amount of funds for you and I have full confidence that you and your team will put it to good use. It's been good working together to help educate the young men of St Joseph's College around healthy and respectful relationships and I'll definitely keep in touch in regards to further programs we can implement to support their knowledge, understanding and skills."

Teacher, St Joseph's College Geelong



Ocean Grove Rotary members, from left: Alex McGee, Felicity Rou, and Andrea Tierney.

Financial statements

The Sexual Assault and Family Violence Centre Inc. ABN: 93 316 567 100

Statement of Comprehensive Income for the year ended 30 June 2019

	Notes	2019 \$	2018 \$
Revenue	2	8,626,611	6,656,498
Other revenue	2	1,010,672	1,292,383
Total revenue		9,637,283	7,948,881
Employee benefits		(7,263,028)	(5,353,672)
Depreciation and amortisation expenses		(96,078)	(99,576)
Administration expenses	3a	(880,369)	(712,025)
Motor vehicle expenses		(74,244)	(56,722)
Other expenses	3b	(962,701)	(779,972)
		(9,276,420)	(7,001,967)
Surplus/(Deficit) before income tax		360,863	946,914
Income tax expense	1a	-	-
Surplus after income tax expense for the year		360,863	946,914
Other comprehensive income for the year		-	-
Total comprehensive income for the year		360,863	946,914

Statement of Financial Position
for the year ended 30 June 2019

	Notes	2019 \$	2018 \$
ASSETS			
Current Assets			
Cash and Cash Equivalents	4	4,829,720	4,567,392
Trade and Other Receivables	5	70,423	449,733
Prepayments		113,624	18,200
Total Current Assets		5,013,767	5,035,325
Non-Current Assets			
Investments	7	825,031	764,650
Property, Plant and Equipment	6	542,347	457,658
Total Non-Current Assets		1,367,378	1,222,308
TOTAL ASSETS		6,381,145	6,257,633
LIABILITIES			
Current Liabilities			
Trade and Other Payables	8	1,118,370	1,404,331
Credit Cards		(5,257)	12,527
Revenue in Advance		879,856	963,288
Short term provisions	9	701,915	529,897
Total Current Liabilities		2,694,884	2,910,043
Non-Current Liabilities			
Provisions	9	186,527	208,719
Total Current Liabilities		186,527	208,719
TOTAL LIABILITIES		2,881,411	3,118,762
NET ASSETS		3,499,734	3,138,871
EQUITY			
Reserves	10	280,700	280,700
Retained earnings		3,219,034	2,858,171
TOTAL EQUITY		3,499,734	3,138,871

This financial audit was undertaken by Davidsons Assurances Pty Ltd.

A full copy of The Sexual Assault and Family Violence Centre Inc. financial report for 2018-19 is available on the Australian Charities and Not-for-profits Commission website: www.acnc.gov.au

Looking to the year ahead

We are excited about our plans for the coming year and beyond. As we continue to deliver high-quality services to the communities in Barwon, Wimmera, Colac and Western Melbourne, we will use our learnings about what works well to expand and enhance our work for better client outcomes.

In the year ahead we will be:

- Implementing our new Strategic Directions 2019-2022 which will guide our focus and provide a platform to monitor our progress.
- Building new partnerships to extend the reach and deepen the impact of our services, and to influence systems change.
- Embedding our Therapeutic Family Violence Programs and introducing a new TACT Y program specifically for young people.
- Progressing our plans to create a Trauma Informed Pathway Centre to enable us to take the next step in focusing more deeply on the recovery from trauma.
- Continuing the redevelopment of our refuge to create contemporary crisis accommodation options for women and children experiencing family violence.
- Further integrating our sexual assault and family violence approaches so that clients can easily access and move between our range of services according to their needs.
- Embracing the lived experience of people impacted by sexual assault and family violence across all areas of our work.

A close-up photograph of a woman and a young girl. The woman, with long brown hair, is smiling and hugging the girl. The girl, with dark hair and bangs, is laughing with her eyes closed. They are both wearing a black and white striped shirt. The background is bright and out of focus.

YOU ARE AT THE **CENTRE** OF ALL WE DO

Geelong

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Victoria

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Wimmera

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