Annual Report 2019 - 2020



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Report from the Chair

This year, in my view, has been one of the most significant periods where the health and wellbeing of Australians have been front and centre in conversations. Although the harms associated with alcohol and other drug use often has a lower profile and priority relative to other health issues, the impacts of bushfires and coronavirus have undoubtedly changed this situation. Organisations like Karralika Programs are even more critical to support adults and families than ever before, and this will continue for many years to come. Ongoing community anxiety and uncertainty has and will continue to generate an even greater call on organisations such as Karralika Programs and while we have been able to respond well, further support and resources will be required to meet the growing community need for specialist/professional treatment services.

The CEO and the Karralika Programs team have done an outstanding job in the face of these challenges, to ensure continuity of quality service delivery, adaptation of programs to comply with public health restrictions and maintain safety for clients and staff during the pandemic, and in supporting those most vulnerable in our community. This work had been backed up by a strong, committed, and skilled Board. But there is still more to be done to continue to protect the safety and wellbeing of our clients, staff, and communities whilst the pandemic lasts and as we move toward another summer of potential bushfire risk across the region.

Throughout this year, Karralika Programs has continued to deliver a wide range of services across the ACT and surrounding NSW region and has done so with skill, care, and compassion. The dedication and professionalism of the staff are second to none and on behalf of the Board, I congratulate and thank you for your continued service. It's also important we acknowledge the efforts of Karralika Programs clients who have been very resourceful and supportive of others and their respective community and family contacts throughout the COVID crisis.

I would like to thank my Board colleagues for their continued support of, and commitment to, the vision and purpose of this organisation and for their leadership this year. The Board welcomed Belinda Kendall, a proud Aboriginal woman whose peoples are the Worimi, Wiradjuri, Barkindji and Wailwan peoples. A big thank you to Wendy Craig whose term on the Board ended this year, for her valuable contribution to the Board and organisation.

I commend this report to you

David Templeman Chairman

Report from the Chief Executive Officer

My reflections on 2019-20 are a melting pot of memorable moments, experiences, and emotions, impacting on us as an organisation as well as members of the communities in which we live and deliver services. Although the 2019 started out as 'business-as-usual' it quickly turned into a time of extreme volatility and change, requiring our team to rethink the way we operated to continue to deliver much needed services and supports for our clients, residents, and their families, and driving us as individuals to rethink what was important to us.

Despite the tragic circumstances and impacts of the bushfires, and the Coronavirus pandemic in Australia and around the world, I am encouraged by the tenacity and resilience, care and support we have offered to each other as workers, family members, carers and friends. This has also been shown and felt by our clients and residents as they have committed to their participation in program and offered support and encouragement to one another during these challenges.

I have heard it said that 'when circumstances squeeze us, they reveal us' and although it has been a tough year, I could not be prouder of the work of our team has done, the support they have given to one another, the continued delivery of high-quality service for our clients, and the innovative changes that have been put in place despite, at times, the overwhelming nature and impacts of the events of this year. This year has and continues to reveal the strength of the human spirit, the essence of community and of connection. These are the values that guide us and the work we do each day. Many of the new initiatives and changes we have

introduced will continue well after the pandemic has ended, and we will continue to look for innovative ways to meet the needs of our clients, families, and the community.

As always, the continued support and guidance of the Karralika Programs Board has been outstanding. I am also grateful for the support from our funders, who have not only recognised our team has having strong clinical leadership and good governance to change our operations and continue to support our clients but have actively sought our advice and insights. Were it not for the policy changes and flexibility granted to Karralika Programs by our funders to modify our program delivery to meet the needs of our clients, I believe the anxiety and uncertainty felt by our communities from the bushfires and Coronavirus could have been significantly greater.

In a volatile and uncertain world, we remain focused on delivering the most effective alcohol and other drug treatment services and support in ways that best meet their needs, now and into the future, and we feel privileged to be part of their journey.

Take care of each other and allow others to care for you. We cannot and should not do this alone.

Sharon 1971

Sharon Tuffin Chief Executive Officer

2019 - 2020 - A challenging year

Bushfires

In November 2019, both ACT and NSW were placed on high alert for the Bushfire season. At this time, a leadership group of Executives, managers, coordinators, and other key staff gathered to review our Bushfire preparedness plans and evacuation procedures. These documents underwent extensive review, were distributed to staff and education sessions were held with staff and residents before the end of 2019. Our planning paid off when one of our ACT sites were evacuated as a grass fire had broken out in the immediate vicinity. Congratulations to the staff, residents and children involved for a safe, quick (8 minutes) and calm evacuation. Thankfully, the fire was extinguished without any damage to properties and residents, their children and staff returned to the site in time for dinner.

Unfortunately, the scene was vastly different on the NSW South Coast with devastating Bush fires affecting the homes, lives and health of our staff and their community. The South Coast team consistently went above and beyond, not only preserving and protecting their own families and homes but actively assisting locals to evacuate their families and animals, find food, shelter, and support. The devastation of the fires is still being felt today with our staff providing emotional and psychological support to their clients, their families, and the local schools. We admire the resilience and ability of the community to recover from this natural disaster and thank our staff for their continued commitment and support.

COVID - 19

Shortly after the damaging effects of the Bushfire season, the world encountered a global pandemic, the first one since the Spanish Flu in 1918. In March 2020, the government responded with a plan to suppress the virus, resulting in multiple restrictions. This had a big impact on every person in treatment, people accessing treatment and staff working in our service. Very quickly the Governance Group had to educate itself about this virus, the extent of the pandemic, the government's plan to suppress the virus all the while trying to minimise the impact on clients and staff and keeping their health and well-being foremost. Within a week of the government announcement, we had moved in-person contact in our community services to contact via the telephone or webbased platform, we 'locked down' our residential programs to external visitors, informed our staff, residents, and clients in the community houses of the measures taking place and the rationale and implemented a range of hygiene measures to help prevent the virus from entering our services.

Work on our Response to COVID-19 and Outbreak Management Plan also began at this time with these documents finalised and distributed to staff and residents within the month. Regular education sessions were held with the staff and clients in the different program areas and significant changes were made to our physical environment to create safe spaces to prevent and, if need, respond to an Outbreak.

Gradually, as the ACT and regional NSW successfully suppressed the virus and the government eased restrictions, we also developed a recovery plan, reducing the restrictions, opening for admissions (after a quarantine period) and personal visitors on site (after a screening process), allowing some outings and increasing the in-person contact in the community programs. We have maintained prevention measures such as screening of all visitors/clients, maintaining 1.5 meters physical distance, increased hygiene practices and most importantly, isolation and testing if symptoms are present.

A credit to our Governance Group for responding efficiently and with support, and special mention to our Clinical Director Anna McKenry, who was the driving force behind this work, pouring through reams of information, researching best practice, and bringing her own clinical expertise and policy development. The Governance Group has congratulated and thanked the staff for their work, recognising their resilience, agility, and proactiveness in protecting their health and well-being and that of their clients. Thanks to our residents and community clients who all responded with maturity and support of each other's health and well-being for the organisation.

Our Vision and Values

Karralika Programs has a proud history in serving the ACT and NSW community for over 40 years. As a specialist alcohol and other drug treatment service, we are client-centred and holistic in our approach to supporting adults, families and young people in the ACT and surrounding NSW region with recovery from problematic drug and alcohol use and the harms associated. We continue to incorporate the best of new approaches and evidence, build partnerships, and work collaboratively with other providers and sectors, and invest strongly in our workforce to create opportunities for change and positive outcomes for clients.

Our vision is "empowering change and creating new futures for optimal quality of life", where the goals of our clients and families are at the heart of everything we do. Our purpose is to provide people with the best and most appropriate treatment programs and support to help them: achieve their own goals; promote and support health and well-being and resilience; and address the underlying reasons for their alcohol and other drug use.

Our work is underpinned by the following values:

Trust and Integrity	Trust and integrity form the foundation of all our dealings. We will be professional, forthright, and accessible ensuring our actions are fully transparent, accountable, and congruent with our mission and total value system
Respect and Dignity	We believe in the self-worth and dignity of all people. Our relationships are non- judgmental respectful and positive. We act with empathy, accepting and valuing diversity – cultural, religious, gender, disability and in life experience – in those we support and work alongside.
Quality and Accountability	Our services are evidence-based, best practice and of a consistent high quality. We hold ourselves transparently accountable to quality standards in all aspects of our work. We are committed to our staff and their professional resilience, growth, and development by investing in continuous professional development, supervision, and health and well- being programs and services. We use our resources wisely to fulfil the vision and mission of the organisation and the clients we seek to serve.
Agility and Responsiveness	We work from a Peterson-centered approach that is agile and responsive to changing needs and circumstances. We consciously seek to evolve our service model to meet the diverse needs of the communities we support through consultation, research, and innovation. We offer a range of approaches and work collaboratively with the individual to create effective solutions that meet their specific needs.
Leadership and Courage	We are accountable and transparent in all our actions and every aspect of our business. We demonstrate strength, vulnerability, and commitment; role modeling the process of empowering, enabling and engaging our people and clients to fulfil their potential. We are strategic in our thinking, sharing our knowledge and skills with others to bring about change in a dynamic and ever-changing environment.
	We seek and engage in opportunities for collaboration to improve client outcomes in
Collaboration and Support	every aspect of our business. We believe collaboration will lead to better coordinated and innovative services, maximising resources to effectively support individuals, families, and communities. We will support clients, their families, and our staff to identify opportunities for us to acquire new skills, capacity, or services through collaboration with other agencies, institutions or providers.

Our Strategic Plan

As the Karralika Programs Strategic Plan for 2017-20 comes to a close, we have achieved a great deal over the 3 years. The Plan provided the organisation and stakeholders with clarity about our vision and purpose, and the road map we were following that would strengthen, enrich, and expand our suite of programs to meet the changing needs of our clients and the community. Our work has reinforced the importance of supporting our workforce for the benefit of our staff and for our clients. Although the final year of the Strategic Plan could not have predicted the events locally and around the world, it remained relevant as it guided our focus on quality service client outcomes.

Innovation has been a key theme throughout the three-year plan but has been even more significant in the past 12 months in negotiating the challenges faced by all through the bush fires and COVID-19. Although a great deal of the innovations introduced this year were in response to those external conditions, those innovations were also driven by a commitment to ensure our services were accessible, effective and of high quality. As a result of our solid track record and service quality, our financial position remained secure and the organisation has made use of the various stimulus funding made available by governments at both the Territory and Commonwealth level.

Importantly, feedback from our clients, staff and stakeholders confirms that the quality of what we deliver and focus of our organisation is purposeful and makes a real difference in the lives of those who engage with Karralika Programs.

Our Commitment to Reconciliation and Inclusion

Karralika Programs is steadfast in our commitment to reconciliation and inclusion and demonstrates this in our words and our actions across all programs and teams, as well as the Board.

This year our third Reconciliation Action Plan was endorsed by Reconciliation Australia. The Plan not only describes the work we will progress over the coming year, it is also the yardstick against which we and others will hold us accountable. A key area of focus this year has been recruiting and embedding Aboriginal and Torres Strait Islander Cultural Liaison and Support Workers into the team. Their role has been to support Aboriginal and Torres Strait Islander clients to reconnect with culture and community, with family and with their history, and the feedback from clients has been fabulous. Our Workers have also played a significant role in guiding and advising the organisation on ways to strengthen our connection and improving our understanding and recognition of the culture and contribution of Aboriginal and Torres Strait Islander peoples.



We were also grateful for the support we received this year from Waminda in conducting a cultural audit of our programs. The insights we have been provided with will further guide and strengthen our learning and development as a safe and welcoming place for Aboriginal and/or Torres Strait Islander people and families who are seeking support for alcohol and other drug dependence. Our relationships with Katungal and RivMed, and advice and support we receive for Elders and members of the community are invaluable.

Although this year has seen many community activities and events cancelled or modified, our staff and clients have engaged online and in-house to recognise and celebrate the contribution and cultures of Aboriginal and/or Torres Strait Islander peoples, and to acknowledge and express our deep sorrow for the profound effect that colonisation has had, and continues to have, on the cultural, spiritual, psychological, and physical health and wellbeing of Australia's First Peoples.

NAIDOC 2020

In 2019 - 2020 staff and clients from across the organisation participated in cultural education and immersion.

Whilst official community celebrations for NAIDOC week were postponed until November this year due to the COVID-19 pandemic, residents of the Therapeutic Community engaged in a range of in-house activities to mark the event. The week commenced with our morning meeting recognizing the importance of NAIDOC week. The history of NAIDOC week and information about the 2020 theme – "Always was, always will be" was provided to the community.





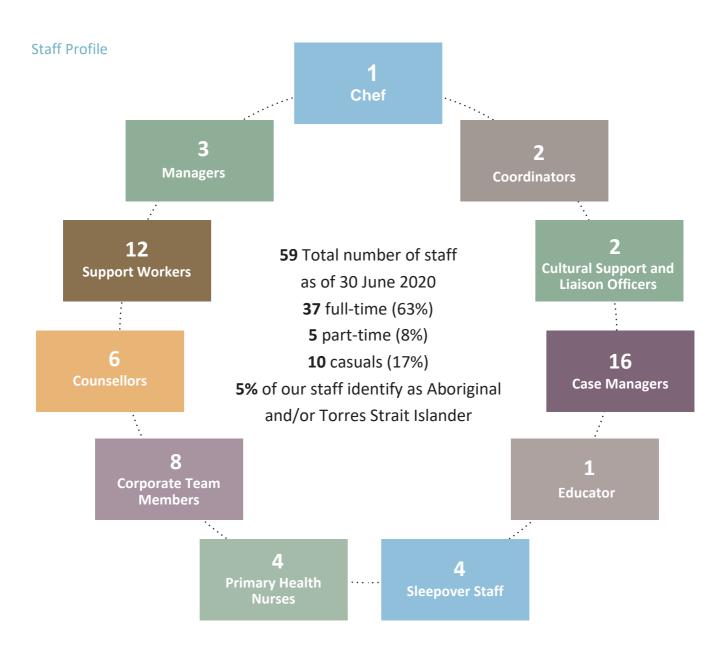
Consumer Advisory Body

The Karralika Programs Consumer Advisory Body was established in 2018 to provide the Board and Executive with a consumer perspective on matters including strategic direction, policy and program issues and insights on any unmet needs in the community for which Karralika Programs could offer support.

Since this time, eleven members have been recruited and orientated to the Consumer Advisory Body.

Our Team

Our workforce is made up of people from all walks of life and lived experiences who have a wide variety of skills and qualifications and perform many different roles – but what makes them truly stand out is their passion for the work they do and the people they support.



In supporting our workforce, Karralika Programs maintains above Award wages, offers a mix of full time and part time roles, invests strongly in training and development both formally and informally, provides access to external clinical supervision, group supervision and practice support and has an Employee Assistance Program in place. "Communities of practice" have been established to bring together peers from different programs to share and learn from each other. Through our commitment to continuous quality improvement, staff are provided with many opportunities to participate in or lead qualityimprovement initiativesand projectsandnetwork with other services.

Counsellors Community of Practice

The Karralika Programs Community of Practice for Counsellors provides opportunity for our Counsellors who work in various program areas across ACT and NSW to come together on a monthly basis to share knowledge, participate in peer consultation and develop skills. The group focuses on counselling interventions, mental health and AOD issues, and serves to develop a mutually supportive counselling community within the workplace.

The monthly group alternate, with one month providing peer supervision through reflection of practice, exploration of ethics in practice, clinical cases, and professional development opportunities, to assist counsellors to work at their full potential. The alternate month COP is facilitated by a senior AOD psychologist from and external organisation, providing group supervision to the counsellors.

The Counsellors COP also assists Karralika Programs to achieve its strategic objectives by contributing to the planning, implementation and evaluation of strategies, policies, and programs, through constant consultation, collaboration, and review of best practice in counselling.

Staff Satisfaction

Each year Karralika Programs conducts a staff satisfaction survey to take a pulse check on how we are travelling as an organisation in supporting our workforce across a range of areas. These surveys, among other sources of feedback, ask about staff satisfaction, engagement in organisational developments and quality improvement initiatives, safety in the workplace, working in teams and trust. In 2020, staff across our organisation have been impacted personally and professionally by the pressures and challenges associated with bush fires and COVID-19 pandemic, significantly changing the way we work in delivering services. Of the 63% of staff who responded to the survey, with representation across all program areas, staff have confirmed that they feel valued in the workplace, have job autonomy and the tools they need to do their work and have job satisfaction.



When asked "what three words best describe the culture of Karralika Programs?" our staff said:



Our Programs

Karralika Programs specialist alcohol and other drug treatment services are delivered across the ACT and NSW region through residential, community and justice settings to men, women, young people, and families.

These programs are developed, delivered, and reviewed regularly to ensure they are not only evidence based and effective but are meeting the needs of the community.



Our clients and service activity

Our clients come from diverse backgrounds and life experiences and are seeking support to address the harms and impacts associated with problematic alcohol and other drug use. Our skilled team works with each individual and family to understand their needs and their goals and to match them with the appropriate treatment types. Karralika Programs offers a range of different programs and services and has strong networks and knowledge of other services and treatment available to support referrals where there may be a more appropriate option for the individual or family.

Overall, **618 people** received a service from Karralika Programs, including an assessment. **65% were male** and **35% female** (not including our male only programs). Of those clients, **22% identified as Aboriginal and/or Torres Strait Islander**. There were **9000 client contacts** completed in the year. **102 adults and children received nursing support** in the community (not including residential programs). **257 people received counseling** in the community (not including residential programs). During a screen or assessment, people are asked to identify the drug that causes them the greatest concern. Overall respondents identified the following as their primary drug of concern:



The most recent publicly available data in the ACT (2018-19) from the Australian Institute of Health and Welfare shows a different picture across the Territory when compared with clients presenting to Karralika Programs. In the ACT, 43% of people accessing alcohol and other drug services in 2018-19 identified Alcohol (43%) followed by Stimulants (25%), then equally Cannabis and Opioids (13%) as their primary drugs of concern.

Residential Services

Adult Therapeutic Community & Karralika Family Program

The Karralika Therapeutic Community is comprised of the Adult Program - offering residential alcohol and drug treatment for single adults and couples; and the Family Program - for parents with their accompanying children who are under the age of 12.

The essence of a therapeutic community (TC) model of care is holistic, utilising the community itself, through self-help and mutual support, as the principal means for promoting personal change. This approach is identified as community as method' and is also supported by the skilled and qualified clinical staff who work with the community and with individuals through a mix of group work and one-to-one therapy.

Karralika's programs are multidimensional and involve therapy, education, values, and skills development. The environment is structured with a set of rules and guidelines establishing the basis for residents to achieve their goals of personal growth/development and behaviour change.

The program offers a unique combination of therapeutic involvements between residents and staff and among residents (especially among senior and junior residents) through their various daily interactions, whilst living in a caring, yet challenging community.

Clinical practice within our modified model is underpinned by evidence informed methods including, Motivational Interviewing (MI), and Cognitive Behaviour Therapy (CBT), which are utilized to effectively support and facilitate residents' recovery journey.



Karuna

The Karuna short-stay program is the first phase of rehabilitation within our Therapeutic Community. Over 8 weeks, the Karuna Program offers a treatment program for individuals to begin to address their alcohol or drug dependence. Residents are supported and introduced to the therapeutic community model, its principles, practices, and language. Group and individual sessions and education seminars form part of the Karuna program.

A range of social and living skills activities are offered to help residents gather basic knowledge and develop skills to support change. Being part of the TC community involves participating in all aspects of community life including cooking, maintenance, and cleaning, as well as creative activities, the healthy eating and lifestyle program (BALANCE), and other recreational activities.

At the end of the Karuna Program, the individual may progress to the next treatment phases or may exit at this point. Individuals exiting from Karuna are supported to do so safely by with aftercare support provided for up to 3 months, or longer where needed.

Family Program

The Family Program provides a holistic family-inclusive approach to treatment involving both the parent/s and child/ren. In addition to the focus on recovery, the goals in this program also focus on strengthening parenting skills, family functioning and improving the relationships between the parent/child, along with support for child health and wellbeing, security, and development.

Children attend a local Early Childhood program, playgroup, and other activities, with school-age children attending a local school and participating in outside school activities and school holiday programs.

Case Management for families is provided for both the parent and child individually. This includes supporting parents to create, and review parenting plans including the development of plans related to particular areas of an individual child's development, as well as individual and couples counselling, group work and family support. Referral to specialised services to meet the needs of children and parents are also supported.

Residential Services Key Information

71 Adults participated in the program through the year

13% left in the first week 33% completed one week to 8 weeks 25% completed 6 months of program 28% completed more than 6 months of program the TC program

- 15 Children between 0 - 12 years accompanied their parent/s in program
- **18%** Of clients identified as Aboriginal and/or Torres Strait Islander
- Days was the average length of stay in the residential service 148

Primary drug of concern reported for residential services

Residents of the Therapeutic Community and Family Program reported the following as their primary drug of concern:







11% Cannabis



34% Alcohol



11% Opioids

Highlights of the year

Our highlights this year have to be the number of graduations from programs during COVID-19. Between July 2019-June 2020, 4 residents completed their treatment. Whilst our celebrations during COVID-19 were not as grand as usual, there was deeper sentiment and a greater sense of accomplishment by all as they were able to be achieved even amidst the turmoil and uncertainty related to COVID-19.

The Coronavirus pandemic brought with its significant changes to the way we do our work and deliver our programs. Our staff and residents demonstrated such stamina and resilience to just get on with the job – our staff in the delivery of program and our residents in their engagement and continued positivity in the process even though their frequent changes and mountains of information to digest.

We worked together to increase our online capabilities and in identifying online content that would be both beneficial from a treatment perspective as well as other new and interesting offerings to boost morale. A number of fun activities were introduced and delivered by both residents and staff these included yoga and other exercise sessions as well as creative artssessions.

We were proactive and anticipatory in the introduction of new practices and in the development of our procedures in light of COVID-19 and whilst sometimes difficult grasp and explain the magnitude of the problem importantly we all remained safe and well!

Feedback from our clients

"I will forever be grateful to you all for the way you loved me back to life."

"To get me where i am today, at my graduation, would not have been possible without everyone here today."

"Thank you for your time and patience. I'm so grateful for the tools i have learning and will forever be grateful to you guys.

Thanks again!

"Thank you. You guys have helped me transform mine and my children life."

Community Services

The community services team supports a range of programs from Assessment and Intake, into residential programs, Nonresidential Withdrawal and Pharmacotherapy services, Nexus, and transitions programs and after care.

Assessment and Intake

Our team provides a supportive and safe place for people in the community who are seeking help to address the harms associated with alcohol and other drug use, for themselves or for those they care about. The process begins with a general inquiry, gathering information about the areas of concern to determine how best Karralika Programs can assist them. A comprehensive bio-psychosocial assessment is then undertaken over the phone or face to face to understand in greater details the client needs and to match them with the right service. Once a treatment option has been identified and discussed with the client, the team supports them through the intake process or, where needed, to be referred to a more appropriate service.

Nexus and Transition Programs

The Nexus Program provides community-based treatment for men experiencing alcohol and other drug issues in a halfway house environment. The Nexus Program is a community-based alcohol and drug treatment program that provides the critical 'linking phase' between treatment and community living. Through the halfway house environment, clients consolidate knowledge and skills learned through previous treatment programs and prepare to gradually return to their own accommodation in the community, over a period of 3 to 6 months.

The Transition Program is a continuation of an individual; s treatment, with a focus on separation from the Therapeutic Community, and the transition into the wider community through, living in a house in the community, increased independence, increased contact and interaction with the wider community, development of relationship/support networks, and planning to move into one's own accommodation.

Individuals in Transition are supported with a focus on supports and tools for relapse prevention (including internal and external providers). Moving to independent living through Karralika Programs. Transition Houses provide a supported step-down into the community.



Nexus and Transition Programs Activities

•Residents in Nexus and Transition participated in focus/consultation groups about their experiences of the case management they receive.

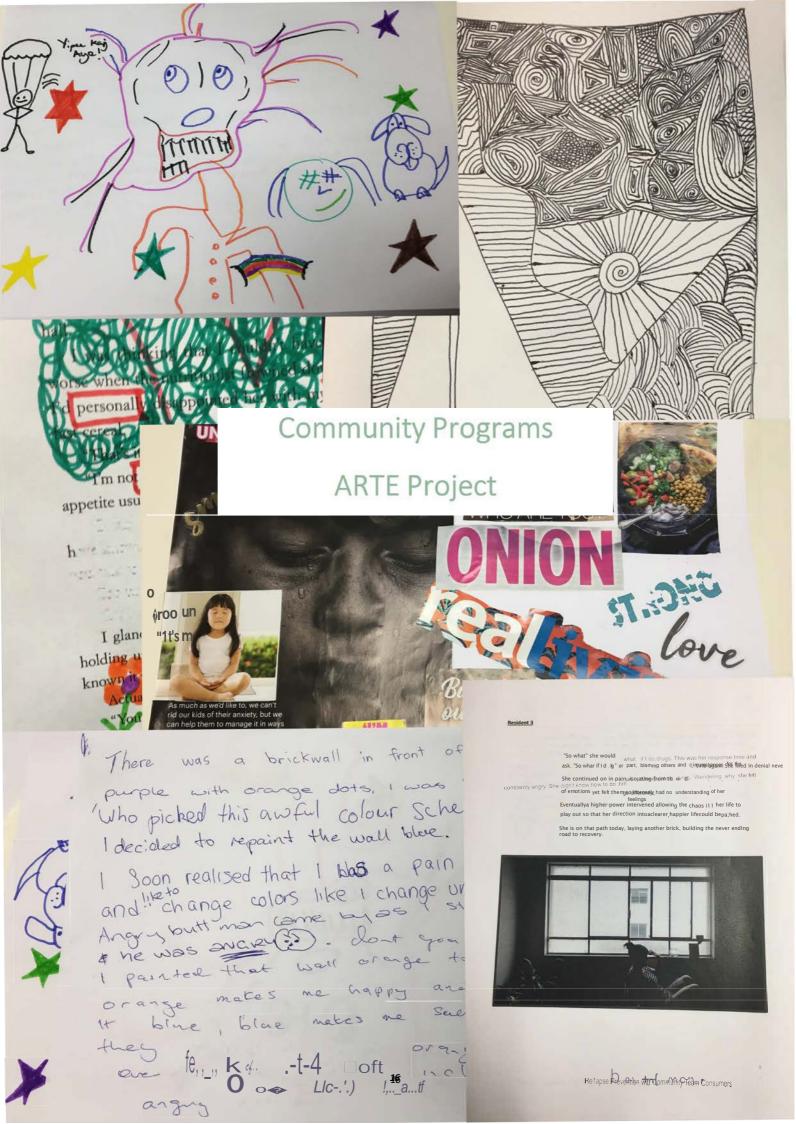
• DRUMBEAT, an 11-week program, facilitated for the relapse prevention sessions. Performance at the therapeutic community presented on 08/08/19 was met with great reception.

•Residents participated in regular Walk Run and Roll events that consist of walking or running and maybe rolling around Lake Burley Griffith with other community sector AOD clients and celebrating at the end with a community BBQ.

•ARTE Group with our residents, offering a different and creative way for them to learn about themselves and each other. ARTE stands for Addiction Recovery Through Expression where the group explores ways of processing, sharing information and thinking differently about their experiences and goals

Outreach

The Outreach Program provides after care support to all clients as they settle into the community after exiting one of our treatment programs. Transitioning back into the community is a critical stage for clients. Our team provides tools and support to help them prevent, and more effectively deal, with lapse and relapse situations and to follow through with their identified recovery goals.



Community Services Key Information

Nexus Program

- 13 Men participated in the program through theyear
- 156 Days was the average length of stay
- 8% Of clients identified as Aboriginal and/or Torres Strait Islander

Primary drug of concern reported







38% Stimulants

46% Alcohol

16% Opioids

Transition Program

- 12 Adults participated in the program through theyear
- 4 Children accompanied their parents
- **190** Days was the average length of stay

Primary drug of concern reported



50% Stimulants



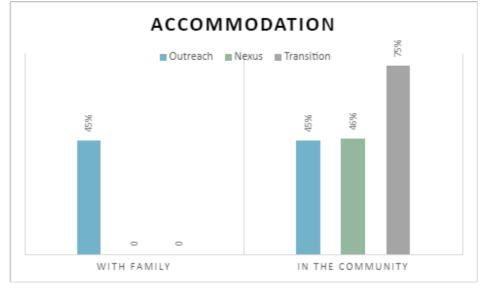
42% Alcohol

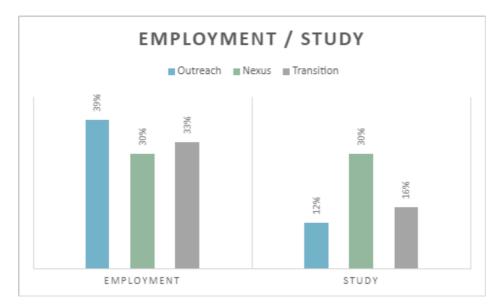


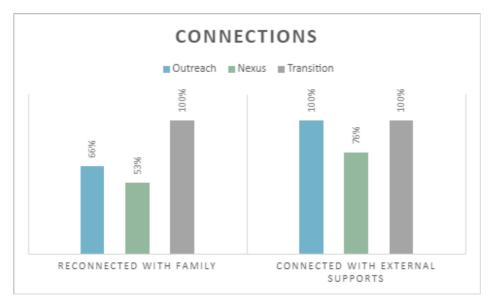
8% Opioids

Community Services Outcomes

Clients in our Nexus and Transition Programs and those engaging in Outreach are supported to access other services and participating in a range of activities including employment, study as well as supporting children's attendance at school, connection with family and securing safe accommodation.







Counselling

Community based specialist alcohol and other drug counselling services are provided for people, including families to assist with treatment readiness, family relationships including parenting support, and underlying reasons for alcohol and other drug use.

Community Counselling supports individuals both Pre-Program and Post-Program, for those entering or exiting from Karralika Programs residential treatment services, as well as providing standalone treatment.

Non-Residential Home Withdrawal and Pharmacotherapy Programs

Non-Residential Withdrawal Program is delivers by a highly skilled and qualified nurse. The Program supports young people and adults to safely cease or reduce drugs and/or alcohol use in the comfort of their own home. By reducing drug and alcohol use, we aim to restore people's health and well-being in the short-term, so they can continue or commence their ongoing alcohol and drug treatment, and recovery.

Pharmacotherapy Support Program assists people who are on Methadone, Suboxone or other replacement therapies to better access residential alcohol and drug treatment. Clients accessing treatment either through residential or community programs will be provided holistic care and support, by a qualified nurse to receive a replacement therapy for their substance use issues.

Non-Residential Withdrawal Program

26	People participated in the program through the year
17	People discharged to residential rehabilitation services or community based AODtreatment following the program

15% Identified as Aboriginal or Torres Strait Islander

Primary drug of concern reported



8% Stimulants



8% Cannabis









8% Other

11% Opioids

19

NSW Child and Youth Programs

Provides support to children and young people between the ages of 10 to 19 years who are experiencing difficulties or have been impacted by their own or a family member's alcohol and other drug issues. We deliver the program in Eurobodalla and Wagga. Programs are staffed with a multidisciplinary team that consists of an experienced AOD Counsellors, Registered Nurses, Case Managers.

NSW Child and Youth Program

- **112** Children, young people or family members were seen by counsellors and nurses
- 197 Episodes of care
- 43% Identified as female
- **57%** Identified as Male
- **41%** Identified as Aboriginal or Torres Strait Islander

Primary drug of concern reported











16% Stimulants

73% Cannabis

6% Alcohol

0.5% Opioids

3.5% Other

Highlights of the Year

Continuing to provide programs and services during a time of uncertainty has been challenging and at times overwhelming for staff. When the pandemic was declared, in a matter of days everything we took for granted both in our workplace and in our personal lives changed, and at a rapid pace staff had to adapt to working in what could be called foreign ways to continue to support the most vulnerable people in our community.

To maintain a sense of normality and keep positive morale within the team, staff were supported to debrief routinely about how they were feeling, what was working, what was not working and what were the learnings from providing services in a COVID-19 environment. Staff in the team who joined the A and B team in the therapeutic community were included via zoom in their offsite week in daily morning handovers and staff meetings, including combined professional developments and client clinical review meetings. Staff have been and continue to be acknowledged for their flexibility and adaptability to change, and their ability to maintain positivity and provide support to their clients during this unknowntime.

To maintain connectedness with clients in the community houses, extra support has and continues to be provided with the introduction of a mid-week check in group via zoom to maintain a sense of belonging.

The NSW Child and Youth Programs continued to build a positive reputation in both the Eurobodalla and Wagga regions, with the organisation receiving excellent feedback from various sources on the excellent support both teams provide to young people and their families.

The Eurobodalla team requires a special mention concerning the exceptional services they continued to provide during and after the bushfires this year. They were faced not only with their own personal challenges of coping, but also the challenges associated with working in an area and continuing to support their young clients and their families through a devastating, traumatic experience.

The flexibility, adaptability, and acceptance the community services staff team demonstrated since the COVID – 19 working environment commenced. The high quality of services that continued to be provided in different ways was a credit to each member of the team.

Feedback from our clients

"It was great having access to counselling prior to entering the therapeutic community"

"Leaving the therapeutic community was daunting but the support I received in transition assisted me to grow in confidence and returning to the community was not so scary after all"

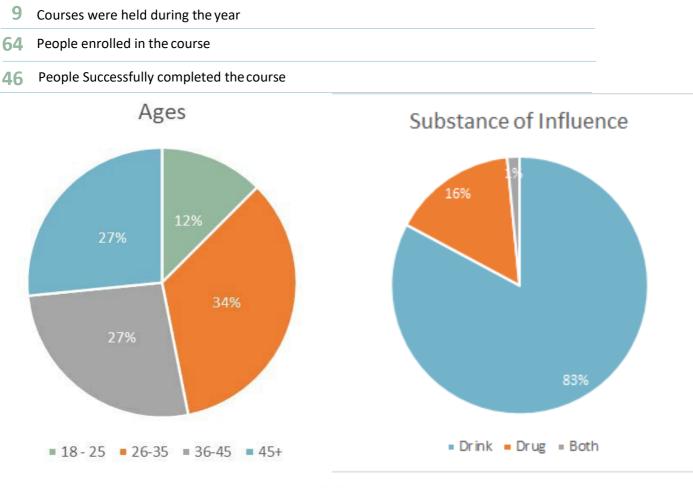
"The whole community team has handled the current COVID crisis utterly professional and this was comforting. It always felt like we remained the focus"

"Just thought I'd let you know things between my family haven't been this good in a long time. We feel like a team again. Thank you for all your support"

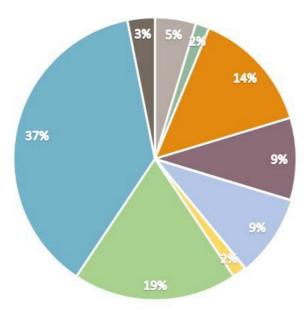
REVersed Driver Education Program



Karralika Programs delivers a 6-hour education program for people in the ACT who have been charged with drink or drug driving offences.



Referral Source



= Corrective Services = Counsellor = Court = Friend / Family = Other = Police = Self = Solicitor = N/A

Feedback from our clients

"I learned a lot, and everyone was very helpful. Facilitators were great"

"The informative staff were excellent in both examining, and helpful. Great people and information and understanding."

"I felt comfortable and felt the facilitators provided informative information"

"I think Tristan and Sarah have made me change my thinking and they need a pay rise as they have a big heart and think about others. They have changed me big time :)"

"The facilitators were good, friendly, approachable. I enjoyed the course more than I expected to."

"Melissa and Tristan were fantastic teachers. Learnt a lot from them.."

"Well presented, good knowledge base. Enlightening"

Justice Services

The Justice Services team delivers services to adults who are linked with the justice system.

The Solaris Program is a voluntary program for adult males in the Alexander Maconochie Centre who have alcohol and / or other drug dependency issues, using a therapeutic community approach to treatment and ongoing recovery.

Solaris provides a safe and supportive learning environment within which participants can explore the underlying reasons for their use, and the link with criminal activity, and lay the foundations for ongoing recovery and right-living.

The program is delivered in partnership with ACT Corrective Services and is made possible with funding provided to Karralika Programs by the Australian Government Department of Health.

The Justice Services Alcohol and Other Drug Counselling Service offers one-on-one counselling for adults linked to the justice system in the ACT, increasing access to services post release from prison and to support those at risk of recidivism or relapse when in the community.

Solaris Therapeutic Community Program

The 20 week (plus graduate phase) modified Therapeutic Community program includes assessment, program readiness (4 weeks) and treatment (16 weeks) as well as a transition out- reach support, which is an additional support for graduates who are preparing for release and during their transition back into the community.



Highlights of the year

This year Solaris employed a part time counselor who attends AMC twice a week to engage with interested participants to delve more deeply into the impacts of their drug use, using a range of therapeutic tools. The introduction of this service as part of Solaris has been incredibly successful, with our counselor being at capacity within a week of beginning in the role. This role will bolster the treatment capacity of the program and allow participants a safe space in which to individually address their issues of concern.

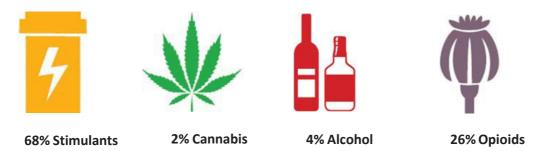
The impact of COVID19 has been felt by many in the community including those is the Alexander Maconochie Centre. Morale of participants has been low. To counter this difficult time, the staff team have implemented more frequent one on one check-ins that focus on participant wellbeing whilst no face-to-face contact with family members and friends has been limited.

Staff have also introduced more morale boosting community activities such as TC trivia, weekly riddles, noncontact sports and short groups involving motivational TED talks and conversation around the topic. These have had significant positive impact on the participants and therapeutic community in general.

Key information Solaris

51	Men participated in the Solaris Program
78%	Completed the Solaris Program
22%	Identified as Aboriginal and/or Torres Strait Islander
39	Men received continued support following release from AMC

Primary drug of concern reported



Feedback from our clients

On Learning

"A lot of things were really eye opening, which is good in my view"

"I have been able to challenge my thinking and find myself reflecting throughout the week"

"I will now challenge my core beliefs and (attempt) to change them and continue to PRACTICE this tool"

On Facilitation

"Easy to understand and follow along with. Make me feel comfortable to talk and be a part of the group"

"I think they're awesome with how they can show such compassion and knowledge"

"Absolutely (happy with facilitation). They're always there for you and never speak 'at' or 'to' us in a judgmental fashion"

Justice AOD Counselling Service

Karralika Justice Services (KJS) Alcohol and Other Drug (AOD) Counseling Services provides trauma informed specialist AOD counseling services for community-based individuals connected to Justice Services in the ACT (e.g., Community Corrections and the Alexander Maconochie Centre), or those who have concluded with these services within the last 3 months.

Working alongside the Alexander Maconochie Centre (AMC), Community Corrections Office, Everyman and Domestic Violence Crisis Service on a regular basis, KJS can provide up to 12 counseling sessions, with a focus on assisting clients to develop strategies to address AOD and other issues arising from the transition back to the community.

Justice Services Counselling is an integral piece of the recovery puzzle for so many of our clients, but Coronavirus has brought many challenges with it, including staff relocations and the introduction of online counselling.

Key information Justice Services AOD Counselling

92	People engaged in Justice CounsellingProgram
14	Family members or significant others received counselling
13%	Returned to prison whilst still engaged with counselling
16%	Identified as Aboriginal and/or Torres StraitIslander

Primary drug of concern reported



44% Stimulants



19% Cannabis



26% Alcohol





11% Opioids

Corporate Services

The Corporate Services team has been the engine room of the organisation, maintaining facilities, IT infrastructure, HR management and frontline engagement within the community.

Transformation in Technology

During the last 12 months, Karralika Programs has continued to work on a number of Information, Communication and Technology initiatives to continue to be able to provide quality service, and information, to support access for our clients during COVID-19 and bushfire season.

These include.

- A review of the current Karralika Programs website, engaging with a Canberra based web development company to build a user friendly and informative new look website, that will be completed by the end of 2020.
- Change of donation platform from JustGiving to Benojo, allowing for a wider range of donations, volunteers, and supporters to further assist Karralika Programs Inc and the worktheydo.
- Review the enrolment process of the Reversed Driver education program to simplify and provide a secure on-line enrolment platform.
- Roll out both Office 365 and Zoom across all Karralika Programs sites to continue to support and engage with staff, clients, and external parties face to face.

Marketing

Karralika Programs Inc. has been building our social media presence over various platforms to further reach those in need of support, to advertise employment and seek community support. These platforms include.

Google Business -

Creating posts of interest and sharing of information has contributed to an average growth of searches from 2000 - 3000 per month since August 2019

Facebook -

Creating posts of interest and sharing of information has seen steady growth in followers. Adding Reversed Driver Education as an event and linking it to the online enrolment platform has seen not only a new way for people to find and enroll into the course it has also seen a steady growth in participants enrolling in the education course.

🔵 LinkedIn -

Creating and curating content to share and connect with agencies and individuals with shared values and interests

Community Connections and Events

2nd July to 12th July 2019 NAIDOC WEEK

For many years, Karralika Programs has partnered with other community services to celebrate NAIDOC week and the history, culture, and achievements of Aboriginal and Torres Strait Islander people. In 2019, Karralika Programs staff and clients participated in a range of events and activities, and were impacted by the powerful stories and experiences shared by Elders, clients, and families



27th July 2019 Annual Staff Forum

Karralika Programs staff from across our programs and locations came together with a focus on "Being, Thinking and Doing". We celebrated individual team achievements, worked on our culture 'compass', shared stories and connected with each other.

10th October 2019 Mental Health Expo

Karralika Programs hosted a stall interacting with others about what services are offered at the Mental Health Expo held in at City Walk Civic.





27th November 2019 Co-morbidity Interagency Day

Karralika Programs participated in the 12th Annual Co-morbidity Interagency day hosted by CatholicCare Canberra and Goulburn, connecting with other services and individuals, sharing information about our programs, and learning from others.

November 2019 Yuin Country Staff Cultural Learning Day

Staff participated in a powerful culture learning program with local Elders on Yuin country, hearing stories and gaining greater insight into the culture and spiritual connection to country.

November 2019 ATCA Conference

Karralika Programs staff presented several sessions at the Conference, sharing information about our programs including the Women's Choice and Change and Solaris Programs with other services. We also celebrated Award recipients who have worked in the Therapeutic Community and AOD sector for 10, 20 and even 30 years.

December 2019 Special Kids Christmas Party

The Special Kids Christmas Parties have been running for more than 25 years and children who reside with their parents in program have been attending for a significant number of those. The event is to provide children with a day that they will never forget. It is a very exciting day for the children where they get to meet Santa Claus and receives gifts. There is a carnival atmosphere with rides and play areas as well as lots of fairy floss. A great day had by all the children and their parents who attended.

March 2020 Russell Brand Evening for staff and clients

Residents of the Therapeutic community were offered an exciting opportunity to attend the Russell Brand stage show – Russell Brand – RECOVERY LIVE! in March 2020. The show was a funny and profane exploration into personal development and wellness from a comedian who has dedicated himself to spirituality to avoid self-destruction.

The theme of recovery was of great interest to the residents and a rare opportunity to attend an event like this whilst participating in their own treatment program.

The residents were granted an audience with Russell after the show for Q & A and photos.

All thoroughly enjoyed the experience and were inspired by Russell's achievements in his own personal recovery.



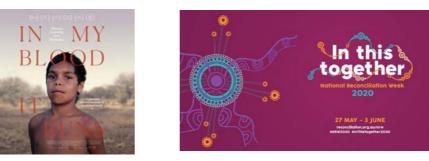


19th March 2020 National Close the Gap Day

Head office had an Afternoon Tea provided by an Indigenous owned and operated business, Dyurra Yhuuramuulun Catering, was well received by staff.



27th May – 3rd June 2020 Reconciliation Week (In this together)



The documentary "In my blood it runs" was shown to residents and staff as part of our activities. This critically acclaimed and documentary told through the eyes of a 10-year-old Arrenrnte boy, Dujuan and his family, revealed the challenges that Dujuan faced both in his school and on the streets of Alice Springs in 2019.

Residents were asked to write a short paragraph about their experience of the film and their writing highlighted that they were able to identify with many of Dujuan's struggles. It was clear that the film had a very powerful impact on the residents and afforded them a greater understanding of the continuing struggles faced by Aboriginal people in Australia. The documentary was followed by participation in an art activity – Boomerang painting. Information about Boomerangs – their history and use, was provided to the residents by our Cultural Support and Liaison Officer, along with model boomerangs to decorate. Residents were asked to reflect on the theme of NAIDOC week; "Always was, Always will be", for their work and accompany the painting with a brief story about their chosen design. The photographs show the great effort that was put into the activity by the program residents and the outstanding results achieved.

Our Supporters and Partners

We value the partnerships we have with a range of organisations across health and community services sectors in the ACT and across NSW in the support and co-delivery of services for our clients and families. Our priority is for collaborative and joined-up services for adults and families impacted by problematic alcohol and drug use, to address their needs holistically for improved health and wellbeing.

Karralika Programs can provide high quality specialist alcohol and other drug treatment programs for adults, young people, and families due to the support for the following funding bodies and partners:

- ACT Health
- Commonwealth Department of Health and Ageing
- ACT Community Services Directorate
- NSW Ministry of Health
- Commonwealth Department of Veterans Affairs
- Capital Health Network
- Murrumbidgee Primary Health
 Network
- NSW Department of Communities and Justice
- Uniting
- Wellways
- Construction Charitable Works
- Canberra Tradesmen's Union Club Charitable Trust
- ACT Corrective Services
- Canberra Health Services, Alcohol and Drug Services
- Relationships Australia Canberra and Region (RACR)
- Domestic Violence Crisis Service
- Mental Illness Education
- ACT Hepatitis
- ACT CatholicCare Canberra and Goulburn
- Katungal, Winnunga Nimmityjah, RivMed and Waminda Aboriginal Health Services

Karralika Programs is extremely grateful for the support we receive form the community and we would like to thank:

- The individuals, families and business' that have given more than \$12,000 directly or through out nominated donation platform
- The individuals what have donated items to all our programs
 - Scrapbooking Supplies
 - o Wool
 - o Children's items
 - o Jumpers
 - Beanies
 - o Scarves
- Good 360 for providing high quality products
- David Maxwell and the team at Riverview in providing financial support and advice towards the generation of the therapeutic garden
- Uniting Church, Tuggeranong
- AA/NA
- Anytime Fitness Lanyon

Karralika Programs Incorporated

ABN: 88 061 551 715

Board of Directors' Report

For the Year Ended 30 June 2020

The Board of Directors present their report on Karralika Programs Incorporated (the Association) for the financial year ended 30 June 2020.

Directors

The names of Board Members in office at any time during, or since the end of the year are:

Names	Position	Appointed/Resigned
David Templeman	Chair	
Marc Ablong	Deputy Chair	Term completed 21 November 2019
Julie Blackburn	Director and Public Officer	
Rebecca Davey	Finance Director	
Wendy Craig	Director	Term completed 21 November 2019
Rose Stellino	Director	
Sally Bradford	Director	
Belinda Kendall	Director	Appointed 21 November 2019

Principal Activities

The principal activities of the Association during the financial year were to conduct the following programs:

- Residential Services for adults, families and children including the Karralika Therapeutic Community, Karralika Family Program and Karuna Program;
- Community Services including Assessment, Early Birds and Aftercare/ Outreach Program, Counselling, Men's Nexus Program and Aftercare Transition House; non-residential withdrawal services, and Child and Youth Programs in NSW;
- Reversed drink/ drug driving education program and SMART Recovery; and
- Justice Services including the Solaris Therapeutic Community at the Alexander Maconochie Centre and the Justice Services Alcohol and Other Drug Counselling Program.

Operating Result

The Surplus of the Association for the financial year amounted to \$2,800 (2019: Loss \$ 39,366).

Signed in accordance with a resolution of the Members of the Board:

Chair:

David Templeman

Finance Director: Rebecca Davey

Dated this ...2nd...... day of .February.... 2021



Auditor's Independence Declaration Under Subdivision 60-40 of the Australian Charities and Not-for-profits Commission Act 2012 to the Members of Karralika Programs Incorporated

I declare that, to the best of my knowledge and belief, during the year ended 30 June 2020 there have been no contraventions of the auditor independence requirements as set out in any applicable code of professional conduct in relation to the audit.

nin Muntu

Nexia Duesburys (Audit) Canberra, 2 February 2021

having during

G J Murphy Partner

Canberra Office

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Karralika Programs Incorporated ABN: 88 061 551 715

Statement of Profit or Loss and Other Comprehensive Income For the Year End 30 June 2020

	2020 \$	2019 \$
Revenue and other income	6,226,054	5,848,522
Amortisation of right of use assets	(200,718)	-
Depreciation	(55,871)	(46,214)
Employee benefits expense	(4,889,384)	(4,542,283)
Loss on disposal of assets	(1,747)	(1,602)
Marketing expenses	(9,414)	(20,482)
Program expenses	(344,815)	(425,937)
Rental expense	(18,390)	(120,776)
IT expenses	(124,453)	(128,461)
Motor vehicle expenses	(65,112)	(169,167)
Telecommunication expense	(58,248)	(73,613)
Consultants	(157,573)	(81,646)
Interest on lease liability	(19,887)	-
Other expenses	(277,642)	(277,707)
Surplus/(deficit) for the year before income tax Income tax expense	2,800	(39,366) -
Surplus/(deficit) for the year Other comprehensive income	2,800	(39,366) -
Total comprehensive income/(loss) for the year	2,800	(39,366)

Karralika Programs Incorporated ABN: 88 061 551 715

Statement of Financial Position

For the Year End 30 June 2020

	2020	2019
	\$	\$
ASSETS	Y	
CURRENT ASSETS		
Cash and cash equivalents	2,231,957	3,033,923
Trade and other receivables	132,422	142,794
Financial assets	439,103	430,451
Other assets	254,735	182,687
TOTAL CURRENT ASSETS	3,058,217	3,789,855
NON-CURRENT ASSETS		
Financial assets	24,750	24,750
Property, plant and equipment	177,342	169,949
Right of use assets	469,333	-
TOTAL NON-CURRENT ASSESTS	671,425	194,699
TOTAL ASSETS	3,729,642	3,984,554
LIABILITIES		
CURRENT LIABILITIES		
Trade and other payables	471,488	489,917
Other liabilities	595,228	1,345,668
Lease liabilities	190,328	-
Employee benefits	382,223	368,665
TOTAL CURRENT LIABILITIES	1,639,267	2,204,250
NON-CURRENT LIABILITIES		1.005
Other liabilities	-	1,065
Lease liabilities	301,981	-
Employee benefits	12,441	6,086
TOTAL NON-CURRENT LIABILITIES	314,422	7,151
TOTAL LIABILITIES	1,953,689	2,211,401
NET ASSETS	1,775,953	1,773,153
EQUITY		
Retained earnings	1,775,953	1,773,153
TOTAL EQUITY	1,775,953	1,773,153

Statement of Changes in Equity

For the Year End 30 June 2020

2020	Retained Earnings \$ Total	\$
Balance at 1 July 2019	1,773,153	1,773,153
Surplus for the year	2,800	2,800
Balance at 30 June 2020	1,775,953	1,775,953

2019	Retained Earnings \$	Total	\$
Balance at 1 July 2018	1,812,519		1,812,519
Loss for the year	(39,366)		(39,366)
Balance at 30 June 2019	1,773,153		1,773,153

Statement of Cash Flows

For the Year End 30 June 2020

	2020 \$	2019 \$	
CASH FLOWS FROM OPERATING ACTIVITIES:			
Receipts from customers and others	5,823,674	7,353,616	
Payments to suppliers and employees	(6,375,772)	(6,239,804)	
Interest received	28,878	38,589	
Interest paid on lease liabilities	(19,887)	-	
Net cash provided by/(used in) operating activities	(543,107)	1,152,401	
CASH FLOWS FROM INVESTING ACTIVITIES:			
Payments for property, plant and equipment	(65,011)	(48,553)	
Purchase of investments	(8,652)	(8,155)	
Net cash provided by/(used in) investing activities	(73,663)	(56,708)	
CASH FLOWS FROM FINANCING ACTIVITIES:			
Repayment of lease liabilities	(185,196)	-	
Net cash provided by/(used in) financing activities	(185,196)	-	
Net increase/(decrease) in cash and cash equivalents held	(801,966)	1,095,693	
Cash and cash equivalents at beginning of financial year	3,033,923	1,938,230	
Cash and cash equivalents at end of financial year	2,231,957	3,033,923	

Karralika Programs Incorporated

ABN: 88 061 551 715

Statement by Board of Directors

The responsible persons declare that in the responsible persons' opinion:

- there are reasonable grounds to believe that the registered entity is able to pay all of its debts, as and when they become due and payable; and
- the financial statements and notes satisfy the requirements of the Australian Charities and Not-for-profits Commission Act 2012.

Signed in accordance with subsection 60.15(2) of the Australian Charities and Not-for-profits Commission Regulation 2013.

Chair David Templeman

Dated 2 February 2021



Independent Auditor's Report To the Members of Karralika Programs Incorporated

Report on the Audit of the Financial Statements

Opinion

We have audited the financial statements of Karralika Programs Incorporated ('the Association'), which comprise the statement of financial position as at 30 June 2020, the statement of profit or loss and other comprehensive income, statement of changes in equity and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies and the statement by board of directors.

In our opinion, the accompanying financial statements of the Association are in accordance with the Australian Charities and Not-for-profits Commission Act 2012, including:

- (i) giving a true and fair view of the Association's financial position as at 30 June 2020 and of its financial performance for the year then ended; and
- (ii) complying with Australian Accounting Standards Reduced Disclosure Requirements and Division 60 of the Australian Charities and Not-for-profits Commission Regulation 2013.

Basis for opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor's responsibility for the audit of the financial statements section of our report. We are independent of the Association in accordance with the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 Code of Ethics for Professional Accountants (including Independence Standards) (the Code) that are relevant to our audit of the financial statements in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Other information

The committee members are responsible for the other information. The other information comprises the information in the Association's board of directors' report for the year ended 30 June 2020, but does not include the financial statements and the auditor's report thereon.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated.

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If, based on the work we have performed, we conclude that there is a material misstatement of the other information we are required to report that fact. We have nothing to report in this regard.

Directors' responsibility for the financial statements

The directors of the Association are responsible for the preparation of the financial statements that give a true and fair view in accordance with Australian Accounting Standards – Reduced Disclosure Requirements and the Australian Charities and Not-for-profits Commission Act 2012 and for such internal control as the directors determine is necessary to enable the preparation of the financial statements that give a true and fair view and are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the Association's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the Association or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibility for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with the Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of the financial statements.

A further description of our responsibilities for the audit of the financial statements is located at The Australian Auditing and Assurance Standards Board website at: http://www.auasb.gov.au/auditors_responsibilities/ar4.pdf. This description forms part of our auditor's report.

luin Mundu

Nexia Duesburys (Audit) Canberra, 2 February 2021

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G J Murphy Partner

Karralika Programs Incorporated PO Box 2230 Tuggeranong, ACT 2901