


ANNUAL REPORT 2020



www.lelan.org.au



LELAN acknowledges the traditional custodians of country throughout South Australia. We value their cultures, identities and continued connection to country, waters, kin and communities. We pay our respect to Elders past, present and emerging.



We acknowledge the lives and work of people with lived/living experience, as well as our supporters and allies, who shoulder us up and who we shoulder up as we act to strengthen the voice, influence and leadership of lived experience in South Australia.

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CHAIR AND EXECUTIVE DIRECTOR REPORT

It was been an exciting year for the SA Lived Experience Leadership and Advocacy Network (LELAN) as we have grown in both size and influence. Commencing the year as an organisation with one staff member in July 2019 and funding for one major project, we grew to a team of two with a third being recruited by the end of June 2020. As a new and evolving consumer peak in South Australia, we are immensely proud of what we have achieved with the support of our community and partners. Through our Activating Lived Experience Leadership initiative, in partnership with Uni SA' Mental Health and Suicide Prevention Research Group, we have connected with a great diversity of lived/living experience leaders across South Australia to unpack and develop a deep understanding of what true lived/living experience leadership looks like and how it can be leveraged to effect systems change.

Our work with TACSI in the development of a Philosophy of Care for the Urgent Mental Health Care Centre (South Australia's first mental health Emergency Department alternative) demonstrated the power and insight that comes from authentic co-design. The lived/living experience community co-designed a humane approach to care, one that prioritises a person's experience of mental and emotional distress, rather than their diagnosis, and values power with rather than power over.

The Human Rights and Mental Health Working Group co-convened by LELAN and the Mental Health Coalition of South Australia continued this year. The group had the opportunity to meet with Minister for Health and Wellbeing, Steven Wade MLC, to talk about a human rights approach to mental health and the critical need for a mental health system in South Australia that upholds these.

The Learning from Lived Experience Suicide Prevention Project has been a powerful opportunity to hear from people with lived/living experience of suicide distress/crisis about what helps, what harms and what could be done better in times of crisis. We are so grateful to the many people who have shared their experiences with us, and look forward to launching the project film and report in the near future.

Twenty-20 has been a difficult time for people across the globe, with significant impacts on people's mental and emotional wellbeing. In recognition of LELAN's role as a consumer peak, we have received two grants to better support, understand and advocate for the experiences, needs and contributions of people with lived/living experience and the effects of COVID on their lives.

We would like to acknowledge the commitment, energy and passion that our community, partners and funders have contributed this past year, enabling us to grow in number and influence. Thank you to our members, the broader lived/living experience community, our staffing team and Board for giving your time and for believing in LELAN. The voice of people with lived/living experience in South Australia is strong and is being heard. We will only get louder as we march towards our purpose to amplify the voice, influence and leadership of lived experience to drive change.



Danielle Bament, Board Chair
Ellie Hodges, Executive Director





*LELAN embodies the knowing
that lived experience matters.*

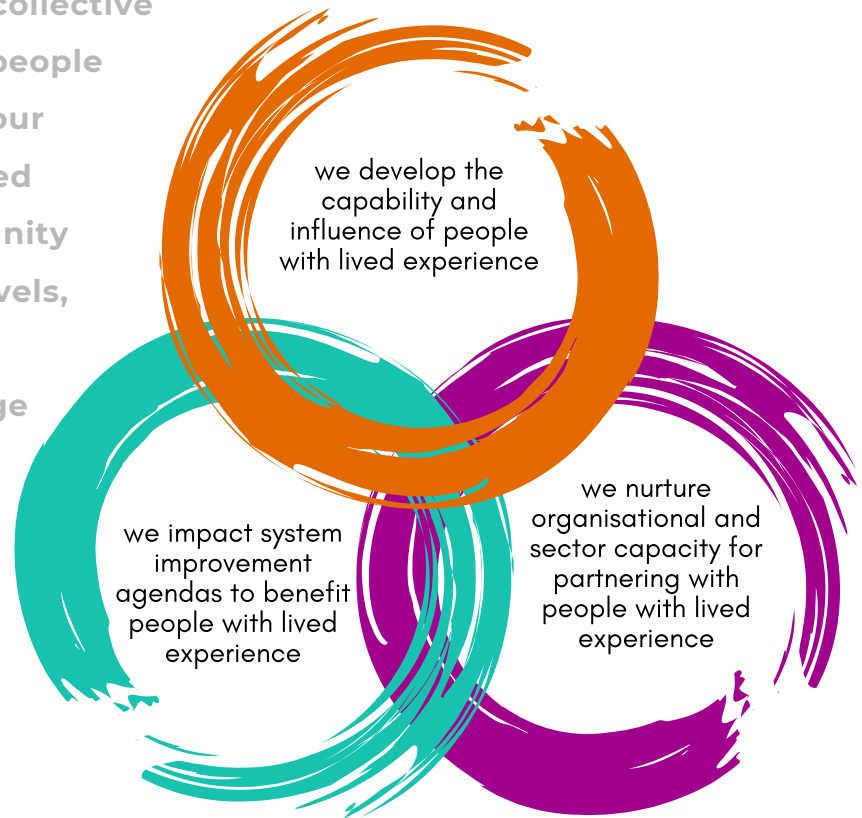
*We drive change through our
voice, our influence and our
leadership.*



ABOUT LELAN

LELAN is *by, for and with* people with personal lived experience (consumers) and values the support of carers, allies other people and organisations who join us in making a difference for how distress and mental health issues are understood and supported in our state.

By centering the perspective, collective insights and solution ideas of people with lived experience in all of our work, as well as being immersed in the lived experience community from grassroots to strategic levels, LELAN demonstrates the principles, practices and change dynamics that the mental health and social sector is calling for and desperately needs.



PURPOSE

To amplify the voice, influence and leadership of people with lived experience to drive change.


VISION

Mobilising the power of lived experience throughout South Australia.

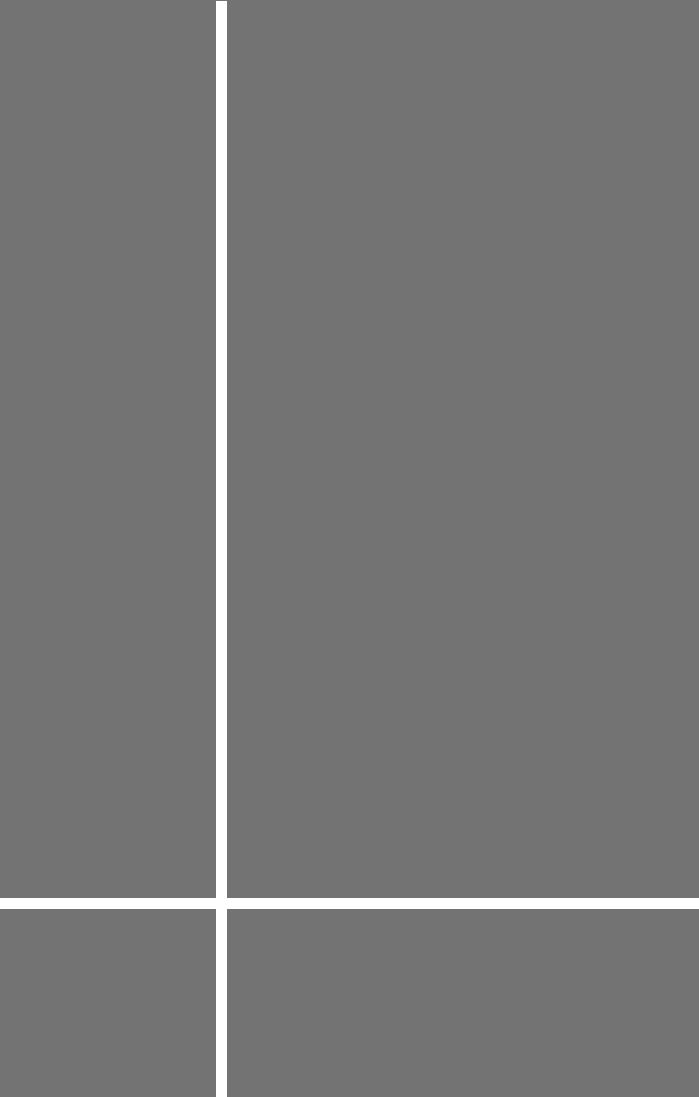
VALUES

COURAGE | COMPASSION | DIGNITY |

INTERSECTIONALITY | LEADERSHIP | SOCIAL JUSTICE



*People with lived/living
experience wanting to connect
with and support others or
help improve their community
and service responses in
informal ways are an untapped
resource waiting to be
activated and mobilised.*



OUR PROJECTS





Collective efforts were seen as the only way to move forward on strengthening, embedding and creating space for lived experience leadership to flourish.

There was a strong suggestion that progress will occur only if it is led by by an identified and recognised entity, so that it doesn't get lost in the churn and existing demands of services and the system.

[System and Sector Leaders Summit Summary Report]



ACTIVATING LIVED EXPERIENCE LEADERSHIP (ALEL) PROJECT




The Activating Lived Experience Leadership (ALEL) Project is a partnership between LELAN and UniSA's Mental Health and Suicide Prevention Research Group (MHSPRG). The Project is the most significant investment to date in this area of inquiry and action in South Australia.

The broad purpose of the ALEL Project is to examine and describe how lived experience advocacy and leadership embedded within the mental health ecosystem can be defined, recognised and utilised in SA. Our aim is to influence and effect ongoing system change through action, research and activating the lived experience community.

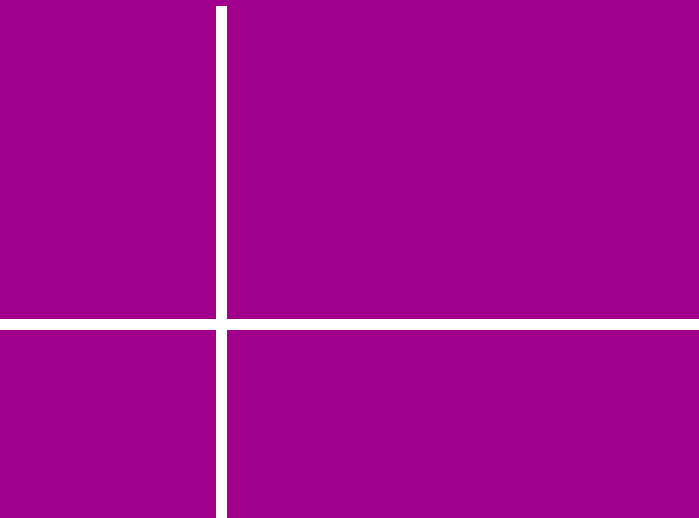
PROJECT HIGHLIGHTS

- Establishing the Project Team of three staff; Ellie Hodges, Mark Loughhead and Heather McIntyre
- Forming a Project Advisory Group to oversee all aspects of the project
- System and Sector Leaders Summit: Dialoguing for Change
- Mental Health Lived Experience and Research Workshop
- Lived Experience Leadership and Change Community of Practice
- Systems Change Workshop: Lived Experience Considerations and Opportunities



There are obvious flaws and gaps in the current system which is over burdened and inadequate. There are other models of care that could be more effective. Emergency Departments are ill equipped to respond to crisis and I believe earlier intervention at a community level would lead to better outcomes and reduce crises reaching critical and even fatal levels.

[Project Advisory Group Member response to Expression of Interest question about why we need better responses to suicide distress/crisis in SA]

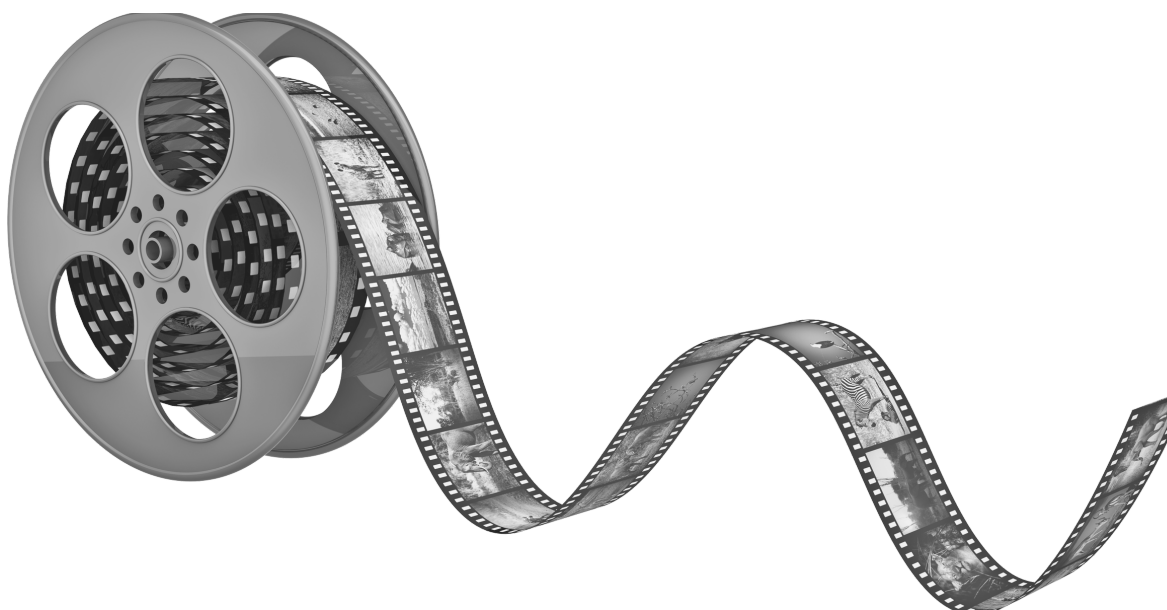


LEARNING FROM LIVED EXPERIENCE (LFLE) SUICIDE PREVENTION PROJECT

The Learning from Lived Experience (LfLE) Suicide Prevention Project is a lived experience-led initiative generating written and video content about our experiences and solution ideas for improving community, service and system responses to suicide distress/crisis.

LELAN invited people with lived/living experience of suicide distress/crisis to share their experience with service and support responses at times of crisis. We wanted to know what helped, what harmed, and what could be done better. This specific focus was chosen as people frequently share that service responses in times of crisis are inadequate, and even compound the distress they are experiencing.

LELAN looks forward to launching the LfLE film and report later in 2020.



CO-CREATING WITH THE LIVED EXPERIENCE COMMUNITY AND ALLIES

A PHILOSOPHY FOR PROVIDING CARE DIFFERENTLY

LELAN were invited to work in partnership with TACSI by the Office of the Chief Psychiatrist to co-design a Philosophy of Care for the Urgent Mental Health Care Centre.

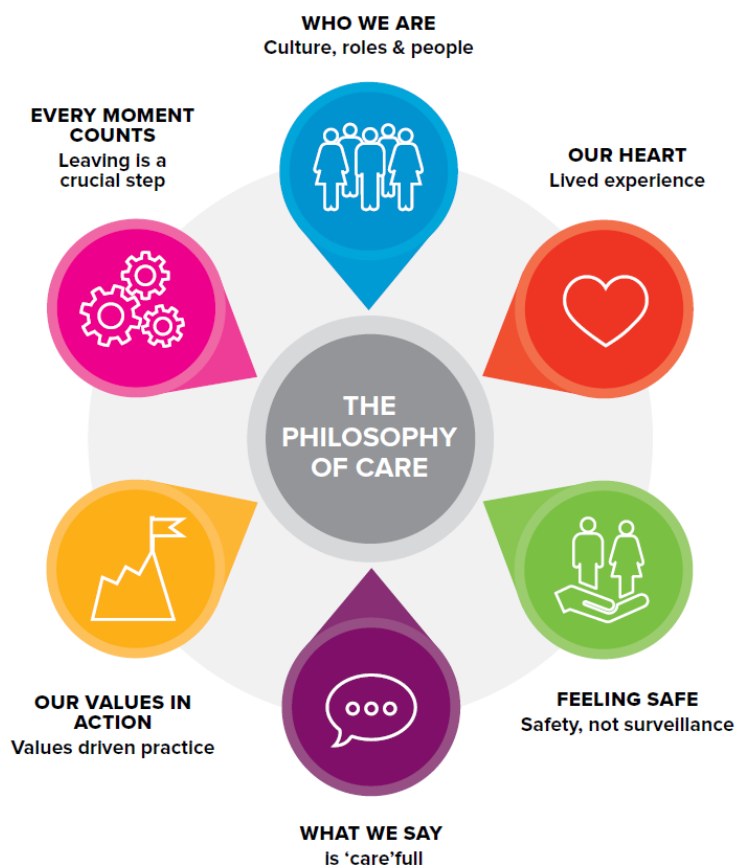
The hope was that the creation of a Philosophy of Care would guide every element of the Centre's design and existence moving forward.

LELAN has received incredible feedback from across health and mental health settings about the Philosophy of Care and its contribution to conceptualising care in a more human way.

CENTERING RIGHTS

The Human Rights and Mental Health Working Group (HRMHWG) is co-convened by LELAN and the Mental Health Coalition of SA.

The HRMHWG advocates for safe, hopeful and helpful communities and service options for people experiencing distress. Members of the group met with the Minister for Health and Wellbeing, Steven Wade MLC, on World Mental Health Day about this important issue.



Co-design is not a one off. It is a constant and iterative method, process and practice

[Philosophy of Care by LELAN & TACSI (for the OCP)]

RESOURCES TO MOBILISE LIVED EXPERIENCE

The Lived Experience Connection and Action Project worked with a group of people with lived/living experience of distress or mental health issues to co-create information and guides for people wanting to support and/or get active in their communities and in improving service responses.

The co-creation group designed a new training for people with lived/living experience, *Getting Involved*, and supported the creation of materials connected to the power of using our stories for change and safe sharing practices.

RESPONDING TO COVID19

COVID19 has disrupted life as the world knew it in 2020 with serious implications for our mental health and wellbeing. LELAN has been busy centering the insights and wisdom of the lived experience community, uncertain times and life disruption's are not new to us. This work has had a particular focus on:

- Creating and disseminating key messages that highlight distress responses to COVID as making sense given current circumstances
- Promoting tips, tricks and tools for coping drawn from the very grounded and real ways that people with lived/living experience are, or could be, looking after themselves
- Keeping our community updated about support options available and how to access them in the context of COVID

FINANCIAL REPORT





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2020 Financial Report for AGM

Lived Experience Leadership & Advocacy Network Inc
ABN 98 469 662 123
For the year ended 30 June 2020

Prepared by Haynes & Associates

Profit and Loss

Lived Experience Leadership & Advocacy Network Inc For the year ended 30 June 2020

	2020	2019
Income		
Trading Profit		
Revenue	229,318	549
Sale of Goods	4,590	-
Cost of Sales	(14,678)	-
Total Trading Profit	219,230	549
Total Income	219,230	549
Total Income	219,230	549
Expenses		
Depreciation	1,978	-
Travel and Accommodation	1,375	-
Advertising	65	-
Bank Fees	1	-
Board Member Expenses	149	347
Insurance	3,193	-
Office Expenses	340	-
Printing & Stationery	20	-
Rent	1,200	-
Seminar and Training Expenses - Internal	114	-
Subscriptions	863	-
Staff Costs		
Superannuation	8,158	255
Wages and Salaries	85,871	2,683
Total Staff Costs	94,028	2,938
Telephone & Internet	49	-
Conferences, Seminars & Training Events - External	1,033	-
WorkCover	1,049	-
PAG Meeting Costs	17	-
Project Advisory Group Reimbursements	1,819	-
Total Expenses	107,293	3,285
Profit/(Loss) before Taxation	111,937	(2,735)
Net Profit After Tax	111,937	(2,735)
Net Profit After Distributions/Dividends Paid	111,937	(2,735)

Balance Sheet

Lived Experience Leadership & Advocacy Network Inc As at 30 June 2020

	30 JUN 2020	30 JUN 2019
Assets		
Current Assets		
Bank Accounts		
One Sign	2,000	-
Two Sign	132,863	100,349
Total Bank Accounts	134,863	100,349
GST	-	35
Prepayments	(10,000)	(100,181)
Total Current Assets	124,863	203
Total Assets	124,863	203
Liabilities		
Current Liabilities		
PAYG Withholdings Payable	-	292
Rounding	-	-
Superannuation Payable	2,889	255
Wages Payable - Payroll	-	2,391
ATO Integrated Client Account	12,773	-
Total Current Liabilities	15,662	2,938
Total Liabilities	15,662	2,938
Net Assets	109,201	(2,735)
Equity		
Retained Earnings	109,201	(2,735)
Total Equity	109,201	(2,735)



Aged Payables Summary

Lived Experience Leadership & Advocacy Network Inc
As at 30 June 2020

Aged Receivables Summary

Lived Experience Leadership & Advocacy Network Inc
As at 30 June 2020

Board of Director's Declaration

Lived Experience Leadership & Advocacy Network Inc For the year ended 30 June 2020

The Board of Director's have determined that the Incorporated Association is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements.

The Board of Directors of the Incorporated Association declare that:

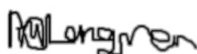
1. The financial statements and notes, present fairly the Incorporated Association's financial position as at 30 June 2020 and its performance for the year ended on that date in accordance with the accounting policies described in Note 1 to the financial statements; and
2. In the Board of Director's opinion there are reasonable grounds to believe that the Incorporated Association will be able to pay its debts as and when they become due and payable.

This declaration is made in accordance with a resolution of the Board of Directors.



Danielle Bament

Chair: _____



Rebecca Langman

Secretary: _____

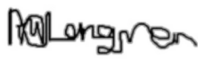
Certificate By Members of the Committee

Lived Experience Leadership & Advocacy Network Inc For the year ended 30 June 2020

I, Danielle and Rebecca of, 217-219 Flinders Street, Adelaide, SA, Australia, 5000 certify that:

1. I attended the annual general meeting of the association held on 30 November 2020
2. The financial statements for the year ended 30 June 2020 were submitted to the members of the association at its annual general meeting.

Chair:  Danielle Bament

Secretary:  Rebecca Langman

Sign date: 30/11/2020



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lived/living experience in
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LELAN BOARD

Danielle Bament, Chair | Matt Halpin,
Deputy Chair until Feb '20 | Suzanne
Haynes, Treasurer | Amie Verrall
Secretary and then Interim Deputy Chair
from March '20 | Rebecca Langman,
Interim Secretary from March '20 | Janet
Lyon | Melissa McNab until July '20 |
Jane Meegan | Catherine Whittington |
Nathan Higginson | Ross Marshall from
March '20 | Kim Newrick from August '20

LELAN TEAM

Ellie Hodges, Executive Director
Tanya Blazewicz, Peer Project Worker



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With thanks to our funders, partners and allies, particularly: the Fay Fuller Foundation; UniSA's Mental Health and Suicide Prevention Research Group; Mental Health and Wellbeing Directorate, Wellbeing SA; Office of the Chief Psychiatrist; The Mental Health Coalition; and TACSI.