



ANNUAL REPORT

October 2017

Replacing stigma and discrimination with hope and optimism.

Table of Contents

Chairperson’s Report	2
Treasurer’s Report	3
Summary	3
In Kind Donations.....	3
Fundraising.....	3
Where next?.....	4
Conclusion.....	4
Financial Position 30 June 2017	5
Liabilities	5
Net Assets	5
Expenses	5
Organisational Development	6
Information Nights.....	7
Family & Friend’s Group – South Melbourne	8
Recovering Club	9
Stigma and Discrimination	10
The Internet and Media	11
Future Plans	12

Chairperson's Report

Have you ever wanted to change the world if only you had a magic wand? BPD Community has no magic wand, but there is a talented bunch of people giving their time and efforts to create change. This is my opportunity to thank all of you who have given, no matter how small, because it does all add up. In creating our BPD Community, we are making the world a better place.

It has been two and a half years now since we began our work. From nothing we have created a solid organisation that is actively making people's lives better. While we can congratulate ourselves on that, we are constantly reminded of just how great the need is. Every time we welcome a new member to the community we are reminded of the sense of urgency we feel. There is so much unnecessary pain and hurt.

We develop our programs and work towards creating an organisation that is sustainable in every way. This challenge is one we embrace with enthusiasm. We have a clear vision to create a world where those affected by Borderline Personality Disorder can live lives of hope and optimism knowing that full recovery is a realistic, accessible goal. And all our work is to make that vision a reality.

Change does not happen easily though, there are many impediments. Overcoming impediments is another challenge. Some things we can have control over, others are beyond our influence. When we speak with government and organisations about the stigma and discrimination that exists and ways to address these concerns, we speak with the authority of the hundreds of people here in Victoria who are a part of our community. With a sound community behind us, we can be powerful.

There is a hard lesson in knowing that in spite of such an enormous need, we are constrained by a lack of resources. Creating a community to support recovery requires infrastructure that we don't have yet. People in the world of BPD have needs specific to that illness which is not met by the general mental health system and we work hard to fill gaps where we can, but there is no magic wand and there are limits to the capacity of our talented bunch of people.

We are looking forward to the next year when we hope to be able to build and grow our current activities to increase our reach and our ability to replace stigma and discrimination with hope and optimism. As our community grows, so does our capacity to support each other in the journey towards recovery.

Meanwhile, if you see anyone waving a wand about, direct them our way. A bit of abracadabra, magic dust and happy sprinkles always comes in handy.

Cheers!

A handwritten signature in black ink that reads "Barbara Mullen". The signature is written in a cursive style with a long, sweeping underline that extends to the right.

Barbara Mullen
October 2017

Treasurer's Report

Summary

This year has been a year that has seen BPD Community Vic expand considerably in the past 12 months. Financially we are in a much stronger position than we were 12 months ago, but we are still a fledgling organisation.

In Kind Donations

As a voluntary not for profit organisation we rely upon donations for the running of our BPD Community, however we also have been provided with major in-kind donations of time and resources by many people, to whom we are greatly thankful and appreciative. So as not to potentially embarrass any benefactors who have given of their time and talents, I will not name them, but I will give an outline of the value of their contribution. Some of the In Kind Contributions were actual payment of invoices by donors, others were donation of time, talent and goods.

In Kind Contribution	Amount
GoDaddy Website subscriptions	\$245.94
GoDaddy email services	\$165.86
Optimizer plug-in for website	\$132.00
Zoho CRM Subscription	\$240.00
Hire South Melb Town Hall	\$72.00
Volunteer work	\$93,600.00
Facebook advertising	\$39.00
Building Use	\$6,720.00
Time at board meetings, etc	\$21,600.00
Helpers at Family & Friends group & Info nights	\$9,185.00
Printing	\$500.00
Website photography	\$1,500.00
Additional hours spent on Carer's Group	\$1,750.00
CRM Training	\$1,000.00
Work on website	\$2,000.00
Contract for Gail Forward	\$1,000.00
Total Actual Payments	\$894.80
Total gifted payments	\$138,855.00
Total In Kind Donations	\$139,749.80

We have survived this past year and a half on very little income because we have had very low expenses, due to the in-kind contributions we have received.

Fundraising

DHHS M2M Bike Ride

We were blessed this year with support from the Department of Health and Human Services (DHHS). Each year a team from DHHS participates in a Bike Ride through Regional Victoria from the Murray River in Echuca to the Moyne River in Port Fairy and raises funds, which they then donate to a charity. We were fortunate to be chosen as their sponsored charity. This event, and some other fundraising the team from DHHS performed raised us the handsome sum of \$5,579.51

Bunnings BBQ

We have a sausage sizzle organised at Bunnings in Port Melbourne for Sunday the 22nd of October.

Training

Barb was able to provide training on stigma and discrimination with BPD to an external organisation, who paid for her time. There may be further opportunities for similar events in the future.

Grants

In the year ending June 2017 we were successful in receiving a grant from the City of Port Phillip to help to consolidate the Family & Friends Group. We received another grant this financial year from the City of Port Phillip to establish a Co-mentoring program for the Family and Friends group.

Where next?

The Board is continually looking at external funding sources, through grants and donations.

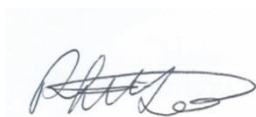
We are registered with the ACNC with Tax Deductibility Status, which is essential these days.

Also, we are in the process of applying for some much larger grants that, if successful, will enable us to employ staff to manage all of the issues around our organisation. To obtain some of these grants, we needed to be registered for GST. This was completed in August. Fortunately, because our turnover is small, we only need to report annually to the ATO, but if we are successful with any of these grants, reporting requirements will increase, and our accounts would then need to be externally audited, adding an unavoidable expense to the organisation. However, if we are successful with these grants, this expense is a champagne problem to have.

Conclusion

I have served the Board in the role of Treasurer for 2 years, but my work commitments make it hard to dedicate sufficient time and energy to the Board and this role to perform the task adequately, so I will be stepping down from the Board at the Annual General Meeting. I wish the new Treasurer well in his role.

In the first 18 months of BPD Community's existence, I have seen us slowly grow and raise awareness of BPD in the Victorian community, but the past 12 months has seen us really being acknowledged by government, health services and peers for our ability to get things done. This will grow more so in the next 12 months, so I encourage you to get on board, help the community to grow and support us all wherever you can.



Phillip Ince

Financial Position 30 June 2017

Assets	Cash at Bank	\$5,591.10
Liabilities	Accounts Payable	\$0.00
Net Assets		\$5,591.10
Revenue	Carer's Group donations	\$264.65
	Information Nights	\$448.35
	Bank Interest	\$0.07
	DHHS M2M Bike Ride	\$4,075.65
	DHHS Fruit Box Sales	\$1,503.85
	DHHS Wine Sales	\$362.50
	Grant City of Port Phillip	\$2,500.00
	Training for Bayside Family Services	\$1,000.00
	PayPal Registration Testing	\$0.85
	Individual donations	\$350.00
Total Revenue		\$10,505.92
Expenses	Insurance (2016-2017)	\$726.00
	Insurance (2017-2018)	\$748.00
	Email management fees	\$141.90
	ASIC fees	\$47.00
	Website development (Squirrel Hub)	\$522.50
	Website Development (WebForce5)	\$1,658.25
	Payment to worker to run & evaluate the Carer's Group (Gail)	\$1,950.00
Total Expenses		\$5,793.65
Cash Balance Statement		
Opening Balance 1/07/2016		\$878.83Dr
Revenue		\$10,505.92Dr
Expenses		\$5,793.65Cr
Closing Balance 30/06/2017		\$5,591.10Dr

Organisational Development

Our BPD Community quietly grows and now numbers well in excess of 300 people. Our efforts to create a sense of community, with opportunities to share experiences and develop interrelationships within our community, have been a focus of our main activities. This concurs with the need to provide up to date and accurate information and opportunities for discussion. We can work to reduce stigma and discrimination, support individuals and create community through the same means.

As an organisation we have been working on our strategic planning throughout the year. If we are to achieve what we want, we need a clear plan of action that is supported by a solid understanding of theory and logic. In this intensely interesting work we have received the support of pro bono experts in the area.

Contributing to this work, BPD Community contracted for an evaluation of the then Carer's Group, subsequently renamed the Family & Friend's Group (F&F Group). This evaluation contributed to the development of the new F&F Group model and attracted continued funding from the City of Port Phillip. The subsequent engagement of Tamara Stillwell as our F&F Activities Co-ordinator will free up resources for other areas.

We were thrilled to be adopted by the Better Health Channel Murray to Moyne Bike Team as their fundraising focus for their annual bike ride. The money they have raised and are raising has brought a sigh of relief and enables us to focus our energies on creating other opportunities for funding. We are most appreciative of the efforts of the team and wish them healthy, accident free bike riding.

We continue to reach out to other organisations and have this year engaged a consultant on Strategic Relationships whose task is to try to co-ordinate the Victorian BPD Organisations to develop a united voice for a BPD Policy for Victoria. Our efforts to work more closely and co-operatively with other organisations have not always been successful - however we maintain good strong relationships with those who have supported us since the beginning. We are hopeful this new initiative will bring positive results.

This last year has been one of consolidation and quiet growth. As each month has passed, how much we have achieved continues to energise us: the year ahead of us promises to be even more exciting.

Information Nights

Our Information Nights are the best opportunities for all in our community to get together and in a relaxed environment feel the support of being in a place where everyone already understands.

At our second annual Celebration Night on Oct 6 2016, we were joined by Kate Brinly who told us of her journey to recovery. It was a really good night with a light party atmosphere which culminated in Zeke Ox entertaining us all with his wonderful voice.

To start the year, Prof David Castle spoke to us about the vexed issue of changing the name of BPD. His presentation provoked considerable discussion causing us to more thoughtfully consider what reasons there could be for changing the name.

In the depths of winter Ilona Morrison and Tamara Stillwell sought to explore what recovery means and how we can individually access the resources we might need for recovery. It was a really good night to learn the things we can do here and now to improve how we approach recovery for ourselves and for others.

In previous years, we have held 4 Information Nights a year, this year it was reduced to 3. It was simply a decision based on lack of resources; there were other demands upon our time and efforts. We continue to attract good sized audiences. Since this time last year, we have averaged 23 people at each of the three Information Nights held.



Some snaps from each of the three Info Nights over the year.

Family & Friend's Group – South Melbourne

Our Family & Friend's Group (F&F Group) has been a key activity of the BPD Community. It meets monthly except for Oct, Feb and June, when there is an Info Night held. Since October 2016, there have been 84 people in attendance at the group over the year. The F&F Group has withstood the test of time and is now in a position to grow and develop.

Thanks to a grant from the City of Port Phillip, we were able to contract for an evaluation of the program. As a result, a clear purpose and focus was developed based on a 4 tiered model of: sharing, learning, co-mentoring and ambassadors. The first three tiers of this model have been implemented this year.

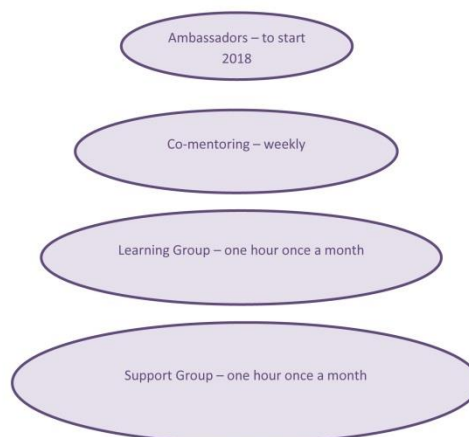
The Co-mentoring component of the F&F Group has been supported by further funding from the City of Port Phillip. As a result, Tamara Stillwell was appointed as F&F Activities Co-ordinator and it is anticipated that the needs of the families in our BPD Community will be better supported.

BPD Community is most appreciative of those who have continued to provide support in many forms. One of our major supporters has been Star Health who has provided a facilitator for our group. In August 2017, Krishna Jones was welcomed to the F&F Group and with Krishna's professional support, the group can only feel better supported.

Another innovation this year was the development of the closed Facebook Group to facilitate communication between participants.

With ongoing monitoring and evaluation, it is expected that the work of this group will continue to grow. The model of the F&F Group is one that could be easily adopted in other parts of the state and it is the hope that BPD Community would be able to extend its capacity in this area to support families and friends. The future of the F&F Group looks strong.

BPD COMMUNITY FAMILY & FRIEND'S GROUP MODEL



Recovering Club

Providing support to people with lived experience of BPD is a goal of the BPD Community. To this end planning a Recovering Club is in its early phase.

It is important that when the clinical supports for treatment and the life skills supports are so limited for people with lived experience, that BPD Community works to fill the existing gaps. A Recovering Club for people with lived experience, using a peer support model, would be helpful. To begin such a program requires careful and considered planning. It would be more than unhelpful to begin such an enterprise without appropriate resourcing and the background research essential to this type of endeavour.

Similarly advocacy on a one to one basis for this group which experiences such stigma and discrimination would be beneficial. Currently this does not exist outside ad hoc support from within the system. However, because other organisations are funded to achieve this, it is not a high priority for BPD Community although it is an area of unmet need.

The needs of people with lived experience of BPD to support recovery are not being met and there is much room to develop innovative programs that will do just this. The objective of creating a sense of community is a challenge where people are concerned with their individual recovery and their own journey. This is the challenge for BPD Community in the future.



Stigma and Discrimination

BPD Community has a two armed approach to directly working to stop stigma and discrimination.

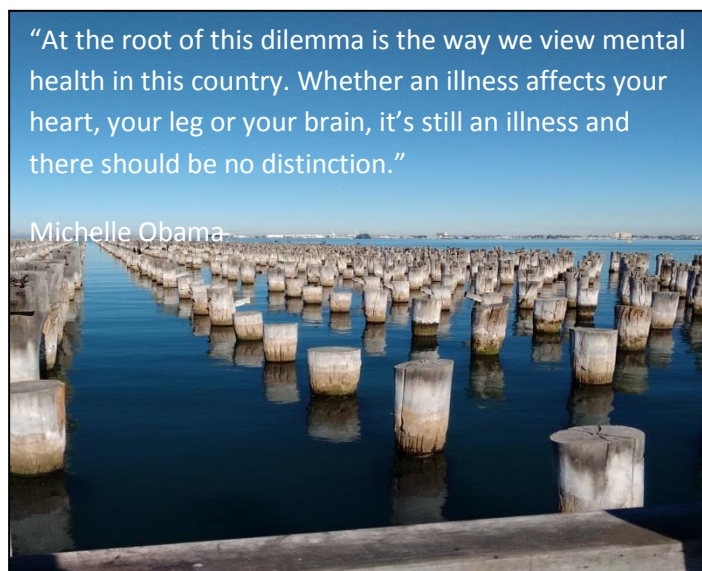
Our strategic plan based on the position paper, 'How SAD' is focussed on training in the mental health system. BPD Community successfully trialled its half day training program this year.

The other arm is to individual responses to examples of stigma and discrimination as they appear in the media. It is a sign of the work done in this area by BPD Community and others, that there is nothing to report this year.

Stigma and discrimination emanates from within the mental health professions and permeates the mental health system. It is fuelled by misinformation or a lack of information. The evidence of stigma and discrimination is when the person is blamed for being ill or when the illness itself is discredited as not legitimate or difficult. The result of this is poor research, poor resourcing, poor training and more.

BPD Community would like to encourage research that adds to understanding of this illness, a third arm of approach for the future.

In the meantime, the mission of BPD Community is to replace stigma and discrimination with hope and optimism. Every aspect of our work is to achieve that end and we provide accurate and up to date information through many of our programs and activities which is essential to accomplish this.



The Internet and Media

Accurate and up to date information is essential to combat stigma and discrimination and to equip our community members with the skills and information to support recovery. Our communications program is core to our work.

After many challenges with our website, we are finally underway, thanks to the dedicated work of our Communications and Social Media Director on the Board, Milva Bello.

The new look site has many features that will make our message more accessible. One particular feature is the over 70 research articles that add to the discussion and debate on BPD. Another is the blog feature that will be developed to act as a way to encourage online discussion. Of real importance is the inclusion of a calendar which brings events and activities to the forefront of the site. Meanwhile the focus is as always the individual who seeks support whether it is a person with lived experience, their families or those who work with them. This is a virtual representation of our community and will be our first point of call.



The site will also be a support to the Board of Directors with a portal for all things of importance to directors available online. The capacity of the site to link with our Facebook presence and even Twitter account makes it dynamic. The link with the organisations administrative wing will make the work of administering the work of BPD Community much easier.

Facebook had a period in the doldrums while we had a change at the helm. Now Facebook is undergoing a revival and soon we will be seeing a result from the increased input of effort in this social media.

Our mast head, our quarterly newsletter continues to provide sound and helpful information available to our community. Following on from each of our Info Nights, the newsletter goes out reporting on the events of the Info Night for those unable to attend. In this way, the most up to date information in Victoria is available to all.

Our monthly email updates bring the day to day business in relation to matters of interest in BPD and Victoria to us all. This is a sought after resource by those who work in the field who want to communicate to our community. It is pleasing to note that our information is subsequently sent to wider audiences through our networks.

Communication involves not only getting a message out and providing information, it also involves listening: it is a two way process, a dialogue. At BPD Community we are open to feedback, discussion and encourage questioning. We work at listening to what our community wants.

Future Plans

Planning for the future is determined by taking advantage of the possibilities that present themselves and using the resources that are available.

As we look over where we were this time last year, much has changed and the focus of our work has altered as a result. What we do is dependent on how we work with others. In a world where funding is limited, other organisations might see competition where we would see the benefit in co-operation. In the absence of co-operative working relationship we continue in our efforts to fill the gaps and meet the needs where we can. In the meantime we continue to develop those relationships we do have while working to increase our co-operation with others in the field. Similarly our lack of resources has meant a need to greater focus our efforts to where we can have maximum effect.

The core activities of BPD Community are our communications and social media wings. These wings give us lift and help us fly. This underlies all our work and allows us to develop that sense of community that is so important to supporting recovery.

Our strategic planning has identified our F&F Group model as one that is most easily transferable to other geographic locations. Our F&F Group that is a priority. The HOPE project involves taking the F&F Group model to outer suburban, regional and eventually rural areas. This is still our goal. It is considered that the easiest way to bring the message of hope and optimism in support of recovery is through our work with families and friends, especially with such limited resources. When we work with individual family members, we are working with a whole family.

At the moment, there is no BPD Policy for Victoria. BPD is a part of the whole mental health response. We believe however that the special needs of BPD, given the stigma and discrimination and the misinformation and confused information that abounds, requires a co-ordinated BPD Policy that addresses these concerns. BPD Community is working with government and other organisations to create the change that is needed to ease the burden of unnecessary pain to individuals, to families and to the society in general.

Since BPD Community became established in late 2015, much has changed and much has improved, much has been achieved. For the hundreds of thousands of people with lived experience and their families in Victoria suffering, not enough is being done. Members of our BPD Community are dedicated to change and passionate about making it happen. We are making the world a better place.





Barbara Mullen

Chairperson

BA (Soc Sci), Grad Dip Ed,
MA Ed.;
Carer



Phillip Ince

Treasurer

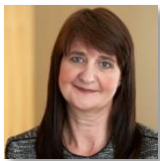
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Milva Bello

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