



Auckland Sexual Abuse
HELP Foundation
Annual Report 2017 - 2018

From HELP's Chairperson

This year saw the rise of the Me Too movement, with sexual assault and harassment survivors and supporters speaking out about their experiences and demanding change. It feels like there has been a major shift in the public recognition of sexual violence and people's willingness to talk about it. This is a big step along the way towards ending sexual violence, which is one of HELP's missions.

There have also been encouraging signs from the government about supporting the sector and ensuring that the right services are available to all those who need them. Safe to Talk, the national sexual harm helpline has been established. We acknowledge the commitment of Under-Secretary to the Minister of Justice, Jan Logie, to progressing change in our sector.

HELP continues to work as a part of Te Ohaaki a Hine – National Network Ending Sexual Violence Together (TOAH-NEST). We have also been working more closely with other Auckland providers of services to sexual violence survivors.

There has been an increased demand for our services, no doubt due in part to the high media profile of sexual assault issues. We continue to focus on clients with high and complex needs who often struggle to find services elsewhere.

Service data shows continuing high levels of demand for service, and good feedback from those using the service.

Highlights in service delivery included a move to establishing support and therapy groups to supplement the individual services we provide for survivors and their whanau. HELP has provided DBT (dialectical behaviour therapy) training for staff and others and now has a DBT group operating for clients. We look towards setting up more groups in the future.

Recognising the expansion of Auckland and the need for service in the north, we have decided to establish a North Shore office. Close connection with Police and other services in communities helps ensure that we are involved where the need is.

Funding remained an issue with substantial grants sought from philanthropic organisations and other fundraising strategies utilised, in order to supplement government funding.

The Trust undertook a review of the management structure implemented last year and decided to confirm the new structure. Kathryn McPhillips remains our highly regarded executive director.

Many thanks to all staff, volunteers and my fellow trustees for their commitment and dedication to the important work of our organisation.

The Trust remains to be committed to providing high quality services for those harmed by sexual violence helping ensure they are free to reach their potential, as well as to working to end sexual violence.

Nicola Craig

Chairperson



To work towards a society where relationships are based on co-operation and respect – so we can end sexual violence.

Purpose 1

to support and empower women and children in their healing from the effects of sexual abuse/assault.

Purpose 2

to prevent sexual abuse and assault



Crisis Support Services



107 Support Sessions (+94%)

192 Support at medical examinations (+6%)

250 Support through police interviews (-12%)

12081 phone calls, texts and emails

Providing support and assistance at the times that survivors need it most is the core of our crisis team work. Our 24/7 telephone support service is both the gateway into all services, and a lifeline for those in acute need due to recent assault, or chronic impacts of sexual abuse which tend to be worse when it is dark and we are lonely and frightened, in the night.

We work alongside police and providers of forensic medical exams to promote the well-being of the survivor, through support, advocacy, information and doing what is needed to assist the survivor to get as physically and emotionally safe as possible so the process of traumatisation stops.

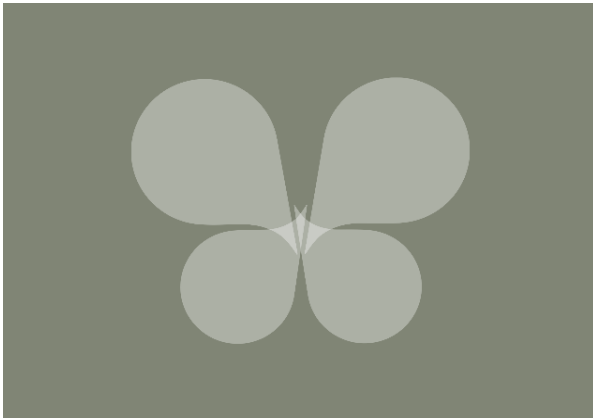
70% of callers to our crisis service had their level of distress reduced as a result.

87% of clients who received our call out support service had their immediate needs met.

It has really helped me to hear from Help, because I have been on edge and feeling very alone. So I have arranged a support session and feel that I know I can also call if I need mindfulness or to talk about my stress around this...



Justice Services – Court Support



71 Support sessions in court (-8%)

39 Sessions emotional preparation (-240%)

515 Hours spent

New Zealand's current trial process is frequently re-traumatising for survivors of sexual violence.

We provide practical support through liaison with police and prosecutors and assisting with victim impact statements, but our primary role is in assisting survivors to develop the skills and knowledge to manage their emotional responses through the process.

This brings a sense of control which reduces the re-traumatisation which can occur through being in the presence of the person who caused the harm and the questioning of the defence lawyer. Such control also supports the person in giving the best evidence possible

Without you and all your support I could never have coped... I will be thanking you forevermore.

Therapy Services



The Team

209 clients came to **2910** sessions

Affiliates

166 clients came to **2643** sessions

HELP provides client-centred counselling and psychotherapy to survivors and their close family and friends. The youth team works primarily in local high schools providing service where young people need it while the adult and child and family teams work from our Mt Eden site. Most of the adults we work with present with high and complex needs, so we also provide a **Dialectical Behaviour Programme** which supports improved emotion regulation.

Results

We surveyed Help therapy clients for one week in April 2018 and found that 75% reported that we had helped them a lot with the problem that they had come to HELP for help for.



It saved my life – literally.

My therapist is excellent.

I couldn't have done it without HELP.



DearEm is primarily an online project to reduce the impacts of sexual violence on teen girls and contribute to undermining the cultural supports of sexual violence. It uses facebook, Instagram, twitter and a web-site to offer “survivor-safe” ideas about coping with difficult times in life, and role models in the form of the stories of other young women.

Facebook Likes: 1379

Facebook Reach: 114526

Instagram followers: 579

Twitter followers: 195

Website Sessions: 5252

Website Users: 4716

Page Views: 9570



Purpose 2

to prevent sexual abuse and assault

Preschool Prevention Programme We Can Keep Safe: 01/07/2017 – 30/06/2018

57 preschool centres

105 Caregivers

116 Staff

1101 children

We Can Keep Safe engages parents, preschools and 3-5 year olds in keeping safe from sexual abuse. Parents learn how to talk with their children about this, how to foster the child's safety skills, how to recognise the signs of someone who is inappropriately interested in children, and how to respond if a child is sexually abused.

Preschool centre staff learn all of this as well as the games and activities which can keep the skills alive in the preschool environment.

Through fun, games and puppetry, children learn the names of their body parts, about okay and not okay feelings, the concept that they are the bosses of their own bodies, how to tell and keep telling adults if something happens that they don't like, and the difference between secrets and surprises. But their favourite parts of the course tend to be the "touching rules", and the concept that they are the bosses of their own bodies.



Feedback about the programme is consistently great – we know the children love it as they ask for puppet Toby to come back and see them, and their parents consistently report significant behaviour change which shows that they have learnt the touching rules, correct names for body parts, how to tell a safe adult if they don't like something and how to say “stop that, I don't like it”.

Caregiver Feedback

Great reputation, affordable, excellent content and age appropriate.

At first I was hesitant as they seem so young, but having done the programme I think it's fantastic. Very much age – stage.

I want my very confident and independent daughter to know how to keep herself safe.

I sat in in on the course last year and was impressed. I feel it's necessary for kids to learn what's not okay.

Word of mouth. Positive. From other parents at play centre. A need for my child to be involved in a body awareness programme – as he has become more explorative with his body.

My son did this previously, such a great programme.

I think it is great that this is available at kindergarten

It's a fantastic programme as it's a difficult subject to talk about one on one with your child. The group environment and friendly presentation is perfect for kids.

Wish it was more available to other children. Very gutted and shocked to find out it's not government funded. Stats were pretty shocking and sad. :(

Engaging and very much looked forward to by my child. Simple messages delivered in a way that connects to their world.

Perfect length to ensure good engagement - Toby is awesome. Really made an impact on my child's interest in, excitement about and understanding of the content. My child is really sad this is the last day of course.

The programme is very well run by the organisers. Ruth was really good with engaging the little audience in a gentle way. We appreciate the opportunity for my child to join the programme.

Statement of comprehensive revenue and expense

For year ended 30 June 2018

	2018	2017
	\$	\$
Revenue		
Revenue from providing services	537,090	499,017
Government contracts	1,291,632	1,189,848
Government grants	45,418	39,530
Non government grants	296,332	245,998
Other income	79,829	148,426
Interest income	5,225	5,647
Other grants		
Total revenue	2,255,525	2,128,466
Expenditure		
Employee expenses	-1,625,259	-1,504,801
Contractor expenses	-384,448	-382,506
Administrative expenses	-144,801	-155,345
Other expenses	-41,637	-37,798
Total expenditure	-2,196,145	-2,080,449
Surplus for the year	59,380	48,016
Other comprehensive revenue and expense	-	-
Total comprehensive revenue and expense	59,380	48,016

Statement of financial position

As at 30 June 2018

	2018	2017
	\$	\$
Assets		
Cash and cash equivalents	547,891	5472,211
Accounts receivables and payments	114,972	171,642
Total current assets	662,863	643,854
Property, plant and equipment	23,119	28,444
Total non-current assets	23,119	28,444
Total assets	685,982	672,298
Liabilities		
Accounts payable and accruals	116,392	103,200
Employee benefits	115,185	105,375
Other liabilities	3,738	3,438
Deferred revenue	56,099	125,096
Total current liabilities	291,414	337,110
Total liabilities	291,414	337,110
Net assets	394,568	335,188
Trust Funds		
Accumulated funds	394,568	335,188

Statement of changes in trust funds

For the year ended 30 June 2018

	Accumulated funds \$	Total trust funds \$
Balance at 1 June 2016	287,172	287,172
Surplus for the year	48,016	48,016
Other comprehensive revenue and expense	-	-
Balance at 30 June 2017	335,188	335,188
Balance at 1 June 2017	335,188	335,188
Surplus for the year	59,380	59,380
Other comprehensive revenue and expense	-	-
Balance at 30 June 2018	394,568	394,568

Statement of cash flows

For the year ended 30 June 2018

	2018 \$	2017 \$
Receipts from Government Contracts, Grants & Other Sources	2,237,973	2,118,944
Interest received	5,225	5,647
Payments to suppliers, employees & others	-2,164,730	-2,182,915
Interest paid	-	-
Other	300	-7,819
Net cash flows from operating activities	78,768	-66,143
Payment for property, plant & equipment	-3,088	-6,471
Net cash flows from investing activities	-3,088	-6,471
Net cash flows from financing activities	-	-
Net increase/(decrease) in cash held	75,680	-72,614
Cash at the beginning of the year	472,211	544,825
Cash at the end of the year	547,892	472,211

Thanks

Thanks to all of those who gave so generously to our appeals, or on a monthly basis.

We are also very grateful to the philanthropic trusts and government funders who provided financial assistance throughout this year, so we could keep doing what we do best.

North and South
Pub Charity Ltd
Pelorus Trust
The Trusts Community Foundation
Blue Waters Community Trust
Blue Sky Community Trust Ltd
Four Winds Foundation
Perpetual Guardian Trust - Clyde Graham
Perpetual Guardian Trust - Strathlachlan Fund



Lion Foundation
The Southern Trust
Anonymous Trust - JM Thompson Grant
Trillian Trust
ANZ Staff Foundation
Dragon Community Trust
Blue Sky Community Trust Ltd
Chenery Trust

Trust Board Members

Nicola Craig – Chairperson

After completing a Bachelor of Arts and LLB (Hons) at Auckland University, Nicola worked in the litigation department of a large central Auckland law firm, specialising in employment law. She has also represented members of the New Zealand Nurses Organisation in employment and health law forums, and advised on constitutional, structural and other issues. Nicola is currently a Member of the Employment Relations Authority, where she is involved in deciding employment cases.

Geraldine Whiteford – Secretary

Geraldine has been a feminist for 40 years, since she was a University student in the 1970s, picketing against beauty contests and marching against the Vietnam War. Geraldine worked for many years in the Human Rights Commission, as an investigation officer and then manager of the discrimination complaints team, before becoming a lawyer specialising in family and civil litigation. Geraldine is strongly committed to all aspects of social and economic injustice, volunteering as a committee member of the Human Rights Foundation and writing articles for the Auckland Women's Centre newsletter on women and the law.

Rachel Orchard - Treasurer

Rachel is Chief Financial Officer for the New Zealand office of a large global corporate. An experienced leader, Rachel has worked across a number of industries which has seen her revamp business processes and influence change within organisations. She has reported to Boards on company budgets and managed the financial performance of businesses she has worked for. Rachel brings strong commercial acumen to the table with a focus on the bottom line. Her passion for strategy and an aptitude for numbers is evident by her membership as an Associate Chartered Accountant and having gained distinction when completing her MBA.

Kelly-Ann Harvey

Kelly-Ann has been a Trustee for over eight years and is currently the Treasurer. With a BCom/BA, she has worked in financial services product management and marketing for nearly 10 years. She has also previously worked for Parliamentary Service (Auckland Central Electorate Secretary) and Youthline, managed the Auckland branch of the Institute of Directors and been a member and Deputy Chair of the Waiheke Community Board.

Carol Stott

Carol worked for many years as a social worker, mostly in children's health, but also in family violence and mental health. With experience as a policy manager for CYF, Carol returned to the health sector 20 years ago and worked at ADHB as a service manager of community child health services and as a planning and funding manager responsible for child, youth and women's health. Carol has now left ADHB and relocated to Waiheke Island, but she still undertakes work in the health and social services sectors on a contractual basis.

Prudence Fisher

Prue Fisher is a Clinical Psychologist who has worked in a primary women's health setting for many years, specialising in working with adolescents and young women who have complex gynaecological conditions. Prue also works in private practice as a clinician and supervisor/consultant, and completed a PhD in 2010. Before all of this, Prue was a co-coordinator for the first Auckland 24 hour crisis line, established by the Independent Collective of New Zealand Refugees, where she stayed as a volunteer, the workers' advocate, consultant and researcher with North Shore Women's Refuge for 14 years.

Kathryn McPhillips

Kathryn joined HELP as Clinical Manager in 1997, following a time doing crisis work at HELP as a student in the early 1980s, before embarking on clinical work in Mental Health Services and a research role at the University of Auckland. Highlights of her work at HELP include the establishment of the national organisation TOAH-NNEST, development of a model for the practice of restorative justice (Project Restore), and development of a family reconciliation programme with SAFE. She has contributed several research papers to the Task Force for Action on Sexual Violence, and has developed guidelines for crisis support services and restorative justice with sexual violence, which are used nationally.

Sylvia Yandall

With a background in the corporate world and experience in psychology, sociology and counselling, Sylvia is responsible for overseeing our Crisis and Justice services. She supports our staff working in these areas, develops community relationships and establishes connections with other Auckland agencies to ensure our most vulnerable groups are kept safe and healthy. She also furthers the work of the team by liaising with migrant and refugee communities to ensure they have the support they need.

Tina MacLean

Originally from the UK, Tina has worked in a number of blue chip services organisations such as Centrica UK. Tina brings experience in marketing, analytics, systems and technology and has worked on a number of large business transformation projects. Her passion is to see organisations succeed through understanding their goals, applying systems thinking and delivering performance based outcomes.

HELP 
Support for Schools and Communities

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