

# ANNUAL REPORT

2013/2014



disability relationships sexuality 



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## ABOUT *secca*

**secca** is a non-profit community organisation and was established in 1991 to assist families and individuals with disability.

### Mission Statement

**secca's** mission is to provide a tailored, flexible and responsive service to people with disabilities, their family, carers and others around issues of sexuality, relationships and sexual health.

### Statement of Purpose

**secca** exists to support people who have disabilities to learn about human relationships, sexuality and sexual health across the lifespan and make informed choices, acknowledging individual capacity, to enhance the quality of their lives.

## **STATEMENT OF VALUES**

**secca** embraces the following values for ourselves and for the clients and community we serve:

- 1) Rights Based**
- 2) Respect, Equity and Equality**
- 3) Engendering Trust and Mutually Respectful Relationships**
- 4) Effecting Change/Making a Difference**
- 5) Quality Practice**
- 6) Accountability, Transparency and Integrity**
- 7) Self Determination**
- 8) Collaboration**
- 9) Diversity**
- 10) Social Justice**

## KEY BELIEFS AND PRINCIPLES UNDERLYING *secca's* PRACTICE

**secca** endorses the principles that:

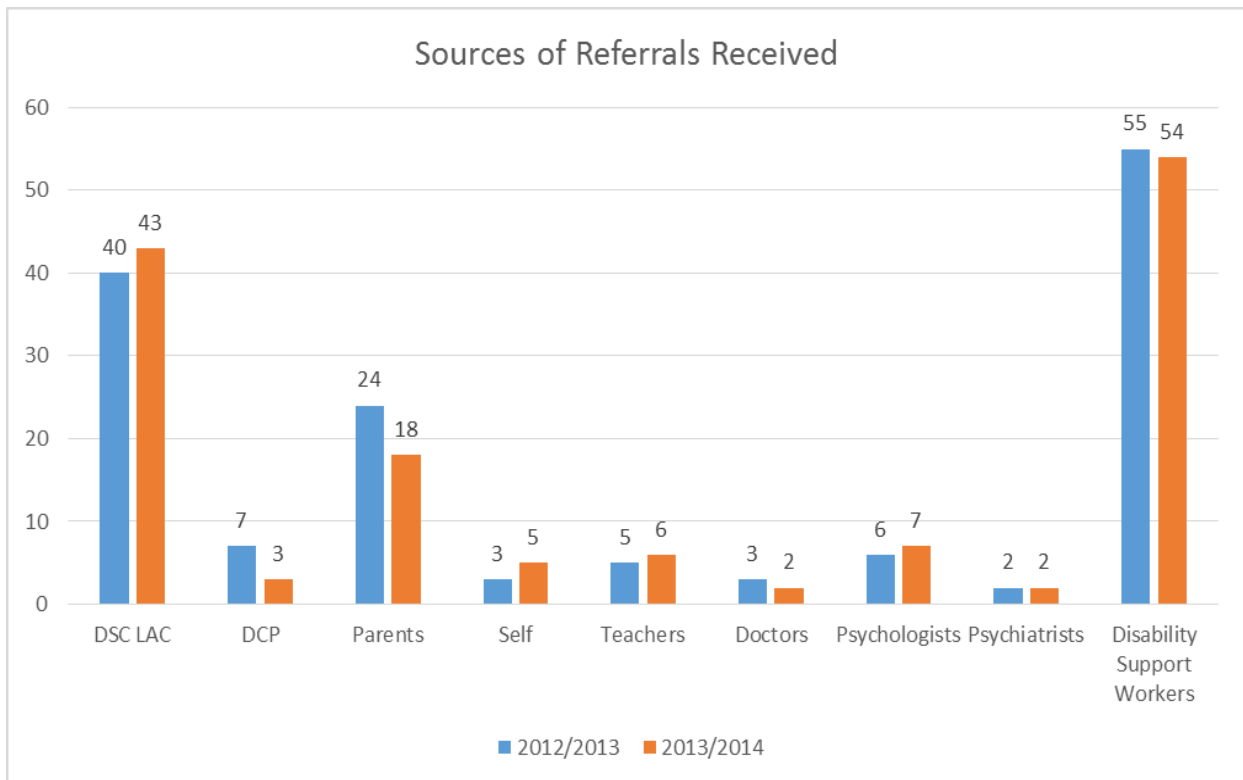
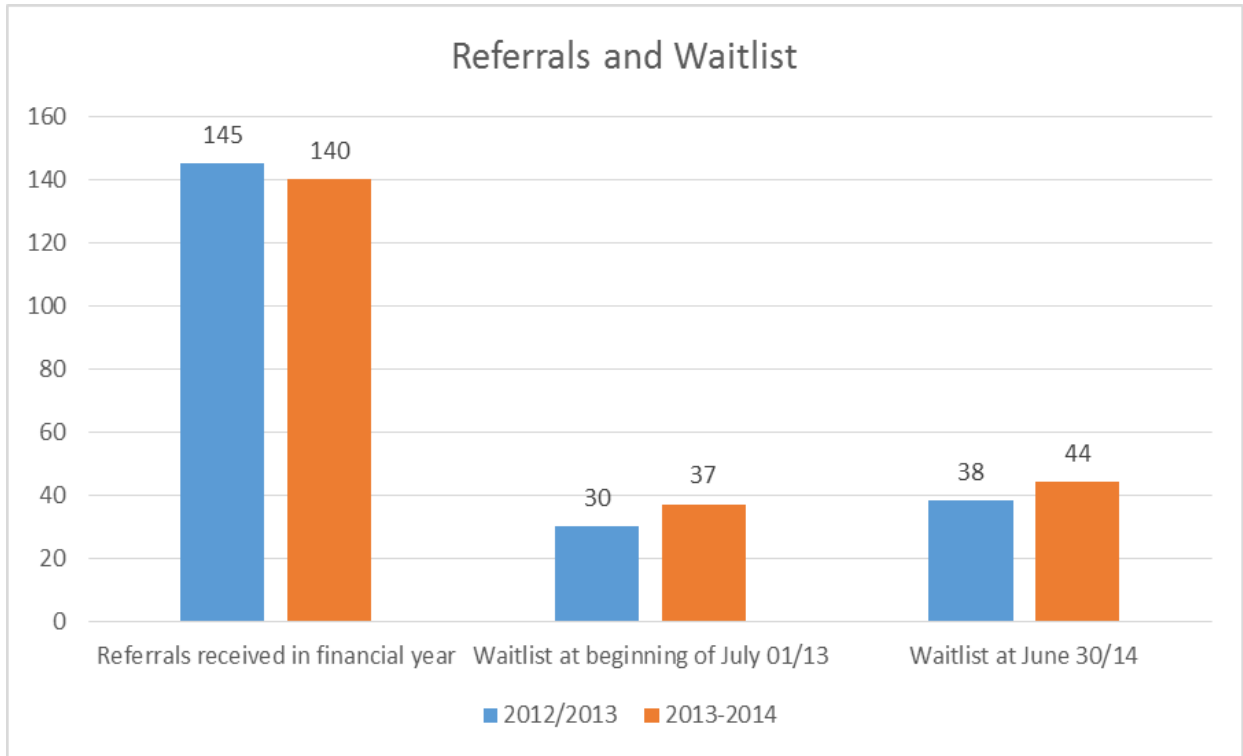
- All people are sexual beings; they begin to form relationships and have physical and psychological needs and desires from the time they are born; these needs and desires change over time from birth to death;
- The developing sexuality of an individual is an entity subject to life long change, continually and inevitably influenced by daily contact with persons of all ages and especially by contacts with peers, the family and other primary care givers, religion, other institutions and the wider society; and
- Sensitive human relations and sexuality education can be a positive force in promoting physical, mental, spiritual and social health. It should be geared to the three levels of learning: feelings, thoughts and action, and should begin as early as possible.

## KEY BELIEFS AND PRINCIPLES UNDERLYING *secca's* PRACTICE

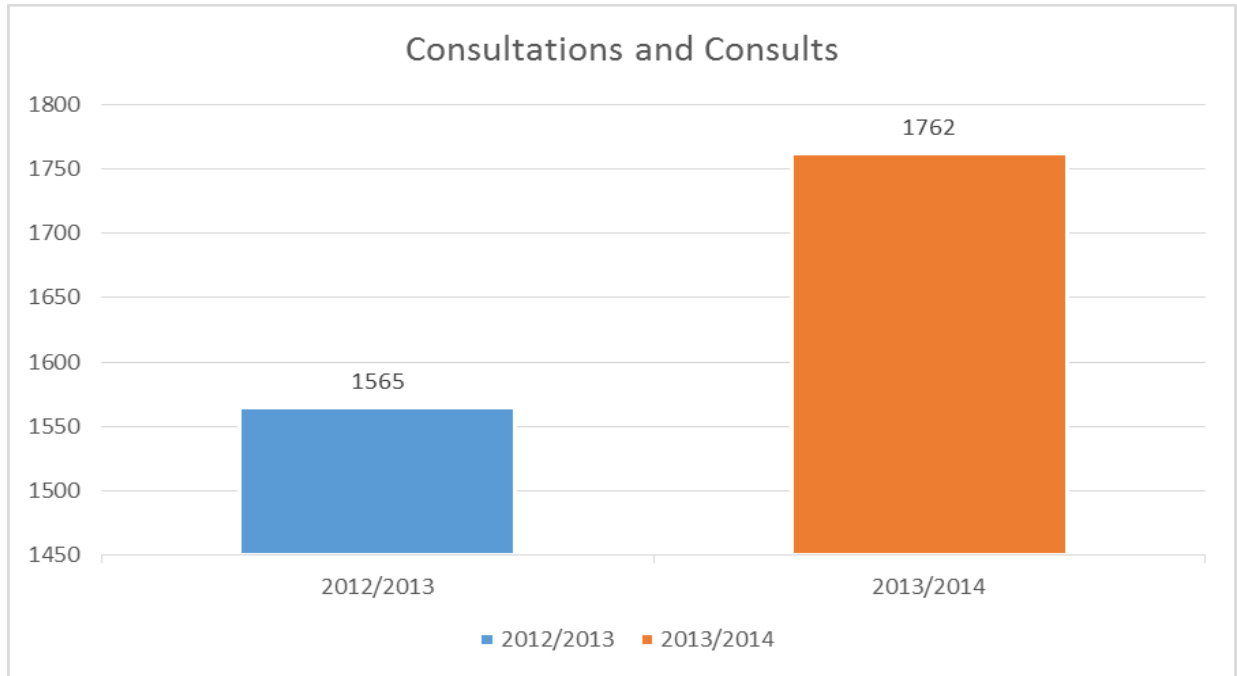
In this context **secca** believes that:

- All people have the right to live free of discrimination, regardless of their age, gender, sexual preference, marital status, ethnicity, religion or disability;
- Sensitive human relations and sexuality education can be a positive force in promoting physical, mental and social health;
- Human relations and sexuality education can be formal or informal;
- Everyone receives this education one way or another and all persons are informal human relations and sex educators whether or not they are aware of it;
- Formal education in the area of human relations and sexuality should be planned and implemented with careful attention and sensitivity to developmental needs, community and cultural settings and values and respect for individual differences;
- Education in responsible human relations and sexuality education is a basic right of every person;
- The primary source of knowledge, moral values and emotional support is the family. **secca** will support families to enable them to fulfil this role;
- People have the right to express their sexuality but not to hurt or violate the rights of others; and
- People have the right to honest and accurate information so they can make informed choices about their own sexual behaviour and sexual expression.

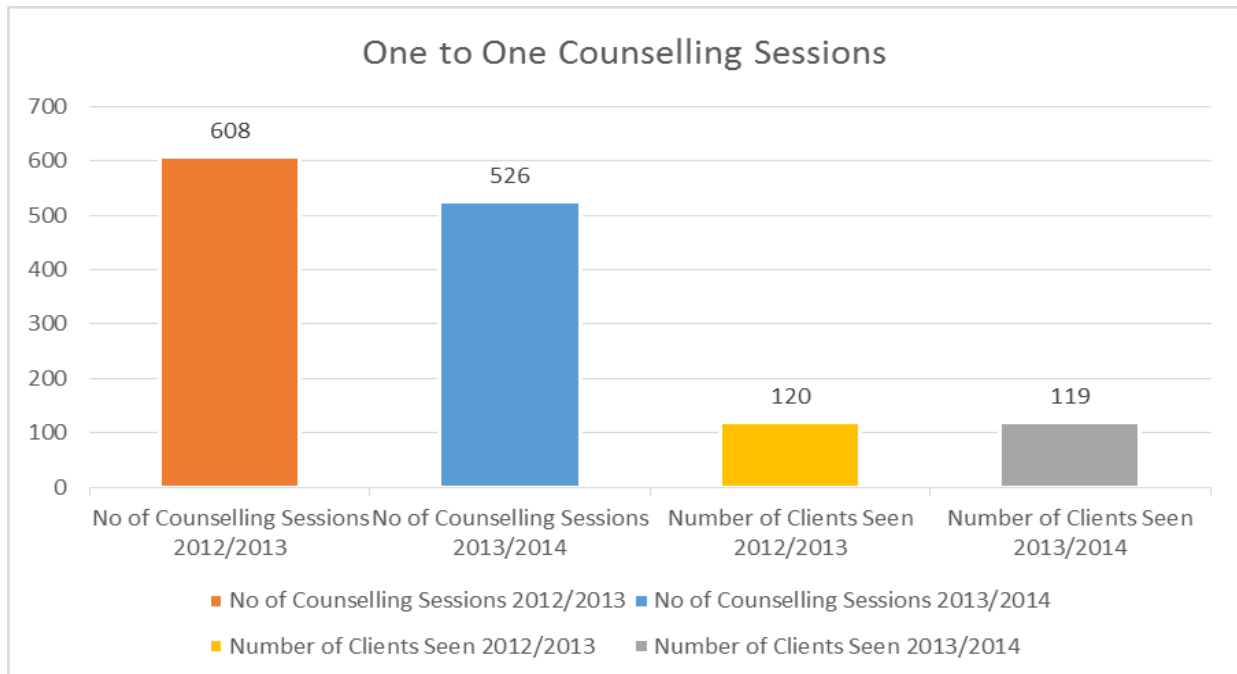
## REFERRALS AND WAITLIST 2013/2014



## CONSULTATIONS/CONTACT 2013/2014 AND ONE TO ONE COUNSELLING SESSIONS 2013/2014

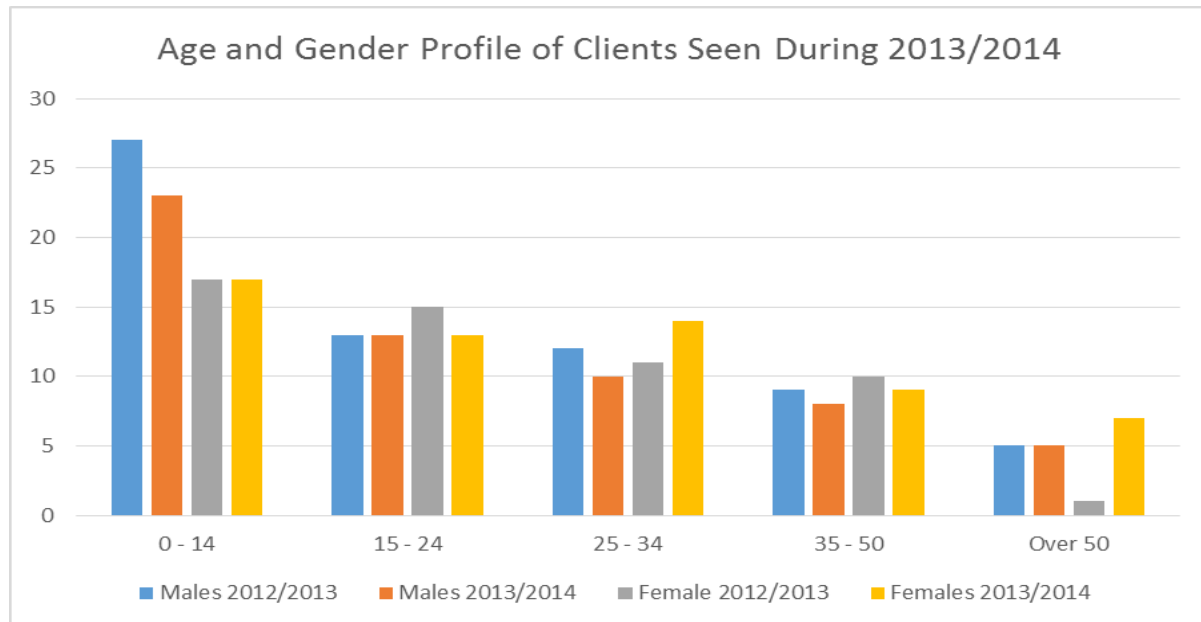


Consultations and Contacts 2012/2013 = 1565, 2013/2014 = 1762



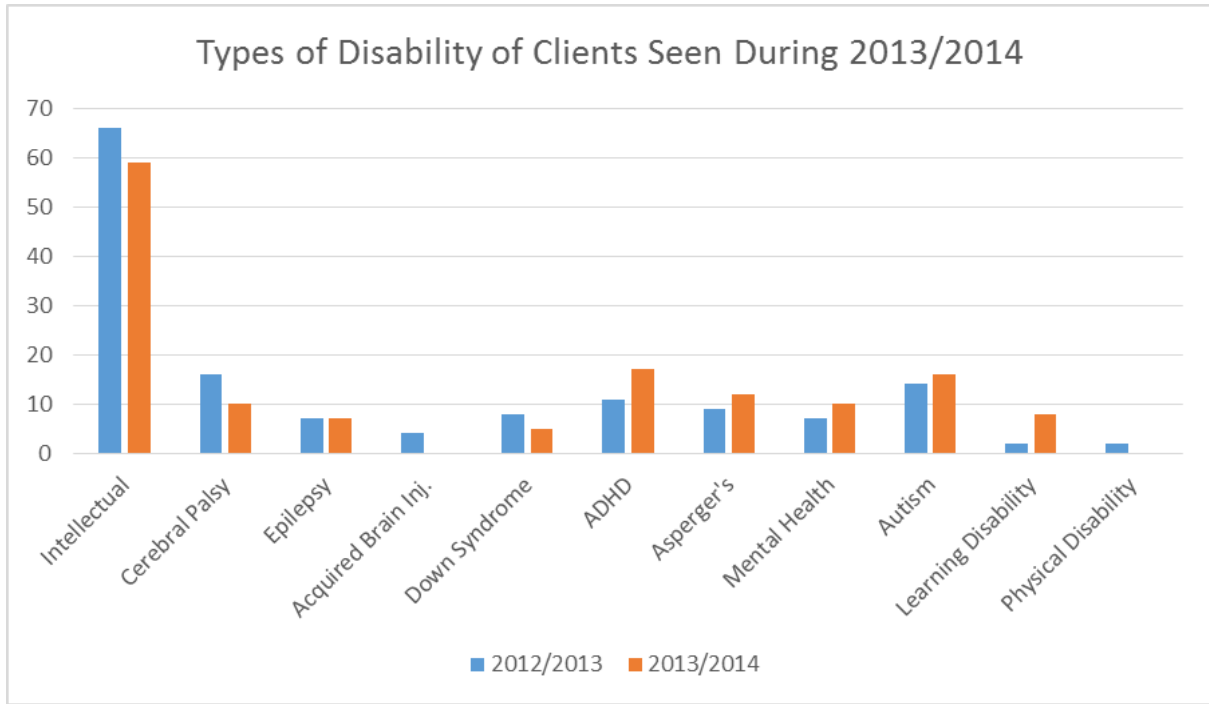


## AGE AND GENDER PROFILE 2013/2014



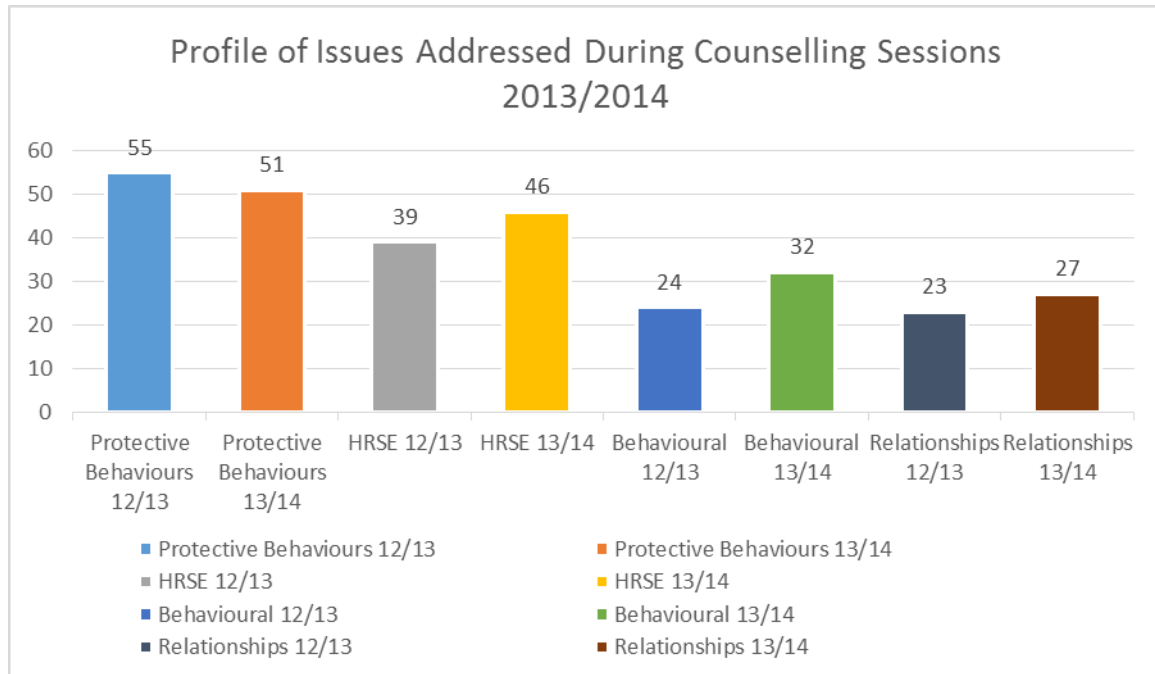
AGE	MALES		FEMALES	
	12/13	13/14	12/13	13/14
0-14 years	27	23	17	17
15-24 years	13	13	15	13
25-34 years	12	10	11	14
35-50 years	09	08	10	09
Over 50	05	05	01	07
Age N/A	00	00	00	00
<b>TOTAL</b>	66	59	54	60

## TYPES OF DISABILITY 2013/2014



	2012/2013	2013/2014
Intellectual	66	59
Cerebral Palsy	16	10
Epilepsy	07	07
Acquired Brain Injury	04	00
Down Syndrome	08	05
ADHD	11	17
Asperger's	09	12
Mental Health	07	10
Autism	14	16
Learning Disability	02	08
Physical Disability	02	00

## PROFILE OF ISSUES ADDRESSED 2013/2014

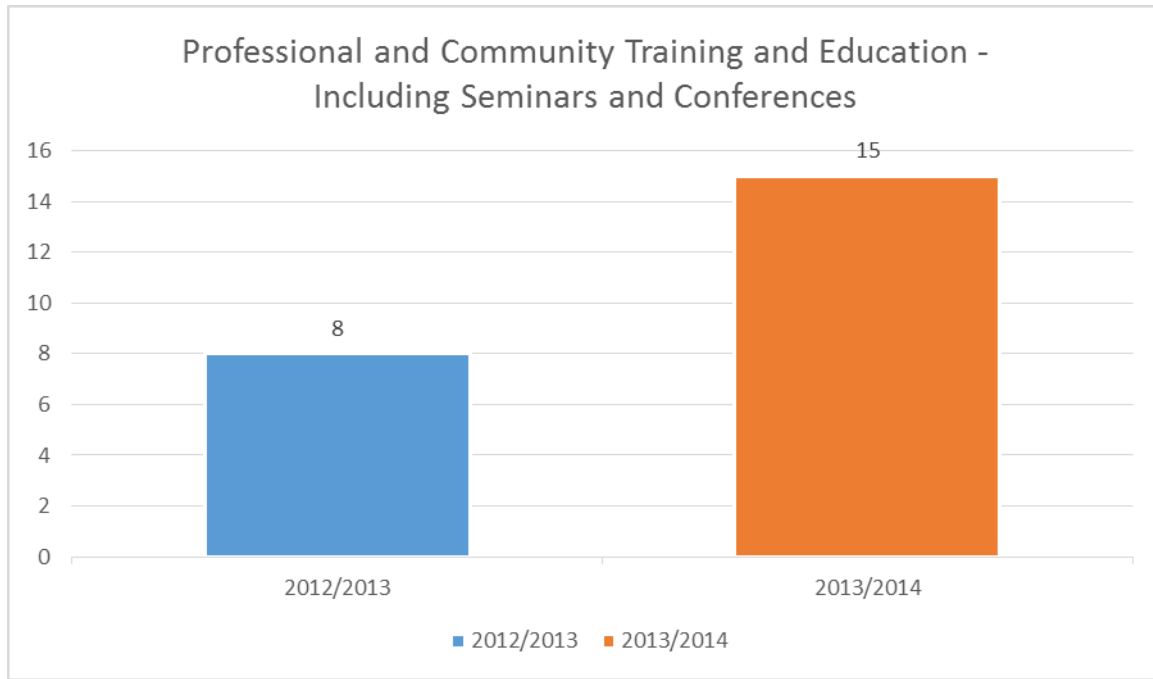


(Clients may present with more than one disability)

	2012/2013	2013/2014
Protective Behaviours *	55	51
Human Relationships & Sexuality Education	39	46
Behavioural	24	32
Relationships	23	27
<b>TOTAL</b>	<b>141</b>	<b>156</b>

\*Includes issues relating to sexual abuse/assault

## PROFESSIONAL AND COMMUNITY TRAINING AND EDUCATION 2013/2014



## COMMITTEE OF MANAGEMENT

**secca's** Committee of Management is comprised of individuals who have a specific interest in people with disability. The Committee members act in a voluntary capacity. The Committee is elected from the membership of **secca**. They continue to contribute their invaluable time, energy and vision to **secca**.

The Committee of Management for 2013/2014 was as follows

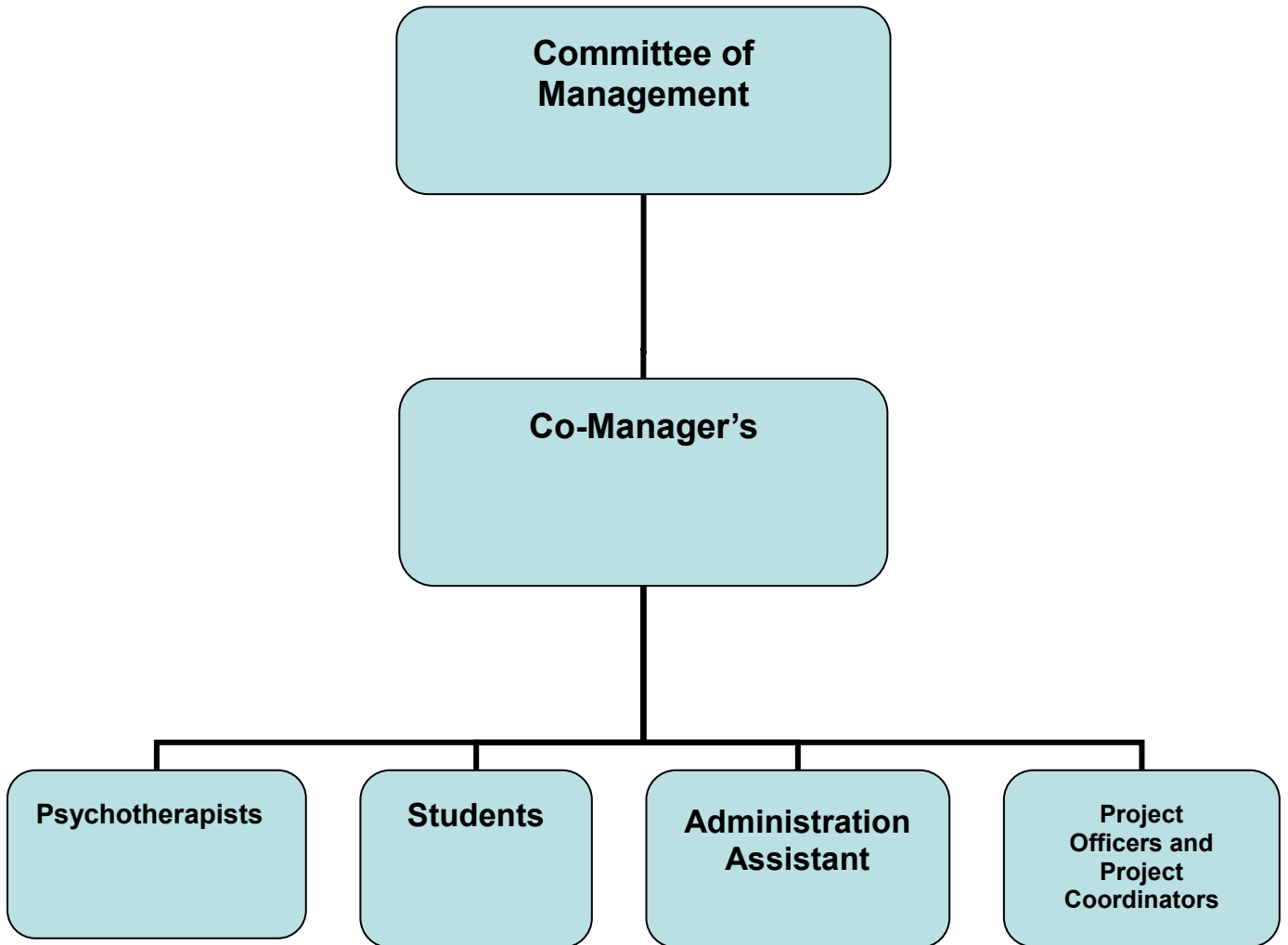
### Office Bearers:

- Jillian Pearsall-Jones - Co-Chairperson
- Kathryn Lawrence - Co-Chairperson
- Caris Jalla - Secretary
- Mark Munsel - Treasurer
- Suzanne Paust - Co-Manager
- Juana Terpou - Co-Manager

### Committee Members:

- Susan Main - Individual Member
- Corinne Wray - Individual Member

**secca's ORGANISATIONAL STRUCTURE**





## CHAIRPERSONS REPORT 2013/2014

The past year has seen many changes at **secca**. Most notable is the pending retirement of Founder Member and Co-Manager, Suzanne Paust (for an interesting history of **secca** since its inception in 1991, please see Suzanne's 20<sup>th</sup> Anniversary speech on the **secca** website). As Suzanne herself aptly expressed recently, she has had the privilege of witnessing "her baby" develop "through adolescence to the strong and wise adult we have today". Suzanne has worked tirelessly for and with **secca** for 23 years, and has well and truly earned time off to relax and spend more time with her family and to travel. We hope that Suzanne will continue to act in a supervisory/coaching capacity after she has rested into the new year.

Also notable was the resignation of Co-Manager Amanda Negus in November last year. Amanda was with the agency for ten years and, together with Suzanne, assisted in providing such strong foundations for this highly respected and invaluable service to the community.

With a brave heart and excellent skills Juana Terpou stepped into Amanda's shoes and Co-Managed beside Suzanne over the time since Amada took on her new position in the mining industry. Juana's role as Co-Manager will expand with Suzanne's retirement. Thanks too to our previous Auditor, David Charlesworth. We look forward to working in future with our recently appointed auditor, Leon Stielow.

At **secca's** Open Day in July the Panel Discussion **Sexuality and the Law** was very informative and well attended. Speakers included Jody Waite from the Disability Services Commission (DSC), Hanieu Tolouei from Magenta, and Snr. Sgt Mark Fleskens and Melanè White from the WA Police.

We thank DSC, the Department of Health, National Disability Service and LotteryWest for their support and recognition of the excellent clinical and educational services provided by **secca's** dedicated and highly motivated team. We thank our fellow Board Members, sincerely for their support over this period of restructure at **secca**, and for their substantial contributions over the past year.

Sadly Kathryn Lawrence will step down from the Board at the AGM due to increased family and work commitments. Kathryn has contributed greatly to the Board not only with her professional knowledge and expertise, but also as a well-liked and respected Co-Chairman of the Board. Thank you Kathryn – we wish you and your family good health and wellbeing for the future. We look forward to the coming year and different doors that will open and lead **secca** further on its journey towards the new era of service provision and choice for service users.

Dr Jillian Pearsall-Jones and Ms Kathryn Lawrence  
Co-Chairpersons  
**secca** Board of Management



## CO-MANAGER'S REPORT 2013/2014

During 2013/14 **secca** continued its core function to support people who have disabilities to learn about human relationships, sexuality and sexual health across the lifespan and make informed choices, acknowledging individual capacity, to enhance the quality of their lives. The services is tailored, flexible and responsive to people with disabilities, their family, carers and others around issues of sexuality, relationships and sexual health.

The demand for services from **secca** is unrelenting. During the last twelve months, the agency received 140 referrals for service. All referrals are responded to initially with telephone contact by our psychotherapists at which time clarification is gained surrounding the reason for the referral, its appropriateness for the agency, as well as the priority to be ascribed. This triage process assists the referring person determine if they wish to continue with their request for formal counselling.

Of the 140 referrals received, 119 individual clients were seen in 526 one on one counselling sessions. The wait list for services is currently approximately 6 months. As at June 30, 2014 there were 44 referrals on the wait list for counselling. It has come to our attention that **secca's** psychotherapists are increasingly dealing with highly complex issues. The incidence of clients presenting with co-morbidity (an associated mental health issue as well as their primary disability) is particularly striking. These issues are often not identified immediately or have not been stated on the referral for service form. They require intense service provision over a long period of time, possibly engaging with the extended family and the client's teachers or disability support workers. An essential element of this type of intense work is continuity of service from the same psychotherapist. **secca** has, due to the retention of highly qualified and skilled counsellors over the last 5 years, been able to provide such a service to clients. The agency expects the phenomena of co-morbidity to escalate as a result of increased efficacy in dual diagnosis because identification of underlying mental health issues is being widely acknowledged. An example of this acknowledgement is evident in a recent collaborative study between the Telethon Kids Institute, Curtin University and the University of Queensland where it was found that young adults with Down syndrome were 4 times more likely to experience mental health conditions than those from the general WA population. Professor Helen Leonard from the Telethon Kids Institute says previous research had only investigated medical conditions in children and adults with Down syndrome, rather than in adolescents and young adults. These mental health issues impacted the young person's daily life. These findings reflect **secca's** experience. It is axiomatic that if discreet studies were conducted with similar age groups who have other disabilities, the same patterns of incidence of mental health issues (in particular depression) would emerge. Anecdotally this has been **secca's** experience.

Gender representation in terms of referrals for services for counselling is still male dominated during adolescence. However, this changes in the 25-34year old age group where females are represented higher. It could be speculated that this is a result of issues relating to desire for partnerships or marriage and parenting. Another dominance of females over males occurs in the over 50year age group. This may be connected to issues of menopause. **secca** recognises that there is a paucity of resources dealing with menopause and women who have a disability and the agency is currently collecting information with a view to address this.

Professional and Community Training and Education Workshops have also been in high demand during the year. 15 workshops were conducted in 2013/14 State-wide. All **secca's** Calendar of Workshops had audiences to capacity. There was a marked increase in requests for 'tailor made' workshops for organisations in the disability sector.

## CO-MANAGER'S REPORT 2013/2014

Participants evaluation of the workshops indicated a high level of satisfaction in the knowledge and awareness they gained about sexuality and disability.

The Sexuality Concepts Resource Kit (SCRK) that **secca** developed some years ago in collaboration with teachers for teachers when dealing with issues related to sexuality and disability that arose in the classroom is about to become electronic made possible by a grant from the Disability Services Commission (DSC). The eVersion is being developed over the next 2 years the end of which will be an App to be used for students. We are very excited about this prospect and Sue Crock, the coordinating Project Officer has already established connections with schools that have expressed interest in forming part of a Steering Committee that will assist in the resource's development. We look forward to reporting further on this resource next year.

**secca's** reputation for developing pertinent resources is already well established. The booklet "Prickly Issues" relating to the development of Policy for sexuality issues for organisations is widely used. Recently we were informed by Dr Lorel Mayberry, lecturer from the Department of Sexology at Curtin University of Technology, that in her work with hill tribe children in Northern Thailand she uses **secca's** "How to Use a Condom" brochure because it was so easy to follow. Further they were willing to use the brochure to share the information with other young people and community members. She has also said that she will use **secca's** "Pap Smear" flip chart in future training sessions. We feel very privileged that we have been able to assist Dr Mayberry in her work providing sexual health education to this highly vulnerable group.

An Independent Evaluator for the Disability Services Commission carried out a Quality Evaluation of the agency. The Evaluator's findings were that high levels of satisfaction with both the service and the staff were expressed. Comments such as "Totally recommended", "can't fault the service", "they are the best", "fantastic", "great benefit, can't sing their praises enough" and "priceless" were received. **secca** was described as a highly personal and professional service that provides exceptional counselling, education and support. Individuals and families said that it was "a really good place for us to find", that they felt "extremely lucky to have such great support and continuity of service". All spoke of confidence and trust and all reported being impressed with "the way **secca** handle things, work with you, and get always get back to you". It was commented, "their approach and interaction with clients was said to be brilliant and they were described as outstanding in a crisis". **secca** is delighted to receive such an endorsement of our services and the support we strive to give to clients.

In 2013 Amanda Negus, **secca** Co-Manager and Coordinator of the Sexual Health Programme, submitted her resignation to work with Indigenous and Community Education within the Mining Sector. Amanda had been with the agency for 10 years. During this time she had been involved with the development of **secca's** sexual health resources "What about Pap Smears flip chart, Mammograms and women who have a disability and the Sexuality Concepts Resource Kit. She also assisted in the development and facilitation of the **secca** workshops and training and represented the agency in a consultative capacity for organisations developing policy on sexuality for their Policies and Procedures. We acknowledge the huge contribution she made toward the management of the agency.

Following Amanda's departure the agency underwent a restructure. Juana Terpou now joins Suzanne Paust in Co-Managing **secca**, Ashleigh Taylor and Sandra Norman Co-Coordinate the Sexual Health Project and two part time psychotherapists, Helena Green and Ruth Swan have been employed. Sue Crock coordinates the development of the eVersion of the Sexuality Concepts Resource Kit.

## CO-MANAGER'S REPORT 2013/2014

**secca** is privileged to have a team of highly qualified and talented people all of whom are committed to providing a service of excellence for people who have a disability, their families and significant others. Currently the disability sector in Western Australia is undergoing momentous changes with the trialling of the National Disability Insurance Scheme and the My Way Project. We know that **secca** staff will meet any challenges these changes incur. We take this opportunity to thank them all. Each and every member of staff continually goes above and beyond their individual Job Descriptions and extends every effort to ensure the agency and its clients are always well supported.

We would also like to thank **secca's** volunteer Board of Management for their support and encouragement of the agency and the agency staff.

Finally, our thanks to **secca's** funding bodies, Disability Services Commission and Department of Health who continue to demonstrate their confidence in our agency and the services we provide to the disability sector.

We look forward to 2015.

Suzanne Paust and Juana Terpou  
Co-Managers