



ANNUAL REPORT 2017 - 2018

Responding to the needs of our community.
Empowering people to overcome life's challenges.



CHAIRMAN'S REPORT



Nick Sovechles
Chairman ProCare / HPCA



Garry Leo
Board Member



Michael Hagan
Board Member

It is a delight to submit this report, after a most significant year and bright prospects ahead. For many years, our strategic planning focused on the changing landscape of the not for profit sector, and how we can survive and continue to serve the community with a quality service. It was agreed that our organisation would not just rely on charity handouts and the kindness of donations. Whilst these funds certainly help we needed to offer a quality service that can help the community and remain financially stable.

Through key partnerships, networking, and hard work, we are in a substantially more sound position and stand as a leading mental health care provider for Newcastle and the Hunter (and beyond).

It is estimated that almost 1 in 2 people will experience a mental health illness in their lifetime, and it is an issue of increasing importance which affects people from all walks of life regardless of background or income. We are a community based organisation that provides a valuable service, with sustainable lasting impact. In order to achieve that sort of success, it takes a team of dedicated people.

I would personally like to thank our Board - together we have guided the organisation and made tough decisions towards the path of sustainability whilst retaining our core values as a charity. My gratitude extends to previous board members who have left to pursue other interests, as their support and drive has also played an integral part in our success.

On behalf of the Board, we would like to thank our team of clinicians, CEO, and staff for their support and the belief to represent our organisation. Our clinical lead, Dr Martin Cohen, deserves a special mention. Dr Cohen is remarkable in maintaining a capacity client load with utmost care, whilst also overseeing the implementation of our new GP Psychiatry Support Line. Besides ProCare, his other commitments extend to his roles for the NSW Mental Health Commission; Hunter New England Health; Hunter Medical Research Institute; University of Newcastle; and others, which clearly demonstrates a dedication to better health outcomes for the community at large.

Our focus on success being a team effort goes beyond ourselves, extending to the local medical community, community organisations, local businesses, and government that recognise the importance of mental health and the need for resources to provide appropriate, quality care. My role as Chairman is nearing 10 years, and this is the most confident I have been in the community perceptions of mental health, and our organisation's people, purpose, and future. It has been an honour to continue to serve, and most fulfilling to see the positive difference we are making.

MESSAGE FROM THE CEO



Cary Lee
CEO ProCare / HPCA

2017/18 was a very positive year with improved financial stability, further establishing a team of caring and committed clinical and administration staff, an increase in the range of services, and providing even more quality service to the local community.

Our psychiatry service continues to grow, and has received a most significant boost thanks to the Newcastle Permanent Charitable Foundation, and their support of the Next Step Incubation Program. Not only does their support allow us to grow our team and serve more people of the Newcastle/Hunter Region, but it also increases mental health awareness throughout the community, including GPs who are often the first professional port of call for mental health concerns.

The success of the psychiatry team is reinforced with ProCare being the successful tenderer for a Psychiatry Support Line for GPs, and officially commenced in July 2018. This service is funded by a collection of 6 Primary Health Networks across NSW who are jointly committed to supporting their GPs with access to talk to our psychiatrists for advice, enabling GPs to manage their patients more effectively within Primary care.

Supported by Hunter New England Health, our Prostate Cancer service continues, now 10 years strong in helping men and their families affected by the disease to make informed, grounded decisions which considers a holistic view of their health and relationships. After much ground work and negotiation, we successfully expanded this service in May 2018 to Tamworth Hospital in order to service the surrounding regional and rural communities.

Our reach to the under resourced communities in regional, rural, and remote NSW was boosted by our success-

ful bid to service Aboriginal Medical Services across the Hunter New England Central Coast Primary Health Network catchment. We provided culturally appropriate low intensity counselling and promoted prostate cancer awareness, travelling on site to these communities.

With the generosity of local supporters, our mental health services cover other vulnerable groups. The Frangipani Ball committee has again shown their support, enabling us to continue our Breast Cancer counselling service. Port Waratah Coal Services, through their community partnerships, helps us to provide a service for Troubled Youth and their families. Various NSW Clubs continue their support of our Prostate Cancer services.

We look forward to another year of success, with my sincerest of gratitude to the Board, clinicians, administration, volunteers, and our supporters for their amazing efforts. Together, we are making a real impact on mental health in our community.

OUR EXPERT TEAM OF PSYCHIATRISTS

Our team of psychiatrists are well experienced across a range of mental issues, and collaborates with Hunter New England Health, GPs, community groups, and other stakeholders. This collective approach helps us to provide timely and appropriate care to the community.

Dr Martin Cohen is the clinical lead for the team. Apart from his role at ProCare, Dr Cohen is also serves as Deputy Commissioner for the Mental Health Commission of NSW; Board Member of Hunter New England Health; Board Member of the Hunter Medical Research Institute; and Con-joint Associate Professor for the University of Newcastle.

DOCTOR **MARTIN COHEN**

PHD, MBBS; FRANZCP

SENIOR CONSULTING PSYCHIATRIST

With over 20 years of clinical practice and extensive research experience Martin is one of Australia's leading psychiatrists. He has published over 70 articles in scientific journals, has presented papers at international conferences, and has extensive experience as a teacher, supervisor and trainer.



DOCTOR **NARAYANI NAIR**

B MED; FRANZCP

PSYCHIATRIST

Doctor Narayani Nair is a fellow of the Royal Australian and New Zealand College of Psychiatrists. Her experience spans both inpatient and community settings. Additionally, Narayani has experience in the private sector, undertaking part of her training in a mood disorders unit in Sydney.



DOCTOR
DAVID BURTON

MBBS; FRANZCP

PSYCHIATRIST

After graduating with honors from the University of New South Wales David began postgraduate training at St Vincent's Hospital in Sydney. He has been practicing locally for the past 15 years. He specialises in mood and anxiety disorders, schizophrenia, gender and sexuality issues, and also substance abuse.



PROFESSOR
SADANAND RAJKUMAR

MBBS, MD, FRCPSYCH, FRANZCP

SENIOR CONSULTING PSYCHIATRIST

Professor Sadanand Rajkumar (Raj) works as a VMO Senior Psychiatrist with Hunter Integrated Pain Service (HIPS) in John Hunter Hospital, and earlier a locum Psychiatrist in the Canberra Hospital Acute Mental Health Unit (AMHU). He is a part time NSW Panel Member with the Mental Health Review Tribunal.



DOCTOR
VINEETHA EDIRISOORIYA

MBBS; FRANZCP

PSYCHIATRIST

Having clinical experience in Sri Lanka, Bermuda, and New York, Vineetha was drawn by the international reputation of Hunter New England Health's psychiatry training program, as well as the balanced lifestyle our Region offers. Vineetha also works at the Mater Hospital and Morriset, specialising in Addiction Psychiatry & Rehabilitation.



NEWCASTLE PERMANENT CHARITABLE FOUNDATION NEXT STEP GRANT

Proudly supported by

NEWCASTLE PERMANENT
**CHARITABLE
FOUNDATION**

The Newcastle Permanent Charitable Foundation (NPCF) has granted \$113,000 towards a collaborative community partnership with ProCare and Hunter New England Health. This funding supports efforts to develop affordable mental health services for the Hunter Region.

The grant supports the Next Step Incubation Program, which is designed to retain locally developed mental health workers in order to meet the growing demands in the region.



Chairman of the Board at ProCare, Nick Sovechles stated, *“As a not for profit, ProCare is committed to making mental health services affordable and accessible for the Hunter Community, and the Next Step program is a big part of that.”*

“We are most grateful for the support and foresight of the Newcastle Permanent Charitable Foundation, as this would not have been possible without them.”

Phil Neat, Chairman of the NPCF appreciates the need for affordable, accessible mental health care saying, *“The project is about investing in our talent to ensure a long term solution to the region’s mental health needs. Ultimately, more people will have access to affordable mental health care. As a community we will be more aware and proactive regarding mental health.”*

PROUDLY SUPPORTING OUR COMMUNITY

ProCare is one of 15 local community groups to receive grants from The NPCF in their latest funding round.

Almost \$800,000 worth of grants was given out to support a variety of community-focused projects.

The Foundation provides more than \$1.5 million in grants each year to facilitate projects that address disadvantage throughout the Hunter, Central West, Central Coast, New England, Mid-North Coast and Northern Rivers regions of New South Wales.



Phil Neat: NPCF Chairman, Graham Batten: NPCF Executive Officer

GP PSYCHIATRY SUPPORT LINE

1800 16 17 18

Service Update: August 2018

The GP Psychiatry Support Line is a free service for GPs aimed at helping them manage the care of their mental health consumers. Since its launch on July 2nd 2018, the response has been overwhelmingly positive.

Dr Martin Cohen, Senior Consulting Psychiatrist at ProCare, the service provider for the line, has been fielding queries on phenomenology, diagnosis, and issues relating to safety. Dr Cohen says that the GPs he has advised are finding the service tremendously useful. *"Many GPs normally have a 3-to-6 month wait to see a psychiatrist. The Support Line has helped many GPs get treatment underway far more efficiently and effectively."*

GPs have expressed their opinions regarding the support line. One GP from Sydney North PHN catchment stated, *"Fantastic service - highly beneficial for timely management of more complex patients."* Another GP from Western NSW catchment has said, *"Great service to support GPs with clinical queries, especially when we have patients who refuse to seek mental health assessment. Thankful for the availability of such a service."*

Service Funded By PHN Catchment Areas



In addition to Dr Cohen, the current pool of psychiatrists servicing the line includes Dr David Burton, Dr Narayani Nair, Professor Sadanand Rajkumar and Dr Vineetha Edirisooriya. Guided by the principles of stepped care, the psychiatrists see the importance of supporting GPs so that mental health consumers are attended to in primary care. Ultimately, this helps reduce demand in the public system and acute care.

In the first 6-8 weeks of operation, there have been almost 500 registrations and growing enthusiasm for the GP Psychiatry Support Line.

To register for this free service, visit: www.gpsupport.org.au and follow the links. For further enquiries, call 1800 16 17 18.

This service is supported by joint funding from Central and Eastern Sydney PHN, COORDINARE South Eastern NSW PHN, Hunter New England and Central Coast PHN, Murrumbidgee PHN, Northern Sydney PHN and Western NSW PHN, through the Australian Government's PHN Program.

OUR EXPERT TEAM OF CLINICAL STAFF

Our range of services also cover Psychology (Clinical and Registered); Counseling; and Speech Pathology.

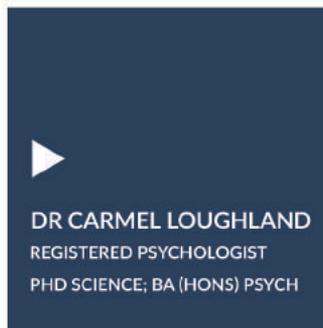
Our services are delivered to individuals, groups, and workplaces with utmost care and professionalism. We work together with GPs and other health stakeholders to deliver appropriate, quality care.



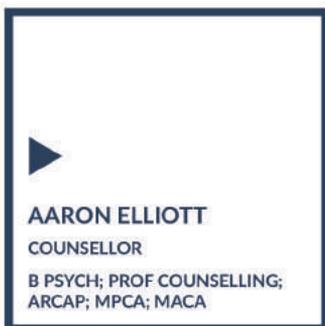
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PHD SCIENCE, BA (HONS) PSYCH



AARON ELLIOTT
COUNSELLOR
B PSYCH; PROF COUNSELLING;
ARCAP; MPCA; MACA



BRONWYN SHIELDS
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KATE GRIFFIN
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SEEKING HELP?

CONTACT PROCARE OR HPCA TODAY

Call: 02 4960 1523 Fax: 02 4968 2953

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www.procare.org.au • www.hpca.org.au



PORT WARATAH COAL SERVICES

ProCare is most thankful for the support of Port Waratah Coal Services (PWCS) in their Community Partnerships program. For the calendar year 2017, PWCS funded \$30,000 to ProCare to assist with our Family and Youth Counselling Service, and have repeated that commitment for the 2018 calendar year.

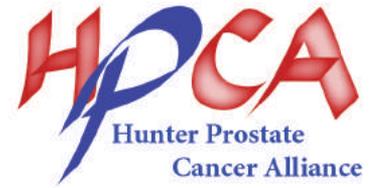
The program has helped families that have been affected with a range of issues, including substance abuse, violence, separation/divorce, abandonment, neglect, learning difficulties, sleep difficulties, obesity, and bullying. Improvements to clients have seen them more engaged as a family, greater participation in extra curricular activities, and a healthier all round perspective for parents and kids.

This contribution of PWCS to the community will continue to reap benefits as their investment in the mental health of today's young people will blossom to future leaders.

The program provides the community with accessible care with professional and experienced clinicians. Our approach considers the family unit, and the role parents and children play in the mental health of each other. Additionally, we encourage other key influences to a child's upbringing, such as extended family and schools, to be involved where appropriate.



HUNTER PROSTATE CANCER ALLIANCE



Our Prostate Cancer Information and Counselling Service continues to help men make informed choices regarding prostate cancer testing, treatment, and recovery; encourage men to undertake annual health check ups with their GP and discuss PSA testing; value the importance of their mental health alongside their physical health; improve the quality of their relationships; and ultimately save local lives.



Our service is free, and accessible in person, over the phone, via email, and via Skype. We welcome men, their partners, and other family to use the service, as the journey of prostate cancer affects not only the man himself but the support network around him.

TAMWORTH HOSPITAL

A major development for the service this past financial year was introducing the service on site at Tamworth Hospital on a regular basis. Our service is working with a leading edge hospital facility and staff, the Tamworth resident Prostate Cancer Specialist Nurse, and local community support. Together we are working towards improving awareness of prostate cancer testing and treatment options, and life saving discussions about health.

Our service is funded by Hunter New England Health. We thank them for their continued support in improving health outcomes for the community.



PROSTATE CANCER QUESTIONS? HELP IS AVAILABLE
CALL & MAKE AN APPOINTMENT TODAY

FREE PROSTATE CANCER SUPPORT

INFORMATION & COUNSELLING NOW AVAILABLE AT TAMWORTH HOSPITAL

HPCCA CAN HELP WITH
RISK FACTORS - TESTING - DIAGNOSIS - TREATMENT - RECOVERY

HPCCA PROVIDES A FREE QUALIFIED PROSTATE CANCER COUNSELLOR THAT OPERATES
OUT OF THE NORTH WEST CANCER CLINIC AT TAMWORTH HOSPITAL



THANK YOU! PINK FRANGIPANI BALL 2018

The 2018 Pink Frangipani Ball was an astounding success. Breast Cancer is a disease that affects 1 in 8 women, and touches all of our lives. Due to the ongoing efforts of the event organisers, over \$100,000 was raised in the fight against breast cancer.

We at ProCare are sincerely thankful for the donation of \$50,000 to go towards our mental health services. ProCare will use this funding to continue to offer high quality counselling to those suffering with a breast cancer diagnosis and to help their loved ones cope through hard times.

Our community continues to benefit from the hard work of the Pink Frangipani Ball's organisers, sponsors and supporters.

Together we can make a difference!

Cary Lee: ProCare CEO, Garry Leo: HPCA/ProCare Director, Vesna Gartsky: Committee Member Pink Frangipani Ball, Andrea Rufo OAM: Founder Pink Frangipani Ball ▶



CONTACT US

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SPECIAL THANKS TO OUR MAJOR SPONSORS & CORPORATE SUPPORTERS

Hunter New England Health: Working together to retain local Psychiatrists, and funding our Prostate Cancer services in Waratah and Tamworth.

Newcastle Permanent Charitable Foundation: Funding the Next Step Psychiatrist Incubation Program, towards a long term solution for local mental health needs.

Pink Frangipani Ball: Their donation funds our Breast Cancer counselling services for those affected and their families.

HNECC Primary Health Network: Funding for on site services (low intensity counselling and prostate cancer awareness) to Aboriginal Medical Services.

Port Waratah Coal Services: Community Partnership to provide Family and Youth Counselling Services.

Club Grants NSW: Thank you to the Wests Group, Pelican RSL, Charlestown Bowling Club, Belmont 16fts, and East Maitland Bowling Club.

Thank You to our Community for supporting our cause through Charity Golf days, Fundraising Events, Donations and Awareness Campaigns.