



*Support Promote & Advocate for Borderline Personality Disorder*



# **Annual Report**

**2012 - 2013**



*Support Promote & Advocate for Borderline Personality Disorder*

## VISION

The **Vision** of the foundation is to encourage a positive culture around BPD and the ready availability and accessibility of appropriate services for people with BPD and those that care for them.

## MISSION

The **Mission** of the foundation is to promote a positive culture to support the recovery journey of people with BPD and their families/carers. The Foundation also supports clinicians, health care personnel and researchers working in this field and acknowledges everyone who works towards a better recognition of BPD.

## AIMS

The Foundation aims to support and promote services which

- provide high quality accessible, timely, responsive and appropriate services, treatment and care for people with BPD and their families/carers.
- provide high quality and accessible education and support for families/carers of people with BPD
- provide high quality appropriate education for clinicians and frontline workers providing treatment and care for people with BPD and their carers /families.

The Foundation aims also aims to

- promote a positive culture for those with BPD
- advocate for accessible and appropriate services provided by highly skilled professionals offering choice within an environment of hope and optimism
- improve the well-being of people with BPD and their families/carers and clinicians and others in the community who assist them.
- provide high quality scientific research about all aspects of BPD



## Report from the Chair:

### THE PAST

In 2011 Dr Sathya Rao, Clinical Director of Spectrum Borderline Personality Service Victoria, gave an inspiring speech to the Victorian Mental Health Carers Network. He spoke of the ignorance, stigma and discrimination surrounding Borderline Personality Disorder (BPD) and surprised many of us by describing the way in which mental health professionals have created and promoted this negative culture.

Sadly, many staff within mental health services believe that a diagnosis of BPD means that there is no hope and no future due to their outdated belief that BPD is not treatable. The consequences of this negativity and paucity of adequate resources and trained staff are that people with BPD are characteristically turned away from mental health facilities and seek help from the private sector, if they can afford it, or struggle on trying to find a way to survive despite the ravages of this illness. Too frequently this struggle is punctuated by self harm and/or suicide attempts. Tragically, as in the recent demise of Lucy Henry, attempted suicide has ended lives of great promise.

It is estimated that between 2 – 5% of the Australian population experience BPD and the rate of self harm and suicide attempts in this population is very high. This is to be expected given the difficulty of accessing appropriate treatment and the extreme distress caused by the illness together with the stigma surrounding it.

This is the past which sadly is still occupying space in the present.

In response to Dr Rao's heartfelt portrayal of the stigma and discrimination surrounding BPD and the distress being experienced by so many individuals and their families, the VMHCN took up the challenge presented by Dr Rao and formed a working group to take action. With the support of Spectrum Borderline Personality Service, VMIAC, Our Consumer Place, the Private Mental Health Consumer Carer Network (Australia), ARAFEMI, the Bouverie Centre, Mental Illness Fellowship and several consumers and carers, the working group declared a National BPD Awareness Day to fall annually in the first week of October, sourced and disseminated useful information about BPD,

available treatment, resources and support groups, and created the 1<sup>st</sup> National BPD conference which was held in Melbourne in October 2011.

The conference was made possible by a grant from the Mental Health Council of Australia and was very quickly booked out with over 500 people attending. There was great interest from mental health professionals who particularly wanted to hear the perspectives of consumers and carers. The conference provided a great cross section of consumer and carer experience and excellent evidence based information about appropriate treatments and supports. Participants gained a real understanding of the distress caused by this illness, the needs of those experiencing it and the impact on families and friends and their needs for information and support as well as learning of appropriate and successful treatment and support.

Following the success of this conference, the 2<sup>nd</sup> National BPD conference was held in Adelaide in October 2012 and the 3<sup>rd</sup> National BPD conference was held in Sydney in October of this year. The Melbourne based BPD working group has played an important role in instigating and supporting these conferences to acknowledge and mark National BPD Awareness Day.

## **THE PRESENT:**

The Australian BPD Foundation was launched at the Sydney BPD Conference on 5th October 2013 by Prof Allan Fels, A.O. Chair of Australian Mental Health Commission followed by a rousing address from our Patron Janne McMahon AO.

The Foundation is committed to getting the past out of the present by dispelling the myths and negative culture that has developed around BPD. The Foundation aims to create a more realistic culture of hope and optimism based on the reality that with access to appropriate treatment and support, the prognosis is positive! People can and do recover and lead meaningful and creative lives. However it is a journey that requires access to appropriate treatment, support and understanding from family, friends, mental health professionals and the community.

The VMHCN has continued its support to the BPD Foundation by providing office space for the foundation whilst it is in its formative stage. This enables Rita Brown, our hard working volunteer administrative assistant, to have a desk, computer and use of a telephone when needed. We thank the VMHCN for their generous support to the Foundation.

The interim board which was established during 2012 comprised of Julien McDonald Chair, Dr Sathya Rao Deputy Chair, Estelle Malseed Secretary, Keith Warren Treasurer, Catherine Bennett and Rita Brown, Board members. This constitutes a mix of consumers, carers and clinicians which is integral to the orientation of the foundation. The Board was delighted that Janne McMahon OAM accepted our invitation to be the inaugural patron of the Australian BPD Foundation.

The initial tasks of the foundation have been to develop a constitution, seek registration as a public company and obtain Charitable and Deductible Gift Recipient Status. The Board is extremely grateful to Keith Warren as Treasurer, Price Gibson Pty Ltd and Laura Loftus of DLA Piper for their pro bono assistance and guidance through these processes. I am delighted to advise that we have succeeded with all 3 aims. So we are now in a position to actively promote membership of the foundation with tax deductible status and develop it as a truly national organization based on genuine partnership between consumers, carers and clinicians, acknowledging the diverse contributions of all parties to the partnership.

The Foundation and the VMHCN have jointly developed the BPD Help Tip for families/carers which will be launched at the November 2013 Annual General Meeting by Colin Fryer, Chair of the VMHCN. This will be posted on the web sites of the foundation and the VMHCN to assist families/carers to understand and know how they can be helpful in responding when interacting with someone affected by BPD. A number of other Help Tips are currently being drafted.

The Foundation has also established a web site to provide resources and information, promote understanding and knowledge of BPD and contribute to the development of a positive culture around Borderline Personality Disorder.

Catherine Bennett was interviewed by Richard Stubbs' on the Afternoon Show on ABC Radio on BPD Awareness Day 2013. A podcast of the interview can be found at <http://borderlinesupport.com.au/contact-us/>. Catherine discusses with Richard her journey of recovery from BPD.

On World Mental Health Day, 10<sup>th</sup> October 2013, Catherine took part in Zip It 2013 for Mental Health. She "donated" her voice to turn up the volume on the issue of mental health. She stood silently on the streets of Melbourne in solidarity with people suffering silently with Borderline Personality Disorder.

The Foundation was also invited to take part in the official launch of Mental Health Week at Federation Square, Melbourne where we provided an information table and spoke to many interested members of the public.

We acknowledge the support and encouragement provided by Dr Perry Hoffman, National Educational Alliance for Borderline Personality Disorder during our formative stages. Dr Hoffman also presented via DVD at the Melbourne BPD Conference 2011. Her presentation can be found at <http://www.youtube.com/watch?v=qR7bZ7jLw5Q>.

We look forward to further developing our relationship with the Alliance in the future.

## THE FUTURE

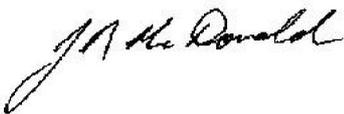
We look forward to creating the future as one of hope and optimism where people experiencing BPD and their families will be able to access the treatment and support they need to live meaningful, creative and joyful lives.

How will we achieve this? We need your support and involvement! If you have not already done so, please join the foundation and we will keep you informed about our activities and how you can support and assist us to build the future we all want for people impacted by BPD.

The Foundation will establish a strategic plan to guide us towards this future and in the interim work several activities are planned:

- The 2014 National BPD Conference will be held in Melbourne in October.
- An Expert Advisory Group will be established
- Facilitate and promote the formation of state and regional branches of the Foundation
- A BPD Awareness Day Walk from Canberra to Melbourne during November – December, 2014 is being planned. Catherine Bennett, Board member who has experienced BPD, will undertake this walk to raise community awareness of BPD and contribute to reducing stigma and promoting a positive culture. The Foundation will undertake a promotional campaign to support this initiative.
- Family Fun Day: a Family Fun Day will be held at a tourist facility as a fund raiser and community awareness raising activity in March 2014.
- A Speakers Bank will be developed and trained to contribute to internal and external conferences and training activities.
- A Help Tip for people experiencing BPD is being developed
- The BPD web site will be maintained and further developed at [www.bpdfoundation.org.au](http://www.bpdfoundation.org.au)
- The relationship with the National Education Alliance for BPD will be further developed and formalised.
- National membership drive will be undertaken
- A plan will be developed to secure the financial viability of the foundation

We look forward to engaging with current and potential members across Australia to build a brighter future for people experiencing Borderline Personality Disorder and their families and friends.



Julien McDonald

Chair, Australian Borderline Personality Disorder Foundation.

October 2013



## Official launch of the Australian BPD Foundation Ltd.

The Australian BPD Foundation Ltd was officially launched by Allan Fells AO – Chair of the Australian Mental Health Commission at the 3<sup>rd</sup> National BPD Awareness Day Conference in Sydney on the 5<sup>th</sup> October 2013.

Allan spoke about the discrimination experienced by people with mental health issues in general and BPD in particular and the need for increased community and professional recognition of the needs of people with BPD.

His speech was followed by a rousing speech by the Foundation’s Patron – Janne McMahon\* OAM. Snippets of her speech are included here.

“2013 marks 50 years since Dr Martin Luther King made his famous speech - ‘*I have a dream*’ on August 28<sup>th</sup> 1963. It accompanied a momentous demonstration representing hope for the equality of African Americans.

As Patron, I too have a dream and this is also about equality, though in a different sense.

*I have a dream* that people affected by Borderline Personality Disorder will be able to access services designed to meet their needs. That families are supported and clinicians who choose to treat people with BPD are also supported.

*I have a dream* that people affected by BPD are treated with respect .....

*I have a dream* that people are seen as themselves not as a diagnosis .....

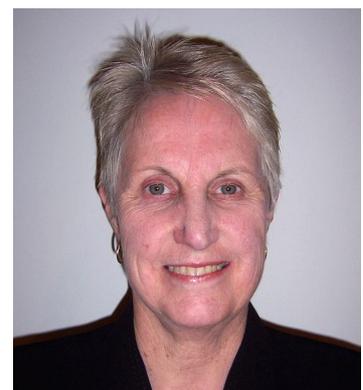
*I have a dream* ..... to roll out national training, research and data collection.

*I have a dream* ..... our Foundation ... is one voice for consumers, carers, families and clinicians.

*I have a dream* that all of us accept the challenge of raising awareness of BPD.

Unlike Martin Luther King’s call for equality, let it not take the next 50 years to make a difference.

***We are stronger together!***”



\* Janne McMahon OAM has worked within the mental health area as a consumer advocate since 1997. She founded the Private Mental Health Consumer Carer Network (Australia) in 2002 which is a recognised national organisation. Janne has appeared before six parliamentary inquiries, is currently and has been a member of a number of Australian Government Committees and Expert Reference Groups including that for Borderline Personality Disorder as well as many other national mental health Reference Groups, Steering Committees, Working Parties and Boards. In 2008 Janne was awarded the Medal of the Order of Australia in recognition of her advocacy work.



## Administration Report

Firstly let me introduce myself. My name is Rita Brown and I am a carer of a daughter with BPD. I have a deep and passionate interest in helping to change the negative culture surrounding the diagnosis of BPD (or whatever you may call the illness) for all those that experience the distressing impact that BPD has on their life. Some time ago I made the offer to help out with office work for the Foundation and this has taken up a large portion of my time since then. I have spoken to a number of you at conferences, on the phone or via email.

I wish to acknowledge the support offered by the Victorian Mental Health Carers Network in providing the Australian BPD Foundation with office space on a pro bono basis.

The first couple of months since our incorporation in April this year have largely been spent on the legalities and formalities of establishing a not-for-profit organization. The great news is that we have been granted "Charitable Status" by the ACNC and "Donor Gift Recipient Status" so that any donation (\$2.00 and over) made to the Foundation is tax deductible.

Having no prior experience of these processes I have been amazed at the amount of work involved. A huge thanks to DLA Piper (Lawyers) and Price Gibson Chartered Accountants for their pro bono assistance. Without this we would not be in the strong position we are today.

We are planning to increase our administrative services in the coming year so that we can expand our services to our members and also the public. Although, we will be applying for grants and funding from philanthropic organizations (in addition to some fund-raising activities), volunteer assistance with the numerous office tasks would be greatly appreciated.

Planned activities include:

- Regular newsletter – writing articles; collating; research reports; book reviews
- Regular presence in the office
- Helping to establish regional/state branches of the Foundation
- Organizing and running events eg Family Fun Day; Canberra to Melbourne Fund Raising/Awareness Walk and the 2014 National BPD Awareness Day
- Organising a speakers bank
- Being involved in speaking to the public / clinicians / media

- Helping develop our Help Tips and further develop our website
- Media Watch

If you would be interested in assisting with one of these activities please contact me on [rbrown@bpdfoundation.org.au](mailto:rbrown@bpdfoundation.org.au).



Rita Brown

October 2013



## Report from the Treasurer: Keith Warren

### AUSTRALIAN BPD FOUNDATION LIMITED A.C.N. 163 173 439

#### STATEMENT OF COMPREHENSIVE INCOME FOR THE YEAR ENDED 30 JUNE 2013

	Note	2013 \$	2012 \$
Revenue	2	420.00	-
Accountancy expenses		-	-
Other expenses		-	-
<b>(Loss) Profit for the year</b>	3	420.00	-
<b>Total comprehensive income for the year</b>		420.00	-
Total comprehensive income attributable to members of the entity		420.00	-

**AUSTRALIAN BPD FOUNDATION LIMITED**  
**A.C.N. 163 173 439**

**STATEMENT OF FINANCIAL POSITION**  
**AS AT 30 JUNE 2013**

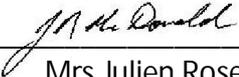
	Note	2013 \$	2012 \$
<b>ASSETS</b>			
<b>CURRENT ASSETS</b>			
Cash and cash equivalents	4	320.00	-
Trade and other receivables	5	<u>100.00</u>	<u>-</u>
<b>TOTAL CURRENT ASSETS</b>		<u>420.00</u>	<u>-</u>
<b>TOTAL ASSETS</b>		<u>420.00</u>	<u>-</u>
<b>LIABILITIES</b>			
<b>CURRENT LIABILITIES</b>			
Trade and Other Payables	6	<u>-</u>	<u>-</u>
<b>TOTAL CURRENT LIABILITIES</b>		<u>-</u>	<u>-</u>
<b>TOTAL LIABILITIES</b>		<u>-</u>	<u>-</u>
<b>NET ASSETS (LIABILITIES)</b>		<u>420.00</u>	<u>-</u>
<b>EQUITY</b>			
(Accumulated losses) Retained earnings	7	<u>420.00</u>	<u>-</u>
<b>TOTAL EQUITY</b>		<u>420.00</u>	<u>-</u>

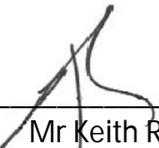
**AUSTRALIAN BPD FOUNDATION LIMITED**  
**A.C.N. 163 173 439**  
**DIRECTORS' DECLARATION**

The directors of the company declare that:

1. The financial statements and notes, as set out on pages 1 to 15, are in accordance with the Corporations Act 2001 and:
  - (a) comply with Australian Accounting Standards, which, as stated in accounting policy Note 1 to the financial statements, constitutes explicit and unreserved compliance with International Financial Reporting Standards (IFRS); and
  - (b) give a true and fair view of the financial position as at 30 June 2013 and of the performance for the year ended on that date of the company.
2. In the directors' opinion there are reasonable grounds to believe that the company 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.

Director:   
Mrs Julien Rosemary McDonald

Director:   
Mr Keith Russell Warren

Dated this 6th day of August 2013

**INDEPENDENT AUDITOR'S REPORT**  
**TO THE MEMBERS OF AUSTRALIAN BPD FOUNDATION LIMITED**  
**A.C.N. 163 173 439**

**Report on the Financial Report**

We have audited the accompanying financial report of AUSTRALIAN BPD FOUNDATION LIMITED which comprises the statement of financial position as at 30 June 2013 and the statement of comprehensive income, statement of changes in equity and statement of cash flows for the year ended on that date, a summary of significant accounting policies, other explanatory information and the directors' declaration.

**Directors' Responsibility for the Financial Report**

The directors of the company are responsible for the preparation and fair presentation of the financial report that gives a true and fair view in accordance with Australian Accounting Standards (including Australian Accounting Interpretations and the Corporations Act 2001 and for such internal control as the directors determine is necessary to enable the preparation of the financial report that is free from material misstatement, whether due to fraud or error. In Note 1, the directors also state, in accordance with Accounting Standard AASB 101: Presentation of Financial Statements that the financial statements comply with International Financial Reporting Standards (IFRS).

**Auditors' Responsibility**

Our responsibility is to express an opinion on the financial report based on our audit. We conducted our audit in accordance with Australian Auditing Standards. These Auditing Standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditors' judgment, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditors consider internal control relevant to the entity's preparation and fair presentation of the financial report in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the directors, as well as evaluating the overall presentation of the financial report.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

### **Independence**

In conducting our audit, we have complied with the independence requirements of the Corporations Act 2001. We confirm that the independence declaration required by the Corporations Act 2001, provided to the directors of the company, would be in the same terms if provided to the directors as at the date of this auditor's report.

### **Auditors' Opinion**

In our opinion:

- (a) the financial report of AUSTRALIAN BPD FOUNDATION LIMITED is in accordance with the Corporations Act 2001, including:
  - (i) giving a true and fair view of the company's financial position as at 30 June 2013 and of its performance for the year ended on that date; and
  - (ii) complying with Australian Accounting Standards (including Australian Accounting Interpretations) and the Corporations Regulations 2001; and
- (b) The financial report also complies with International Financial Reporting Standards as disclosed in Note 1.

**Name of Firm:** Price Gibson Pty Ltd  
Chartered Accountants

**Name of Director:**   
William Price

**Address:** Level 2, 19 Shierlaw Avenue, Canterbury 3126

Dated this 8<sup>th</sup> day of August 2013