



# ISA Newsletter

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MAY 2013

The Incest Survivors Association (Inc.)

## Services Increase at ISA

As we settle into the new facility, it is encouraging to note that increasing numbers of people are finding their way to ISA, getting the support they need as they face the challenges of living with the effects of child sexual abuse. ISA has seen a significant increase in people being referred, either through clients finding us on the web, through publicity, or by referral from other agencies who are becoming more aware of our services and the role we can play in supporting survivors of child sexual abuse.

In the ten months to April 2013, we have seen a 67% increase in new clients over the previous financial year, this being the highest number of new clients over the same period

for the past five years.

Networking with other agencies has provided us with valuable opportunities to work in partnership to deliver services, and the growing profile of child sexual abuse in the media has seen many people seeking support for the first time. This increased publicity has been an important step in allowing many people to realize that it is not their fault, they have nothing to be ashamed about — and that they are not alone.

The additional space at Walcott Street has also been a major bonus, allowing counsellors greater flexibility when scheduling appointments.

*Leone Shiels—Coordinator*

### Inside this issue:

|                             |   |
|-----------------------------|---|
| Services increase at I.S.A. | 1 |
| Groups update               | 2 |
| Training                    | 2 |
| From the Chairperson        | 3 |
| Recommended reading         | 4 |
| Useful resources            | 5 |





*One of our comfortable Counselling Rooms*

## Groups Update

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Following a great start to the year, ISA is looking forward to an expansion of services offered. In response to requests by clients and service providers, ISA will be providing a series of counselling groups to anyone affected by childhood sexual abuse.

Groups will provide clients with a range of tools to help with issues such as depression and anxiety and the impacts of

childhood sexual abuse, as well as being a forum to connect with others. Counselling groups will cover a range of topics including boundaries, anxiety, relationships, sexuality, anger and self-esteem.

Let us know if you would like to come along to our groups or if you would like to know a bit more about our group programmes. Please call 9443-1910.

## Training

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In our development of stronger partnerships with other counselling support services and to increase the level of support and direct referral pathways available for survivors of childhood sexual abuse, ISA is now offering Training Packages for Service Providers.

Training Packages range from Introductory sessions designed to

increase the skills of frontline staff in generic agencies, through to catering for the more complex training needs of those working with high needs clients in specialist areas. Training will be tailored to the needs of each service and will provide staff with knowledge and skills to enhance their capacity in working with clients presenting with issues of childhood sexual abuse.



## From the Chairperson

|                            |                        |
|----------------------------|------------------------|
| <b>Chairperson:</b>        | <b>Anne Pekaar</b>     |
| <b>Deputy Chairperson:</b> | <b>Angela Loxton</b>   |
| <b>Treasurer:</b>          | <b>Ron Mathieson</b>   |
| <b>Secretary:</b>          | <b>Heliyana Perez</b>  |
| <b>Board Members:</b>      | <b>Cathy Gregory</b>   |
|                            | <b>Jonathan Smith</b>  |
|                            | <b>Ann Ellis-Young</b> |

Firstly I must say how nice it is to arrive at our new premises for meetings.

The new environment is so much more conducive to the needs of the association and its clientele, it is like a home, warm, friendly and comfortable.

Much thanks go to Lotterywest, Galvins' Plumbing Supplies, Matera 3 skip bins, Atlas Paving and the many others who helped make it a reality.

We have all been working very hard on implementing our existing strategic plan, and working towards the new one, branding of the organisation to better promote the true scope of our service, and rewording our constitution to keep up to date with current needs and values.

The staff, who have gone above and beyond their job descriptions to make this all come together, should be commended. I offer my greatest appreciation for their commitment, Without their efforts the process would have been so much more challenging.

I do believe we have made many great steps forward this year and look forward to being rewarded with knowing we can now meet the needs of those that need our service, so much better.

Thank you all for your support and here's looking to greater and better things to come.

My warmest wishes to you all.

*Anne Pekaar—Chairperson*



*Welcoming entrance to ISA*

Waiting room for clients.



## Recommended Reading

I recently attended a brilliant event "Secret Squirrel Business", hosted by RUAH, celebrating the one year anniversary of the publication of this book and promoting awareness about issues related to mental health and recovery. I thoroughly enjoyed the event, which screened several films of client stories, featured live hip hop tunes and poems by people presenting inspirational and moving accounts of what it is like to navigate through the mental health system facing isolation and stigmatisation and somehow finding hope and recovery.

For any of our clients at ISA who may also have

faced isolation, stigma and frustration due to issues of depression, anxiety or other mental health issues, check out the book *Secret Squirrel Business*, published by Ruah, which we currently have in our library at ISA and which is available for loan for ISA members. Secret Squirrel Business is a great resource which includes moving personal stories, but also simple practical tips for anyone trying to negotiate their way through the Mental Health System. It also gives tools and exercises which can help readers to gain better understanding of their issues and to

empower them to take control of their recovery. I would thoroughly recommend this book.

*Rochelle—Counsellor*



ISA's Library

## Incest Survivors Association

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Phone (08) 9443 1910  
Fax (08) 9227-1510

**Email:**

**For General Information:**

[info@isa.asn.au](mailto:info@isa.asn.au)

**To contact a counsellor:**

[counsellor@isa.asn.au](mailto:counsellor@isa.asn.au)

**Donations of \$2 and over  
are tax-deductible**

**WE'RE ON THE  
WEB!**

**VISIT US AT  
[WWW.ISA.ASN.AU](http://WWW.ISA.ASN.AU)**

## Have you or someone close to you been affected by child sexual abuse?

Do you struggle to move on no  
matter how much you want to  
forget?

Do you need someone to talk to?

## Reaching out can be difficult.

The counsellors at ISA can help.  
We provide trauma focussed,  
professional counselling and  
support services in a safe and  
confidential environment for adults  
and children from 8 years of age  
who have been affected by incest  
and child sexual abuse.

Please contact us on 9443 1910 or  
visit [www.isa.asn.au](http://www.isa.asn.au)

## Useful Resources

### Information about child sexual abuse

[www.aifs.gov.au/nch](http://www.aifs.gov.au/nch) Australian Institute  
of Family Studies. National Child Protection  
Clearinghouse. Information on child abuse  
and child protection

[www.asca.org.au](http://www.asca.org.au) For survivors of childhood  
abuse. Information and other resources  
[www.childsafetyaustralia.com.au/community/  
child\\_abuse](http://www.childsafetyaustralia.com.au/community/child_abuse) Information about child sexual  
abuse, signs of abuse, child protection

[www.nswrapecrisis.com.au](http://www.nswrapecrisis.com.au) Information about sexual vio-  
lence/ Information for survivors of child sexual abuse

[www.secasa.com.au](http://www.secasa.com.au) Child sexual abuse impacts and  
other information



### Some relevant WA Government Agencies

[www.childprotection.wa.gov.au](http://www.childprotection.wa.gov.au) Department for  
Child Protection, WA

[www.communities.wa.gov.au/  
childrenandfamilies/parentingwa](http://www.communities.wa.gov.au/childrenandfamilies/parentingwa) Parenting  
support and information

[www.legalaid.wa.gov.au](http://www.legalaid.wa.gov.au) For those seeking legal  
advice

### Child protection on the internet

[www.cybersmart.gov.au](http://www.cybersmart.gov.au) Information to manage internet  
safety