



ISA Newsletter

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The Incest Survivors Association (Inc.)

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Before



After

Many of you may have noticed that this newsletter is a little late—we have been so busy making news we haven't had time to record it! We have made up for it with a bumper issue, packed with the latest news and upcoming events. We have now moved in to our new premises — what a difference a coat of paint makes!! (well, maybe, a little more than that..). Thanks to Lotterywest and all our wonderful corporate sponsors for making our dream a reality.



Board News

Chairperson:	Anne Pekaar
Deputy Chairperson:	Angela Loxton
Treasurer:	Ron Mathieson
Secretary:	vacant
Board Members:	Cathy Gregory
	Jonathan Smith
	Ann Ellis-Young

A few changes have happened at Board level since our last newsletter. We owe our appreciation to Ali White for working tirelessly as Secretary of the ISA Board and we wish her every success for her future endeavours. Estelle Gom did not re-nominate at the Annual General Meeting, and thus ends her time as a Board member and we thank her for her contribution.

We are very excited that advertising for Board members has led to the appointment of two highly qualified members, Jonathan Smith and Ann Ellis-Young.

Jonathan Smith is an executive director at ANSON Management Consulting Pty Ltd, Tune In Digital Pty Ltd, and a non-executive director of ISA. His experience includes 360° organisational strategy; governance and risk; performance improvement; project and change management; coaching; brand leadership; product development and improvement; targeted customer engagement, conversion and retention; market research, analysis and segmentation; and strategic stakeholder relationships in the private, government and community sectors.

Jonathan's qualifications include a Bachelor of Arts degree with Honours from the University of Western Australia, a Graduate Certificate in Public Sector Management (valedictorian, dux) from RMIT University in Melbourne, and a Master of Business Administration with Distinction (dux) from Curtin Graduate School of Business, as well as professional certificates in cultural transformation, neuro-linguistic programming and marketing.

Ann Ellis-Young was a registered psychologist for over 26 years and worked in the private, not-for-profit and State public sectors. Her work included social and market research, program evaluation and development, program management, and policy analysis and development. This was undertaken primarily in the areas of disability services, housing, and aged care. From 1996 to 2000, Ann was Principal Policy Advisor to two successive WA Ministers for Disability Services. Until a couple of years ago Anne was in private practice. She has been a member of ISA for six years.

We are delighted to welcome such qualified members to the ISA Board.

ISA honours Nancy Rehfeldt

Our founder Nancy Rehfeldt will be honouring us with her presence to christen the new facility, which the Board has decided will be named *Nancy Rehfeldt House*. We will be

inviting all our members and invited guests to an exclusive ceremony when Nancy unveils the plaque on 6 February 2013.

From the Coordinator

From the Coordinator

With so much recent press coverage of child sexual abuse, it is encouraging to reflect that this issue is finally being brought out of the closet, however unpleasant the circumstances that lead to the coverage have been. Hopefully, this recognition of the issue will lead to greater acceptance for those struggling to overcome the devastating impact.

While these changes have been happening, ISA has also itself been undergoing much change. Our Annual General Meeting had a record participation of 20 members, and the special resolution was passed unanimously. (see below for details)

We have also moved into our new premises, and are currently ironing out the “bugs” before

we look forward to inviting you to the official opening in early February. As previously mentioned, our special guest at the opening will be ISA’s founder, Nancy Rehfeldt, and we hope you will all have the time to join us at this very important event in ISA’s history. Invitations will be sent out early January.

The Board has also been looking at the way ISA services are promoted in the community. Part of this involves looking at ISA’s name and branding. The Board would be delighted to hear members’ views and thoughts on this issue. If you are interested, please contact the Board through the ISA Office. We also expect to conduct some form of formal consultation with members in the new year.

What the new Association Rules mean for you

The new Association Rules passed at the AGM are the first step in a process of change to



modernize the rules that govern ISA. The new rule allows members the option of voting by proxy, thus giving members the right to participate in the

important decisions of the association without having to attend the AGM to register a vote. This is common in many agencies nowadays, and is essential in an organization such as ISA. Many of our members live in regional areas and some interstate, and we traditionally have low attendance at AGMs and other organizational meetings.

Why do we need to change?

The not for profit sector is experiencing major, rapid change at both the State and

Federal levels. Change brings many threats and opportunities. Some organisation will struggle to adapt to their changing environment and some will cease to exist. The Board wants to ensure ISA is agile enough to respond quickly to opportunities and threats. To help the organisation navigate through the current changes and become stronger in the years ahead.

What do these changes mean?

Members are now able to exercise their voting rights without having to attend a meeting. Members can either register their vote in writing, or they can nominate another person to attend the meeting to vote on their behalf. In either case members will receive information in writing from the Board, explaining the process, and members will need to provide written notice, in accordance with the rules of association. And, of course, if members are able to attend the meeting to vote in person that is still OK.

Counsellor News

We welcome Rochelle Watts to our counselling team. Rochelle holds a Masters of Counselling and comes to the agency with a wealth of experience in the Alcohol and Drug field, where issues of child sexual abuse was often an underlying issue. Rochelle is available Monday to Thursday.



Farewell to Lacey St



After 19 years, we bid a fond farewell to our premises at 21 Lacey St, East Perth. Our long-serving Office Manager Lois remembers the day we arrived in December 1993. “We were delighted we were given the opportunity to be moving into bigger premises”, and stayed for 19 years. However, over the years our needs grew as we grew, and it was time to move on”.

Groups Update

We are excited about the expansion of our clinical services to include a Therapeutic Group Program, to be launched in March 2013. Groups will cover a range of topics including Boundaries, Relationships, Self Esteem, Anger,, Sexuality, Communication. Groups will be a place where clients can meet others who relate to their experience, but will also offer clients a range of tools, such as relaxation

techniques, psycho-education and life skills to complement their individual counselling work.

Let us know what you think. Possible additions to our service include relaxation groups, as well as social groups for clients

ISA celebrates our new home!

As well as our official opening by our founder Nancy Rehfeldt, we are planning an Open Day for February 2013 to celebrate our move to the new ISA premises. The Open Day will be a chance for you to meet the team at ISA, to share some drinks and delicious food with us and we hope to offer some training for clinicians related to working with trauma and sexual abuse, as

well as guest speakers to be announced at a later date.

Keep posted, as we will let you know more about our Open Day in the New Year.

ISA Donors and Sponsors



Please support the people who support ISA



Galvins Plumbing Supplies



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For General Information:
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To contact a counsellor:
counsellor@isa.asn.au

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

**WE'RE ON THE
WEB!**

**VISIT US AT
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

Useful Resources

Information about child sexual abuse

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 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 Information about sexual vio-
lence/ Information for survivors of child sexual abuse

www.secasa.com.au Child sexual abuse impacts and
other information



Some relevant WA Government Agencies

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 For those seeking legal
advice

Child protection on the internet

www.cybersmart.gov.au Information to manage internet
safety