



ISA Newsletter

VOLUME 3, ISSUE 3

NOVEMBER 2013

The Incest Survivors Association (Inc.)

Merry Christmas and Happy New Year!

Inside this issue:

From the Coordinator	1
Board News	2
From the Chairperson	2
What the Constitutional changes mean to you	3
Where to next for ISA?	3
Group News	4
New Counsellor joining ISA	4
Farewell to Alison	4
Help us to help others	5
Useful Resources	6

As we head into the festive Season, we reflect on a very busy year with wonderful achievements.

Changes in our Constitution have modernized the agency, providing a management structure that will continue to strengthen and which makes it easier for members to become involved.

We celebrated the opening of our first permanent home—a significant milestone.

Client numbers increased significantly, as more people became aware of ISA and the unique services we provide.

With so many milestones achieved, the latter part of the year involved

many hours of planning the next steps forward, making services still more accessible and responsive to identified needs.

One issue that arises repeatedly in our planning is the question of ISA's name. There are many strong opinions on this subject. Take the opportunity to have your say—it's your organization!!

The festive season can often be a time of stress for incest survivors, with family gatherings not always the peaceful and festive experiences that others have. May yours be filled with joy and a sense of true home-coming.

Leone Shiels, Coordinator

Season's Greetings

ISA will be closed from 1pm Friday 20th December 2013 and will re-open on Monday 6th of January 2014

The I.S.A. Board of Management and Staff would like to wish you a festive, peaceful and safe Christmas and a very Happy New Year.



Board News

Chairperson:	Angela Loxton
Deputy Chairperson:	Jonathan Smith
Treasurer:	Ron Mathieson
Secretary:	Heliyana Pereza
Board Members:	Anne Pekaar
	Peter Curry-Jones
	Cathy Gregory

The Board has undergone a number of changes, with the retirement of long-serving Chairperson Anne Pekaar to an ordinary Board member position. Angela Loxton takes over the chair, with Jonathan Smith succeeding her as Deputy Chairperson. Heliyana Pereza remains our Secretary, and Ron Mathieson our Treasurer.

From the Chairperson

It is a great honour to have been appointed Chairperson of ISA. Anne Pekaar, the out-going Chairperson of ISA since 1999, requires acknowledgement for her deep unwavering commitment and enduring faith in ISA over this very long period of time, which benefitted clients and staff alike. Whilst Anne remains on the Board, we nonetheless wish her every success in her new lifestyle.

Time appears to fly by with many and varied changes occurring within ISA. Operationally different systems have been put in place to ensure the viability of its service and successful tenure of its staff. We sadly farewelled a long-serving member of staff to semi-retirement but were impressed by the quality of applicants wanting to bring their experience and skills into the organisation. To that end we welcome two part-time staff who commenced recently adding their enthusiasm for the work to the team.

The Board acknowledges the continuous improvement and adherence to achieving the Strategic Plan a year early by the co-ordinator

The Board welcomes Peter Curry-Jones, our newest Board Member.

Peter is Principal Solicitor at Curry Jones Lawyers, a family law practice located in West Perth. He also holds an appointment to the Mental Health Review Board WA. Peter has previously worked in a variety of legal contexts, including the Federal Court, the MAS Royal Commission, and the Claims Resolution for Dormant Accounts in Switzerland.

Peter has also spent time working as a mental health support worker, and in other industries including construction, organic agriculture and viticulture/winemaking.

Peter lives with his wife Holly, and is a keen cyclist, kayaker, cook and coffee fanatic. We are very pleased Peter has joined the ISA Board of Management .

and all the staff. Hence, the Board and the ISA team came together to consider the future focus for ISA to ensure its continued professional services to the community.

Nancy Rehfeldt House continues to develop and grow with small changes making a big difference. The roses cut from the garden are just one of those lovely touches which welcome staff and clients alike. The staff have added their own touches to their offices ensuring a safe and compassionate environment for all .

I commend all who work tirelessly to create a professional service for ISA clients and wish to thank all the staff for their dedication, focus and hard work to ensure that.

I look forward to further innovative and interesting changes for ISA into the future.

With best wishes to all

Angela Loxton, Chairperson.

What the Constitutional Changes Mean for You

It's hard to make constitutional reform sound exciting. Let's face it, this is not going to be the most fun article in the newsletter, so you may want to skip it and read something more interesting.

However, ISA WA members voted to amend the constitution at the last two Annual General Meetings, so if you do want to know more about that, keep reading.

Why change it?

I'm not sure if anyone currently at ISA knows exactly when the old constitution was written – so let's just say it was 'a long time ago' and was better suited to the way ISA used to operate when it started back in the 1980s as a volunteer led self-help and support organisation.

Many roles that used to be fulfilled by members and volunteers are now carried out by paid staff. Some members are now elderly or have moved interstate, so it's hard for them to attend meetings. This meant, under the old constitution, it was not easy to achieve a quorum of members

at an AGM.

Proxy votes

So the first order of business was to allow for proxy votes, so members could vote at an AGM without having to attend in person. Members passed that amendment at the 2012 AGM.

Preparing for the future

That paved the way for the Board to take a more serious look at bringing the constitution up to date. A group of Board members including new Chairperson Angela Loxton, Treasurer Ron Mathieson, and me, Deputy Chairperson Jonathan Smith, spent many hours working through the old constitution, and bringing it up to date, with the help of a template provided by the Department of Commerce.

We were ably assisted by the other Board members and our Coordinator, Leone Shiels, brought the whole thing together and ensured the proposed changes met the requirements of the WA regulators.



The aim was to create a constitution that provides clear principles to guide the direction of the organisation, without getting too bogged down in specific details. The new constitution was passed by members at our AGM on Wednesday, 30th October 2013 and has been formally accepted by the Department of Commerce. We hope this will provide a foundation for the organisation to grow and adapt to provide better services to more people for many years to come.

Jonathan Smith, Deputy Chairperson

Where to next for ISA?

“The only way to make sense out of change is to plunge into it, move with it, and join the dance.”

Alan Watts

ISA's current strategic plan – which you can view on the ISA website, www.isa.asn.au – is dated 2011-2014. ISA has changed a lot in the few short years since 2011 and the community not for profit sector has changed a lot too. So it's time to have a look at the old strategic plan and create a new one.

So far the Board has held two workshops with staff to review and check progress against the existing plan, and discuss possible directions for the future.

Feedback from the workshops has been very positive and everyone

seems pleased with how well the team has managed to complete most of the tasks it set itself back in 2011.

In very broad terms, the problem ISA seeks to address – the problem of child sexual abuse perpetrated by people in positions of trust and power – is a very large problem, and ISA is a very small organisation. So the main strategic challenges are figuring out how to use ISA's limited resources to achieve the best result for most people... And how do we find more resources to support more people?

There have also been lively debates about how far ISA should stray from its current core

business of counselling.

For example, should ISA take on a more active advocacy role? Should ISA be involved in the very public discourse around the Royal Commission into Institutional Responses to Child Sexual Abuse, or other related events in the media? And if we decide to do these things, how do we find the resources to do them well?

These conversations are continuing as the strategic planning process wraps up over the next few months. ISA is always interested in hearing from its members. If you have a good idea that might help ISA move forward, please email info@isa.asn.au or call 9443 1910.

Group News

We are pleased that due to the success and positive feedback received from a series of 6 groups held in July-August, ISA is looking forward to adding groups to our counselling programme for 2014. Groups held offered psycho-education and therapeutic elements, covering a range of topics including relationships, self-esteem, anxiety, anger, trust and boundaries. Feedback from clients attending our groups was that meeting others with a shared history of childhood sexual abuse helped them to feel less isolated and brought relief in sharing their story with others who “get it”.

So if you think you may be interested in attending our groups in 2014 or know someone who might be, give us a call and we will be able to give you any information you need and will keep you informed of our group programme for next year.

Warm regards

Rochelle



New Counsellors joining ISA

Janice Kinghorn is our most recent addition to our Counselling team and we are delighted to welcome her on board.

Jan trained as a State Enrolled Nurse in Melbourne prior to having a family, she also completed a Counselling Degree, a Social Work Diploma and a Clinical Hypnotherapy Diploma in New Zealand.

Jan has a passion for supporting individuals, couples and families as they endeavour to make sense of issues around trauma and grief.

Jan will be available for appointments on Wednesday in Coolbinia and our Rockingham service on Thursdays.

Appointment bookings can be made via ISA's Coolbinia office on 9443-1910 or emailing at counsellor@isa.asn.au

We will also have a second new counsellor, Scott Brandreth, joining our Coolbinia team in December. Watch this space for further details..

Farewell to Alison

Alison Day one of our Senior Counsellor's has left our agency after two and a half years, to pursue other interests. During Alison's time at ISA, she played an integral part in

developing the agency's healing model and modernising and updating clinical processes and protocols. She will be sadly missed by her colleagues and her clients. We wish her every success in her future endeavours.

I.S.A.

Help us to help others



Would you like to support other survivors through your creativity?

ISA invites all survivors to share any poems or artwork related to their history of childhood sexual abuse to be used on our website and client handbook.

Please submit all poems or artworks to your counsellor or speak with Lois for more details on 9443 1910



(please note, not all submissions will be used, however all submissions will be greatly appreciated)

Incest Survivors Association

404 Walcott St
Coolbinia WA 6050
Phone (08) 9443 1910
Fax (08) 9227-1510

Email:

For General Information:

info@isa.asn.au

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 Information about child sexual abuse, signs of abuse, child protection

www.nswrapecrisis.com.au Information about sexual violence/ 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 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