



sttars

supporting survivors of
torture & trauma

Annual Report
2018-2019



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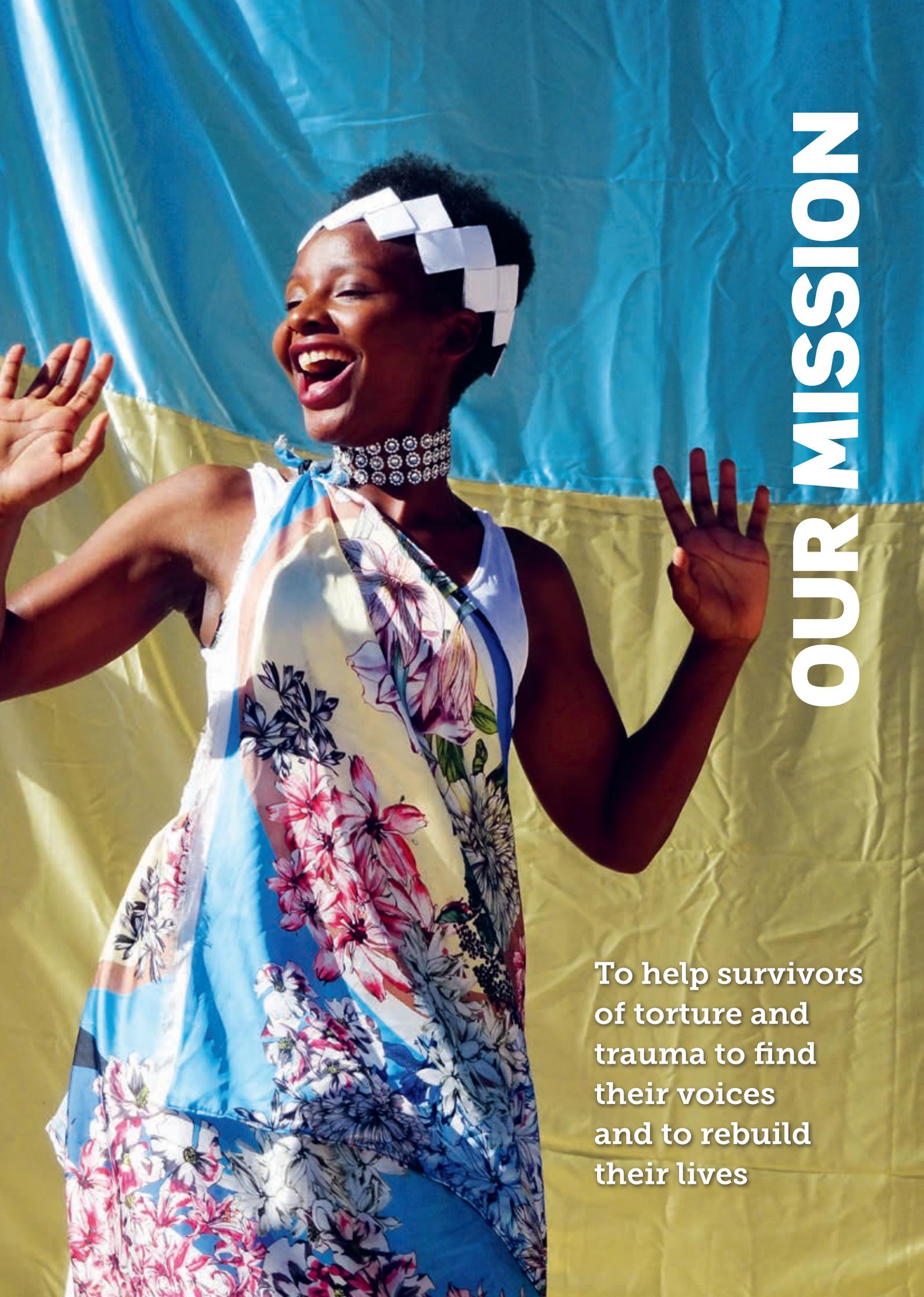
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OUR VISION

STTARS seeks a world where human rights are respected and violations are challenged



OUR MISSION

To help survivors of torture and trauma to find their voices and to rebuild their lives



Chairperson's Report

2018/2019 has been characterised by a high level of staff retention and the important stability that this provides.

Retaining staff also facilitates the development and continuity of the expertise needed to carry out the challenging work that this agency does.

STTARS is now operating under its new constitution and so at the AGM in 2018, John Oliphant, Perla Soberon-Brittle, Ken Bridge and Dr. Abdul Stanikzai stepped down from the Board. John and Perla renominated and there was a new nomination from David Wild. In the absence of any other nominations, these three were therefore elected unopposed. Our thanks go to Dr. Abdul Stanikzai and Ken Bridge for their significant contributions to STTARS.

My thanks go to all Board Members for the valuable work that they do to help guide and develop the organisation.

There have been some notable retirements this year. Steve Thompson retired (again!) after serving STTARS over two decades in various capacities including a stint on the Board. Dr Rick Curnow also retired again after working in the Refugee Mental Health Clinic. The third significant retirement was Karl Schmitz who was one of our Counselling Team Leaders. I would like to thank them all sincerely for the major contributions they have made to the organisation over many years.

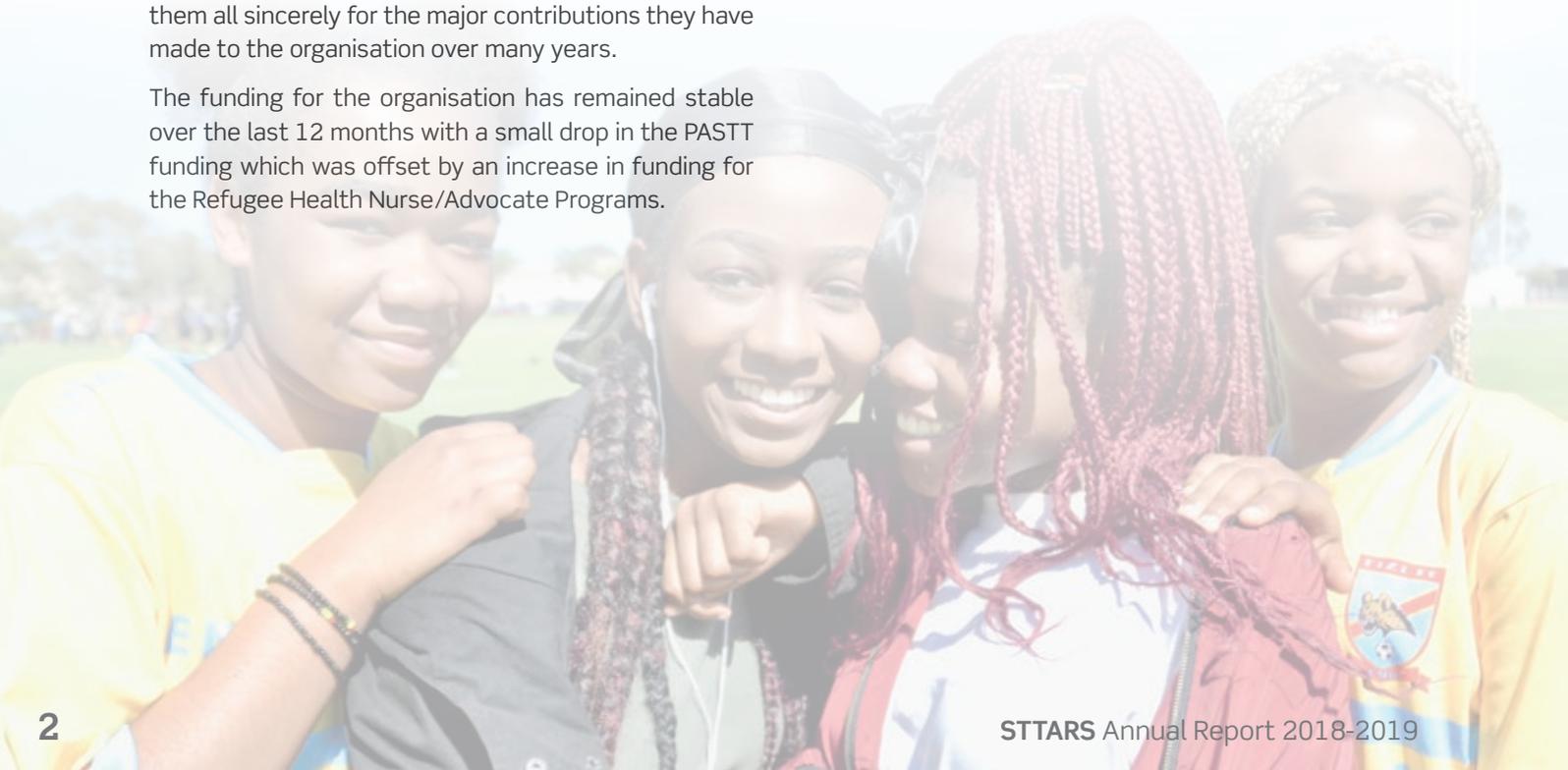
The funding for the organisation has remained stable over the last 12 months with a small drop in the PASTT funding which was offset by an increase in funding for the Refugee Health Nurse/Advocate Programs.

We would like to thank our funding bodies for their ongoing support. Our primary funders are the Australian Government's Department of Health, the South Australian Department of Health and Wellbeing (a sub-portfolio of Government of South Australia – SA Health), the Government of South Australia – Department of Human Services, the Adelaide Primary Health Network and Country SA Primary Health Network.

As always, I would like to thank all our staff for their skills, hard work and commitment to assisting refugees and asylum seekers. It is the quality and passion of all our staff that enables STTARS to make a positive difference to the lives of refugees and asylum seekers in South Australia. This is important work that not only contributes to the lives of individuals and families but also to the broader health of our community.

John Oliphant

Chair



2018-2019 Board Members



John Oliphant
Chairperson



Perla Soberon-Brittle
Treasurer



Bernadette McGrath
Secretary



Gay Gardner
Vice Chairperson



Kaz Eaton



Sandra Gault



Janine Harrison



Carol Irizarry



David Wild

Director's Report



In a world where, regrettably, torture continues to occur and refugees still experience trauma, the people at STTARS work steadfastly alongside survivors

to help them recover and rebuild their lives.

This continues to be a challenging field in which to work, not only because of the complexity of the issues our clients face but also due to the political environment in which we operate. Changes in funding and subtle changes in the policy environment challenge the way that organisations like STTARS work, particularly as other supports for our clients become more difficult to access.

I am consistently impressed by the commitment and dedication of our staff to face these challenges and continue to provide the best support possible. I am proud to see them constantly devising creative and innovative ways to meet client needs and achieve positive outcomes for them.

With over 600 individuals receiving specialised torture and trauma counselling at STTARS this year alone, counselling and advocacy continue to be at the heart of our work.

When combined with all the other programs offered by STTARS, support was provided to over 1,680 clients in the past year. This is the highest number of survivors we have ever been able to assist in a year, yet we were still not able to meet the demand for our services.

Again this year we were excited by the growth and development that occurred in different parts of the organisation and which enabled us to provide even better care for survivors of torture and trauma in South Australia:

- Last year we launched the ARANAP (Australian Refugee and New Arrival Program) pilot project in partnership with the Australian Refugee Association and Adelaide Primary Health Network. The program aims to improve access to primary health care services for people from refugee backgrounds. Our Refugee Nurse/Advocates have made a significant difference for the many individuals and families they have supported. They also work with local medical clinics to build greater capacity for them to support those from refugee backgrounds. This success has been recognised and the ARANAP program has received further funding in order to continue this valuable work in the coming years.
- Inspired by the success of the ARANAP program, STTARS and the Country SA Primary Health Network have undertaken some preliminary work to explore how people from refugee backgrounds living in regional areas of South Australia could be better supported to overcome barriers and gain improved access to health care services. This will lead to the implementation of new services in the year ahead.
- As a part of STTARS' commitment to promoting a positive recovery environment for survivors of torture and trauma, we have continued to provide training and education sessions to give service providers a better understanding of the context of refugee experiences of torture and trauma and how these impact on the process of settlement in a new society. In addition to the training sessions we deliver on request, this year we were thrilled to be able to reintroduce professional development workshops that were also made available to the general public.
- STTARS has continued to maintain a strong presence in the South East of the state. When Mount Gambier was identified as a potential primary resettlement site for Yazidis – a group which had experienced severe and recent torture and trauma under ISIS – our staff were proactive in providing education and other assistance to ensure the new arrivals would feel both welcome and well supported.
- This year our community development projects have been revitalised by a team of energetic people who pitched in. Highlights included STTARS' first-ever Multicultural Soccer Carnival held in Mental Health Week and a Family Fun Day which enjoyed a very high rate of client participation.

- At STTARS we aim to keep clients at the centre of everything we do. This year we were happy to see a significant rise in the number of clients who actively participated in developing and running programs with us. These included education sessions run for staff by a former client, clients and community members co-presenting with staff at public lectures and conferences, active involvement in the planning and running of events such as the Family Fun Day, group programs and the Soccer Carnival, and young people running activities for their peers to promote better mental health. Our Youth Advisory Group has been particularly active in this area.
- We have had some very strong and positive feedback from clients this year about the difference that our Complementary Therapies Program – particularly massage, self-care information sessions and yoga groups – has made for clients. This year saw the introduction of a range of beautiful cards featuring original artwork to help clients remember self-care strategies when they are at home. Designed by Lyn Butler and Robin Mellors especially for the people accessing the program, each card provides simple instructions for one aspect of self-care.
- Our Refugee Mental Health Clinic provided mental health services to over 650 people from refugee backgrounds this year, with wraparound support provided by our dedicated Clinic Coordinator and Caseworkers.
- The Child and Youth Team has been very active this year working with individuals, families, groups and schools. Highlights have included the growth of youth leaders in the Youth Advisory Group, group activities and the positive impact of our Counsellor-in-Residence at Ingle Farm Primary School.

I would like to sincerely thank our staff and visiting consultants - who provide services directly to clients - for their professionalism, care and dedication. I also want to say thank you to our volunteers and students who have made very significant contributions to STTARS this year. Delivering high quality services would not be possible without the underlying framework of support that is provided by a leadership team dedicated to supporting both staff and clients.

Thanks also to the Coordinators who take so much care in their areas of responsibility. Special thanks to the Administration team who are the unsung heroes of any busy service but essential to their smooth running. Thanks also to our interpreters without whom much of our work would not be possible. Thanks to the Board of Management for its continued support and encouragement.

And last but not least, thanks to our partner organisations – because working together we are able to achieve much more than any of us could alone.

I cannot end without acknowledging and thanking the people with whom we work, that is, survivors of torture and trauma. Working from a relational approach as we do, it is what happens between people that is precious. We value highly the trust they place in us and the privilege of being invited to journey together with them along their path to recovery.

Robyn Smythe
Director



Our Staff

Director

Robyn Smythe

Clinical Services Managers

Ana Maria Allimant Holas

Counselling Team Leaders

Karl Schmitz (to April 2019)

Maria Morales-Boyce

Matthew Seabrook

Mtho Ngcanga

Riziki Saidi

Sarah Moya

Intake & Clinic Coordinator

Alica Varesanovic

Complementary Therapies Coordinator

Lyn Butler

South East Regional Coordinator

Sophie Coote

Counsellor/Advocates

Akar Pardedar

Amritha Aparnadas

Dale Peterson (Senior Counsellor)

Dart Russell

Donatien Ntikahavuye

Gary Outten

Ghani Nasery

Gulshan Hussain

Mehak Khandeparkar

Melanie McGuigan

Milijana Stojadinovic

Mini Varghese

Nellie Anderson

Rhett McDonald (South East Region)

Steve Thompson (to Sept 2019)

Teresa Puvimanasinghe

(Senior Counsellor)

Refugee Health Nurses

Bridgit McAteer

Muslima Huka

Refugee Mental Health Clinic (Visiting Clinicians)

Dr Anna Pereira (Psychiatrist)

Dr Daya Somasundaram (Psychiatrist)

Dr Rick Curnow (Psychiatrist)

(to April 2019)

Anne Bourne (Psychologist)

(to Dec 2018)

Miriam Posselt (Psychologist)

Hayley Johnston (Mental Health

Social Worker) (to March 2019)

Paul Senior (Mental Health Social Worker)

Chronic Pain Clinic (Visiting Clinician)

Dr Jane Asteriadis (GP) (to July 2018)

Caseworkers

Nasim Mosaffa

Rima Abu-Assi

Slavica Dedijer (Senior Caseworker)

ICT and Operations Manager

Daryl Eckermann

Finance Officer

Graeme Duncan (to March 19)

Rachel Inness

Administration Assistants

Carol Cantlon

Hayley Radford

Karen Bailey

Komang Sukraeni-Francis

Maria Siros

Marina Lever

(Senior Administration Assistant)

Students

Elias Qambari (Child & Youth Counselling)

Fernando Carceres (Community

Development)

Juan Pablo Escobar Betancur

(M. Social Work)

Kimya Khan (Child & Youth Counselling)

Lucy May (Child & Youth Counselling)

Volunteers

Jill Wilson (Garden Project)

Lyn Butler (Complementary Therapies)

Richard Wilson (Garden Project)

Robin Mellors (Complementary Therapies)

Shan Yu (Photographer)

Special thanks to

Abir Al-Mardi (Administration)

Amrita Chuwan (Soccer Tournament)

Bilqis Mohammadi (Soccer Tournament)

Dhan Kumar Rai (Glossary of Terminology & Video Production)

Dashielle Allain

(Child & Youth Team group work)

Fatima Shah (Soccer Tournament, Afghani

Women's Group & Panel Discussion)

Graham Mellors (Painting)

Ibrahim Al Khalaf (Family Fun Day)

Jacqueline Machok (Soccer Tournament)

John Khateeb

(Feedback & Participation Projects)

Kubra Ozu-Clarke

(Community Development group work)

Manar Al Hammoud

(Soccer Tournament & Family Fun Day)

Nelson Herrera Campus

(DJ - Family Fun Day)

Netra (John) Dulal (Glossary of

Terminology & Video Production)

Penny Bridge (Photography)

Razia Shah (Soccer Tournament, Afghani

Women's Group & Panel Discussion)

Shamsia Mohammadi

(Soccer Tournament)

Susan Machok (Soccer Tournament)

Wael Zaytoon (Soccer Tournament

& Family Fun Day)



OUR WORK



Our Work

STTARS provides services to individuals, families and groups. We work with adults, children and young people.

Our services include psychosocial, psychological assessments and the provision of counselling and advocacy. Our approach is integrated and centred around the needs and experiences of survivors of torture and trauma including refugees, asylum seekers and people who have refugee-like backgrounds.

Promoting recovery through a strengths-based, client-centered approach, counsellors and caseworkers not only provide specialised trauma-informed counselling but also assist clients with access to mainstream services such as education, employment, income support, housing and health, within South Australia.

STTARS services also include the facilitation of therapeutic groups and community education activities to enhance access and inclusion opportunities for refugees and asylum seekers.

Our staff are experienced in undertaking comprehensive assessments to establish appropriate therapeutic goals with clients, recognising and responding to the effects of torture and trauma, and providing counselling that is trauma-informed, strengths-based and recovery-oriented.

We provide these services at our Adelaide CBD site and at outreach sites in Bowden, Salisbury and Mt Gambier, Naracoorte, Bordertown and, as required, in schools, community centres and clients' homes.

Our service delivery sites are increasingly responsive to client needs in terms of ease of access, and we continue to monitor patterns of where new arrivals are settling in urban and regional SA to enable us to respond accordingly to growing demand.



A number of STTARS clients experience difficulties in attending office-based appointments. Some of the difficulties impacting such clients include health problems, family care responsibilities, or limited access to transportation. STTARS therefore continues to provide a large number of outreach services and therapeutic counselling out of the office, dependent upon appropriateness, in schools or other healthcare settings where our clients feel most comfortable. In the past year, approximately one third of all appointments were provided through outreach locations.

STTARS has both a strong and unwavering commitment to refugees and asylum seekers and the capacity to meet complex needs across multiple client groups.

Referrals and Assessment

STTARS has a managed waiting list and our full-time Intake Coordinator, Alica Varesanovic, is the first point of contact for all referrals. Potential clients are offered an intake interview within 48 hours of their referral being received. The purpose of this interview is to determine their eligibility for our services. The interview may be conducted face-to-face or by telephone. We engage



professional interpreters for this interview process when required. If it is determined that the person's needs would not be best met by STTARS, our Intake Coordinator supports them to access more appropriate services.

If deemed eligible for STTARS' services, clients are either allocated to a counsellor for assessment and immediate support, or placed on the waiting list to be seen by the first suitable, available counsellor. Priority is determined by the severity of the person's symptoms and the availability and adequacy of other supports. Children, young people and sole parents receive special consideration and are seen as quickly as possible.

While on the waiting list, clients are phoned regularly. This allows us to monitor and respond to any deterioration in their condition and to provide assistance with issues such as housing, finance, and access to physical health services. We also provide them with information and advice on self-care. Clients may be referred to our casework service for assistance to resolve practical issues and be linked in to mainstream services while they await allocation to a counsellor.

Counselling

STTARS counsellors work face to face with individuals and groups of people from refugee (or refugee-like backgrounds) who have survived experiences of torture and trauma. Counsellors use a multicultural, flexible, client-centred approach and a wide range of interventions and therapies. This approach is based on a trauma recovery framework.

Most refugees have experienced traumatic events before coming to Australia. Many have been brutally tortured, seen loved ones killed, or have escaped from a war zone. Some may have experienced all three...but all of them have fled for their lives.

The physical and psychological effects of trauma are often devastating and difficult to overcome and, when combined with the challenges of settling into life in an unfamiliar country, can pose severe and complex challenges. Refugees are survivors and most do extremely well.

Refugees are people who have survived horrific situations and they can also be people of many strengths, skills and resilience of spirit. By working with a counsellor, these strengths of survival are drawn upon, making it possible for our clients to overcome traumatic experiences and rebuild lives that have been severely impacted by torture, brutality and exile.

STTARS works with clients across the spectrum of their settlement journey. Those eligible for our services include people who arrive on a humanitarian visa or are seeking asylum, whether they are recent arrivals or have been here for many years.

Our counsellors aspire to provide a safe and respectful environment in which survivors of torture and trauma can better understand, manage and recover from the physical and emotional pain of their experiences.



Our service is free, voluntary and confidential, and is conducted with qualified counsellors and interpreters.

Counselling at STTARS may take a number of forms. It may be supportive in terms of finding solutions to current settlement-related problems, or it may offer strategies that help clients cope with the painful or unpleasant psychological symptoms they are experiencing.

Counselling may also take the form of an exploration or a journey. It may touch on emotional or spiritual pain. If past painful experiences arise they can be discussed in a supportive and safe way, relieving the emotional pain gradually over time.

STTARS counsellors use a recovery framework to address the psychosocial impacts of torture and trauma on the individual, the family and the community.

Asylum Seekers

An asylum seeker is a person who has left their country of origin and has applied for protection as a refugee to a government or the United Nations High Commissioner for Refugees. According to the Universal Declaration for Human Rights, everyone has a right to seek asylum from persecution.

Asylum seekers face similar issues in the process of seeking asylum as refugees who are going through the resettlement process do. However their distress arising from previous torture or traumatic experiences is often compounded by prolonged periods of uncertainty, concerns for family members still living in danger and the threat of being returned to their home country.



STTARS offers individual counselling support for survivors of torture or refugee related trauma regardless of whether they have been recognised as a refugee or are still in the process of seeking asylum. STTARS has provided support to approximately 230 asylum seekers during the past year.

Because asylum seekers are not yet in a position of safety, counselling for them focuses primarily on providing assistance to cope with and contain trauma-related symptoms and building strengths and resilience to be able to cope with the current situation and the future once their protection claim has been decided.

Asylum seekers can be particularly vulnerable to additional psychological and physical distress as a result of limited access to basic supports and services. Less than half of the asylum seekers seen at STTARS last year had three year temporary visas which allow them a predictable period of stability before having to submit their claims for asylum for reassessment. Many of these reported increasing distress around the time of having to resubmit their claims and required additional counselling and support around this time.

Another group of asylum seekers who had not yet had their claims fully assessed received support through the Status Resolution Support Scheme (SRSS). However the number of people supported under the SRSS scheme significantly reduced this year. At the same time STTARS saw an increasing number of asylum seekers who were not funded and received very little other support. Last

year STTARS provided support to 80 unfunded asylum seekers. STTARS worked in partnership with other key service providers to support these asylum seekers to have their basic practical needs met. We would especially like to thank the Australian Red Cross, Circle of Friends, the Adelaide Day Centre, St Vincent de Paul, the Welcoming Centre, Mercy House, Australian Migrant Resource Centre, Life Without Barriers and HOST for continuing to work closely with us to support this vulnerable group.

Supporting Rural & Regional Areas

An increasing number of people from refugee backgrounds are settling in regional and rural areas around Australia. In South Australia, Mount Gambier has been identified as an initial resettlement location for humanitarian entrants outside the Adelaide metropolitan area.

In addition to primary resettlement, substantial numbers of asylum seekers and people from refugee backgrounds are moving to regional areas to obtain work. Areas with growing populations from asylum seeker/refugee backgrounds include Mt Gambier, Naracoorte and Bordertown.

STTARS' South East team, Sophie Coote and Rhett McDonald, maintain a strong presence in Mt Gambier and the South East region with an office in Mt Gambier and regular weekly outreach services in Naracoorte and Bordertown.

Counselling sessions for individuals or families are offered in the STTARS office, at clients' homes, or in school or community spaces where they feel comfortable.



Our South East team recognises that strong relationships and connections to community are essential to achieving positive outcomes for people from refugee backgrounds in the South East. They work tirelessly to build and maintain these relationships. They also work in close collaboration with other organisations and community groups, providing education about refugee experiences and the effects of torture and trauma, secondary consultations and other support as required.

When Mt Gambier was identified this year as a likely resettlement zone for Yazidi refugees, our local team was proactive in working to prepare local services to support this client group. The Yazidi community has been particularly persecuted by ISIS in recent years so the STTARS team was keen to establish a positive recovery environment for this potentially highly-traumatised group of new arrivals. With the assistance of interpreter and Yazidi community member Besse Elmas, STTARS offered two full-day 'Core Concepts in Refugee Experience' training sessions which had a particular focus on the





experiences of the Yazidi community and how to make people from that cultural group feel welcome.

“It was one of the best PD [Personal Development] days I have been to. Thanks to you and the STTARS team for organising and bringing the amazing Besse to the South East. She was so generous with her insights, and [we were] so grateful that we were able to hear from her. Also very grateful for all the knowledge and understanding that was shared by STTARS. It was also terrific to see so many other agencies listening and sharing too.”

Throughout the year STTARS has worked in partnership with Headspace Mt Gambier and Mt Gambier High School to provide support and education to youth from a refugee background. STTARS also teamed up with Country Health SA and Mt Gambier North Primary School to provide ‘safe relationships’ education to high school students enrolled in their new arrivals program.

STTARS also recently collaborated with the local African community to host two events: ‘Celebrating Multiculturalism’ and ‘SA Police African Information Session’. STTARS has also been consulting with Mt Gambier CALD youth, providing informal guidance and support for a youth run ‘e-raced’ program which identifies racism in regional areas and invites public discussion and awareness.

Additionally STTARS has collaborated with the communities in Naracoorte and Bordertown to implement mental health wellbeing initiatives and connect clients with conversational English classes.

Child and Youth Program

Children and young people are not spared the human rights abuses that cause people to become refugees. They may experience these traumatic events as part of a family or on their own, and be forced to flee their homes with little understanding of the reasons why.

Working with Children, Young People and Families

Our Child and Youth Team – Mtho Ngcanga, Dart Russell, Donatien Ntikahavuye, Melanie McGuigan, Nellie Anderson plus Intensive Family Support Workers Amritha Aparnadas and Teresa Puvimanasinghe – ensure that children and young people get the care and support they need. The team also works closely with others that are important to their young clients such as family members, carers, schools and youth services.

The Child and Youth Team

- Provides individual and family-based counselling for survivors of torture and trauma
- Supports young people and their families to connect with other services
- Provides opportunities for young people and their families to engage in activities that promote family connections such as Family Fun days and school holiday programs
- Provides a safe space for young people to realise their potential through group activities





This year STTARS provided support to 479 children and young people under the age of 20.

Support for Schools

STTARS acknowledges the integral role teachers, welfare staff and school leaders play in supporting the recovery, resettlement and integration processes for children, young people, and their parents and carers whose lives have been disrupted by conflict, persecution and long-term displacement.

STTARS recognises that a supportive school culture can nurture the positive mental health and wellbeing of refugee students, enhance their educational outcomes, and promote social connectedness between refugee families and the school community. STTARS therefore offers:

- In-school individual therapeutic interventions such as counselling
- Therapeutic and community development focused group programs (such as Rhythms to Recovery)
- Partnerships with schools on school-led initiatives
- Interagency collaboration with school leaders and the establishment of collegial networks to address refugee students' needs
- Flexible approaches to professional learning in response to specific needs e.g. providing trauma-informed consultation to better support young people and their families

This year, STTARS was also able to offer a child and youth counsellor/advocate to co-locate in a small number of schools to provide valuable support for both individual students and school staff.

Youth Reference Council

The Youth Reference Council (YRC) has had a busy year, which involved social outings and a leadership program held in collaboration with the Dulwich Centre Foundation. Several members also volunteered at STTARS at different events, including community events and conferences.

Some of the young members volunteered their time and developed the 'Welcome to Adelaide' Movie Project, a short film produced in conjunction with the Dulwich Centre Foundation and Lutheran Community Care. The aim of the project was to develop a film that welcomes newly arrived young migrants – with a particular focus on Syrians – to Adelaide. In addition, two YRC members participated in panel discussions at the Refugee Alternatives Conference.

Over the summer holidays, youth members met to discuss themes relating to dealing with racism and managing intergenerational conflict.

The Youth Reference Council is made up of a group of dedicated young people who are keen to share their knowledge and ideas and give back to the wider community. STTARS would like to thank these young leaders for their contributions to the organisation. The future is in good hands with you!

In the coming year, the young leaders have committed to meeting monthly and are busy planning a number of new projects now.





Art Gallery Display

STTARS likes to celebrate the diverse skills and talents of the people with whom we work and support them to express themselves through different mediums. On the 12th July 2019, STTARS hosted an art gallery opening to display artwork that had been created by a 10-year-old girl. The young artist used photography, painting and drawing to demonstrate her artistic flair. We greatly appreciated the attendance of local artist Helene Hardy who was a guest at this event.

“My counsellor is like my big brother. When I come to STTARS I feel relaxed because I feel understood and accepted for how I am”

Refugee Mental Health Clinic

Making Medicare-funded mental health services accessible for asylum seekers and people from refugee backgrounds.

Many people from refugee backgrounds find it difficult to access mainstream Medicare-funded services that understand the refugee experience and use interpreters, as this service is not covered by Medicare for psychology or mental health social work appointments.

STTARS hosts a number of registered visiting mental health practitioners with specialist expertise to provide a dedicated service to asylum seekers and people from

refugee backgrounds under Medicare funding, including the ‘Better Access to Mental Health Care’ initiative.

STTARS provides administrative, interpreting and casework support to help those accessing the Clinic to overcome practical and settlement difficulties and link them up with other essential services.

Clients accessing the Clinic can also be easily linked in to other services within STTARS such as groups or counselling support if required. They may also contact the STTARS duty worker if they need urgent support between appointments with their specialist.

To be eligible for the Refugee Mental Health Clinic a client must be an asylum seeker or someone from a refugee background and they must have a mental health care plan from their GP. Referrals are processed by the STTARS Intake & Clinic Coordinator.

Visiting clinicians this year included:

Psychiatrists:

- Dr Anna Pereira
- Dr Daya Somasundaram
- Dr Rick Curnow

Psychologists:

- Anne Bourne
- Miriam Posselt

Mental Health Social Workers:

- Hayley Johnston
- Paul Senior

Casework

STTARS’ service model recognises that many people from refugee backgrounds need more than psychotherapeutic interventions alone to resolve their distress.

Many people from refugee backgrounds describe experiencing difficulties in accessing mainstream services. Additionally, the types of services that are available in South Australia may operate differently from those in their country of origin, or may not have existed there at all. Experiences of torture and trauma can also inhibit the survivor from accessing and negotiating many essential services either due

to pervasive symptoms or because of past negative experiences with government authorities. When seeking support they may also encounter barriers in the form of a lack of cultural understanding, cultural sensitivity or interpreting services. At STTARS the advocacy role provides a safety net, ensuring that survivors of torture do not 'fall through the gaps' in our health and welfare systems.

Advocacy at both individual and systemic levels is considered essential at STTARS because a family without housing or income - or experiencing a legal crisis - will not respond to psychological support while their primary needs are not being met. Our model supports clients to address critical welfare and material needs alongside therapeutic issues.

STTARS counsellors work from a 'Counsellor/Advocate' model; they provide both therapeutic counselling as well as advocacy to address critical welfare and material needs. Clients accessing Medicare-funded services from psychiatrists, psychologists or mental health social workers through the STTARS Refugee Mental Health Clinic have equally significant needs. STTARS' team of specially trained caseworkers, Nasim, Slavica and Rima, whose various cultural and linguistic backgrounds reflect those of the people who access our service, ensure that critical welfare and material needs are met for this client group.

While the primary focus of caseworkers is to address practical needs, the sensitive and trauma-informed way that they go about this work is crucial in assisting clients to hold onto hope in difficult times and to be able to engage in therapeutic work.



One therapist recently wrote to us:

Today I met with my new client, who is also a long-standing client of Slavica's. Slavica suggested we meet her together because the client gets anxious when meeting new people. The woman talked about the hope that Slavica had given her and particularly about the trust that she had built with her.

"It's hard for me to trust people, but I trust you because you give me hope"

This was incredibly moving to witness and spoke deeply to the connection that Slavica has built with her ... the trust she holds with this woman helped me begin a therapeutic relationship with her. This is incredibly valuable in my work going forward.

Information Sessions

Difficulty in understanding or navigating Australian systems can significantly increase stress for survivors of torture and trauma. From time to time, caseworkers at STTARS organise information session for clients run by key agencies such as Centrelink. The aim of these sessions is to teach clients to better navigate the welfare system in Australia and avoid them being misled or confused by information regarding the Disability Support Pension, for example, that is not current.

Training

STTARS is committed to promoting a positive recovery environment for asylum seekers and people from refugee backgrounds. An important part of this commitment includes supporting service providers to better understand the context of refugee experiences of torture and trauma and how this impacts on the process of settling into a new society.



Professional Development Workshops

This year we were excited to be able to reintroduce a series of high quality, full day, professional development workshops which were scheduled throughout the year and open to bookings from the general public. Two workshops were offered:

- Core Concepts in Working with People from Refugee Backgrounds
- 'Accidental Counsellors': Responding to Refugee Trauma-Related Behaviours

These workshops - which were offered both in Adelaide and Mount Gambier - were very well received, with some sessions booking out within hours of being advertised.

Our thanks go to STARTTS, our sister agency in NSW, for their assistance in developing the updated training packages.

Training for Organisations

Each year, STTARS offers a number of professional development sessions tailored to the needs of specific groups and organisations.

Topics include:

- Information about STTARS
- Core Concepts in refugee experience and the impacts of trauma
- Accidental Counselling: Responding to refugee trauma-related behaviors
- Working with families from refugee backgrounds
- Supporting trauma recovery in children from refugee backgrounds



- Cultural Competence
- Working with Interpreters
- Health Care Challenges for People from Refugee Backgrounds

This year STTARS delivered tailored training sessions to various agencies including health and welfare services, employment services, non-government organisations, support groups and educational institutions at primary, secondary and tertiary levels.

Public Lectures and Conference presentations

This year we were proud to have an increase in the voices of people who have used our service. These included John Khateeb and Fatima and Razia Shah, who participated in the following public lectures:

- Flinders University public lecture during Refugee Week on the Social Determinants of Health
- The 2019 Refugee Alternatives Conference 'Building on Strengths: exploring practical responses to mental health needs for people who have faced forced migration'

Twelve staff members from STTARS attended the *2nd Australia and New Zealand Refugee Trauma Recovery in Resettlement Conference* in Brisbane in March, where they presented a number of papers. These included:

- Challenges and opportunities of working with temporary visa holders (Practice Wisdom and Progression theme – Teresa)
- Trauma-Informed Therapeutic Yoga Program for Bhutanese Torture Survivors – A Community Initiative (Community Perspectives theme – Amritha and Mohan from BHUMMATSS)
- Interventions for building bridges between Police and Torture and Trauma Survivors (Service Development theme – Maria, Akar and Rima)
- Situating Language: Building a glossary of cultural and emotional terminology (Service Development theme – Ana Maria)
- Barriers and Solutions to Service Access (Poster presentation – Rhett)
- Organic gardening for trauma recovery (Poster presentation – Teresa, Dale and Mini)



CLIENT STATISTICS

WHO OUR CLIENTS ARE...

AGE & GENDER

2017-2018

2018-2019

AGE	FEMALE	MALE	TOTAL	FEMALE	MALE	TOTAL
0 - 10	39	52	91	52	62	114
11 - 20	110	170	280	146	219	365
21 - 30	65	76	141	89	84	173
31 - 40	146	125	271	181	126	307
41 - 50	133	170	303	175	176	351
51 - 60	98	91	189	136	121	257
61 - 70	33	41	74	41	48	89
71+	5	6	11	8	10	18
Unknown	5	2	7	4	4	8
TOTAL	634	733	1367	832	850	1682

VISA TYPE

124

Asylum
Seeker

1304

Permanent
Resident

146

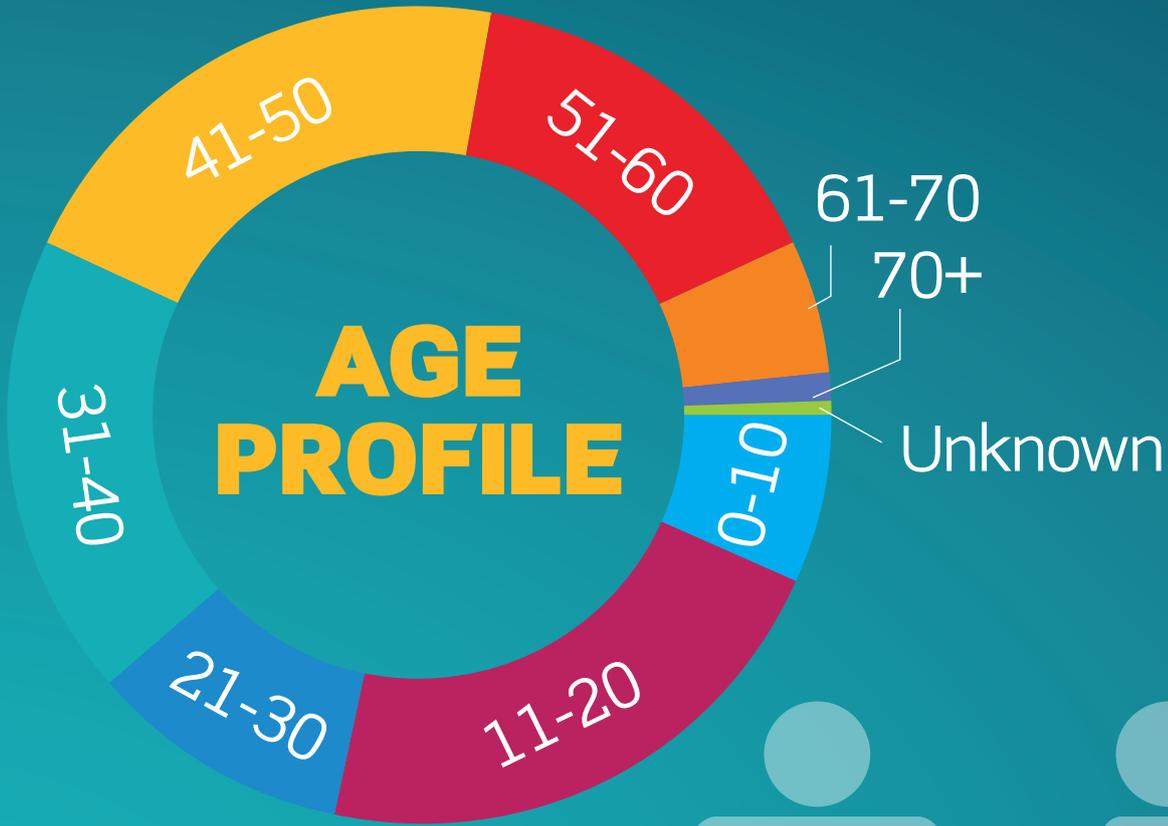
Australian
Citizen

103

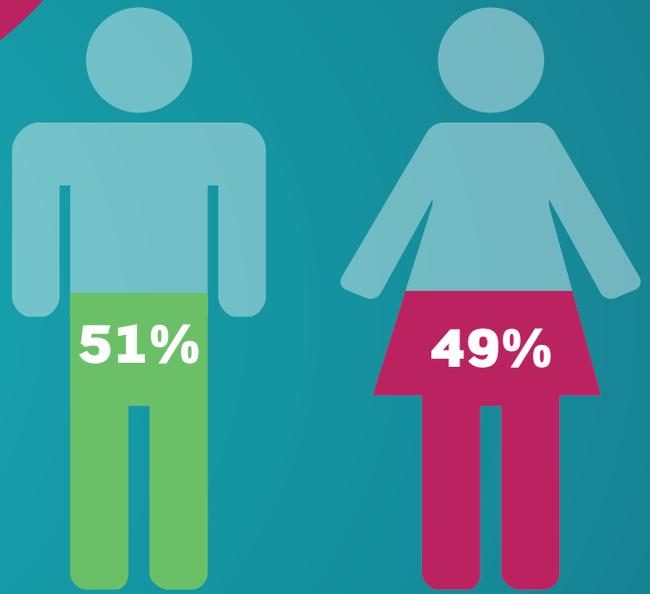
Temporary Humanitarian
Visa Holder

5

Other



GENDER PROFILE



850

832

TOTAL

16882

WHERE OUR CLIENTS ORIGINATE FROM...

COUNTRY	2017-2018	2018-2019
Afghanistan	372	449
Syria	275	343
Bhutan	109	178
Iran	143	145
Iraq	95	103
Burma (Myanmar)	32	73
Sri Lanka	59	47
Sudan/Sth Sudan	36	42
Congo	35	38
Other	74	264
Total	1367	1682





TOTAL
1682

HOURS OF SUPPORT PER CLIENT IN 2018/2019

OUTREACH
37%

IN HOUSE
63%

HOURS	2017-2018	2018-2019
0-5	640	956
5-10	251	199
10-20	256	247
20-30	97	120
30-40	55	68
40-50	34	36
51+	34	56
Total	1367	1682

CLIENTS BY SERVICE

653

RMHC

611

Adult

58

Comp. Therapy

248

Child and Youth

218

Casework

82

Regional

219

ARANAP

11

Pain Clinic

SOURCE OF NEW REFERRALS

10

Accommodation Services

20

Asylum Seeker Support Service

1

Centrelink

33

Client – family/friend

91

Client – self

22

Community Welfare Organisation

2

DIBP

177

Education: Primary/Secondary

3

Education: Tertiary

9

Employment

10

FASSTT Other

86

Health: Allied

504

Health: General Medical

41

Health: Mental

77

HSS

4

Legal: migration related

4

Legal: Non-migration related

416

Other

171

Settlement Support Service

TOTAL
1682

Interpreters

Interpreters are vital to the work that is done at STTARS. For clients who do not yet have a grasp of English sufficient to engage in counselling, access to professional interpreters is considered a matter of basic human rights.

STTARS is very fortunate to work with a group of highly professional interpreters who understand the impacts of trauma and provide a high level of care for our client group.

The contribution made by interpreters enables survivors and the people who work at STTARS to develop meaningful relationships and mutual understanding – an essential foundation for everything we strive to do. The role of interpreters at STTARS is valuable but complex. Interpreters not only translate the words of clients but also the nuances that accompany them. Upon request of counsellors, interpreters also provide valuable insight into

cultural, social and historical contexts that are essential to understanding what clients are saying. The resulting collaboration contributes significantly to our counsellors' knowledge base and capacity to respond in a culturally sensitive way.

Many interpreters belong to the same communities as the people they assist while at STTARS, and we appreciate the careful ways that interpreters uphold the privacy and confidentiality that is essential to clients feeling safe. STTARS is aware that interpreters, like ourselves, are often moved (and sometimes distressed) by the stories of injustice and suffering that we hear in our work. STTARS therefore offers the opportunity for debriefing with interpreters following counselling sessions, as needed, and facilitates quarterly evening interpreter 'forums', where knowledge is exchanged and relationships strengthened. In these small ways, we strive to honour the important contributions made by interpreters at STTARS.



UN International Day in Support of Victims of Torture

The 26th of June every year marks the UN International Day in Support of Victims of Torture. The day is part of a global movement to combat torture in all its forms, led by the International Rehabilitation Council for Torture Survivors (IRCT). Every year STTARS holds an event to mark this day.



Complementary Therapies

The physical impact of torture and trauma is often stored in the body in the form of injury and persistent pain.

In addition to injuries directly resulting from torture or war-related physical trauma, many clients express psychological distress through somatic complaints such as headaches, backache and general body tension.

The Complementary Therapies Program at STARS provides gentle, non-invasive body therapies that assist in the restoration of trust and in the alleviation of the physical and psychological effects of trauma.

“I feel that when you massage my head I get rid of the thoughts. My head is clearer”

STTARS’ Complementary Therapies Program includes:

- Individual assessments
- Information about self-care, healthy habits and routines for sleep
- Mindfulness and relaxation techniques
- Trauma-informed yoga
- A massage clinic

These therapies, which are always used in conjunction with counselling, have been shown to be highly effective for torture survivors who suffer from ongoing pain and discomfort.



To access the massage component of the Complementary Therapies Program clients must be engaged with a counsellor or a visiting clinician at STTARS and commit to becoming active participants in their own quest for better health.

“When you massage me my eyes felt brighter like a flower opening. I am relaxed, calm and soft. My muscles were very tight and now released from tightness like a flower, a rose opening. When you were massaging my head it was like my eyes had been blocked and now the curtain has lifted”

Our complementary therapists receive a great deal of positive feedback about the difference they make for clients in reducing their pain. However, some who access the service describe having difficulty remembering how to continue the self-care strategies they have been shown when they get home.

This year, our Complementary Therapies Coordinator, Lyn Butler, worked closely with volunteer therapist and artist, Robin Mellors, to create a range of beautiful cards to overcome this challenge. Featuring original artwork and designed by Robin especially for the people accessing the program, each card provides simple instructions for an aspect of self-care on which the client wishes to focus. A card placed on the refrigerator or other prominent place at home serves as a daily reminder to practise this self-care activity by following the listed steps. The design for the cards and their simple text allows for the information to appear both in English and in the client’s own language.

Women's Self-Care Graduation Ceremony

Coming to the end of counselling can be a difficult step for some clients, but it is also a time to celebrate a client's commitment, progress and achievements. The recent introduction of a 'Graduation Ceremony' group activity for women who had taken an active part in their own journey of healing gave participants the opportunity to identify and celebrate what they had learnt and achieved during their program of complementary therapy and self-care sessions.

With the aim of easing their transition, the ceremony involved participants making their own hand art - to remind them of five positive things about themselves, revisiting various self-care strategies, and strengthening relationships amongst those present through guided art activities. These relaxing and fun activities were followed by a formal presentation to all participants of their certificates of achievement.

Trauma-Informed Yoga Groups

Following the success of the Bhutanese trauma-informed yoga group STTARS received a number of requests for similar groups. Amritha established a trauma-informed yoga group for Afghani women with the support of volunteers Razia and Fatima Shah from the STTARS Youth Reference Council.

“Thanking God for organising such a program. I was looking forward for Saturdays to come here. I loved doing exercises, pain has reduced so much”

The Afghani group spanned a wide range of ages; several women attended with their daughters and so the program evolved to include a greater focus on



relationships and identifying ways to support one another. Again participants reported a significant reduction in pain after participating in this group.

“My shoulder pain has decreased significantly after attending exercises, had great time talking to other people”

We wish to thank the Peggy Charitable Foundation for their ongoing support of the STTARS Complementary Therapies Program.

“I thank God for all these opportunities, I feel blessed to join in this group. I was in so much pain, so sore that I couldn't do anything. After being part of this group, it has helped to relieve my pain and I have not taken pain medication for two weeks”





Australian Refugee and New Arrival Program (ARANAP)

“Thank you so much for your support...Before you started helping me, nobody took the time to listen, nobody checked my medication, no-one figured out the side effects and nobody thought that most of my problems could be related to that medication. I had been taking that same medication for 17 years! All that time I have been drowsy, lying in bed most of the time. So much change has happened since changing that medication. My health has improved, I am not having seizures and I can talk with my family and have normal relationships with them. Life is pretty much back to normal now, I can't tell you how happy we are”

Overcoming barriers to assist people from refugee backgrounds to access primary health care services in a timely manner.

In the past five years more than 7,000 people from refugee backgrounds have settled in South Australia. Their health and wellbeing is often affected by their experiences of trauma and hardship as refugees, along with the many adjustments inherent to the process of resettlement.

The health system in Australia can be complex and difficult to navigate. Arriving from other countries, people from refugee backgrounds may have very different understandings and experiences of health. They often do not know what services are available in Australia or how to find help or treatment. This, combined with limited awareness of refugee issues in health services, language and other barriers can mean that people from refugee backgrounds do not adequately have their basic health needs met. The fact is, small health issues can become big issues if not dealt with in a sensitive and timely manner.

The Australian Refugee and New Arrival Program (ARANAP) is an innovative program that started as a pilot last year. The success of the pilot led to the establishment this year of ARANAP as a program which will continue to have significant impacts over the coming years.

This year STTARS Refugee Nurse Advocates provided support to 219 people to overcome barriers to accessing primary health services.

We have observed significant improvements in outcomes for our ARANAP clients.

The ARANAP program is open to people from refugee backgrounds living within the broad Adelaide region who have been in Australia for less than five years.



STTARS' Refugee Nurse/Advocates, Bridgit McAteer and Muslima Huka, with support from Project Officer Hayley Radford, work not only to help individuals overcome barriers in accessing health services but also to assist primary health care providers to increase their capacity to support people from refugee backgrounds.

The Australian Refugee and New Arrival Program:

- Provides support for individuals with unmet primary health care needs to:
 - Overcome barriers to accessing primary health care services
 - Connect with a regular health care provider
 - Understand their conditions and corresponding treatments as recommended by their GP
 - Increase their knowledge of health care systems in Australia and how to access help when it is needed
 - Improve service coordination for those with more complex needs
- Works with primary health care services to:
 - Promote and contribute to the delivery of training and professional development activities for primary health care providers
 - Identify primary health care services willing to become a 'Refugee Ready Practice of Excellence'



- Understand the challenges faced by staff in these practices and develop a plan to increase capacity
- Support the practice to develop culturally responsive and high quality 'refugee health and wellbeing assessment and service provision' practices

This program is funded by the Adelaide Primary Health Network and is run in partnership with bi-cultural workers from the Australian Refugee Association (ARA).





Group Work

For some of our clients, groups can provide a more effective healing environment or can be a valuable adjunct to counselling. Experiences of torture, trauma and resettlement can leave some clients feeling very isolated.

When survivors of torture and trauma come together in safe groups, they are able to learn to trust again. They can make friends, support one another, learn together and share experiences. Group members can benefit from the experiences and insights of other group members and approach counsellors for advice and assistance in an informal manner.



At STTARS, we organise groups to come together on a regular basis to socialise, participate in activities, attend psycho-educational information sessions to learn new skills, talk over problems and discuss coping strategies.

Rhythms to Recovery (R2R)

The Rhythms to Recovery drumming program uses rhythmic attuned movements, music, psychology and neurobiology to improve social skills and provide a safe space for young

people to express themselves. STTARS has been providing therapeutic drumming programs in schools for many years. These have been very successful in supporting children from refugee backgrounds. As well as being great fun, they facilitate learning around responsibility, identity, belonging, team work and communication.

This year, STTARS counsellor/advocates delivered the program at Ingle Farm Primary, Mount Carmel Primary, Elizabeth Grove Primary, Kilkenny Primary and Findon High Schools.

School Holiday Activities

The STTARS Child and Youth Team organised small, targeted school holiday activities for children, young people and families who were accessing counselling at STTARS. These activities provided opportunities to make friends, have fun, build confidence, create happy memories and try new things. Activities included music, games, art, sports, gymnastics, a picnic at Glenelg, ice-skating and a circus skills workshop at Cirkidz.

Woodhouse Activity Centre – Family Day

The Challenge Hill obstacle course provided opportunities for young people and their parents/carers to stretch themselves physically and mentally as they challenged their levels of skill and courage. The idea was to work together in an unfamiliar setting to allow participants to have fun and experience different aspects of each other and their relationships. Forty young people and 15 caregivers took part in various activities including crawling, climbing, swinging and sliding.

The Men’s Shed

After consultation with local Syrian men and the wider Syrian community, we found that many of these men were experiencing isolation, a sense of hopelessness and a lack of engagement due to cultural and language barriers. We also learned from feedback and further consultation that many of them were interested in



participating in a men's group to reduce their isolation and mobilise their skills in an effort to improve their chances of finding employment.

STTARS runs The Men's Shed program jointly with the already established Playford Men's Shed. The group targets mainly newly-arrived Syrian males who are suffering significant isolation, loneliness, low self-esteem, depression and a lack of productivity, all of which impacts their emotional and psychological health.

After consultation with potential participants and some information sessions, the group began its fortnightly meetings. Group members utilised the Men's Shed workshop to create *Mancala* **مَنْقَلَة**, a traditional Syrian game crafted from wood (see photograph) and handmade building tools. As they worked they socialised, and gradually began sharing stories of their struggles, strengths and resilience in an environment where they felt comfortable to do so.

Expressive Therapies Family Based Trauma Recovery Program

STTARS established a group specifically to support families who had arrived recently from Nauru.

The program focused on restoring safety, stability and dignity within those who had been held in prolonged detention at the Australian-run offshore detention centre on Nauru. Group therapy supported the families to deal with their psychological distress and manage symptoms related to their experiences of torture and trauma.

Counselling was complemented with a range of activities including drumming, dancing, singing, play therapy and drawing.

The Gardening Group

Gardening has proven time and again to be a successful therapeutic intervention for trauma recovery. Gardening provides a safe space for clients to reconnect with fond memories of the past and form positive and meaningful new ones. The therapist can use the concept of 'growth of a seedling' as a metaphor for a person's own journey of recovery from trauma symptoms.

With the continued generous support of volunteers Jill and Richard Wilson above ground, self-watering garden beds were built at the rear of our Hawker St office. Thanks to the tender loving care of group participants, these beds have produced abundant crops of flowers, herbs and vegetables. Participants celebrated their harvest with shared meals made using the delicious ingredients picked freshly from their own garden.

Those involved reported that the process of learning more about gardening in Australia and sharing their prior knowledge with others had helped them to feel more capable and competent. They also valued the dynamics that developed within and around the group, saying the entire experience made them feel more socially connected and alive.

Young Women's Healthy Relationships Workshop

In response to requests for more information about women's rights in Australia STTARS facilitated a workshop for young women aged 18 to 25 years. The workshop was run in partnership with Penny Bridge from the Women's Health Service.

The session explored topics including: what makes a healthy relationship and a healthy home, challenges that relationships may face, disrespectful or violent relationships, Australian laws and strategies to keep yourself safe.





Community Development

Trauma impacts on communities as much as it impacts on individuals. When groups of people are exposed to organised violence and terror, the bonds of trust that hold a community together are damaged.

Community Development work at STTARS builds on the connections, strengths and resilience of people from refugee backgrounds to help communities overcome their trauma, empower themselves and collectively create a better life in Australia.

STTARS actively seeks opportunities to work in partnership with community groups and associations to undertake projects, events and initiatives to promote better support of survivors of torture and trauma within their community.

This year STTARS' community development work has been revitalised thanks to the combined efforts of a range of staff including Maria Morales, Rima Abu-Assi, Amritha Aparnadas, Ana Maria Allimant Holas, Donatien Ntikahavuye, Riziki Saidi, Nellie Anderson and social work student Fernando Carceres.

Highlights for the year have included:



Bhutanese Yoga Group

Last year STTARS established a trauma-informed yoga group in partnership with the Bhutanese Martyrs Memorial and Torture Survivors' Society (BHUMMATSS). This was highly successful in addressing the chronic pain being experienced by survivors in a way that was culturally appropriate. In addition to yoga the group asked for information sessions to help them understand their trauma responses. They also learnt mindfulness practices and came together to enjoy food, and traditional songs and dance. The group reported a significant reduction in isolation and physical pain following this program.

With filmmaker Sieh Mchawala, participants made a short film about their experiences in the group. Amritha Aparnadas (STTARS Counsellor and yoga instructor) and Mohan Gautam (BHUMMATSS member) presented the film at the FASSTT Conference in March this year. Working from a community development approach, Amritha supported the group to a point where it is now being run by community members. Resources including a photographic guide booklet in the Nepali language and a longer video are currently in production. These resources will assist participants to continue the exercises they have learnt at home.

Multicultural Soccer Carnival

Through conversations with community leaders it became apparent that although torture and refugee trauma has a significant impact on their communities, some people were not accessing support either because



they were not aware of the services available to them or due to stigma. Soccer was identified by community leaders as an activity that could bring people together to increase awareness and decrease stigma. It is also an activity that fosters a sense of connection and promotes both physical and mental health.

“We have made colossal strides in our understanding of how the brain and body are affected by stress and trauma over the last 15 years. In the context of this learning journey, the importance of physical activity, fun and social connection for good mental health has become increasingly irrefutable... these three aspects [are addressed] through Football, a medium that has justly been nicknamed “the world game” because of its universal appeal across national borders and cultural and faith divides.”

Jorge Aroche, President of the International Council for Torture Victims and CEO of STARTTS NSW

A special thank you to the team who worked hard to organise the carnival (Don, Riziki, Maria, Rima, Nellie, Ana Maria, and Fernando) to our partners: Uniting Communities, Anglicare, Scouts SA, St John's Ambulance, Playford Communities for Children, Playford Council Mayor Glenn Docherty, One Culture Football Club, FC Fizi (Congo) men & women, Adelaide Dragon FC (Bhutanese) men & women, Burundi SA, and the Afghani women's soccer team.

Family Fun Day

While STTARS provides counselling and support for individuals and families we recognise that broader social connection is also important in the recovery process. School holidays have been identified as particularly



difficult times for recently arrived families due to a lack of resources and knowledge about what they can do during these periods. Many parents report that they notice a rise in sibling conflict at home during school holidays. This is because the children become bored but the parents have limited free or affordable activity options in which the family can engage together. Family fun days and school holiday activities not only provide an opportunity for families to relax and have fun with each other but also to make new connections and expand the range of activities they can enjoy together at other times.

This year our annual Family Fun Day was held in the middle of the year to coincide with the International Day in Support of Victims of Torture. The event offered a wide range of activities for families and children including dancing and singing from Syria and Burundi, drumming, soccer, henna painting and various art and craft activities.

What was exciting this year was the active involvement of such a large number of community members who volunteered in many ways, from setting up activities around the theme of hope to running children's activities, soccer games, singing and dancing. We were especially grateful to the young Syrian men from the Al-Sham group who put in a huge amount of work preparing and serving food to around 250 people and even doing the clean-up at the end of the day.





Our Strategic Directions



Providing High Quality Services

To provide trauma-informed, culturally responsive services that recognise the values, needs and aspirations of survivors of torture and trauma and their families

Working with Communities

To work with communities to foster opportunities for enhancing the wellbeing and resilience of survivors of torture and trauma

Increasing Understanding and Expertise

To raise the awareness, understanding and expertise of others who work with survivors of torture and trauma

Strengthening Sustainability through Quality and Culture

To build and maintain a vibrant, robust, inclusive and sustainable organisation

Promoting Human Rights

To work towards a world where human rights are respected and violations are never tolerated

Our Values

Humanity

We keep the people that we work with at the centre of everything we do

Diversity

We recognise and celebrate our unique stories, culture and strengths. From this foundation we grow and learn from each other

Hope

We believe in the innate human capacity to strive, against the odds, for a better life for oneself and one another

Social Justice

Our hearts are challenged by experiences of oppression and together we work to improve human lives

Ethical Practice

We strive to act with integrity, care and compassion. We reflect on the ways that our actions affect the lives of people with whom we work



Financial Summary

Survivors of Torture and Trauma Assistance and Rehabilitation Service
Statement of Profit and Loss and other Comprehensive Income
For the year ended 30 June 2019

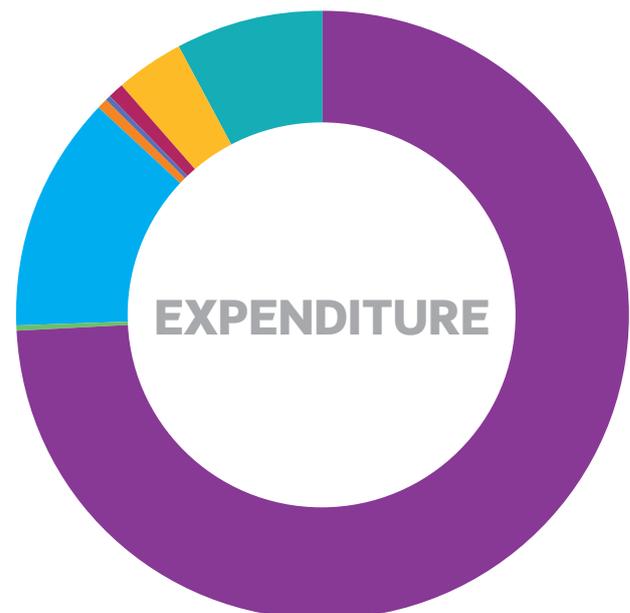
Income

Grant Income	\$3,906,558
SRSS Services	\$39,499
Interest	\$43,125
Other Income	\$30,891
TOTAL INCOME	\$4,020,073



Expenditure

Salaries, Wages & Employee Expenses	\$3,008,000
Audit & Accounting Fees	\$8,000
Client Expenses	\$445,729
Depreciation	\$19,204
Insurance	\$1,809
Occupancy Expenses	\$39,468
Rent	\$170,609
Other Operating Expenses	\$267,039
TOTAL EXPENDITURE	\$3,959,858



OPERATING SURPLUS/(DEFICIT) \$60,215

For a full audited report provided by
Nexia Edwards Marshall visit www.sttars.org.au

Survivors of Torture and Trauma Assistance and Rehabilitation Service
Statement of Financial Position
As at 30 June 2019

Current Assets

Cash & Cash Equivalents	\$2,201,222
Trade & Other Receivables	\$46,775
Prepayments	\$18,496
TOTAL CURRENT ASSETS	\$2,266,493

Non Current Assets

Property Plant & Equipment	\$65,607
TOTAL NON CURRENT ASSETS	\$65,607

TOTAL ASSETS \$2,332,100

Current Liabilities

Trade & Other Payables	\$229,455
Grants Received in Advance	\$143,962
Income Received in Advance	-
Employee Provisions	\$330,210
TOTAL CURRENT LIABILITIES	\$703,627

Non Current Liabilities

Employee Provisions	\$36,921
TOTAL NON CURRENT LIABILITIES	\$36,921

TOTAL LIABILITIES \$740,548

NET ASSETS \$1,591,552

TOTAL EQUITY \$1,591,552





STTARS gratefully acknowledges funding from the following agencies in 2018-2019



Australian Government
Department of Health



Australian Government
Department of Social Services



An Australian Government Initiative



Government of South Australia
SA Health



Government of South Australia
Department for Human Services



An Australian Government Initiative



sttars
supporting survivors of
torture & trauma

**Survivors of Torture and Trauma
Assistance and Rehabilitation Service**

81 Angas Street,
Adelaide SA 5000

P 08 8206 8900
F 08 8223 2218
W www.sttars.org.au