



sttars

supporting survivors of
torture & trauma

Annual Report
2016-2017



COVER LARGE IMAGE

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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

Ministerial Address

It gives me great pleasure to congratulate STTARS on another successful year of supporting our community. The service is a beacon of light for those seeking to put difficult times behind them.

This annual report celebrates your achievements and ongoing commitment to building the resilience and wellbeing of the South Australian community. STTARS programs and projects provide hope, and teach practical skills to help people make valuable contributions to our state in a myriad of social and economic ways.

STTARS runs a busy program of events that engage, inspire and connect people to each other and to their communities. Staff, board members and volunteers reflecting on the activities highlighted in this report, should feel proud of their achievements and hard work.

STTARS' staff and volunteers provide wonderful compassion and care in helping people overcome sometimes heinous obstacles.



I would like to thank STTARS for your ongoing commitment to promoting social inclusion, and for making a real difference to the lives of your clients. The South Australian Government stands proudly behind you every step of the way.

Hon Zoe Bettison MP

Minister for Communities and Social Inclusion



Chairperson's Report

2017 has witnessed a period of welcome stability at STTARS after the significant changes that continued to occur in 2016 and the beginning of this year.

The AGM of 2016 elected six new Board members (Dr Abdul Ghafar Stanikzai; Janine Harrison; Perla Soberon-Brittle; Dr Tanja Stojadinovic; Nicola Trenorden and Ken Bridge) and confirmed Gay Gardner as a Board member after she had been appointed to fill a casual vacancy on the Board earlier in 2016. Carol Irizarry and Sandra Gault were re-elected and they joined myself to complete the Board membership. This new Board has been characterised by a shared vision for STTARS and a common sense of purpose. This has resulted in a Board that has worked in a collaborative and cohesive fashion.

There has also been a complete change of senior management this financial year. Stephanie Miller resigned as CEO in August 2016. Her contribution to STTARS was acknowledged in the Chair's report last year. We were fortunate that David Shepherd, who was also appointed to fill a casual vacancy on the Board last year, agreed to step in to the role of Acting CEO for a four-week period while an interim CEO was recruited. We would like to thank David for contributing significant time and effort to this role. Robyn Smythe took over as acting CEO in November 2016, while the Board finalised its recruitment process for the ongoing position. We were delighted to be able to announce in December that Robyn had agreed to accept the ongoing role of Director of STTARS. Robyn's knowledge of the organisation and her steady, guiding hand has been invaluable this year.

As mentioned in last year's report, in June 2016, the Board endorsed a new clinical practice model, as a result of the recommendations of a Board working party. 2016-2017 has seen the implementation of this model of practice which included the re-establishment of a dedicated Child and Youth team. STTARS has had such a specialist team in the past and it was the view of the Board that this was the best way to provide appropriate services in the future. This model recognises that children and young people face unique issues and challenges that require specific creative and flexible approaches in the provision of services.

The new clinical services model also necessitated a restructure of both the service delivery and administrative parts of the organisation. Part of the

Board's intention was to focus resources on service delivery. This resulted in the recruitment of a number of staff – with a blend of former, experienced staff returning to the organisation, and skilled new people joining us for the first time. I am pleased to report that staff turnover has been minimal since the beginning of 2017 – a welcome change from previous years.

One of the Board's commitments this year has been to re-establish a natural therapies program. A donation has been secured from the Peggy Charitable Foundation to fund this program, and services will be offered to clients within the coming months.

Another priority for this Board has been the reintroduction of a staff representative on the Board. Historically, STTARS has had such representation at Board level, but this had been missing for some years. A staff representative commenced attending Board meetings in April 2017. This is part of the Board's commitment to transparency and collaboration.

One of the future priorities for the Board is the revision of the STTARS constitution. There was an attempt at a radical overhaul of the constitution in late 2015, which members rejected. This time, a more considered and consultative process is being adopted. Members will be properly consulted about the proposed changes in early 2018.

As always, we would like to thank our funding bodies, without whom we could not continue. Our primary funders are the Commonwealth Department of Health and the Department of Immigration and Border Protection, the South Australian Department of Health and the Department for Communities and Social Inclusion.

Finally, I would like to thank all our staff, whose tireless efforts and dedication to assisting refugees and asylum seekers continues to 'make a difference'.

Our clients are facing an even more challenging environment and this makes the work of our staff more demanding. We are fortunate to have such a passionate and committed team of staff to aid and support some of the most vulnerable members of our community.

John Oliphant
Chair

2016-2017 Board Members



John Oliphant
Chairperson



Perla Soberon-Brittle
Treasurer



Ken Bridge



Gay Gardner
Secretary



Sandra Gault



Janine Harrison



Carol Irizarry
Vice Chairperson



Dr Abdul Stanikzai



Dr Tanja Stojadinovic



Nicola Trenorden

“ It was a very cold, dark winter and there was snow and the rain was pouring and we needed to build a shelter and so we both worked very hard and we built a very strong foundation. It has taken a long time, and now the walls are up and so it looks like its nearly finished, but the winter is going to come again so we need to build a strong roof on our shelter and we can only do that together ”

A young man from Afghanistan
describing the process of counselling

Director's Report



To be appointed Director of STTARS in our 25th year of service was an absolute honour and privilege. As we looked back on 25 years of supporting

survivors of torture and trauma, it was apparent that those of us here today are truly standing on the shoulders of the giants who came before us.

In the words of Martin Chittleborough, STTARS' first Director, our organisation was born from an "insight that is on the surface quite simple – that dedicated services can assist people who have been persecuted, tortured or traumatised through conflict can be helped to live free of the terrors of the past, and are able to see a future in which they have a contributing role and a secure place."

Since its inception, STTARS has supported over 10,000 people to rebuild their lives in South Australia.

As the staff of STTARS today, we are charged not only with living the vision and values of STTARS' founders but also of building a strong, vibrant and robust organisation for the future.

In order to respond to the Clinical Services Review and the growing demand for services, we undertook a small restructure that resulted in a reduction of admin/management roles with a corresponding increase in counsellor/advocates. We were able to recruit new members to our team who brought substantial clinical experience and expertise in this area as well as welcoming back some highly experienced team members.

Demand for STTARS' services has continued to increase, with up to 80 referrals being received per month. Our team has worked hard to respond professionally and compassionately to the large numbers of referrals, providing support to over 13% more clients this year than last.

While continuing to provide high quality service to all eligible clients, the new team structure has enabled our counsellors to focus on and develop particular skills to support more vulnerable members of our community including children and young people, asylum seekers and recent arrivals from the conflicts in Syria and Iraq.

With the addition of a second Counsellor/Advocate we have been able to double our service delivery in the South East, providing regular services in Mt Gambier, Bordertown and Naracoorte.

We have continued to develop our governance and administrative systems. The introduction of a new database and client management system at the start of the financial year led to significant improvements in this area. The smooth introduction was a credit to all staff members who worked to make that happen.

Finally, I would like to say thank you – firstly to our counselling and casework team members who work long hours in challenging circumstances to provide the best possible support for the people who seek help from our service.

Thanks also to the members of the Leadership Group who work so hard to support them, and to the Coordinators who take so much care in their areas of responsibility. Special thanks to the Admin team who are usually the unsung heroes of any busy service but essential to our smooth running. Thanks also to our interpreters without whom much of our work would not be possible. Thanks to the Board of Management for their unwavering 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 highly value 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

STTARS has a highly skilled and diverse workforce, our staff speak over 30 different languages including:



Bengali

Hindi

Portuguese

French

Lingala

Marathi

Tibetan

German

Balinese

Bosnian

Italian

Croatian

Malayalam

Serbian

Bahasa Indonesian

Farsi

Spanish

Gaelic

Kurdish

Kibembe

Nepali

Hazaragi

Dari

Japanese

Kinyarwanda

Kirundi

Arabic

Swahili

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-centred 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 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.



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 operates a managed waiting list and a full-time Intake Coordinator provides the first point of contact for all referrals. Clients are offered an intake interview within 48 hours of referral. The purpose of this interview is to determine eligibility for our services. The interview may be conducted face-to-face and/or via telephone. We engage professional interpreters for this interview process where required. If the person's needs are not related to counselling, our Intake Coordinator provides support so that the person can access appropriate services.

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



While on the waiting list, clients are telephoned 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. Information and advice on self-care is also provided. Many clients are referred through to our Casework service, where appropriate, for assistance to resolve practical issues and be linked in to mainstream services.

Adult Survivors of Torture and Trauma

STTARS provides psychosocial counselling and support to survivors of torture and trauma from a variety of cultural backgrounds who have come to Australia from a range of countries including Afghanistan, Burma, Congo, Egypt, Iran, Iraq, Liberia, Pakistan, Rwanda, Somalia, Sri Lanka, Sudan, and Syria. Referrals for adult clients to STTARS come from a range of sources, with the majority being self-referrals or referral by General Practitioners.

Every survivor has a unique and different story, which means their needs differ too. That is why we tailor the support we offer to suit each person who comes to us. Support may be provided on an individual basis, in a family context or via group programs.

Interventions through counselling will vary – according to the needs of the client – from utilising techniques such as mindfulness, relaxation, and sleep hygiene, to Narrative Therapy, Grief and Loss counselling, and Cognitive Behavioural approaches.

Children and Young People

STTARS has a dedicated Child and Youth Team which focusses on therapeutic programs for children, young people and their families. Our work with children, youth and their families combines specialised trauma counselling with the important advocacy required to address ongoing injustices faced by the people with whom we work. This team develops group programs and community initiatives that support their one-on-one work and creates opportunities for young people to address shared hopes and challenges in the company of others.

STTARS counsellor/advocates provide services to children and young people at their schools, from our offices, or in their homes, depending on specific needs and what is deemed most appropriate. This flexibility makes it possible for us to respond to the barriers that would otherwise interrupt access to counselling support, and can help us contribute to the important relationships between young people, school communities and parents/carers.

Much of the work we do relies on the collaboration with and support of the Department for Education and Child Development (DECD), and the Child and Adolescent Mental Health Service (CAMHS). These collaborations enable us to provide services to young people in schools



(STTARS provided support in more than 20 primary and secondary schools this year!) Since 2006, we have worked collaboratively with these agencies through the Intensive English Language Centres (IELCs - formerly the New Arrivals Program) to support the mental health needs of students. STTARS appreciates the important relationship with CAMHS, and in particular Monica McEvoy, who provides valuable secondary consultation and collaboration to help us respond to the hopes and complexities faced by our youth.



Intensive Family Support Program

In 2015 - 2016, STTARS introduced a new counselling program for families funded by the South Australian Department of Communities and Social Inclusion. This program focused on families from refugee backgrounds living in the Eastern Adelaide region. The purpose of the Intensive Family Support Program (IFS) is to support families with children who are experiencing difficulties with cultural transition as a part of their settlement, and provide them with the skills to manage the problems and challenges they face using a strengths-based approach.

The IFS service implements a holistic and family counselling approach to provide early intervention, with the aim of preventing family breakdown, child abuse and neglect, family violence and drug and/or alcohol abuse. It identifies and nurtures personal strengths and skills to build resilience, and assists family

members to gain a sense of safety. As appropriate, it provides psychoeducation, information and strategies to resolve conflict between individual family members. The program also aims to increase family social connections, encouraging families to participate in their local communities, as well as building their confidence to access mainstream services.

Asylum Seekers

In our experience, asylum seekers in Australia continue to be particularly vulnerable to psychological and physical distress and can therefore be in need of specialised support services. While separated from family members who may still be living in situations of danger, they face prolonged periods of uncertainty as they await a decision about their claims for protection from the Australian government. This can generate fear and anxiety, compounding symptoms associated with previous torture and trauma experiences.

Throughout the year, STTARS has continued to provide torture and trauma counselling and other vital assistance to asylum seekers living in the South Australian community while they await the outcome of their visa applications. During the period 2016-2017, STTARS supported 167 asylum seekers.

STTARS works hard to develop and maintain positive partnerships with key service providers for asylum seekers to ensure that together we can provide the best support possible. We have maintained strong working relationships with the Australian Migrant Resource Centre, Australian Red Cross Migration Support Programs and the Life Without Barriers' National Immigration Support Service. We have also worked closely with Circle of Friends, Welcome to Australia, the St Vincent de Paul Society and others in order to access practical support for this vulnerable group, and we give special thanks for their generosity.

During this year, we have seen that some of the asylum seekers we are working with have been granted a



Temporary Protection Visa (TPV) or a Safe Haven Enterprise Visa (SHEV) under the 'Fast Track' process, which was introduced by the federal government in June 2015. STTARS provided support to an additional 37 asylum seekers who had received temporary protection through these visa streams.

Others, however, have received negative determinations, despite being survivors of torture or war-related trauma. This is often a crisis point for our clients which can significantly affect their mental health and wellbeing. It is the point at which the client is most vulnerable and most at risk, requiring regular support and contact. However, it is also the point where asylum seekers often lose funding and/or access to services. STTARS continues to provide counselling support to these clients as a matter of priority. The STTARS Board has maintained a strong commitment to the provision of counselling and support for all survivors of torture and trauma – regardless of their visa status – and allows us therefore to draw on our financial reserves in order to maintain support for unfunded clients.

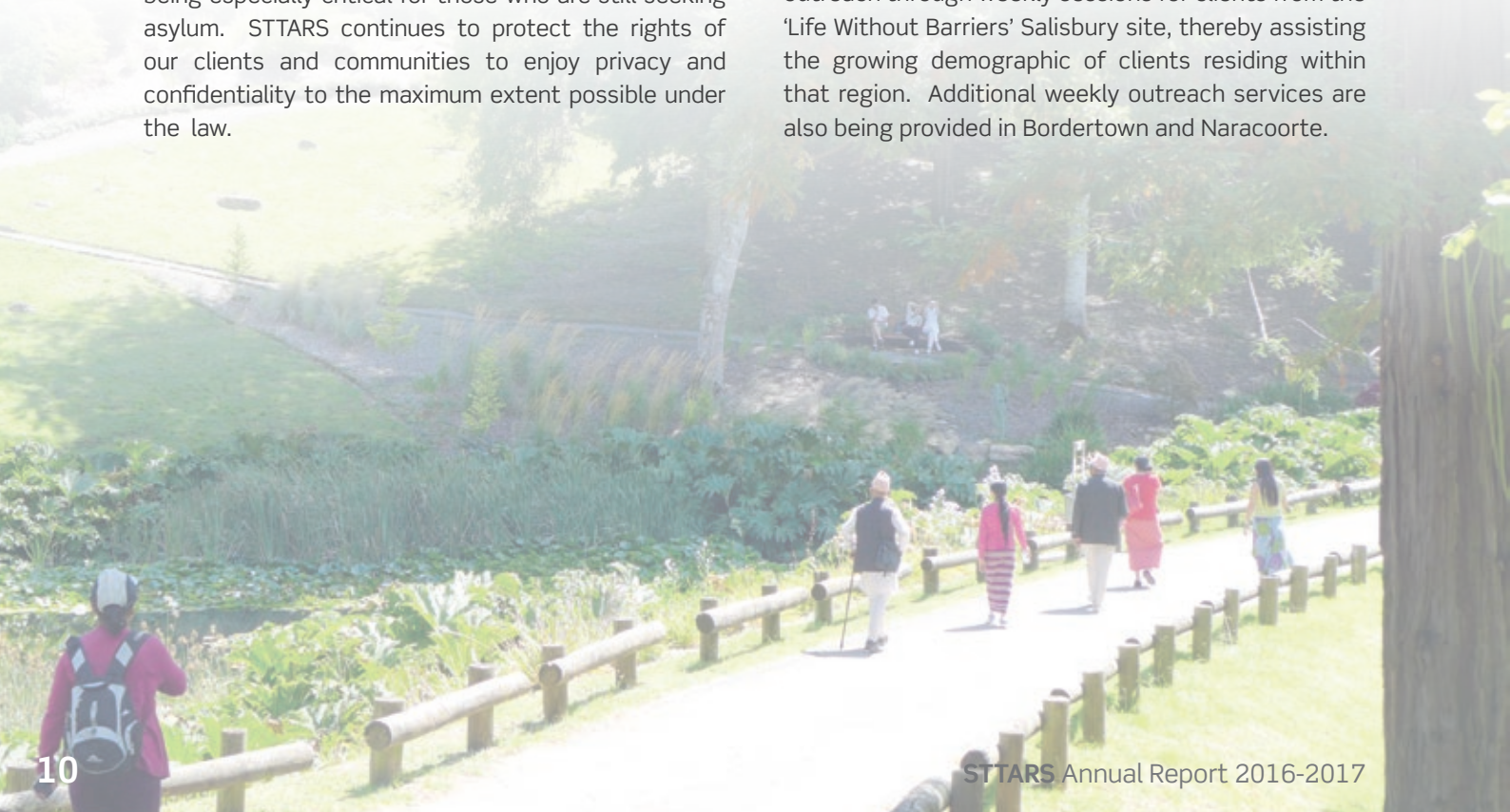
An environment of safety and trust is essential to the provision of torture and trauma counselling. STTARS has maintained a strong commitment to ensuring the highest level of confidentiality possible for all clients who access our service, with the importance of this being especially critical for those who are still seeking asylum. STTARS continues to protect the rights of our clients and communities to enjoy privacy and confidentiality to the maximum extent possible under the law.

STTARS wishes to reassure its clients that it does not share confidential information with anyone or any agency without explicit client consent, unless compelled by law.

Outreach Services

A number of STTARS clients experience difficulties in attending office-based appointments. Some of the difficulties impacting such clients include physical and/or mental health problems, family care responsibilities, or limited access to transportation. Therefore STTARS 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.

In addition to the services offered at our Adelaide city and Bowden offices, we have continued to provide outreach through weekly sessions for clients from the 'Life Without Barriers' Salisbury site, thereby assisting the growing demographic of clients residing within that region. Additional weekly outreach services are also being provided in Bordertown and Naracoorte.



Regional Work: South East



STTARS in the South East has undergone some significant changes in the past 12 months. In February 2017 we welcomed a second Counsellor/Advocate to the team and introduced The South East Regional Coordinator, Counsellor/Advocate position. This has enabled STTARS SE to double its client capacity and offer weekly outreach services to Naracoorte and Bordertown while still having a permanent presence in Mount Gambier.

Our locally-based team has provided assessment, counselling and advocacy to clients including adults, young people and children in both an outreach and an in-office capacity; training and support for school staff and workers across other local agencies; information about referral to STTARS' services; and supported many local events, meetings and roundtables within the region.

In March of this year we relocated our office to its current site at 14 Crouch Street South, Mount Gambier, where we are now co-located with Dr Try's Medical Clinic. Combining with the clinic has been a great collaboration and a holistic approach for our CALD communities. Our new comfortable, warm and private consulting rooms are centrally located in Mount Gambier, making for ease of accessibility.

Partnerships with others in regional areas are essential for achieving optimal outcomes for clients – it takes a village as they say – and the South East is no exception. STTARS has worked in close association

with many relevant and important organisations and community groups across the area including the following agencies - and we thank them for their ongoing support: Australian Migrant Resource Centre, Naracoorte Hospital, UnitingSA, Uniting Communities, Headspace, Life Without Barriers, Re-Engage, Australian Red Cross, SAPOL, Department of Child Protection, Limestone Coast Domestic Violence Service, Country Health SA, Country SA Primary Health Network, Mount Gambier North Primary School, Mount Gambier High School, and Tenison Woods College.

Our clients have credited our local team with comments such as, *"You gave me the courage to face my fears"*, *"Helped me see my trauma differently"*, *"I can live my life again without being scared"*, *"Your knowledge, understanding and respect for my culture and belief and advice is all within the boundaries of my beliefs"*, *"My success comes from your knowledge, understanding and respect...thank you"*.

Visiting Mental Health Consultants

The Refugee Mental Health Clinic at STTARS has been providing services to trauma and torture survivors since 2008. The clinic continues to provide a service in response to the barriers that people from refugee backgrounds face in accessing some Medicare-funded mental health services. Under the auspices of STTARS, a number of registered mental health practitioners with specialist expertise are supported by STTARS to provide a dedicated service to refugees and asylum seekers under Medicare funding, including the 'Better Access to Mental Health Care' initiative.

This small team of visiting Psychologists, Mental Health Social Workers and Psychiatrist provide services to eligible adults and young people with mental health issues arising from experiences of trauma and torture. Many people accessing the clinic face additional complexities, including the stress of settlement and the impacts of cultural dislocation. People accessing the clinic can be linked in with caseworkers and counsellor/advocates within STTARS. STTARS continues to provide administrative coordination, including interpreters, to support the important work being offered by our visiting clinicians.



As a result of the work of the Refugee Mental Health Clinic, STTARS has been able to increase the range of services it provides to clients, in addition to facilitating improved access for clients to public sector mental health services. Staff value the opportunity to consult with visiting specialists on complex client issues and also to collaborate on providing care to STTARS clients. They look forward to the Professional Development sessions to be offered by some of our visiting clinicians later this year.

Interpreters

Interpreters are integral to the work that is done at STTARS. Since inception in 1991, STTARS and the people with whom we work have relied upon interpreters for their knowledge, skills, professionalism and care.

The contribution made by interpreters enables survivors and the people who work at STTARS to develop meaningful relationships and mutual understanding – a vital foundation for everything we strive to do. Many interpreters belong to the same communities as the people whom they assist while at STTARS, and we appreciate the careful ways that interpreters uphold the privacy that is so valued by many with whom we work. 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 evening support ‘forums’, where knowledge is exchanged and relationships strengthened.

In these small ways, we strive to honour the important contributions made by interpreters at STTARS.

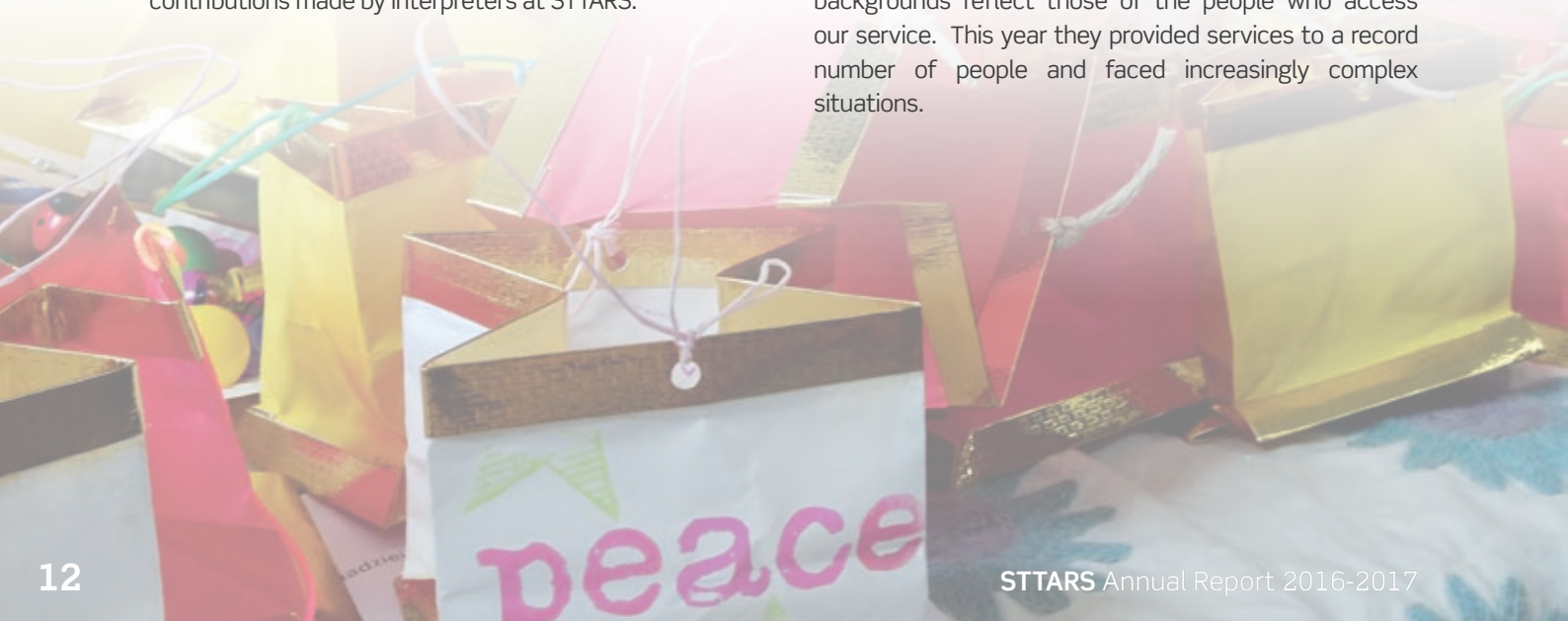
Casework

STTARS’ service model recognises that psychotherapeutic interventions alone are unlikely to resolve psychological distress. Advocacy at both individual and systemic levels is considered essential because a family without housing or income, or experiencing a legal crisis, will not respond to psychological support while primary needs are not met. The model requires the ability to be able to address critical welfare and material needs (including service access difficulties), as well as structured and intensive therapeutic issues.

The need for a specific focus on providing practical assistance is not just to ensure that special knowledge and understanding is developed in relation to psychotherapeutic assistance. Social and welfare assistance is an equally critical and therapeutic process. The torture experience and sequelae often inhibit the survivor from accessing and negotiating many essential services. At STTARS, we aim to ensure that the individuals and families we support develop the skills and confidence to approach and use these services themselves.

Survivors of torture and/or trauma may find it difficult to access many of the services available to individuals and families due to a lack of sensitivity, cultural understanding or interpreting service, or because of their past relationship and/or experiences with government authorities. The advocacy role provides a safety net, ensuring that survivors of torture do not ‘fall through the gaps’ in our health and welfare systems.

At STTARS we have a team of four specially trained caseworkers whose various cultural and linguistic backgrounds reflect those of the people who access our service. This year they provided services to a record number of people and faced increasingly complex situations.



Working with Survivors of Torture and Trauma of Syrian and Iraqi Backgrounds

In response to the arrival of a large Syrian and Iraqi cohort, STTARS established a specific team with a focus on responding to this need. The work of the Syrian team has been strongly guided by Rima Abu-Assi, a Caseworkers/Cultural Advisor of Syrian background.

Rima's cultural insight has supported the Syrian team to make strong connections with the community, and this has resulted in an increasing number of referrals being made to STTARS.

Additional activities undertaken by staff at STTARS to make connections with the Syrian community have included attending Syrian community functions and providing individual counselling, support and group programs. Similarly, we have liaised with STARTTS in New South Wales - our sister organisation - to exchange ideas and gain further insights into establishing strong relationships with local members of the Syrian community.

The work we have conducted with survivors of torture and trauma of Syrian backgrounds has required an integrated response that includes community development-type approaches, flexibility to respond to needs as they arise, and a strong commitment to exercise cultural safety - with the focus being on breaking down barriers to access services, particularly mental health-related services.

STTARS has also been active in supporting schools where large numbers of Syrian children have enrolled.



Our response has included training, secondary consultation, co-location of STTARS counsellors for one or two days per week, and specifically targeted group programs, in conjunction with individual counselling and/or family support.

STTARS has recently worked to promote greater understanding between the South Australian Police and the local Syrian and Iraqi communities, with the aim of improving the police response to reports of harassment and assault coming from within the community.

STTARS and the Migrant Health Service together assessed the need for specific group support for the newly arrived Syrian community. This led to the creation of the 'Syrian Welcoming Group', with eligible clients being newly-arrived Syrian refugees living in the northern suburbs of Adelaide. The work of this group has been supported by a donation from the Adelaide University Medical Orchestra (AUMO). AUMO held a charitable concert "Transforming AUMO" on May 14th 2017 at the Adelaide Town Hall. The proceeds of this concert were donated to STTARS and the Migrant Health Service to help fund the Welcoming Group for Syrian new arrivals to Adelaide.



The aim of this group has been to facilitate the formation of community bonds and interpersonal connections for the newly arrived Syrian cohort. This enables improved wellbeing and health by reducing isolation, improving accessibility to relevant services, and reducing the social stigma attached to accessing mental health services.

Since its formation, the Salisbury-based Welcoming Group has consistently been attended by 20-30 participants monthly, across six 3-4 hour sessions. During these sessions, topics addressed have included housing, law and order and the role of police in Australia, and immigration information (in response to a request from participants). The program also included a social excursion to Belair National Park.

Since its inception, many members of the Syrian Welcoming Group have formed friendships within the group and provide social supports for each other. This has notably reduced their initial feelings of isolation, with participants frequently gathering independently of the group to discuss information covered during the sessions. This dissemination of information is helping to ease the process of settlement into life in Adelaide, as well as improving participants' ability to cope with stressors.

Feedback from participants of the Syrian Welcoming Group has been very positive, with many requesting the program's extension.



Group Work

Afghan Women Weaving Stories: Belonging

Using Narrative Therapy, the participants in this group were encouraged to connect to their personal stories through the theme of 'belonging.' The participants met regularly, facilitated by STTARS counsellors, and shared stories about what hope, belonging and connection meant to them. A documentary filmmaker filmed these sessions and the women collaborated on the editing. The resulting short film was screened at STTARS' 25th Anniversary event which the women attended, and where they shared a special, handmade Afghani dessert with other guests. This documentary initiative was further consolidated via a second screening for community members and community organisations that work with refugees and asylum seekers.

Circle of Belonging – Men's Expression Group

This "spoken word" group for Persian and Afghan men was facilitated by Elyas Alavi, a visual artist who has published poetry in Afghanistan and Iran. Participants were invited to explore mediums such as painting, writing, poetry, composition, short story writing, reciting verse and photography. The seven men who took part in the group used creative therapies and the spoken word to express their stories of belonging. The poetry was written in Dari and then translated into English. Group sessions were aimed at enhancing participants' sense of wellbeing and creating a stronger sense of interpersonal connection. This approach allowed participants to engage with their creative side in order to facilitate connection with their emotions.

A public performance of selected poems, read in Dari and in English, was staged at Tandanya National Aboriginal Institute Adelaide during the celebration of STTARS 25th Anniversary in October 2016.



Reconnections Chronic Pain Program

Based on the work of Dr Boris Drozdek in the fields of psychotraumatology and transcultural psychiatry, STTARS established the Reconnections Chronic Pain Group. The aim of this group program was to facilitate a broader understanding of chronic pain issues and management in a cross-cultural context for refugees with a history of torture and complex trauma. The program aimed to improve clients' quality of life, restore hope, confidence and trust, and build upon broad social/cultural connections. The group was held on a fortnightly basis at the Welcome Centre in Salisbury. The participants were adults of mixed gender from Nepal, Afghanistan, Sri Lanka and Burma.

A narrative and storytelling approach was used to explore the cross-cultural understanding and meaning of pain. Through narrative activities such as storytelling and group discussions, the participants talked about their pain and the meanings of pain in the context of their particular cultural and spiritual beliefs. The participants expressed a resonance with each other's feelings and stories and their shared experience of pain and its origins in torture and trauma. Mindfulness, breathing exercises and relaxation techniques were used to enhance body awareness, enable deep relaxation and relieve the physiological and emotional stress of pain.



Pain management strategies including healthy lifestyle, healthy eating, sleep hygiene, exercise and relaxation were explained, and a visual image of a hand and five fingers was used to demonstrate the five main pain management strategies.

The group's participants showed great interest in attending the sessions and reported significant benefits from coming to the group. Some said they really looked forward to coming and others said they found the experience very rejuvenating and uplifting. Participants also commented that the group had given them hope and revitalised their self-belief, and that they had drawn strength and inspiration from hearing each other's stories.

Seeds for Health Gardening Group

Research shows that horticultural therapy as an intervention, helps to decrease symptoms of depression and social isolation, and boosts self-esteem. Owing to its success in previous years, STTARS clients had the opportunity to attend a six-weekly 'Seeds for Health' group run by the Cancer Care Centre at the Fern Avenue Community Gardens in Fullarton.

The aim of this group was to provide alternative coping strategies for the people that we work with by supporting them to reconnect with nature. Participating in this group provided clients with psychosocial education and opportunities to connect



socially with others, and thereby reducing social isolation. Numerous studies demonstrate that there is an intrinsic relationship between gardening and a 'sense of hope'.

Clients reported that their participation in the group reconnected them to the land. For instance, one participant who had owned farmlands in his homeland said, "Gardening is not a hobby for us. It is a way of life and our livelihood." Another participant, who spent many years in a refugee camp before coming to Australia said, "After being away from my country for seven years, I felt connected to the land again". Others reported improved conversational English skills.

Participants in the group formed connections with other members of the community while working in the gardens. This outcome prompted the Unley Garden Rescue Group to hold a fundraiser for STTARS, the proceeds of which will fund the development of a gardening space for clients at our Hawker Street site – a welcome addition that will bring long-term positive benefits.



The Afghan Women's Group – Eid Celebration

This group was established in response to observations of the ongoing effects of trauma and torture in the lives of Afghani women. Like many people linked with STTARS, these women were also facing the day-to-day struggle of holding onto precious cultural practices in a new country. The group was informed by the women's hopes to experience a sense of connectedness and safety as a way to diminish the effects of social isolation and stigma.

Building on work done in an earlier creative therapeutic group, the women decided to come together around the preparation of cultural foods whilst exploring narratives around culture, food, community and identity. In this way, a safe and supported space could be created to honour important cultural practices, beliefs and traditions in the company of others. Narrative practices strongly supported the structure of this group, enabling counsellor/advocates to create sufficiently safe opportunities for women to connect around shared hopes, values and struggles.

The Introduction of a Youth Reference Council to STTARS

STTARS has created a Youth Reference Council as a response to the energy, skills, knowledge and hope offered to us by young people linked in with STTARS. So far, the group comprises around 15 participants aged between 14 and 25, from Afghanistan, Syria, Iran, Liberia, and Sudan. The establishment of a reference group aligns with the UN Charter of Human Rights for Children, and STTARS Counsellor/Advocates use various media to engage the young people and create meaningful platforms for them to express and broadcast their opinions on what matters most to them.



Youth Reference Council members have expressed an interest in creating short films as a way to document and share the diverse knowledge they have gained as a result of their many experiences since arriving in Australia. The group intends these films to be used by other young people who may follow in their footsteps – as a guide and support mechanism to make their settlement experience easier.

Drumbeat Program

Drumming is a practice that has a place in many important and precious traditions across cultures. STTARS has many staff who are skilled in taking up evidence-based ways of including drumming in therapeutic work and community-based initiatives.



This year, STTARS counsellor/advocates ran several ten-week therapeutic drumming groups to respond to the needs of young students from diverse refugee backgrounds in local primary and secondary schools across Adelaide.

These groups support young people to explore a range of themes by drawing analogies between the drumming and everyday life. Themes included communication, building social connections, problem solving, self-expression, emotions and teamwork. Interactive games and discussions were also included as a part of the sessions.

STTARS is receiving an increasing number of requests from schools to facilitate such drumming groups aimed at supporting young people to regulate their emotions and experience a sense of skill and connection with peers. This interest from schools reflects feedback from young participants. In the words of one high school student: *"When I first came to the program, I was nervous but after a while it became a safe community where I felt supported."*



Cooking Group

Torture and trauma gives rise to range of symptoms including depression, low mood, social isolation and a myriad of others. We used the principles of Behavioural Activation (BA), and the behavioural component of Cognitive Behaviour Therapy (CBT) to reduce lethargy, withdrawal and social isolation, and to engage clients in a therapeutic activity which would activate physical activity. The group aimed to elicit positive emotions by allowing participants to engage in pleasurable pursuits together such as cooking and sharing a meal. Participants were supported to re-engage in an activity previously meaningful to them, thereby connecting them with each other through shared interests, cultural practices, and fond memories from the past. In this way, group members could experience a renewed sense of competence, connection, joy, and purpose in the face of isolation and disconnectedness.

Based on observations, all attendees had an enjoyable time. They were laughing and singing songs as they chopped onions, made salads, served the food and washed the dishes. It was heartening to see social connections forming between the group members. This demonstrates that simple activities such as the preparation and sharing of a meal can help reduce participants' sense of isolation and heighten their feelings of connection and wellbeing.

'Sing and Grow' STTARS Playgroup

Early in 2017, STTARS collaborated with 'Sing and Grow' to offer a short music therapy playgroup experience for parents and children aged up to five years. Feedback from participants left us in no doubt that this opportunity was a valued contribution to the lives of those who took part. In response to this, a Memorandum of Understanding between 'Sing and Grow' and STTARS was developed, and we welcomed music therapist Lucy May to partner with the STTARS teams in Adelaide for one day per week through school Terms 3 and 4.

Lucy from 'Sing and Grow' and STTARS counsellor/advocates have worked side-by-side to provide families with a safe space in which to interact in new and positive ways, increase their confidence to use music and play at home, and to learn new ways to support child development. Through the sharing of both traditional and non-traditional children's songs, children and parents explore percussion instruments, drums, ribbons, balls and parachutes together in a developmentally stimulating, fun and musical environment.

This partnership has also resulted in several weekly community-based therapeutic playgroups being held in Salisbury as part of the Welcoming Groups for Syrian families. Our resident music therapist has also supported a number of counselling sessions for families with children aged under five on site or during home visits. Feedback indicates that these collaborations have made a unique contribution to families linked in with STTARS, and others who are on the waiting list for counselling.

A photograph of three women wearing hijabs in a field of banana plants. The woman on the left is wearing a black hijab and glasses, looking towards the right. The woman in the middle is wearing a maroon hijab, and the woman on the right is wearing a blue hijab. The woman in the blue hijab has her hand resting on the maroon hijab. The background is filled with large green banana leaves and some small purple flowers.

CLIENT STATISTICS

WHO ARE OUR CLIENTS...

AGE & GENDER

2015-2016

2016-2017

AGE	FEMALE	MALE	TOTAL	FEMALE	MALE	TOTAL
0 - 10	13	29	42	31	44	75
11 - 20	44	76	120	80	107	187
21 - 30	70	62	132	56	64	120
31 - 40	94	130	224	106	128	234
41 - 50	111	95	206	118	137	255
51 - 60	73	70	143	69	71	140
61 - 70	14	23	37	21	23	44
71+	2	1	3	1	3	4
Unknown				1	2	3
TOTAL	423	499	922	483	579	1062

VISA TYPE

154

Asylum
Seeker - BE

784

Permanent
Resident

60

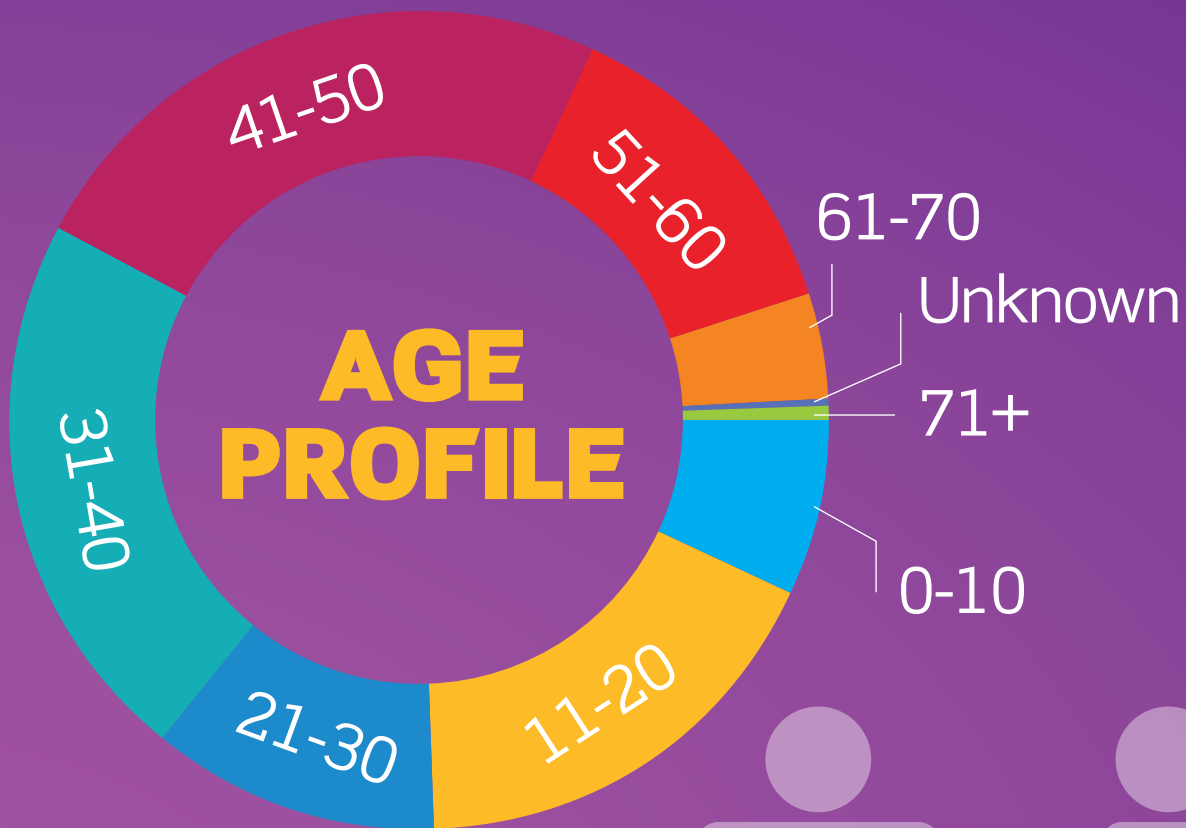
Australian
Citizen

37

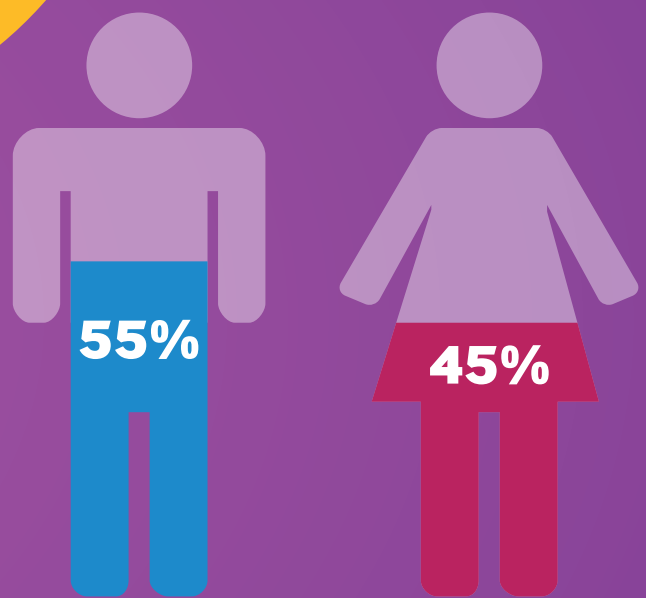
Temporary Humanitarian
Visa Holder

27

Other



GENDER PROFILE



TOTAL

10622

WHERE OUR CLIENTS ORIGINATE FROM...



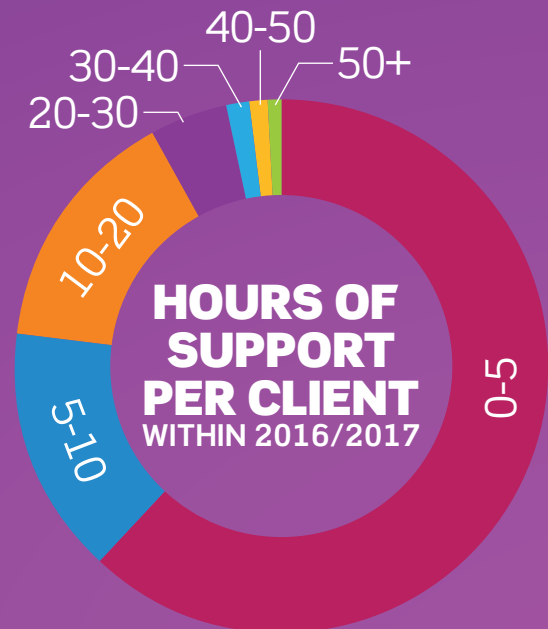


HOURS OF SUPPORT PER CLIENT IN 2016/2017

10,111

Total number of Client Sessions

HOURS	2015-2016	2016-2017
0-5	516	658
5-10	177	161
10-20	130	160
20-30	51	48
30-40	20	17
40-50	12	10
51+	16	8
Total	922	1062



SOURCE OF NEW REFERRALS

10

Accommodation Service

51

Asylum Seeker Support Service

1

Centrelink

23

Client – family/friend

76

Client – self

38

Community Welfare Organization

22

DIBP

129

Education: Primary/Secondary

6

Employment Services

10

Employment Services

5

FASSTT Other

39

Health: Allied

377

Health: General Medical

42

Health: Mental

94

HSS

2

Legal: migration

2

Legal: Non-migration issue

128

Other

7

Settlement Support Service

TOTAL
1062

Training Provided to South Australian Police

Restoring a basic sense of safety and reducing the disabling effects of fear and anxiety is essential to creating an environment conducive to recovery for survivors of torture and trauma.

A number of members of the local Syrian community who were accessing STTARS' services told us about hostile experiences they were suffering here in Australia, ranging from low-level harassment through to assault. These experiences were not only causing them to feel unsafe, but also significantly exacerbating their trauma symptoms. They also described difficulties accessing police help when they needed it.

This led STTARS to develop a range of actions including inviting the police to talk with interested Syrian groups, bringing agencies together to promote a coordinated support response in relation to particular incidents, and working with the Police Multicultural Unit to improve understanding and responses within the Police Department.

As a result of this, STTARS was invited by the South Australian Police (SAPOL) to provide six training sessions for a total of 120 police officers across two council regions covering the main suburbs where Syrian communities have settled.

The training sessions were carefully tailored to provide key information about refugee experiences and the challenges they face when meeting with police officers. The STTARS trainers included a member of the Syrian community and other staff members who were able to



speak from personal as well as professional experience. Throughout these sessions, a number of scenarios were used to facilitate discussions about possible triggers and reactions in survivors of torture and trauma when interacting with the police. The training detailed differences in the role and dynamics of the Australian police force compared with the police in countries from which STTARS' clients originate, and also highlighted the importance of working with interpreters.

We received very positive feedback about the training, particularly in terms of the police gaining a better understanding of the type of trauma people from refugee backgrounds may have experienced, and the challenges this can pose when they attempt to access help. Following the training, the police expressed their clear intentions for building stronger community connections and overcoming communication barriers. There has since been an invitation for STTARS to provide further training.

Interview with Avash Asl



“The first time in detention centre, in Australia, I saw piece of wood and decided to work on that wood.”

“In Iran, I was a tattoo artist. Connection between tattoo artist and woodcarving – they are two completely different things, but common ground is about design. Woodcarving is about what I want. Tattoos are about what the client wants.”

What do you like to create?

“It depends upon my feelings, my emotions, my mood; I try to create something that manifests my inner feelings. When I am happy, I try to recreate important people in history – people who have done important things in the world. The reason is because I wanted to be a great person and that is why I respect great people, so I can learn from them. I too want to be a great person.”

“The woodcarving in July (reference to the International Day in Support of Victims of Torture event) – it symbolises freedom, and end to torture... the colours have special meaning – the spectrum of colours change from dark colour to blue – sadness and torture, and the blue colours representing freedom. Because when I was tortured I was in darkness, feeling the pain, hearing their words, I was in darkness. In the carving, the angel represent freedom, free from a cage which has been torn apart, even angels can be caged, but now they are free...the cage is a prison, darkness and sadness...also showing the freedom inside of the prison which is flying out. If you focus on the paintings, you can see droplets of blood, which demonstrate the pain and suffering. My inner feelings and thought which are inside me are first created on paper and then onto wood. I first try to establish feeling inside me about the subject, then on paper, and then on woodcarving.”

“When the carving is (being) created, it translates my feelings into artwork. I am happy that other people

can see my inner feelings... when I see people enjoy my artwork and they can relate it to themselves, it gives me faith, a connection to my artwork, and desire to create something even better."

What would you like your future to look like?

"I like to have a simple house in the future with a workshop, whenever I am free, whenever I have a feeling inside myself, I can translate this into a woodcarving. I also do painting. I do painting and sketching of symbols of countries such as Japan, sketching geishas. Sometimes I take photos of people and transform this into a sketch or painting."

Is there a connection between your expression of creativity here in Australian and back home in Iran?

"Definitely! Some of my work is related to my country and the path of my country, and when I was creating them I had tears in my eyes..."

"I was thinking about these hands when carving them, like group of hands together (people together) working



to eliminate sadness and eliminate our depression... pushing away torture and suffering. I see these hands representing every hand...every person in the world."

"Those hands are symbols of human beings, every ethnicity and tribe...these hands have been created in different colours (on the woodcarving). I am conveying empathy, universality, and love and that I believe that being together in resolving obstacles is a simple yet powerful idea to understand..."

"The blue background represent the togetherness of all of us, that only by achieving that togetherness can we prevail. The design of the hands represents the importance of love from childhood to adulthood, and reminds us about the importance of nurturing love in all of us whether we are children, adults or leaders of the world. The smaller hands symbolise children's small hands or the hands of the fringes of the communities - those that have been ignored. The hands grow in size and they become the symbol of the leaders of the world, the presidents, the decision-makers, and the greater communities of the world."

"Hands in hands together form the love we see and feel in the world."

STTARS Strategic Direction 2017-2020



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

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

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

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

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

Events

International Day for Survivors of Torture - Family Fun Day

In recognition of the International Day for Survivors of Torture and its ongoing theme “Support Life After Torture”, STTARS hosted an event for staff, community, the people with whom we work and their families.

The focus of the event was to embrace the concept of hope and how it manifests in the lives of those who have experienced trauma, and how hope supports recovery. STTARS clients who are musicians became involved in the day's itinerary, playing traditional music from their homelands – Syria, Iraq and Iran. Recent arrivals to Australia, Syrian teenaged boys danced to the music and joined in with the Burundian girls during their performance to gospel songs. The day generated a strong sense of connectedness, and encouraged people from all communities to dance together, play music and share food. Almost 300 people attended the event, and many spoke about how important it was to share this time together. They appreciated having an occasion where the need to bring an end to conflict around the world and its impact on the people living in affected regions was acknowledged.



In recognition of the International Day for Survivors of Torture, Avash - artist and survivor, crafted and donated a powerful and moving wood carving representing hope in the face of torture. **See feature in this report on pages 26-27.**



Australian Psychological Society Event

In November 2016, STTARS, in partnership with the Australian Psychological Society, hosted a training event at the Hotel Grand Chancellor in Adelaide attended by 110 people. The full-day training session on the Neuroscience of Refugee Trauma and the Biopsychosocial Approach to Supporting Survivors was delivered by Jorge Aroche, Clinical Psychologist and CEO of the NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS).

Jorge Aroche has worked with migrants and refugee survivors of torture and organised violence since 1989, when he joined STARTTS. He is a member of the Executive Committee of the Forum of Australian Services for Survivors of Torture and Trauma (FASSTT), and is the current president of the International Rehabilitation Council for Torture Victims (IRCT). In addition to his executive role, Jorge continues to be actively involved in clinical and research activities at STARTTS, and has presented widely on clinical and settlement issues for traumatised refugees on national and international platforms. He has also authored and co-authored several articles and book chapters on these topics.

In his keynote presentation, *The Biopsychological Service Model and the Neuroscience of Refugee Trauma*,



Jorge explored the complex interaction between the psychological and psychosocial sequelae of exposure to highly traumatic situations in the context of organised violence, and the stresses and demands of the exile and resettlement process on refugees.

STTARS 25th Anniversary Event at Tandanya



On 14th October 2016, STTARS held its special anniversary event “STTARS Weaving Stories - 25 Years in the Making”, to acknowledge a quarter of a century of sustained trauma-focussed service provision in South Australia. Held at Adelaide’s Tandanya National Aboriginal Institute, more than 200 guests congregated to mark this occasion by celebrating the people with whom we work, and acknowledging the privilege it has been to maintain this work for so many years.

In a moving tribute to the birth of the organisation, the words of STTARS’ founding Director, the late Reverend Martin Chittleborough’s speech at STTARS’ 20th



Anniversary celebration were poignantly read to the audience. Martin wrote about “how an idea, an insight, a truth about healing people who have been tortured... came to South Australia as an idea, developed into a reality and grew today into a strong functioning organisation called STTARS.”

Eloquent poetry was recited at the event in both Dari and English – the results of a project involving men accessing our services expressing what the concept of ‘belonging’ means to them. Sweets created by an Afghan Women’s Group were offered, and a traditional Sri Lankan dance performance took centre stage.

In acknowledgement of more than 25 years of existence within the sector supporting survivors, it was a moment to give thanks to all those who had walked through the doors at STTARS since its inception, and to look towards the future with renewed hope and appreciation.

FASSTT Conference

In March 2017, the Forum of Australian Services for Survivors of Torture and Trauma held the first ‘Australian and New Zealand Refugee Trauma and Recovery in Resettlement Conference’ in Sydney. A contingent of 10 staff members from STTARS attended. Between us, we delivered three paper presentations and one poster presentation, and facilitated three of the concurrent presentation sessions. It was a wonderful opportunity to showcase our work, to learn from the work of others, and to form lasting connections with other services.



The next conference will be held in Brisbane in March 2019, with a focus on “Healing in Exile: Current and Future Challenges”.

International Rehabilitation Council for Torture Victims 10th International Scientific Symposium

The 10th IRCT Scientific Symposium was held in Mexico City in 2016. The symposium was opened on 4 December by a number of prominent persons including the Coordinator of the IRCT’s Mexican member Colectivo Contra la Tortura y la Impunidad, Edith Escareño, IRCT President and United Nations Subcommittee on Prevention of Torture Vice-President Suzanne Jabbour, President of the Human Rights Foundation of Turkey, Sebnem Korur Fincanci, European Union Ambassador to Mexico Andrew Standley, human rights defender and Inter-American Commission on Human Rights Attorney

Débora Benchoam, and IRCT Secretary-General and United Nations Subcommittee on Prevention on Torture member Victor Madrigal-Borloz.

Throughout the symposium, 132 practitioners and experts shared their knowledge and experience in the field of rehabilitation with over 400 participants, including two from STTARS. This multidisciplinary three-day event consisted of plenary sessions and six parallel tracks with presentations covering more than 100 topics related to delivering on the promise of the right to rehabilitation. Great connections were made and lessons learned that will inform the planning of new developments at STTARS.

5th IRCT General Assembly

STTARS’ Director stayed on in Mexico for a further two days to participate in the 5th General Assembly meeting of the IRCT. A highlight of the Assembly was the unanimous passing of the new Resolution, titled the ‘Mexico Consensus’. In this consensus, members of the IRCT demand that all countries comply with their obligations to prevent and prosecute torture, provide reparations to the victims, and increase the funding available to fulfil victims’ right to rehabilitation.

The Mexico Consensus also includes an ambitious agenda for the torture rehabilitation movement, including concerted action to advocate for increased funding to the movement, the support to research, documentation of torture, awareness actions and campaigns, and an agenda for international cooperation through sharing good practices, capacity building and the promotion of ratification of the United Nations Convention Against Torture and Other Cruel, Inhuman and Degrading Treatment or Punishment and its Optional Protocol.

**Acknowledge content from IRCT site*



We Give Thanks

STTARS would like to thank the many organisations and individuals who have worked with us to support survivors of torture and trauma. While we are not able to list everyone here we would like to acknowledge your important support and contributions to the work that we do. Working together we are able to provide much more support than we ever could alone. The stories below indicate just some of the special support that we have received over the past year.



UNLEY GARDENERS PLANT RESCUE



Many of us can relate to the therapeutic benefits of gardening. Initial connections were formed between members of the Unley Gardeners Plant Rescue Group and participants in STTARS' gardening group through activities at the Fullarton Community Garden.

The Unley Gardeners Plant Rescue is a group of volunteer gardeners who have a plot of land at the Fern Avenue Community Garden at Fullarton where they collect unwanted plants from people who are either changing or downsizing their gardens. These plants are re-potted and nurtured and then sold, with all funds raised being donated to charity.

This year, the group dedicated one of their plant sales to raising funds for STTARS. The money raised has been allocated to the development of a garden area at our Hawker Street site. This will provide ongoing opportunities for clients to engage in communal gardening projects as well as providing a pleasant outdoor environment for relaxation.

Peggy Charitable Foundation

The Peggy Charitable Foundation was formed in 2002 as a Private Ancillary Fund. Facilitated by the implementation of a long-term investment strategy, the Foundation uses its investment returns to financially support a wide variety of worthy charities, especially those where such donations can make a noticeable impact. STTARS is grateful to the Peggy Charitable Foundation for the substantial donation it made to us in 2017 to enable us to restart our Natural Therapies Program.



Steve Thompson

Steve Thompson has had a long-standing relationship with STTARS. We would like to thank him for his substantial donation to STTARS library and continued commitment to increasing knowledge and understanding of the issues faced by survivors of torture and trauma.



The Adelaide University Medical Orchestra (AUMO) brings together over 200 medical students across more than ten music, art and dance ensembles. As an organisation of medical students, AUMO prides itself on promoting good health and wellbeing.

In May 2017, AUMO held a sell-out performance at the Adelaide Town Hall – an uplifting evening, with beautiful music performed with quality and enthusiasm. STTARS was honoured to be invited to share a little about our work as a part of the evening.

Funds raised through the event were donated to STTARS to support therapeutic group programs run in collaboration with the Migrant Health Service, with a particular focus on supporting some of the most recently arrived communities for whom trauma experiences are still very raw. We sincerely thank AUMO for the opportunity and their support.



The Welcome Centre and Welcome to Australia would like to acknowledge the outstanding work STTARS provide to refugees and people seeking asylum. We value their unwavering commitment to treating people with respect and dignity.

I would like to thank the Director and all staff at STTARS for collaborating with us as a valued and trusted referral organisation. Together we work hard to ensure our services are conducive for traumatised and vulnerable refugees and people seeking asylum. Both organisations strive to provide a safe and welcoming space for those in need.

We have strengthened our close relationship and are both committed to working together to find the best outcomes for those who need assistance.

We wish STTARS all the very best for the upcoming year.

Yours sincerely,

Carole Strong

Manager – The Welcome Centre



We honour STTARS for its provision of strong, compassionate therapy and its support of refugees and asylum seekers, crucial work leading to these persons' recovery from the trauma of past experiences.

We at Circle of Friends are pleased to collaborate with STTARS through the provision of financial and in kind support. While STTARS appeals to us are often urgent, each referral shows a deep understanding of an individual's needs. We've responded as best we can to requests relating to migration issues, household debts or goods, health issues and travel.

We wish STTARS continuing strength in their essential work of helping those in deep pain to live in safety with greater ease.

Monica O'Wheel

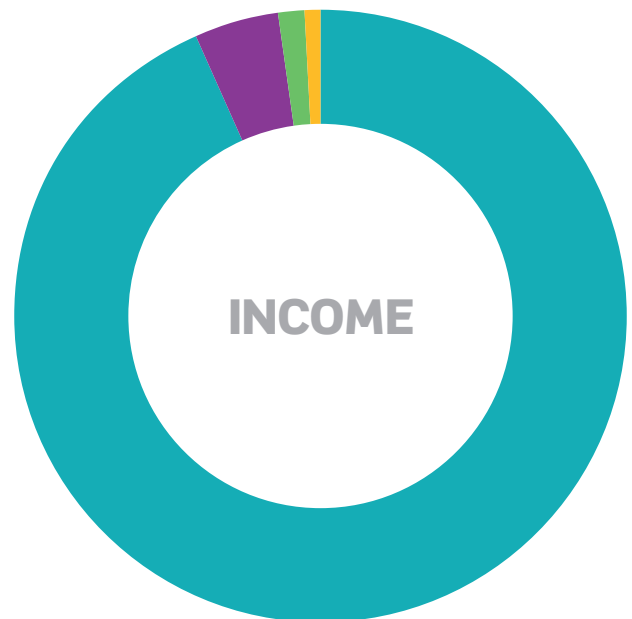
Chairperson, Circle of Friends Australia, Inc.

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 2017

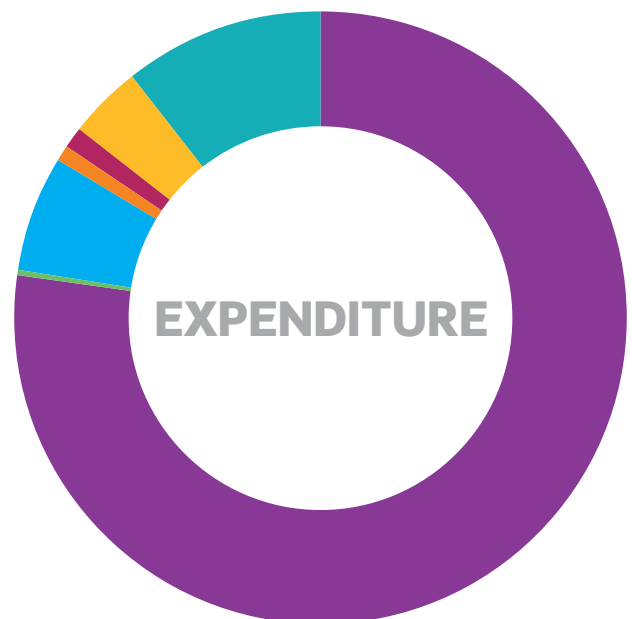
Income

Grant Income	\$3,403,239
Trade & Operating Income	\$165,778
Interest	\$46,051
Other Income	\$27,359
TOTAL INCOME	\$3,642,427



Expenditure

Salaries, Wages & Employee Expenses	\$2,834,899
Audit & Accounting Fees	\$6,225
Client Expenses	\$232,341
Depreciation	\$27,691
Insurance	\$4,370
Occupancy Expenses	\$34,988
Rent	\$143,020
Other Operating Expenses	\$382,346
TOTAL EXPENDITURE	\$3,665,881



OPERATING SURPLUS/(DEFICIT) (\$23,454)

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 2017

Current Assets

Cash & Cash Equivalents	\$2,265,398
Debtors & Other Receivables	\$92,986
Prepayments	\$34,044
TOTAL CURRENT ASSETS	\$2,392,428

Non Current Assets

Property Plant & Equipment	\$110,146
TOTAL NON CURRENT ASSETS	\$110,146

TOTAL ASSETS	\$2,502,574
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Current Liabilities

Trade & Other Payables	\$263,564
Grants Received in Advance	\$445,063
Income Received in Advance	\$19,257
Employee Provisions	\$218,341
Other Provisions	-
TOTAL CURRENT LIABILITIES	\$946,225

Non Current Liabilities

Employee Provisions	\$24,109
TOTAL NON CURRENT LIABILITIES	\$24,109

TOTAL LIABILITIES	\$970,334
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NET ASSETS	\$1,532,240
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TOTAL EQUITY	\$1,532,240
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STTARS gratefully acknowledges funding
from the following agencies in 2016-2017



Australian Government
Department of Health



Australian Government
**Department of Immigration
and Border Protection**



Australian Government
Department of Social Services



**Government
of South Australia**
SA Health



**Government
of South Australia**
**Department for Communities
and Social Inclusion**



sttars
supporting survivors of
torture & trauma

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

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