



OPEN DOORS

COUNSELLING AND EDUCATIONAL SERVICES INC

*celebrating 34 years
of community service*

ANNUAL REPORT

For the Year 2018



OPEN DOORS

*. Bring healing
.. Restore hope
... Celebrate life*

OPEN DOORS COUNSELLING AND EDUCATIONAL SERVICES INC.



About Open Doors

OPEN DOORS is a leading independent pregnancy counselling centre based in Melbourne, Victoria and serving clients Australia wide and internationally. Established in November 1984, OPEN DOORS provides a non-directive crisis counselling, long term support and information service staffed by paid professionals and trained volunteers. OPEN DOORS is a fully incorporated not-for-profit registered charity, administered by an honorary Committee of Management.

OPEN DOORS was founded in Ringwood by residents Barry and Jenny Kearney, who were concerned about the lack of local support for those concerned with pregnancy and related issues. The development of preventive health education programs for schools followed as a natural corollary to the work of the counselling arm. Over the years the counselling work has broadened to include peri natal depression and anxiety, grief related to infertility and general grief and loss.

In 1999 the work of the Centre was acknowledged when the immediate past Executive Director, Mrs. Jenny Kearney was awarded the medal of the Order of Australia for service to youth and to lifestyle education through OPEN DOORS Counselling and Educational Services.

OPEN DOORS has developed as a national leader in the provision of non-directive pregnancy counselling services and the provision of value-based sexuality and relationships resources for schools and parents. ∞ OD ∞

OUR VISION *to help build a community which*

- ◆ *recognises* that women and men often struggle with their circumstances when facing an unplanned pregnancy and *responds* with positive, empowering support.
- ◆ *recognises* the grief and distress that can accompany abortion and *responds* with compassion to those impacted by abortion and other forms of pregnancy loss
- ◆ *empowers* children and teenagers to delay the onset of sexual activity during their developmental years by providing evidence based 'best health' messages and life skills.

OUR MISSION

To be an exemplary provider of non-directive counselling and support services for anyone affected by pregnancy or pregnancy loss, and to provide schools and parents with resources and support that empower young people to make healthy choices about sex and relationships.

OUR OBJECTIVES

- ◆ **to provide** an independent, professional counselling and long term support service for individuals and couples affected by unplanned pregnancy, and to work with them as they make their own well-informed decisions
- ◆ **to provide** opportunities and support for the healing of emotional, psychological and spiritual wounds associated with pregnancy loss, including grief related to pregnancy termination
- ◆ **to work** with people to help them develop their potential within their lives and relationships
- ◆ **to provide** high quality, value-based educational resources about sexuality, sexual decision making, resilience and relationships that will improve health outcomes for children and adolescents and enhance the achievement of healthy adult relationships
- ◆ **to contribute** to the community's better understanding of, and response to, unplanned pregnancy and grief related to pregnancy termination
- ◆ **to encourage** within the organisation a sense of belonging, volunteering and a high standard of human services delivery.

Our Values

- ◆ the dignity and worth of all individuals
- ◆ professionalism in our service delivery
- ◆ compassion and respect in our dealings with clients
- ◆ integrity and accountability in our internal and external relationships
- ◆ independence from external interest groups.

'Myra' & 'Rowan' had been in a relationship for nine months when Myra became pregnant. The news sent them both into crisis. Rowan already had two children from another relationship and Myra was progressing well in her career and a baby at this time would threaten that. Besides this, she was already a part time mum to Rowan's children when he had weekly access. After some discussion they decided that at this stage in their relationship an abortion was their best option.

Rowan took Myra to the clinic but he didn't stay because he told her he was suffering from a migraine, so she was left there alone to make her own way home after the procedure.

When Myra contacted Open Doors a week later she was devastated. She had no idea she would feel so sad and broken. The clinic had given her no information about what to expect afterwards. She told our counsellor that since the abortion her relationship with Rowan had been very strained. She said she needed him to comfort her and he had been making excuses as to why he couldn't be with her. She felt alone and confused.



The counsellor validated and normalised Myra's feelings, explaining to her that she was grieving. She had experienced the loss of her baby and after a loss, grief with its many feelings and emotions is a natural response. The counsellor also explained that men and women can grieve in different ways and this can cause conflict between couples. Women need to express their emotions and seek comfort, whereas men tend to internalise their feelings and appear unaffected. This can make them appear distant and uncaring.

Unfortunately for Myra, she developed an infection due the abortion being incomplete. This meant she had to endure the procedure all over again in order to remove what had been left behind. Rowan told her he had meetings all that day and would not be able to accompany her. Feeling rejected by Rowan, Myra confided in her parents who were able to provide her with the emotional support and care she needed to face the trauma for a second time.

The grief she was experiencing was also having a huge toll on her work. Some days the emotional pain was so bad that she couldn't drag herself out of bed at all and when she was at work she was finding it difficult to focus and be productive.

Slowly their relationship was disintegrating. Rowan refused to talk about the abortion or to even consider counselling. Their contact became less and less and, in the end, to bring the situation to a head, Myra told Rowan that she thought they should end the relationship. He agreed with no protest or hesitation. Myra was shattered, another loss to grieve.

After an abortion, both partners may be in immense pain but because of their different grieving styles they are unable to communicate this to each other. Without the help of a counsellor who understands post abortion grief, this may lead to conflict and resentment. Over time it may eat away at the relationship and either end it or result in a lifetime of unhappiness.

If Rowan had been willing to engage in counselling with Myra and share his own thoughts and feelings around the abortion there may have been some hope for the relationship. Myra is continuing to receive support from her counsellor at Open Doors as she journeys through the grief of her abortion and the loss of her relationship. It will take time for her to rebuild her life and we are grateful to be able to help her to heal.

REPORT: HONORARY EXECUTIVE DIRECTOR



Alison Campbell Rate



Past and Present

Having been a part of Open Doors for over 30 years I have seen the kinds of changes, developments, losses and gains that are common to any long-lived organisation. Change is inevitable and necessary as we adapt to a changing society. At the same time our core values and goals remain firmly front and centre.

When I began as Education Officer in 1988 the major focus of the counselling wing was on pregnancy decision making and helping teenagers make safer decisions in their relationships. Grief counselling after abortion and other early pregnancy loss was in its early days and grew in importance as the impact of these 'hidden' losses became apparent in the stories of clients who came to us. Specialised services were developed to assist these clients, such as remembrance services and the Rachel's Vineyard Retreat program for post abortion healing. Our Education focus began with teenage sexuality and decision-making programs and grew to encompass primary sex education programs, then resilience skills for children and teenagers.

Move forward to 2018 and the impact of post abortion trauma dominates our counselling statistics, ironically at a time when this form of grief remains a hidden and taboo topic in society. Now women and girls confronted with a crisis pregnancy tend to, courtesy of the smart phone, be channelled straight through to abortion clinic appointments, often on the same day. Thus, the window of opportunity for independent decision-making counselling such as we provide has narrowed. As a response, over the last 12 months we have continued to broaden our reach to post abortive women and men via advertising couples counselling and pre-marriage education, both situations where previous unresolved losses and/or current pregnancy concerns can have an impact.

We are experiencing change to our donor base, with a significant trend down amongst our older donors, some of whom have supported us for a long time. Renewing our donor base is a must. It is a privilege to read the handwritten notes of many donors who offer their prayers, encouragement, congratulations and also tell us of their own losses and family news.

Family Enrichment presentations

2018 was another very busy year for presenters of our Wonder of Living Family Enrichment program to parents and children in primary schools. A number of new schools came on board as a result of recommendation from another school in their area.

Our presentation team for 2018 consisted of myself, Sarah Notaro who is also our Bookings Coordinator, and Jill Hinkins during the first part of the year. Cathy Fenton finished up as a team member due to other work commitments. Sincere thanks to Cathy for her great work while she was with us.

Sarah, Jill and I covered 75 sessions for around 3,000 families at 41 schools in and around Melbourne, the wider Geelong region and as far west as Queenscliff. A summary of our school presentations for the year is on page 13.

Our flagship primary sex education resource Wonder of Living (version 2) hit the 11-year-old mark and once again we commenced planning for an update which would include an added focus on the impact of social media on young people's healthy development and self-image. The update will ensure this program's relevance into the future.

I was also invited to return to Nazareth College in Noble Park North to present two sessions to the Year 11 Ethics class on post abortion grief and trauma for women and men.

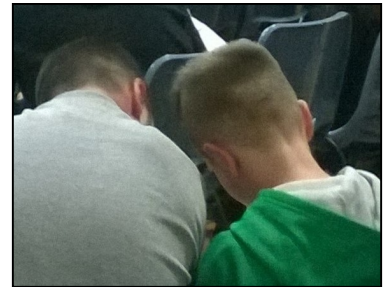
Once again the income generated from our presentation programs fully covered all associated education expenses for the year, leaving all donations going to the work of the counselling arm. We continue to be so very grateful for the generous support of our small donor base who keep the doors open for our clients.

Future

The work of Open Doors has both changed and remained the same. It is harder to reach clients in the decision-making phase, and as a result we see fewer of them than we did in years past, but when they do find us we are, as always, able to offer them our unique service where compassion, information, exploration and support open up possibilities that at first glance may have seemed impossible. Every woman or couple we help to fully think through their pregnancy options is of immense importance in a climate where the alternative is a rushed decision made in a state of panic and with partial information about the impact of abortion.

It is a privilege to present this 34th annual report for Open Doors Counselling and Educational Services. I am grateful to every person who has been part of Open Doors in 2018 - donors, volunteers, staff and committee members. Your commitment and dedication to this work is very much appreciated.

Alison Campbell Rate ∞ OD ∞



REPORT: DIRECTOR OF COUNSELLING

Eileen Carison B.A., Soc.Sci.Counselling. PACFA Reg. no. 23241



Counsellors/Roster

We began 2018 with a volunteer counselling team of 7. In May, Amy Baker inquired about a volunteer counselling position. Amy, who has two young children, is a mature aged midwifery student. After completing the training program, Amy joined the Monday pm roster. In November, Jessica Schmidt joined the Open Doors team. She has completed an Honours degree in Psychology and a Diploma in Counselling.

After completing her training, Jessica will cover Thursdays. This means that all shifts will be covered except Tuesdays as Pat who was working Tuesday and Wednesday each week has dropped back to one day a week. However, Pat has kindly offered to come in on Tuesdays for pregnancy related appointments. The addition of Amy and Jessica has injected some welcome youth into our wonderful but mature counselling team.

The mobile phone continues to be an invaluable asset. It is used to communicate with clients regarding appointment times and to provide phone counselling to clients after hours. The office phone can also be diverted to the mobile. This function is used during the Christmas/New Year's break when the office is closed and at other times for e.g. Professional Development Days or when we needed to keep in contact with clients at risk. This means we can continue to provide our services to clients when the office is closed.

Most clients were able to make a financial contribution to their counselling, even if this was only a gold coin. Two clients were funded for on-going counselling through external agencies. Counselling via Skype continued during 2018 for a small number of clients both here in Australia and overseas.

Our Client Services

- ❖ Decision making counselling for unplanned pregnancy
- ❖ Long term support through pregnancy or post abortion
- ❖ Rachel's Vineyard Retreat program for post abortion healing
- ❖ Pregnancy Loss counselling (miscarriage, abortion, ectopic pregnancy, IVF losses, stillbirth, infertility)
- ❖ Remembrance Service for pregnancy loss
- ❖ Relationship counselling associated with pregnancy or pregnancy loss
- ❖ Peri-natal depression & anxiety
- ❖ General grief & loss
- ❖ Couples/relationship
- ❖ Pre-marriage education
- ❖ Psychotherapy for long standing issues
- ❖ Support groups for the above
- ❖ Referrals -
 - Gynaecological & General Practitioners
 - Hospitals
 - Drug & Alcohol
 - Legal advice
 - Income Benefits & Financial Counselling
 - Foster care services
 - Adoption services
 - Sexually Transmitted Infection Specialists
 - Psychotherapy (in-house and external)
 - Psychiatric services
- ❖ Practical Support -
 - Accommodation – Emergency/Long Term
 - Baby and Maternity clothes
 - Food Vouchers & Emergency Financial Assistance

We added **couples counselling** to our service provision and have received positive feedback from clients about this additional service. Some clients who had already been in individual counselling took up the opportunity to also attend with their partner/spouse to work on deeper relational issues. Leonie Nolan, our Monday pm volunteer, is an accredited marriage and relationship counsellor with MAREAA (Marriage and Relationship Education Association Australia) and it has been wonderful to have the benefit of her skills in this area. Our therapists Lorel and Judy have also provided couples counselling on the days they attend.

In February Leonie, Lorel and I did two days training to become Prepare and Enrich marriage preparation facilitators. The motivation behind this was to further enhance our skills working with couples and to attract young clients to Open Doors for pre-marriage education, knowing that many couples have pregnancy losses including abortion as part of their history. Despite advertising, we have not yet had any clients present for pre-marriage education. However we have used the Prepare and Enrich questionnaire and feedback with a number of couples this year as a tool to help them tackle their issues. We are very pleased with the value of this process to date.



Our first Open Doors **Post Abortion Support Group** met in June of this year. A number of attempts have been made in recent years to get a group started, but despite emails to past Rachel's Vineyard attendees and advertising we had not been able to create enough interest. This group was born on the back of a Rachel's Vineyard retreat in March; the participants were all keen to follow up the retreat with a support group.

The group met on the third Saturday of each month, co-facilitated by Pat and I. It was well attended with an average of 5 attendees per month. It runs as an open group so people can come and go from month to month as they need. We have managed to attract new members to the group through advertising on Facebook, through our website and by referring Open Doors clients. Each month we deal with an aspect of the abortion experience and this is used as a platform for further discussion amongst the group. The group process can be a very powerful one and through the sharing of experiences group members have their thoughts and feelings validated and their sense of aloneness and isolation is diminished.



"Baby & Me"
getting ahead of postnatal depression

OPEN DOORS COUNSELLING, RINGWOOD
helping families flourish since 1984.

Early in the year we had a number of clients contact for counselling for IVF losses. The clients told us that although counsellors were available to see in the IVF clinics, they were more focused on helping them progress from one cycle to the next and not the loss that occurred along the way. This prompted me to do a mail out to all IVF doctors at Monash IVF, informing them of the feedback from our clients and offering our services to help women who are experience grief and loss. This brought about a modest number of referrals.

Counsellor education

Monthly In-service sessions for our counsellors are not only used to revise and consolidate counselling skills already acquired but also to expose the counsellors to new material and tools that may help to enhance their interactions with clients. Areas covered in 2018:

- Therapies in action
- Pregnancy loss and the relationship
- The practice of gratitude (caring for the carer)
- Attachment and grieving styles
- Shame shields
- Post Abortion case studies
- Boundaries
- Ethics in Counselling

Supervision

Judy Michelangeli and I provided supervision for our team of counsellors. Judy supervised the Wednesday counsellors and I provided supervision to the counsellors on the other shifts. Anne Neville provided 26 sessions (33 hours) of Professional Supervision for Open Doors therapists - Eileen Carison, Judy Michelangeli and Lorel Wall as well as for volunteer Leonie Nolan to support her extensive couples counselling work.

Our Clients

New client contacts in 2018 averaged 5 per week in 2018 and we had 209 on-going clients during the year. Many of the post-abortion clients we have seen this year have had childhood experiences of emotional abuse and bullying. They have disclosed to our counsellors feelings of low self-worth and never feeling that they are good enough or measure up, and because of this many have entered abusive and toxic relationships which have ended after an abortion. In many cases they felt forced into an abortion by their partners.

NEW CLIENT CONTACTS - 196

COUNSELLING SESSIONS - 314

OTHER COUNSELLING CALLS - 358

**RACHEL'S VINEYARD PREPARATION
SESSIONS - 164**

THERAPY SESSIONS – 440

**TOTAL COUNSELLING CONTACTS
FOR 2018 – 1,472**

How did our clients find us in 2018?

Previous client
opendoors.com.au
Rachel's Vineyard website
Family member
Friend
Internet search
Box Hill Hospital
other hospital
Community health nurse
Skills Plus
Maternal health Nurse
Staff member
Mental health nurse
Mensline
Facebook
Genesis Pregnancy Support Adelaide
Abortion Grief Australia
Echo Employment Services
Pregnancy Australia
Meetup
Lecture (9 yrs ago)
Baptcare
Access Radio Grampians
White Pages
Yellow Pages online
Street sign

*Wherever possible we try to find out
how each client came to know about
Open Doors. This helps us monitor
and shape our advertising.*

Our Counselling Staff, 2018

❖ **Director of Counselling**

Eileen Carison, Counsellor

*B.A., Soc.Sci.Counselling. Cert. Clinical Pastoral Care.
PACFA Reg. no. 23241*

❖ **Judy Michelangeli**, psychotherapist.

*Clinical Member of PACFA; Clinical Member of LGPA;
Practitioner Associate of ACGB*

❖ **Lorel Wall**, clinical therapist

*Cert.4 in Pastoral Care; Advanced Diploma in
Christian Counselling and Family Therapy; Clinical
Pastoral Care Advanced Certificate; Member CCAA.*

❖ **Rachel's Vineyard Facilitator**

Anne Neville, psychotherapist.

*R.N., R.M., Dip. Past. Psych., Dip. Marriage & Family
Therapy, Cert. Interpersonal Relationship Therapy,
Accredited Counsellor NALAG (Vic), Clinical Member
of CAPAV, PACFA Reg. 202117*

The abortion experience has further eroded the self-worth of these women and left them very vulnerable to further abusive relationships.

When working with these women, the counsellors accompany them along their journey of grief, loss and healing. They also help them to overcome the many years of conditioning when they were told they weren't good enough. Through establishing a true sense of self-love and self-worth these women are able to face the future with a renewed sense of hope. This can be a long arduous process, but for those who have the strength and courage to go the distance the rewards are great.

Referrals

Many of our referrals have come through the internet via Google to our web site. They have then made contact by phone, email or using the 'contact a counsellor' option on our web site.

Other referrals have come from a variety of sources. (A full list of Referrals for 2018 is on p8.)

Counselling Staff

Judy Michelangeli, Lorel Wall and I provided professional therapy, taking on more complex cases as needed. Our work is supported by on-going professional development and external supervision. Judy, Lorel and I had group supervision with Anne Neville fortnightly at Open Doors for a total of 20 sessions. Robust discussions made supervision a very active encounter.

I saw 39 clients throughout the year and my average weekly caseload was four. My clients presented with grief and loss issues (including post-abortion grief), self-esteem issues, relationship issues, emotional abuse, depression and anxiety, childhood trauma and sexual abuse. I also saw a number of crisis pregnancy clients this year; this has generally been on a Monday evening or Thursday when our volunteer counsellors have not been available to see them. I do intake of new clients on Monday, Tuesday and Thursday and answer emails during and after office hours. I also answer the mobile when it is on divert except during the Christmas/New Year's break, when Judy and Pat share the responsibility.

Therapist Judy Michelangeli attended Open Doors on Wednesdays and Monday evenings, working with 7 clients throughout the year including helping with the large number of couples presenting for couples counselling on Monday nights. In particular, Judy worked intensively with one couple over an eight-month period who had separated following a long marriage. It was heart-warming to help them work through significant issues and for them to discover that they wanted to go back to their marriage, getting to know each other in new ways and having found forgiveness for what had gone wrong in the past. Other issues were around major trauma and its aftermath, family and relationship concerns, relationship challenges in work environments, strong anxiety, loneliness, being overwhelmed by too many distressing life events and depression.

Therapist Lorel Wall attended Open Doors on Mondays, seeing 24 clients over the year with an average weekly case load of 4 clients. Issues included: grief and loss; anger; relationships, including marital breakdown and separations; depression and anxiety; abuse: physical, sexual and emotional; living with cerebral palsy; hoarding; conflict, communication and boundary issues; obsessive compulsive disorder.

Rachel's Vineyard Retreats for post abortion healing

Anne Neville continued coordinating this aspect of Open Doors' services in 2018. Her report is on p 11.

Professional Development for 2018

Eileen -

- Ethical dilemmas: Boundary Issues (Mental Health Academy)
- Narrative Practice with couples (Mental Health Academy)
- How can gratitude and hope inoculated people against depression (Mental Health Academy)
- Prepare and Enrich Facilitators Course (Prepare/Enrich Australia)
- Applied Approaches for Building Positive Relationship (ACAP)
- Treating Trauma Master class (NICABM)
- MAREAA Victorian State Conference 2018 (MAREAA)
- Working with Anxiety and Mental Health Issues in Couples (MAREAA)

Judy -

- Mental health side effects: Complex Problems in Pregnancy (Kew Perinatal Network MHPN)
- Mental Health Issues in Couples Marriage and Relationships (MAREAA)
- Dialect Behaviour Therapy (Centre for Mental Health)
- Small Figure Work Within a Family Systems Framework (MHPA)

Lorel -

- Prepare and Enrich Facilitators Course (Prepare/Enrich Australia)
- MAREAA Victorian State Conference 2018 (MAREAA)
- Working with Anxiety and Mental Health Issues in Couples (MAREAA)
- Chaplaincy Conference, 2 Days (Chaplaincy Australia)
- Chaplaincy Workshop (Chaplaincy Australia)

Outreach

On Thursday the first of March this year Irene Shand-Len celebrated the opening of Women's Life Centre (Pregnancy Support) on Uni Hill in Bundoora. Irene first contacted me in August of 2016. She visited Open Doors to speak to Alison and I about setting up a drop-in centre for women in the northern suburb, a safe space where women can freely talk about their issues around pregnancy loss and crisis pregnancy. She has kept me informed as the project progressed; her major problem was finding a suitable premises. Irene has a counsellor from Pregnancy Australia working with her in the centre. She has Open Doors pamphlets displayed in the centre and she will refer to us when required. We are also having discussions about the prospect of Open Doors providing training for Women's Life Centre staff in 2019.

In conclusion, 2018 was a very busy year for the counselling arm of Open Doors. I would like to take this opportunity to thank our team of wonderful counsellors and therapists who have worked with great commitment and compassion to provide a safe space for our clients to work through their issues.

Eileen Carison ∞ OD ∞

REPORT: RACHEL'S VINEYARD

I had 69 client contacts about the retreat program in the period from January to December 2018. Many had lived with their guilt and anguish for many years and they are all offered counselling in the lead up to attending a retreat. Our numbers do fluctuate as people will often sit with the information for some time before taking the step to come along - some have been on our books for quite a time. After clarifying with prospective attendees that they do want to know the dates of upcoming retreats, I send out a gentle reminder.

Two retreats were held in 2018 and, while the numbers were small, seeing the relief and joy on people's faces on Sunday is amazing for us as team members. One woman said that she'd almost run out of any hope of finding healing but came anyway as "What do I have to lose – nothing?!"

Each retreat concludes with a Memorial Service, during which 19 babies were acknowledged, allowing parents to give their little ones a rightful place within their families. We also had a number of couples attending these retreats and from there our new post-abortion group has been born. I want to acknowledge the dedication of our Rachel's Vineyard team members - Eileen Carison, Pat Burton, Fay Murphy, Lorel Wall and Leonie Nolan who give their time to attend over course of the weekend.

Anne Neville ∞ OD ∞

Clinical Psychotherapist PACFA 21127

Accredited Supervisor PACFA

Facilitator, Rachel's Vineyard Ministries, Melbourne

Annual Report for the year 2018

Open Doors Counselling and Educational Services Inc

Presented May 2, 2019

Retreat feedback 2018

"This retreat was the most beautiful gift my broken heart could have been given. Never have I been present to so much raw hurt, honesty, kindness and spiritual connection. I could speak freely about the depths of my pain and regret and I could let go some of my pain."

"Knowing that I wasn't alone in my grief and could speak freely in a loving and safe space helped me to look into parts of me that I couldn't have gone to by myself. The music was deeply moving and added to the atmosphere of sacredness."

"Everyone needs to know about this retreat it took me through on a journey into my grief and then into healing. We were so well supported and held through the weekend."

"I feel very blessed to have come together on the weekend with others who've experienced the pain of an abortion. Sharing our stories was a powerful way to explore our experiences and emotions that brought an intimacy and connection to the group."

'Mandy' rang very distressed having recently found out she was pregnant. She said that she wanted to keep her baby but she had little support. Her boyfriend of four years told her that a baby at this stage would ruin his life and his career plans. He told her that abortion was her only option.

Mandy told the counsellor that her mother also wanted her to have an abortion because she herself had spent many years as a single mother and wanted a different future for her daughter. Even Mandy's employer had told her she'd better have an abortion or she would lose her job.

Mandy welcomed the offer of a face to face appointment for later that day, during which she was able to explore her situation further with another of our counsellors. By the session's end she realised that she did have options and supports. The mother of a friend had offered her accommodation, and her father had also asked her to come and live with him and his wife. Mandy left feeling that all was not lost, and with an appointment for a follow up session a week later.

Unfortunately, in the space of a couple of days hope had turned to despair. Her boyfriend had been relentless in his efforts to get her to abort her baby. His numerous phone calls and text messages had proven too much and she was on the verge of booking an appointment for an abortion, despite her wish to keep the baby. Fortunately, Mandy rang Open Doors and not an abortion clinic, desperate for help to save her baby. The counsellor who took her call encouraged her to come in that day which she did.

Mandy talked about what an abortion would mean for her and how it may impact on her life. She believed that having an abortion would go against her core values and beliefs and that she would not be able to forgive her boyfriend or herself. This would definitely mean the end of the relationship and the end of life for Mandy as she knew it. On a positive note, her mother had come to realise how much having this baby meant to Mandy and had offered her support to make it work. Mandy left feeling more self-assured and confident in her ability to continue with the pregnancy.

One of our counsellors followed up with a phone call the next day. Mandy had visited a doctor who was very supportive and had a referral to the local maternity hospital. She had blocked her boyfriend from contacting her by phone which had relieved a lot of pressure. She told the counsellor that she was feeling very positive about the future and would contact us if she needed further support.

There is the old saying that "it takes a village to raise a child" and in this case we could say "it takes a village to save a child." Mandy had made it clear to all the counsellors she engaged with that she wanted to have her baby. They all offered her unconditional support and a safe space through this time of crisis. This provided her with the time to explore options, articulate her own values and beliefs and it gave her the confidence and courage to move forward with her pregnancy.



'WONDER OF LIVING' FAMILY ENRICHMENT PROGRAM

75 presentations were conducted for the following schools in 2018:

St Peter's, Sunshine South West	Stella Maris, Pt Cook
St Francis of Assissi, Mill Park	St Leonard's, Springvale
Our Lady's Brunswick, East	St Andrew's, Clayton
Holy Name, Reservoir	St Joseph's, Chelsea
St Robert's, Newtown	Nazareth College, Noble Park
St Mary's, Altona	Annunciation, Brooklyn
St Francis Xavier, Corio	St Thomas, Greensborough
Good Shepherd, Gladstone Park	Sacred Heart, Fitzroy
St Monica's, Moonee Ponds	St Lawrence, Derrimut
Our Holy Redeemer, Oakleigh East	Mother Teresa, Craigieburn
Marymede College, South Morang	St Vincent's, Strathmore
St Kevin's Jnr School, Toorak	Sacré Coeur Jnr School, Glen Iris
St Fidelis, Moreland	St Mary's, Geelong
Mother of God, Ardeer	Our Lady of Mount Carmel, Sunbury
St Christopher's, Airport West	St Aloysius, Queenscliff
St Mary's, Mount Evelyn	St Michael's, Fawkner Nth
St Mary's, Ascotvale	Christ the Priest, Caroline Springs
St Joseph's, Mernda	St Clare's, Thomastown
St Andrew's, Werribee	St Anthony's, Glenhuntly
Holy Rosary, Kensington	St Mark's, Fawkner
St Paul the Apostle Nth, Endeavour Hills	

PRESENTERS 2018: Alison Campbell Rate, Sarah Notaro, Jill Hinkins

Our Educational Programs and Services

- **Wonder of Living** DVD series for Primary and junior Secondary
- **Resilient Kids** CD-Rom program for Primary and Secondary and RK Parent Pack
- **Conversations With Your Child** parent education DVD
- **Student Wallet Cards** - Handling Stress; 4teenz
- **Presentations in schools** - children, families, staff
- **Professional Development seminars**

Education income, 2018 = \$47,491



Presentation Reviews, 2018

The feedback from the parents attending the program was fantastic and they were very grateful of the possibility to attend. The evening was extremely well organised, was pitched well for our Year 6 students and their parents and contained explicit and factual information regarding puberty in the broader context of adolescence. Thank-you to Alison for doing a great job with our students and families.

Principal, St Anthony's Glenhuntly.

Many thanks! We had a lot of very positive feedback after Monday evening which was wonderful. We will definitely be re-booking for 2020!

Principal, St Mary's Mt Evelyn.

counselling stories, 2018

'Coral' was pregnant with her second very much planned child but she was not feeling any joy, only dread. She was even thinking about termination and this had frightened her into seeking help. After Coral told her story, it became clear that her current circumstances were causing her distress. She was suffering from severe morning sickness while working full time in a demanding job. She felt she was unable to spend quality time with her young son and husband, so how would she cope with another child?



Our counsellor helped Coral understand what was going on for her and to develop some strategies for dealing with her issues. Gaining awareness around her situation made all the difference. Her issues were transient, the morning sickness would pass and she could take steps to reduce her work pressure. Coral left with a smile, saying: "I feel so much better."



Despite having had pregnancy counselling, 'Craig' & 'Judy' decided to have the abortion. They had 2 children, a new house and Judy's career was just starting to take off. Craig was fearful that the expense of a new baby would cost them the house and their current lifestyle. After the abortion Craig re-contacted, devastated and broken, wanting to know if he would ever feel himself again. Everything that seemed so important to preserve before the abortion now paled into insignificance compared to the loss and grief he and his wife are now experiencing. We're glad Craig felt Open Doors was a safe place to return to for support.

'Sharon' & 'Allan' had 4 children aged between 10 and 18. Sharon wanted desperately to continue her pregnancy, however Allan was adamant it was impossible to add another child to the family, mainly for financial reasons. He believed it was his job to look after his family, he'd done the figures and concluded another child was not possible without impacting on the lifestyle of the family they already had.

Our counsellor spent time with the couple explaining the emotional impact an abortion may have on Sharon, the relationship and the entire family. These were consequences Allan had never considered. After making another appointment, they left to think things through. A few days later Sharon rang to cancel their next appointment as the situation had resolved. Counselling had helped Allan see that the difficulties he initially viewed as insurmountable were in fact just time-specific and transient. Alternatively, an abortion was permanent and the impact potentially devastating.



REPORT: HONORARY FINANCIAL DIRECTOR

Paul Rate



Summary

Based on the completed audit of 15 April 2019, Open Doors is in a solid financial position. The 2018 surplus of \$6,629 reduced from a surplus of \$15,565 in 2017 because of the reduction in donations received, reduced stock and income from school presentations. Open Doors Income reduced by 10% and Expenses by 7.5% in 2018 compared to 2017.

Income

Regular donations decreased by 13% compared to 2017 from \$149,000 to \$118,000 which continues a worrying decline of the last 2 years. There is no apparent reason apart from noting that the number of loyal donors continues to reduce due to death and aging. School presentations increased slightly by 1.3% correcting the decline of 23% in 2017. Educational sales, including Royalty Income, increased by 50% compared to 2017. Overall, income from education activities was \$47,491, up 16% compared to 2017, and easily covered expenses incurred in providing this important activity.

Our 2018 client fees income continued the trend of the last 3 years by increasing by 3% to \$15,570 compared to 2017. This increase reflects the increasing need for affordable counselling services and our suggested face-to-face client fees remain low and negotiable where there is financial hardship.

Income from Rachel's Vineyard retreats increased from \$656 to \$3,566 due to an additional retreat being held.

Expenses

Expenses in 2018 reduced due to savings in advertising and utilities compared to 2017. Reduction in advertising reflected a shift of focus on print media to more social media which helped increase our counselling sessions. The bank loan reduced by \$13,818 or 27% to \$37,968 at 2018 from \$51,786 in 2017 as interest rates continued to remain low.

Net Asset

Our main physical asset is the property at 5 Greenwood Ave Ringwood which forms our operational base. It has a book value of \$98,186 which is considerably less than the market value of over \$800,000. Our Net Assets, which compares Assets against Liabilities, increased from \$194,261 in 2017 to \$200,543 in 2018 mainly due to increased cash position.

(The 2018 Profit and Loss and Balance Sheet and Independent Auditor's Report can be found on pages 17-21.)

Paul Rate ∞ OD ∞

PROFIT & LOSS REPORT



Profit and Loss

Open Doors Counselling & Educational Inc 1 January 2018 to 31 December 2018

	31 Dec 18
Income	15,570
Clients	60
Consulting (42020)	35
Conversations	118,520
Donations	28,008
Education - School Presentations	3,445
Income Rachel's Vineyard	500
Licensing Income	91
Parents Pack	896
resilient kids - RKP	384
resilient kids - RKP&S	151
RKPP/Conversations	15,083
Royalty	162
WOL DVD #2	1,909
Wonder of Living Programs	273
Working it out Manuals	
Total Income	185,085
Less Cost of Sales	
Closing Stock (51000)	3,618
Total Cost of Sales	3,618
Gross Profit	181,467
Less Operating Expenses	
Advertising	8,739
Bank fees	1,445
Books	176
Building Maintenance	36
Client expenses	117
Computer Expenses	875
Employer Expenses Reimbursements	241
Equipment Rental Expense	3,560
Fund Raising	381
General expenses "Credit Card"	22
Insurance	2,865
Interest (61550)	3,498
Legal & Accounting	4,252
Light Heating Power	2,323
Maintenance Building Grounds	1,182
Merchant fees/adj	956
Office accounting	495
Office expenses	1,131
Postage & Shipping	5,838
Rachel's Vineyard	8,174

PROFIT & LOSS REPORT (cont'd)

Profit and Loss

	31 Dec 18
Rates	602
Refund	113
RV - Expenses	74
Staff Amenities	261
Staff seminar	974
Stationary	656
Subscriptions	887
Superannuation Expense	9,648
Supervision	3,470
Telephone	5,281
Wages & Salaries	104,727
Water	673
Website	620
Workcover	549
Total Operating Expenses	174,839
Net Profit	6,629

BALANCE SHEET



Balance Sheet

Open Doors Counselling & Educational Inc As at 31 December 2018

31 Dec 2018

Assets

Bank	
Cheque Account	4,155
Gift Fund	86,584
Total Bank	90,738

Fixed Assets

Audio Visual Equipment	311
Buildings at Cost	98,186
Improvement accum depn	(8,326)
Improvements	26,641
Office Equip Accum Deprec	(41,633)
Office Equipment	50,654
Stock on Hand	25,195
Total Fixed Assets	151,028

Total Assets	241,767
---------------------	----------------

Liabilities

Current Liabilities

Bank Loans	37,968
GST	(2,024)
MasterCard - Allison Rate	830
Mastercard - Eileen Carson	18
PAYG Withholding	1,879
Superannuation Payable	2,553
Total Current Liabilities	41,224

Total Liabilities	41,224
--------------------------	---------------

Net Assets	200,543
-------------------	----------------

Equity

Asset Revaluation Reserve	13,837
Current Year Earnings	6,629
Retained Earnings	180,078
Total Equity	200,543

AUDITOR'S REPORT



INDEPENDENT AUDITOR'S REVIEW REPORT For the Year Ended 31st December, 2018

To the Committee members of Open Doors Counseling & Educational Inc

Report on the Financial Report

I have reviewed the accompanying financial report of Open Doors Counseling & Educational Inc, which comprises the statement of financial position as at 31st December, 2018, the statement of comprehensive income, statement of changes in equity and statement of cash flows for the year 2018 ended on that date, notes comprising a summary of significant accounting policies and other explanatory information, and the responsible entities' declaration.

Responsible Entities' Responsibility for the Financial Report

The responsible entities of the registered entity are responsible for the preparation of the financial report that gives a true and fair view in accordance with Australian Accounting Standards and the Australian Charities and Not-for-profits Commission Act 2012 (ACNC Act) and for such internal control as the responsible entities determine is necessary to enable the preparation of the financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

Auditor's Responsibility

My responsibility is to express a conclusion on the financial report based on my review. I conducted my review in accordance with Auditing Standard on Review Engagements ASRE 2415 Review of a Financial Report: Company Limited by Guarantee or an Entity Reporting under the ACNC Act or Other Applicable Legislation or Regulation, in order to state whether, on the basis of the procedures described, anything has come to my attention that causes us me to believe that the financial report does not satisfy the requirements of Division 60 of the ACNC Act including: giving a true and fair view of the registered entity's financial position as at 31st December, 2018 and its performance for the year 2018 ended on that date; and complying with the Australian Accounting Standards and the Australian Charities and Not-for-profits Commission Regulation 2013 (ACNC Regulation).

ASRE 2415 requires that I comply with the ethical requirements relevant to the review of the financial report.

A review of a financial report consists of making enquiries, primarily of persons responsible for financial and accounting matters, and applying analytical and other review procedures. A review is substantially less in scope than an audit conducted in accordance with Australian Auditing Standards and consequently does not enable me to obtain assurance that I would become aware of all significant matters that might be identified in an audit. Accordingly, I do not express an audit opinion.

AUDITOR'S REPORT (cont'd)

Conclusion

Based on my review, which is not an audit, nothing has come to my attention that causes me to believe that the financial report of Open Doors Counseling & Educational Inc does not satisfy the requirements of Division 60 of the Australian Charities and Not-for-profits Commission Act 2012 including:

- a) giving a true and fair view of the registered entity's financial position as at 31st December, 2018 and of its financial performance and cash flows for the year 31st December, 2018 ended on that date; and
- b) complying with Australian Accounting Standards and Division 60 of the Australian Charities and Not-for-profits Commission Regulation 2013.



Dated this day 15th day of April, 2019

Phillip Efthimiou CPA ATI
Chan & Naylor Hawthorn
Certified Practising Accountant

THE BIG THANK YOU



Open Doors would like to give thanks for, and to, all those who have supported us during 2019 by providing financial assistance, gifts of time through volunteering and gifts of love through prayer and encouragement.

To our volunteer counsellors, 2019

◆ Theresa Ryan
◆ Fay Murphy
◆ Leonie Nolan

◆ Clare Ringin
◆ Pat Burton
◆ Lyn Russell

◆ Marion Smith
◆ Amy Baker
◆ Jessica Schmidt

To our wider donor family for on-going financial support and unstinting encouragement.

To our friends, spouses and supporters for help with fund raising, working bees, behind the scenes tasks at Rachel's Vineyard Retreats, property repairs and maintenance.

To our Committee of Management

Alison Campbell Rate (President)
Barry Murphy (Vice President)
Paul Rate (Treasurer)
Pam Bishop
Nina Hunter
Meredith Martin

To our Patrons

Mr. Frank Costa OAM
Mrs. Jenny Kearney OAM (Founding Director)
Mr. Barry Kearney (Founding Director)

You can help Open Doors stay open!

- ✓ **Make a bequest**
- ✓ **Make a tax-deductible donation**
- ✓ **Become a corporate sponsor**

For more information please contact:

Open Doors Counselling and Educational Services Inc
PO Box 610 Ringwood 3134 Victoria Australia
T: 03 9870 7044
E: info@opendoors.com.au

www.opendoors.com.au

www.4teenz.com.au

Like and Share on Facebook!