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We Can Recover LTD

Business Plan

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We Can Recover acknowledges the damage caused by complex trauma and believes that every survivor deserves the chance of recovery.

Executive Summary

We Can Recover is a new charity with a mission to financially subsidise the cost of treatment for low income individuals who live with complex post-traumatic stress disorder (CPTSD).

We Can Recover aims to raise funds through grant applications and public donations. The money raised will pay for programs; Program 1) financial aid for individual therapy; Program 2) financial aid for private hospital care. These programs operate within the Medicare Benefits Scheme and private health insurance. This ensures our funds reach more people in need and have the greatest impact.

We Can Recover will begin with a startup phase where we aim to raise \$7,052 in funding. This funding will be used to subsidize treatment, for 12 months, of five individuals who live with CPTSD, who experience financial hardship. In the startup phase we will test and refine our procedures and gain further insight into the needs of individuals living with CPTSD. What we learn in the startup phase will guide us in delivering our growth phases 1, 2 and 3.

We Can Recover is set up as a company limited by guarantee, special interest charity. This legal structure allows our company to provide assistance to individuals across Australia. Currently, within Australia, there are no other charities that are set up to provide financial aid to assist with the treatment of CPTSD.

We Can Recover supports low income individuals who live with CPTSD and assist them in accessing treatment via our financial aid for therapy programs.

Relevant directors experience:

Lauren Durbridge has a bachelor degree in psychological science and 12 years of lived experience seeking and receiving mental health treatment for CPTSD. Lauren has built and operated two successful businesses. Further, Lauren has experience working in the community mental health sector where she has worked with highly complex behaviours within a recovery-focused and trauma-informed framework.

Kirsty Smith has worked as an early education teacher and now a full time stay at home mum who home schools four children. During Kirsty's professional career she showed excellence in her position as an administrative assistant in corporate governance and HR. Further, Kirsty's drive and commitment to professional growth has led her to undertake a University degree in Internet communications, professional writing and publishing.

Lucy Jones is an experienced sports communications professional with a specialty in media and events and regional and national PR. She has worked on a broad cross-section of sports and events from grassroots to international, including four years living and working in the U.K and Europe. Lucy is passionate about human rights and committed to expanding her professional experience to make an impact in this area.

Programs

Program 1: Financial Aid for Individual Therapy

In this program we subsidize specialist therapy for individuals living with CPTSD, who are experiencing financial hardship. Research has shown the efficacy of long term, specialised psychotherapy for the treatment of CPTSD (9).

To apply for this program a completed application form (Appendix 2) is needed from both the client and the treating therapist. Currently, we accept applications from a Blue Knot Foundation and Australian and New Zealand Association of Psychotherapy (ANZAP) approved therapist. Blue Knot and ANZAP both have rigorous procedures in place to ensure the therapists on their database are highly skilled in the treatment of CPTSD. We will consider applications from a treating therapist outside of the above organisations if they have undergone specialty training in the treatment of CPTSD and supply copies of certificates in the application (this can include advanced training in psychotherapy 3+ years).

We Can Recover is not a referral service and requires our clients to already be working with a therapist when making their application to this program. Initial access to therapy is not a barrier to treatment as the Medicare Benefits Scheme is available and easy to access for everyone. We do recommend anyone searching for a therapist to search the ANZAP database or use the Blue Knot referral hotline.

This program does not aim to cover the entire cost of therapy. Rather, We Can Recover makes a contribution to each session to make it more affordable for the client. The subsidy given from this We Can Recover will match the Medicare Benefits Scheme for mental health services subsidies.

This program provides financial aid by operating within the existing Medicare Benefits Scheme - for mental health-related services. This allows us to utilize the existing framework for affordable therapy provided by the government and ensures our funds reach more people in need.

See program 1, system 1, 2 and 3 for details of finances and eligibility for this program.

Program 2: Private Hospital Psychiatric Care

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This program subsidises selected private health insurance for individuals living with CPTSD, who are experiencing financial hardship. Individuals living with CPTSD often experience periods of crisis that put them at risk and put a strain on their families and the public health system. Having access to private hospital treatment can be a lifeline for people living with CPTSD and their families.

Individuals living with CPTSD often have periods of crisis that put them at risk and put a strain on their families and the public health system.

Across Australia, there are private hospital programs that specialise in the treatment of CPTSD. These programs can include live-in intensive treatment and inpatient day programs that can run up to twelve months. These programs can be highly effective in the treatment and recovery of CPTSD and its comorbid diagnosis.

In this program, we subsidise the cost of selected private health insurance. This allows us to utilise the benefits of private health insurance and ensures our funds reach more people in need.

See program 2, system 4 for details of finances and eligibility for this program.

Finances and Systems

There are different ways a therapist can be registered, we will focus on two, psychologists (general and clinical) and medically trained (doctors and psychiatrists) psychotherapists. Further, there are different systems in place to assist with the cost of therapy, we will focus on four of them; (1) Extended Medicare Safety Net. (2) Mental Health Treatment Plan extended to 40 a year Sessions for eating disorders. (3) Mental Health Treatment Plan extended to 20 sessions. (4) Private health insurance for inpatient psychiatric care. Understanding how these treatment providers and systems work, allows our charity to spend our funding in a way that can have maximum impact.

Program 1, System 1: Extended Medicare Safety Net

Unlimited sessions

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Practitioner: Medically trained practitioners (doctors and psychiatrists) with advanced training in psychotherapy (3+ years)

Client: Available to all

Tiers: 2

Doctors and psychiatrists can undertake advanced training in psychotherapy. This training allows them to treat patients with psychotherapy, under the Extended Medicare Safety Net. The Extended Medicare Safety Net means that once out-of-pocket medical expenses have reached a threshold amount (\$668.10 for low-income earners and \$2,000 for everyone else), there is a rebate of 80-100% of the Medicare Benefits Schedule Fee (MBSF). To be eligible with Medicare for the \$668.10 threshold you must have one of the following; Commonwealth concession cardholders, including those with a Pensioner Concession Card, a Health Care Card or a Commonwealth Seniors Card, and people who receive Family Tax Benefit (Part A).

These practitioners will be competent in treating CPTSD if they have completed 3+ years of advanced training in psychotherapy or, undergone 18-months advanced training and had one or two clients over two years that they have seen under supervision.

A session with a medically trained psychotherapist is upwards of \$220. Before the Medicare Safety Net is reached, Medicare will still issue a rebate of around \$100 per session. Based on this it will take seven sessions till the Extended Medicare Safety Net kicks in. Once the Extended Medicare Safety Net has been reached out of pocket expenses for each session, for the remainder of the year will be around \$25-\$35 (this will fluctuate depending on what each practitioner charges)

We Can Recover will help clients with the costs of the initial sessions until they reach the Extended Medicare Safety Net.

Finances

Tier 1: Commonwealth concession cardholders (Medicare threshold \$668.10);

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Based on a \$250 session (average cost) Medicare rebates \$100, We Can Recover pays \$110 and the client pays \$40. It will take seven sessions to reach the Medicare Safety Net. A total of \$770 contributed by We Can Recover per person, per year. Once the Extended Medicare Safety Net is reached the client will pay any further out of pocket expenses which could range from \$0 to \$45, possibly more depending on what the practitioner charges.

Cost for We Can Recover per client: \$770 per year

Cost for the client: \$25-\$45 per session

Tier 2: Everyone else (Medicare threshold \$2,000)

For a \$250 session, Medicare rebates \$100, We Can Recover pays \$85 and the client pays \$65. It will take thirteen sessions to reach the Medicare Safety Net. A total of \$1105 contributed by We Can Recover per person, per year. Once the Extended Medicare Safety Net is reached the client will pay any further out of pocket expenses which will be around \$25-\$45 per session.

Cost for We Can Recover per client: \$1105 per year

Cost for the client: \$25-\$65 per session

Program 1, System 2: One session a week with a psychologist

Mental Health Treatment Plan, extended to 40 sessions a year

Practitioner: General and clinical psychologists

Client: Available to those with an eating disorder (ED)

Tiers: 2

There is an option to have the Mental Health Treatment Plan extended to 40 sessions per calendar year. This extension is for people who have an ED, this can include anorexia nervosa, bulimia nervosa, binge eating disorder or other specified feed and eating disorders. As eating disorders are common amongst people with CPTSD, it will be good to utilise this extension

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where possible. To access this extension, the client will need to have their doctor and psychologist sign off on it.

An extra 8 sessions a year are needed to reach the goal of one session a week (assuming the psychologist takes 4 weeks holidays). We Can Recover can help the client pay for these extra 8 sessions.

Finances

Cost for We Can Recover per client;

Tier 1: Clinical psychologist, \$128.5 per session (subsidised rate to match the governments). For the needed 8 extra sessions it will cost We Can Recover \$1,028 a year.

Tier 2: General psychologist, \$87.45 per session (subsidised rate to match the governments). For the needed 8 extra sessions it will cost We Can Recover \$699.6 a year

Cost for the client, tier 1 and 2;

If the psychologist charges more than the subsidised rate the client will be responsible for paying this amount. This amount per session for the client might be anywhere from \$0 to \$100.

However, some psychologists will offer a sliding scale based on what the client can afford.

Program 1, System 3: One Session a week with a psychologist

Mental Health Treatment Plan, 20 sessions (available until June 2022)

Practitioner: General and clinical psychologist and social workers

Client: Available to all

Tiers: 2

The government has extended the number of sessions available under the Mental Health Treatment Plan from 10 up to 20 until June 2022.

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This system is the one that the majority of people will fit into. This system is the least subsidised by the government which makes it the most expensive for We Can Recover to reach yearly sessions.

An extra 28 sessions a year are needed to reach the goal of one session a week (assuming the psychologist takes 4 weeks holidays). We Can Recover can help the client pay for these extra 28 sessions.

Finances

Cost for We Can Recover per client;

Tier 1: Clinical psychologist, \$128.5 per session (subsidised rate to match the governments). For the needed 28 extra sessions it will cost We Can Recover \$3598 a year.

Tier 2: General psychologist, \$87.45 per session (subsidised rate to match the governments). For the needed 28 extra sessions it will cost We Can Recover \$2448.6 a year

Cost for the client **tier 1** and **2**;

If the psychologist charges more than the subsidised rate the client will be responsible for paying this. This amount per session for the client might be anywhere from \$0 to \$100. However, some psychologists will offer a sliding scale based on what the client can afford.

Financial Summary Program 1, System 1, 2, 3.

Note: The cost to the client per session is dependent on what the therapist charges. Figures have been calculated using the government subsidy rates (matched by We Can Recover), plus the *number of sessions a year not covered by Medicare, along with an estimate of the lower and upper end of what each provider may charge.

System	Cost to charity per year	Cost to the client per session	People helped per yr. \$20k / 200k / 1M
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System 1: Unlimited Sessions Concession card holder *7 Everyone else *13	\$770	\$25-\$45	25 / 259 / 1,298
	\$1105	\$25-\$65	18 / 180 / 904
System 2: 1 session a week *8 General psychologist Clinical psychologist	\$699.6	\$0-\$100	28 / 285 / 1,429
	\$1,028	\$0-\$100	19 / 194 / 972
System 3: 1 Session a week *28 General psychologist Clinical psychologist	\$2,488.6	\$0-\$100	8 / 80 / 401
	\$3,598	\$0-\$100	5 / 55 / 277

Table 1

Between 16 March 2020 and 24 January 2021, \$1.3 billion was paid in Medicare subsidies for mental health services (13).

Program 2, System 4: Private Hospital Psychiatric Care

Private health insurance

In hospital day programs and longer stay programs

Client: Available to low-income earners (see below)

Tiers: 1

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Individuals living with CPTSD often have periods of crisis that put them at risk and put a strain on their families and the public health system. Having access to private hospital treatment can be a lifeline for individuals living with CPTSD and their families. These programs are specialised and evidence-based, often with some of the most regarded doctors and specialists in the field. The cost of these programs is upwards of \$500-\$1000 a day and they run anywhere from one week up to 3 to 12 months. Because of the high cost of these programs a mental health consumer will need private health insurance.

To approved applicants, We Can recover will subsidise the cost of private health insurance for 12 months on the condition the client is in regular attendance of the programs offered at the nominated hospital.

Finances

Quote: HCF Gold hospital cover - unlimited time in the hospital throughout the year. There are no restrictions for any preexisting mental health conditions. There is a two month waiting period to be able to access psychiatric services.

This quote is for individuals that are single for tax purposes and earn under 90k a year or that are registered as a family for tax purposes and earn under \$180,000 a year. These figures are also We Can Recover financial criteria to be eligible for this program.

Cost for insurance \$223.90 a month, with no excess, for an individual who is 31-years-old or younger. This incurs a 2% loading fee every year over the age of 31, if the client hasn't had hospital cover before (see Table 1 below).

Cost for We Can Recover per client; See table 1 below.

Cost for the client; See table 1 below.

Table includes 2% loading for people who have not had hospital cover before. This quote is for **\$0** excess when accessing hospital services.

Financial Summary Program 2

Age	HCF Charges	Cost to We Can	Cost to Client	People helped
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	Wk / Yr	Recover Wk / Yr	Wk / Yr	per yr. \$20k /200k /1M
<31 years	\$51.6 / \$2,686.8	\$23 / \$1,200	\$28.5 / \$1486.8	16 /166 / 833
36 years	\$58.5 / \$3,040.8	\$23 / \$1,200	\$35.4 / \$1840.8	16 /166 / 833
46	\$72 / \$3,1748.8	\$23 / \$1,200	\$49 / \$2,548.8	16 /166 / 833
56	\$83.9 / 4362.8	\$33.9 / \$1,762.8	\$50 / \$2,600	11 /113 / 567
65-69	\$86.34 / \$4,489.9	\$36.34 / \$1,889.8	\$50 / \$2,600	10 /105 / 529

Table 2

Marketing Plan

1. Market Research

- Primary research

Market research has been conducted by; posting questions regarding barriers to treatment in multiple relevant Facebook groups (Complex PTSD Australia, Borderline Personality Disorder Australia, Australian College of Applied Psychology graduates, Social Work Counselling and Psychology Community Australia); asking prominent complex PTSD treatment, research and referral institutions (Blue Knot Foundation National Centre of Excellence for Complex Trauma, Australian and New Zealand Association for Psychotherapy, Westmead Psychotherapy Program for Complex Traumatic Disorders, Centre for Psychotherapy treatment of eating disorders and borderline personality disorder) if they have identified specific barriers to treatment; researching and gaining a thorough understanding of the existing systems already set up to assist individuals financially access therapy; The result of this research revealed that the anticipated demand is very high for subsidised treatment for individuals living with complex PTSD who are experiencing financial hardship.

- Secondary research

CPTSD can develop when a person experiences prolonged or repeated trauma (14). Research has shown that 90% of public mental health clients have been exposed to (and most have actually experienced) multiple experiences of trauma (10).

In October 2019, the Productivity Commission (PC) released its draft report into Mental Health, estimated the cost of mental ill-health and suicide at \$43 to \$51 billion per year, plus an additional \$130 billion cost ‘associated with diminished health and reduced life expectancy for those living with mental ill-health (13).

Individuals living with complex PTSD often experience comorbid conditions such as depression, anxiety, borderline personality disorder (BPD), substance use and eating disorders, psychotic disorders, ect (11) (12). Further, adults living in the most disadvantaged areas across Australia are more than twice as likely to report high or very high levels of psychological distress as adults living in the least disadvantaged areas (15). The burden of mental health of an individual is such

that they are often unable to maintain consistent work (16). This leaves individuals in a position where therapy is financially unattainable.

Currently, in Australia, there are different systems set up to assist individuals financially to access treatment. However, there are gaps within these systems that do not cater for the long term therapy needed for individuals living with CPTSD (outlined in the program section of this business plan). We Can Recover will work within these existing systems and to fill in the gaps to provide consistent long term therapy for individuals with CPTSD, who experience financial hardship. Currently, there is no other charity in Australia that subsidises the cost of specialised treatment for CPTSD.

2. Fundraising

We Can Recover aims to raise funds through grant applications and public donations.

- fundraising activities including selling second hand clothing at markets.
- membership fees
- grants from grant-making bodies and funders (such as government agencies or philanthropic trusts and foundations)
- corporate sponsorship or partnerships

3. Competitors and Collaborators

We Can Recover does not directly compete with any other company in Australia. The following organisations have been identified and contacted to collaborate with We Can Recover.

Australian and New Zealand Association of Psychotherapy (ANZAP). ANZAP trains experienced practitioners in the Conversational Model (CM). The CM is an evidence-based psychotherapy for working with complex trauma, personality disorders and other treatment resistant conditions. Therapists on this database have completed the highest standard of training in psychotherapy and have a high level of personal Awareness. We Can Recover will collaborate with ANZAP to bring financial assistance for therapy to clients who are in need.

Blue Knot Foundation the National Centre of Excellence for Complex Trauma. Blue Knot provides referrals to therapists who specialise in the treatment of complex PTSD, for people who have experienced abuse, neglect, violence, exploitation or childhood trauma. Further, Blue Knot foundation are leaders in research policy and best practice for CPTD in Australia. Further Blue Knot trains therapists in the specialised treatment of CPTSD. We Can Recover is in negotiations with Blue Knot to collaborate to bring financial assistance for therapy to clients who are in need.

The one program that may have an overlap with people living with CPTSD receiving affordable therapy, is the Victims of Crime counselling service. This is because individuals who live with CPTSD may have experienced a crime. The government offers free services, including counselling to victims of crime and their families. Each state is set up slightly differently, for example in NSW and Queensland you do not have to have reported the crime to access free counseling, but in Victoria you do. The sessions need to be with a counsellor registered with the states approved services/database. Twenty two sessions are provided and depending on the state this number can be extended and is assessed on a case by case basis.

A crime is considered to be any of the following;

- Domestic Violence
- Murder
- Manslaughter
- Break And Enter
- Robbery
- Sexual Assault
- Historic (childhood) Sexual Abuse

The crime must have occurred within the last two years except in the case of historical sexual abuse where there is no time limit. The gaps in this program for our target demographic are; Not everyone with CPTSD are a victim of crime; If the crime occurred longer than two years ago they can not access counselling; Twenty two sessions is highly unlikely to be long enough to treat CPTSD; If the crime needs to be reported this can exclude those who do not wish to report the crime, this is common when the crime was of an interpersonal nature; In some cases there will not be an approved counsellor who specializes in CPTSD, available where the client lives.

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We Can Recover acknowledges the victims of crime counselling service and attempts to operate by supporting those who fall through the gaps. To avoid cross over, We Can Recover uses questions within the application form to direct those who are eligible to free counselling through victims of crime service. See Appendix 2

Financial Plan

Phases

The charity will operate within four phases. The first phase will be the startup phase where we aim to raise \$7,052 to support five people living with CPTSD. The following phases will be; Growth stage 1: \$20k helping 15 people; Growth stage 2; 200k helping 159 people; Growth stage 3: 1M helping 799 people

In the initial startup phase three individuals will receive financial aid for individual therapy within each of the three systems outlined in this business plan. A further two individuals will receive financial aid for private hospital care. Working within these systems We Can Recovery will provide financial subsidies for therapy allowing each client access to twelve months of continued treatment. In the startup phase we will test and refine our procedures and gain further insight into the needs of individuals living with CPTSD and the requirements needed of We Can Recover to support these individuals through our programs.

There are two components we consider when assessing an applicant's eligibility for our financial aid for therapy programs. The two components are financial need and psychological need.

In the startup phase to be financially eligible the client will need to be a commonwealth concession card holder or receive Family Tax Benefit (Part A). This is a predetermined way of knowing that the client meets low financial status. Further, in the startup phase to be eligible from a psychological perspective the client will need to have their therapist complete part B of the application form and indicate that they have CPTSD. In growth stage 2 and 3 financial eligibility is increased to include individuals who earn under 50k a year.

As a further attempt to keep costs low in the startup and growth phase 1, two extra criteria will apply. For the financial aid for individual therapy, system 3 the therapist will be registered as a general psychologist only. And for the financial aid for private health insurance the clients will be 46 years old or younger.

Promotions

In the startup and growth phase 1 and 2 we will focus on building relationships with prominent people in the media who have experienced complex trauma such as Rick Morton an ABC

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reporter who has written a book about his experience with CPTSD, Grace Tame Australian of the year who experienced childhood sexual assault, Brittany Higgins who experienced sexual assault while working at parliament house. We Can Recover will use the media as its main platform for promotion and will use slogans such as “what is next for the people of the #metoo movement, #wecanrecover. Lucy Hinchey with expertise in media will lead the building of media relationships. Kirsty Smith with expertise in Internet communications and social media marketing will lead the online exposure through Facebook groups and pages. These types of promotions will be free and build exposure through the community.

- *Location:* All duties will be carried out in the homes of the directors, secretary and any other volunteers.
- *Governing structure:* Companies limited by guarantee (CLG), Australian public company. This allows us to carry out activities anywhere in Australia and requires at a minimum, one member, three directors and a secretary. Charity subtype - Health Promoting Charity - Special interest

Executive Director: Lauren Durbridge

Director and Secretary: Kirsty Smith

Director: Lucy Hinchey

Members: John Hinchey, Nicholas Baillie-Jackson

Startup Phase = Will run for 6 months and cost \$7,052 and help 5 people
\$6308 subsidised therapy for five individuals allowing 12 months of therapy.
\$214.38 website
\$417 ASIC company registration
\$60 advertising material - 500 flyers.
Total expenses \$691.38
All administration and bookkeeping will be done on a 100% volunteer basis.
Estimated administration time 5 hours for processing the people helped.
Plus 19 hours each week on general charity work.

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General charity work includes; 1 hour a week on book keeping; 5 hours a week applying for grants; 3 hours a week answering emails, 2 hours a week building and maintaining relationships with key stakeholders; 2 hours a week preparing and participating in media interviews and promotions; 4 hours a week building and maintaining social media; 2 hours a week on policy and procedure writing;

Growth stage 1: Will run for 6 months and cost \$19,692 and help 15 people
\$19,350 subsidised therapy for five individuals allowing 12 months of therapy.
\$80 advertising material - 1000 flyers.
\$162 accounting software yearly fee
\$100 miscellaneous office admin costs
Total \$342
\$308 left over from 20k

All admin and staff operations will be carried out on a 100% volunteer basis. Estimated staff hours 15 hours for processing the people helped.
Plus 19 hours each week on general charity work.

General charity work includes; 1 hour a week on book keeping; 5 hours a week applying for grants; 3 hours a week answering emails, 2 hours a week building and maintaining relationships with key stakeholders; 2 hours a week preparing and participating in media interviews and promotions; 4 hours a week building and maintaining social media; 2 hours a week on policy and procedure writing.

Growth stage 2: 200k Will run for 12 months and cost \$199,024 and help 131 people
2 people from the 56 year age bracket and
2 people from the 65 year age bracket for private hospital insurance \$7,305.2
5 people for system three clinical psychologist 17,990
8 people for system three general psychologist 19,908.8
114 people from all other systems \$145,770
Total \$192,164

General expenses

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\$51 ASIC yearly fee

\$214.38 website yearly fee

\$100 advertising material - 1000 flyers.

\$400 Facebook advertising

\$100 office admin costs

\$162 accounting software yearly fee

\$1,560 1hr a week for bookkeeping

\$500 accounting fees

\$3,672 in wages to pay for 136 hrs. We assign one hour of processing time per person helped and pay staff \$27 an hour.

Total \$6,760

\$976 left over from 200k

19 volunteer hours general charity work includes; 5 hours a week applying for grants; 4 hours a week answering emails, 2 hours a week building and maintaining relationships with key stakeholders; 2 hours a week preparing and participating in media interviews and promotions; 4 hours a week building and maintaining social media; 2 hours a week on policy and procedure writing;

Growth stage 3: 1M = Will run for 12 months and cost 999,468 and help 520 people

Private hospital insurance

10 people from the 56 year age bracket \$17,628 and

10 people from the 65 year age bracket \$18,898

System three

77 people with a clinical psychologist \$277,046

79 people with a general psychologist \$196,599

344 people from all other systems \$443,760

Total \$953,931

Plus

General expenses \$45,672

Total \$999,603

Left over from 1M \$532

General expenses

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\$51 ASIC yearly fee

\$214.38 website yearly fee

\$100 advertising material - 1000 flyers.

\$600 Facebook advertising

\$500 office/admin supplies

\$312 accounting software yearly fee

\$3,000 2hrs (\$30 pr/hr) a week (50 wks) bookkeeping

\$800 accounting fees

\$14,175 \$14,040 in wages to pay for 520 hours. We assign one hour of admin time per person helped and pay staff \$27 an hour.

\$25,920 for 20 hours a week (48wks) of general charity work paid at \$27 an hour.

Work includes; 5 hours a week applying for grants; 4 hours a week answering emails, 2 hours a week building and maintaining relationships with key stakeholders; 2 hours a week preparing and participating in media interviews and promotions; 4 hours a week building and maintaining social media; 2 hours a week on policy and procedure writing;

Total \$45,672

Impact Plan

We Can Recover wants everyone who lives with CPTSD, regardless of financial status, to have equal access to specialised therapy. People living with CPTSD benefit from long term therapy to support their recovery and to achieve this they need affordable therapy. We Can Recover plans to raise and distribute funds to subsidise the cost of therapy for people living with CPTSD. We will measure the changes we are creating by issuing a form to the client and the therapist to be completed at the end of twelve months of treatment. This form will be compared to the initial forms that were submitted in the initial application. Comparing these forms will indicate to us if the continued therapy is creating improvements in clients lives. We will use what we learn from comparing these forms to guide and refine how we deliver support to those living with CPTSD in the future. We Can Recover will keep the public updated with how we are effecting change through our website and emails.

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APPENDIX 1

Mission statement

We Can Recover financially subsidises specialised therapy to support recovery from complex PTSD, for individuals experiencing financial hardship.

Vision statement

We Can Recover acknowledges the damage caused by trauma and believes that every survivor deserves access to therapy to support their recovery.

APPENDIX 2

Application: Financial Aid for Individual Therapy
(Program 1)

Part A **Application for client**

Our service does not aim to cover the entire cost of therapy, rather we make a contribution to each session to make it more affordable for you. This program is for individuals living with complex post traumatic stress disorder (CPTSD). To keep you safe and to allow our volunteers to help more people we ask that you not share any details of your trauma. Your trauma experiences will not impact your application. We acknowledge the effect trauma has on your life and want to support you on your journey of recovery.

This application needs to be submitted along with your treating therapists completed section B. We only accept applications from therapists who are registered with ANZAP, Blue Knot or who can supply evidence of specialised training in the treatment of CPTSD.

Before we get started, if applicable, we ask that you explore your options for free counselling through Victims of Crime in your state.

What is your reason/s for not accessing Victims of Crime free counselling;

- I have not experienced a crime
- I already have a therapist who specialises in CPTSD
- In my state _____ I need to have reported the crime and I do not want to do this
- There are no approved Victims of Crime counsellor who specialises in CPTSD or childhood trauma close to me
- The crime that I experienced has exceeded the allocated time limit
- Other, please specify _____

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General Info

1. Full name:
2. Age:
3. What gender M F or Prefer not to say.
4. What state do you live in?
5. Have you experienced one or more traumatic events in your life? One or More than one
6. Have you received any mental health diagnosis? If yes, what are they?

For this program we work within three different systems already set up within our society to financially assist people who are accessing therapy.

System 1: Unlimited sessions with a medically trained psychotherapist.

System 2: Once weekly sessions with a psychologist under the eating disorder initiative.

System 3: Once weekly sessions with a psychologist.

We have limited places available within each system. How you receive finance from us will depend on what system you fall under. If you would like more details on each of these systems [click here](#).

Therapy

1. Therapist name:
2. Have you or will you obtain 20 sessions with your current therapist under the Better Access, mental health care plan? Y N
 - a. If Yes, how many sessions do you have left?
 - b. If No, why not? _____

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- a. If No move on to the next section
 - b. If Maybe, please discuss applying for the extended 40 sessions under the eating disorder initiative with your treating therapist.
3. If Yes, have or will you and your therapist apply to have your mental health care plan extended to 40 sessions using the Better Access, mental health care plan, eating disorder initiative? Y N
- i. If Yes, how many sessions do you have left?
 - ii. If No, why not?
-
-

Please note: Where applicable, we encourage you to apply for extended sessions under the Better Access initiative, mental health care plans. Working within this framework allows our funding to have the greatest impact and help more people in need.

Financial

1. Are you employed?
2. Do you hold a pension card or, health care card or receive family tax benefit part A?
3. For tax purposes are you single or a couple?
4. If single, what is your yearly gross income?
If in a couple what is your household yearly gross income?
5. Do you have any dependents? Y/N
If yes, how many?
6. We aim to provide a portion of the cost of each therapy session. What amount can you afford to contribute to each session?

Trauma

Please take [The Adverse Childhood Experiences](#) quiz.

Place your score here:

Symptoms

1. How many suicide attempts have you had over your life (if any)?
2. How many suicide attempts in the last 12 months (if any)?
3. How many hospitalisations/emergency departments in your life (if any)?
4. How many hospitalisations/emergency departments in over the last 12 months (if any)?

Thinking back over the last three months

- | | | |
|--------------------|-----------------------------|-------------------|
| - Da (daily) | - Be (between daily/weekly) | - We (weekly) |
| - Fo (fortnightly) | - Mo (monthly) | - No (not at all) |
1. Have you thought about suicide?
 2. Have you self harmed?
 3. Have you experienced splitting in relationships (all good all bad thinking)?
 4. Have you isolated yourself from relationships?
 5. Have you engaged in disordered eating behaviour?
 6. Have you experienced overwhelming feelings of guilt and/or shame?
 7. Have you struggled with emotional regulation?
 8. Have you been so depressed you could not get out of bed?
 9. Have you experienced anxiety so much that it affected your day to day activities?
 10. Have you experienced flash backs?
 11. Have you experienced nightmares?
 12. Have you experienced episodes of dissociation?
 13. Have you experienced otherwise unexplained lethargy
 14. Have you experienced anger so much that has affected your relationships?

Is there anything else that you would like to share about your symptoms that may help us to assess your application?

Note: Please remember not to share any details of your trauma, this will not make a difference to your application.

[illegible]

Part B

Application for Therapist

We offer to cover a portion of the cost of each session at the same rate that Medicare subsidies. This program is for individuals living with complex post traumatic stress disorder (CPTSD). We acknowledge the effects that complex trauma has and want everyone who lives with CPTSD, regardless of financial status, to have equal access to specialised therapy.

Date submitted:

Therapist Name:

Client Name:

1. How are you registered? General Psychologist, Clinical Psychologist or Medically Registered Psychotherapist
2. Are you registered with (circle): Blue knot ANZAP Neither
3. If you circled Neither, what advanced training in complex PTSD or childhood trauma, have you undertaken?

Please attach copies of certificates for advanced training in CPTSD or childhood trauma.

4. How much do you normally charge for a session?
5. Are you able to/do you offer this client a reduced rate? Y N
If Yes, how much will/do you charge this client?
6. Has your client been approved or will you apply for the 20 sessions under the Better Access initiative? Y N
 - a. If Yes, how many sessions does your client have left?
 - b. If No, why not?
7. Does your client present with an eating disorder, this can include binge eating, bulimia, anorexia, or other specified feed and eating disorders? Y N

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- a. If No, move on to the next section.
8. If Yes, have or will you and your client apply to have your clients mental health care plan extended to 40 sessions under the better health, eating disorder initiative?
 - a. If Yes, how many sessions does your client have left?
 - b. If No, why not?

Where applicable, we encourage you to apply for extended sessions under the Better Access initiative, mental health care plans for your client. Working within this framework allows our funding to go further and help more people in need.

About the client

1. Does your client live with CPTSD?
2. Does your client present with one or more of the following co-morbid diagnosis?
 - PTSD - Depression - Anxiety
 - Bipolar - Schizophrenia - Somatic Symptom disorder -
 - Dissociative disorders - Borderline Personality disorder
 - Other Personality Disorder - Dissociative Identity Disorder
3. Does your client present with one or more coping strategies
 - Substance misuse - Eating disorders
 - Self-harming behaviours - Suicide ideation

4. Other Symptoms

Mi (mild) Mo (moderate) Se (severe)

- Suicide ideation?
- Self harmed?
- Splitting in relationships (all good all bad)?
- Isolated from interpersonal relationships?
- Feelings of guilt and/or shame
- Emotional dysregulation regulation?

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- Depression?
- Anxiety?
- Flash backs?
- Nightmares?
- Dissociation?
- Unexplained lethargy
- Anger?

5. How many suicide attempts has your client had in the last 12 months?
6. How many hospital visits has your client had in the last 12 months?
7. Does your client have full time or part-time employment, please specify?
8. Do you think your client's ability to work is affected by living with CPTSD?
9. When was the onset of CPTSD for your client?
10. Do you consider your clients condition/s to be ongoing long term?
11. In your opinion, if it weren't for extra financial assistance, would your client be likely to continue therapy after the sessions provided under the Better Access Mental Health Care plan ended?

Do you think your client will benefit from continued long term therapy?

Please explain _____

What modality of therapy are you utilising in your work with your patient?

Conversational Model of Psychotherapy?

Dbt?

EMDR?

Somatic work?

Other please specify_____

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Is there anything else that you can tell us about your client's condition that will help us to assess this application?

APPENDIX 3

Members Welcome Letter

Dear XX

Welcome, your membership has been approved by We Can Recover. You have been added to our members register on 11/05/2021. You can access the register of members at any time [here](#). The information of members must only be used in a manner relevant to the interests or rights of members and the charity, We Can Recover. As a member, you can also access the constitution of We Can Recover [here](#).

You will be notified of the Annual General Meeting with at least 21 days notice. The business of an Annual **General Meeting** may include:

- a. review of the **company's** activities
- b. review of the **company's** finances
- c. auditor's report
- d. election of directors, and
- e. appointment and payment of auditors, if any.

During Annual General Meetings, members will be given an opportunity to vote, ask questions or make comments about the management of the **company**.

Each member must contribute an amount, not more than \$20 (the guarantee), to the property of the **company**. If the **company** is wound up while the member is a member, or within 12 months after they stop being a member, this contribution is required to pay for:

- a. debts and liabilities of the **company** incurred before the member stopped being a member, and or
- b. costs of winding up.

The guarantee amount is different from the membership joining fee or annual membership fee.

Throughout the year, via email, we will keep you up to date with the activities and finances of We Can Recover. If you have any questions or concerns please email me any time.

Thank you for your participation.

Yours kindly

Lauren Durbridge or Kirsty Smith or Lucy Hinchey

We Can Recover Director

<https://wecanrecover.com.au>

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