Tresillian
Annual Report

2026



Tresillian®

Ensuring every child has the best start in life



Children from Tresillian's Guthrie Early Learning Centre, exploring Aboriginal and Torres Strait Island culture and traditions.

Acknowledgement of Country

Tresillian acknowledges Aboriginal and Torres Strait Islander People as the First Peoples of Australia. We acknowledge the Traditional Owners and Custodians of the land in the countries on which we live and work in NSW, the ACT and TAS. We respect that Aboriginal and Torres Strait Islander People have lived in Australia for over 60,000 years and are recognised as having the oldest living continuous culture in the world, with unique languages and spiritual relationships to the land and sea. We pay our respects to Aboriginal and Torres Strait Islander Elders past and present and acknowledge all Aboriginal and Torres Strait Islander people living in the communities we serve.

Introduction



It is with great pleasure that we present the 108th Tresillian Annual Report.

Since 1918, Tresillian has stood alongside Australian families, providing trusted and expert support when it is most needed. From our humble beginnings, we have grown from a pioneering child and family health service into Australia's largest Early Parenting organisation.

Our strategic priorities, as outlined in Tresillian's 2025-2027 Strategic Plan, underscore the imperative to maintain innovation, accessibility, and responsiveness to families while upholding the high standards of care that have been the hallmark of our organisation for generations. A particularly significant milestone in the last financial year was the commencement of our inaugural Tasmanian service in Launceston.

Digital innovation has been a key focus, and we continue to make progress in enhancing our digital resources, such as our website, and options for virtual consultations, thereby facilitating easier access to essential information and support for families.

We're incredibly proud that Tresillian is one of Australia's most trusted sources of parenting information for parents and health professionals. This is due to our dedicated and committed staff who care for, and support families in our Centres across three states.

Rob Mills
CEO

Dr Nick Kowalenko
President of the Board



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This Annual Report outlines the operational and financial performance for The Royal Society for the Welfare of Mothers & Babies (known as Tresillian Family Care Centres), from 1 July 2025 to 30 June 2026.

Incorporated by an Act of Parliament

The Royal Society for the Welfare of Mothers & Babies (known as Tresillian) was incorporated by an Act of Parliament in the state of New South Wales, Australia, in 1919.

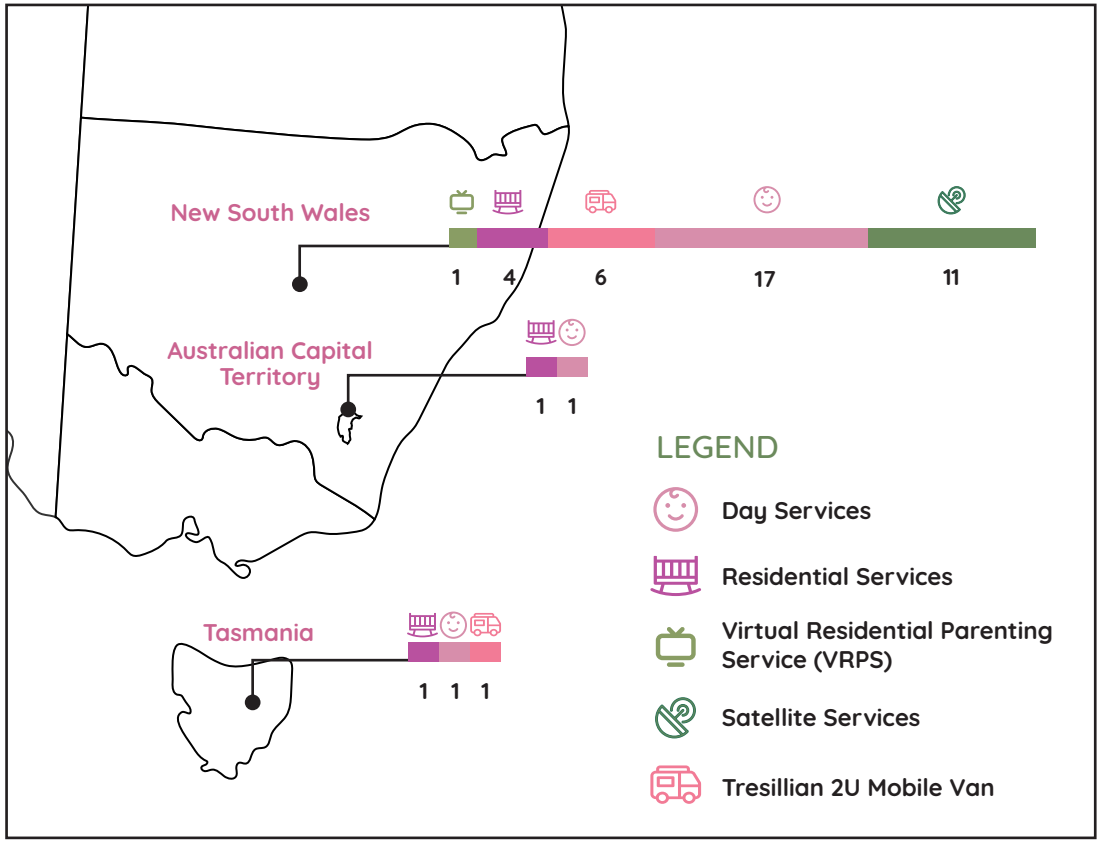
2026 Annual General Meeting

This Annual Report will be presented at Tresillian's 108th Annual General Meeting, at 5pm on Thursday, 19th November, 2026 in the Education Centre, Tresillian, 25 Shirley Road, Wollstonecraft. It can also be downloaded on the Tresillian website at tresillian.org.au

Thank You!

Our thanks to the New South Wales, ACT and Tasmanian Governments for their significant support, along with the many Trusts, Foundations, Clubs and individual donors who have generously donated to Tresillian this year. We're also grateful to our sponsors including Church & Dwight (Curash Baby range), Explore & Develop, Havenhall, Lindt Sprungli and Vixin Beauty.

The communities we serve



Metro NSW
- Nepean Day Services
- Canterbury Day Services
- Wollstonecraft Day Services
- Nepean Residential Services
- Canterbury Residential Services
- Wollstonecraft Residential Services
- Virtual Residential Parenting Service

Southern NSW
- Moruya Day Services
- Queanbeyan Day Services
- Goulburn Day Services
- T2U Eurobodalla Mobile Van
- T2U Queanbeyan Mobile Van
- Yass Satellite
- Bega Satellite

Northern NSW
- Lismore Day Services
- Grafton Day Services
- T2U Tweed Mobile Van
- Casino Satellite
- Yamba Satellite

Mid North Coast
- Macksville Residential Services
- Coffs Harbour Day Services
- T2U Mid North Coast Mobile Van
- Woolgoolga Satellite

Murrumbidgee NSW
- Wagga Wagga Day Services
- Griffith Day Services
- Leeton Satellite
- Adelong Satellite

Western NSW
- Dubbo Day Services
- Cowra Day Services
- Broken Hill Day Services
- T2U Bathurst Mobile Van
- Forbes Satellite
- Trangie Satellite

Hunter New England NSW
- Taree Day Services
- Muswellbrook Day Services
- Armidale Day Services
- T2U Inverell Mobile Van
- Forster Satellite
- Singleton Satellite

Australian Capital Territory
- QEII Day Services
- QEII Residential Services

Tasmania
- Launceston Day Services
- Launceston Residential Services
- T2U Tasmania North West Mobile Van



"Both parents remain an important focus of the way Tresillian delivers care and are encouraged to be fully involved in all aspects of our services."



Our Social Impact

Financial Year
1 July 2025 - 30 June 2026



44,576

Nursing Contacts



18,439

Regional Day Services



7,842

Residential Admissions



4,802

Parent-Infant & Early Childhood Mental Health Service



8,910

Parent's Help Line



7,809

SleepWellBaby App

90.8%

Overall Satisfaction Rate



776K

Visits to tresillian.org.au



111K

You Tube Total Views



71.4%

World Class Net Promoter Score*

*The Net Promoter Score (NPS@) is considered a gold standard customer experience metric. NPS scores are reported from -100 to +100. An NPS above 70 is considered top-tier. Tresillian undertakes this measurement across all services and achieved an NPS score of 71.4 for the period 1 July 2025 – 30 June 2026.

The overall satisfaction rate was 90.8%



Tresillian's Services

Day Services

Tresillian's Day Services offer a range of support options for families, including two-hour face-to-face Centre-based appointments, telehealth consultations, and home visits. Parents meet with a Tresillian Nurse to discuss concerns such as settling baby, breastfeeding or bottle-feeding, baby's development, introducing solids, and/or toddler behaviour. Counselling is also available for those experiencing perinatal mental health issues.

In-patient Residential Services

Tresillian Residential is a service for families experiencing more complex parenting challenges. Families can self refer or obtain a referral from their local health professional, to access the Residential Program. Families live in over 4 nights/5 days and work in partnership with the clinical team to meet their goals. During their stay every mother is admitted by a General Practitioner (GP) and every baby is examined & admitted by a GP or Paediatrician to ensure they have no underlying health issues. Psychology support is also available.

Virtual Residential Parenting Program (VRPS)

The VRPS is a free 'Virtual' parenting program operating over 4 nights/5 days enabling families to access parenting support from the comfort of their own home. A referral is required. Parents can seek advice from a Tresillian nurse, GP, psychologist, or social worker. This service is available 24 hours a day, seven days a week, making it ideal for those living in remote locations or with multiple children who would find it difficult to access support at a Tresillian Centre.

Parent Groups

Tresillian's child and family health nurses and psychologists facilitate regular education and parenting programs. These professionals not only help parents network but also provide them with education on various baby-related issues. Programs are held during School terms at all Centres and cover topics such as 'Getting to know your baby', 'Supporting sleep in new babies' and 'Postnatal Depression'. Parenting Courses are free of charge and many also offer babysitting. Parents can book into group programs on the Tresillian website.

Extended Home Visiting

The Extended Home Visiting service offers intensive support for families with vulnerabilities impacting their parenting capacity.

Telehealth Consultations

Tresillian's Virtual Telehealth consultations are available free of charge to families across New South Wales, the ACT and Tasmania.

Tresillian's Education Unit

Nursing staff in the Education Unit provide a range of professional development courses to build the capacity of Tresillian's internal staff. Many of these courses are also available to health professionals working in the community. Conferences and Workshops are held regularly where the latest research on relevant topics is presented.

Guthrie Early Learning Centre

Tresillian's only long day care Centre is based at Tresillian Wollstonecraft and has capacity for 42 children aged under 6 years.

"I walked into Tresillian exhausted and overwhelmed, and left feeling calmer, stronger, more confident, and much more emotionally regulated as a parent. This experience genuinely helped me re-group and become a better version of myself for my children."



Report from the President

Dr Nick Kowalenko

Building on more than a Century of Supporting Families

For more than 100 years, Tresillian has stood alongside Australian families, providing trusted, expert support. From our beginnings in 1918 at Sydney Town Hall, Tresillian (officially known as The Royal Society for the Welfare of Mothers and Babies) has grown from a pioneering child and family health service into Australia's largest child and family health organisation.

Our history is one of responding to the changing needs of families and continually finding better ways to support parents, infants and young children. While much has changed since our foundation, our purpose remains as relevant today as it was more than a century ago: to improve the health, wellbeing and lives of children and families.

Today, our multidisciplinary teams of nurses, midwives, doctors, psychiatrists, psychologists and social workers deliver specialist care and support across metropolitan Sydney, the ACT, regional communities and, most recently, Tasmania. Their expertise, compassion and commitment have made a profoundly positive difference to generations of families.

On behalf of the Board, I extend my sincere gratitude to our highly skilled and dedicated staff. Every day, they work in partnership

with families, providing practical support, professional expertise and reassurance at times when families may be experiencing significant challenges. Their work is at the heart of Tresillian's success.

Expanding Our Services and Our Reach

A key focus for the Board this year has been the continued expansion of our services and improving access to care for more families.

A particularly significant milestone was the commencement of our inaugural Tasmanian service on 28 November 2025.

I was delighted to attend the official opening of the Tresillian North Intensive Parenting Unit in Launceston, presided over by the Tasmanian Health Minister, the Honourable Bridget Archer MP pictured bottom right. This purpose-built facility, developed in partnership with the Tasmanian Government, was thoughtfully designed to provide comprehensive support for parents and their infants.

The Centre offers both Day and Residential services, complemented by the Tresillian 2U Mobile Van, which travels on a rotational basis to regional communities throughout North West Tasmania. The Mobile Van was generously funded by local philanthropists, Brian and Wendy Faulkner, whose support has enabled us to extend our reach beyond Launceston and bring services closer to families who may otherwise experience barriers to accessing care.

In her opening address, Minister Archer highlighted the importance of accessibility and family-centred care, stating: 'We are delivering for Tasmania by investing in accessible, family-centric care'.

The establishment of our Tasmanian service represents a significant milestone in Tresillian's history. It demonstrates our willingness to evolve, respond to community need and extend our expertise to new communities.

As we look to the future, expanding access to high-quality, evidence-based care will remain a central priority for the Board.

Board and Governance

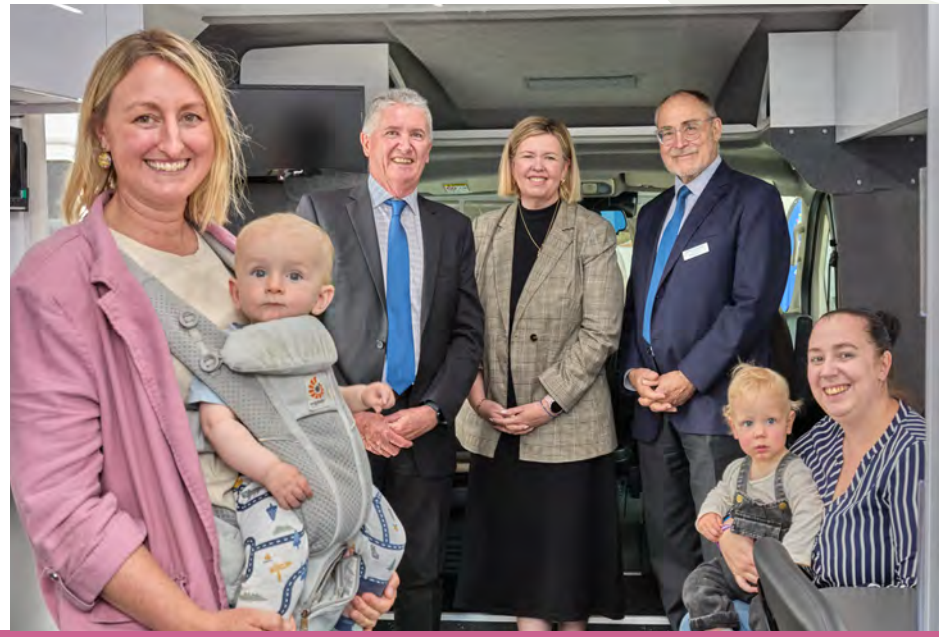
Strong governance is fundamental to ensuring Tresillian can continue to deliver on its purpose and plan confidently for the future.

This year, we farewelled Pamela Longstaff, who made a notable contribution to the Board during her tenure. Pamela provided valuable oversight of our governance and compliance responsibilities, and we thank her sincerely for her commitment and service and wish her every success in the future.

Tresillian's Annual General Meeting is held in mid-late November each year. It remains a cornerstone of our governance calendar. The meeting provides an opportunity to reflect on the organisation's activities and achievements throughout the year, with the financial records presented by the Treasurer and Board movements formally announced.

Board members participate in an end of year review of Tresillian's Strategic Priorities with

Pictured below from left to right Tresillian CEO Rob Mills, The Hon. Bridget Archer, MP, Tasmania's Minister for Health and Mental Health and Dr Nick Kowalenko, Tresillian President, with parents and babies.





"Dr Tom (pictured above) at Tresillian Launceston was wonderful. His caring approach and the time he took to explain everything gave us real peace of mind. We felt completely supported and confident in our baby's care."

staff directly informing the Board on their progress meeting strategic directions.

Corporate Partnerships

The continued support of our corporate partners is an important part of Tresillian's ability to extend its reach and strengthen the services we provide to families.

We are extremely grateful to the companies and organisations that have generously supported Tresillian throughout the year.

In March 2026, Church & Dwight, with the Curash Wipes brand, commenced a major sponsorship of Tresillian. We warmly welcome this important partnership and thank Church & Dwight for its commitment to supporting Australian families.

We are equally grateful for the ongoing support of Explore & Develop Early Learning Centres, one of Australia's leading early learning organisations, as well as Havenhall, the manufacturer of New Beginnings and other baby products.

Our sincere thanks also go to Lindt Sprüngli and Vixin Beauty for their generous donations to our competition raffles and fundraising events. The generosity of our corporate partners and supporters makes a tangible

difference to our ability to deliver our services and engage with the broader community.

In particular, I want to sincerely thank Brian and Wendy Faulkner on behalf of Tresillian, for their extremely generous donation to purchase the new Tresillian 2U Mobile Van, that is now supporting families in north west Tasmania in Devonport, Burnie, Wynyard & Smithton.

Supporting Families in the ACT

In the ACT, Tresillian once again partnered with the Perinatal Wellbeing Centre and Marymead CatholicCare during Perinatal Mental Health Week to deliver The First 1000 Days Conference in Canberra on the 26 November, 2025, at the Hellenic Club.

The Conference was designed to encourage innovation, knowledge-sharing and professional development among health professionals working with families during the critical first 1,000 days of a child's life. The event attracted more than 150 attendees and provided an important forum for collaboration, professional development and the exchange of ideas.

Initiatives such as this reflect Tresillian's broader commitment to sharing knowledge and strengthening the capability of the professionals who support children and families.

Community Funding and Fundraising

Tresillian was the beneficiary of substantial Club Grants funding this year, enabling our team to undertake several important projects.

One particularly visible initiative was the creation of a children's mural in the Tresillian Canterbury Residential Playground, themed 'Canterbury Cove' (pictured on page 40), enhancing the environment for children and families using the service. We extend our sincere appreciation to all the Clubs that generously contributed to this initiative and to the broader work of Tresillian.

We also acknowledge the invaluable support of the Bulldogs in Business group and Canterbury League Club in staging the State of Origin fundraising lunch on 13 June 2026. The event was a tremendous success, attracting almost 200 guests and surpassing last year's attendance. It raised thousands of dollars



The First 1000 Days Conference held on 26th November 2025.

for Tresillian and demonstrated the strength of the community's ongoing commitment to supporting families.

Similarly, Bulldogs in Business and Bankstown Golf Club played a pivotal role in organising the Tresillian Charity Golf Day on 27 March 2026.

Both the State of Origin lunch and the Tresillian Charity Golf Day have now become much anticipated annual events on our fundraising calendar. Together, they raise thousands of dollars each year to support the work of Tresillian.

Supporting Perinatal and Early Childhood Mental Health

Mental health remains an important component of the comprehensive support we provide to parents and families.

Each year, Tresillian awards a scholarship to a Tresillian nurse, generously sponsored by Gidget Foundation Australia, enabling the recipient to undertake a Mental Health Certificate Course. This year it was awarded to Elizabeth Williams RN at Tresillian QEII. Our partnership with the Gidget Foundation Australia has spanned 25 years, reflecting a longstanding shared commitment to raising awareness of perinatal mental health and improving access to support for parents.

Gidget counselling services are also available at many of our regional Centres, providing families with greater access to specialist mental health support within their local communities.

Tresillian's Parent Infant and Early Childhood Mental Health Service is overseen by our Medical Director, Alice Dwyer. Dr Dwyer and her team of psychiatrists, psychologists and social workers who provide specialist support and advice to hundreds of parents each year through face-to-face consultations, parenting groups and telehealth services.

01	01	01
New Centre - Tresillian North Intensive Parenting Unit, TAS	New Tresillian 2U Tasmania North West Mobile Van	New Major Sponsor, Church & Dwight - Curash

Demand for these services remains high, reinforcing the importance of integrated mental health care as part of our broader service offering and highlighting the continuing need for specialist support during the early years of family life.

Connecting with Our Communities

Community engagement remains integral to the work of Tresillian.

Throughout the year, our teams have participated in numerous parenting expo's, University and education expo's, and regional community days across the three states in which we operate.

These events provide an important opportunity for our teams to connect directly with families, share information about our services, promote positive parenting and raise awareness of the support available through Tresillian.

Our Friends of Tresillian supporters also generously hosted a fundraising morning tea in October at the Stannard family residence in Queenscliff. We extend our heartfelt thanks to Jenny Stannard, President Paula Screnci and the dedicated team of supporters who contributed their time, energy and generosity to make this wonderful event a success. The event raised much-needed funds to support the families who rely on our services.

"The staff are all so lovely and patient, location is amazing and facilities brand new, cleaner and nicer than many hotels I've stayed at, plus they offer on demand support for you and your baby. Healthy chef cooked meals too. Highly recommend if you need any support throughout parenthood!"



The Contribution of Our Volunteers

Volunteers continue to play a vital role across Tresillian. Once again, our volunteers generously shared their time, skills and expertise across a range of activities and projects. Some volunteers dedicate several hours each week or fortnight to supporting families at Tresillian Wollstonecraft, while others generously assist our teams at Parenting Expos and community events. Their contribution is invaluable.

Looking to the Future

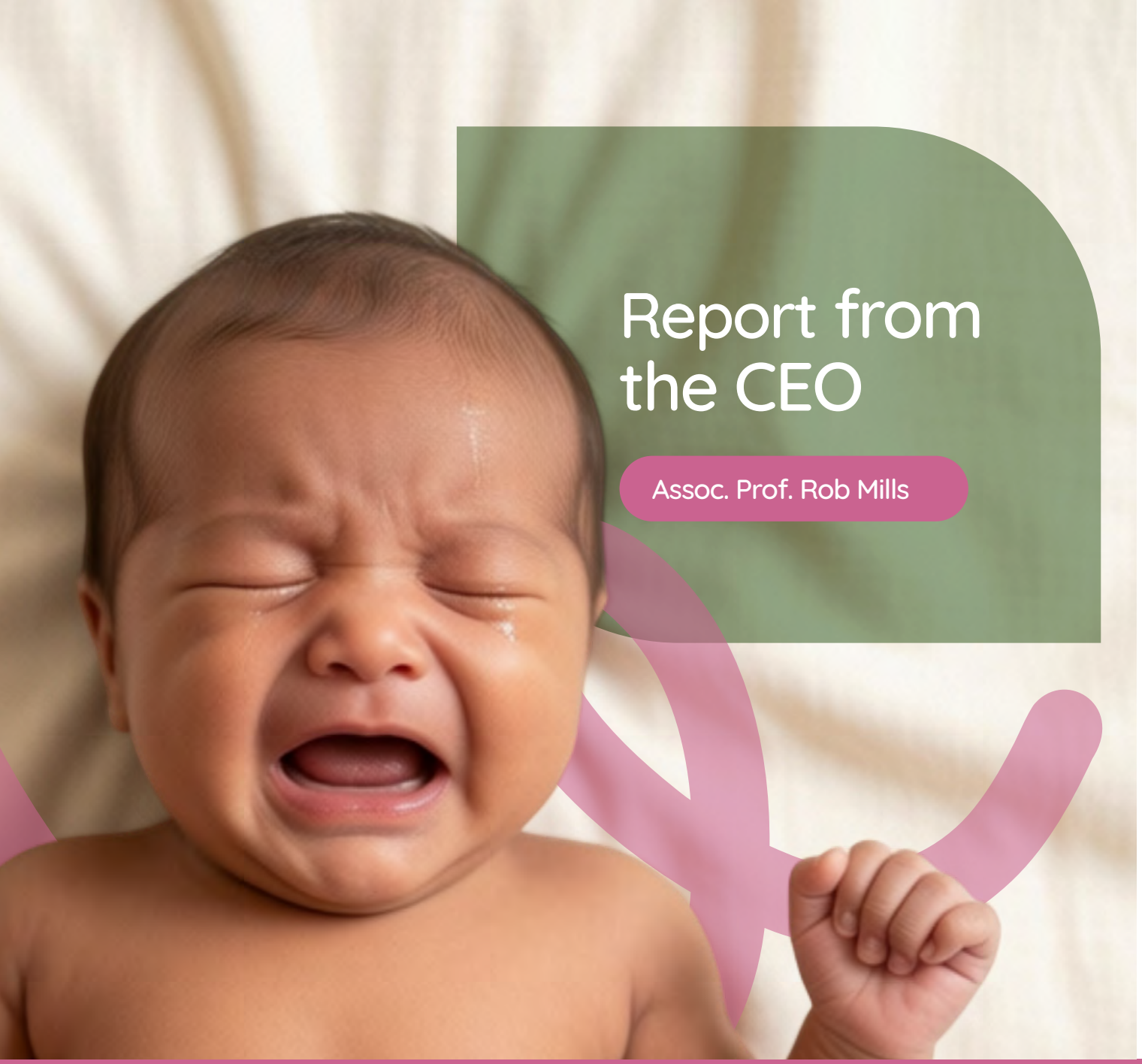
As Tresillian looks beyond its first century of service, we do so with a strong sense of pride in our history and an equally strong determination to shape our future.

Acknowledgement

Finally, I would like to express my sincere appreciation to my fellow Board members and to the Executive, for their unwavering commitment to Tresillian and to the families we serve.

Their genuine interest in, and passion for, the organisation is deeply valued. Board members generously contribute their time, expertise and experience to strengthening our governance, supporting our strategic direction and ensuring that we remain focused on providing the best outcomes for children, when their families are facing challenges.

My deepest thanks to our extraordinary staff, volunteers, partners, supporters, donors and the many individuals and organisations who have assisted us this year.



Report from the CEO

Assoc. Prof. Rob Mills

Introduction

While the challenges faced by parents today may differ from those encountered by families in 1918 when Tresillian was first established, supporting parents and providing children with an optimal start in life, remains our top priority.

Our strategic priorities, as outlined in Tresillian's 2025-2027 Strategic Plan, underscore the imperative to maintain innovation, accessibility, and responsiveness to families while upholding the high standards of care that have been the hallmark of our organisation for generations. We are committed to exploring opportunities for service expansion, strengthening partnerships, embracing innovation, and ensuring that evidence-based, family-centric care remains accessible to those in greatest need.

Expansion into Tasmania

Tresillian's expansion into Tasmania serves as a notable example of our commitment to taking our services into new communities and addressing emerging needs. On 28 November, 2025, the Tresillian North Intensive Parenting Unit was officially opened by The Hon. Bridget Archer MP, Minister for Health and Mental Health, with the invaluable support of the Tasmanian Government. Equipped with a comprehensive range of services encompassing Residential and Day Services, the Centre will



Pictured above from left to right: Tresillian CEO Rob Mills, The Hon. Bridget Archer MP, Tasmania's Minister for Health and Mental Health, philanthropists, Brian and Wendy Faulkner and Dr Nick Kowalenko, Tresillian President.

cater to the burgeoning demand for child and family health and perinatal mental health services. Detailed information regarding this new Centre is provided in a dedicated feature within this report.

Thanks to all those involved in preparing this Centre for opening and to the many staff members who spent time in Tasmania assisting and training our new team.

Digital Innovation

Throughout the year, we have made significant progress in enhancing our digital resources, facilitating easier access to essential information and support for families.

To better accommodate the diverse cultural and linguistic requirements of families, we have introduced a translation button that promptly

Sleep and Settling Masterclass

One of our sponsors, Explore & Develop Early Learning Centres, invited Tresillian Educators to deliver a specialist training session to their Early Childhood Educators on "Infant sleep and settling in a childcare setting" at Tresillian's Education Centre at Wollstonecraft. Nurse Educators Judy Kotowski and Vicki Laing hosted the all-day workshop on 3rd March, 2026 that was well received by the 60 or so Early Childhood Educators in attendance.





translates resources on the Tresillian website into multiple languages. The website continues to be increasingly popular amongst parents seeking self-referral to a Tresillian service or downloading our evidence-based resources.

The SleepWellBaby App, which offers resources and support for new parents, has also been well-utilised, with 7,809 downloads this year and 63,648 visits to the help and support pages.

> “Tresillian is so much more than sleep. The staff looked at our daughter’s entire daily rhythm. The education across a feeding and settling routine, was worth its weight in gold.”

Tresillian’s Reconciliation Action Plan (RAP)

Our RAP underscores our genuine commitment to acknowledging, respecting, and celebrating Aboriginal and Torres Strait Islander cultures, histories, and contributions. It provides a structured framework for meaningful engagement and collaboration, fostering a workplace that values diversity, promotes cultural awareness, and supports social equity. We actively implement our RAP to integrate cultural awareness and facilitate meaningful engagement. Through continuous education, partnership building, and transparent reporting, we strive to create an equitable and inclusive work community.

Our team of dedicated Aboriginal Health Workers actively engage staff in various activities to honour the history and achievements of Aboriginal and Torres Strait Islander peoples, including NAIDOC Week and the COOEE Festival. These events enhance our understanding of First Nations cultures and strengthen our connections with Indigenous communities. By participating, we promote national reconciliation and cultivate a culture of inclusivity and respect within our organisation. Additionally, we are focused on improving job opportunities and career development for Aboriginal and Torres Strait Islander individuals through targeted support and mentorship.

Collaboration with Health Professionals

This year has seen an extraordinary spirit of collaboration within our teams and with external partners. By establishing more robust relationships with healthcare providers, local organisations, and government agencies, we have established a more integrated network of care that benefits the families we serve. These partnerships have not only enhanced our impact but have also presented new avenues for growth and learning that will shape our work in the years to come.

Tresillian hosted successful engagement events for health professionals at the Nepean and Canterbury Family Care Centres in Sydney and the QEII Centre in the ACT. These events heightened awareness of Tresillian's services and referral pathways, underscoring the comprehensive range of support available to families.

Staff Engagement

It has been a pleasure to observe our staff's enthusiastic participation in numerous significant events, including the International Nurses and Midwives celebrations, the Parents and Baby Expos, NAIDOC Week, Harmony Week, and RU Okay Day.

The monthly CEO Chats, held virtually, provide staff with updates on events and developments across Tresillian.





Tresillian hosted several, successful events for health professionals at the Nepean and Canterbury Family Care Centres in Sydney and at the QEII Centre in the ACT.

Left: Tresillian's Annual Charity Golf Day, held at Bankstown Golf Club, Milperra on 27th March, 2026. Right: The 2025 Tresillian Team Building Day. Below: Staff at Tresillian Wollstonecraft celebrating NAIDOC Week.







Each year in late December, the organisation comes together for a Team Building and Planning Day to review our Strategic Priorities and discuss future initiatives. This event is consistently well-attended by staff, who value the camaraderie of gathering with their colleagues in a more informal setting. In 2025, the event was held at the Canterbury League Club on 19 December, with regional teams joining virtually.

Awards

The Employee of the Month Awards serve as recognition for the significant contributions of our staff throughout the year. At the Team Building day, the peer nominated Employee of the Year Awards are announced along with Years of Service recipients.

I would like to express my sincere gratitude to all those who were nominated for an award and to the recipients of these accolades. Congratulations to Kylie Choi RN, Nursing Unit Manager at Tresillian Wollstonecraft Day Services, who was honoured with the Employee of the Year award in 2025.

In addition to staff recognition, Stephanie Smith RN from Tresillian's QEII Family Centre in the ACT, was among six nurses who received a 'Consumer Recognition Award' at the 2025 ACT Nurses & Midwives Excellence Awards.

In addition, Director Jackie Stewart and the dedicated team at Guthrie Early Learning Centre

were recognised for their outstanding achievements in the North Sydney Garden Competition. They were awarded the Runner-Up prize in the Best Children's Garden category by the North Sydney Council, as well as the prestigious Winner's award for the 'Lex and Ruby Graham Prize, awarded for gardens demonstrating exceptional maintenance and aesthetics.

Celebrating Our People

Thanks to our partners at Local Health Districts where Tresillian Centres are located, across New South Wales, the Australian Capital Territory, and Tasmania. We particularly appreciate the invaluable expertise provided by Deb Willcox AM, Chief Executive at Sydney Local Health District.

To the dedicated members of Tresillian's Board, whose unwavering commitment to the organisation is generously offered on a pro bono basis, we extend our sincere thanks for your support.

To the volunteers who generously sacrifice their time to assist staff and family at our Centres and to the staging of events, we very much appreciate your efforts.

Finally, on behalf of the Tresillian Executive and Board, we would like to express our gratitude to each and every Tresillian staff member for their tireless contribution. The support you provide to families is making a tangible difference and will positively impact generations to come.

Key Highlights

2025

29 September

Tresillian Murrumbidgee, Griffith - Official opening of Gidget House by Helen Dalton MP, Member for Murray.

28 November

Official Opening of Tresillian Launceston by The Hon. Bridget Archer MP, Tasmania's Health Minister

2026

20 January

The Hon. Eric Abetz MP, Treasurer, Tasmania visited Tresillian Launceston

10 February

Tasmanian Premier, The Hon. Jeremy Rockliff MP and The Hon. Jo Palmer MP, Tasmanian Minister for Education, Children & Youth visited Tresillian Launceston

4 March

Tresillian Goulburn - Official opening of Gidget House by Wendy Tuckerman MP Member for Goulburn

1 April

The Hon. Jane Howlett MP, Tasmania's Minister for Women and the Prevention of Family Violence, visited Tresillian Launceston

1 May

Steph Cooke MP, Member for Cootamundra visited Tresillian in Cowra after the construction of a new driveway was completed, generously donated by Richard Crookes Constructions

11 June

Tresillian Launceston - Official Opening of Gidget House by The Hon. Bridget Archer MP, Tasmania's Health Minister and then unveiling of the new Tresillian 2U Mobile Van funded by local philanthropists, Brian and Wendy Faulkner.



Spotlight Tresillian in Tasmania

Tresillian North Intensive Parenting Unit in Launceston marked a significant moment in Tresillian's history with its official opening on 28 November 2025. The purpose-built facility was officially opened by The Hon. Bridget Archer MP, Tasmania's Minister for Health and Mental Health, alongside Tresillian President Dr Nick Kowalenko, philanthropists Brian and Wendy Faulkner, Tresillian CEO Rob Mills and families.

Designed to provide accessible, family-centred care, the Centre offers Day and Residential services, supported by a Tresillian 2U Mobile Van that visits regional communities. Generously funded by Brian and Wendy Faulkner, the van will extend support to families across North West Tasmania.

The Centre also features a beautiful mural by local artist Emma-Lee Bradbury, inspired by nearby Cataract Gorge and featuring iconic Tasmanian flora and fauna. Designed to feel gentle, welcoming and familiar, the mural brings the beauty of Tasmania's landscape indoors.

Since opening, Tresillian North has welcomed special visitors. In January, Tasmanian Treasurer Senator Eric Abetz MP toured the Centre, followed in February by Tasmanian Premier, The Hon. Jeremy Rockliff MP and The Hon. Jo Palmer MP, Tasmanian Minister for Education, Children & Youth, then in April by The Hon. Jane Howlett MP, Minister for the Prevention of Family Violence.

The Centre is the result of an incredible team effort, with clinical, operational and executive teams working together to create a nurturing environment where families can build confidence. Tresillian thanks everyone who helped bring this vision to life.











2,500

New Facebook & Instagram Social Community for Tasmania

Take a Virtual Tour of Tresillian North Intensive Parenting Unit



Report on Clinical Services

Danielle Levis

The 2025-2026 year has been one of growth, innovation, and strengthened community impact across our services. Throughout the year, our teams remained committed to delivering evidence-based, family-centred care to parents, infants and families across metropolitan, regional and interstate communities.

We have continued to expand accessibility through virtual and outreach services, invest in workforce development, strengthen partnerships, and enhance the quality and effectiveness of care delivered across all service areas. Our achievements reflect the dedication and professionalism of our staff, educators, clinicians, leaders and partners who work tirelessly to support families during some of the most important stages of life.

As demand for parenting, mental health and family support services continues to grow, we remain focused on innovation, collaboration and excellence to ensure families receive the support they need, when and where they need it.

Year in Review

During 2025-2026, our organisation continued to strengthen its position as a leader in child and family health services by:

- Delivering residential, day and virtual parenting services at full capacity.
- Expanding workforce development through graduate and specialty nursing programs.
- Strengthening community engagement and service partnerships.
- Supporting vulnerable families through outreach and home visiting programs.
- Enhancing referral pathways and access to care through service redesign and workflow improvements.
- Extending services into Tasmania through the successful operation of the North Intensive Parenting Unit and mobile outreach services.
- Hosting international delegations and sharing expertise in family-centred care and parenting support.



Watch Sleep Tips from Tresillian's Clinical Nurse Consultant

Metropolitan Residential Services

Our Sydney metropolitan Residential Units continued to provide exceptional family-centred care to families experiencing complex parenting challenges. Throughout the year, services focused on service innovation and quality improvement, workforce development and clinical excellence, enhancing consumer experiences and outcomes and maintaining safe and supportive environments for families.

The Nepean team recognised a significant milestone with the retirement of Nurse Unit Manager Sue Bruhm, who dedicated 33 years of service to Tresillian supporting families and staff. We thank Sue for her exceptional contribution and welcome Gill Ross, who was appointed as the new Nurse Unit Manager.

Canterbury staff participated in a pilot team culture program designed to strengthen workplace relationships, build trust among team members and foster a positive, collaborative workplace culture. The program is still running and will be completed later this year. This initiative has created opportunities for implementation across other Centres in the future.

Wollstonecraft continued to contribute to international knowledge sharing by hosting a delegation from Ukraine and delivering educational sessions for a Korean delegation.

Investing in our workforce remains a priority. Across Metropolitan Residential Services, five New Graduate Nurses successfully commenced and were supported through collaborative partnerships with Clinical Nurse Educators and the Education Team. This structured support provided learning opportunities, clinical supervision, professional development pathways and a strong foundation in child and family health nursing practice.

Our Virtual Residential Parenting Service (VRPS) continues to support families that are unable to attend an in-person service. It provides flexible and accessible services that support families across New South Wales. The service is very successful and always meets occupancy targets. The feedback is overwhelmingly positive from those families who experience the service.

- The service was evaluated by the Parenting Research Centre and the University of NSW. The evaluation findings include:
- The service provided greater accessibility for regional and remote families in NSW
- Reduced wait times for services
- The convenience and flexibility of online delivery particularly benefited families with competing responsibilities, working caregivers, and those in regional areas



Left: Sue Bruhm, Nurse Unit Manager at Tresillian Nepean, retired after 33 years with Tresillian. Pictured Far left: Leanne Daggar, Director Clinical Operations, with Sue Bruhm, NUM and Dani Levis, Executive Director of Clinical Services.

Thank you to every member of the Tresillian team. Your kindness, patience, encouragement and expertise gave us confidence as first-time parents. We left not only with better sleep, but with practical skills that we will use for years to come. Tresillian — you truly make a life-changing difference.

- Improved parenting confidence
- Improved parent and child wellbeing

Following the evaluation the Ministry of Health has renewed the funding for the service until 2030.

Metropolitan Day Services

Our metropolitan Day Services continued to provide comprehensive support to families through centre-based and outreach programs. Key achievements included delivery of Extended Home Visiting programs, support for vulnerable families across metropolitan regions, regular visits to support families at Kathleen York House at Glebe and Jacaranda House at Emu Plains and participation in supported playgroups. Through these initiatives staff have strengthened family engagement, increased service accessibility and supported parents in building confidence and capability.

The Queen Elizabeth II (QEII) Family Centre located in the ACT has focused on workforce growth, service development and community partnership. The education team has grown with the introduction of a Clinical Development Nurse. This role with the Nurse Educator has supported the new Transition to Practice Nurses and New Graduate Nursing Program. The team have cultivated strategic partnerships with the Perinatal Mental Health Alliance and attended Perinatal Mental Health Network Meetings. These collaborations strengthened awareness, referral pathways and support for families throughout the region.

Tresillian North Intensive Parenting Unit in Tasmania was opened in November 2025. The services was established in partnership with Tasmania Health. The service includes a four-bed residential unit, integrated day service and a Tresillian 2U (T2U) van. We are proud to say that the service has supported more than 200 families in its first year of operation.

The T2U Van is based in Burnie in the northwest of Tasmania and travels to Devonport, Smithton and Wynard. The mobile service delivers outreach day services, parenting groups and community-based support programs.

The Launceston team has built community partnerships with baby villages, Kanamaluka Collective, Child and Family Learning Centres. These partnerships have strengthened local support networks and improved accessibility for families.

We have recruited outstanding local staff for the unit. Thank you to all the NSW and ACT staff

who have travelled to Launceston to support the opening of the new Centre. This has had an impact on the rosters in NSW and the ACT and all staff have supported the release of staff to travel to Launceston.

Regional Family Care Centres (FCC)

Tresillian's diverse locations across NSW provide support to families in regional and remote areas. Our 14 Regional Family Care Centres and T2U mobile services have had a successful year, achieving positive outcomes in supporting families to access parenting support. The Regional services have continued to provide valuable outreach and flexible access across their local communities. Some of our satellite service areas have increased service delivery demands, and we have been able to negotiate offering extra clinical appointments to meet the community needs. In the regions, maintaining collaborative relationships with our relevant partners ensures Tresillian is able to respond quickly to increasing demand.

A highlight over the past 12 months has been the relocation of the Armidale Family Care Centre to the well positioned new facility directly opposite Hunter New England Hospital and Community Health Centre. This move has enabled seamless

160

National clinician and researcher participants being reached by Tresillian's Father inclusive Community of Practice.

07

Nurses being supported by the Tresillian New Graduate Nurse Program.



Our Nurse Educators and clinicians represented Tresillian at Expos for health professionals and expectant and new parents. Pictured above from left to right is Julie Apps, Sue Adams and Liz Shields.

transition between health services which supports family centred care and ongoing partnerships.

Our Clinical Nurse Specialists located regionally have played a key role onboarding and supporting new Tresillian clinicians which supports an individualised orientation and learning support program tailored to regional staff. While recruitment challenges and staff shortages continue to present challenges, our regional teams have remained committed to meeting the needs of families and delivering high-quality care which is evidenced by excellent client feedback. Offering telehealth as an option supports families whilst we recruit, ensuring families do not have to wait for a service.

Education and Professional Practice Innovation Centre (EPPIC)

The Education and Professional Practice Innovation Centre (EPPIC) continues to advance workforce capability, education excellence and professional development across the organisation. Tresillian commenced a New Graduate Nurse Program in February 2026, the program supported seven graduate nurses across Sydney metropolitan services and the ACT. The program highlights included eight structured study days, clinical support from Clinical Nurse Educators and mentoring and skill development opportunities.

The Transition to Specialty Practice Program is designed for experienced Registered Nurses who do not have experience in child and family health. Two programs were delivered throughout the year. These programs strengthen workforce sustainability across the sector.

The education team participated in nursing, midwifery and medical student expos across several universities. They reviewed and re-developed curriculums to ensure alignment with evidence-based practice and contemporary education methodologies. They delivered bespoke education programs for external organisations, provided increased support for Sustaining NSW Families (SNF) teams as part of SNF Lite and SNF Plus implementation and participated in professional development opportunities in the University of Washington's 'Promoting Maternal Mental Health' Facilitator Program.



Clinical Social Worker Jamille Abou Raad with a Tresillian Canterbury Dads Group, supporting fathers to connect, share experiences and build confidence in their parenting journey.

In addition, they collaborated with Canberra Health Services on Family Partnership Training, the SCORPIO Breastfeeding Program and the integration of Clinical Nurse Educators into EPPIC and operational teams.

Father Inclusive practice

Father Inclusive practice is a strategic priority for Tresillian. Alison Wallbank, Clinical Nurse Consultant, has taken the lead on this project. She has established a nationwide Community of Practice (CoP) to support the work required to establish a framework that includes fathers in parenting services.

The Tresillian's Father Inclusive CoP currently reaches 160 registered national clinician and researcher participants from hospitals, community health, universities, parent education, parenting services, Non Government Organisation's (NGO's) as well as including an invitation to all Tresillian staff. Within the community of practice, clinicians share challenges, test ideas, learn from the mistakes and successes of others, to learn collectively. Our focus will centre around six identified themes, as follows:

- Organisational Changes
- Needs Analysis
- Clinical Practice change
- Workforce Education
- Gender specific programs and services
- Resources, referral pathways

This work was presented at the Tresillian Conference in August.

The Year Ahead

It has been a year of development, growth and change. Our teams are committed to providing high quality care and supporting families in the year ahead by:

- Expanding service accessibility through virtual and outreach models.
- Strengthening partnerships across health and community sectors.
- Enhancing family-centred care and service innovation.
- Developing and retaining a highly skilled workforce.
- Improving access to mental health and early intervention services.
- Supporting families across metropolitan, regional and remote communities.

Together, we will continue to build stronger families, and healthier communities, ensuring every child has the best start in life.

Breastfeeding Workshop in the ACT

The SCORPIO Workshop in the ACT (13th March, 2026) brought together new graduate nurses and midwives from Canberra Health Services and Tresillian to build knowledge and practical skills in breastfeeding support. The program is an interactive, station-based learning model that focuses on real clinical scenarios and evidence-based practice to ensure frontline clinicians are equipped with the skills they need to support families.





Parent-Infant & Early Childhood Mental Health Service Report

Beth Fulton

The 2025–2026 financial year marked another year of growth, innovation and expanded access for Tresillian's Parent, Infant and Early Childhood Mental Health (PIEC-MH) service. The year also saw an important leadership transition following the resignation of former Clinical Director Ms Tanya Bruning. Tanya played a pivotal role in establishing and embedding the PIEC-MH Model of Care, and we sincerely thank her for her dedicated leadership and significant contribution over her three-year tenure.

Beth Fulton joined Ann DeBelin, Clinical Nurse Consultant in Perinatal and Infant Mental Health, and Dr Alice Dwyer, Medical Director and Perinatal Psychiatrist, to lead a multidisciplinary team of approximately 20 specialist clinicians from psychology, social work, occupational therapy and nursing backgrounds.

PIEC-MH 2025–2026 at a glance

- 4,435 direct clinical contacts
- 2,460 face-to-face contacts
- 250 therapeutic group sessions

Demand for specialist perinatal, infant and early childhood mental health services continued to grow throughout the year, reflecting the increasing complexity of presentations and the important role of PIEC-MH within Tresillian's integrated model of care. This sustained demand highlights the importance of timely, evidence-based mental health support for

parents and young children during the critical first 2,000 days of life.

The PIEC-MH team provided specialist leadership and consultation across Tresillian in domestic and family violence, child protection, psychosocial risk and trauma-informed care. Through clinical consultation, multidisciplinary case review, education, policy development and strengthened referral and escalation pathways, the team supported safe responses to risk, centred infant and child wellbeing and strengthened compassionate care for families experiencing trauma and adversity.

Specialist mental health support was delivered across residential, day, outpatient and virtual settings. Regional access expanded through the establishment of PIEC-MH services within Tresillian's new Launceston Residential and Day Services program, increasing access to mental health assessment, therapeutic intervention and psychiatric support for families in geographically isolated communities.

In line with Tresillian's Strategic Plan, a Fathers' Mental Health Working Group was established to better understand and respond to the mental health needs of fathers and non-birthing parents. This quality improvement initiative reflects Tresillian's commitment to whole-family care and recognises the important role all parents play in supporting infant and child development.

Clinical innovation remained a key focus through the successful pilot of the evidence-based *Tuning in to Toddlers* parenting program. The program supported parents to strengthen emotional connection, develop emotion coaching skills and promote toddlers' social and emotional development. It represents an important investment in prevention and early intervention during a critical stage of child development.

Specialist outpatient therapeutic groups also continued, including the Parent–Child Nurture and Regulation Group, a Tresillian developed intervention. A Paul Ramsay Foundation-funded randomised controlled trial evaluating the program progressed in partnership with the Human Technology Institute at the University of Technology Sydney. The mindfulness research project, undertaken in collaboration with Nickolas Yu and supported by Dr Anne-Marie Maxwell, was also successfully completed.

Routine outcome measurement continued to be embedded across the service using REDCap, highlighting the complexity of the mental health and psychosocial needs experienced by parents. Standardised measures informed clinical assessment, formulation and treatment planning, while supporting evaluation, continuous quality improvement and meaningful outcomes for families.

Workforce development remained a strategic priority. A successful Health Education and Training Institute grant enabled PIEC-MH team members to undertake advanced training in Eye Movement Desensitisation and Reprocessing (EMDR), an evidence-based treatment for psychological trauma. Participation by clinicians from other NSW health services strengthened cross-sector partnerships and professional networks.

The PIEC-MH Psychiatry Registrar Training Program also supported specialist training

4,435	2,460	250
Direct Clinical Contacts	Face-Face Contacts	Therapeutic Group Sessions



across metropolitan services and the Mid North Coast, helping to develop the future psychiatry workforce in parent, infant and early childhood mental health.

Consumer participation remained central through ongoing collaboration with the Lived Experience Advisory Panel (LEAP), ensuring parents' perspectives informed quality improvement and future service planning. Partnerships were also strengthened with non-government organisations, local Perinatal and Infant Mental Health Services, Community Mental Health teams, the Australasian Marcé Society for Perinatal Mental Health and the Australian Association for Infant Mental Health. The team continued to provide education across Tresillian and the wider sector and to support University of Sydney student placements.

Across clinical care, research, education and service development, the PIEC-MH team remained committed to relationships, safety and trauma-informed practice as foundations of therapeutic care. Through specialist expertise, evidence-based intervention, innovation and collaboration, Tresillian continues to advance parent, infant and early childhood mental health care, strengthen organisational responses to vulnerable families and help children achieve the best possible start to life.

Research at Tresillian

Tresillian Family Care Centres is committed to supporting, undertaking, and disseminating research that 1. increases knowledge about child and family health and nurturing parent-child relationships, and 2. contributes to the development of evidence-based services for children and families.

Tresillian works in partnership with several universities across Australia and with other entities within the Sydney Local Health District and beyond. Tresillian is committed to providing evidence-based care and to improving and preparing for the future through research, education, and innovation (Strategic Plan 2025-2027).

Tresillian was engaged in multiple research projects during 2025-26, as listed below. Of note, Tresillian is conducting its first randomised clinical trial, evaluating a new therapeutic parenting group - *Parent-Child Nurture and Regulation* - funded by a grant from the Paul Ramsay Foundation. The University of Technology Sydney's Human Technology Institute are our evaluation partners in this study. We were excited to commence recruitment and data collection during 2025-26 for this 3-year project.

We also commenced data collection for Tresillian's other major grant funded project, trialling new data collection instruments and processes in Tresillian's Nepean Residential Unit. This project is being conducted in collaboration with a team at Monash University and Masada Early Parenting Centre, funded by the Ramsay Hospital Research Foundation under the title Collaboration *between a public and a private early parenting centre to improve social disadvantage though continuous quality improvement.*

The third project to highlight is Tresillian's co-funded PhD scholarship project with Western Sydney University, focusing on father inclusive practice. After a protracted recruitment process the successful recipient, Shama Kukkady, commenced her PhD candidature in January 2026. Shama comes with a strong background in Public Health, and she was well and truly worth the wait! We look forward to supporting Shama as her PhD project unfolds – and again we thank Dr Bryanne Barnett AM who provided the funds for Tresillian's component of the scholarship.

Finally, Tresillian was a partner organisation in a successful NHMRC Partnership Project grant totalling $897,402.20 for a project titled *Enhancing primary care workforce capacity and cultural competency to optimise early childhood*

Tresillian is conducting its first randomised clinical trial, evaluating a new therapeutic parenting group - *Parent-Child Nurture and Regulation* - funded by a grant from the Paul Ramsay Foundation.





Left: Dr Alice Dwyer (left) and Dr Anne-Marie Maxwell, (pictured right) co-presented at the Australasian Marcé Society Conference on 4 September, 2025 showcasing Tresillian's current Grant projects. Right: The successful pilot of the evidence-based 'Tuning in to Toddlers' parenting Group.

growth: a co-design approach under the leadership of Prof Li Ming Wen. We are excited to partner with NSW leaders in child health in this project. Tresillian is also participating in the Integrated Kids Connect Study, a Translational Research Grant Scheme multisite clinical trial offering digital wellbeing checks to families and supporting them through a tiered care model.

Key research partners

Tresillian is currently engaged in research partnerships with the following entities:

- Curtin University
- Human Technology Institute
- Inger Rice Foundation
- Macquarie University
- Masada Early Parenting Centre, Ramsay Healthcare
- Monash University
- Paul Ramsay Foundation
- Ramsay Hospital Research Foundation
- Southern Cross University
- Sydney Local Health District
- University of New South Wales
- University of Technology Sydney
- University of Sydney
- University of Wollongong
- Western Sydney University
- Woolcock Institute



The team from the Tresillian 2U Van in Queanbeyan

Current Research Projects

1. Dwyer, A., Maxwell, A-M, Cripps, S. & Lopatnikova, A. *Comparing intervention outcomes from two therapeutic groups for parent-child dyads impacted by parental disturbances of self-organisation (DSO): A Bayesian Adaptive Trial.* (Data collection phase)
2. Fisher, J., Stanzel, K., Dwyer, A. & Maxwell, A-M. *Collaboration between a public and a private early parenting centre to improve social disadvantage though continuous quality improvement.* (Preparation & data collection phases)
3. Maxwell, A-M., Wallbank, A., De-Belin, A., Mon, A. M. *Investigating early discharge in a residential parenting service.* (Preparation phase)
4. Katz, I., Chow, J., Blunden, L-A., Thomson, C., Macvean, M., Sartore, G., Cann, W., Avdagic, E., Tani, M. Virtual Residential Parenting Services: Evaluation. (Data analysis & write-up phases)
5. Hawthorne, J. Yu, N., Fairbrother, G. Azar, M., Ryan, L., Ozbek, S., Maxwell, A-M. *Effectiveness of a mindfulness meditation-based intervention among post-natal mothers attending an early parenting service.* (Data collection & analysis phases)
6. Opie, J., McIntosh, J., Hooker, L., De-Belin, A., Smit, J., & Maxwell, A-M. *My Early Relational Trust-Informed Learning (MERTIL) for Parents: Understanding parental and practitioner perspectives before and after a brief attachment-informed and trauma-informed online teaching module.* (Publication phase)
7. Gordon, C., Appleton, J., Denney-Wilson, E., Brown, N., Grant, J., Maxwell, A-M., Rahimi, M., Ma, R. *Maternal and infant mental health and sleep study.* (Data analysis and write-up phase)
8. Appleton, J., Denney-Wilson, E., Cheng, H., Reilly, N., Taki, S., Stockton, D., De-Belin, A., & Maxwell, A-M., *Evaluation of the Tresillian SleepWellBaby app for impact, acceptability, and efficacy of screening, digital support, and stepped care.* (Publication phase)
9. Bailey S., Hutchinson M., Stockton D., & Cormick, J. Tresillian 2U - *The early years parenting service longitudinal study* (PhD; write-up phase)
10. Maxwell, A-M., Crane, M., McMahon, C., Karin, E., Scopano, L. *Understanding resilience across the transition to parenthood.* (Data analysis, write-up & publication phase)
11. Maxwell, A-M., Crane, M., McMahon, C., Lao, J. *Enhancing resilience in the early parenting workforce & harnessing expertise for intervention redesign.* (Data analysis & write-up phase)
12. Steen, M. Zhou, J., Othman, S., Elmir, R., Kothari, A., Pascal, R., Kennedy, S., Luppino, A., & Maxwell, A-M. *Prepared Dad evaluation.* (Project establishment & data collection phases)
13. Wen, L. M., ... Maxwell, A-M. et al. *Enhancing primary care workforce capacity and cultural competency to optimise early childhood growth: a co-design approach.* (Project establishment phase)
14. Kukkady, S., Arora, A., Maxwell, A-M., Walker, A., & Micheal, S. *Father visibility in the First 2000 Days: A co-design, mixed-methods approach to equitable inclusion of fathers in perinatal and early parenting*

services. PhD scholarship project co-funded by Tresillian and Western Sydney University. (Project establishment phase)

Publications

Appleton, J., Maxwell, A-M., Cheng, H., Taki, S., Stockton, D., Fethney, J., DeBelin, A., Denney-Wilson, E. & Reilly, N. (2026). Engagement, acceptability and impact of a parenting app to support infant sleep and parent wellbeing: a quasi-experimental study. *JMIR Pediatrics & Parenting.* http://dx.doi.org/10.2196/88948

Cloud, Z. C., Opie, J. E., Paterson, N., **Maxwell, A. M.,** Booth, A. T., Foster, H., Welsh, E. T., Gibson, T., de Quadros-Wander, S., & McIntosh, J. E. (2026). MERTIL for Parents: Pilot study of an attachment and trauma-informed online parenting program. *Children,* 13(1), 7. https://doi.org/10.3390/children13010007

Maxwell, A. M., Karin, E., Scopano, L., McMahon, C., & Crane, M. F. (2026). The Relationship Between Depression and Coping Insight Dimensions in the Transition to Motherhood. *Stress and Health,* 42(1), e70144. https://doi.org/10.1002/smi.70144

Conference & Webinar Presentations

NATIONAL

Appleton, J., Fairbrother, G., **Maxwell, A-M. & Booker, M.** (2026, March 24-25). *Postnatal group therapy for anxiety and depression – treatment and prevention?* Preventive Mental Health Conference 2026, Parramatta, NSW, Australia.

Dwyer, A. (2025, August 8). *Parent-Child Nurture and Regulation group at Tresillian: Regulating selves, regulating others in Regulate to relate: Relate to regulate* [Online symposium]. Australian Association for Infant Mental Health NSW & Infant Mental Health Association Aotearoa New Zealand.

Dwyer, A. (2026, May 15-16). From wounds to windows: *How the perinatal period shapes intergenerational futures* [Invited keynote]. ASPOG 2026 Annual Scientific Meeting, Australian Society for Psycho-Social Obstetrics and Gynaecology, Sydney, NSW, Australia.

Kukkady, S., Moore, S., Kennedy, S., **Maxwell, A-M.,** Michael, S., Walker, A., & Arora, A. (2026, May 7-8). *Improving fathers' engagement in perinatal and early parenting services in Australia: A co-designed mixed-methods approach* [Poster session]. Australian Fatherhood Research Symposium, Melbourne, VIC, Australia.

Maxwell, A-M. (2025, July 29). *Attachment-based parenting interventions: Options, evaluation & support* [Webinar]. Parenting and Family Research Alliance.

Wallbank, A. (2026, May 7-8). *Embedding father-inclusive practice within Tresillian's services: Building a Community of Practice to drive organisational change* [Poster session]. Australian Fatherhood Research Symposium, Melbourne, VIC, Australia.

REGIONAL & INTERNATIONAL

Dwyer, A. & Maxwell, A-M. (2025, September 4-6). Documenting parental mental health vulnerabilities in an early parenting service: Complex PTSD and Disturbances of Self-Organisation in Evidence of the important contribution of Australia's residential early parenting programs to comprehensive perinatal mental health care [Symposium]. Perinatal and Infant Mental Health Conference, Australasian Marcé Society & Australian Association for Infant Mental Health, Melbourne, VIC, Australia.

Dwyer, A., Maxwell, A-M., De-Belin, A., & Fulton, B. (2026, June 4-6). *Complex trauma, caregiving profiles and early parenting services: Baseline findings from an embedded parent–infant mental health model* [Symposium]. RANZCP Section of Perinatal & Infant Psychiatry 2026 Conference, Sydney, NSW, Australia.

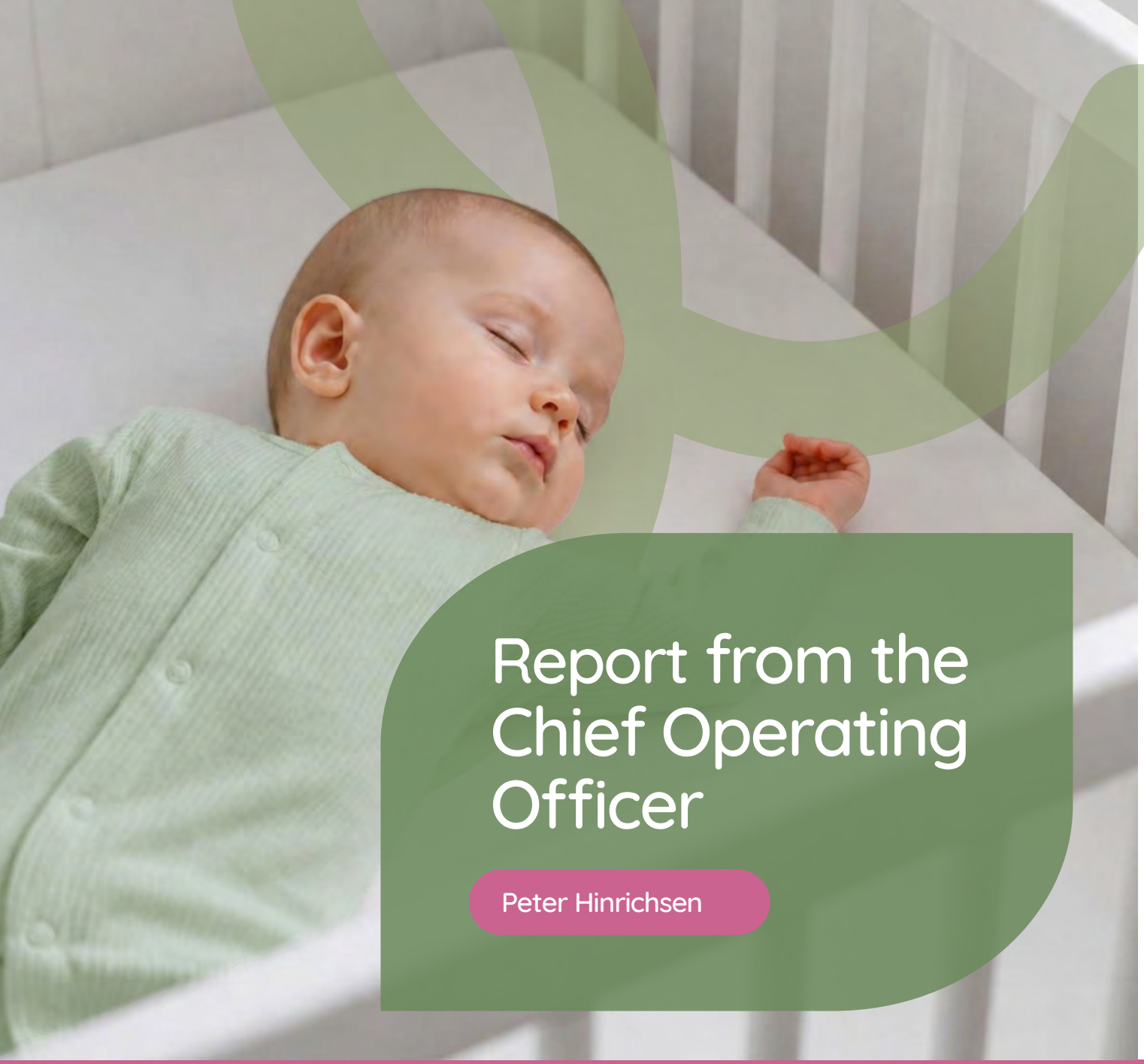
Dwyer, A., Maxwell, A-M., Fisher, J., & Stanzel, S. (2026, June 4-6). *Understanding parental mental health characteristics and dyadic outcomes across public and private residential early parenting services* [Symposium]. RANZCP Section of Perinatal & Infant Psychiatry 2026 Conference, Sydney, NSW, Australia.

Dwyer, A., Maxwell, A-M., Lopatnikova, A., & Cripps, S. (2025, September 4-6). Disrupting intergenerational psychosocial disadvantage? in Breaking the cycle: Rigorous evaluations for disrupting intergenerational disadvantage [Symposium]. Perinatal and Infant Mental Health Conference, Australasian Marcé Society & Australian Association for Infant Mental Health, Melbourne, VIC, Australia.

Dwyer, A., Maxwell, A-M., Lopatnikova, A., & Cripps, S. (2026, June 4-6). *Intergenerational impact of parental complex trauma – building the evidence base* [Symposium]. RANZCP Section of Perinatal & Infant Psychiatry 2026 Conference, Sydney, NSW, Australia.

Lopatnikova, A., Cripps, S., **Dwyer, A., & Maxwell, A-M.** (2025, September 4-6). Bayesian Adaptive Trials (BAT): (Rigorously) learn-as-you-go methodology to find out what works in perinatal and infant mental health in Breaking the cycle: Rigorous evaluations for disrupting intergenerational disadvantage [Symposium]. Perinatal and Infant Mental Health Conference, Australasian Marcé Society & Australian Association for Infant Mental Health, Melbourne, VIC, Australia.





Report from the Chief Operating Officer

Peter Hinrichsen

The 2025-26 financial year has been characterised by significant achievement across Tresillian's operations portfolio, with a strong focus on growth, service readiness, digital transformation, infrastructure enhancement, sustainability and organisational improvement.

A major highlight of the year was the successful commissioning of the Tresillian North Intensive Parenting Service in Launceston, Tasmania.

Quality, Safety and Client Experience

Maintaining safe, high-quality care remains central to Tresillian's operations. During the year, the organisation continued its commitment to accreditation readiness and quality improvement across all services. Following the successful ACHS accreditation achieved in 2024, preparations continued for future assessments while ensuring ongoing compliance with the National Safety and Quality Health Service Standards. The newly established Launceston service also successfully completed interim accreditation with no recommendations.

Client satisfaction remained exceptionally strong throughout the reporting period. Overall satisfaction across Tresillian services

was 90.8%, with Day Services achieving 93.3%, Regional Services 93.6% and Residential Services 88.1%. These results reflect the dedication of our staff and the confidence that families continue to place in Tresillian's services.

Tresillian also maintained a world-class Net Promoter Score of 71.4, reinforcing our reputation as a trusted provider of family and parenting support. Pleasingly, reported incidents decreased by 12% compared to the previous year, with all incident management benchmarks achieved.

Digital Transformation and Health Information Management

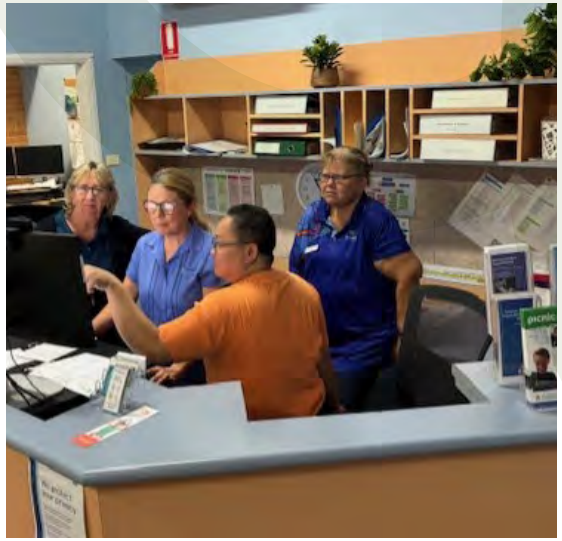
Significant progress was made in strengthening Tresillian's digital capability led by the Clinical Informatics team and Finance ensuring our digital infrastructure supports contemporary service delivery and organisational growth.

The Information Management and Health Informatics teams reviewed a future State-wide Single Digital Patient Record (SDPR) implementation with the first tranche rolled-out in the Hunter New England Local Health District.

The team also supported the rollout of the SDPR program and within relevant services as well as the Cerner Electronic Record for services not currently in scope. This was assisted by the knowledge gained by the existing electronic record used in the ACT that utilises the same platform. The team also commenced due diligence activities to inform selection of an electronic medical record platform for Tasmania. These initiatives position Tresillian well for future digital integration and enhanced operational efficiency. Records have moved to being fully digital in the regions with scanning and uploading of the last remaining paper generated records, to the digital platform.

Digital Transformation and Finance

The Finance team have delivered in line with the new Tresillian Digital Strategy with a number of important initiatives during the year, including the implementation of a new payroll and workforce management system for the ACT and Tasmania,as well as the introduction of an electronic fleet management platform.



Rachel Starrett, Belinda Matthews and Donna Duffy in Tresillian Taree going live with the Single Digital Patient Record (SDPR) being supported by Rizza Mason on site.

93.3%	93.6%	88.1%
Day Services Client Satisfaction	Regional Services Client Satisfaction	Residential Services Client Satisfaction

Infrastructure, Equipment and Operational Improvements

Investment in facilities and equipment continued to ensure safe, modern and accessible environments for families and staff.

Notable projects included the construction of new parking and accessible facilities at Cowra, completion of the Canterbury Play Area Mural, refurbishment of client bedrooms at the Nepean campus, replacement of soft-fall surfaces at Guthrie Early Learning Centre and upgrades to essential operational equipment, including replacement of Automatic External Defibrillators and commercial laundry and dishwashing systems. These initiatives support both service quality and compliance with contemporary safety and infection prevention standards.



The Canterbury Residential Indoor Playground Mural, a project funded from Club Grants. Pictured centre is NUM, Amanda Bamford, and mural artists, Adrian and Nikki Marchio.

Guthrie Early Learning Centre

Guthrie Early Learning Centre has continued to provide high-quality early childhood education and care, maintaining strong occupancy levels, receiving positive feedback through regulatory and quality monitoring processes and remaining highly regarded within the local community.

A significant focus during the year was preparation for the NSW Child Safe Reforms. Comprehensive reviews of governance, operational and human resource policies were undertaken, alongside Child Safe Foundation Training for relevant staff. These initiatives further strengthened Guthrie's commitment to safeguarding children and promoting a strong child-safe culture.

Guthrie's commitment to sustainability, innovation and community engagement has continued to flourish in particular through participation in the NSW EPA Cool Planet Waste Reduction Program. The Centre's efforts were recognised with an award in the North Sydney Council Garden Competition.

Sustainability and Special Projects

The Operations Portfolio continued to support sustainability initiatives across the organisation through the work of the Energy and Sustainability Committee. Building on the achievements of the former Waste Management Working Party, the Committee continues to support the integration of sustainable practices across multiple sites.

The Special Projects portfolio played a pivotal role in the successful commissioning of the Launceston service, coordinating the extensive operational, procurement, stakeholder engagement and commissioning activities required to bring the facility into operation. This work ensured the service was able to fully support Tasmanian families from day one.

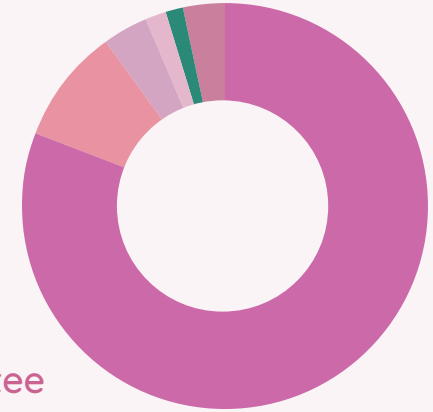
Looking Ahead

The achievements of the past year reflect the commitment, expertise and dedication of staff across Tresillian. As we continue to grow and evolve, our focus remains on supporting families through accessible, high-quality services while investing in the people, systems and infrastructure required to meet future demand.

I extend my sincere thanks to our staff, Executive Team, Board members, volunteers and partners for their ongoing support and contribution. Together, we continue to build a strong and sustainable organisation that remains committed to ensuring every child has the best possible start in life.

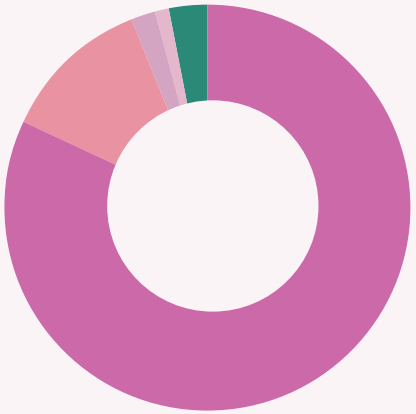
Financial Report

Christina Hall
Chair Finance, Audit & Performance Committee



Where our Money came from ($44.6 million)

- Government Funding
- Patient Fee Revenue
- Child Care Fees
- Investment Income
- Other Service Fees
- Sponsorship and Donations



How our Money was used ($42.9 million)

- Employee Benefits expenses
- Other Service Expenses
- Repairs and Maintenance
- Contributions to Other Entities
- Finance Expenses
- Depreciation Expenses

In the financial year 2025-2026, Tresillian recorded a total revenue of $44.6 million. Government funding constitutes a significant portion of this, accounting for 81% of total revenue, which increased by 4% compared to FY2024-2025.

During the year, Tresillian received $2.8 million in funding from the Tasmanian Department of Health to support the establishment of the Tresillian North Intensive Parenting Unit in Launceston, Tasmania, expanding access to specialised early parenting services for families in the region.

Donation and sponsorship revenue for the year was $1.4 million. This achievement was made possible through the generosity of our donors, regular supporters, clubs, local councils, charitable trusts and corporate partners, whose commitment continues to strengthen our ability to support families across Australia. We extend special thanks to our Major Donor, Brian and Wendy Faulkner, Richard Crookes Constructions and Bryanne Barnett for their exceptional contributions during the year.

The total expenditure on programs and activities for the year was $42.9 million and the operating surplus for the year was $1.7 million, an increase from the surplus of $0.15 million achieved in FY2024-25, reflecting a strengthened financial position and continued investment in service delivery.

At 30 June 2026, Tresillian's net asset stood at $21.2 million, reflecting the organisation's strong financial position. Current assets of $15.1 million were largely represented by cash holdings, receivables and investments, while property, plant and equipment and long term investments totalled $25.9 million. Total liabilities were $17.5 million, with employee leave and other staff related provisions accounting for $9.6 million of this balance.

Tresillian acknowledges and thanks our valued partners, including NSW Health, Sydney Local Health District (SLHD), ACT Health, the Tasmanian Department of Health, Department of Social Services and our corporate supporters for their ongoing collaboration and commitment. Their support enables us to continue delivering trusted early parenting services and making a positive difference in the lives of children and families across Australia

I would also like to thank all the staff at Tresillian, Board and the members of all Committees for their ongoing and valued support.

Financial Report

Tresillian Family Care Centres financial records for the year ended 30 June 2026 were audited by Grant Thornton Australia in accordance with Australian Accounting Standards and the Australian Charities and Not for Profits Commission (ACNC) Regulation. A full copy of Tresillian Family Care Centres Annual Financial Report is available free of charge by writing to The Chief Executive Officer, Tresillian, PO Box 5082 Greenwich NSW 2065 or direct from the ACNC website www.acnc.gov.au



Financial Performance and Position The table below is a summary of our Income, Expenditure and Financial Position for the Year Ended 2026 with comparative.				
	2026	2025	Increase/(Decrease)	Increase/(Decrease)
	$	$	%	%
Total Revenue	44,680,218	39,751,916	4,928,302	12%
Total Expenses	42,963,498	39,601,287	3,362,211	8%
Net Surplus /(Deficit)	**1,716,720**	**150,629**	**1,566,091**	**1040%**
Current Assets	15,170,076	11,349,948	3,820,128	34%
Non - Current Assets	25,920,501	22,288,535	3,631,966	16%
Total Assets	**41,090,577**	**33,638,483**	**7,452,094**	**22%**
Current Liabilities	17,516,031	13,973,240	3,542,791	25%
Non-Curent Liabilities	2,380,403	187,820	2,192,583	1167%
Total Liabilities	**19,896,434**	**14,161,060**	**5,735,374**	**41%**
Net Assets	**21,194,143**	**19,477,423**	**1,716,720**	**9%**

Revenue over last 7 years						
2026	2025	2024	2023	2022	2021	2020
44,680,218	39,751,916	47,221,690	36,992,937	33,164,104	28,558,985	28,158,437
Net assets over the last 7 years						
2026	2025	2024	2023	2022	2021	2020
21,194,143	19,477,423	19,326,794	11,575,808	10,168,889	9,030,479	8,125,717

Organisational Structure



Executive Team



Chief Executive Officer
Adjunct Associate Professor Rob Mills

RN, RM, MPH and FAICD

Rob is a Registered Nurse and Midwife with over 35 years' experience working in the speciality field of maternal & child health, early parenting services and he holds a Masters of Public Health. Rob has been the CEO at Tresillian since 2013 and during his tenure, he has rapidly expanded the service over the last 8 years, with an additional 18 new Tresillian centres across regional New South Wales, Victoria & the Australian Capital Territory. In May 2024, the Tasmanian Government announced the rollout of the first ever Tresillian statewide Parent's Help Line and Tresillian residential beds & day services in Launceston, which opened in late 2025.

Rob is on the Board of the Australasian Association of Parenting and Child Health Inc.; the Dean's Advisory Board University of Technology Sydney (UTS); the PREPARE Foundation (Birthing Dads) and the NSW Health Services Association Board. Rob is an Adjunct Associate Professor of Industry with the University Technology Sydney (UTS), a Fellow of the Australian Institute of Company Directors (AICD) and is an accredited Assessor with the Australian Council on Healthcare Standards (ACHS).



Executive Director Of Clinical Services
Ms Danielle Levis

RN

Danielle has over 30 years nursing experience and she has held senior leadership roles in health care for 12 years, in both the public and private sectors.

She worked for 21 years in Western Sydney Local Health District in various positions in the Division of Surgery and Anaesthetics. She held the position of Deputy Director of Nursing and Midwifery, Westmead Hospital before moving to Blacktown Mt Druitt hospitals as the Director of Nursing and Midwifery. Danielle was involved in the redevelopment at Westmead Hospital and commissioned Stage 2 of the Blacktown Hospital redevelopment. She was also the Director of Clinical Services at North Shore Private Hospital, where she was responsible for Nursing, Allied Health, Housekeeping and Catering services.

Prior to joining Tresillian, Danielle was the Director of Nursing at the RPA Virtual Hospital and has been instrumental in the launch of the Wound Care Command Centre as part of the districts Digital Wound Model of Care and the development and launch of the Statewide Virtual Adults program.



Chief Operating Officer
Mr Peter Hinrichsen

B.App.Sc (HIM), BHSM, LLB

Peter is an operational leader with over 30 years of diverse experience in providing leadership to tertiary facilities in portfolios including Women and Children's Health, Surgical Services, Medical Imaging, Heath Informatics and Corporate Services. Peter has effectively managed significant change and service growth in a rapidly expanding organisation. He has led successful clinical systems implementations, redesign activities and overseen broader facility operations, Quality, Work Health and Safety and Safety and Security portfolios.

Prior to joining Tresillian, Peter was the Director Corporate Services of Nepean Hospital where he spent 8 years leading the portfolio through significant redevelopment and transformation.

Portfolio responsibility for Women and Children's Health and later the onsite Early Childhood and Education Centre has given Peter a strong understanding of the importance of the role of Tresillian as an early parenting service provider.

Tresillian Board



President
Dr Nick Kowalenko
MB, BS, FRANZCP, MAICD

Board Director 2008-current. Elected President in November 2013. Member: Tresillian Governance, Audit and Risk Committee 2014-current. Director: Tresillian Governance, Audit & Risk Committee.

Dr Nick Kowalenko is a child psychiatrist with an extensive background of senior leadership, policy, research, professional education and training roles in Australia and internationally, including as Vice President of the International Association of Child and Adolescent Psychiatry and Allied Professional (2018-2026). He has advised health service leaders and policy makers, government and non-government organisations about the most effective early intervention strategies to support families, parents and their children.

As Tresillian President he has initiated an external review of the Board to better focus on strategic leadership and led the development of Board Committees to streamline the Board's governance responsibilities. He's Deputy Chair of Emerging Minds & International Faculty Member, Zero to Three (USA). He is passionate about promoting the emotional health and wellbeing of families and has championed the expansion of Tresillian's services throughout NSW, in the ACT and in Tasmania.



Vice President
Ms Natalie Boyd
BA (Mass Comm)

Board Director 2006-current. Elected Vice-President November 2015-current. Chair: Tresillian Marketing, Advocacy & Fundraising Committee 2018-current Chair: Tresillian Strategy & Performance Committee 2014-2018. Member: Tresillian Marketing, Advocacy & Fundraising Committee 2006-2018.

Natalie Boyd is a management consultant with deep expertise in communications and engagement, advising clients across commercial, government and not-for-profit sectors. Prior to establishing her own consultancy, Natalie held senior executive roles, including Managing Partner, in leading local and global strategic advisory firms. Natalie is passionate about building resilience in individuals, families, and communities, and is proud to support Tresillian in delivering vital services to thousands of Australian families every day. Natalie currently chairs the Marketing, Advocacy & Fundraising Committee, where her professional expertise continues to support the expansion and impact of Tresillian's services. In addition to her role at Tresillian, Natalie is a Ministerial appointee to the NSW Architects Registration Board and a Trustee of the Eryldene Historic House and Garden.



Board Director
Adjunct Associate Professor Troy Trgetaric
B.App.Sc (HIM), M.P.H, Juris Doctor, GAICD

Board Director: 2020-current. Chair: Tresillian Governance & Risk Committee 2020-current. Member: Tresillian Marketing, Advocacy & Fundraising Committee 2021-current.

Troy Trgetaric is currently employed as the Executive Director Hospitals for the Royal Rehabilitation Group, where he provides leadership in the management of their public and private hospitals. Prior to this role, Troy was the General Manager of Calvary Health Care, Kogarah, a Rehabilitation Medicine and Palliative Care Hospital in South Eastern Sydney. Troy also managed Wagga Wagga Base Hospital for three and a half years leading the organisation through its annual NSQHS 5-day accreditation cycle and overseeing a major infrastructure expansion. Before appointment to the Tresillian Board, Troy was employed as the Director of Corporate Services at Tresillian Family Care Centres for 5 years. Troy is an admitted legal practitioner, working at the Attorney General's Department (NSW) and the NSW Crown Solicitor's Office. In addition to Troy's corporate services and information management background, he has well developed skills in strategic public advocacy, contract management, budgetary management, change and project management, provision of legal advice, strategic workplace relations and hospital redevelopments.

Tresillian Board



Board Director
Ms Pamela Longstaff

BEc, LLB, Exec MBA, GAICD, FGIA

Board Director: Commenced September 2020 | Resigned November 2025. Member: Tresillian Finance, Audit & Performance Committee 2020-November 2025.

Pamela Longstaff is a commercial lawyer and executive leader with 20+ years' experience in roles spanning legal advisory, corporate governance; sustainability; government, industry and regulatory affairs. She is a Fellow of the Governance Institute of Australia, a graduate of the Australian Institute of Company Directors, and currently Company Secretary and Head of Sustainability for Soul Patts, an ASX Listed diversified investment house. Pam has served in leadership roles in health focussed not-for-profit organisations, including Juvenile Diabetes Research Foundation and Glycemic Index Foundation. She received the NSW Premier's North Shore Woman of the Year Award in 2020 recognising her community and fundraising leadership. She has two children and is thrilled to contribute to Tresillian's valuable work supporting new parents.



Board Director
Mr Paul Robson

GAICD, BCom GradDipIntlBus,

Board Director: 2024-current. Member: Tresillian Governance & Risk Committee 2024-current.

Paul Robson is the CEO of MYOB. He has more than 25 years' experience in the global technology sector, with a strong focus on digital transformation. Prior to joining MYOB, Paul held senior leadership positions at high profile technology companies, working across Asia, USA, Europe and the Middle East. He was President of Benchling, a cloud-based platform for biotech based in San Francisco, and spent a decade at Adobe, including President of International, where he played a critical role transforming the organisation's offering to a cloud-based subscription model. Paul is a non-executive director of ASX listed Technology One and an advisory board member of the Australian Industry Group. Paul's first interaction with Tresillian was as a new parent before he joined the Board, drawing on his technology experience to accelerate the organisation's digital presence.



Board Director
Ms Christina Hall

B. Accounting, CA, GAICD

Board Director: 2025-current. Member: Tresillian Finance, Audit & Performance Committee 2025-current.

Christina Hall is a corporate advisory and restructuring executive focused on working with Boards, management teams and other stakeholders to maximise operational, team and financial performance. Having worked as a consultant for PwC both in Australia and the UK and subsequently holding a senior leadership position for a US listed Australian company, leading its multidisciplinary finance team in Sydney, Christina has deep expertise in finance, regulatory and governance matters. Christina's passion for Tresillian stems from her own positive and impactful experience with Tresillian when her three children were young.



Board Director
Mr Mick O'Driscoll

Project Management (P.Grad.Dip) Dip Arch Tech, GAICD

Board Director: 2019-current. Member: Tresillian Finance, Audit & Performance Committee 2020-current.

Mick O'Driscoll is a Head of Infrastructure Development at Calvary HealthCare. He has over 25 years' experience in development in the construction industry across a range of sectors. He has specialised in the health sector over the last 16 years. His expertise in this area are assisting Tresillian in consolidation, growth and creating integrated solutions that enhance the care services provided by Tresillian.



Our Staff



CHIEF EXECUTIVE OFFICER
Adjunct Associate Professor Rob Mills

EXECUTIVE DIRECTOR CLINICAL SERVICES
Ms Danielle Levis

CHIEF OPERATING OFFICER
Mr Peter Hinrichsen

DIRECTOR MEDICAL SERVICES
Dr Joyce Leong

MEDICAL DIRECTOR PARENT INFANT & EARLY CHILDHOOD MENTAL HEALTH
Dr Alice Dwyer

CLINICAL DIRECTOR PERINATAL INFANT & EARLY CHILDHOOD MENTAL HEALTH
Ms Tanya Bruning, Clinical Director, Parent, Infant & Early Childhood Mental Health (Resigned October 2025)
Ms Beth Fulton, Clinical Director Parent-Infant & Early Childhood Mental Health Service (Acting from October 2025 (Appointed July 2026)

DIRECTOR WORKFORCE, LEARNING & DEVELOPMENT
Mrs Katherine Schaffarczyk

DIRECTOR FINANCE
Ms Dushi Goonesekera

DIRECTOR MARKETING & COMMUNICATIONS
Mrs Ann Paton

DIRECTOR QUALITY & SAFETY
Mr Brendan Dunn

DIRECTOR INTEGRATION & PARTNERSHIPS
Ms Debrah Davis

DIRECTOR HEALTH INFORMATION
Ms Rachel Plumbe

DIRECTOR GUTHRIE EARLY LEARNING CENTRE
Ms Jaclyn Stewart

DIRECTOR CLINICAL OPERATIONS
Ms Leanne Daggar

OPERATIONAL NURSE MANAGER (Metro)
Ms Jeanette Dries

OPERATIONAL NURSE MANAGER (Regional)
Ms Rachael McLean

OPERATIONAL NURSE MANAGER (QEII & Launceston)
Ms Michelle Stedman

NURSING UNIT MANAGERS (Metropolitan sites)
Fran Kenna – Wollstonecraft Residential Services
Kylie Choi – Wollstonecraft Day Services
Amanda Bamford – Canterbury Residential
Felecia Nazari – Acting Canterbury Day Services
Sue Bruhm – Nepean Residential Services (Retired January 2026)
Gillian Ross – Nepean Residential Services Appointed February 2025
Angela Drummond – Nepean Day Services
Glenda Goodwin – Virtual Residential Parenting Service
Karina Rogers – (Acting) Virtual Residential Parenting Service
Jenni Leece – Parenting Access Service
Sonja Griggs – Centralised Intake Service

MANAGERS
Dr Anne-Marie Maxwell, Research Manager
Rita Fenech, Executive Support Manager
Pina Filippone, Human Resources Manager
Victoria Hardin, Infection Prevention & Control Manager
Rebecca Love, Special Projects Manager
Alex Caruana, Facilities & Operations Manager
Barbara John, Work, Health & Safety Coordinator
Marty Theodoridis, Site Services Supervisor

WORKFORCE, LEARNING & DEVELOPMENT
Katherine Schaffarczyk, Director Workforce, Learning & Development
Anne-Louise Young, Nurse Educator (Nepean)
Carolyn Healey, Nurse Educator (Regional) maternity relief
Emma Monagle, Nurse Educator (QEII)
Hayley Briggs, Nurse Educator (Canterbury)
Janice Wright, Nurse Educator (Regional)
Jessica Masing, Nurse Educator (Regional)
Judy Kotowski, Nurse Educator (Regional)
Katherine Cramery, Clinical Nurse Educator (Canterbury)
Mary McDonald, SNF Programme Training Course Coordinator
Nicole Fleming, Nurse Educator (Regional)
Samantha Kelly, Clinical Nurse Educator (Wollstonecraft)
Stephanie Smith, Clinical Development Nurse (QEII)
Susan Rebolledo, Clinical Nurse Educator (Nepean)
Vicki Laing, Nurse Educator (Wollstonecraft)
Victoria Peake, Nurse Educator (Regional) maternity relief
Rizwan Faiz, Education Support Officer

CLINICAL NURSE CONSULTANTS

Alison Wallbank, CNC Child & Family Health
Ann DeBelin, CNC Perinatal & Infant Mental Health

CLINICAL STAFF

Allison Buckley, Endorsed Enrolled Nurse
Amanda Bamford, Registered Nurse
Amy Crosweller, Registered Nurse
Angela Epstein, Registered Nurse (casual)
Anita Trimboli, Registered Nurse
Anne Kennedy, Registered Nurse (casual)
Carina Olivos, Endorsed Enrolled Nurse
Caroline Irving, Registered Nurse (casual)
Carolyne, Nancarrow, Registered Nurse
Catherine Espley, Registered Nurse
Catherine Grinbergs, Clinical Nurse Specialist
Chelsea Tonna, Registered Nurse
Cheryl Madden, Endorsed Enrolled Nurse
Christine Simpson, Registered Nurse
Clare Saw, Registered Nurse (casual)
Claudia Caceres, Registered Nurse (casual)
Danu Wilson, Registered Nurse
Darian Bratty, Registered Nurse
Deborah Brittain, Endorsed Enrolled Nurse
Deborah Franklin, Registered Nurse
Debra Ross, Registered Nurse
Eleisha Garland, Enrolled Nurse
Elizabeth Coster, Endorsed Enrolled Nurse
Elizabeth Hand, Endorsed Registered Nurse
Elizabeth Moore, Registered Nurse
Elizabeth Shields, Clinical Nurse Specialist
Elspeth, Cannon, Registered Nurse
Emily Do, Registered Nurse
Emma Hoffman, Registered Nurse
Emma Lane, Clinical Nurse Specialist
Erin Fisher, Registered Nurse
Fiona Cave, Registered Nurse
Fiona Kelly, Registered Nurse
Gail Day, Registered Nurse resigned July 2026
Geniene Zachariah, Registered Nurse (casual)
Gina Kentzopoulos, Mothercraft Nurse
Heather Kerrigan, Registered Nurse
Heather Taylor, Registered Nurse
Hilary Wolfe, Registered Nurse
Holly Overmyer, Registered Nurse
Iman Chehab, Registered Nurse
Jane Montague, Registered Nurse
Janelle Daley, Clinical Nurse Specialist
Janelle Wright, Registered Nurse
Jasmine Kbar, Registered Nurse
Jennifer Hulls, Registered Nurse
Jennifer O'Neil, Registered Nurse
Jennifer Winters, Registered Nurse
Jessica Funda, Registered Nurse
Jessica Iglesias, Registered Nurse
Judy Tripodi, Clinical Nurse Specialist
Julie Apps, Mothercraft Nurse
Julie-Anne Murphy, Registered Nurse (casual)



Karen Tansini, Registered Nurse
Katharine Findlay, Registered Nurse
Katherine McGovern, Mothercraft Nurse
Katrina Lumsit, Registered Nurse
Kay Watts, Registered Nurse
Kayleigh Drummond, Registered Nurse
Kerry, Gemmill, Registered Nurse
Kimberley Lyes, Clinical Nurse Specialist
Kristie Dominguez, Registered Nurse
Kylie Bending, Registered Nurse
Lauralie Hall, Registered Nurse
Leesa Heslop, Clinical Nurse Specialist
Leila Garcia Arias, Registered Nurse
Lisa Bentley, Endorsed Enrolled Nurse
Lorelle Roberts, Endorsed Enrolled Nurse
Louise Eymael, Registered Nurse
Lynn Pickersgill, Registered Nurse (casual)
Mahalia Rivera, Registered Nurse
Mairead Moss, Registered Nurse
Majella O'Brien, Clinical Nurse Specialist
Mary Pollard, Mothercraft Nurse
Megan Sena, Registered Nurse (casual)
Melinda McCarthy, Enrolled Nurse
Melissa Richardson, Enrolled Nurse
Meredith Grant, Registered Nurse
Michelle Dowling, Mothercraft Nurse
Michelle Leto, Registered Nurse
Nada Gannon, Clinical Nurse Specialist
Nalini O'Brien, Registered Nurse
Naomi Blacker, Clinical Nurse Specialist
Nicole Newham, Registered Nurse (casual)
Nicole Tuyman, Registered Nurse
Noeleen Horswell, Registered Nurse (casual)
Pamela Burne, Registered Nurse resigned July 2026
Parmjit Kaur, Registered Nurse (casual)
Patsy Quealy, Registered Nurse (casual)
Ramziye Srour, Registered Nurse
Reannon Eason, Registered Nurse (casual)
Robyn Murray, Registered Nurse
Rosemary McCowage, Registered Nurse
Sally Price, Registered Nurse resigned July 2026
Sally-Mae Mullane, Endorsed Enrolled Nurse (casual)
Samantha Kelly, Registered Nurse
Sarah Espley, Registered Nurse
Sarah Hurley, Registered Nurse (casual)
Sarah Marsh, Clinical Nurse Specialist
Sarah Oxford, Registered Nurse (casual)
Sarah Scerri, Registered Nurse
Sarah Smith, Registered Nurse (casual)
Seoyeon Park, Registered Nurse
Sharon Sinclair, Endorsed Enrolled Nurse
Shelley Foster, Registered Nurse
Sherrian Price, Registered Nurse (casual)
Stacey Thompson, Registered Nurse (casual)
Sue Adams, Endorsed Enrolled Nurse
Sue Bemmer, Registered Nurse
Sue Priestley, Endorsed Enrolled Nurse
Susan Barabas, Registered Nurse
Susan Quinn, Registered Nurse (casual)
Susan Rebolledo, Registered Nurse
Suzie Murphy, Mothercraft Nurse
Taneil McLachlan, Registered Nurse
Tania Campanale, Registered Nurse
Tania Young, Endorsed Enrolled Nurse
Taylah Schaffer, Registered Nurse
Tracey Bryan, Registered Nurse
Tracy Day, Endorsed Enrolled Nurse
Trish Cant, Registered Nurse (casual)
Trudy Kelly, Registered Nurse
Wilma Simmons, Endorsed Enrolled Nurse (casual)
Xanthe Pennings, Registered Nurse

VIRTUAL RESIDENTIAL PARENTING SERVICE

Glenda Goodwin, Nurse Unit Manager
Karina Rogers, Acting Nurse Unit Manager
Cindy Sandolval-Lai, Registered Nurse
Denise McCann, Registered Nurse
Jane Kabanoff, Registered Nurse (casual)
Kate Mejaha, Registered Nurse
Kay Watts, Registered Nurse
Kim Everson, Registered Nurse
Meredith Grant, Registered Nurse
Vanessa Hahn, Registered Nurse

CENTRALISED INTAKE SERVICE

Sonja Griggs, Nurse Unit Manager
Janelle Daley, Clinical Nurse Specialist
Sarah Marsh, Clinical Nurse Specialist
Gemay Hare, Administration Officer
Josephine Palumbo Administration Officer (casual)
Lucy O'Rourke, Administration Officer
Parul Bhagat, Administration Officer
Pauline Thums, Administration Officer
Silvia Wittwer Malisano, Administration Officer

PARENT INFANT and EARLY CHILDHOOD MENTAL HEALTH CLINICIANS

Ms Tanya Bruning, Clinical Director, Parent, Infant & Early Childhood Mental Health (Resigned October 2025)
Ms Beth Fulton, Clinical Director Parent-Infant & Early Childhood Mental Health Service (Acting from October 2025; Appointed July 2026)
Celeste Kadel, Clinical Psychologist
Lynne Ryan, Clinical Psychologist
Madeleine Clark, Clinical Psychologist
Rebecca Hart, Clinical Psychologist
Yvette Aiello, Clinical Psychologist
Karoline Kruger, Clinical Psychologist Registrar (casual)
Shabana Mabood, Clinical Psychologist Registrar
Stacey Shoobridge, Psychologist
Jamille Abou Raad, Social Worker
Joanna Hawthorne, Social Worker
Kylie Chappell, Social Worker
Lisa Knight, Social Worker
Margaret Booker, Social Worker (Retired June 2026)
Melissa Azar, Social Worker

Sarah Wood, Social Worker
Susanna Lawrence, Social Worker
Julie Vandermaat, Social Worker
Janelle Wright, Clinical Nurse Specialist

PSYCHIATRY REGISTRARS
Dr Caitlin Bourke
Dr Lara Karadeniz
Dr Phoebe Lee
Dr Todd Allen
Dr Zoe Campbell

HEALTH INFORMATION SERVICE
Rachel Plumbe, Director Health Information
Rizza Mason, Health Information Manager
Susan Mayall, Clinical Nurse Specialist/ Clinical Informatics Officer
Hildegard Withers, Senior Clinical Coder
Janina Esquivel, Clinical Coder

MEDICAL STAFF
Dr Joyce Leong, Paediatrician (VMO) Director Medical Services
Dr Alice Dwyer, Medical Director Perinatal & Infant Mental Health
Dr Anju Aggarwal, General Practitioner (VMO) NSW Metro
Dr Carrie Yang, General Practitioner (VMO) NSW Metro
Dr David Hartshorn, Paediatrician (VMO) NSW Metro
Dr Penny Field, Paediatrician (VMO) NSW Metro
Dr Shereena Sinnayah, General Practitioner (VMO) NSW Metro
Dr Sue Messner, Psychiatrist (VMO) NSW Metro
Dr Vicki Phan, General Practitioner (VMO) NSW Metro
Dr Wendy Allen, Paediatrician (VMO) NSW Metro
Dr Ashutosh Aggarwal, Paediatrician (Staff Specialist) NSW Metro
Dr Kerry Brown, Paediatrician (Staff Specialist) NSW Metro
Dr Ben Ramsay, General Practitioner (VMO) NSW Regional
Dr Kristen Pigram, General Practitioner (VMO) NSW Regional
Dr Thomas Creedy, General Practitioner (VMO) Launceston TAS
Dr Jaclyn O'Keefe, General Practitioner (VMO) (locum) Launceston TAS
Dr Kate Molinari, General Practitioner QEII ACT
Dr Libby Goodchild, General Practitioner QEII ACT
Dr Katherine Kalloniatis, General Practitioner (locum) QEII ACT

GUTHRIE EARLY LEARNING CENTRE
Jaclyn Stewart, Director & Early Childhood Teacher
Fiona Zeller, Early Childhood Teacher
Jane LeGras, Early Childhood Teacher
Kellie Morton, Early Childhood Teacher
Rashi Shrestha, Early Childhood Teacher
Emily Ang, Diploma Trained Educator resigned July 2026
Erina Namokoyi, Diploma Trained Educator
Karen Meguyer, Diploma Trained Educator
Katerina Kodos, Diploma Trained Educator



Kimberley Sanders, Diploma Trained Educator
Mojgan Pakrou, Diploma Trained Educator
Pooi Ching Wong, Diploma Trained Educator
Rosita Van Looy, Diploma Trained Educator
Vivienne (Huimin) Zhang, Diploma Trained Educator
Byung Ok Kim, Certificate III Trained Educator
Chloe Kiriakidis, Certificate III Trained Educator
Mitra Zahraei Mohammadabadi, Child Care Worker
Elaura Knight, Administration Officer
Kenny Bryant, Cook
Sheryl Salvatera, Cook (casual)

CORPORATE/ ADMINISTRATION SERVICES
Justyna Poniatowski, Executive Assistant
Vickie Xanthos, Marketing & Events Co-ordinator
Roxanne Carswell, Graphic Designer & Marketing Co-ordinator
Nancy Currenti, Clinical Support Officer
Rizwan Faiz, Education Support Officer, Workforce Learning & Development
Tyrone Fegradoe, Accounts Officer
Angela Goodwin, Administration Officer
Brittany Egan, Administration Officer
Gemay Hare, Administration Officer
Harrison Manurung, Administration Officer
Isabella Nicolas, Administration Officer (casual)
Jamileh O'Dwyer, Administration Officer
Karen Ingui, Administration Officer
Lucy O'Rourke, Administration Officer
Mariam Christodoulos, Administration Officer
Parul Bhagat, Administration Officer
Pauline Thums, Administration Officer
Silvia Wittwer Malisano, Administration Officer

CHEF
Rakesh Bassi (Wollstonecraft)
Amin Choeruman (Wollstonecraft)
Muhammad Asaduzzaman (Food Services - Canterbury)

DOMESTIC STAFF
Alpay Hassan
Cindy Nguyen
Emily Aquino
Enji Su
Filomena De Gois
Isabella Parisi
Jatinder Gill
Josephine Kibanoff
Mary Vella
Napaporn Laosirisamai
Neamul Huq Mazumdar
Neelaben, Patel
Ruby Lucas
Susan Morgan
Tae Sung Kim

VOLUNTEERS
Alexandra Amon
Alison Murray
Ann Jarvis
Jacqueline Stene
Jeannie McKenzie
Jennifer Coleman
Jill Jenkins
Leonie Kindred
Louise Surman
Sandra McNee

TRESILLIAN IN ARMIDALE, NSW
Annette Ritchie, Nurse Unit Manager resigned August 2026
Helen Murtagh, Registered Nurse
Maree Burr, Administration Officer

TRESILLIAN 2U MOBILE SERVICE (INVERELL), NSW
Leanne Kelly Aboriginal Health Worker

TRESILLIAN IN COFFS HARBOUR, NSW
Monica Carlon, Nurse Unit Manager
Jess Torrens, Registered Nurse resigned August 2026
Kristen Potter, Registered Nurse
Lynne Jackson, Administration Officer

TRESILLIAN IN WESTERN (COWRA), NSW
Eleanor Wills, Registered Nurse
Kiara Wilson, Administration Officer

TRESILLIAN 2U MOBILE SERVICE (BATHRUST), NSW
Vacant position

TRESILLIAN IN GOULBURN, NSW
Kerry Ennis, Nurse Unit Manager
Rebecca Hallam, Registered Nurse
Stephanie Cleary, Registered Nurse
Patricia Abello-Rodriguez, Administration Officer resigned July 2026

TRESILLIAN IN GRIFFITH, NSW
Lynne Shelton, Nurse Unit Manager
Karen Garzoli, Registered Nurse
Melina Tropea, Administration Officer

TRESILLIAN IN CLARENCE (GRAFTON), NSW
Kylie Jackson, Nurse Unit Manager
Debbie Metcalfe, Administration Officer

TRESILLIAN IN WESTERN (DUBBO), NSW
Marsha McBroom, Nurse Unit Manager
Tanya De Jong, Registered Nurse
Isha Karki, Administration Officer

TRESILLIAN IN BROKEN HILL, NSW
Vacant position

TRESILLIAN IN LISMORE, NSW
Tamara Hojer, Nurse Unit Manager
Nurit Kopolovich Hadad, Registered Nurse
Sandra Neal, Administration Officer

TRESILLIAN 2U MOBILE SERVICE (TWEED), NSW
Kerryn Pearson, Registered Nurse
Victoria Peake, Registered Nurse IBCLC

CHILD AND FAMILY WELLBEING HUB (GRAFTON), NSW
Paul Dutton, Clarence First 2000 Days Program Manager
Samantha Duroux, Aboriginal Health Worker, First 2000 Days Care Navigator

TRESILLIAN MACKSVILLE RESIDENTIAL UNIT, NSW
Carol Donnelly, Nurse Unit Manager
Janelle Ussher, Registered Nurse
Kayla Lott, Registered Nurse
Lauren Townend, Registered Nurse
Leanne Stuart, Registered Nurse
Lisa Fisher, Registered Nurse
Megan Carroll, Registered Nurse
Nicole O'Sullivan, Registered Nurse
Samantha Franco, Registered Nurse
Shelley Foster, Registered Nurse
Susan Brown, Registered Nurse
Chantelle Williams, Administration Officer
Frances Talbot, Administration Officer (casual)

TRESILLIAN 2U MOBILE SERVICE (MACKSVILLE), NSW
Lesley Mackenzie, Registered Nurse

TRESILLIAN IN SOUTHERN (QUEANBEYAN), NSW
Sarrah Escleto, Nurse Unit Manager
Jarra Hilhorst, Registered Nurse
Chloe Mayer, Administration Officer

TRESILLIAN IN MANNING (TAREE), NSW
Rachel Starrett, Nurse Unit Manager
Belinda Matthews, Aboriginal Health Worker
Cassandra Emery, Registered Nurse
Cassie Callinan, Registered Nurse
Michelle Lewers, Registered Nurse

TRESILLIAN IN MORUYA, NSW & TRESILLIAN 2U EUROBODALLA
Kylie Murgatroyd, Nurse Unit Manager
Emma Gooden, Child & Family Health Nurse
Kate Tiller, Child & Family Health Nurse
Maria Robinson, Child and Family Health Nurse T2U
Irene Wilson, Administration Officer

TRESILLIAN IN MURRUMBIDGEE (WAGGA WAGGA), NSW
Karen Griffin, Nurse Unit Manager
Alison Wilkin, Administration Officer



TRESILLIAN IN MUSWELLBROOK, NSW
Annemarie Inder, Nurse Unit Manager
Karen Daniel, Registered Nurse
Ruth Rauber, Registered Nurse
Gail Cork, Administration Officer resigned July 2026

FORMER STAFF METRO & REGIONAL (1 July 2025 - 30 June 2026)
Alana Gilius, Clinical Nurse Specialist (Broken Hill)
Amarjeet Sing, Finance Officer
Amelie Gordon, Wollstonecraft
Annalise Kelly, Registered Nurse (Grafton)
Ava Lynch, Registered Nurse (Inverell T2U)
Brianna Mitchell, Registered Nurse (Wollstonecraft)
Catherine Beer, Enrolled Nurse (Canterbury)
Ellie Barron, Wollstonecraft
Jamila Hanna, Registered Nurse (Canterbury)
Jane West, Social Worker (Moruya)
Jasmine Maher, Enrolled Nurse (Wollstonecraft)
Jennifer Ashton, Registered Nurse (Dubbo)
Katerina Kodos, Diploma Trained Educator (Guthrie)
Kathleen Yarwood, Registered Nurse (Nepean)
Kerry Inder, Nurse Unit Manager (Muswellbrook)
Dr Laura Brien, VMP GP (Macksville)
Lauren Kirkland, First 2000 Days Care Navigator (Grafton Hub)
Lyndal Walton, Administration Officer (Dubbo)
Maria Wen, Tresillian Nepean
Melissa Whitfield, Registered Nurse (Nepean)
Natalie Jennings, Regional AHW Principle
Nisha Wilson, Registered Nurse (Wollstonecraft)
Philip Dimech, Registered Nurse (Nepean)
Rebecca Hellstrom, Registered Nurse (Wollstonecraft)
Rosalie MacLinshaw, Administration Officer (Nepean)
Dr Sean Mahon Daly, Child & Adolescent Psychiatrist
Siham Yakubian, Cook (Canterbury)
Suzanne McDonald, Registered Nurse (Tweed T2U)
Tanya Bruning, Clinical Director, Parent, Infant & Early Childhood Mental Health
Vicki Keenan, Registered Nurse (Macksville)

TRESILLIAN NORTH INTENSIVE PARENTING UNIT, TAS
Michelle Stedman, Operational Nurse Manager
Madeleine Gardiner, Nurse Unit Manager
Christine Fyson, Registered Nurse
Fiona Van Donsellar, Registered Nurse
Karen Coyle, Registered Nurse
Shannon Williams, Registered Nurse
Kiana Toon, Administration Officer

TRESILLIAN QEII FAMILY CARE, ACT

MANAGEMENT & ADMINISTRATION STAFF
Michelle Stedman, Operational Nurse Manager
Ashlee Perry, Nurse Unit Manager
Madeleine Hornby, Access & Allocation Coordinator/ Quality & Safety Officer
Norma Taylor, Payroll Officer
Divya Hadiya, Administration Officer
Sadhana Koirala, Administration Officer
Shelby Roberts, Administration Officer

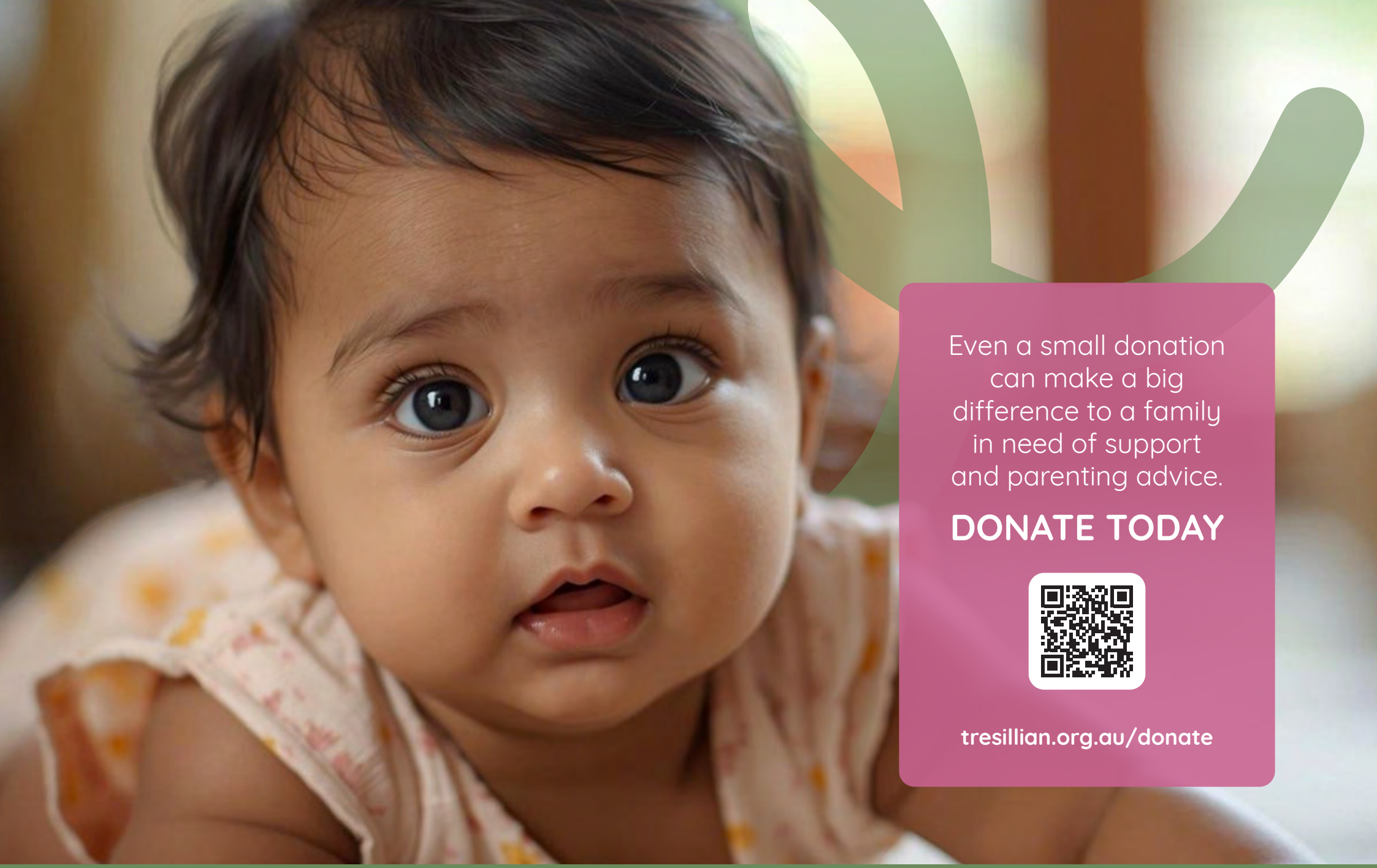
MEDICAL STAFF
Dr Kate Molinari, General Practitioner
Dr Libby Goodchild, General Practitioner
Dr Kate Kalloniatis, General Practitioner (locum)

ALLIED HEALTH STAFF
Lisa Knight, Social Worker

WORKFORCE, LEARNING & DEVELOPMENT
Emma Monagle, Nurse Educator (QEII)

CLINICAL STAFF
Jane Barnett, Registered Nurse/ Registered Midwife
Karen Ashleigh, Registered Nurse/ Registered Midwife (casual)
Kerry Harley, Registered Nurse/ Registered Midwife (casual)
Ada Ochayi, Registered Nurse
Charlotte Alyssa Elliott, Registered Nurse
Gabrielle Scarth-Johnson, Registered Nurse
Elizabeth Williams, Registered Nurse
Jivan Kaur, Registered Nurse (casual)
Kristi Hermann, Registered Nurse
Lisa Thow, Registered Nurse
Paddy Winslade, Registered Nurse
Rebecca Hallam, Registered Nurse (casual)
Rebecca Love, Registered Nurse
Shizue Koma, Registered Nurse (casual)
Sophia Nunez, Registered Nurse
Stephanie Smith, Registered Nurse
Tanya Fuller, Registered Nurse
Bernadette Reardon, Enrolled Nurse
Dimple Jina, Enrolled Nurse
Jenna Coelli, Enrolled Nurse
Josephine Green, Enrolled Nurse
Pema Choden, Enrolled Nurse

CLIENT SERVICES ASSISTANTS (Housekeeping and Food Services)
Dijana Kulic
Rajendra Ayer
Tijan Manandhar
Chencho Zam (casual)
Debbie Ogwu (casual)
Syeda Begum (casual)



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ACT: Curtin TAS: Launceston

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