



## Australian Rotary Health Latest News

### Australian Rotary Health Welcomes New Patron

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Australian Rotary Health is pleased to welcome His Excellency General the Honourable David Hurley AC DSC (Retd), Governor-General of Australia as our newest Patron.

“I am delighted to become Patron of Australian Rotary Health.”

“With one in five Australians affected by depression, anxiety, schizophrenia or another illness, medical research into mental health has never been more important. That is why the work of Australian Rotary Health, its staff and supporters is so critical. By funding research into mental health as well as scholarships for PhD candidates, rural medicine and nursing, and Indigenous Health students, Rotary Health is helping to create a better Australia.

“As Patron, I am looking forward to being involved with Australian Rotary Health, supporting their efforts and drawing attention to their magnificent work.”

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## **Actor Gregory Ross' Mission to Fund Mental Health Research with Australian Rotary Health**



Our Chairman Gregory Ross made an appearance on channel 7's The Daily Edition last week. He spoke a bit about his acting days and his passion now to Lift the Lid on Mental Illness.

[Watch Greg on the Daily Edition](#)

## **13 Ways to Talk to Your Teenager About 13 Reasons Why**

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After the airing of the first season of 13 Reasons Why in 2017, the National Institute of Mental Health reported a 28.9% increase in suicide rates among U.S. youth ages 10-17 in the month (April 2017) following the show's release.

We've provided some tips on how to talk to your teenager about the issues raised in this popular Netflix show.

[Read More](#)

## **Research Provides Hope for Sufferers of Motor Neurone Disease**

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The devastation of having a loved one diagnosed with Motor Neurone Disease (MND) is something that we don't hear about very often. What makes MND so devastating is that the cause is unknown, it is difficult to diagnose, and there is no known cure.

Australian Rotary Health is one charity funding research into MND, with [Hannah Suddull](#) from Macquarie University being one of the most recent PhD scholarship recipients to focus on this area.

[Read More](#)

## Work-Family Conflict and Mental Health

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Although parents' employment usually takes place outside the home, jobs can have powerful and immediate influences on family life, according to a study funded by Australian Rotary Health.

[Research Findings Here](#)

## **A Flexible, Low-Cost, Online Program for Teens With Depression and Anxiety**

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The [Chilled Plus Program](#) (similar to the Cool Kids Program) developed by researchers at the [Macquarie University Centre for Emotional Health](#), is a cognitive behavioural treatment that teaches adolescents creative ways to manage their emotions and reach personal goals.

[Research Findings Here](#)

## **Dr. Angela Nicholas Talks Strategies for Suicide Prevention**

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**Rotary**  
Club of Seaford



# Strategies for Suicide Prevention

**Dr. Angela Nicholas**

Dr. Angela Nicholas discusses her research into suicide prevention, made possible by a scholarship from Australian Rotary Health, sponsored by a donation from the Rotary Club of Seaford of \$7,000 raised at its inaugural Onkaparinga Seaside Walk for Suicide Prevention.

**The Bowden Brothers Supporting ARH  
at Album Launch**

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The [The Bowden Brothers](#) are launching their new album Steady and Strong on **September 7.**

At the launch, they are holding a raffle with the proceeds going to Australian Rotary Health to support our Indigenous Health Scholars.

[Read More](#)

## **The 9th Year of Success for the ARH Mental Health Symposium**

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In its 9<sup>th</sup> year running, the Australian Rotary Health Mental Health Symposium was once again deemed a success, attracting up to 350 people last week at Bond University.

The free event, hosted by the Rotary Club of Runaway Bay (QLD), aimed to raise awareness in the community about mental health, with this year's theme focusing on Compassion in Mental Health.

[More Here](#)

**Celebrate Hat Day Next Month  
to Help Lift the Lid on Mental Illness!**

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*ARH Promotions & Mental Health Research Manager Jessica Cooper preparing for this year's Hat Day event.*

Australian Rotary Health is celebrating **Hat Day** this October as part of its national campaign **Lift the Lid on Mental Illness**.

It's not too late to get involved! [Head online](#) to register and download a Host Kit.

If you need a Host Kit mailed to you or have any enquiries, contact Promotions & Mental Health Research Manager Jessica Cooper on [jessica@arh.org.au](mailto:jessica@arh.org.au) or **(02) 8837 1900** to find out more.

This event is a chance to raise money for much needed mental health research.

[Register Today](#)

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[Download Your Host Kit](#)



Do you have a cat (or dog) who would look fabulous in one of these bowties?

After battles with mental illness, Dominic has been making bowties to sell on instagram and the profits are donated to mental health charities.

Dominic has 200 bows ready to be sold - ranging from \$20-35 and wants to help Australian Rotary Health [#Liftthelidonmentalillness](#)

Visit the [@zoejinjaninja instagram page](#) and send him a DM to find out more.

If you have a cute Lift the Lid fundraising idea, send it to: [news@arh.org.au](mailto:news@arh.org.au)

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## **Q&A With Research Committee Member Professor Anthony Jorm**



### **How long have you been serving on the ARH Research Committee?**

I joined in 2000 - so that is 19 years. I was chair of the Committee from 2009 to 2012.

### **What is your current role at your university, qualifications and what research areas are you interested in?**

I am now officially 'retired' from the University of Melbourne and have the title 'Emeritus Professor', but unofficially I work full-time in an honorary capacity. Let me explain. I had my salary funded by a competitive National Health and Medical Research Council Fellowship from 1984 to 2018. These Fellowships are very hard to get and had to be contested in open competition every 4 years. I was very fortunate to be able to hold one for so long. I am very aware of how insecure the salary funding is for researchers and how stressful this can be for

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younger researchers, with the success rates for Fellowship applications getting lower every year. Being aged 68 years, I have enough superannuation income to live on quite comfortably, so I decided to leave the Fellowship competition to the younger researchers who have greater need and to work as a self-funded researcher. You could call be a 'Unisuper Fellow'.

While I am a self-funded researcher for salary, I still apply for grants to support projects and am involved in a lot of research. My main focus is building the community's capacity for prevention and early intervention with mental disorders. One example of this work is Mental Health First Aid training, which I began in 2000 with my wife Betty Kitchener. Funding from ARH was very important to the development of Mental Health First Aid and is now influencing training received across Australia and the world. More recently I have been involved in a trial of new program called 'teen Mental Health First Aid'. This is a school-based training program for adolescents to learn how to better support their peers with mental health problems. This program was developed by two of my colleagues, Drs Laura Hart and Claire Kelly, both of whom have had salary support from ARH early in their careers. I am also involved in developing and evaluating training for parents in how to prevent depression and anxiety problems in their children. This work is in collaboration with my colleague Associate Professor Marie Yap at Monash University. We have also had ARH funding for this work. I can honestly say that a lot of what I have done in recent years would not have been possible without the support of ARH.

**Are there any other important roles in this field that you are involved in?**

I am Chair of the Board of Mental Health First Aid International. This is a not-for-profit charity that Betty and I set up in 2011, which runs Mental Health First Aid training nationally and in partnership with organizations in many other countries. I am also chair of the Scientific Advisory Committee of Prevention United, which is a new not-for-profit organization dedicated to prevention of mental disorders. It is a fantastic organization doing pioneering work and I love supporting it.

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**Where do you see yourself professionally in the future?**

I was very fortunate to recently receive a large National Health and Medical Research Council grant to advance my research on building the community's capacity for prevention and early intervention. This will allow me to employ a number of younger researchers to carry out new projects over the next five years. So for the foreseeable future, I will be continuing as a full-time 'retired' researcher.

**Do you have any hobbies or interests that people might not know about that you'd be happy to share?**

I am a daily cyclist and also like doing longer rides for leisure. In some ways this is surprising, because I only learned to ride a bike as a 26-year-old adult. Earlier this year, Betty and I did a 1000 km ride from Innsbruck to Rome via Venice and Florence. In 2018, we rode from Prague to Copenhagen via Berlin, which is also around 1000 km. Many years ago, Betty and I did the Adelaide to Melbourne leg of the Great Australian Bike Ride which raised money for ARH.

My other leisure interest is Rotary. When I became Chair of the ARH Research Committee in 2009, I was told by Joy Gillett that I had to be a Rotarian to take on this role (this is no longer a requirement of Chairs). So I joined Rotary Club of Carlton, as did my wife Betty. I don't think I would have joined had it not been from Joy's prod, but I am very glad I did. Rotary contributes so much community service to the world, which I think few people outside Rotary fully grasp. It is only when you get inside Rotary that you see the extent of it. The other thing about Rotary is that the members are wonderful service-oriented people and I am continually inspired by what they quietly achieve. I have made many good friends through Rotary. This year I am President of the Rotary Club of Carlton and Betty is Secretary. One of the club's activities is to run an annual second-hand book fair, which has ARH as a major beneficiary of the funds raised. I love books and one of the bonuses is that I get first choice on a lot of second-hand books.

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# Research Findings Throwback



From 2017-2018 [Dr Jeneva Ohan](#) was awarded an ARH Mental Health Research Grant for her research project: Using Social Norms to Engage Parents in Interventions for their Child's Behaviour problems.

## **Here are the findings Dr Ohan reported:**

\* Parents have a lot of interest in online parenting programs to help their child's behavior problems: about 90% of parents expressed interest in the study. However, this does not always mean that parents will use the program, as only about half of parents who enrolled used the program.

\* We need to take steps to increase parents' use of online parenting programs. We tested if reading about social norms of parenting programs (i.e., other parents' experiences with the parenting program) would be better than reading about research on parenting programs. We use social norms a lot in our daily life – like in looking at product reviews to decide about making a purchase. Our results were clear: Social norms resulted in more parents using more of the parenting program.

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\* Using social norms to engage parents is easy and low-cost: most agencies and research tests routinely collect and summarise information from parents about their satisfaction with the program, and can use this information in describing their programs/services (e.g., on a website, a brochure, or over the phone).

[Donate to Research](#)

## Indigenous Health Scholar Spotlight: Emily Green



*"In the future I wish to work towards improving the delivery of health care among Indigenous communities and aim to support and bring awareness to other medical professionals in regards to the deficiency of health services in these communities. This can be done by first assessing the needs of the community and reporting these findings to other medical practitioners through means of a seminar or health conference. I believe bringing awareness to the wider community and nation regarding the improvements that need to be made to Indigenous health will inspire others to take action and bring to light the lack of health care services in these cultures."*

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- Emily Green, Indigenous Health Scholarship (Medicine)

Sponsored by: Peter Lewis

[More About Emily](#)

## PhD Opportunities Close Next Month



## PhD Scholarships Available Now



Australian Rotary Health is offering 16 PhD Scholarships in a range of health areas.

These include Suicide Prevention, Rural Mental Health, Dementia, PTSD, MS, Prostate Cancer, Bowel Cancer, MND and more.

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Applications close **Monday October 21st, 2019.**

[Opportunities Here](#)

## Upcoming ARH Events

### Rotary Charity Race Day 2019



The combined Rotary Clubs of Bribie Island, Caboolture, and Sunshine Coast Central are supporting Australian Rotary Health this year by hosting their “Rotary Charity Race Day” event.

You’re invited to attend on **Sunday September 8** at Corbould Park for a day of fashion, great food, auctions and raffles and lots more!

[Learn More](#)

### Downton Abbey Charity Movie Night

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You are invited to spend an evening at Downton Abbey with the [Rotary Club of Berwick](#) on **Saturday 21st September**. \$10 of every ticket will go to the Australian Rotary Health program Lift the Lid on Mental Illness.

[Find Out More](#)

## Rotary Club of Hawthorn Fundraising Hat Day Luncheon



Guest Speaker  
Leigh Woodgate  
'The Woman from Snowy River'

Join the Rotary Club of Hawthorn on **Tuesday October 8** to celebrate Hat Day at their fundraising luncheon!

Leigh Woodgate “the Woman from Snowy River” will be guest speaker for the event, sharing her inspirational personal story of Winning Against the Odds.

[More Info](#)

## Lift the Lid on Mental Illness



Your support on **World Mental Health Day (October 10)** or anytime during **Mental Health Month** in October, can help us to fund more mental health research, and ultimately improve many lives.

You can help **#LiftTheLid** on Mental Illness by:

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- Hosting a Hat Day event
- Fundraising at your local Bunnings store or train station
- Asking your local coffee shop to donate \$2 from each cup of coffee sold

To register your event or find out more, head to [hatday.com.au](http://hatday.com.au) or contact the ARH office on (02) 8837 1900 or [admin@arh.org.au](mailto:admin@arh.org.au)

[Hat Day Website](http://hatday.com.au)

## ARH Golf Day 2019



Join us at Camden Lakeside Golf Club on World Mental Health Day, **Thursday October 10**, to play golf, eat lunch, and raise money for mental health research.

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[Learn More](#)

## Lift the Lid Sunset Cruise



Can you help raise money for Lift the Lid during Mental Health Month this October?

The Rotary Club of Litchfield/Palmerston Inc. invites you to support Lift the Lid on Mental Illness by joining them on a 3 hour sunset cruise on board the Spirit of Darwin on **Saturday October 12.**

Your support will help to raise much needed funds for mental health research.

[Event Details Here](#)

## Lift the Lid Ball 2019

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The Rotary Club of Brisbane Mid-City presents

## *The Lift The Lid Ball*

YOUTH SUICIDE RESEARCH &  
PREVENTION

**Saturday 12<sup>th</sup> October, 7pm**

Brisbane Convention & Exhibition Centre, South  
Brisbane

• Dinner • Prizes • Music & Dancing •

All proceeds to Australian Rotary Health: Mental  
Health Research and scholarships

[australianrotaryhealth.org.au](http://australianrotaryhealth.org.au)

Tickets: \$95, \$75 (students), \$900 (table)

Available through the club and on-line | No hat, No Entry

[rotaryclubofbrisbanemidcity.org](http://rotaryclubofbrisbanemidcity.org)



For bookings:

email: [themidcitymonitor@gmail.com](mailto:themidcitymonitor@gmail.com)

Phone: 0410 288 527 (Lisa)

Proudly supported by:



**Rotary**   
Club of Brisbane Mid-City



**LIFT THE LID**  
*on mental illness*

The Lift The Lid Ball is on again during National Mental Health Week on  
**Saturday October 12** and this year the event is focused on Youth Suicide  
Prevention and Research.

With all proceeds going to Australian Rotary Health and their endeavour into Mental Health Research, our hope is to reach as many people affected by mental illness and its consequences.

[Details Here](#)

## Rotary Club of Brisbane Taylor Bridge Trivia Night 2019



The Rotary Club of Brisbane Taylor Bridge (QLD) is partnering with Clue Detective Puzzle Agency this year, to raise money for ARH mental health research.

Come to their annual trivia night on **Saturday October 12** as your favourite Cluedo character or detective.

[Find Out More](#)

## 2019 Walk for Mental Health

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A combined Community Service event by the Rotary Clubs of  
Alexandra Headland, Maroochydore and Mooloolaba.



# WALK FOR MENTAL HEALTH

To promote awareness and remind people  
suffering in silence that they are not alone

## SUNDAY, OCTOBER 13

Walk starts Mooloolaba Surf Club at 8am.

Return walk to either the Alex Surf Club (4km)  
or the Maroochydore Surf Club (6km).

Walk finishes at Mooloolaba Surf Club.  
Sausage sizzle available to help raise more funds for this great cause.

**REGISTER online at [www.mooloolabarotary.org](http://www.mooloolabarotary.org) or at  
Mooloolaba Surf Club on the day of the walk from 7am.**

Children under 15 accompanied by an adult welcome and walk for free.  
Bring your water bottle to fill up at the Unity Water Station.

**\$30 ENTRY**  
INCLUDES  
A FREE  
T-SHIRT

Major Sponsor

**Stewart**  
property



Proudly Supported By:



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The annual Walk for Mental Health is on again this year on **Sunday October 13**, raising funds for mental health research through Australian Rotary Health, so save the date!



[Event Info](#)

## Dirt N Dust Run



The Rotary Club of South Bunbury are holding their Dirt N Dust Run event this year on **October 23-27**, to raise money for mental health research through Australian Rotary Health.

[Find Out More](#)

## 42nd AGFR Golf Tournament





For any golf enthusiasts out there, this may be the event for you.

This year the 42nd AGFR Golf Tournament is held at the 13th Beach Golf Course, Barwon Heads (VIC) on **19-24 April, 2020.**

Profits from the event will be donated to Australian Rotary Health in support of mental health research.

[Find Out More](#)

**Send all news or event items to:** [news@arh.org.au](mailto:news@arh.org.au)

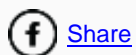
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**One in seven Australians is currently experiencing an anxiety condition**



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