

## Australian Rotary Health Latest News

### Don Burrowes Completes Kokoda Trail

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Last month former Rotarian Don Burrowes successfully completed the Kokoda Trail in Papua New Guinea to raise \$5,000 for Schizophrenia research through Australian Rotary Health. This was 126km in total!

*"This was one of the most daunting, educational, exhausting and enlightening challenges I have ever done and in no way do I regret any of it. People have said that this will create change in me and I now believe that it has and will. Papua New Guinea is an amazing place, the people live a very grass roots lifestyle and the photos I have cannot demonstrate just what it is like to be on 'The Bloody Track'.*

*We now need only \$300 plus to achieve the target of \$5K and I want to sincerely thank those who have donated. There is still plenty of time to donate for people who haven't already and I want to encourage anyone to please donate to our cause, even if it's only \$2.00 it still helps and will help ARH to provide funding support for research to help make a positive difference for*

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*schizophrenia."*

We congratulate Don on his amazing efforts!



[Help Don Reach His Target](#)

## **New Intervention Uses Family to Treat Depression and Anxiety in Children**

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With an ARH Funding Partner Scholarship co-funded by Motto Fashions, the Rotary Club of Richmond and Deakin University, [Michelle Benstead](#) developed and evaluated *BEST-Foundations*, a preventative family-based intervention for children at risk of developing depression in adolescence.

[Research Findings Here](#)

## **Cool Kids Health Reduces Somatic Symptoms in Children With Anxiety**

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A new study by researchers at Macquarie University shows that a brief psychotherapy program is effective in treating highly distressed youth with both somatic health symptoms and anxiety and/or depression.

[Research Findings Here](#)

## **Finding Treatments for Progressive Multiple Sclerosis**

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An Australian Rotary Health funded PhD project will examine the role of the immune system in Multiple Sclerosis (MS), which could potentially lead to new treatments for patients with progressive MS.

[Read More](#)

## Health and Wellbeing of Teenagers in Remote Indigenous Communities

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A new research study funded by Australian Rotary Health will look at how factors in early life have impacted a cohort of young people living in remote Indigenous communities, now that they are teenagers.

[Read More](#)

**Register for Hat Day!**

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Hat Day is fast approaching - so please consider supporting Rotary's own charity this year in October for Mental Health Month.

**Hat Day is your chance to help Lift the Lid on Mental Illness by fundraising for mental health research.**

This will go towards research focussed on prevention and early intervention, helping the 1 in 5 Australians who suffer a mental illness every year.

[Register Today](#)

## **Rotary NSW Emergency Services Community Awards**

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On **Friday 2nd August**, the annual Rotary NSW Emergency Services Community Awards were held at Bankstown Sports Club.

This was an opportunity to acknowledge the contribution of individuals from all areas of Emergency Services (see the winners [here](#)). The dinner also raised money for a PhD research Scholarship into Post Traumatic Stress Disorder (PTSD) in Emergency Services Personnel.

Current Rotary Clubs of NSW PhD Scholarship recipient [Tara Lal](#) attended the evening and shared her story and work on the effect of exposure to suicide on firefighters.

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We thank the organisers of these events for their continuous support.

## Meeting With Our Scholars

ARH Programs Coordinator Cheryl Deguara travelled to Sydney, Perth and Melbourne recently to attend Rotary events with our Indigenous Health Scholars and PhD Scholars as special guests.

Our scholars had the opportunity to meet with Rotarians who have funded their work, and gave talks about the progress of their research.



Here is some feedback from some of our PhD scholars who attended...

*"Australian Rotary Health is doing an incredible job of funding emerging mental health researchers across the country. Anna Ross, Nicole Hill and I loved sharing our work with Rotarians and other PhD candidates at the ARH scholars' night. Also enjoyed being called a 'scholar'." - Angela Nicholas (middle)*

*"I just wanted to thank you again for last Tuesday's Scholars gathering. I had a great time and thought it was a worthwhile experience for Rotarians and scholars alike. You hosted a wonderful evening and I hope to continue to contribute to ARH in the future." - Jason Palazzolo*

*"I appreciate the opportunity to come along and hear about how Rotary are supporting students at Deakin. If there are any other events that you would like any of us to attend, please don't hesitate to ask. The whole group of us had a great time and are more than happy to contribute!" - Amelia McGuinness*

We always enjoy having our scholars share their research with us. Thank you for attending!

## **Q&A With Research Committee Member Associate Professor Allison Waters**

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

I have been serving on the ARH Research Committee since 2016 and very much value this important role.

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

I am currently Professor in Clinical Psychology and acting Deputy Head of School (Research), School of Applied Psychology, Griffith University. I am interested in understanding the cognitive and learning mechanisms involved the development and maintenance of anxiety disorders in children and translating that knowledge into novel interventions and improving our current interventions.

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

I am Associate Editor of Behaviour Research and Therapy and on the Editorial Board of the Journal of Abnormal Child Psychology - both very prestigious and influential journals in clinical psychology. I also serve on several research committees for government and not-for-profit organisations.

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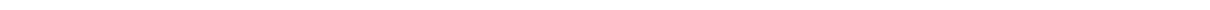
**Where do you see yourself professionally in the future?**

I see myself continuing to conduct high quality research in the field of child and adolescent mental health, serving the profession and discipline through research advisory roles, and staying closely involved in the ongoing training of clinical psychologists and service provision to children and their families.

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

I enjoy helping in my children's sporting organisations to bring a sense of happiness, competence and connectedness to young children's lives. I enjoy watching all kinds of sport, especially women's sport, and I very much enjoy early morning runs with my dear friends while we watch the sun come up.

## **Research Findings Throwback**





[Professor Richard Mattick](#) received an Australian Rotary Health Mental Health Research Grant from 2015-2017 to investigate the impacts of parental supply of alcohol on late-adolescent alcohol outcomes.

*"Although the supply of alcohol from non-parents (such as other family members and friends) is linked to more harm compared to parental supply, this does not mean that parental supply is safer," Professor Mattick said.*

**Here are the findings from Professor Mattick's research project:**

- Parents who thought that their child's peers engaged in substance use were more likely to supply sips of alcohol to their child.
- Adolescents who were supplied alcohol by their parents were more likely to drink in subsequent years and binge drink in the following year.
- Adolescents who were supplied alcohol from their parents were more likely to later obtain alcohol from non-parental sources such as their siblings, friends, etc.
- Adolescents who were supplied alcohol from non-parental sources were more likely to both drink and binge drink and were at greater risk of harmful health outcomes related to alcohol use compared to adolescents who were only supplied alcohol by their parents.
- Adolescents who started drinking alcohol earlier in life were more likely to binge drink and drink more alcohol in late adolescence.

**[Donate to Research](#)**

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## Indigenous Health Scholar Spotlight: Emily Solomon



*"As a qualified medical practitioner or health worker, my aim is to provide support in a safe and quality and culturally safe environment for Aboriginal and Torres Strait Islander people. I want to contribute to improving not only the physical and mental health or community members but care holistically for them. By working alongside other healthcare professionals, I could be an advocate for Aboriginal and Torres Strait Islanders for their health, I hope to improve indigenous health by educating community members and leading by example supporting them throughout the choices they make."*

- Emily Solomon, Indigenous Health Scholarship 2019 (Bachelor of Nursing).

Sponsored by: Rotary Club of Box Hill

[More About Samantha](#)

## Supporting ARH in City2Surf

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Support Rotarians Keith Henning OAM and Dianne North in City2Surf this year on **Sunday 11th August**.

Keith is raising money to fund an Australian Rotary Health Indigenous Health Scholarship for a year and will match the amount of money given on his donation page [here](#).

Diane is also inspired by the work of Australian Rotary Health and has a donation page [here](#).

We wish them both all the best in the event!

## PhD Opportunities

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## PhD Scholarships Available Now



Australian Rotary Health is offering 15 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.

[Opportunities Here](#)

## Support Mental Health Research Through Puzzles

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Is your Rotary Club looking for a new fundraising initiative?

You can partner up with the Clue Detective Puzzle Agency to raise money for our [Lift the Lid on Mental Illness](#) campaign.

Contact Catherine on: [cluedetective@zoho.com](mailto:cluedetective@zoho.com)

[Visit the Website](#)

## Your Greatest Gift

**Rotary**  
Districts of Australia

**YOUR GREATEST GIFT...**  
Support Health Research with

**A BEQUEST TO  
AUSTRALIAN  
ROTARY HEALTH**

Contact the Australian Rotary Health office today on:  
(02) 8837 1900 or [admin@arh.org.au](mailto:admin@arh.org.au) to find out more.

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



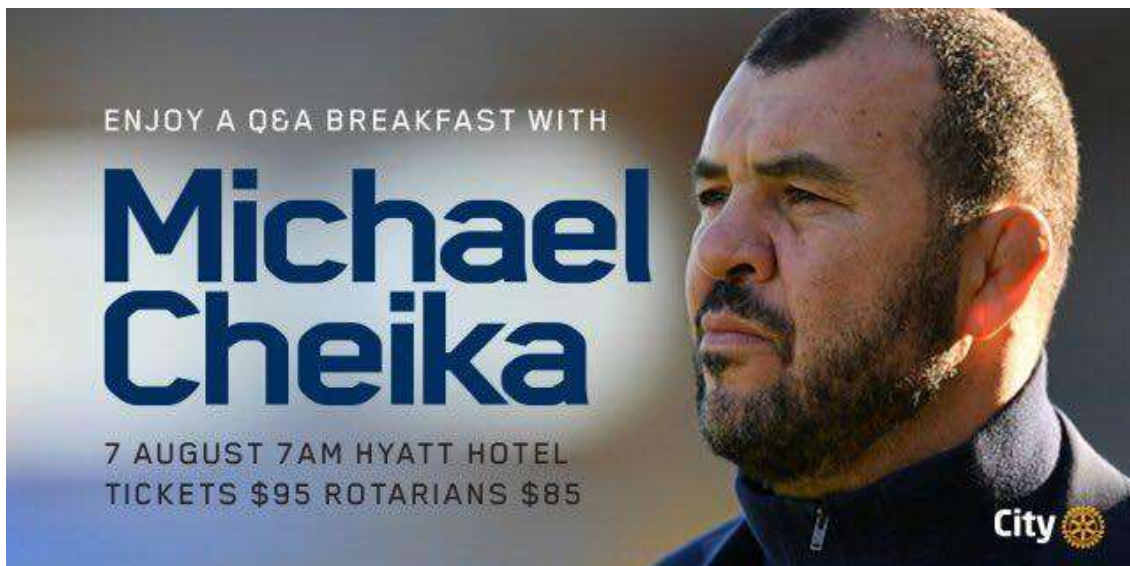
By supporting Australian Rotary Health in your Will it is the beginning, the start point of hope, in efforts to diagnose, treat or cure the diseases of mankind.

Today's research is tomorrow's cure.

Contact the ARH office today to find out more about bequests - (02) 8837 1900 or [admin@arh.org.au](mailto:admin@arh.org.au)

## Upcoming ARH Events

### Fundraising Breakfast



Michael Cheika, coach of the Australian Qantas Wallabies will be speaking at a special Q&A breakfast at the Hyatt Regency Perth on **Wednesday August 7**.

Proceeds raised will support Australian Rotary Health and Rotary Club Youth support programs.

[Book Tickets](#)

### Ferragosto Ball

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The Rotary Club of Five Dock invites you and your guests to the 2019 Ferragosto Ball - a night of fine dining, music and dancing in celebration of the Italian Summer Festival, known as 'Ferragosto'.

Proceeds from the evening will be donated to Australian Rotary Health.

[Details Here](#)

## Support ARH in City2Surf

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City2Surf 2019 is coming up fast with the event held this year on **Sunday August 11.**

This year you can choose to support Australian Rotary Health by participating in [City2Surf](#) and raising money for health research or supporting individuals already signed up for the event.

If you have a City2Surf fundraising page for ARH this year, send the link to: [news@arh.org.au](mailto:news@arh.org.au) so we can help promote it!

[Support ARH](#)

## Lumiere Gala

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A new shining light in the social calendar, the inaugural ***Lumière Gala*** is a night of elegance, entertainment and inspiration in support of the life-saving work of **Australian Rotary Health** and **Lifeline WA**.

Ticket sales end this week!

[Book Tickets Now](#)

## North Ryde Fun Run 2019

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Organised by



**SAVE THE DATE**

Good for you,  
Good for mental health

Beneficiary:



Centre for  
Emotional  
Health

COOLKIDS

**Macquarie University Sport Fields**  
Corner Talavera and Culloden Rds, Macquarie Park.

*Have fun with friends and family, dress up if you like in your favourite/funky/colourful outfits, enjoy a BBQ and support youth mental health projects including research funds through Australian Rotary Health and the Cool Kids Program at Macquarie University Centre for Emotional Health.*

- 2km Walk
- 2km Run
- 5km Run
- PRAM PUSH
- Corporate Challenge

**Cost:** \$25 for adults  
\$15 for students/children  
\$10 for PRAM Push

Register online at: [www.northrydefunrun.com.au](http://www.northrydefunrun.com.au)

Support youth mental health research by joining the [North Ryde Fun Run](http://www.northrydefunrun.com.au) on **Sunday 25 August.**

[Register Online](http://www.northrydefunrun.com.au)

## Strategies for Suicide Prevention





# STRATEGIES FOR SUICIDE PREVENTION

Rotary  
Club of Seaford



The Rotary Club of Seaford is hosting the ***Strategies for Suicide Prevention*** event on **Sunday August 25**, with special guest speaker and ARH PhD candidate [Dr Angela Nicholas](#).

Angela is funded by Australian Rotary Health, made possible with proceeds from the Onkaparinga Seaside Walk for Suicide Prevention in 2017. Her PhD relates to the development of suicide prevention messages aimed at family members and friends of people at risk of suicide.

[Learn More](#)

## Lift the Lid on Mental Illness

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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:

- 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

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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.

[Learn More](#)

## Lift the Lid Ball 2019

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**Saturday 12<sup>th</sup> October**  
Brisbane Convention & Exhibition Centre, South Brisbane

Support Research into Youth Suicide

Tickets: \$95 adults; \$75 students  
Includes: drink & canapés on arrival, two-course dinner & entertainment

LIVE MUSIC & DANCING

Cash bar & Prizes  
No hat. No Entry:  
Event hats available for purchase

**BRISBANE**  
convention & exhibition  
**CENTRE**

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

**Rotary**   
Club of Brisbane Mid-City

Tickets through [eventbrite.com](https://www.eventbrite.com) | search 'Lift the Lid'

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](#)

## 2019 Walk for Mental Health

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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](#)

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

## **Around one in 35 young Australians aged 4-17 experience a depressive disorder**



[Support Youth Mental Health Research](#)

[Visit Our Website](#)



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You're receiving this email because you are keen to see recent research and programs Australian Rotary Health is making happen in the area of Mental Health and other General Health issues, including Rural and Indigenous Health.

**Our mailing address is:**

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