LIFT THE LID
on mental illness

Australian Rotary Health
Supporting healthier minds, bodies and communities
through research, awareness and education.

Rotary
Districts of Australia

Australian Rotary Health
Latest News

Australian Rotary Health
2020 Facts Booklet Available Now

The Australian Rotary Health 2020 Facts Booklet is available to read now on Issuu.

For a hard copy, contact our office - (02) 8837 1900 or admin@arh.org.au

New Research Projects Starting this Year

Improving the Access of Online Anxiety Interventions for Children

This year Dr Lauren McLellan from the Macquarie University Centre for Emotional Health was awarded an Australian Rotary Health Mental Health Research Grant to compare outcomes and costs of effective online program, Cool Kids Online, when delivered with varying degrees of therapist support.

Article Here

Hope to Enhance the Early Detection of Alzheimer's Disease

During her childhood, [Dr Natasha Krishnadas](#) witnessed the impact of Alzheimer's and Parkinson's Disease on the lives of her grandfather and family who cared for him. This experience has led to her start a PhD to potentially identify individuals who may be at greater risk of developing Alzheimer's disease.

Read More

'Breaking the Man Code' to Tackle Suicide Rates in Men

This year ARH Mental Health Research Grant recipient [Dr Kylie King](#) from Monash University will begin her research on testing the impact of [Tomorrow Man's](#) 'Breaking the Man Code' workshops on help-seeking, masculinity and suicide risk factors in teenage boys.

Read More

Suicide Prevention Strategies
for Tasmanian Youth

With funding this year from Australian Rotary Health and the Rotary Club of Deloraine (TAS), a PhD Scholar will trial the application of a systems-based approach to suicide prevention in Tasmania.

Find Out More

The Role of the Immune System in Multiple Sclerosis

An Australian Rotary Health (ARH) 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 Article

ARH Funded Research Findings

- A 2014 study by [Professor Lyndall Strazdins](#) and colleagues from Australian National University found mothers and fathers face different risks for the onset and persistence of work-family conflict. Long hours predicted fathers' entry into work family conflict and job quality predicted mothers' entry. While fathers' ongoing work-family conflict hinged on the quality of their jobs, job-insecurity and long hours sustained mothers' work-family conflict. When parents' work-family conflict increased, it was also found their children's mental health deteriorated. [Read more](#)

- A study by Dr Carolyn Schniering and colleagues from Macquarie University found that an online program for teens called Chilled Plus, significant reduces symptoms of depression and anxiety. Teens were able to do more activities in their daily life and their negative thoughts reduced after completing the program. More here.

- ARH Mental Health Research Grant recipient Dr Mark Boyes and colleagues from Curtin University found that children with dyslexia who used the 'Clever Kids Program' were much less likely to use unhelpful coping strategies like avoiding problems, not telling people about their problems, and blaming themselves for their problems. Children also reported higher self-esteem and parents said their children had fewer emotional and peer problems. Read more.

Researcher News

We can already see how incredibly passionate Australian Rotary Health & Rotary District 9830 Funding Partner PhD Scholarship recipient Jason Palazzolo is about improving the medical research field in Australia. We are excited to see where this passion will lead him!

"Thank you Ms Gerardine (Ged) Kearney MP for the chance to meet and discuss ways we can work to improve Australia's medical research field as well as allowing me to share details about the invaluable community contribution of Australian Rotary Health.

I look forward to working together in supporting medical research for all Australians," Jason said.

We love hearing the achievements of our former PhD scholars as they progress in their career.

Dr Jaesung (Peter) Choi (left) was awarded an Australian Rotary Health, Rotary Club of Dural & The David Henning Memorial Foundation Funding Partner PhD Scholarship from 2012-2015 to conduct research into Breast Cancer.

Recently, he was awarded a prestigious Chancellor's Postdoctoral Fellowship from the University of Technology Sydney (UTS) to continue his research into cardiovascular diseases.

Congratulations Peter!

Photo Credit: The Centenary Institute

Participate in ARH Research

ARH Mental Health Research Grant recipient [Dr Amy Finlay-Jones](#) is looking for participants for her research study on helping young Australians with chronic illness develop self-compassion.

If you meet the criteria, please get involved or share with your networks.

[Get Involved](#)
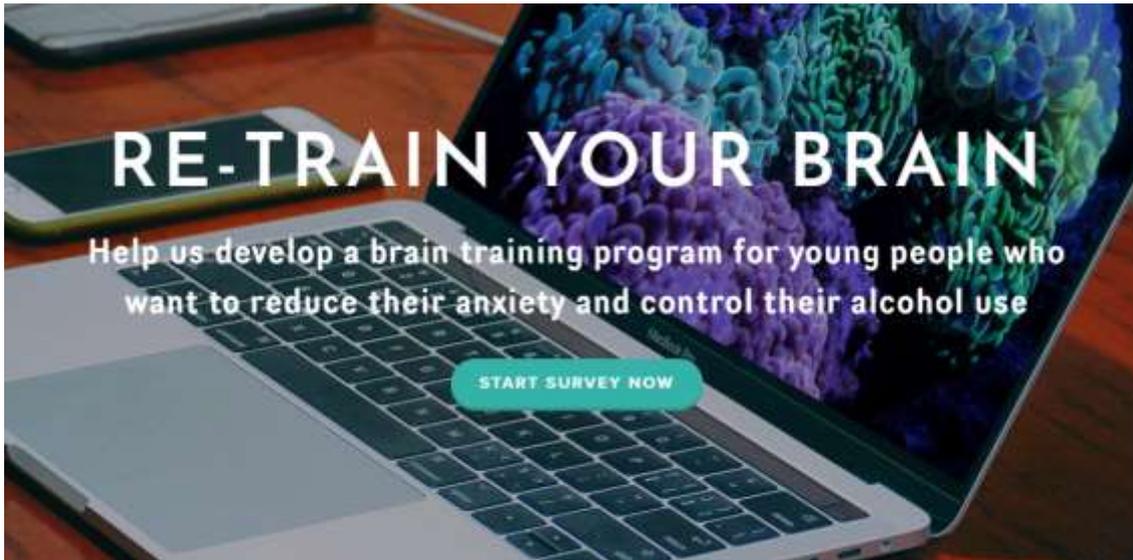
Australian Rotary Health Postdoctoral Fellow Dr Katrina Prior is looking for participants aged 18-25 years old to provide feedback on a new cognitive training program for anxiety and alcohol use.

Complete the Survey Here

ARH Supporters

Teddy Bear Fly In Raises Money for ARH

The Teddy Bear Fly In and Kite Festival, hosted by Rotary Club of Devonport, has raised $14,000, with $4,000 going to Australian Rotary Health research.

We are very grateful!

Photos by: Simon Sturzaker

Resilience Agenda Becomes ARH Gold Companion

Hadleigh from the [Resilience Agenda](#) was recently presented a Gold Companion Award for the company's generous $10,000 contribution towards mental health research.

Resilience Agenda has a vision of a world where people talk about Mental Health just like their Physical Health, much like we do!

Check out their beautiful mental fitness diaries today.

Donation from South Bunbury Rotary

Recently the Rotary Club of South Bunbury presented a cheque of $18,000 to District Australian Rotary Health Representative David Honeychurch to go towards mental health research.

This money was raised from the Dirt N Dust Run event last year.

We are incredibly grateful for their amazing effort!

Brian Beesley Gets Out and About

ARH Director Brian Beesley getting around the country in his eye catching Australian Rotary Health shirt!

Here he visited the men's health van in Gloucester - a fine example of Rotary supporting our nation's health.

Puzzling for Mental Health

The Clue Detective Puzzle Agency is a proud sponsor of ARH and is working with us to develop the Puzzling for Mental Health Initiative to help #Liftthelidonmentalillness

Rural Nursing Scholar Spotlight: Megan Herbstreit

"I believe that I can provide care to patients to ensure that they are educated about their health conditions and utilise services available to them to lead a healthy lifestyle. Participating in a graduate year in East Gippsland will allow me to work in rural hospitals and give me the opportunity to work within a diverse team to provide care to the community and assist in providing treatment and education to patients."

- Megan Herbstreit, Rotary Club of Sale Rural Nursing Scholarship 2020

More About Megan

Upcoming ARH Events

Gloucester Mind Matters Marathon
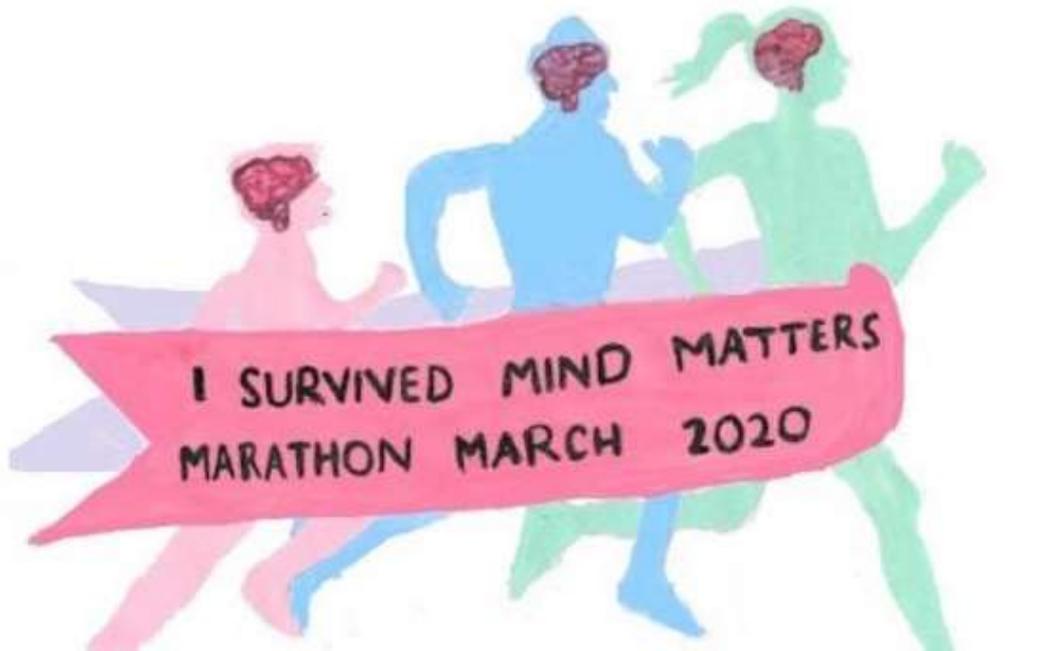
Mental health is not a quick fix, in fact it is a marathon. So let the Rotary Club of Gloucester introduce you to the Mind Matters Marathon. This will be a fun yet challenging event on **March 7-8** where teams of people will walk a mile in "their" shoes and spend the night walking around the oval. Money raised for ARH and Lifeline.

More Info Here

Ride to Conference 2020 -
Rotary District 9790 "The Four Rivers Ride"

Rotary District 9790 is raising money for Australian Rotary Health research again in 2020, at their Ride to Conference "The Four Rivers Ride" on **14-19 March.**
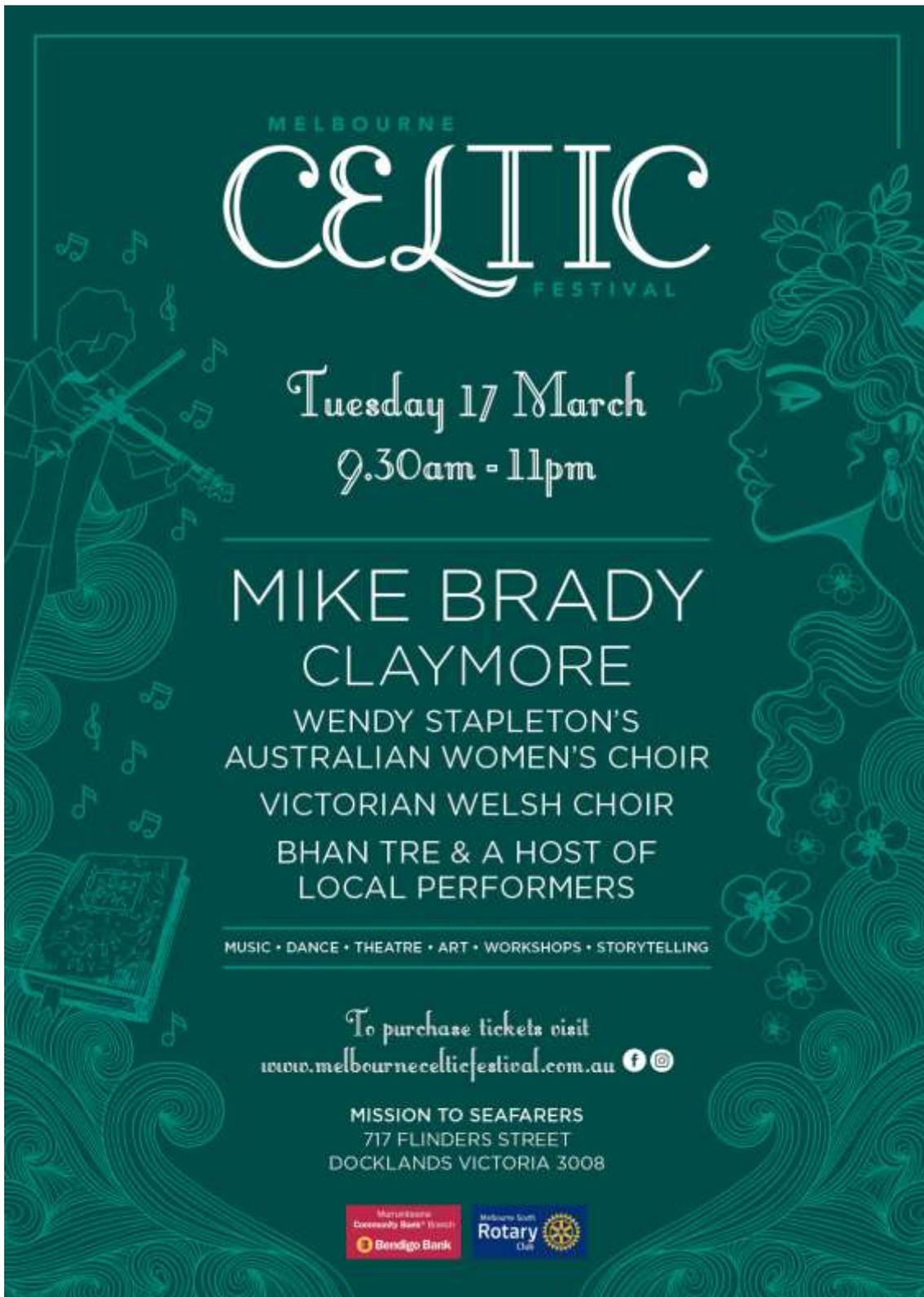
More Info Here

2020 Ride for Medical Research

Registrations are now open for the 2020 Ride for Medical Research – the 34th annual bike ride in support of Australian Rotary Health. The event runs from **15-20 March 2020.**

Find Out More

Melbourne Celtic Festival

[Melbourne Celtic Festival](#) is a family friendly event and all ticket proceeds (every cent) will be directed to Community Mental Health programs through Australian

Rotary Health which will focus on the bushfire affected areas as well as supporting the important welfare work of the Seafarer's Mission.

Event Info Here

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

District 9550 and 9570 2020 Conference

Medical Adviser to the Board of Australian Rotary Health Professor Michael Sawyer OAM is a guest speaker at the 2020 District 9550 and 9570 Conference, which runs from **1-3 May 2020.**

Register Today

Dirt N Dust Run 2020

Join the team on **October 21-25** to cover 1,700km of dirty tracks in Western Australia, raising money for mental health projects.

Find Out More

One in seven young Australians experience a mental health condition

This can start as young as 4 years old.

Help us improve the mental health of young Australians by donating to research.

[#Liftthelidonmentalillness](#)

Donate Now

Visit Our Website

Share   Tweet   Forward   Share