

## Australian Rotary Health Latest News

### New Research Projects Starting this Year

#### Seeking the Answers to Prevent Chronic Migraine

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With around 350,000 Australians suffering from chronic migraine and little known about the mechanisms which cause them, one PhD Scholar funded by Australian Rotary Health has set out to find the answers.

[Read Article](#)

## Memory Reconsolidation for Preventing Fears

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Australian researchers will investigate whether memory reconsolidation processes can prevent the return of fear in youth with anxiety disorders, with funding from Australian Rotary Health.

[Read More](#)

## Tackling PTSD Symptoms with Oral Ketamine

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Australian Rotary Health recently awarded the Rotary Club of Noosa Daybreak PhD Scholarship to [Grace Forsyth](#) to conduct an oral ketamine trial on PTSD at the University of the Sunshine Coast.

[Find Out More](#)

## Teaching Self-Compassion to LGBTIQ Youth

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[Associate Professor Ashleigh Lin](#) from the University of Western Australia was awarded an ARH Mental Health Research Grant this year to test whether self-compassion training will be effective in improving anxiety and depression in young adults who identify as LGBTIQ.

[Read More](#)

## Latest Research Findings

**Brain Games Strengthen Areas of the Brain  
Associated with Mental Illness**

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Brain games have been found to strengthen areas of the brain associated with mental illness, but do not necessarily prevent them, according to new research funded by Australian Rotary Health.

[Study Results Here](#)

## **Young People from Out of Home Care Have Their Voices Heard**

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A study funded by Australian Rotary Health is the first to trial a mental health program co-designed and co-delivered by young people with experience of Out of Home Care (OoHC).

[Study Results Here](#)

## Recent Research Findings Summary

- A study at Flinders University by ARH Mental Health Research Grant recipient [Professor Tracey Wade](#) and colleagues found that more time spent using image-based social media platforms such as Instagram and Snapchat was associated with significantly higher disordered eating behaviours in young adolescents. [Read more.](#)
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- ARH Mental Health Research Grant recipient [Professor Helen Herrman](#) and colleagues conducted the first study of a mental health youth participation intervention in an out of home care (OoHC) setting. The Bounce Project was found to improve mental health knowledge, skills and networking opportunities. Participants reported that the study gave them a platform to contribute to system level change. [Article here.](#)
- A University of New South Wales study led by ARH Postdoctoral Fellowship recipient [Dr Louise Mewton](#) found that brain games are capable of strengthening areas of the brain that have been associated with mental illness. These same areas of the brain have also been associated with our ability to plan, judge and strategise. [Article here.](#)

## Get Your Life on Track

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A new year and new decade is the perfect time to improve your mental health and work towards your goals!

[Resilience Agenda](#) is offering 10% off on their 2020 [#mentalfitness](#) diaries.

Just put in the code **LIFTTHELID** at checkout.

[Get Your 2020 Diary Here](#)

**Indigenous Health Scholarships  
Are Now Open**

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**Indigenous Health Scholarship  
applications open now!**



Applications close **February 14, 2020.**

[Apply Now](#)

**Rural Nursing Scholar Spotlight:  
Justine-Kirstie Scott**

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*"What draws me to rural health care is the diversity and complexity of patient needs and the challenge to treat to the best of our ability with the resources that are available. All while being able to keep patients close to home and close to their support systems. Rural nurses are required to have a strong knowledge base on a range of health areas and not just one specialty like you may find in metropolitan hospitals. This drives me to continue learning and build on the knowledge I have learned while at university."*

- Justine-Kirstie Scott, Rotary Club of Sale Rural Nursing Scholarship 2020

[More About Justine](#)

## **Upcoming ARH Events**

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

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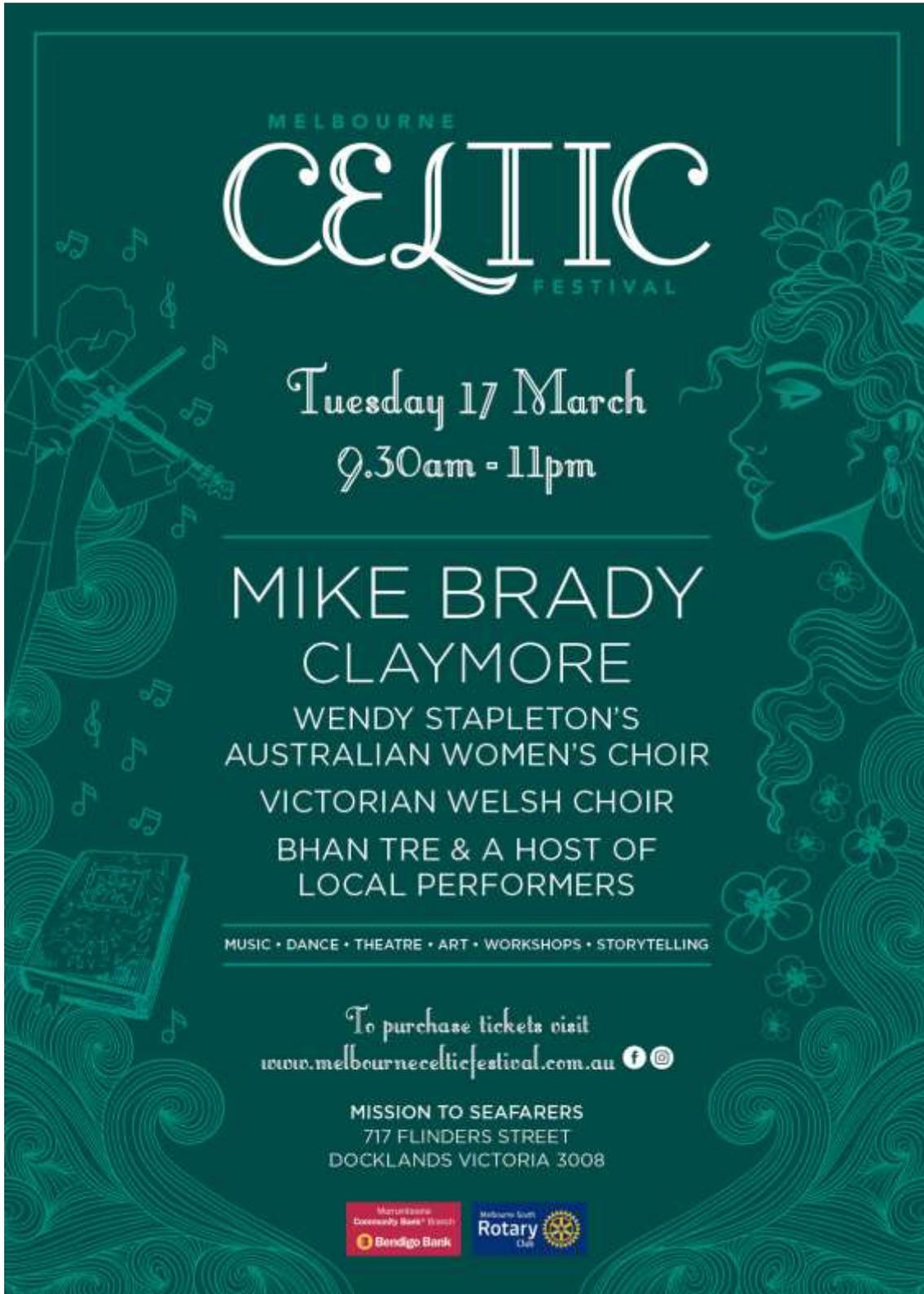


Rotary District 9790 is raising money for Australian Rotary Health research again in 2020, at their Ride to Conference “The Four Rivers Ride” on **14-19 March**.

[More Info Here](#)

## Melbourne Celtic Festival

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[Melbourne Celtic Festival](https://www.melbournecelticfestival.com.au) 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](#)

## 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](#)

## 42nd AGFR Golf Tournament

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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

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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](#)

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

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**Of the 20% of Australians with a mental illness in any one year,  
11.5% have one disorder and 8.5% have two or more.**



**Rotary**  
Districts of Australia



It can be difficult to treat comorbid mental health problems, which is why more research is needed.

100% of donation will go to mental health research to help us find the answers and [#Liftthelidonmentalillness](#)

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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.

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