



Rotary
Districts of Australia



Supporting healthier minds, bodies and communities
through **research**, **awareness** and **education**.



Australian Rotary Health Latest News

Quiet Achievers in the Battle Against Mental Illness



Not everyone knows about Australian Rotary Health and the work that we do. Here's a snapshot...

[Read Article](#)

Identifying Mental Health Problems Before Puberty



Puberty marks a transition in risk for the onset of mental health problems, but the earliest symptoms often begin before the physical changes of puberty start.

Recent research funded by Australian Rotary Health has found different

levels of adrenal hormones in primary school children can predict some of these problems.

[Research Findings Here](#)

A Rise in Bowel Cancer Screening



A new study funded by Australian Rotary Health (ARH) suggests a rise in the number of older Australians participating in screening methods for bowel cancer.

[Research Findings Here](#)

Survival Patterns in Men With Prostate Cancer



New research funded by Australian Rotary Health provides a unique opportunity to understand how testing relates to diagnosis and survival in men with prostate cancer.

[Read More](#)

Plan Your Hat Day Event



This October
celebrate



HAT DAY

to help Lift the Lid
on Mental Illness

Australian Rotary Health is celebrating **Hat Day** on the 10th of October, **World Mental Health Day**. You can host a Hat Day event on that day or anytime during **Mental Health Month** in October to raise money for mental health research.

To find out more, visit: www.hatday.com.au



www.australianrotaryhealth.org.au

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It's time to begin planning your Hat Day event for this year on **October 10**, or anytime during Mental Health Month in October!

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

Visit the [Hat Day website](#) to find out how you can get involved.

[Register Today](#)

[Download Promotional Material](#)

Remembering Allison Milner



After the sudden and tragic loss of Associate Professor Allison Milner last week, our thoughts go out to Allison's family, friends and colleagues.

Allison started her PhD on suicide prevention with funding support from Australian Rotary Health in 2008. Her PhD study was the first to identify a relationship between globalisation and population-level rates of suicide.

Allison had since become an accomplished researcher on topics such as work-related stressors, disability and suicide.

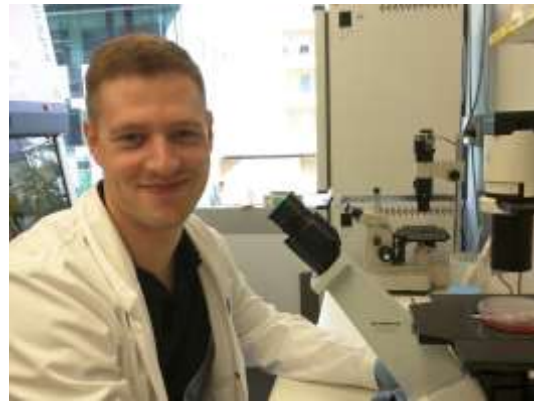
She will be missed.

National Science Week (August 10-18)



August 10-18





From **August 10-18**, it was National Science Week - an opportunity to acknowledge some of our currently funded researchers making a difference to health through science.

- **Dr David Hallford** (top) from Deakin University was awarded a Mental Health Research Grant this year to establish whether an intervention that targets a known cognitive vulnerability in depression helps improve treatment outcomes. Learn more about David [here](#).
- Funding Partner PhD Scholarship recipient **Jason Palazzolo** (top left) from Monash University is looking to design a new-age therapy for the prevention and breakdown of thrombotic blood clots. Find out more about Jason [here](#).

- Ian Scott PhD Scholar **Meghan Hockey** (top right) from the Food & Mood Centre at Deakin University is examining the association between dairy consumption and mood and cognition for her PhD project. More about Meghan [here](#).
- Ian Scott PhD Scholar **Anna Horton** (bottom left) from The Florey Institute of Neuroscience and Mental Health is investigating a potential novel target for the treatment of methamphetamine addiction. More about Anna [here](#).
- ARH Funding Partner PhD Scholar **Blake Smith** (bottom right) from Murdoch Children's Research Institute is focussing his research on novel therapeutics for Epidermolysis Bullosa (EB), a group of inherited skin blistering disorders, for which there is currently no cure. Find out more about Blake [here](#).

Grateful to Our Supporters



Earlier this month, our Chairman Gregory Ross presented a Gold Companion Award to Val Henry from the [Rotary Club of Boronia](#).

Val has raised more than \$10,000 for Australian Rotary Health research and we are extremely grateful for her support!



On **Wednesday August 7**, the Rotary Club of Perth City East hosted a Q&A Breakfast with Australian Wallaby's Coach Michael Cheika.

200 people attended the breakfast ahead of that weekend's Bledisloe Cup against the All Blacks, with TV broadcaster Trevor Jenkins as the host.

A signed Wallaby's jersey was auctioned at the event and sold for \$1,500 to long term supporter PDG Ron Geary.

Total funds raised from the event are still being counted but will be donated to Australian Rotary Health to go towards mental health research.

Thank you to all who attended and showed their support.



Wallaby's jersey auction winner PDG Ron Geary (middle) with ARH Director Jerry Pilcher (left) and ex-ARH Director Colin Thorniley (right).

Q&A With Research Committee Member Distinguished Professor Ronald Rapee



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

I have been a member of the committee for over a decade now. I joined in October 2007 and served as chairman from 2013 to 2016.

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

I am a distinguished professor of psychology and currently I am also an Australian Research Council Laureate Fellow. Basically this means that I get paid to do what I love - research virtually full time.

Broadly, my research areas of interest are in mental health right across the life span, especially in issues such as anxiety, depression, and body image. I work with young people as young as preschool and also work with adolescents, adults, and older adults.

One of my main projects at the moment, which is the topic of my Fellowship, is an examination of factors that provide risk and protection from mental health difficulties as young people go through adolescence.

We have a group of 500 young people who we started testing when they were in year 6 (about 11 years old) and we retest them every year – we are just about to start year 9 testing.

My other direction of work involves developing and testing a range of treatments and prevention programs for people suffering anxiety and related problems.

Among this work, we developed the [Cool Kids](#) set of programs, which teaches young people (and their parents) better ways to manage their anxiety. The program has shown great results and is now used in over 25 countries.

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

I do a lot of consulting on research projects with colleagues from around the world, which is one of the great benefits of my job.

As an academic researcher, I also mentor many young people at all stages of their careers. This is an especially important and satisfying aspect of my work – helping to develop the next generation of scientists and psychologists.

I am on the anxiety advisory board for WayAhead – the mental health association of NSW – who do a wonderful job representing the needs of anxious people across the community and from time to time I consult with various government and non-government bodies.

Where do you see yourself professionally in the future?

Ha ha. At this stage of my life I spend a lot more time thinking about when and how I could satisfyingly wind back my career.

I love what I do and it gives me a complete sense of purpose. So the idea of retirement scares me. But at some stage, I will have to start looking in that direction.

One of the great things about my job is the international colleagues and projects I am involved with. So one thing that I am looking forward to is more travel that still allows me to keep working.

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

I am a passionate potter. I have a ceramic studio in my basement with a pottery wheel and a range of clays.

Unfortunately, I live in the inner city so firing is always a problem. At the moment, I specialise in an unusual type of firing called Raku, which requires a lower temperature. I have a small Raku kiln at my father's house. But the low temperature means that the pots are decorator items and not functional.

So one of my visions for retirement (one day) will be to potentially get a property where I can have a couple of kilns and start making things that are a bit more useful.

Research Findings Throwback



From 2015-2018, ARH Funding Partner PhD Scholar [Kelsie Boulton](#) worked on her research project: The underpinnings of social dysfunction in autism and Williams Syndrome: from genes to brain to hormones.

"People with Autism or Williams syndrome process emotional faces in an unusual manner. This research was the first to look at how biographical information can influence social processing in these people," Kelsie said.

Here are the findings from Kelsie's PhD:

- Social interactions are difficult for people with disorders like Autism or Williams syndrome. Comparing social behaviour between these disorders helps us to better understand these difficulties. This research shows that people with Autism or Williams syndrome show similarities and differences in social processing abilities. Such comparisons help us understand how to improve social interactions in these disorders.
- These results show that we use biographical information when making social decisions. People choose to approach faces paired with positive

biographical information. Conversely, people choose to avoid faces paired with negative biographical information. We make these decisions even when the biographical information is fictional. This suggests that our biographical knowledge of people quickly and efficiently informs our everyday social interactions.

- Clinically, this research has important implications. These results show that people with Autism or Williams syndrome process faces paired with biographical information in an unusual manner. This might contribute to some of the social difficulties experienced by these groups. Applying these findings to interventions may improve social outcomes for these individuals.
- This research found that people with Autism or Williams syndrome respond to faces paired with biographical information in opposite ways. People with Autism spend more time looking at the eyes of negative biographical faces. Yet, people with Williams syndrome spend more time looking at the eyes of positive biographical faces. Further, people with Autism show decreased attention to positive and negative biographical faces, while those with Williams syndrome pay more attention to positive biographical faces. These opposite patterns of responding are consistent with the unusual social profiles seen in these disorders.
- This research used different methods to explore social processing. Using a combination of eye-tracking, attention and emotion recognition measures was a novel aspect of the project. Using these methods together allows for a clearer understanding of social processing in Autism and Williams syndrome than using a single method alone.

[Donate to Research](#)

Indigenous Health Scholar Spotlight: Oceania Henry



"When I successfully complete my medical studies, I plan to bring benefit to my community in numerous ways. Firstly, I hope to be a role model to other Indigenous students, where despite disadvantage and being told your dreams are unrealistic, hard work and determination will get you there if you truly put your mind to it. Once I am a doctor, regardless of the field I end up choosing, I plan to practise in rural and regional areas of Victoria and I would love to head back to the Gunditjmara country, which is my community. As a teenager who spent a lot of their time unwell and in hospital, I was tired of having to travel to receive the care I needed. People should never be disadvantaged because of where their home is, and I want to offer exceptional healthcare and expertise in these areas."

- Oceania Henry, Indigenous Health Scholarship

Sponsored by: Boronia Medical Centre/Dr. K Gan

[More About Oceania](#)

Thank You to Our City2Surf Supporters



On **Sunday August 11**, Rotarians Keith Henning OAM and Dianne North participated in City2Surf to raise money for Australian Rotary Health.

Keith raised a total of \$6,778.29, which he said he would match the amount of money given. This money will go straight towards an Australian Rotary Health Indigenous Health Scholarship.

Through Dianne's efforts, she raised \$4,060.50 to go towards Australian Rotary Health research.

We thank and congratulate Keith, Diane and everyone who supported ARH on the day.

PhD Opportunities



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.

Applications close **Friday October 11, 2019.**

[Opportunities Here](#)

Your Greatest Gift



Rotary
District 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 to find out more.

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

Upcoming ARH Events

North Ryde Fun Run 2019



North Ryde
Fun Run

25 August 2019 (Sunday)
9am-2pm



Organised by



Rotary
Club of North Ryde



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

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

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

Strategies for Suicide Prevention



STRATEGIES FOR SUICIDE PREVENTION



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](#)

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](#)

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:

- 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 or contact the ARH office on (02) 8837 1900 or 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.

[Learn More](#)

Lift the Lid Ball 2019



Saturday 12th 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



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



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](#)

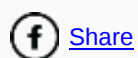
Send all news or event items to: news@arh.org.au

Evidence suggests three in four adult mental health conditions emerge by age 24



[Support Youth Mental Health Research](#)

[Visit Our Website](#)



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