



Rotary
Districts of Australia



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



Australian Rotary Health Latest News

The Impact of PTSD on the Children of Veterans



New research funded by Australian Rotary Health will look at how children are impacted when a parent from the Australian Defence Force (ADF) has experienced Post Traumatic Stress Disorder (PTSD), with hopes to inform a new intervention for ADF families.

[Article Here](#)

Helping Young Australians ‘Look for Good’



A computer-based program that teaches children to focus their attention on the positives has been found to reduce anxiety, according to a new research study funded by Australian Rotary Health (ARH).

[Read More](#)

Social Processing in People with Autism Vs Williams Syndrome



New research funded by Australian Rotary Health is the first to show that social processing difficulties in Autism Spectrum Disorder and Williams Syndrome may occur when they see faces paired with biographical information.

[Learn More](#)

Breaking the Cycle of Methamphetamine Use



A recent PhD study supported by Australian Rotary Health (ARH) will aim to prevent and break the cycle of methamphetamine use by investigating a cell type associated with decision making in the brain.

[Article Here](#)

New Program Effective in Reducing Stress in Toddlers



A new program funded by Australian Rotary Health has been found to reduce stress in toddlers by teaching parents how to control their own responses to their child's emotions.

[Read More](#)

Research Findings Throwback



From 2015-2017 Dr Lauren McLellan from [Macquarie University Centre for Emotional Health](#) was awarded an ARH Mental Health Research Grant to improve access to mental health services for children with anxiety via the Cool Kids Online program.

"This was a world-first test of a brand new online treatment for child anxiety, Cool Kids Online. It was the first time that the world-renowned Cool Kids face-to-face program was available over the internet," Dr McLellan said.

During the study Dr McLellan and her team found:

- * More children no longer had a diagnosis of anxiety after completing the Cool Kids Online program compared to those who were randomised to a 10-week wait.
- * There were greater reductions in diagnostic severity, improvements in day to day functioning and reductions in symptoms for children who accessed the program immediately, compared to those who waited 10 weeks.
- * Almost all parents (93%) and children (87%) found the program helpful and treatment gains were maintained or enhanced six months after completing the program.
- * This study shows that a treatment program for childhood anxiety can be completed online by parents and children as a team.
- * Even though parents only spoke to therapists for 10-15 minutes each week, the Cool Kids Online program led to treatment benefits in line with those of traditional face-to-face programs.

To support more research like Dr McLellan's, donate today.

[Donate Here](#)

Congratulations to ARH PhD Scholar



Congratulations to our Ian Scott PhD Scholarship recipient Dr Kate Young, who graduated last week with a PhD!

[Support PhD Scholars Like Kate](#)

**Expressions of Interest for
Mental Health Research Grants
Close This Friday**

**Play a role in improving the mental health
of young Australians**

Mental Health Research Grant Expressions of Interest Open Now



Australian Rotary Health is calling for Expressions of Interest (EOI) for Mental Health Research Grants.

Projects must focus on the mental health of young Australians (aged 0 – 25 years) and be conducted within Australia at a recognised university, hospital or research institute.

Research grants are valued at up to **\$70,000 per annum + GST** for **1, 2, or 3 years**, and are available to Australian citizens, Australian permanent

residents, and New Zealand citizens.

EOIs close this **Friday May 31.**

[Find Out More](#)

PhD Opportunities



PhD Scholarships Available Now

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

These include Dementia, PTSD, MS, Depression/Suicide, Prostate Cancer, Bowel Cancer, MND and more.

[Opportunities Here](#)

[Donate to Research](#)

Time Warp Trivia Night



The Rotary Club of Monash raised nearly \$1,000 for mental health research last Friday night at their Time Warp Trivia Night.

We thank them for their support!

Acknowledging Rotary Support



ARH Director Jane Cox (right) presented Rotary Club of Mt Gambier President Kathryn Weddell-Lucan with a certificate this week to acknowledge their support of Australian Rotary Health research.

An amazing effort! We are very grateful.

[Find Out More](#)

Rotary Bowelscan Month



***Get a kit from your local pharmacy
- and use it!***



May is Rotary Bowelscan Month.

Previously Australian Rotary Health has been involved in the Bowelscan program, which offers Bowel Cancer Screening Test Kits to the public.

Rotary District 9780 is one of the Rotary Districts still offering these kits. Check your participating pharmacy or click the button below.

[Bowelscan Testing Kit](#)

Supporting ARH in City2Surf



Dianne North from Rotary District 9675 is celebrating her 30th Sydney City2Surf this year and is hoping to raise \$3,000 for Australian Rotary Health research.

Please support Dianne and share her fundraising page around!

[Support Dianne](#)

A New Fundraising Idea For Your Club



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

[Visit the Website](#)

Indigenous Health Scholar Spotlight: Lucas Booth



Our past Indigenous Health Scholar Lucas Booth graduated last month with a Bachelor of Medicine with Distinction.

"I was incredibly fortunate to receive scholarships from the Department of Health, Rotary and the University at various points during my studies. I am very grateful for the support because they allowed me to complete my studies and still fulfil my commitments at home."

[Read Article](#)

[Learn more about our Indigenous Health Scholars](#)

Adopt a Scientist



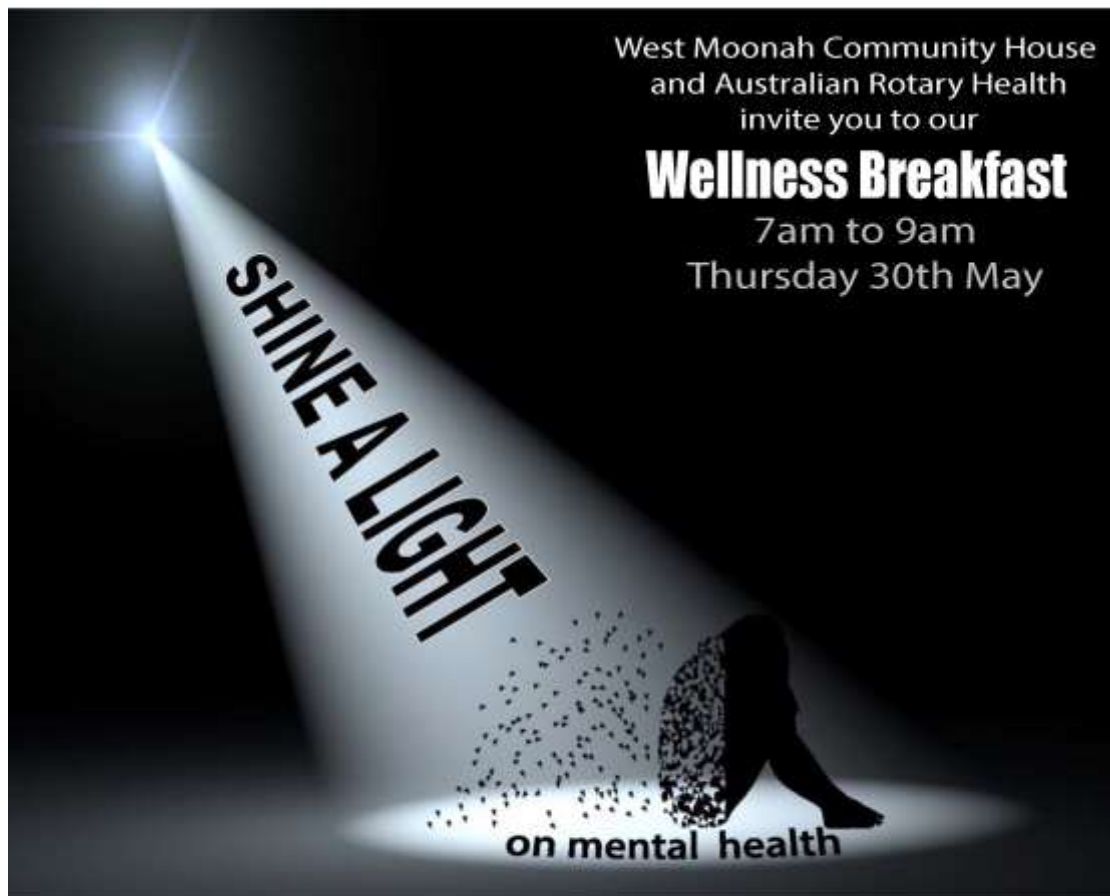
If you have some corporate connections and want to do some good, you might be interested in supporting our Adopt a Scientist campaign.

We are supporting nine areas of mental health research. Click below to learn more.

[Adopt a Scientist Today](#)

Upcoming ARH Events

Wellness Breakfast



West Moonah Community House
and Australian Rotary Health
invite you to our

Wellness Breakfast

7am to 9am
Thursday 30th May

Blundstone Arena Function Centre

15 Derwent Street Bellerive

Tickets available at

westmoonahcommunityhouse.com/events/wellnessbreakfast

or phone 6273 2362



Start the day with a laugh

Special guest comic **Peter Rowsthorn**

*From Kath & Kim, Who do you think you are,
I'm a Celebrity - get me out of here,
The Comedy Company and more.*

\$65 per person

*Includes full breakfast
and show*

*Silent Auction
Raffle*

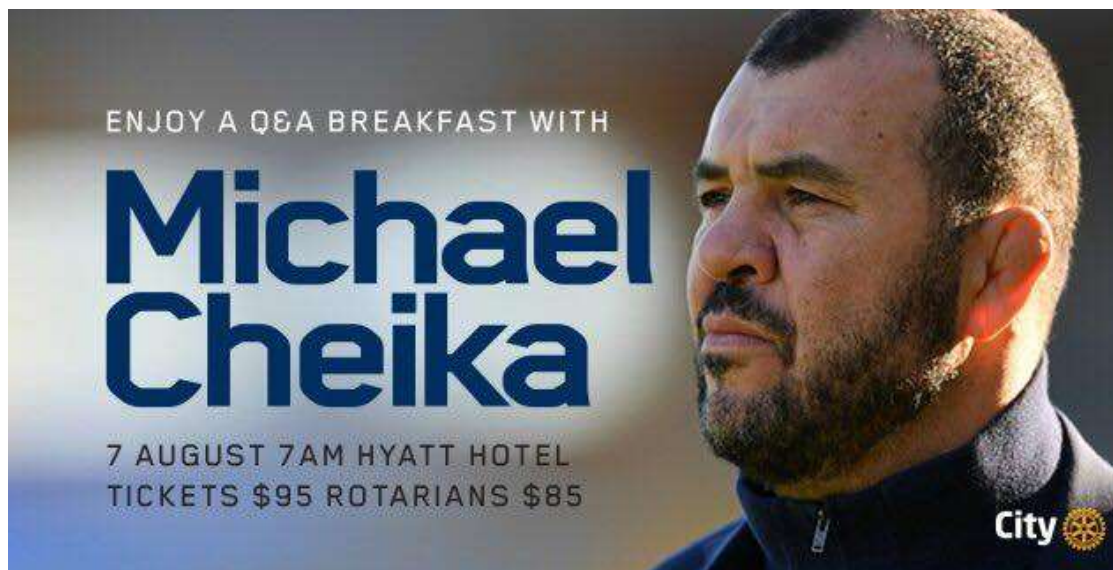
MC John X

A fundraising event for West Moonah Community House and Australian Rotary Health



[Event Bookings](#)

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](#)

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) on **Sunday 25 August.**

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

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](#)

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](#)

Lift the Lid Ball 2019



LIFT THE LID

on mental illness

SAVE THE DATE: Saturday October 12.

The Rotary Club of Brisbane Mid-City will host the Lift the Lid Ball again this year at the Brisbane Convention and Exhibition Centre, to raise money for mental health research.

More information to come.

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

**For every death by suicide, it is estimated that as many
as 30 people attempt to end their lives**

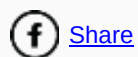


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You're receiving this email because you are keen to see recent research and programs Australian Rotary Health is making happen in the area of Mental Health and other General Health issues, including Rural and Indigenous Health.

Our mailing address is:

Australian Rotary Health

PO Box 3455

Parramatta, NSW 2124

Australia

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