

During the COVID-19 crisis,
continuing research into mental health
is more important than ever.

DONATE NOW.



Australian Rotary Health Latest News

Preventing Body Dissatisfaction & Eating Disorders By Teaching Them Young



New research funded by Australian Rotary Health suggests that a new program for parents of preschoolers is effective in improving children's attitudes towards their bodies.

[Research Findings Here](#)

20% of Pregnant Australian Women Don't Receive the Recommended Mental Health Screening



Australian Rotary Health Postdoctoral Fellowship recipient [Dr Nicole Reilly](#) is one of the authors of a recent study published in the Australian and New Zealand Journal of Public Health, which is the first to track perinatal screening over time in a national sample.

[Research Findings Here](#)

Recent Research Findings Summarised

- During her Postdoctoral Fellowship, funded by Australian Rotary Health, [Dr Laura Hart](#) has found that her [Confident Body, Confident Child program](#) for parents has a positive impact on children's negative attitudes towards body weight and positive impact on girl's self-esteem. The program is now delivered to organisations in Australia, New Zealand, the United States and Norway, and may have future positive implications for preventing eating and weight disorders in children as they grow up. [Read more.](#)
- In a recent study co-authored by Australian Rotary Health Postdoctoral Fellowship recipient [Dr Nicole Reilly](#), it has been highlighted that while there have been some improvements over time, perinatal mental health screening is not yet universal. One-in-five women are not screened both antenatally and postnatally, including women in high-risk populations such as those who have reported emotional distress. [Read more.](#)
- Former Australian Rotary Health 'Lorraine and Bruce McKenzie Scholarship' recipient [Dr Siân McLean](#) from La Trobe University compared the impact of narrative (scripted stories) and informational (documentary) filmmaking on raising awareness of body dissatisfaction and found that participants had increased mental health literacy related to body dissatisfaction after watching both videos. After watching the videos, women also reported plans to reduce 'negative body talk' and felt more satisfied with their body weight. More findings [here.](#)

Podcast Episodes 6 & 7 Out Now



The Research Behind Lift the Lid



Episode 6 - Dr Lisa Mundy



Episode 7 - Prof Tony Jorm

Every week we release a new episode of our podcast called **'The Research Behind Lift the Lid'**, where we talk to researchers about their findings from research projects funded by Australian Rotary Health.

In episode 6, our guest is [Dr Lisa Mundy](#) from Murdoch Children's Research Institute. Dr Mundy talks about the success of her Australian Rotary Health Mental Health Research Grant project on how hormones can play a role in predicting mental health problems in children. Watch below.



In episode 7, we are joined by special guest [Professor Tony Jorm](#) from the University of Melbourne. Professor Jorm talks about how Australian Rotary Health funding helped the world renowned program 'Mental Health First Aid' get off the ground. Watch below.



In case you missed them, here are all the Podcast episodes available on PodBean:

- [Episode 1 - Dr Louise Mewton](#)
- [Episode 2 - Dr Vijaya Manicavasagar](#)
- [Episode 3 - Dr Lyndall Strazdins](#)
- [Episode 4 - Dr Philip Batterham](#)
- [Episode 5 - Dr Marie Yap](#)
- [Episode 6 - Dr Lisa Mundy](#)
- [Episode 7 - Prof Tony Jorm](#)

You can also find the video versions on [our YouTube channel](#).

Stay tuned - episode 8 with Dr Matthew Spittal from the University of Melbourne released on Monday!

[Download and Listen on PodBean](#)

**Make a Tax Deductible Donation to
Mental Health Research by June 30**

DONATE NOW.

Your donation may go towards:

\$30,000
(per year, for 3 years)
will fund an
**Ian Scott PhD
Scholarship**

Up to \$70,000
(per year, up to 3 years)
will fund a
**Mental Health
Research Grant**

\$75,000
(per year, for 3 years)
will fund a
**Postdoctoral
Fellowship**

In April, we set a target to raise \$200,000 for mental health research in our COVID-19 appeal, as many Rotary Clubs have been unable to go ahead with their usual fundraising events that support our research.

So far, we have raised \$9,205, and while we may not hit our initial target, we would love to hit \$10,000 by the end of June!

Please consider donating today. All donations over \$2 can be claimed at tax time.

Thank you for your support.

[Donate to Our COVID-19 Appeal](#)

Ageing Wisely Program



Researchers at Macquarie University have developed [Ageing Wisely Online](#), a psychological treatment program that uses cognitive behavioural therapy (CBT).

This program is specifically designed for older adults (aged 65 years and older) who may experience worry, anxiety or low mood. This program teaches people how to manage these feelings by learning to change the way they think, and the behaviours that maintain depression and anxiety.

Our Chairman Gregory Ross also did some voice acting for the program!

[Check it Out](#)

Current ARH Project Focussed on Indigenous Mental Health

Learn about this research project:
Longitudinal study of wellbeing and quality of life
in remote Indigenous youth: The Bigiswun Kid project



The Bigiswun Kid project, funded by Australian Rotary Health, is a follow-up research study to the Lililwan Project. Bigiswun Kid means 'Big One Kid' or 'Adolescent' in the Kimberley Kriol language and Lililwan means 'All the little ones' in the Kimberley Kriol language.

This study, led by [Professor Elizabeth Elliott](#) at the University of Sydney, will look at how factors in early life have impacted a cohort of young people living in remote Aboriginal and Torres Strait Islander communities, now that they are teenagers.

The Lililwan Cohort are now aged 16 to 18 years and community leaders are concerned that some are struggling in adolescence with poor health and educational attainment, and high rates of self-harm, suicide and contact with the justice system.

The Bigiswun Kid Project will enable researchers to identify opportunities for intervention in pregnancy, early childhood, and primary school that will help promote a trajectory to a problem-free adolescence. The study will also increase the knowledge, skills and capacity of community members, health professionals and teachers, for the identification of difficulties in adolescence.

[Learn More](#)

Solve Puzzles and Make a Difference!

Help us



LIFT THE LID
on mental illness

**by solving
Clue Detective
puzzles**

Solving puzzles can be a great activity to improve your mental health, and [Clue Detective Puzzle Agency](#) are making it easy for you to help others as well.

When you sign up for one of their puzzle subscriptions, they donate a percentage to Rotary projects and Australian Rotary Health's Lift the Lid on Mental Illness campaign for youth mental health research.

[Get Your Rotary Club Involved](#)

MyGivingCircle Grant Round



Vote Now

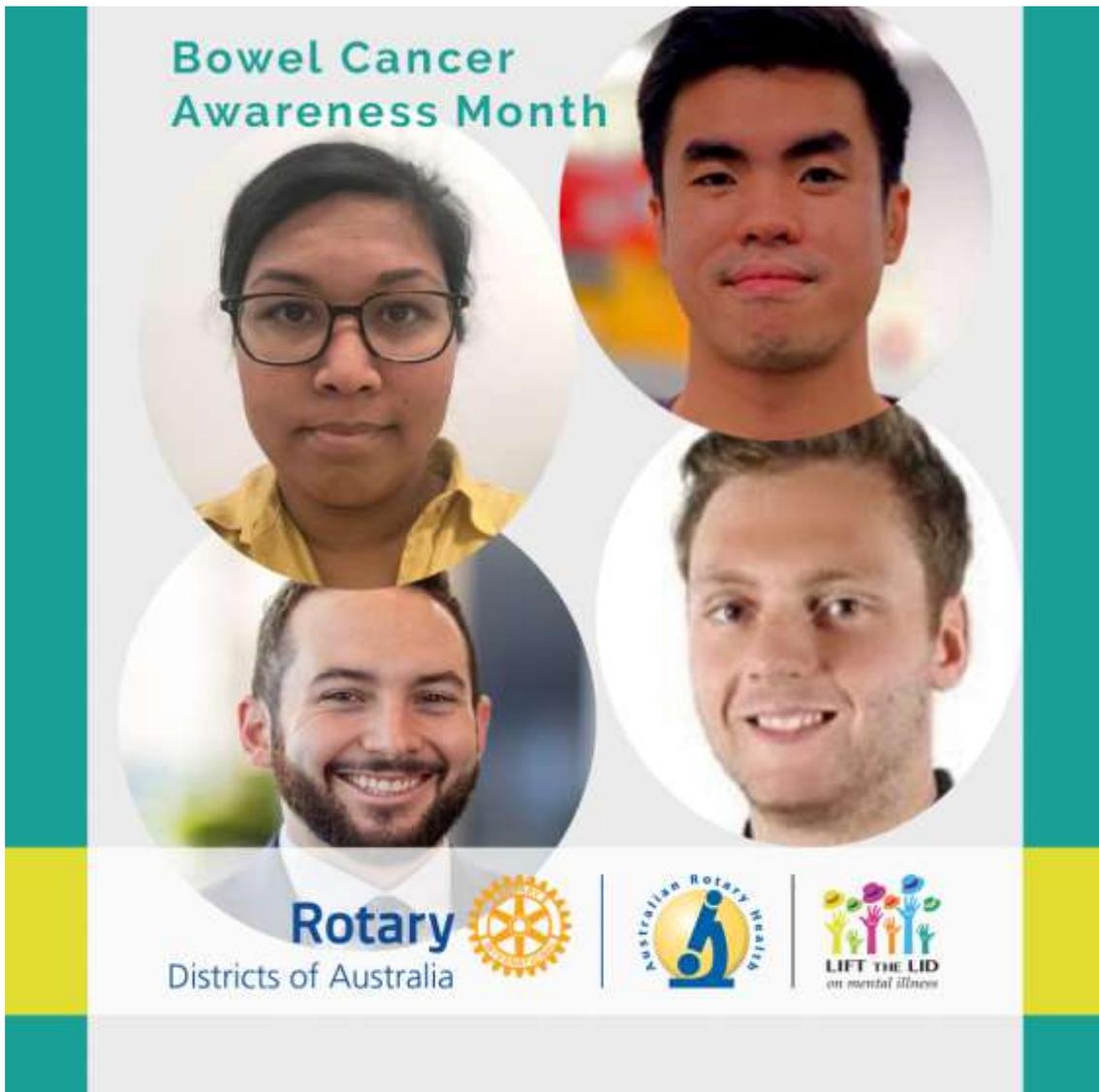
For the Charities you love

In this MyGivingCircle round, the top 50 Charities with the most votes will share \$70,000.

Please vote for Australian Rotary Health by June 30.

[Vote Here](#)

Bowel Cancer Awareness Month



June is **Bowel Cancer Awareness Month**.

Australian Rotary Health is currently funding four Funding Partner PhD Scholarships focussed on Bowel Cancer Research.

See what each of our researchers are doing to help:

- [Dr Atrandila Das \(Judith Annette Thompson Scholarship\)](#)
 - [Lionel Leck \(Rotary District 9675 'Heather Newbould' Bowel Cancer PhD Scholarship\)](#)
 - [Lochlan Fennell \(District 9650 Bowelscan PhD Scholarship\)](#)
-

- [Dr Ryan Cohen \(Rotary Clubs of Rotary District 9465 \(WA\) PhD Scholarship\)](#)

Indigenous Health Scholar Spotlight: Jordan Amos



"In 2018 there were around 200 Indigenous doctors in Australia with 300 students on their way. In order for parity for the Indigenous population, Australia needs at least 2,000 Indigenous doctors. If this scholarship can allow one more Indigenous student to graduate as a doctor, then it will help close the gap on medical officer disparity. I am committed to bridging the gap between Indigenous and Non-Indigenous, city and country."

- Jordan Amos, Indigenous Health Scholarship (Doctor of Medicine).

Sponsored by: Keith Henning

[More About Jordan](#)

Upcoming Events & Fundraising

Webinar Featuring ARH Researchers



Flattening the curve of substance use harms

with special guests from The Matilda Centre for Research in Mental Health and Substance Use

A webinar presented by
PREVENTION UNITED

In proud partnership with



PREMISE
DRIVING CHANGE BY RESEARCH EXCELLENCE



Dr Louise Birrell
Research Fellow



Dr Lexine Stapinski,
Senior Research Fellow



Prof. Maree Teesson AC
Director

Current and past Australian Rotary Health funded researchers at the Matilda Centre are presenting a webinar this **Wednesday June 10 from 12.30-2pm**, talking about flattening the curve of substance use harms.

[Register Here](#)

Highton Rotary Raffle



Highton Rotary

Online Raffle

1st Prize - Joel Selwood Signed Geelong Football Jumper Framed, 108cm x 72 cm valued at \$649

2nd Prize (two paintings) - 2 X Original 60 x 90 cm. oil paintings with an estimated value of \$250 ea.

3rd Prize - Kärcher WV2 Premium Cordless Window Vac valued at \$119.95

4th Prize - Kitchen pack including a Rayell timber serving platter, 25cm x 68cm, a novelty tea towel, and a 15cm bamboo bowl with lid. Value \$75

5th Prize - 3 piece Leonardo Barcelona Wine Set. Quality glass decanter (1.5l) and two red wine glasses. Value \$75

\$5.00 per ticket

Prizes

- * 1st Prize Donated by **Geelong Travel**
- * 2nd Prize Donated by **Alan Fry, D'AES – FRY ART (Belmont Rotary)**
- * 3rd Prize Donated by **Fagg's Mitre 10**
- * 4th Prize Donated by **Pardeys Highton Pharmacy**
- * 5th Prize Donated by **Graham Blood (Highton Rotary)**

All proceeds to Australian Rotary Health Mental Health Research

In 2018, Highton Rotary Club was named as host of the 2020 Australian Golfing Fellowship of Rotarians Annual Tournament at 13th Beach Golf Course. After two years of planning, creating a wonderful event with tours around the Bellarine, a week of Golf at 13th Beach, dinners & presentations, the COVID-19 pandemic forced a cancellation less than a month before the Tournament.

Some sponsors kindly allowed goods they had donated to be raffled in support of Australian Rotary Health Mental Health Research.

Please consider supporting mental health research by purchasing a raffle ticket at \$4.50 each.

Winners will be drawn live on the [Highton Rotary Club Facebook page](#) on Thursday June 30.

[Buy Your Raffle Ticket](#)

An Unofficial Marathon for Mental Health Research

We need your support!



These four young men are up to the challenge of tackling their first marathon on August 15, raising funds for scientific research into youth mental health at UWA.

Help them support
Australian Rotary Health at:
<https://www.facebook.com/donate/189291952334208/>

Rotary
Districts of Australia



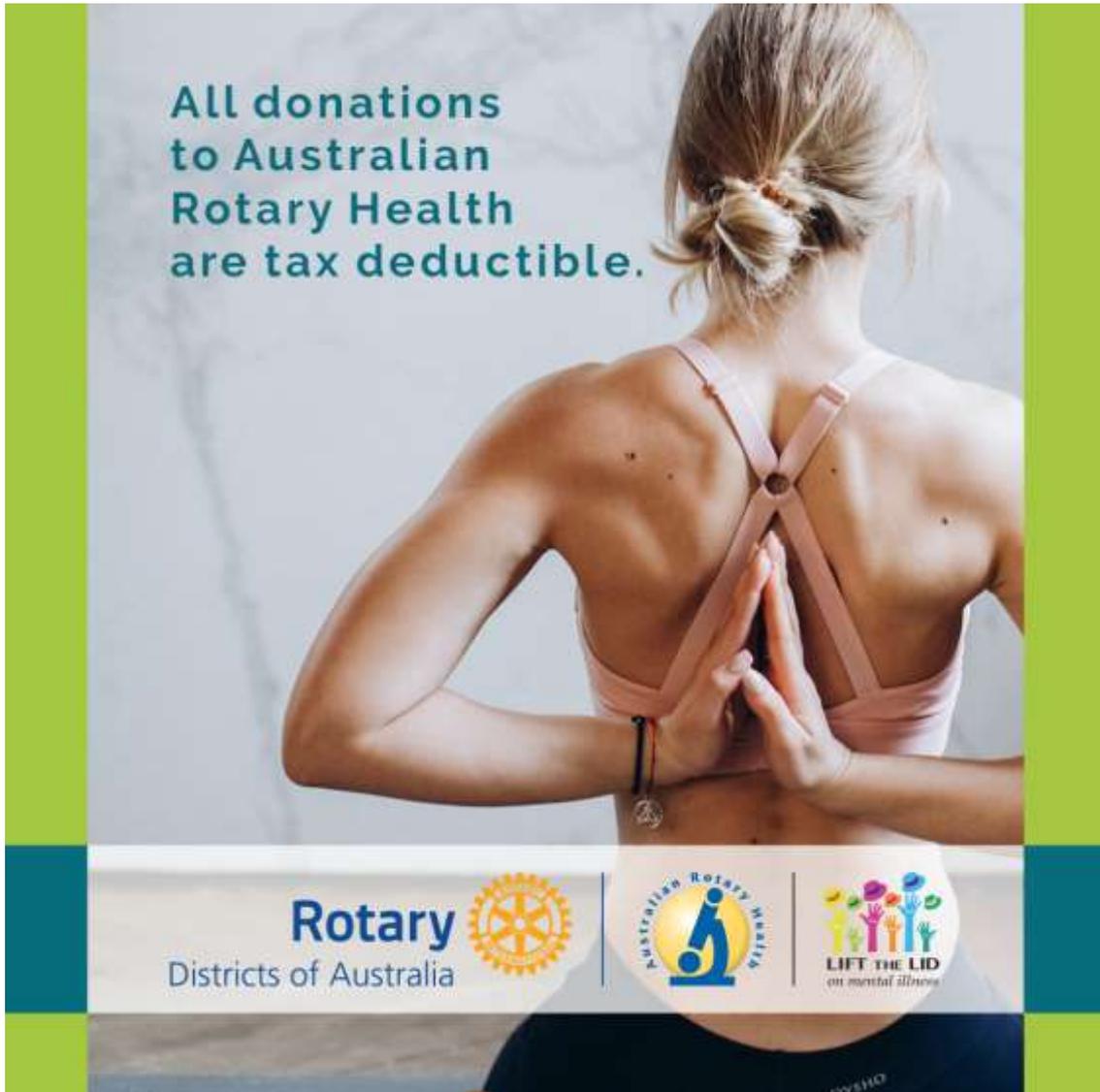
Meet Mitchell, Marcelo, Nathan and Sam (left to right). These four men are all part of Yoseikan-Ryu Karate, and they are taking on the challenge of their first ever marathon!

Because of COVID-19, this marathon will have to be unofficial but will still comprise of 42.2km. They are running to raise money for Australia Rotary Health to support research into youth mental health at the University of Western Australia.

They have set a fundraising goal of \$5,000 which they hope to achieve before their run on **Saturday August 15.**

Please help support them in their efforts by donating today and let's all together help progress research into mental health among youth populations!

[Support Them Here](#)



Please help us raise \$200,000 in our COVID-19 appeal by June 30. All donations over \$2 are tax deductible and support important research into youth mental health.

[Donate Now](#)

[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.

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