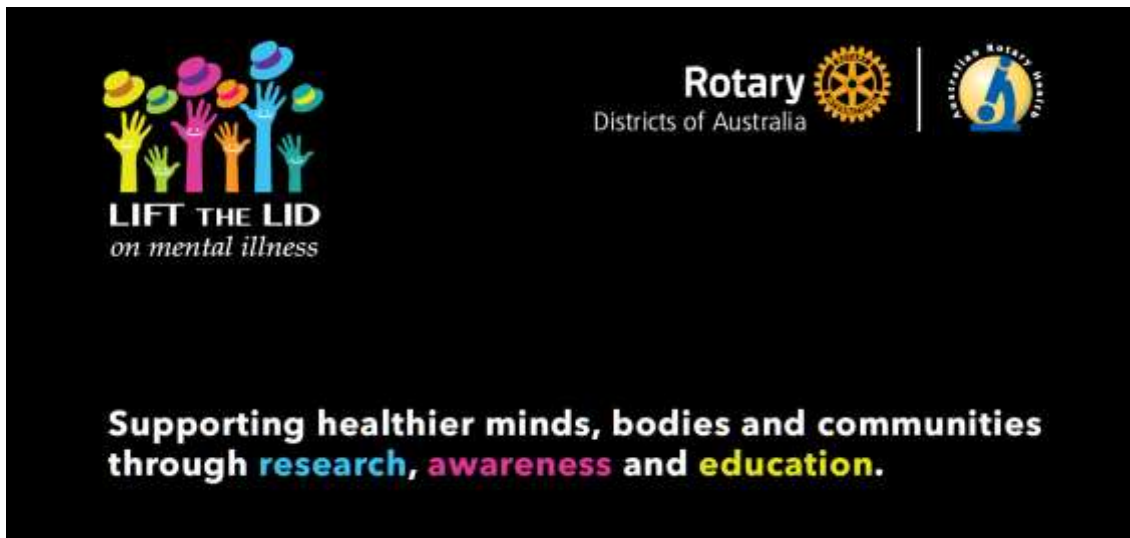




Australian Rotary Health Latest News

Lady Gaga Launches Teen Mental Health First Aid in the U.S



Earlier this year, the National Council for Behavioral Health partnered with Lady Gaga's Born This Way Foundation to launch [teen Mental Health First Aid](#) (tMHFA) in the U.S., with a pilot program in eight high schools across the country.

Australian Rotary Health awarded a Mental Health Research Grant to [Dr Laura Hart](#) from La Trobe University to trial the Teen Mental Health First Aid program in 2014, which found excellent results and is now being rolled out internationally.

[Read More](#)

Helping the Ones Who Help Seek Help for Themselves



While emergency services employees are constantly striving to help others, research indicates that they don't always seek adequate help for themselves – particularly when it comes to their mental health.

[Kelly Tow](#) from the University of Wollongong was awarded an Australian Rotary Health Ian Scott PhD Scholarship this year to improve our understanding of the factors influencing help-seeking in Australian paramedics.

[Read More](#)

Improving Media Reporting of Severe Mental Illness



A PhD Scholar funded by Australian Rotary Health hopes to reduce stigma surrounding severe mental illnesses such as schizophrenia and bipolar disorder, starting with the media.

[Find Out How](#)

An Appealing Parenting Program for Parents of Teens



A recent study funded by Australian Rotary Health (ARH) has found that the Tuning in to Teens parenting program has had a positive response from parents.

[Research Findings Here](#)

Protecting Rural Youth from Vicarious Trauma



As a clinician working in Warragul, Victoria, [Erin Dolan](#) has seen first-hand the lack of support and referral systems available to young people in rural areas.

Now, with a Funding Partner PhD Scholarship from Australian Rotary Health, the Rotary Club of Balwyn and the University of Melbourne, Erin hopes her PhD will allow these isolated young people to learn the necessary skills to protect themselves and their peers.

[Read More](#)

Tackling Severe Mental Illness and Heavy Drinking on the Phone



[Professor Amanda Baker](#) and her team at the University of Newcastle are receiving an ARH Mental Health Research Grant to test a telephone intervention for hazardous alcohol use among young people living with severe mental ill-health.

[Article Here](#)

Research Findings Throwback



[#TBT](#) From 2015-2017, ARH awarded a Mental Health Research Grant to [Associate Professor Maria Kangas](#) from [Macquarie University Centre for Emotional Health](#), to investigate whether the CoolKids Health Program could effectively help distressed youth with functional somatic symptoms concurrent with anxiety and/or depression.

"The Cool Kids Health program helped children regain their life back, by equipping them with the skills to manage their somatic symptoms and overcoming their distress while no longer having to take extended time off school, social and family activities," said Associate Professor Kangas.

In her research, Associate Professor Kangas found:

* In line with the literature on benign, recurring somatic health complaints in youth (such as recurring stomach aches), the children/adolescents who took part in the study had 'masked', undetected co-occurring anxiety and/or depressive problems. Interestingly, the majority of parents were not fully aware of these emotional problems in their children.

- * This study showed that a relatively brief, 10 x 1 hour individual therapy program is effective in concurrently treating somatic health symptoms with anxiety and depressive problems in highly distressed youth.
- * Including parental components in the Cool Kids Health Program had added benefits in reducing the over-protective behaviours of parents which can inadvertently help maintain 'sick role' behaviours in their children.

[Donate to Research](#)

Donate Before Tax Time



It's that time of year again where we begin think about all the things we can claim back on our tax return and donations are one of them!

All donations over \$2 to Australian Rotary Health research are tax deductible.

[Donate Before June 30](#)

Participate in Our Research

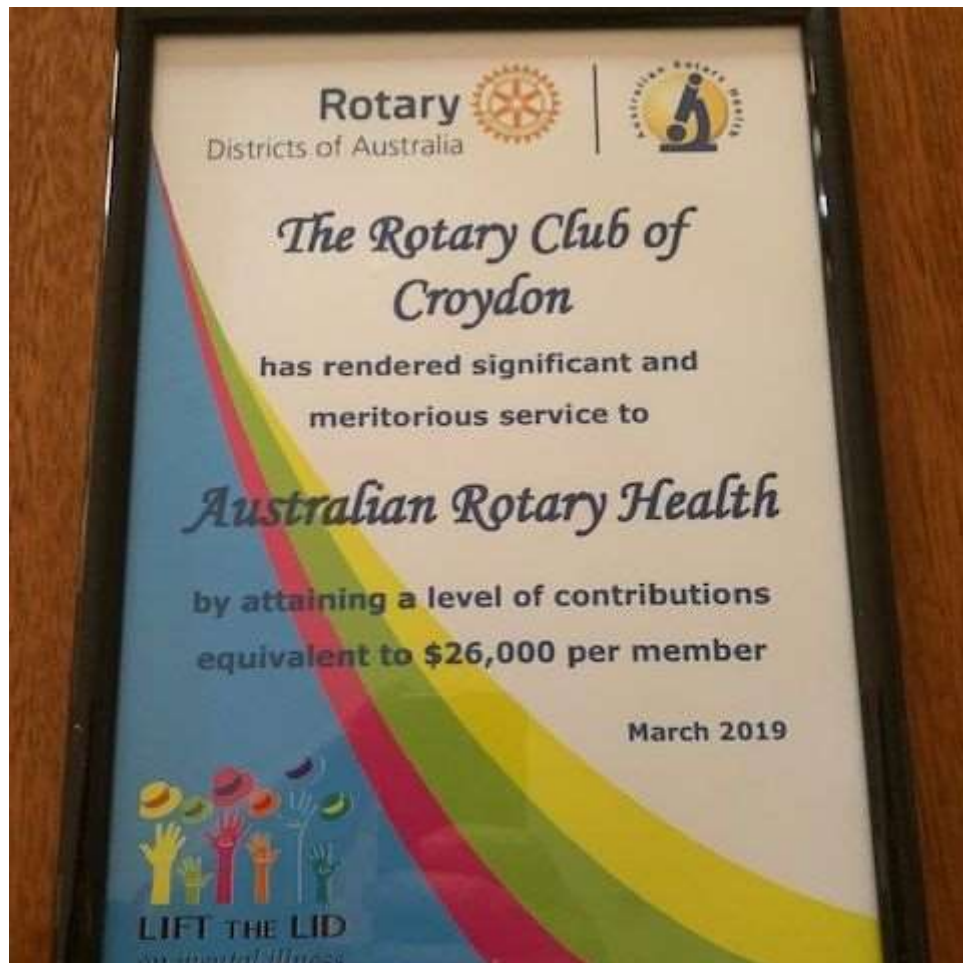


We are interested in furthering our knowledge of gastroparesis and are looking for participants who are 18 years of age or older. This study compares **individuals with and without gastroparesis** to identify potential risk-factors.

Two Australian Rotary Health PhD Scholars, [Harsha Suresh](#) and [Daphne Foong](#), supported by the Rotary Club of Devonport, Tasmania, are working on this project. Please show your support!

[Complete the Survey](#)

Thank You to Our Supporters



The [Rotary Club of Croydon](#) have been magnificent supporters of Australian Rotary Health over the years, and last year they donated over \$400,000 to our research!

The Club was recently presented this certificate to acknowledge their amazing contribution, which averages out to \$26,000 per Club member.

We thank them all once again.



Our gratitude to the Rotary Club of Mornington's PP Don Gordon, who has raised more than \$20,000 for Australian Rotary Health. He was presented a Ruby Companion Award by ARH Chairman Gregory Ross recently.



With support from Rotary District 9790 and RSL Clubs of Victoria, we have been able to fund PhD Scholarships with a focus on PTSD in the military.

One of our recipients is [Katrina Streatfeild](#) (pictured here L-R with President Darebin RSL Bob Cross, GR, ARH Chairman Gregory Ross, and President RC Preston Peter Byrne).

We thank them for their most recent donation of \$20,000 for PTSD research!



A big thank you to the Rotary Club of Mordialloc, who recently donated \$5,000 to Australian Rotary Health for youth mental health research!

Here is President Elect Ernie Williams presenting the cheque to ARH District 9810 Representative Glenn Tippet.



Recently ARH Director Jane Cox presented a certificate of appreciation to President Lee Pywell of Alfredton Rotary Club to thank the Club for supporting Australian Rotary Health.

Get your Club on board too by clicking the button below.

[Support Us](#)

Congratulations in Order!



Our graduating Indigenous Health Scholars attending a ceremony recently at Government House.

Congratulations to each of them for a fantastic effort!

Indigenous Health Scholar Spotlight: Katelin Smith



"This scholarship will greatly assist my dream to become an Indigenous doctor which means I will be able to help people within my community in the ways they need it more and when they need it most. I want to use my degree to help my community to understand the health system so they can receive the healthcare they need and deserve. I am passionate to help with education surrounding healthy lifestyles and to give my community the support they need if they become ill."

- Katelin Smith, Indigenous Health Scholarship

Sponsored by: Learnmed Group

[Our Indigenous Health Scholars](#)

PhD Opportunities



PhD Scholarships Available Now



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](#)

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!

If you are supporting ARH in City2Surf let us know: news@arh.org.au

[Support Dianne](#)

Support Mental Health Research Through Puzzles



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](#)

Adopt a Scientist

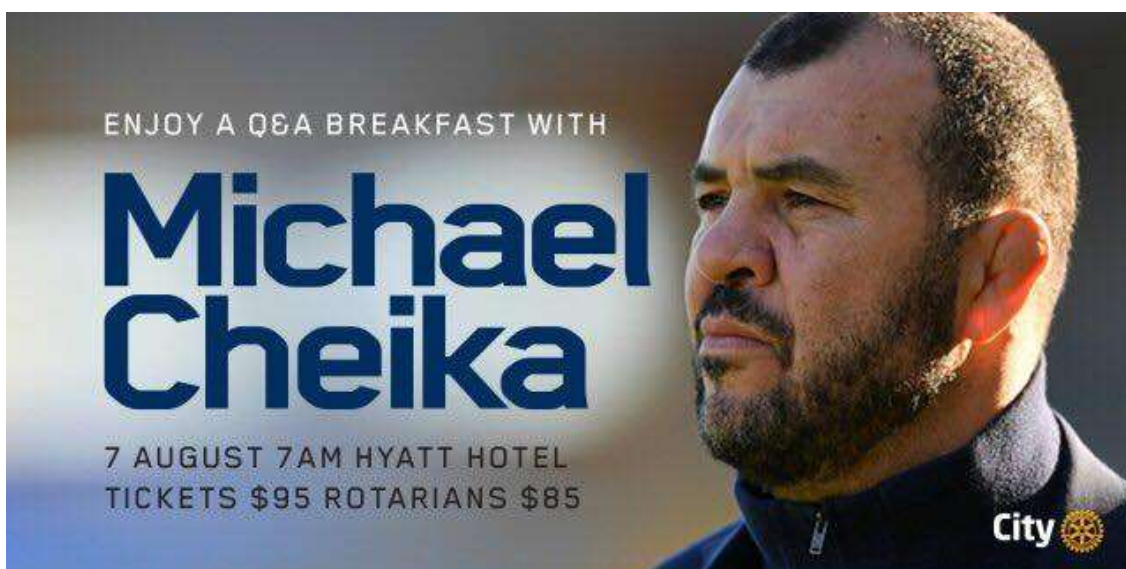
If you have some corporate connections and want to do some good, you might be interested in supporting our Adopt a Scientist campaign.

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

[Adopt a Scientist Today](#)

Upcoming ARH Events

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



Organised by



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](#)

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.

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](#)

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

**Almost one in seven (13.9%) 4-17 year-olds
were assessed as having mental disorders
in the previous 12 months**



Rotary
Districts of Australia



[Do More to Help](#)

[Visit Our Website](#)



Copyright © 2019 Australian Rotary Health, All rights reserved.

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

[Add us to your address book](#)

Want to change how you receive these emails?

[unsubscribe from this list](#)