The
MENTAL HEALTH SERVICE
AWARDS
of Australia and New Zealand

2017

Hilton Sydney, Australia

Australian Government
Department of Health

MINISTRY OF HEALTH
MANATŪ HAUORA

We are honoured to welcome to TheMHS Awards Presentation Ceremony

The Honourable Greg Hunt, MP,
Federal Minister for Health and Minister for Sport,
&
Professor The Honourable Dame Marie Bashir AD CVO,
TheMHS Awards Ambassador for 2017

CONTENTS **Page No.**

OUTSTANDING CONTRIBUTION to MENTAL HEALTH SERVICE AWARDS

Background of Hall of Honour **4**

EXCEPTIONAL CONTRIBUTION TO MENTAL HEALTH SERVICE IN AUSTRALIA OR NEW ZEALAND

Joining The Hall of Honour

Helen Morton, WA **5**

Pamela Rutledge, NSW **6**

TheMHS MEDAL 2017

Mental Health First Aid **7**

Page No.

SERVICE AWARDS

Background of Service Awards 8

CATEGORY ACHIEVEMENT AWARD FOR ENTRIES WITH A DIFFERENT FOCUS

Nanko-walun Porlar Nomawi: Wellbeing for Children and Families
CAMHS, SA 9

CATEGORY ASSESSMENT AND/OR TREATMENT

Holistic Model of Care for Women with Addiction and Mental Health Issues
Alcohol And Drug Foundation NSW- Kathleen York House, NSW 10

CATEGORY EDUCATION, TRAINING OR WORKFORCE DEVELOPMENT

No Award in this category

CATEGORY MENTAL HEALTH CONSUMER AND MENTAL HEALTH PEER WORK

Joint Winners -

Growing the Peer Workforce
Flourish Australia 11

Grow, A program of personal development. Celebrating 60 years. 12

CATEGORY MENTAL HEALTH PROMOTION OR MENTAL ILLNESS PREVENTION PROGRAM OR PROJECT

Into the Light: An Arabic Resource on Psychological Health e on Psychological Health
إلى النور : الموارد العربية للصحة النفسية
Being - Mental Health And Wellbeing Consumer Advisory Group, NSW 13

CATEGORY PSYCHOSOCIAL AND/OR SUPPORT PROGRAM OR SERVICE

Homelessness, Mental Health and Holistic Support:
A lifestyle and wellness model in residential aged care
The Salvation Army Aged Care Plus, NSW 14

CATEGORY PHYSICAL HEALTH AND/OR PRIMARY CARE

No Award in this category

RESEARCH AND EVALUATION AWARDS

CATEGORY TOM TRAUER EVALUATION AND RESEARCH AWARD

Excellence and innovation in suicide prevention
Black Dog Institute, NSW **15**

CATEGORY EARLY CAREER RESEARCH FOR EXCELLENCE

Psychological Motivations and Outcomes of Female Genital Cosmetic Surgery
Curtin University, WA **16**

CATEGORY EARLY CAREER RESEARCH FOR INNOVATION

Smooth Sailing: The design and delivery of an online school-based mental health service for adolescents
Black Dog Institute, Faculty of Medicine, University of New South Wales **17**

MENTAL HEALTH MEDIA AWARDS

Background of Media Awards **18**

CATEGORY TEXT JOURNALISM

Understanding the Hidden Suicide Problem Among Women in Medicine
Rebecca Kamm
Broadly (VICE Media), VIC **19**

CATEGORY SOUND/VISION JOURNALISM

Understanding & destigmatising mental illness
Lynne Malcolm
ABC Radio National – All in the Mind, NSW **20**

CATEGORY SPECIAL MEDIA AWARD

Down on the Farm - Mental Health and Rural Families in the South
Yvonne O'Hara
Southern Rural Life, New Zealand **21**

Christchurch Dilemmas. 2016.
Do we have a crisis of Mental Health?
Gerard Smyth
Frank Film Ltd, New Zealand **22**

ASSESSMENT COMMITTEE MEMBERS (SERVICE AND MEDIA AWARDS) **23**

Hall of Honour

For Outstanding Contribution Awards

1994 - Ongoing

To view all outstanding contribution award winners
Visit TheMHS website www.themhs.org

BACKGROUND

- **The Exceptional Contribution to Mental Health Service Awards** began in 1994. The Award recognises an individual who has made an outstanding contribution to mental health service delivery. It acknowledges a remarkable accomplishment and wide sphere of influence. It is in recognition of the importance to the development of best practice services throughout the two countries.
  Entries are by nomination only (not self-nomination).

  The applications were rated on the following criteria:

  1. Evidence of a significant contribution to the field of mental health on a local, state or national level.

  2. Evidence of innovation or a high standard of service.

  This award program contributes to publicising the good work being done in an environment where often only bad news seems to appear in the media.

  Each year individuals are nominated for this award by their peers. The winner is then selected by a panel of experts from across Australia and New Zealand.

- **TheMHS Medal** is the top award of the Mental Health Service Awards of Australia and New Zealand managed by TheMHS Learning Network.

  The Medal honours a unique and inspiring contribution to Mental Health by an individual or organisation
  .
  The Medal is awarded only in the circumstance that a unique and inspiring recipient is identified by the Awards Committee and ratified by the TheMHS Management Committee. There is no direct application procedure for this award.

EXCEPTIONAL CONTRIBUTION TO MENTAL HEALTH SERVICES IN AUSTRALIA

JOINT WINNER: **Helen Morton**
Perth, WA

E: hmorton.queenslea@gmail.com

BRIEF DESCRIPTION OF AWARD RECIPIENT

Helen Morton was the Western Australian Minister for Mental Health; Disability Services; Child Protection between 14 December 2010 - 31 March 2016. During her two terms, Helen was responsible for significant change in the mental health landscape; leading important reform and introducing policies, plans and decisions which reinforced person-centred care, recovery focus, prevention and early intervention.

During Helen's time in government, WA introduced the Mental Health Act, completed the Mental Health Ten Year Plan and was the first jurisdiction in Australia to establish a Mental Health Commission.

Helen was a strong supporter of the community mental health sector – both politically and personally. She made time to attend mental health forums in a professional capacity; and events on weekends, reflecting her personal interest of being involved with - and supporting - her local community.

This award represents an acknowledgement of an exceptional contribution, the results of which will flow on to enhance the mental health and wellbeing of all.

Each year individuals are nominated for this award by their peers. The winner is then selected by a panel of experts from across Australia.

Citation on Certificate

For bringing crucial mental health reforms to the Australian political landscape for possessing the strength of a trail-blazer and being able to listen and truly connect with warmth and genuine caring

EXCEPTIONAL CONTRIBUTION TO MENTAL HEALTH SERVICES IN AUSTRALIA

JOINT WINNER: **Pamela Rutledge**
Sydney, NSW

E: Pamela.Rutledge@richmondpra.org.au

BRIEF DESCRIPTION OF AWARD RECIPIENT

Pamela Rutledge is an inspiring visionary leader who is a highly-motivated, values-driven, results-oriented strategic thinker, with a passion for people's rights, including people with a disability, a mental health issue and who experience discrimination or social injustice. She has led innovative reforms in social policy, human and disability rights and resources in the health and community service sectors in government and community managed sectors. A Social Worker by profession, Pamela, was appointed the Executive Officer of the Richmond Inquiry in 1982. In 2012 Pamela led the successful merger of two large and longstanding community managed mental health organisations to become Flourish Australia. Pamela is currently CEO of Flourish Australia and Chair of the NSW Mental Health Co-ordinating Council, having been on its voluntary board for many years. She is also a member of the board of Community Mental Health Australia and part-time Member of the Mental Health Review Tribunal.

Pamela Rutledge is the CEO of Flourish Australia, a leading community managed organisation providing community based support and employment services for over 4700 people living with a mental health issue and psychosocial disabilities across NSW and South-East Queensland each year. With an operating budget of $56 million, generated through funding from Australian and State governments, PHNs, and its own community businesses, Flourish employs 700 staff, 50% of whom identify as having a personal lived experience of mental health issues and recovery. Flourish Australia employs 145 Lived Experience Peer Workers, the largest number of Peer Workers in any single service in Australia.

This award represents an acknowledgement of an exceptional contribution, the results of which will flow on to enhance the mental health and wellbeing of all.

Each year individuals are nominated for this award by their peers. The winner is then selected by a panel of experts from across Australia.

Citation on Certificate

In celebration of a career of visionary leadership spanning decades of mental health reform. For dedication, innovation and brave decisions, and notably, for creating opportunities for the growth of vital peer work roles in mental health.

TheMHS MEDAL FOR MENTAL HEALTH

WINNER: **Mental Health First Aid Australia**

Presented to: **Betty Kitchener OAM**
Nataly Bovopoulos

E: mhfa@mhfa.com.au
Website: www.mhfa.com.au

BRIEF DESCRIPTION

Mental Health First Aid (MHFA) Australia is a national, not-for-profit, health promotion charity focused on mental health first aid training and research.

Its mission is to provide high quality, evidence-based mental health first aid education to everyone.

Its vision is a community where everyone has the first aid skills to support people with mental health problems.

MHFA Australia has 16 FTE staff members and a budgeted expenditure for this year of $2 Million. Funding is derived from fee-for-service training activities, government grants and philanthropy. MHFA Australia trains, then supports a national network of 1,386 MHFA instructors, who have trained over 500,000 members of the public.

The organisation has spread MHFA training to over 20 countries and has this year reached the extraordinary milestone of over 2 million people trained globally.

Extensive research to inform the curriculum and to evaluate MHFA training has shown that it improves mental health knowledge, reduces stigmatising attitudes and increases helping behaviour.

SERVICE and RESEARCH AWARDS

BACKGROUND

The Mental Health Service Awards Program began in 1992. It is designed to reward and publicise services that have shown innovation, excellence and best practice. The Awards program is a peer review process with a panel for each category, drawn from different disciplines including consumer and carer organisations. The panels are geographically spread across Australia and New Zealand. Please see TheMHS website for further details.

These awards are made possible by generous grants from the Australian and the New Zealand Governments in recognition of the importance they give to the development of best practice services throughout the two countries.

The following pages give you the contact details for the services and a short summary of their activities. You are encouraged to contact them and to visit their services.

SERVICE AND PROGRAM AWARD Criteria

The applications in 2017 were rated on the following criteria:

1. Evidence of a significant contribution to the field of mental health on a local, state or national level.
2. Evidence of innovation and/or recognised best practice.
3. Evidence of participation of mental health consumers, in the planning, implementation and evaluation of mental health service delivery. There may be exceptions to the involvement of mental health consumers. Please explain any particular circumstances where the involvement of mental health consumers is different or limited. View the definition of a Mental Health Consumer.
4. Evidence of partnerships and linkages (collaboration for continuity between organisations).
5. Verification and evaluation of the program's effectiveness (quality improvement activity, data collection and its use including graphs and tables, achievement of performance indicators, e.g. attendance figures, outcome measures, number of document downloads, page views, click through rates).

In 2017 there were 50 applications received for the following categories:

For Programs and Service

- Assessment and/or Treatment
- Psychosocial and/or Support
- Mental Health Promotion or Mental Illness Prevention
- Education, Training or Workforce Development
- Mental Health Consumer and Mental Health Peer Work
- Physical Health and/or Primary Care
- Achievement Award for entries with a different focus (including larger multistrand services)

For Research and Evaluation

- The Tom Trauer Evaluation and Research Award
- Early Career Research Awards for Excellence, Innovation and Best Practice

ACHIEVEMENT AWARD FOR ENTRIES WITH A DIFFERENT FOCUS

TheMHS AWARD:	**WINNER**
APPLYING PROGRAM:	**Nanko-walun Porlar Nomawi: Wellbeing for Children and Families**
ORGANISATION:	**Child and Adolescent Mental Health Service (CAMHS), SA**
ADDRESS:	**1/55 King William Road Adelaide, SA 5006**
CONTACT PERSON:	**Liz Prowse E: liz.prowse@sa.gov.au**

BRIEF DESCRIPTION OF THE PROGRAM

This program for the Aboriginal community in rural Murray Bridge encompasses the following dimensions of a social and emotional wellbeing framework:

- Cultural connection and identity
- Social connection and wellbeing
- Emotional wellbeing
- Physical wellbeing
- Family relationships and kinship networks
- Spiritual wellbeing and connection to country

Initial assessment covers all aspects from a family perspective and leads to the development of a care plan negotiated with parents. If serious mental health concerns are identified then co-work with local CAMHS is undertaken. A key element for the program is working closely the Aboriginal community and with partner agencies such as Child Protection and Education, as well as non-government organisations. Outreach work across the region frequently occurs and “yarning circles” are run in schools and a local children's centre. Aboriginal Community Education Officers and School Counsellors are closely involved with the program in identifying referrals and co-working.

DESCRIPTION OF THE ORGANISATION

Located in rural SA in Murray Bridge, the programme is annually funded to provide culturally appropriate CAMHS services to the Aboriginal community with a priority on children at risk of engagement with the child protection system. Workers are strongly engaged with the local Aboriginal community and connection with culture is a major focus. The programme has a coordinator and 2 wellbeing workers, all are currently Aboriginal workers. The programme has around 45 individual clients, but also works with families, partner agencies and community groups. The service and its workers are a highly valued part of the community.

ASSESSMENT AND/OR TREATMENT PROGRAM OR SERVICE

TheMHS AWARD: **WINNER**

APPLYING SERVICE: **Holistic Model of Care for Women with Addiction and Mental Health Issues**

ORGANISATION: **Alcohol And Drug Foundation NSW- Kathleen York House**

ADDRESS: **144a St Johns Road Glebe, NSW 2037**

CONTACT PERSON: **Latha Nithyanandam E: latha@adfnsw.org.au**

BRIEF DESCRIPTION OF THE SERVICE

Kathleen York House, an NGO programme run by ADFNSW is a residential facility for women with substance addiction and other mental health issues. It is a 7 bed facility where women can bring their children. It is a long term rehabilitation centre running a 6 month residential, 2 month transition and a 12 month aftercare programme. By the end of aftercare women are reintegrated back into the community to lead an independent, empowering and drug free life. All women, be they single, pregnant or with children are supported at KYH. It has a very high staff client ratio and follows a Through Care model of supporting women at any stage of change. The programme is funded by the Commonwealth and NSW Health Departments.

BACKGROUND DESCRIPTION OF ORGANISATION

Kathleen York House (KYH), located in Sydney's inner west, offers an abstinence based Through Care model of recovery with the aim of reducing intergenerational abuse as well as to accommodate women at various levels of change. This model incorporates a Day Program (3 months), Residential Rehabilitation (6 months) and 1 year Aftercare programme. KYH is significant in the drug and alcohol treatment services sector as it is one of the very few residential rehabilitation services available for women to enter with their children. In collaboration with FACS, KYH also facilitates the reconnection and re-establishment of relationships between mothers and children, where their children were removed, with the ultimate goal of children being returned to their care. KYH supports women to overcome substance dependence and to reduce its harmful impacts on their lives, and the lives of their children, families and on the community.

EDUCATION, TRAINING OR WORKFORCE DEVELOPMENT

No Award in this category

MENTAL HEALTH CONSUMER AND MENTAL HEALTH PEER WORK

TheMHS AWARD:	**JOINT WINNER**
APPLYING PROJECT:	**Growing the Peer Workforce**
ORGANISATION:	**Flourish Australia**
ADDRESS:	**5 Figtree Drive** **Olympic Park, NSW 2127**
CONTACT PERSON:	**Fay Jackson** **fay.jackson@flourishaustralia.org.au**

BRIEF DESCRIPTION OF THE PROJECT

Flourish Australia is a leading employer of mental health peer workers. Peer Workers are integral parts of mental health supports delivered across Flourish Australia's programs and service sites with 145 employed at present. A growth from 20 peer workers in 2014 to 145 today has been facilitated by Flourish Australia's innovative "Why not a peer worker?" Strategy.

In May 2015 Flourish Australia launched the "Why Not a Peer Worker?" Strategy and supporting program of:

- Recruitment
- Education and training
- Community of Practice
- Mentoring, and
- Communications strategy for all stakeholders.

Our Peer Worker roles are real, valuable, paid jobs – at Flourish Australia Peer Workers carry out the same non-clinical roles that mental health workers deliver, however, it is a requirement that they use their lived experience of mental health issues, trauma, and recovery in a purposeful way to support the people accessing our services.

BACKGROUND DESCRIPTION OF ORGANISATION

Flourish Australia is a large community managed organisation supporting over 4700 people with lived experience of a mental health issue annually across 65 sites and through 700 staff. We provide community based supports that assist people to find and make a home, get a job and to make friends and learn new things. Flourish Australia also operates two headspace Centres (Bankstown and Broken Hill) and is in the process of establishing a community liaison psychiatry service in partnership with Went West Ltd (Western Sydney PHN). Fifty per cent of Flourish Australia's staff report a personal lived experience of a mental health issue and recovery, and thirty three percent of our front-line staff are mental health peer workers.

MENTAL HEALTH CONSUMER AND MENTAL HEALTH PEER WORK

TheMHS AWARD:	**JOINT WINNER**
APPLYING PROGRAM:	**Grow, A Program of Personal Development. Celebrating 60 years**
ORGANISATION:	**Grow**
ADDRESS:	**1018 Logan Road Holland Park, QLD 4121**
CONTACT PERSON:	**Clare Guilfoyle clare.guilfoyle@grow.org.au**

BRIEF DESCRIPTION OF THE PROJECT

There are approximately 180 Grow Groups nationally, including special groups for young adults, carers and prison groups. 2000 members currently attend Groups. Groups are weekly and free and intake is informal. Grow also operates 3 residential services, a 17-bed facility in Sydney for people with comorbid mental illness and addiction. Our 5-bed resident in ACT is a transition program to the Community. Our Queensland Program is self-funded providing short term accommodation for people transitioning to the community. The National office oversees organisational strategic management and works alongside a national board and eight branches. The organisation manages over $6 million funding received from each state and territory and the Commonwealth Government annually. Grow has approximately 58 staff. 95% of staff have lived experience with mental illness. Staff work alongside 350 member volunteers, 98% of whom are recovering members. Grow has national accreditation for ISO9001 and the National Mental Health Standards.

DESCRIPTION OF THE ORGANISATION

Grow has been working in the Mental Health space for 60 years, founded in 1957 Grow has gone from strength to strength evolving with the times. From a time when no one believed that a person could recover from Mental Illness, let alone live a purposeful life. Grow has pioneered recovery practices, peer support and consumer advocacy both here in Australia and overseas. Research has validated the effectiveness and impact that the Grow Program delivers. Reduction in:

- Hospitalisation ● Suicidal thoughts ● Reliance on clinical services

Our courageous members routinely report improved relationships and sense of personal value. Grow continues to pioneer innovative practice though its extended programs including:

- Residential ● Prison ● Carers
- Remote and rural online mutual help groups● schools
- Prevention and early intervention

All applying Grow's 60 years of the lived experience of recovery.

MENTAL HEALTH PROMOTION OR MENTAL ILLNESS PREVENTION

TheMHS AWARD:	**WINNER**
APPLYING PROJECT:	**Into the Light: An Arabic Resource on Psychological Health** إلى النور : الموارد العربية للصحة النفسية
ORGANISATION:	**Being - Mental Health And Wellbeing Consumer Advisory Group**
ADDRESS:	**Suite 501/80 William Street Woolloomooloo, NSW 2011**
CONTACT PERSON:	**Adla Abushanab E: info@being.org.au**

BRIEF DESCRIPTION OF THE SERVICE

Into the Light project was a partnership between Being, Metro Assist, Transcultural Mental Health Centre and Liverpool Migrant Resource Centre. The project developed a three part video resource that aims to engage the Arabic-speaking communities in NSW on psychological health, distress and seeking help. According to the 2011 census, Arabic is the most popular language other than English to be spoken at home in NSW (2.7% of NSW population). Anecdotally we know that many Arabic-speaking people have experienced psychological distress, it is not well understood, is heavily stigmatised within communities and few Arabic-speaking people currently access mental health support services in NSW. In order to respond to these issues a resource was required that was relevant, useful and culturally appropriate for Arabic-speaking communities in NSW. The development of the videos was led by the Arabic speaking communities and produced in Arabic with English subtitles.

.

BACKGROUND DESCRIPTION OF ORGANISATION

Being is the independent, state-wide peak organisation for people with a lived experience of mental illness (consumers) in NSW. We work with consumers to achieve and support systemic change. Being's core funding of $581,361 is provided by the Mental Health Commission of NSW and project funding comes from a range of sources. Being has 9 staff, 4 casual Committee Representatives and 2 volunteers.

PHYSICAL HEALTH AND/OR PRIMARY CARE

No Award in this category

PSYCHOSOCIAL AND/OR SUPPORT

TheMHS AWARD:	**WINNER**
APPLYING SERVICE:	**Homelessness, Mental Health and Holistic Support: A lifestyle and wellness model in residential aged care**
ORGANISATION:	**The Salvation Army Aged Care Plus**
ADDRESS:	**261 - 265 Chalmers Street Redfern, NSW 2016**
CONTACT PERSON:	**Peter Bewert E: peter.bewert@aue.salvationarmy.org**

BRIEF DESCRIPTION OF SERVICE

Montrose Aged Care Plus Centre is a residential home situated in Sydney on the Harbour located at Balmain. It is a specialist home for men who have mental health issues and come from homeless backgrounds, extreme social disadvantage or the justice system. The home has a very unique demographic and contains residents who are usually “difficult to place”. Montrose Aged Care Plus Centre is the only residential aged care service of its type within Australia who provides specialist mental health support to older male Australians from the demographic outlined. The Centre is predominately funded by the Australian Government for the provision of aged care services and supports ageing in place. Montrose Aged Care Plus Centre is home to 44 residents. Life expectancy of the resident demographic is low due to extreme social disadvantage. Through equality and empowerment, the model effectively supports independence and wellness through shared goals.

BACKGROUND DESCRIPTION OF ORGANISATION

The Salvation Army Aged Care Plus provides industry leading aged care services to over 1700 older Australians across New South Wales, the Australian Capital Territory and Queensland. Aged Care Plus delivers physical, emotional and spiritual care through 16 residential aged care centres, six centrally located retirement villages, one respite and day centre in the Australian Capital Territory and a range of Home and Community Care Programs assisting older Australians in their home. Aged Care Plus is an expression of The Salvation Army Eastern Territory, and employs more than 1400 people to deliver loving care to those in need.

THE TOM TRAUER EVALUATION AND RESEARCH AWARD

TheMHS AWARD: **WINNER**

APPLYING RESEARCH: **Excellence and Innovation in Suicide Prevention**

RESEARCHER: **Fiona Shand**
ORGANISATION: **Black Dog Institute**

ADDRESS: **Hospital Rd**
Randwick, NSW 2042

CONTACT PERSON: **Luke Duffy**
E: l.duffy@blackdog.org.au

BRIEF DESCRIPTION OF RESEARCH

Fiona Shand PhD is a Senior Research Fellow/Research Fellow/Postdoctoral Research Fellow at the Black Dog Institute, UNSW

This research commenced in 2013, iBobbly is the trial of the world's first suicide prevention app designed especially for use by Indigenous people. The app uses evidence-based therapies proven to reduce suicidal thinking and was developed in partnership with the local Kimberly WA Indigenous community, including Alive and Kicking Goals Suicide Prevention Program, to ensure that the content was culturally relevant and relatable for Indigenous young people. The app format leaps two of the major hurdles to help seeking – perceived stigma and geographical isolation. Once the app is downloaded, users don't need ongoing internet access and the program is password protected, maintaining confidentiality if the technology is shared with others. The Kimberly based pilot study conducted using Randomised Controlled Trial methodology demonstrated favourable results. A large-scale evaluation is currently being rolled out across several Australian states.

BACKGROUND DESCRIPTION OF ORGANISATION

Black Dog Institute was founded in 2002 and is internationally recognised as a pioneer in the identification, prevention and treatment of mental illness, and the promotion of wellbeing. We aim to improve the lives of people affected by mental illness through the rapid translation of high quality research into improved clinical treatments, increased accessibility to mental health services and delivery of long-term public health solutions. Our unique approach incorporates clinical services with our cutting-edge research, our health professional training and community education programs. We combine expertise in clinical management with innovative research to develop new, and more effective strategies for people living with mental illness. Funded primarily by competitive grants and philanthropy, our primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing.

EARLY CAREER RESEARCH AWARD for EXCELLENCE

TheMHS AWARD	**WINNER**
APPLYING RESEARCH	**Psychological Motivations and Outcomes of Female Genital Cosmetic Surgery**
RESEARCHER:	**Gemma Sharp**
INSTITUTE:	**Curtin University**
ADDRESS:	**GPO Box U1987 Perth, WA 6845**
CONTACT PERSON:	**Gemma Sharp E: gemma.sharp@curtin.edu.au**

BRIEF DESCRIPTION OF RESEARCH

Gemma Sharp PhD completed her doctorate in Clinical Psychology at Flinders University in Adelaide, South Australia in 2016, before moving to Perth, Western Australia where she is a Psychological Researcher and Clinical Psychologist Registrar at Curtin University.

The demand for female genital cosmetic surgery (FGCS) has undergone a rapid increase recently. FGCS is not medically indicated and long-term safety and effectiveness data are lacking. The research showed that sociocultural factors, in particular, idealised media representations of female genitals were powerful influences on women's attitudes toward their genital appearance and their decisions to undergo labiaplasty. I also found that a short video could effectively improve women's knowledge of normal female genital appearance and thus the video could potentially be used in clinical settings as well as with younger girls in sexual education classes. The research findings also showed that women do not experience the post-surgical improvements in psychological and sexual well-being that they may have expected. These results could help medical professionals identify women with unrealistic expectations who may benefit more from a psychological therapy approach, which is the focus of my proposed future research.

BACKGROUND DESCRIPTION OF ORGANISATION

This research was conducted at the Flinders University School of Psychology in Adelaide, South Australia. The School of Psychology is one of the leading schools of psychology in Australia which employs over 40 academic and professional staff members. The research in the School was rated as above world standard in the most recent Excellence in Research for Australia (ERA) evaluation. The School's research strengths are broadly classified into clinical/health psychology, social psychology, applied cognitive psychology, development across the lifespan and psychophysiology. The School also has a number of specialist clinics offering services to address psychological issues such as eating disorders, trauma and sleep problems.

EARLY CAREER RESEARCH AWARD for INNOVATION

TheMHS AWARD	**WINNER**
APPLYING RESEARCH PROJECT:	**Smooth Sailing: The design and delivery of an online school-based mental health service for adolescents**
RESEARCHER:	**Bridianne O'Dea**
ORGANISATION:	**Black Dog Institute, Faculty Of Medicine, University Of New South Wales**
ADDRESS:	**Hospital Road, Prince of Wales Hospital Randwick, NSW 2031**
CONTACT PERSON:	**Bridianne O'Dea E: b.odea@blackdog.org.au**

BRIEF DESCRIPTION OF THE RESEARCH

Bridianne O'Dea PhD is currently a Research Fellow at the Black Dog Institute, University of New South Wales.

The Smooth Sailing Project involves the design, build, delivery, and evaluation of an online, stepped-care mental health service for high school youth. This "virtual clinic" allows young people's mental health to be screened, treated, and monitored, entirely within the school context. This new type of service model is based on allocating students to a "step" as determined by their symptom severity. The service then delivers a personalised treatment plan which incorporates internet interventions where appropriate, so that face-to-face psychological care is reserved for those most in need. Outcomes include improved detection of mental health issues among youth, increased help-seeking behaviour, and reduced symptoms. This project is the first of its kind. It was designed in partnership with young people, their parents, teachers, and school counsellors. It is currently being trialled in five high schools, and is being offered to an additional 24 schools throughout 2017 and 2018.

BACKGROUND DESCRIPTION OF ORGANISATION

The Black Dog Institute, founded in 2002, is internationally recognised as a pioneer in the identification, prevention and treatment of mental illness. Based at Prince of Wales Hospital Sydney, Black Dog is a translational medical research institute that aims to reduce the incidence of mental illness and the stigma around it, to actively reduce suicide rates and empower everyone to live the most mentally healthy lives possible. The Institute aims to improve the lives of people affected by mental illness through the rapid translation of high quality research into improved clinical treatments, increased accessibility to mental health services and delivery of long-term public health solutions. The Institute adopts a unique approach that incorporates clinical services with their cutting-edge research, health professional training and community education programs. The Institute combines expertise in clinical management with innovative research to develop new, and more effective strategies for people living with mental illness.

The MENTAL HEALTH SERVICE

MEDIA AWARDS

of

Australian and New Zealand

2017

BACKGROUND

The Mental Health Services Media Awards program commenced in 1998. It is designed to encourage accurate and sensitive media coverage of mental health issues, to break down stigma and to educate the community about mental health. There are three categories, as follows:

1. **Text Journalism**
2. **Sound/Vision Journalism**
3. **Special Media Achievement**
   (For an entry with a regional/rural/community or other focus from the above two categories)

In 2017 there were 42 entries received for the media categories.

Understanding that journalists work within limitations, and acknowledging the diversity of media outlets and their impact and reach, entries are assessed against the following criteria:

- Evidence that the story has been well researched and is factually accurate.
- The content of the story is sufficiently complete and balanced to impart a broad understanding of the issues.
- The overall style and journalistic character of the entry are engaging for the target audience
- Guidelines for reporting of mental health matters are taken into account:
  - Australia - Mindframe guidelines
  - New Zealand - Suicide Prevention
  - Like Minds, Like Mine website

These awards are made possible by generous grants from the Australian Government and the New Zealand Government in recognition of the importance it gives to excellence in media reporting of mental health issues.

TEXT JOURNALISM

TheMHS AWARD: **WINNER**

ENTRY: **Understanding the Hidden Suicide Problem among Women in Medicine**

WINNER: **Rebecca Kamm**

ORGANISATION: **Broadly (VICE Media)**

ADDRESS: **Melbourne, VIC**

CONTACT PERSON: **Rebecca Kamm**
E: rebecca.kamm@vice.com

DESCRIPTION OF AWARD WINNING STORY

This story was published on Broadly.vice.com on 7th December 2016. It also ran on VICE Australia (vice.com). It was written shortly after the publication of a study highlighting the disproportionately high rate of suicide by women in medicine in Australia. The study, by Deakin University's Dr Allison Milner, found that female nurses take their lives at a rate nearly four times higher than working women in the general population. This finding was reported by news titles, but without the depth afforded by feature-length journalism. The aim was to go deeper, and ask women in medicine for their experiences and their understanding of the issue. The article was received extraordinarily well by our female readership. It circulated widely among young women at medical school, with many writing in to express how glad they were the issue was being discussed in depth.

BRIEF CV OF JOURNALIST

Rebecca is the Australian editor of global women's website, Broadly – part of the VICE network. Her focus is primarily on unexplored aspects of mental health, particularly how particular mental health issues manifest in women. Before she launched Broadly in Australia, Rebecca edited several magazines in New Zealand, and worked as a public media journalist and columnist.

SOUND/VISION JOURNALISM

TheMHS AWARD:	**WINNER**
ENTRY:	**Understanding & Destigmatizing Mental Illness**
JOURNALIST:	**Lynne Malcolm**
ORGANISATION:	**ABC** **Radio National**
ADDRESS:	**Sydney NSW**
CONTACT:	**Lynne Malcolm** **E: malcolm.lynne@abc.net.au**

DESCRIPTION OF ENTRY

This entry is a series of three episodes which provide understanding, personal insights and potential pathways to recovery from mental ill health. The aim of each is to reduce stigma around mental illness in order to offer support and understanding to those affected. In the first program, "Emotional CPR" we meet a leading psychiatrist with his own lived experience who aims to shift the paradigm of mental health services, to empower people in their own recovery using his technique called emotional CPR approach. The second part of the entry is "The psychology of hoarding". We hear from people who hoard, and the support network treating those troubled by this behaviour. Thirdly, "Dissociation & coping with Trauma" explores the highly stigmatised Dissociative Identity Disorder through the eyes of one woman with lived experience and a psychiatrist who specialises in its treatment.

BRIEF CV OF JOURNALIST AND TEAM

Lynne Malcolm has been presenter/producer of the program All in the Mind since 2012, and was the Executive Producer of RN's Science Unit from 1999 until 2016. She has a Bachelor of Arts degree in Psychology & Education from Sydney University and a Graduate Diploma in Communications from the University of Technology Sydney. She has worked in radio journalism, production and feature making and her passion is broadcasting about the human stories connected to the mind, the brain and behaviour. Lynne has received numerous awards for her work in radio, including Bronze & Gold Medals in the New York Radio Festivals Awards and the 2007 and 2013 Mental Health Services media awards.

SPECIAL JOURNALISM AWARD

TheMHS AWARD: **JOINT WINNER – RURAL FOCUS**

ENTRY TITLE: **Down on the Farm - mental health and rural families in the south**

WINNER: **Yvonne O'Hara**
Southern Rural Life

ADDRESS: **Otago, New Zealand**

CONTACT PERSON: **Yvonne O'Hara**
E: yvonne.ohara@alliedpress.co.nz

DESCRIPTION OF ENTRY

I was awarded a $10,000 grant from the Mental Health Foundation in 2015, which I used to research and write a series of stories about the impact mental distress had on rural families. "Down on the Farm - mental health and rural families in the south" was published in Southern Rural Life and Central Rural Life, in June 2016, and distributed to 38,500 box holders in Otago and Southland. It outlined some of the support and help that was available to the partners and children of farming adults, who were dealing with stress and other mental health issues. I talked to counsellors, Rural Women New Zealand and the Otago and Southland rural support trusts convenors. In addition, it emphasised mental illness was not something to be ashamed of, as well as reducing discrimination and stigma, and encouraging people to talk about their problems.

BRIEF CV

Yvonne O'Hara have been a reporter for Allied Press since 2001 and an agricultural reporter since 2004. She is interested in all things agricultural and horticultural, with a focus on reporting on rural mental health and health issues affecting the sector generally.

SPECIAL JOURNALISM AWARD

TheMHS AWARD: **JOINT WINNER – REGIONAL FOCUS**

ENTRY TITLE: **Christchurch Dilemmas, 2016.**
Do we have a crisis of Mental Health?

WINNER: **Gerard Smyth**
Frank Film Ltd

ADDRESS: **Christchurch, New Zealand**

CONTACT PERSON: **Gerard Smyth**
E: gerard@frankfilm.co.nz

DESCRIPTION OF ENTRY

Christchurch Dilemmas is an interactive web documentary, first distributed in July 2016. It's interactive in that the viewer can watch the first or primary documentary: 'Is there a crisis of Mental Health' (duration 3.46") and then enquire further by watching 3 satellite documentaries.
1/.Home and Family -dur 4'26"
2/.Ōtautahi Creative Space-dur 4'22"
3/. Youth Hub. -dur 4'29"
The motivation for these stories springs from my own experiences of living in Christchurch. The trauma and pain of my neighbours in earthquake recovering Christchurch is all too obvious. Five years on, many of the affected are by no means in recovery. In common, the Mental Health agencies profiled are depicted as overwhelmed and under-funded. Stressed MH professionals plead for more resources. Nearly a year later, agencies portrayed have seen their resources grow in one way or another - mostly by increased Central Government funding. Perhaps these films helped.

BRIEF CV OF JOURNALIST

Gerard Smyth lives in Central Christchurch. Since the earthquakes of 2011 he has been producing films about the event and the recovery of those affected. This has included a feature film, 'When a City Falls', two television series 'Christchurch From the Streets,' and recently, this online publicly funded web-series 'Christchurch Dilemmas.' His increasing enquiry is of the well-being of the people. Six years later, it's the dispossessed whose wellbeing is challenged. Those who lost houses, lost jobs. Those families who lost their way. Those whose parents were not available to nurture their children. Those children whose parents lost their way. Has this left a Mental Health Crisis in Christchurch? "Living in the midst of this crisis and being affected by it in my own daily world, I have been challenged to find ways of taking a regional story to the ears of Central Government."

SERVICE AND PROGRAM AWARDS ASSESSMENT COMMITTEE MEMBERS

Chair:	Roger Gurr	New South Wales
Deputy Chair and Manager:	Lynne Dunbar	New South Wales
Administration:	Anne Allen	New South Wales
Members:	Kurt Andersson-Noorgard	New South Wales
	Jenny Cardno	New Zealand
	Carol Churchill	New South Wales
	Judi Clements	New Zealand
	Ann Dadich	New South Wales
	Frank Deane	New South Wales
	Barbara Disley	New Zealand
	Ellie Fossey	Victoria
	Julia Hennessy	New Zealand
	Lynda Hennessy	New South Wales
	Douglas Holmes	New South Wales
	Robyn Humphries	Victoria
	Sharon Lawn	South Australia
	Peter McGeorge	New South Wales
	Julie Millard	New South Wales
	Suzy Morrison	New Zealand
	Noel Muller	Queensland
	Liz Newton	New South Wales
	Nicki Newton	New South Wales
	Cassy Nunan	Victoria
	Fiona Orr	New South Wales
	Janet Peters	New Zealand
	Tully Rosen	New South Wales
	Mark Smith	New Zealand
	Mike Smith	New South Wales
	Warwick Smith	Western Australia
	Caro Swanson	New Zealand
	Andrea Taylor	New South Wales
	Barbara Tooth	New South Wales
	Janet Watterson	New South Wales
	Ann White	Western Australia

MEDIA AWARDS ASSESSMENT COMMITTEE MEMBERS

Chair:	Roger Gurr	New South Wales
Deputy Chair and Manager:	Lynne Dunbar	New South Wales
Advisor:	Paul Dillon	New South Wales
Administration:	Anne Allen	New South Wales
Members:	Cathy Campbell	New South Wales
	Flick Grey	Victoria
	Tim Heffernan	New South Wales
	Jennifer Howard	New South Wales
	Alexandra Kellar	Australian Capital Territory
	Jenyfer Locke	New South Wales
	Lynne Malcolm	New South Wales
	Ellen Sproule	Victoria
	Eli Rafalowicz	South Australia