



THE AUSTRALIAN AND NEW ZEALAND MENTAL HEALTH AWARDS 2016

**TheMHS Awards
for Mental Health**

The Langham Auckland, New Zealand

Supported by
The Australian Government
and
The New Zealand Government

AUSTRALIAN AND NEW ZEALAND TheMHS AWARDS for Mental Health

TheMHS Awards Presenter is **Kevin Allan, Mental Health Commissioner, Office of the Health and Disability Commissioner, New Zealand**

CONTENTS	Page No.
Background	3
CATEGORY MENTAL HEALTH CONSUMER AND MENTAL HEALTH PEER WORK	
TheMHS Award	4
Taking a qualification to the peer workforce Mental Health Coordinating Council (MHCC), NSW	
CATEGORY ASSESSMENT AND/OR TREATMENT	
TheMHS Award	5
The Infant Therapeutic Reunification Service CAMHS, Women's and Children's Hospital and Families, SA	
CATEGORY PSYCHOSOCIAL AND/OR SUPPORT PROGRAM OR SERVICE	
TheMHS Award	6
SANE Forums - Online Peer-to-peer Support Communities SANE Australia	
CATEGORY MENTAL HEALTH PROMOTION OR MENTAL ILLNESS PREVENTION PROGRAM OR PROJECT	
TheMHS Award Joint	7
eTools for Wellbeing Queensland University Of Technology and Young And Well CRC	
TheMHS Award Joint	8
GoodYarn Wellsouth Primary Health Network, Dunedin, New Zealand	
CATEGORY PHYSICAL HEALTH AND/OR PRIMARY CARE	
TheMHS Award	9
Equally Well – a New Zealand wide collaborative committed to taking action to improve physical health outcome of people experiencing mental health and addiction problems Collaboration of 70 organisations in New Zealand	
CATEGORY ACHIEVEMENT AWARD FOR ENTRIES WITH A DIFFERENT FOCUS	
TheMHS Award	10
Mind Recovery College™ Mind Australia, VIC	
CATEGORY EDUCATION, TRAINING OR WORKFORCE DEVELOPMENT	
TheMHS Award	11
Recovery Camp: Using Therapeutic Recreation to Empower Consumers and Future Health Professionals University of Wollongong, NSW	
CATEGORY TOM TRAUER RESEARCH AND EVALUATION AWARD	
TheMHS Award	12
Academic mentoring, collaboration and co-production in mental health services research Monash University, St Vincent's Hospital (Melbourne) Mental Health Service	

CATEGORY		EARLY CAREER RESEARCH FOR BEST PRACTICE	
TheMHS Award	Help for health anxiety via the Internet	The Clinical Research Unit for Anxiety and Depression, UNSW Australia at St Vincent's Hospital, Sydney	13
CATEGORY		EARLY CAREER RESEARCH FOR INNOVATION	
TheMHS Award	The Rebound Pilot Study for Depression Relapse Prevention in Young People	Orygen, The National Centre of Excellence in Youth Mental Health	14
AUSTRALIAN AND NEW ZEALAND MENTAL HEALTH MEDIA AWARDS			
Background			15
CATEGORY		TEXT JOURNALISM	
TheMHS Award	Away From The Edge	Veronica Schmidt The New Zealand Listener	16
CATEGORY		SOUND/VISION JOURNALISM	
TheMHS Award	Our Kids - Why Are They So Stressed?	Quentin McDermott, Peter Cronau, Joel Tozer ABC Four Corners	17
CATEGORY		SPECIAL MEDIA AWARD	
TheMHS Award Joint	Surviving Schizophrenia	Emma Calveley, Robyn Scott-Vincent Attitude Pictures Ltd	18
TheMHS Award Joint	Investigation into the Realities of New Zealand's Mental Health System	Jessica McAllen The Wireless - Radio New Zealand's website	19
AWARD FOR EXCEPTIONAL CONTRIBUTION TO MENTAL HEALTH SERVICE IN AUSTRALIA OR NEW ZEALAND			
Background			20
Joint Winner	Bernadette McSherry, VIC		21
Joint Winner	Jenny Burger, VIC		22
OUTSTANDING ACHIEVEMENT FOR PEER WORK IN NEW ZEALAND			
Winner	Jim Burdett, Auckland		23
TheMHS MEDAL 2016			
Presented to:	Orygen, The National Centre for Excellence in Youth Mental Health		24
Assessment Committee Members (Service and Media Awards)			25

SERVICE and RESEARCH AWARDS

BACKGROUND

The Mental Health 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. Services or programs apply by providing extensive information including responding to the set criteria. Apart from the written material supplied, referees and others likely to be familiar with a service may be contacted.

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 AWARDS

The applications in 2016 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 2016 there were 71 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

Exceptional Contribution to Mental Health Services In Australia or New Zealand

Outstanding Achievement for Peer Work in New Zealand - Sponsored by Te Pou

TheMHS Medal - the top award of the Australian and New Zealand Health Awards Program.

Mental Health Consumer and Mental Health Peer Work

TheMHS AWARD:	WINNER
APPLYING PROJECT:	Taking a qualification to the peer workforce
ORGANISATION:	Mental Health Coordinating Council (MHCC), NSW
ADDRESS:	Corner Church and Glover Sts Lilyfield NSW 2040
CONTACT PERSON:	Jenna Bateman info@mhcc.org.au

BRIEF DESCRIPTION OF THE PROJECT

Certificate IV in Mental Health Peer Work training through the Mental Health Coordinating Council (MHCC) has now reached over 150 peer workers, with undeniable impacts for peer workers, organisations, consumers and carers. MHCC are at the forefront of mental health peer workforce development in Australia. Advocating for a national set of resources for the Cert IV in Mental Health Peer Work to enable Registered Training Organisations (RTOs) to promptly deliver training, MHCC went on to lead this development through a National Mental Health Commission (NMHC) funded project on behalf of Community Mental Health Australia (CMHA). The project included establishing a national peer work trainer workforce of champions to launch the qualification with training providers across Australia. Within NSW MHCC has conducted a swift and extensive state-wide roll out of the qualification, a process that continues to be both guided and executed by peers. Ongoing partnership with NSW Ministry of Health, Community Managed Organisations (CMOs), Local Health Districts (LHDs) and peer providers have been key to designing a progressive approach to bringing training to the emergent peer workforce in NSW.

BACKGROUND DESCRIPTION OF ORGANISATION

MHCC is the peak body for mental health CMOs in NSW. In 2007, MHCC Learning and Development (LD) was established as an RTO to promote the expertise of community mental health workers through provision of nationally recognised qualifications in Mental Health, Community Services, Training & Assessment and Community Sector Management. MHCC LD work with sector organisations to remain responsive to their ever-evolving workforce development needs, incorporating a unique blend of industry best practice and lived experience into contemporary training that reflects the principles of recovery oriented and trauma informed care and practice. MHCC has over 100 member organisations who offer mental health services across NSW. With a core staff of 22, MHCC employs a diverse workforce of 34 casual and contractor trainers, who bring experience of community services work and lived experience of mental illness. MHCC is funded by State and Federal government grants, membership fees, and training fees.

ASSESSMENT AND/OR TREATMENT PROGRAM OR SERVICE

TheMHS AWARD:	WINNER
APPLYING SERVICE:	The Infant Therapeutic Reunification Service
ORGANISATION:	CAMHS, Women's and Children's Hospital and Families SA
ADDRESS:	Department of Psychological Medicine 72 King William Rd North Adelaide SA 5006
CONTACT PERSON:	Patricia O'Rourke E: patricia.o'rourke@sa.gov.au

BRIEF DESCRIPTION OF THE SERVICE

Beginning in September 2011, the Infant Therapeutic Reunification Service (ITRS) has seen more than 250 families. It is administratively and physically embedded within the Department of Psychological Medicine at the Women's and Children's Hospital, Adelaide. The ITRS seeks to determine whether reunification is viable and in the best interests of the infant. Where indicated parent/infant therapy is undertaken to reduce the impact of trauma and facilitate positive relationships leading to a safer caring environment for the infant. Where reunification is not possible, timely long-term decisions that meet the infant's developmental imperatives are made. The ITRS uses a case conferencing model with all services involved with the family, including drug and alcohol, domestic violence, financial support, sheltered accommodation and in-home reunification services, participating in the care team. Initial outcome data is promising and demonstrates a higher than average reunification rate (40%) with timely decisions being made regarding these vulnerable infants.

DESCRIPTION OF THE ORGANISATION

The Infant Therapeutic Reunification Service (ITRS) is a state-wide service in South Australia. It provides early assessment and therapy for infants under three and their parents, where significant maltreatment and neglect has occurred, or is at risk of occurring. The ITRS is a collaborative partnership project between Child and Adolescent Mental Health Services and Families SA, the state's child protection services. It was set up in response to the high levels of infants coming into care. The Service encourages equal involvement from child protection and mental health services and addresses the long term developmental and mental health outcomes of vulnerable infants and their families within a context of increased safety requirements. With an annual budget under \$200,000, the Service employs six part-time clinicians (total 2.2 FTE) and one 0.4 FTE administrative worker. It is funded for 24 families per year but is currently working with 39 infants and their families.

PSYCHOSOCIAL AND/OR SUPPORT

TheMHS AWARD:	WINNER
APPLYING SERVICE:	SANE Forums - Online Peer-to-peer Support Communities
ORGANISATION:	SANE Australia
ADDRESS:	Digital, Service Design & Technology 52 Victoria Street, Paddington NSW 2021
CONTACT PERSON:	Faruk Avdi E: faruk.avdi@sane.org

BRIEF DESCRIPTION OF SERVICE

SANE forums is a world-first, syndicated initiative from SANE Australia released in May 2014. It provides national, peer-to-peer-support online communities for people living with mental illness, and for carers. The forums are anonymous, kept safe with 24-hour moderation and open to all. The communities cover the full spectrum of mental illness, but focus on the person, not the diagnosis. They enable all to access quality peer support, and helpful information resources. SANE's objective to create strong and welcoming communities has been realised with over 1 million page views since going live, 3,000 members, 45,000 comments, and 116,000 unique visitors. The forums are a world first in online mental health service delivery, in that they are syndicated into the websites of 35 partner not-for-profit organisations, wherein participants can fully interact with the whole service. SANE Forums has been funded by the Australian Department of Health with support from the Colonial Foundation.

BACKGROUND DESCRIPTION OF ORGANISATION

SANE Australia is a national charity helping all Australians affected by mental illness lead a better life.

SANE supports people affected by mental illness, and their family and friends through the SANE Help Centre, SANE Forums service, and information resources on the SANE website. SANE also provides support, education and training services, including suicide prevention, mental health awareness, peer support, stigma reduction and advocacy at a national level. SANE Australia receives approximately half its funding for specific projects from the Australian Government, with the other half coming from private donors and philanthropic organisations. Since 1986, SANE has led the way in bringing about improvements in mental health services for, and attitudes towards, those affected by the range of mental illnesses (including depression, anxiety, bipolar disorder, schizophrenia and other conditions), regardless of geographic location, socio-economic status or age. SANE's range of services were accessed by over 1 million Australians in 2015.

MENTAL HEALTH PROMOTION OR MENTAL ILLNESS PREVENTION

TheMHS AWARD:	JOINT WINNER
APPLYING SERVICE:	eTools for Wellbeing
ORGANISATION:	Queensland University Of Technology and Young And Well CRC
ADDRESS:	Level 6, 62 Graham Street South Brisbane QLD 4101
CONTACT PERSON:	Stoyan Stoyanov E: stoyan.stoyanov@qut.edu.au

BRIEF DESCRIPTION OF THE SERVICE

Young people aged 16-25 have the highest rates of mental health disorders in Australia, with 26% experiencing depression, anxiety or a substance use problems in the past year. Positive mental health promotion programs present enormous preventative potential. However, less than a quarter of young people with mental health disorders seek help. Advancements in technology represent an unprecedented opportunity to rapidly increase access to mental health promotion programs to the 100% of young Australians who use the internet regularly. The eTools for Wellbeing project applied Keyes' model of positive mental health to develop and evaluate six eTools (apps, websites) targeting the emotional, social, psychological and physical wellbeing of young people. Following the philosophy that consumer-led programs show best results, these engaging eTools designed with young people - for young people, are showing great promise. The Mobile App Rating Scale has been implemented in numerous research projects worldwide and has been translated into four languages. The Ray's Night Out app increased young people's alcohol-related knowledge and decreased typical and maximum alcohol consumption. The Music eEscape app helped users identify connections between mood and music, and improve their mood. The Keep it Real interactive website reduced the frequency of both psychotic-like experiences and cannabis use and increased cannabis-related knowledge. During the Smiling Mind trial participants' level of distress decreased, while their mental health and wellbeing increased. The Breakup Shakeup app targeting relationship breakup distress in adolescents was effective in promoting increased activity in distressed young people. These eTools are highly engaging and freely available for use by young people, clinicians, service providers and researchers.

BACKGROUND DESCRIPTION OF ORGANISATION

Recognition of the role technology can play in increasing young people's access to mental health care led to the establishment of the Young & Well CRC, led by the Inspire Foundation, Australia. This \$27M 'social good' CRC unites young people with researchers, practitioners and innovators from over 75 Australian and International organisations across not-for-profit, academic, government and corporate sectors to conduct research and implementation of technology to ensure that all young Australians are safe, happy and resilient. Queensland University of Technology (QUT) is an essential participant in the CRC with \$2.4M budget to design, develop and evaluate six eTools promoting youth positive mental health and wellbeing. QUT is also a major partner in 'The Toolbox' project, developing an interactive platform for eTools and other mental health and wellbeing resources. All eTools were launched in app-stores and disseminated through the CRC's 'The Toolbox' and partner organisations in 2015/2016.

MENTAL HEALTH PROMOTION OR MENTAL ILLNESS PREVENTION

TheMHS AWARD:	JOINT WINNER
APPLYING PROGRAM:	GoodYarn: Enabling Farming Communities to talk about Mental Health
ORGANISATION:	WellSouth Primary Health Network
ADDRESS:	L1, 333 Princess Street Dunedin, New Zealand
CONTACT PERSON:	Louise Thompson E: Louise.Thompson@wellsouth.org.nz

BRIEF DESCRIPTION OF PROGRAM

GoodYarn was born from the need for a tailored mental health literacy programme for rural communities in New Zealand's Otago-Southland Region. Developed in consultation with a multi-disciplinary health professional team, farming industry groups and mental health consumers, workshops are delivered by facilitators with both a rural background and understanding of mental health. GoodYarn is for anyone living or working in rural communities who regularly talk to farmers. It aims to raise awareness of the personal and environmental factors that impact on mental health, reduce stigma and most of all to give people the confidence and skills to talk about mental health as part of everyday conversations. The first year (mid 2014-2015) saw 20 workshops delivered to over 300 people in the Otago-Southland Region. Since mid-2015 the programme has been delivered nationally, expanding the potential reach of the programme to approximately 10,000 rural professionals and their many more farming clients.

BACKGROUND DESCRIPTION OF ORGANISATION

Funded by the Southern District Health Board, WellSouth is responsible for the provision of primary health care services for approximately 290,000 people enrolled in 85 General Practices across Otago and Southland. Health Promotion is a core component of WellSouth's service provision. With 4.1 FTE, the Health Promotion Team works with communities on programmes and initiatives which improve, protect and maintain health in the places where they live, learn, work and play. WellSouth identified in their consultation on GoodYarn that they needed someone who understood the rural sector and had credibility with farmers, so WellSouth employs a former farmer and Rural Support Trust coordinator to facilitate the GoodYarn Workshops. Elsewhere in New Zealand where the programme is delivered through a licensing framework, GoodYarn facilitators are recruited in accordance with the GoodYarn facilitator's position description, and these facilitators are trained by WellSouth. There are presently seven licensed organisations and 19 trained facilitators.

PHYSICAL HEALTH AND/OR PRIMARY CARE

TheMHS AWARD:	WINNER
APPLYING SERVICE:	Equally Well – a New Zealand wide collaborative committed to taking action to improve physical health outcome of people experiencing mental health and addiction problems
ORGANISATION:	Collaboration of 70 organisations
CONTACT PERSON:	Helen Lockett E: Helen.Lockett@wisegroup.co.nz W: www.tepou.co.nz/EquallyWell

BRIEF DESCRIPTION OF THE PROGRAM

Equally Well is a collaboration of people and organisations working across New Zealand to improve physical health outcomes for people who experience mental health and addiction problems. The collaborative includes people who experience mental health and addiction problems and their families, funders and planners, academics, researchers, a range of general and specialist health professionals, people working in health and other social sectors, and policy makers. Equally Well draws on the principles of collective action to effect and sustain whole systems change. The principles underpinning Equally Well are supported by over 60 organisations and activities are championed through many individuals working to effect change in their sphere of influence. This is deliberate, as no one person or organisation can solve these issues alone.

ACHIEVEMENT AWARD FOR ENTRIES WITH A DIFFERENT FOCUS

TheMHS AWARD:	WINNER
APPLYING SERVICE:	Mind Recovery College™
ORGANISATION:	Mind Australia
ADDRESS:	Level 2, 4-10 Jamieson St Cheltenham VIC 3192
CONTACT PERSON:	Dianne Hardy E: dianne.hardy@mindaustralia.org.au

BRIEF DESCRIPTION OF THE SERVICE

The Mind Recovery College is a new space for discourse and learning about mental health and well-being. Students say it is having a powerful positive effect on their recovery. The College is based on two big ideas: there is a lot learnt from dealing with tough life experiences; and learning enriches our lives. The College works by engaging people with lived experience of mental distress in co-producing, co-delivering, planning and overseeing learning about issues relevant to mental health and well-being. Students talk about how different, and valuable, their experiences are at the College. Everyone can be involved in the College in courses, co-production and other roles. This includes mental health professionals who can gain new and different perspectives on their work. The College is contributing to system change by empowering consumers, carers, family and mental health professionals with new knowledge, insights and perspectives.

BACKGROUND DESCRIPTION OF ORGANISATION

The Mind Recovery College is an innovative new service type for Australia, initiated by Mind Australia. Creation of the College has been possible through philanthropic and donor support from the Ian Potter Foundation, Lord Mayor's Charitable Foundation and individual Mind donors. The College was established in 2013 when the first courses were run. The College Central Campus is based in Cheltenham, Victoria and has a team of six people (5 FTE), the majority of whom have lived experience of mental distress. Currently the College is partnering with existing service areas within Mind to create additional Campuses in Bendigo, Traralgon, Nunawading and South Morang in Victoria; and Mile End and Glynde in South Australia. Each Campus is staffed by a Learning and Development Consultant with lived experience. Since establishment, the College has run over 150 co-produced and co-delivered courses in a range of metropolitan and rural locations across the two states.

EDUCATION, TRAINING OR WORKFORCE DEVELOPMENT

TheMHS AWARD:	WINNER
APPLYING PROGRAM:	Recovery Camp: Using Therapeutic Recreation to Empower Consumers and Future Health Professionals
ORGANISATION:	University of Wollongong NSW
ADDRESS:	Bld 41, School of Nursing Northfields Ave Wollongong NSW 2522
CONTACT PERSONS:	Susan Sumskis E: sliersch@uow.edu.au Lorna Moxham E: lmoxham@uow.edu.au

BRIEF DESCRIPTION OF PROGRAM

Recovery Camp is an immersive therapeutic recreation initiative for adults with a lived experience of mental illness and students enrolled in health-based disciplines. Recovery Camp, which commenced in May 2013, is an annual event held over five days at a YMCA facility near Sydney. It is an Australian first. The benefits of Recovery Camp are twofold. First, consumers who participate in Recovery Camp are immersed in opportunities that enable them to extend themselves in a safe and supportive environment. Second, the initiative provides valuable 'real-life' learning for future health professionals. Research has demonstrated that contact with people with lived experience is known to be effective in reducing stigma and changing attitudes. Typically, students only gain exposure in hospital in-patient settings. They can develop negative perceptions of people with a mental illness. Recovery Camp ensures their learning is straight from the source, with consumers invited to 'teach' students.

BACKGROUND DESCRIPTION OF ORGANISATION

The Recovery Camp (RC) team consists of a multidisciplinary mix of professionals from the University of Wollongong (UOW) and the Illawarra/Shoalhaven Local Health District (ISLHD). The RC team includes four mental health nurses, a person with lived experience of mental illness who is also a peer support worker, a senior lecturer specialising in outdoor education and a psychology graduate. The team serves the Illawarra/Shoalhaven Region of NSW, Australia, which is geographically greater than 372.8 kms. 80 consumers and their carers and 73 students have thus far directly benefited from Recovery Camp to date. Recovery Camp costs approximately \$27,500 each time to run, and on-going funding is always a challenge. The Recovery Camp do not charge anything at all for participants to attend.

THE TOM TRAUER EVALUATION AND RESEARCH AWARD

TheMHS AWARD:	WINNER
APPLYING RESEARCH:	Academic mentoring, collaboration and co-production in mental health services research
ORGANISATION:	Monash University St Vincent's Hospital (Melbourne) Mental Health Service
CONTACT PERSON:	Melissa Petrakis E: melissa.petrakis@monash.edu

BRIEF DESCRIPTION OF RESEARCH

Dr Melissa Petrakis, PhD, MSW (Research), BSW, BA has worked in mental health services and programs for 20 years, the first decade as a clinician and the second as a practice-based researcher. This entry is to acknowledge excellence in the way her approach to research has championed co-design, co-production and co-authorship, with an emphasis on questioning and learning together, combined with respectful mentoring. She has engaged in extensive collaborative research with people with lived experience of mental illness and their families, with interdisciplinary staff within clinical services, and with programs and staff across the community support services sector; evidenced by 37 publications (16 first author). She has delivered over 60 national and international conference presentations. Her strengths-based mental health research contributed to a Silver Award at TheMHS (2011) and 'Highly Commended' at the Victorian Public Healthcare Awards (2011); and the co-production approach received a 'Special Judges' Commendation' at TheMHS (2013).

BACKGROUND DESCRIPTION OF ORGANISATION

Monash University is ranked in the top one per cent of world universities according to the Times Higher Education World University Rankings (2013-2014). The 2012-2013 rankings noted Monash as one of only six Australian universities in the world's top 100, and the 34th university in the world for Clinical, Pre-Clinical and Health. Monash is a member of the Group of Eight, an alliance of leading Australian universities recognised for excellence in teaching and research. St Vincent's Hospital (Melbourne), Mental Health Service, is a comprehensive public area mental health service in inner metropolitan Melbourne. Funded by the Victorian Government, the service has a budget of \$31m and 287.6 FTE staff. Approximately 800 consumers receive treatment at any one time. Services include 24-hour Triage, Crisis Assessment and Treatment, Emergency Department Mental Health, Acute Inpatient, Residential Rehabilitation, Mobile Support and Treatment, Continuing Care, Homeless Outreach, regional and state-wide specialist services.

EARLY CAREER RESEARCH AWARD for BEST PRACTICE

TheMHS AWARD

WINNER

APPLYING RESEARCH PROJECT:

Help for health anxiety via the Internet

ORGANISATION:

The Clinical Research Unit for Anxiety and Depression
UNSW Australia at St Vincent's Hospital, Sydney

CONTACT PERSON:

Jill Newby
E: j.newby@unsw.edu.au

BRIEF DESCRIPTION OF RESEARCH

Aim: Severe health anxiety, also called Illness Anxiety Disorder, is a debilitating and costly condition that can be effectively treated using cognitive behavioural therapy (CBT), but access to treatment is often limited due to the lack of skilled clinicians and other barriers (e.g., cost). In a previous pilot trial, we demonstrated that an internet-delivered CBT (iCBT) program for health anxiety (the Health Anxiety Program) led to significant reductions in health anxiety. This study extended beyond the pilot trial to evaluate the iCBT program in a randomised controlled trial. **Method:** Participants (N=100) who met DSM-5 criteria for Illness Anxiety Disorder were randomly allocated to either a group who received a 6-lesson clinician-guided iCBT program for health anxiety over 12 weeks, or a control condition who received anxiety psychoeducation. Participants were assessed on measures of health anxiety (Short Health Anxiety Inventory), depression (PHQ-9), as well as cognitive (hypervigilance) and behavioural features of health anxiety (checking and reassurance-seeking) at baseline, mid-treatment, and post-treatment (or equivalent time-points for the control condition). **Results:** Participants who received the Health Anxiety Program experience large and clinically significant reductions in health anxiety from pre-to-post treatment. Results also demonstrated that iCBT was more effective than anxiety psychoeducation. Adherence rates were good (>70%), and treatment satisfaction was high. Results from mediation analyses investigating the mediating role of checking, reassurance-seeking and body hypervigilance in symptom improvements will be reported. **Conclusion:** This is the online English-language iCBT program for health anxiety, and the second of its kind internationally. CBT for severe health anxiety is an effective intervention for people with illness anxiety disorder, and can be successfully delivered over the internet with excellent results. Delivering CBT via the internet for this condition will enable more people in need to receive effective treatment, particularly those who present for help in emergency departments, primary care and outpatient medical services, rather than psychiatric services.

BACKGROUND DESCRIPTION OF ORGANISATION

The Clinical Research Unit for Anxiety and Depression (CRUFAD) at St Vincent's Hospital (Sydney) operates a face-to-face outpatient anxiety disorders treatment unit, which sees over 400 new referrals per year. CRUFAD also operates an online clinic (ThisWayUp) delivering online cognitive behavioural therapy programs to people with anxiety and depression throughout Australia and internationally. Self-help programs are completed by more than 2000 individuals per year, with therapist-guided programs used by 1000. Current staff at CRUFAD include 2 postdoctoral fellows, 2 psychiatry registrars, 1 psychiatrist, 3 clinical psychologists, 2 intern psychologists, 4 students, and 3 research staff.

EARLY CAREER RESEARCH AWARD for INNOVATION

TheMHS AWARD

WINNER

APPLYING RESEARCH PROJECT:

The Rebound Pilot Study for Depression Relapse Prevention in Young People

ORGANISATION:

Orygen, The National Centre of Excellence in Youth Mental Health

ADDRESS:

**35 Poplar Road
Parkville VIC 3052**

CONTACT PERSON:

**Simon Rice
E: simon.rice@orygen.org.au**

BRIEF DESCRIPTION OF THE RESEARCH

Prevention of relapse has become the grand challenge in youth depression, with widespread international calls for innovative, cost-effective treatments addressing long-term relapse prevention. The Rebound pilot study was designed to test the safety, feasibility, acceptability and initial treatment benefit of a world-first, innovative, social networking intervention for depression relapse prevention. Rebound uniquely includes: (i) online social networking, (ii) individually tailored psychosocial interventions and, (iii) peer-to-peer, and professional clinical moderation, and seeks to prevent a depressive episode from turning into a recurrent, relapsing condition. A total of 42 young people (mean age 18.5 years; 21 males) experiencing major depressive disorder had access to Rebound for 3-months. Results highlighted initial treatment benefits (significantly improved remission rates, depression and social connectedness) in addition to high levels of intervention safety, feasibility and acceptability. Interview and focus group data emphasised Rebound as an accessible and supportive community providing beneficial peer support and clinician delivered intervention.

BACKGROUND DESCRIPTION OF ORGANISATION

Orygen, The National Centre of Excellence in Youth Mental Health is the world's leading research and knowledge translation organisation focusing on mental ill-health in young people. At Orygen, leadership and staff work to deliver cutting-edge research, policy development, innovative clinical services, and evidence-based training and education to ensure that there is continuous improvement in the treatments and care provided to young people experiencing mental ill-health. Orygen's work has created a new, more positive approach to the prevention and treatment of mental disorders, and has developed new models of care for young people with emerging disorders. This work has been translated into a worldwide shift in services and treatments to include a primary focus on getting well and staying well, and health care models that include partnership with young people and families.

**AUSTRALIAN AND NEW ZEALAND
MENTAL HEALTH
MEDIA JOURNALISM AWARDS
2016**

BACKGROUND

The Mental Health 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 2016 there were 26 entries received for the three 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: **Away From The Edge**
JOURNALIST: **Veronica Schmidt**
ORGANISATION: **The New Zealand Listener**
ADDRESS: **Auckland New Zealand**
CONTACT PERSON: **Veronia Schmidt**
 E: veeschmidt@gmail.com

DESCRIPTION OF AWARD WINNING STORY

"Away From The Edge" was published in the 30 May 2015 edition of The New Zealand Listener. The New Zealand Listener is New Zealand's only national, weekly current affairs magazine. It has a circulation of 51,624 and a readership of 199,000. Its core demographic is 35 to 64-year-olds. British author Matt Haig's memoir of mental illness was extraordinarily powerful, offering an uncommon honesty about the reality of panic disorder, anxiety disorder and depression but also tangible hope. I wanted to bring the book to the attention of New Zealanders and use an interview with him as a jumping off point to explore mental illness in New Zealand - the detrimental power that stigma can have on people suffering from mental illness and the tools and treatment that can alleviate depression and anxiety. My hope was that it would encourage understanding as well as offer hope.

BRIEF CV OF JOURNALIST

Veronica Schmidt is an award-winning New Zealand journalist with more than 17 years' experience.

She has worked in the UK and New Zealand as a feature writer and digital editor for a range of well-regarded publications, including The Times of London, The Sunday Star-Times and Metro magazine.

She currently works for state broadcaster Radio New Zealand but wrote "Away From The Edge" for The New Zealand Listener, while working as a freelance journalist last year.

SOUND/VISION JOURNALISM

TheMHS AWARD:	WINNER
ENTRY:	Our Kids - Why Are They So Stressed?
JOURNALIST:	Quentin McDermott Peter Cronau - Producer Joel Tozer - Researcher
ORGANISATION:	ABC TV Four Corners
ADDRESS:	Sydney NSW
CONTACT:	Quentin McDermott E: mcdermott.quentin@abc.net.au

DESCRIPTION OF ENTRY

This report was broadcast on the ABC Four Corners program on Monday 16 November 2015. It is 45 minutes long. Childhood and teenage angst is the stuff of legend: songs, films, books, entire careers are built on it. Parents live it, and most kids eventually get over it. Or so it was in the past. Today, one in four Australian kids say they worry about the future constantly. Cyber bullying and depression rates are at disturbing levels. Why, at a time when we're healthier and wealthier than ever as a nation, are our kids feeling so anxious and stressed? In this touching episode, Australian kids take us inside their world to talk about their hopes, dreams and fears. In frank, funny and sometimes heartbreaking conversations, kids aged from 12 to 19, from many different backgrounds, talk about the pressures they face, from bullying to peer pressure, supercharged by social media, to family break ups, in a world that often talks about kids or to them. This is a chance to hear what they say, and in some confronting conversations, the program explores the alarming rise of self-harm and attempted suicide by talking to those who have made it to the other side. The full film can be streamed from the web-page <http://www.abc.net.au/4corners/stories/2015/11/16/4350533.htm>.

BRIEF CV OF JOURNALIST AND TEAM

Quentin joined Four Corners in 2000 after several years spent in investigative journalism in the UK. Since then, he has worked as a reporter and producer, focussing in the main on social issues and sports stories. He has reported several stories for Four Corners on mental health issues.

Peter Cronau is an extremely experienced Four Corners producer.

Joel Tozer is one of the ABC's most accomplished young researchers.

SPECIAL JOURNALISM AWARD

TheMHS AWARD: **JOINT WINNER**

ENTRY TITLE: **Surviving Schizophrenia
Attitude Pictures Ltd**

WINNER: **Producers
Emma Calveley
Robyn Scott-Vincent**

ADDRESS: **Auckland, New Zealand**

CONTACT PERSON: **Robyn Scott-Vincent
E: rsv@attitudepictures.com**

DESCRIPTION OF ENTRY

Surviving Schizophrenia screened on TV One (TVNZ) on September 6, 2015 as part of the series Attitude. Our programmes seek to empower people who live with mental illness, and address misconceptions. We deliberately sought to interview prominent mental health experts who could debunk the myths and stigma surrounding schizophrenia. Elyn Saks, Debra Lampshire and Paris Williams are world experts on mental health. Each has lived experience of mental health. They opened their homes and hearts to share their valuable insights into mental illness. They share their personal experience of schizophrenia. <http://attitudelive.com/documentary/surviving-schizophrenia#sthash.RqBsih5c.dpuf>

BRIEF CVs OF PRODUCERS

CEO and founder of The Attitude Group, Robyn Scott-Vincent turned her focus to disability, chronic health and mental health issues 12 years ago determined to help reshape societal attitudes and support people to live full lives, despite challenges. A former news and current affairs journalist, her team has produced more than 450 documentaries. Filmed in more than 30 countries all content is now available free online via www.attitudelive.com. The platform is an extension of the company philosophy to ensure more people can access, learn from, and be inspired by Attitude's body of work.

Emma Calveley has been the series producer since 2015 and has worked as a director on the series for 8 years.

SPECIAL JOURNALISM AWARD

TheMHS AWARD: **JOINT WINNER**

ENTRY TITLE: **Investigation into the Realities of New Zealand's
Mental Health System
The Wireless - Radio New Zealand's website**

WINNER: **Jessica McAllen
Freelance Journalist**

ADDRESS: **Auckland New Zealand**

CONTACT PERSON: **Jessica McAllen
E: jessicamcallenz@gmail.com**

DESCRIPTION OF ENTRY

Story One: Seclusion Mental health services are supposed to avoid locking patients up in isolation - also known as seclusion. But it still happens. <http://thewireless.co.nz/articles/mental-health-patients-are-being-locked-up-when-they-shouldn-t-be>. **Story Two:** Turned Away in Crisis New Zealand's suicide rate spiked again last year and those on the frontline - parents, friends and health workers - say more help is needed to prevent deaths. <http://thewireless.co.nz/articles/turned-away-in-a-crisis>. **Story Three:** Shining A Light on the Mental Health System Jess McAllen goes into detail about getting the stories and her thoughts on the mental health system. <http://thewireless.co.nz/articles/shining-a-light-on-the-mental-health-system>. These stories also featured on the RNZ homepage and the investigations into seclusion and crisis care were discussed on RNZ's Nine To Noon programme and promoted on the organisation's social media accounts. The Wireless is aimed at 18-30-year-olds and uses a combination of audio, visual and textual journalism to tell stories.

From RNZ on Audience Reach:

"Of all radio stations in New Zealand, RNZ National's cumulative audience of 488,000 listeners makes it Number 2 nationwide for audience size. Its station share of 10.3% makes it Number 1 among all stations in New Zealand (among people 15+)"

ONLINE AUDIENCES

radionz.co.nz had 1,176,857 users and over 5 million page views in the month of March 2016.
thewireless.co.nz had 76,207 users and 138,398 page views

Definitions: - Users are the number of different browsers, and page views are the total number of pages loaded.

BRIEF CV OF JOURNALIST

Jessica McAllen is a junior freelance journalist based in New Zealand. She has a strong interest in reporting on social issues, particularly mental health where she builds upon personal experience. The three pieces of work are from a mental health series she helped run for Radio New Zealand's The Wireless website. The first is a feature on the practice of seclusion in New Zealand and the second is a feature on the difficulties suicidal people face in trying to get help. Both features include video interviews with those in the stories and were the result of five months travelling around New Zealand. The third story is a first-person opinion piece on the mental health system, including personal experience and a behind-the-scenes look at the series. I also interviewed a woman with OCD and published her story and helped a friend write about her experiences with Borderline Personality Disorder. The Wireless' mental health week ran in February and appeared to have a big impact on many New Zealanders - those who were unaware of the difficulties within our mental health system were shocked and those who had first-hand experience were grateful their reality was being exposed.

**EXCEPTIONAL CONTRIBUTION TO
MENTAL HEALTH SERVICES IN
AUSTRALIA OR NEW ZEALAND
2016 AWARD**

This 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.

EXCEPTIONAL CONTRIBUTION TO MENTAL HEALTH SERVICES IN AUSTRALIA

JOINT WINNER:

Bernadette McSherry
Melbourne, VIC

**Founding Director, Melbourne Social Equity
Institute, University of Melbourne**

E: bernadette.mcsherry@unimelb.edu.au

BRIEF DESCRIPTION OF AWARD RECIPIENT

Professor Bernadette McSherry is the Foundation Director of the Melbourne Social Equity Institute at the University of Melbourne. She is an internationally recognised legal academic in the field of mental health law (and criminal law) and became an Australian Research Council Federation Fellow in December 2007. Professor McSherry is widely recognised for advancing human rights-based mental health services in Australia and internationally. Her work on 'supported decision-making' has helped shape current law, policy and practice, which aims to strengthen the self-determination and right to health of mental health service users.

After working as a solicitor at Coltmans and as an Associate for the then Justice James Gobbo at the Supreme Court of Victoria, Professor McSherry commenced her academic career in the Monash Law School in 1991. At this point, she began contributing to the mental health law field. She became the Director of the Centre for the Advancement of Law and Mental Health in June 2011 and in that year she was elected a Fellow of the Academy of Social Sciences in Australia and a Fellow of the Australian Academy of Law.

From 2001, she has served as a Legal Member of the Mental Health Review Board of Victoria and was a Legal Member of the Psychosurgery Review Board of Victoria from 2005-2010.

Professor McSherry is a member of the editorial committees of the International Journal of Forensic Mental Health; the Journal of Commonwealth Criminal Law; Psychology, Public Policy and Law; Psychiatry, Psychology and Law and is the co-editor of the Legal Issues Column for the Journal of Law and Medicine.

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.

EXCEPTIONAL CONTRIBUTION TO MENTAL HEALTH SERVICES IN AUSTRALIA

JOINT WINNER:

**Jenny Burger
Melbourne, VIC**

E: jburger@netspace.net.au

BRIEF DESCRIPTION OF AWARD RECIPIENT

Since 1987, Jenny Burger's dedicated efforts have played a key role in improving mental health services in Victoria, emphasising the crucial role of families in the sector. Jenny was Deputy-Director of Schizophrenia Fellowship, the first Victorian organisation to provide community-based mental health services, vocational opportunities and supported accommodation. Jenny continued voluntary work as Deputy-Chair of Tandem and carer representative on National Mental Health Consumer & Carer Forum. She chaired the Forum's Privacy, Confidentiality & Information Sharing Group, Southern Mental Health Association and Carer Consultant Network Victoria. She has trained staff in clinical and community services in working with families. At North West Area Mental Health Service, Jenny established a Carer Steering Committee, carer support groups, referral service, policies, brochures and training programs. She represented carers on a team redesigning services and is Co-Chair of the Consumer & Carer Advisory Group. NWAMHS is now recognised as a leader in family-inclusive practice.

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.

BRIEF DESCRIPTION OF ORGANISATIONS

Schizophrenia Fellowship of Victoria, formed 1978, one of the first non-government mental-health services in Victoria, set up employment programs, supported accommodation, support groups, respite services, community education, residential rehabilitation, day programs, and mutual support and self-help programs. It now operates as MI Fellowship in Victoria, ACT, NSW and Tasmania.

Tandem (previously Victorian Mental Health Carers Network) is the peak body for mental health carers in Victoria, formed in the mid-1990s. For its organisational and individual members, it provides government interface, systemic advocacy, management of Carer Support Fund, support to Carer Consultant Network Victoria and Australian BPD Foundation, training, information services, Carer Forums and Carer Partnership Dialogue.

North West Area Mental Health Service, one of four adult mental health services within North West Mental Health, serves the Cities of Hume and Moreland. It provides triage, community teams, adult in-patient unit, community care unit and non-urgent mental health services.

OUTSTANDING ACHIEVEMENT FOR PEER WORK IN NEW ZEALAND

Winner:

Jim Burdett
Auckland, New Zealand

E: jimdett@gmail.com

BRIEF DESCRIPTION OF RECIPIENT

Jim Burdett was born in Canada in the winter of 1948, immigrating to New Zealand with his family in 1955. Jim is the founder, and until the end of 2015 was the director, of The Mind and Body Group* and has been active in consumer affairs since 1997 in a variety of roles.

MBC (Mind and Body Consultants) has been in operation since 1998 and throughout this time has employed many staff – 99% of whom have had lived experience of mental illness – including trainers, consumer advisors, peer support workers, mental health promoters, administrators, researchers, team leaders, managers, human resource specialists, communications professionals, Māori advisors and ICT administrators. MBLD (Mind and Body Learning and Development) has been in operation since 2008 and solely employs staff with lived experience.

*The Mind and Body Group consists of Mind and Body Consultants and its sister company Mind and Body Learning and Development

BRIEF DESCRIPTION OF ORGANISATION

Mind and Body Consultants & Mind and Body Learning and Development

Currently the Mind and Body Group has a staff of 35 people in Christchurch and the Auckland area. Delivering mental health services since 1998, Mind and Body Consultants Ltd is one of the largest and longest running consumer-run organisations in New Zealand. With an annual operating budget of 1.5 million, it is managed and staffed by a team of people with personal experience of mental illness and includes three Peer Support Services covering:

- the Waitemata District Health Board (DHB) area, with 4 Full Time Equivalent (FTE) staff and currently servicing 64 clients/peers (adults)
- the Auckland DHB area, with 9 FTE staff and currently servicing 163 peers (both adults and older adults)
- the Christchurch DHB area, with 3 FTE staff and currently servicing 42 peers (both adults and older adults)

Finally, Mind and Body Consultants has been a regional provider under the Like Minds, Like Mine Programme since 2008. Currently, the company is midway through a three year project to develop and pilot a creative youth resource that destigmatises mental “illness”.

Mind and Body Learning and Development Ltd (MBLD) is the training and education arm of The Mind and Body Group and delivers both short courses to people in the mental health and social services sectors and the Certificate in Peer Support (Mental Health), (Level 4) to Peer Support Workers from a variety of organisations. In both our service delivery and our training, we draw upon a significant body of experience to help get our country’s mental-health and addiction services where they need to be. MBLD is registered by the New Zealand Qualifications Authority (NZQA) as a private training establishment under the provisions of the Education Act (1989) and its subsequent amendments.

This award represents an acknowledgement of an outstanding peer who has had significant influence on the development of the service user, consumer and peer workforce and has demonstrated leadership in bringing about innovation and sustainable change within that workforce in the area of mental health and addiction.

TheMHS MEDAL FOR MENTAL HEALTH

Winner: **Orygen**
The National Centre of Excellence in
Youth Mental Health

Presented to: **Patrick McGorry AO**
Kerryn Pennell
John Moran

BRIEF DESCRIPTION OF ORGANISATION

TheMHS Medal is the top award of the Australian and New Zealand Health Awards Program managed by TheMHS Learning Network. The Medal honors a unique and inspiring contribution to Mental Health by an individual or organisation.

Orygen has been awarded the TheMHS Medal to celebrate their extraordinary and world-leading influence in Youth Mental Health endeavors including the vital role of early intervention to address mental ill-health in young people.

Orygen strives to deliver cutting-edge research, policy development, innovative clinical services, and evidence-based training and education to ensure that there is continuous improvement in the treatments and care provided to young people experiencing mental ill-health.

Their work has created a new, more positive approach to the prevention and treatment of mental disorders, and has developed new models of care for young people with emerging disorders. This work has been translated into a worldwide shift in services and treatments to include a primary focus on getting well and staying well, and health care models that include partnership with young people and families.

SERVICE AND PROGRAM AWARDS ASSESSMENT COMMITTEE MEMBERS

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	Tully Rosen	New South Wales
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