

# UPDATE

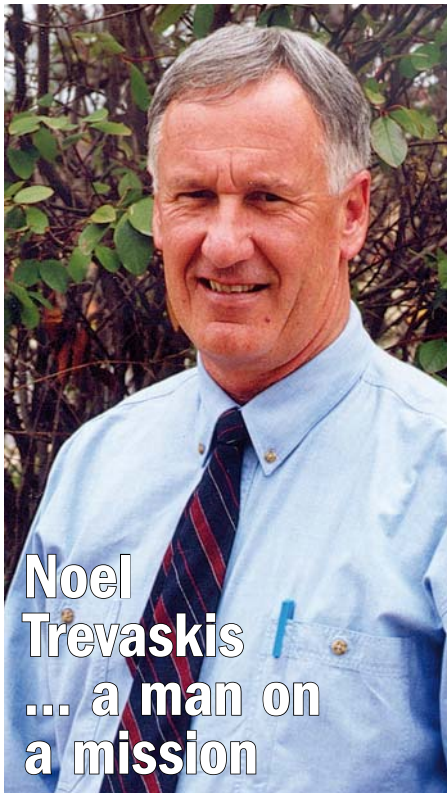
Australian Rotary Health

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www.australianrotaryhealth.org.au

A U T U M N 2 0 1 0



Noel Trevaskis  
... a man on a mission

Welcome to our new Chairman of the Board, Noel Trevaskis, OAM.

The Goulburn resident and acclaimed mental health advocate has been elected Chairman of the Board of Australian Rotary Health.

A member of the Rotary Club of Goulburn Argyle and a Rotary District Governor in 2005/06, Noel has had a long association with Australian Rotary Health. He is particularly driven to champion mental illness research and education.

Over twenty years ago Noel spent five months in hospital being treated for depression. The illness took a terrible toll on him and his family.

Noel's mission now is to help as many people with a mental illness as he can. He has travelled Australia recounting his own experience with depression and how he has managed his recovery.

Living in a rural area Noel knows how tough life has been for people on the land. The drought has contributed to numerous cases of

depression and suicide as families battle to survive.

"It is so important to seek help yet many people struggle on without treatment, fearing the stigma attached to depression" Noel said.

"Mental illness is an illness. It's just like any physical illness and the good news is it can be treated", he said.

"I want to help destigmatise this illness by bringing it into the open and giving people with depression the hope that they can recover, just as I have. That is also part of the mission of Australian Rotary Health and I am very proud to Chair this wonderful organisation."

Likewise, Australian Rotary Health is proud and grateful to have Noel as Chairman.

### Noel comments ...

There are so many great programs within the world of Rotary. The Rotary Foundation is our very own charity that every Rotarian should support. The Foundation gives Rotary credibility because of what it has achieved globally. Many Rotarians have other programs they support either financially or in time. The Rotary Youth Personal Enrichment Program, Rotary Youth Leadership Awards and Youth Exchange all benefit our young people. Interplast and Rotary Oceania Medical Aid for Children change the lives of young people and their families forever by giving them hope and dignity.

Rotary Young Driver Awareness has had an impact on today's youth by helping them realise the need for safe and responsible driving.

These are just a few of the many wonderful programs in the world of Rotary.

Every Rotary Club has its own special projects in local communities. It is important is that we are not in competition with each other; these programs, and others, are part of the Rotary 'family'. We are making a difference to people's lives every day.

Australian Rotary Health is a part of the Rotary family. We make a difference by providing funding for Australian researchers for the benefit of fellow Australians, which in turn benefits the world. We were the first organisation to provide funding for research into mental health issues in Australia. We pioneered Mental Health Awareness Forums. Over 600 Forums were held across Australia with over 60,000 people attending. Through these Forums Australian Rotary Health helped reduce the stigma attached to mental illness. We are now moving into a new area of Mental Health. The Commonwealth Government is providing funding for Australian Rotary Health to facilitate Mental Health First Aid Courses across Australia. This program teaches people how to help a person with a mental illness and gives a better understanding of mental disorders. Importantly this program will continue to break down the stigma attached to mental illness.

Australian Rotary Health will continue its funding of research into mental illness, particularly concentrating on mental health issues for young Australians.

In Rotary we all benefit from the many and varied programs of this wonderful organisation. We shouldn't see each other as competitors but as a part of the 'family', a 'family' that shares and benefits from all of our programs.

RI President John Kenny's theme for this year is 'The future of Rotary is in Your Hands'. All of our programs are in our hands; we must make sure they all keep getting stronger so that everyone will benefit!

Adele Basheen wrote:

"I believe within each of us is the capacity to express love, show compassion, share a magic moment and make a difference. When you open your heart you add light to the world".

Regards, Noel



**FORMER AUSTRALIAN SWIMMING  
CHAMPION NOW CHAMPIONS  
AUSTRALIAN ROTARY HEALTH**



**AUSTRALIAN ROTARY  
HEALTH AMBASSADOR  
– MICHAEL KLIM**

Michael Klim, Australian swimming's Olympic gold medallist, world champion and world record holder, is Australian Rotary Health's first Celebrity Ambassador. "We are delighted to have Michael on board" said CEO Joy Gillett. "Australian Rotary Health has been a quiet achiever for 29 years. Now, with Michael as an Ambassador, we are developing a higher profile that is creating much greater community support."

Michael was the special guest at the Melbourne Town Hall Reception for the finish of the 7 month Great Australian Bike Ride (GABR) in October. His easy nature and fun-loving personality came to the fore when he interviewed the four cyclists

who had just completed their 17,800 kilometre ride around Australia – Gonny Rundell, John Farrugia, Tom Brown and Roberta Gordon. It was an entertaining finale to the Ride.

Michael has now retired from swimming. The 32 year old is a generous man who is committed to giving back to the community, whether to Australian Rotary Health or to a children's charity in Bali, from where his wife Lindy hails.

Michael heads a company called MILK (Klim spelt backwards). MILK 'a la Klim' fills a gap in Australia's skin care market for men and babies. The idea for his own skin care range came from the thousands of hours Michael spent swimming in chlorinated pools. That experience, and Australia's harsh climate, led him to develop a natural marine-based product.

Michael was involved in the development of the skin care range from top to bottom – literally! "I have been the face of many products in the past but my personal involvement was limited. The men's skin care range is about helping guys feel good about their skin and relaxed about taking care of it" he said.

"Michael's role as an Australian Rotary Health Ambassador is invaluable in raising our community profile and boosting our research funding", Joy Gillett said. "In turn, we encourage Rotarians to support Michael by purchasing from his excellent range of Milk products sold in most Myer stores across Australia."

*"As I greatly respect and admire the Rotary movement I was delighted to become an Ambassador for Australian Rotary Health. Now that I am a part of Rotary I am devoted to raising awareness of all the fantastic research programs Australian Rotary Health is funding. I hope that more donations will flow in as people develop a greater understanding of the importance of the medical research funded by this wonderful organisation."*  
**Michael Klim.**

"Australia's climate is pretty harsh, and that coupled with hours in the pool, made looking after my skin tough. I couldn't find a product that was right for me, so I made my own. It's called Milk. A fresh, easy-to-use set of products, made using natural marine-based ingredients (such as brown seaweed and algae extracts). Personally researched, tested and created by me. Milk is about helping guys feel good about their skin and relaxed about taking care of it. I've really enjoyed developing it and I know you'll enjoy using it". Michael Klim.

Go to [www.milkskincare.com](http://www.milkskincare.com) to check out Michael's beautiful MILK range and stockists throughout Australia.



**Great Australian  
Bike Ride Roundup!**

One state bicycle association said we couldn't ... but we did! When the Great Australian Bike Ride (GABR) was conceived at a post-Board Meeting dinner, Australian Rotary Health took a giant leap into the unknown.

We were lucky to find Event Managers Donnie Maclurcan and John Flower to do all the setting up. Then Rotarian Geoff Kennedy put up his hand as Ride Director and a great team was gathered under his guidance. We were on a steep learning curve with no experience of a 7 month long event. What made it viable was the Rotary network. The logistics were immense, but thanks to a long list of very accommodating sponsors and the wonderful co-operation of Rotarians and Rotary clubs, it all came together.

The riders made the Great Australian Bike Ride 'great'! Our 4 core riders faced the 17,830 km distance with sweat, grit, determination and soul searching. They dug deep to prove they could do it. A number of stage riders had never tackled such long distances day after day. It was a mammoth effort for a great cause.

What did the GABR achieve?

It showcased the activities of Australian Rotary Health by increasing the community's awareness of Mental Illness and the need for continuing research. It also raised awareness of Rotary and its programs in Australia. Finally, it was a financial success that raised almost \$250,000 for mental illness research. To everyone involved: you can be proud to have worked on a project that was very worthwhile and will be long remembered.

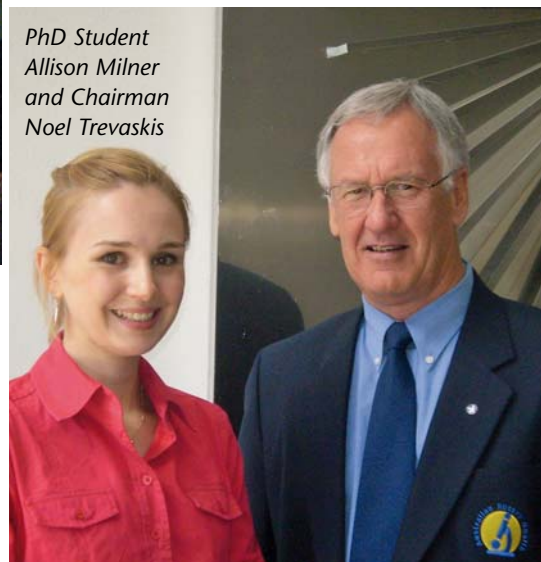
*Dick White, Chairman  
Great Australian Bike Ride*



*Prof Rob Morrison listens to the interview technique of PhD student Laura Hart (left) with fellow student Michelle Banfield*



*PhD Student Laura Hart and Chairman Noel Trevaskis*



*PhD Student Allison Milner and Chairman Noel Trevaskis*

The Australasian Society for Psychiatric Research (ASPR), together with Australian Rotary Health, held Media Training and Presentation Workshops at the ASPR Conference in Canberra in December.

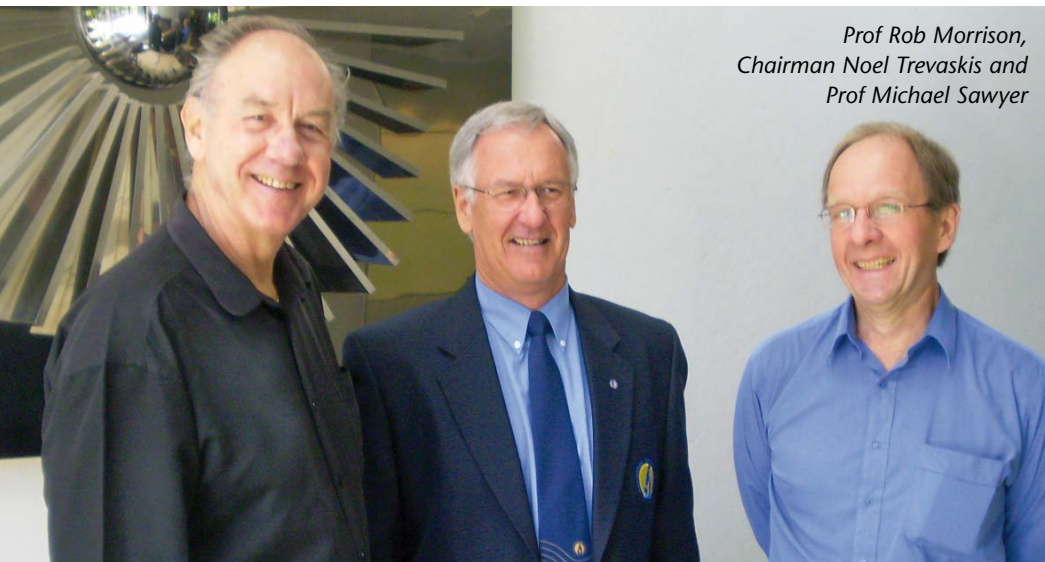
The workshops teach post-graduate students and new researchers how to handle the media and present their research to funding bodies and community groups such as Rotary clubs. Five PhD scholars funded by Australian Rotary Health attended the workshops. Award winning science communicator and broadcaster, Professor Rob Morrison, ran the Media Workshop while fellow South Australian, Professor Michael Sawyer conducted the Presentation Workshop.



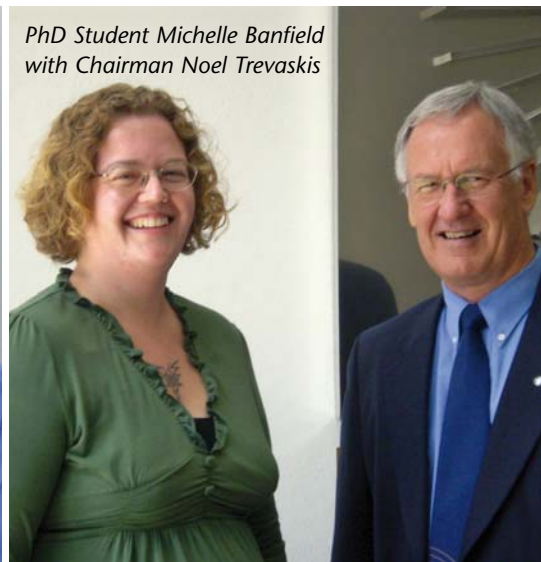
*Chairman Noel Trevaskis and PhD Student Gemma McLeod*



*Prof Rob Morrison, CEO Joy Gillett and Prof Michael Sawyer*



*Prof Rob Morrison, Chairman Noel Trevaskis and Prof Michael Sawyer*



*PhD Student Michelle Banfield with Chairman Noel Trevaskis*

# Fay Jackson

MENTAL  
HEALTH  
CONSUMER  
AND  
ADVOCATE



*Fay Jackson's story is both sad and inspiring. Fay, who has bipolar disorder, is dedicated to educating people about mental illness and helping people who are mentally ill. This is a snapshot of her life.*

## **You were 10 when you had your first depressive episode. What happened?**

"The onset of depression started after a protracted physical illness. I spent two years in a Sydney hospital away from my family who were living in the country. After so long, I found it difficult to return to school and remake friendships. I felt I was a burden to my family and a freak."

## **How did you cope with bipolar disorder during adolescence?**

"The bipolar started when I was 14 after I smoked marijuana on a doctor's advice. This was before it was known that marijuana can trigger mental illness. Marijuana set off my first psychotic episode of visions and voices. I couldn't concentrate with the noise of the voices in my head and I left school in Year 11. I found work but bosses sacked me when they discovered I had a mental illness."

"I attended TAFE but I kept having breakdowns. I was too afraid to tell anyone about the visions and voices that were my reality, so doctors diagnosed depression not bipolar disorder. Life was very difficult."

## **How frequent were your highs/lows before diagnosis?**

"Before I was diagnosed with bipolar disorder at 37, I had 4 year cycles: 2 years with deep depression, a year getting better, a manic 4th year and back down into depression again."

## **Why did you go for 27 years before your bipolar disorder was diagnosed?**

"I did not tell anyone about the voices and visions because I

feared being locked up – perhaps permanently. Medications were strong and deep-sleep therapy and lobotomies were common back then. At 37 I had another breakdown. My husband George said I had to get help or he would leave and take the children. After that I saw a psychiatrist and I was finally diagnosed with bipolar disorder."

## **Was it a relief to finally have a diagnosis and treatment for your illness?**

"George was relieved the condition was treatable. I felt shock and sorrow; I was not special, as I had believed, just insane. I decided to learn about bipolar disorder. The more I found out the more I accepted my diagnosis and treatment and ... I began to accept myself."

## **Tell me about the lengthy medication trials you undergo – even now.**

"I take 3 different psychiatric medications: an anti-psychotic, a mood stabilizer and an anti-depressant. I have a tremor in my hands from the lithium but with my hand held up like I am waving and trembling I see lithium as a friendly drug: it waves, makes a good cup of tea and a good martini! Other side effects have been weight gain, loss of my creative processes and loss of libido which affects my darling husband."

## **When and why did you become an advocate for Australian Rotary Health?**

"My brother also had bipolar disorder. Soon after he died 12 years ago I saw an Australian Rotary Health ad about depression. I thought if Rotarians can accept people like me, there is hope. I called Joy Gillett who then asked me to speak to a Rotary club about mental illness. My involvement with Rotary began."

## **You have embraced your illness in a courageous and healthy fashion that has helped a lot of people. What set you on this humanitarian journey?**

"I was suffering from bipolar disorder and I wanted to help others. I thought my story could break down barriers of stigma and discrimination."

"My story is one of survival, honesty, strength and hope. Rotary gave me the voice to tell my story and spread the news that there is hope for people with mental illness."

"I have my own business and I teach mental health in workplaces. I travel all around Australia and I have won many awards including the Australian Rotary Health inaugural Medal for service to the community."

"I am an accredited Master Trainer in Mental Health First Aid (MHFA) for Youth and Adult Mental Health programs developed by Dr Betty Kitchener and Professor Tony Jorm. I teach people to recognise signs/symptoms of common mental illnesses – depression, anxiety, panic attacks, suicidality, bipolar, schizophrenia and drug and alcohol abuse. The Youth course encompasses these topics and also includes eating disorders and self harming."

I also take MHFA to schools, service clubs and community groups. The course runs for 2 days."

For information go to [www.visioninmind.com.au](http://www.visioninmind.com.au)

## **Is 'recovery' an ongoing process for the rest of your life?**

"Yes. I recently experienced another episode of depression and I am recovering. This prompts me to reiterate the importance of sponsoring research into the causes, treatment, prevention and recovery from mental illness."

"A huge 'thank you' to every Rotarian who has contributed to Australian Rotary Health. You have directly helped my recovery and transformed attitudes towards people with mental illness. You have done much but there is still so much to do. Please continue your wonderful work so people like me can live valuable, fulfilling lives giving something back."

To request Fay's newsletters email Fay at [fay@visioninmind.com.au](mailto:fay@visioninmind.com.au)





## COMMUNITY MENTAL HEALTH FORUMS

Since 2000 Australian Rotary Health has worked with Rotary clubs to increase awareness and understanding of mental illness through Community Mental Health Forums.

Hundreds of community agencies and service providers were brought together to work towards a common goal – to build community understanding of mental health issues and encourage help-seeking behaviours in people needing support.

The Forums were an outstanding success. They were held in hundreds of communities throughout Australia and brought people together to learn about mental illnesses, early recognition and treatment. Speakers included mental health consumers, carers and clinicians and audience participation was encouraged. Thousands of Australians attended the forums and participated in follow-up activities.

Nearly all participants said the forums gave them valuable new professional contacts. Community stakeholders said the forums had a positive impact on their work of providing support and training for carers in the community.

The Forums achieved key objectives to:

- reduce the adverse impact of mental illness on people living in the community
- use the community to deliver information
- improve the capacity of people to care for themselves when they develop a mental illness
- improve the capacity of people to support others who develop a mental illness (e.g., peers at school or members of the workforce) and
- improve the capacity of people to access relevant services if they develop a mental illness and to help others to do this when they need help.

After 10 years and more than 500 Forums, the Commonwealth Government's contract with Australian Rotary Health to stage Mental Health Forums finished in 2009.



Dr Sophie Havighurst

## Naughty Little Children...

OR SOMETHING MUCH DEEPER?

*"Building pre-schoolers' emotional competence: Evaluating an early intervention for children with behaviour problems"*

All children display disruptive and unsociable behaviour at times. However, some children develop behaviour that is challenging and extremely difficult for their parents to manage. If this behaviour occurs with such frequency that it interferes with a child's emotional, academic and social development, the child is at risk of developing a condition known as Conduct Disorder.

Not only does Conduct Disorder impede a child's progress, it impacts adversely on their peers, family and the broader community. Many people still view children with Conduct Disorder as being badly behaved and ill-disciplined rather than as youngsters struggling with an imbalance in thoughts, feelings and behaviours.

*"... the funding granted by Australian Rotary Health ... enabled us to undertake a randomised controlled trial of the Tuning in to Kids parenting program ..."*

The Royal Children's Hospital, Melbourne, developed a multilevel prevention and early intervention program called *CAMHS and Schools: Early Action Program (CASEA)*. CASEA is designed to reduce the incidence and impact of Conduct Disorder. *Tuning in to Kids: Emotionally Intelligent Parenting* is a 6 week CASEA early intervention program that was co-authored by Dr Sophie Havighurst and Anne Harley. The program guides parents of 4 to 5 year old children with behaviour problems. It teaches them to engage with their child's emotional life so the child can learn to understand and manage his/her emotions.

Research on which the program is based shows that emotionally

intelligent (competent) children have fewer behavioural problems, good friendship skills, academic success, the ability to handle conflict and the ability to tolerate upsetting actions and situations. They also experience better health and higher quality relationships throughout their lives.

Dr Havighurst's evaluation of the Tuning in to Kids: Emotionally Intelligent Parenting program was part-funded by Australian Rotary Health from 2006–2008. The study evaluated whether the intervention created an improvement in the functioning of children at risk resulting in better social, emotional and family outcomes.

*"... findings have been very favourable, with evidence the program led to changes in parenting and in children's behaviour"*

The Tuning in to Kids parenting program draws greatly on the Emotional Intelligence work of American psychologist, Professor John Gottman. It teaches parents:

- awareness of their children's emotions
- to use children's emotional experiences as an opportunity for closeness and teaching
- skills to help children to talk about and manage their emotions
- skills to help their children problem solve
- to guide children's behaviour with appropriate limits
- awareness and regulation of their own emotions

*"Thank you ... for the opportunity to evaluate this program. It is ... available to practitioners around Australia and will increasingly reach many parents and children"  
... Dr Sophie Havighurst*

## Mental Health

### Research Grants

Funding amount listed is for 2010 only.

Professor Michael Berk  
Mental Health Research Institute, Vic.  
*The Efficacy of N-acetylcysteine as an Adjunctive Treatment in Unipolar Depression: A Double-blind, Randomised, Placebo-controlled Trial*  
\$51,696 2009/2010

Dr Pamela Marsh  
Macquarie University, NSW  
*Remediation of mental-state reasoning and emotion recognition in schizophrenia: Theoretical and Clinical Implications*  
\$43,617 2009/2010

Dr Nickolai Titov  
University of New South Wales  
*Internet based education for generalised anxiety disorder: A randomised controlled trial*  
\$36,750 2009/2010

Associate Professor Lina Ricciardelli  
Deakin University, Vic.  
*An Early Intervention for Mental Health Problems Amongst Children: Comparisons, Openness, Peers and Esteem (COPE)*  
\$58,260 2009/2010

Dr Eoin Killackey  
University of Melbourne, Vic.  
*Vocational Recovery in Young People with First Episode Psychosis: A Randomised Controlled Intervention Trial Examining Vocational, Health, Economic and Social Outcomes*  
\$59,771 2008/2009/2010

Professor Frank Deane  
University of Wollongong, NSW  
*Family Connections: A randomised controlled trial of correspondence-based support for families of individuals recently diagnosed with psychosis*  
\$58,085 2008/2009/2010

Dr Eugen Mattes  
University of Western Australia  
*Prenatal androgen exposure and its influence on mental health in childhood and adolescence*  
\$46,571 2009/2010

Dr Nicola Spurrier  
Flinders University, SA  
*Mental Health outcomes of infants enrolled in a randomised controlled sleep intervention trial*  
\$13,100 2008/2010

### Pilot Research Projects

**Mental Health of Young Australians – Birth to 17 years. Projects funded for one year only.**

Professor Ron Grunstein  
University of Sydney, NSW  
*A Group-based Cognitive-Behavioural intervention to treat sleep disorders that negatively impact mood, daily functioning and externalizing behaviour in adolescents*  
\$34,600

Dr Robert Tait  
Australian National University, ACT  
*Development of materials for a web-based intervention targeting adolescent alcohol use*  
\$34,895

Professor Michael Berk  
Mental Health Research Institute, Vic.  
*Efficacy of N-acetylcysteine in Autism: A double-blind, placebo-controlled randomised trial*  
\$35,000

Professor Jan Copeland  
University of New South Wales  
*Preventing Adolescent Cannabis Use Through Web-Based Graphic Warning Images*  
\$18,000

Dr Caroline Donovan  
Griffith University, Qld  
*A pilot investigation of an online, parent-only CBT intervention for preschool children with anxiety*  
\$34,847

Professor Ron Rapee  
Macquarie University, NSW  
*Training benign interpretations in anxious children and adolescents*  
\$33,125

Professor Vaughan Carr  
University of New South Wales  
*Longitudinal Child Health Study: Pilot Study*  
\$16,500

Professor Susan Paxton  
La Trobe University, Vic.  
*The development of body image, internalisation of societal body ideals and dieting awareness in 3-5 year old girls and boys: The foundation for a longitudinal study*  
\$33,825

Dr Naomi Wray  
Queensland Institute of Medical Research  
*Genetic variation of pro-inflammatory markers and their association with depression in adolescence*  
\$35,000

Professor Philip Hazell  
University of Sydney, NSW  
*Sleep, puberty and depression*  
\$16,500

## Mental Health

**Service Evaluation Grants**  
Funding amount listed is for 2010 only.

Dr John Brayley  
Office of Public Advocate, SA  
*The Threshold Test of Involuntary Mental Health Treatment – Reducing Practitioner Variation in Invoking Orders and Implementing the Least Restrictive Option*  
\$59,679 2009/2010

Professor Michael Sawyer  
Women's and Children's Hospital, SA  
*Evaluation of a South Australian Family Home Visiting Program*  
\$52,020 2008/2009/2010

Professor Steve Kisely  
University of Queensland  
*A ten-year evaluation of community treatment orders on mental health outcomes*  
\$10,625 2009/2010

Dr Sophie Havighurst  
University of Melbourne, Vic.  
*Preventing conduct disorders: The Austin CASEA evaluation of an early intervention service for children with behaviour problems*  
\$45,876 2009/2010

Professor Diego De Leo  
Griffith University, Qld  
*The incidence of suicidal behaviours in indigenous communities in Queensland – evaluation and development of baseline data*  
\$55,450 2008/2009/2010

## Rural Health

### Service Evaluation Grants

Funding amount listed is for 2010 only.

Professor John Humphreys  
Monash University, Vic.  
*Making a Difference – the impact of an innovative primary health service on a rural community*  
\$38,502 2008/2009/2010

## Post-Doctoral Fellowships

### Mental Health Grants

\$75,000 per annum for three years.

### Royce Abbey Post Doctoral Fellowship

Dr Elizabeth Scarr  
Mental Health Research Institute, Vic.  
*Biochemical basis of cognitive deficits in Schizophrenia*  
2008/2009/2010

### Geoffrey Betts Post Doctoral Fellowship

Dr Amanda Wood  
Murdoch Childrens Research Institute, Vic.  
*Determinants of poor psychological outcomes of fetal anti-epileptic drug exposure*  
2009/2010

## Ian Scott Scholarships Mental Health

Up to \$26,000 a year.

Tammie Money  
University of Melbourne, Vic.  
*The role of Muscarinic receptors in the pathology of schizophrenia*  
2007/2008/2009/2010

Michelle Banfield  
 Australian National  
 University, ACT  
*Consumer priorities  
 for depression and  
 bipolar disorder research  
 2007/2008/2009/2010*

Sylvia Kauer  
 Murdoch Childrens  
 Research Institute, Vic.  
*The importance of insight  
 into negative mood, stressful  
 experiences and coping  
 strategies in the prevention  
 and early intervention of  
 adolescent mood disorders  
 2008/2009/2010*

Magenta Simmons  
 University of  
 Melbourne, Vic.  
*Shared decision making  
 for young people with  
 depressive disorders:  
 Development and feasibility  
 testing of a decision aid  
 2008/2009/2010*

Allison Milner  
 Griffith University, Qld  
*Suicide in countries of the  
 western pacific region: The  
 impact of globalisation  
 on trends of fatal suicidal  
 behaviour  
 2008/2009/2010*

Laura Hart  
 University of  
 Melbourne, Vic.  
*Mental Health First Aid  
 for Eating Disorders:  
 Development of first  
 aid guidelines and an  
 intervention for the public  
 2009/2010*

Phillipa Collin –  
 receives her 1 year  
 Evaluation Grant  
 for 2009 at the  
 Inspire Foundation in  
 Sydney. Presenting  
 the plaque was PDG  
 and Vice Chairman  
 of Australian Rotary  
 Health Phil Lacey and  
 Inspire Foundation  
 CEO Kerry Graham.



Amy Dawson  
 University of  
 Wollongong, NSW  
*Does early developmental  
 disruption make the  
 brain more vulnerable to  
 the effects of cannabis  
 2008/2009/2010*

Esther Chan  
 Monash University, Vic.  
*Improving the management  
 of acute agitation in the  
 Emergency Department  
 – A multi-centre  
 randomised controlled trial  
 2008/2009/2010*

Karissa Searle  
 University of  
 Melbourne, Vic.  
*Attention and Mental Health  
 outcomes in extremely low  
 birth weight/very premature  
 infants: An fMRI study of  
 adolescents 2009/2010*

**Funding Partner  
 Research Grants  
 Any Health Area**

*Funded in conjunction with  
 Rotary club/s or Rotary  
 Districts, Corporations or*

*individuals. Funding amount  
 listed is for 2010 only.*

Dr Ricky Johnstone  
 Peter MacCallum Cancer  
 Centre, Vic.  
 Friends R4/Rotary Club of  
 Williamstown, Vic.  
*Leukaemia  
 \$53,480 2008/2009/2010*

Dr Belinda Barton  
 The Children's Hospital at  
 Westmead, NSW  
 Rotary Club of St Ives, NSW  
*Quality of Life for  
 Cancer Patients  
 \$36,000 2009/2010*

Dr Marguerite Evans-Galea  
 Murdoch Childrens  
 Research Institute, Vic.  
 Rotary Club of  
 Brighton North, Vic.  
*Freidrich's Ataxia  
 \$60,000 2009/2010*

Dr Michael Sorich  
 University of  
 South Australia  
 Rotary Club of Dapto, NSW  
*Autism  
 \$35,684 2010*

Dr Andrew Gibbons  
 Mental Health Research  
 Institute, Vic.

The Bipolar Expedition  
 Bipolar Disorder  
 \$50,140 2010

**Research Companions  
 Any Health Area**

*Up to \$28,000 per annum*  
 Jessica Swain  
 University of Newcastle,  
 NSW

Whitcroft Family  
 PhD Scholarship  
 – Whitcroft Family, NSW  
*Mental Health  
 2009/2010*

Kelly Baird  
 Macquarie University, NSW  
 Terry Beslich  
 PhD Scholarship  
 – Beslich Family, NSW  
*Children's Mental Health  
 2010*

**Funding Partner  
 PhD Scholarships**

*Any Health Area  
 Up to \$28,000 per annum.*

Rebecca Sheean  
 Howard Florey Institute,  
 Vic.

The Margaret Robert's  
 Motor Neuron Disease  
 Scholarship

Rotary Club of  
 Bendigo South, Vic.  
*Motor Neuron Disease  
 2007/2008/2009/2010*

Amelia Searle  
 University of Adelaide, SA  
 Rotary Club of Adelaide, SA  
*Children's Mental Health  
 2007/2008/2009/2010*

Victoria Leitch  
 University of Adelaide, SA  
 Hansen Yuncken  
*Craniosynostosis  
 2007/2008/2009/2010*

Erin Wolfe  
 University of Queensland  
 Combined Brisbane  
 Rotary Clubs, Qld  
*Childhood Bullying  
 2007/2008/2009/2010*



*Board Members  
 PDG Terry  
 Grant and PDG  
 Judy Nettleton  
 present Ian  
 Scott PhD  
 Scholarship  
 recipient Laura  
 Hart with her  
 plaque. Laura  
 is studying at  
 the University  
 of Melbourne.  
 Her thesis is  
 on Mental  
 Health First  
 Aid for Eating  
 Disorders.*

**Funding Partner  
PhD Scholarships  
Any Health Area  
... continued**

Zaklina Kovacevic  
University of Sydney, NSW  
Fred Barbagallo Scholarship  
Rotary Club of Dural, NSW  
*Pancreatic Cancer*  
2007/2008/2009/2010

Shoshanah Longmuir  
Howard Florey  
Institute, Vic.  
Rotary Club of Parkes &  
Jack Scoble PhD  
Scholarship, NSW  
*Parkinson's disease*  
2010

India Bohanna  
University of  
Melbourne, Vic.  
Bartolina Peluso Scholarship  
Rotary Club of  
Strathmore, Vic.  
*Dementia*  
2007/2008/2009

Kristie Munro  
University of  
Wollongong, NSW  
Ian & Jean Simpson Family/  
Rotary Club of Orange  
North, NSW  
*Adult Leukaemia*  
2007/2008/2009/2010

Judith Allen-Graham  
Monash University, Vic.  
The Hooton Family/Rotary  
Club of Crows Nest, NSW  
*Neuro Degenerative Disease*  
2009/2010

Crystal Higgs  
University of Queensland  
Chris & Gerry Ellis/  
Rotary Club of  
Samford Valley, Qld  
*Alzheimer's disease*  
2009/2010

Ryan James Courtney  
University of  
Newcastle, NSW  
District 9650 Bowlescan  
*Bowel Cancer*  
2008/2009/2010

Matthew Ryan Thompson  
Monash University, Vic.  
District 9650 Bowlescan  
*Bowel Cancer*  
2008/2009/2010

Owen Tang  
Royal North Shore  
Hospital/  
University of Sydney  
The Rodney Tilden, Ted  
Atkinson & Bob McCullum  
Kidney Disease Research  
Scholarship  
Rotary Clubs of Kellyville,  
Dural, Kurrajong &  
Gladesville, NSW  
*Kidney Disease*  
2009/2010

Austin Della-Franca  
The Children's Hospital at  
Westmead, NSW  
The Suzanne Moss-White  
Scholarship  
Rotary Club of  
Norwest Sunrise, NSW  
*Ovarian Cancer*  
2008/2009/2010

Miriam Jackson  
University of Sydney  
The Melvin Gray Scholarship  
Rotary Club of  
Blacktown City, NSW  
*Arthritis*  
2007/2008/2009/2010

Kristine Northey  
Curtin University, WA  
Nathan's Bequest Scholarship  
Rotary Club of  
Sydney CBD, NSW  
*Youth Suicide*  
2008/2009/2010

Stephen Dowdell  
University of  
Wollongong, NSW  
Riverside Clubs/  
District 9680, NSW  
*Brain Tumours*  
2008/2009/2010

Timothy Smith  
Howard Florey  
Institute, Vic.  
District 9780 Bowlescan  
*Bowel Cancer*  
2008/2009/2010

Luke Balcombe  
Griffith University, Qld  
David Henning Memorial  
Scholarship  
David Henning Memorial  
Foundation  
Rotary Club of  
Parramatta City, NSW  
*Suicide in Men*  
2008/2009/2010

Elise Jackson  
Centenary Institute, NSW  
Rotary Club of  
Parramatta City, NSW  
*Breast Cancer*  
2008/2009/2010

Rhian Shephard  
Centenary Institute, NSW  
Rotary Club of  
Parramatta City, NSW  
*Heart Disease*  
2009/2010

Kwan Joo Lee  
University of  
Melbourne, Vic.  
District 9640 Bowlescan  
*Bowel Cancer*  
2010

Shuwen Wen  
University of  
Melbourne, Vic.  
District 9640 & 9650  
Bowlescan  
*Bowel Cancer*  
2009/2010

Shir Lin Koh  
University of  
Melbourne, Vic.  
District 9640 Bowlescan  
*Bowel Cancer*  
2009/2010

Jo Anne Schinke Stratton  
Howard Florey  
Institute, Vic.  
Fenwick Scholarship  
Rotary Club of Whyalla, SA  
*Multiple Sclerosis*  
2009/2010

Linh Nguyen  
University of  
Melbourne, Vic.  
District 9650 Bowlescan  
*Bowel Cancer*  
2008/2009/2010

Justine Marum  
Murdoch Childrens  
Research Institute, Vic.  
Rotary Club of  
Melbourne South, Vic.  
*Gastro Intestinal Cancer*  
2009/2010

Jessamy Tiffen  
University of Sydney, NSW  
The Fred Barbagallo  
Scholarship  
Rotary Club of Dural, NSW  
*Liver Metastases*  
2007/2008/2009/2010

Ahmad Ali Aloqaily  
University of Technology  
Sydney, NSW  
Rotary Club of Dural/  
District 9680, NSW  
*Childhood Leukaemia*  
2007/2008/2009/2010

Dianah Rodrigues  
University of Sydney, NSW  
Rotary Club of Parkes, NSW  
*Spinal Injury* 2010

Ellen Gao  
ANZAC Research  
Institute, NSW  
Rotary Club of Dural/  
David Henning Memorial  
Foundation, NSW  
*Breast Cancer* 2010

Tonelle Handley  
University of  
Newcastle, NSW  
Rotary Club of  
Parramatta City, NSW  
*Youth Suicide* 2010

Kevin Jia-Jin Loo  
University of  
Wollongong, NSW  
Rotary Club of  
Parramatta City, NSW  
*Prostate Cancer* 2010

*Prof Michael Berk, from the Mental Health Research Institute, was awarded his Mental Health Research Grant plaque by PP Phil Lusher, District Chairman of D9790.*



Marshall Axel Dalton  
Prince of Wales  
Medical Research Institute/  
University of NSW  
Rotary Club of  
Glenhaven, NSW  
*Dementia* 2010

Swee-Ling Toh  
University of Sydney, NSW  
Rotary Club of  
Bondi Junction, NSW  
*Spinal Injury* 2010

Daniel Quintana  
University of Sydney  
Hooton Family/Rotary Club  
of Crows Nest, NSW  
*Mental Health* 2010

Anna Devlin  
Deakin University, Vic.  
Bartolina Peluso Scholarship  
Rotary Club of  
Strathmore, Victoria  
*Dementia* 2010



*International theatre star, Peter Cousens, performs at the 2009 Christmas Dinner"*

## 2009 Christmas Dinner



*What do you get when you combine one brilliant MC, one of Australia's finest musical theatre artists and 400 Rotarians and guests? ... one very memorable Christmas Dinner!*

The 2009 dinner was dazzling. MC for the evening, Mike Bailey, graced us with another sparkling performance. Mike and his wife Helena, who presented Channel 7's Romper Room in the '70's, are popular celebrities.

Our special guest needed no introduction either. NIDA graduate Peter Cousens is internationally acclaimed as an actor and musical theatre performer. Among many personal milestones is his portrayal of The Phantom in London's West End production of The Phantom of the Opera. Peter is the only Australian to achieve this honour.

In 2006 Peter launched Australia's first national musical theatre company, *Kookaburra The National Musical Theatre Company*, a not-for-profit organisation. Peter's dream for *Kookaburra* was to provide a platform to nurture up-and-coming Australian artists.

It was not to be! *Kookaburra* folded after only two years – a victim of the global financial crisis, theatrical competition and erratic patronage. As Peter wistfully observed, "natural disasters, television, restaurants and sport are competition for donations and patronage".

After 30 years in the profession Peter acknowledged "it's a crazy way to do business. The risks are huge,

failure a faithful friend and resilience the key to salvation".

The disaster changed Peter's life. He had invested everything in the company and he lost it all. This could be where the story ends but for Peter's determination to not only survive the maelstrom, but to fully embrace life again. A family man with three young daughters he spoke of finding a deeper strength through the pain of losing *Kookaburra*.

"The Arts are the key to teaching us how to understand ourselves and

connect with the hearts and minds of those around us" he said passionately. "You ... all benefit from this understanding – an understanding I like to call Empathy."

In 2010 Peter launched his one-man show, *Keynote Cabaret*, a collection of narratives about his life interspersed with many of his signature songs. The preview of the show was brilliant!

"It was a very beautiful and moving presentation" said Helena Bailey. "The stories of Peter's childhood touched me as we travelled with him back to the river in those treasured dawn hours he spent fishing with his late father".

Peter is a natural story teller, a captivating performer, and an inspiration! He is also the essence

of resilience, grit, humanity and compassion. That night some 400 people were travelling with Peter in perfect harmony – and Empathy.

Don't miss this sensational experience. For news on where *Keynote Cabaret* is next appearing go to [www.petercousens.com](http://www.petercousens.com) and click on Register.

### **– STOP PRESS –**

*Australian of the Year Professor Patrick McGorry will be the keynote speaker at the 2010 Sydney Christmas Dinner*



*Star attraction Peter Cousens with Helena Bailey and MC for the evening, Mike Bailey.*

*Peter's new album THE PETER COUSENS' COLLECTION will be out soon.*

*The album is a compilation of musical theatre songs Peter has recorded over his extensive career. It includes three new tracks from Sondheim's COMPANY never before released and the best of the great shows– Les Miserables, Phantom, Sunset Boulevard, Miss Saigon and others. Purchase from [www.petercousens.com](http://www.petercousens.com)*

# DON'T WORRY!

... DO THE WORRY PROGRAM INSTEAD!

Over 400,000 Australians are impacted by a debilitating anxiety disorder that severely affects their health and well-being. Generalized Anxiety Disorder (GAD) has been targeted by researcher, Dr Nickolai Titov, a Clinical Psychologist and Senior Lecturer at the Clinical Research Unit for Anxiety and Depression at the University of NSW.

*“The aim of constructing the Worry Program is to develop a user-friendly treatment package that will ... provide hope and a sense that change is possible”*

Dr Titov is evaluating a course for adults with GAD called the Worry Program. “The aim of constructing the Worry Program is to develop a user-friendly treatment package that will teach people about their symptoms, often described as debilitating, about how to begin managing those symptoms and to provide hope and a sense that change is possible” he explained.

The Worry Program, funded by Australian Rotary Health, is part of a research plan to improve the mental health of Australians using the Internet to provide cognitive behavioural therapy; an evidence-based treatment that is very effective in treating anxiety and depression.

Dr Titov and his team developed ‘Worry’ because most people with

GAD never seek treatment. Many, however, do have access to the Internet. Dr Titov said that “providing good online education about GAD will help to significantly reduce people’s symptoms and teach skills to better manage their anxiety”.

While most people occasionally worry about things, people with GAD worry so much that they are anxious, tense and jumpy much of the time. It is a self-perpetuating cycle: they rarely relax and often feel depressed or distressed about their anxious state. Main symptoms include:

- excessive anxiety and worry about several different things that lasts for at least 6 months
- difficulty in controlling the worry
- worry disproportionate to the actual likelihood or impact of events
- restlessness, fatigue, difficulty concentrating, irritability, muscle tension, headaches and disturbed sleep

The Worry Program includes six online lessons, six homework assignments, and lots of additional resources that provide information that people would normally receive from high quality face to face treatment.

Learning to overcome GAD takes determination and commitment. Participants need to set aside 4 hours each week to read program material and practice the skills described in those materials. “It is hard work” said Dr Titov, “and we don’t expect the Worry Program to ‘cure’ people overnight. However, most people who completed the Program said it was very helpful and they would recommend it to a friend with GAD.”

*“The results have been very encouraging, with clinical outcomes similar to what we expect from good face to face treatment”*

At the end of 2009 Dr Titov completed the first two clinical trials involving 200 Australian adults. “The results were very encouraging”, he reported, “with clinical outcomes similar to what we expect from good face to face treatment.”

In fact, the clinical trials have been so successful that General Practitioners across NSW are now able to access the Worry Program for use with their patients. Dr Titov said the Program will also be made available to patients on the waiting list at the Anxiety Disorder Clinic at St Vincent’s Hospital in Sydney.



▲ New Chairman Noel Trevaskis, past Chairman Terry Lees and CEO Joy Gillett



▲ Past Directors Alan Grady and Ron Pickford were presented with keepsakes for their service to Australian Rotary Health

▲ Professor Les Whitcroft presented

▼ Les Whitcroft with the Whitcroft Family PhD Scholar Jessica Swain, and Les’ daughter, Diane McKie. Jessica’s research is being conducted at the University of New South Wales



NEWCASTLE INSTITUTE 2009

## COMPANIONS & FRIENDS

**Cumulative donations  
from end July 2009  
– January 2010**

**Emerald Companions  
– \$50,000**

Beslich Family

**Ruby Companions  
– \$20,000**

Bill and Mavis Jennings  
Rotary Club of Sale, Vic.

The Pantry, Vic.

The Late Valda Mary  
Kynnersley, No Club, Qld

Arthur R. Hawke  
Rotary Club of Corowa, Vic.

Brian Lanyon  
Rotary Club of  
Brighton North, Vic.

**Gold Companions  
– \$10,000**

Robert Edwards  
Rotary Club of Adelaide, SA

Gary C. Halliday  
Rotary Club of  
Liverpool West, NSW

**Companions  
– \$5,000**

John Edwards  
Rotary Club of Epping, NSW

Don Lowe  
Rotary Club of Geebung, Qld

Roy Hoult  
Rotary Club of Waverley, Vic.

Ron McLaughlan  
Rotary Club of Rosanna, Vic.

**Diamond Friends  
– \$2,500**

Gerard Meijer  
Rotary Club of  
Hervey Bay City, Qld

Mark Gibbens, No Club, SA

Ron Geary  
Rotary Club of Belmont, WA

Dorothy Moss  
Rotary Club of Kiama, NSW

Ian Hope  
Rotary Club of  
Lindfield, NSW

Dale Ferguson  
Rotary Club of  
Cairns West, Qld

**Platinum Friends  
– \$2,000**

David Kirchner  
Rotary Club of Cairns  
Mulgrave, Qld

Nirmal Ananda  
Rotary Club of  
Burwood, NSW

**Silver Friends  
– \$1,000**

Frank Lean  
Rotary Club of Bendigo, Vic.

Ron Sher  
Rotary Club of Brighton, Vic.

Barry E. Middleton  
No Club, NSW

Russell Warmington  
Rotary Club of  
Nunawading, Vic.

Malcolm Nicklin  
Rotary Club of  
North Sydney, NSW

Terry Davies  
Rotary Club of  
Penrith Valley, NSW

Granville Westcott  
Rotary Club of  
Cairns West, Qld

Graham Simons  
Rotary Club of Epping, NSW

Rod Davies  
Rotary Club of Northern  
Yorke Peninsula, Qld

John Agnew  
Rotary Club of Adelaide, SA

Peter J. Sandercock  
Rotary Club of  
Holdfast Bay, SA

Gail C. Johnson  
Rotary Club of Blacktown  
City, NSW

Alan Currie  
Rotary Club of Keilor East, Vic.



▲ Terry Lees presents GABR Director Geoff Kennedy with the 2009 Australian Rotary Health Medal



Michael Sawyer, past member of the Australian Rotary Health Research Committee, is presented with a memento by Terry Lees. Sawyer is a life membership recipient, and a mental health advocate in Newcastle, NSW.



▲ Terry Lees presents past Director and PDG Des Jones with his Life Membership certificate

▼ Terry Lees receives his Life Membership certificate from Noel Trevaskis



Frank Fisher, Chair of the Australian Rotary Health D9820 Committee, presented a Ruby Companion Certificate and lapel badges to Mavis and Bill Jennings of Sale, Victoria. Mavis (87) is an artist and Bill (83) a retired TAFE Industrial Arts Teacher.



**Silver Friends**  
... continued

- Ian Scott  
*Rotary Club of Central Blue Mountains, NSW*
- Joan Richards  
*Rotary Club of Sydney CBD, NSW*
- C.C. Williams, *No Club, Vic.*
- Lou Brown  
*Rotary Club of Dural, NSW*

**Bronze Friends**  
- \$500

- T. Mulcahy  
*Rotary Club of Darwin South, NT*
- Geoffrey W. McGearry / Stan Rankin / Peter Sherman  
*Rotary Club of Brighton, Vic.*
- Barry Allen  
*Rotary Club of Rockdale City, NSW*
- Tony Hills  
*Rotary Club of Glen Waverley, Vic.*
- Arthur Robinson  
*Rotary Club of Mildura, Vic.*
- Anna Boots, *No Club, ACT*
- Ken Thompson  
*Rotary Club of Port Macquarie West, NSW*
- Bruce Harding  
*Rotary Club of Camden, NSW*
- Gerard Hannan  
*Rotary Club of Pascoe Vale, Vic.*
- Annette Rice  
*Rotary Club of Bendigo South, Vic.*

- Marlene Gibb / Colleen Klose / June Krieg  
*Rotary Club of Tea Tree Gully, SA*
- Bob Kendall  
*Rotary Club of Lockhart, NSW*
- The Late Dennis Rees  
*Rotary Club of Taree, NSW*
- Alec Brown  
*Rotary Club of Port Macquarie Sunrise, NSW*

**Friends - \$100**

- Lionel Arnold / Ted Cragg / Lionel Frankum / Christine McCormack / Sandra Meihubers / Jo Ragen / Peter Richardson / Chris Savvides / Roy Sheargold / Ted Workman  
*Rotary Club of Dee Why Waringah, NSW*
- Markos Atalla / Jim Chamberlain / Mike Curley / Peter Doherty / Wayne Dowdle / Mike Dwyer / Ian Figtree / Matt Hastie / Bob Jennings / Colin Keane / Pat Kelly / Alistair Knibb / Greg Lawrence / Pat Lewis / Geoff Melville / Robert Meyer / Peter Micheletti / Tom O'Connor / Rod Radford / Glen Scorer / Tom Tregent / Garry Varley / Martin Vine / Kevin Williams  
*Rotary Club of Umina Beach, NSW*
- Gavin Riddell / Ann Henderson / Steve Riddell / Rob Wansbrough  
*Rotary Club of Carlingford, NSW*

- Pat Kearns / Albert Burgio / Graeme Watson / Paul Laband  
*Rotary Club of Brighton, Vic.*
- Stephen Green  
*Rotary Club of Brighton, SA*
- Kerry Archer / Terry Connell / Barry Dadson / Frits de Bruyn / Peter de Bruyn / Michael Lester / Dale Lloyd-Webb / Gordon McGee / Robert Saunders / James Wilcox  
*Rotary Club of Longford, Tas.*
- Bruce Hoyle / Terry Leotta / Piet Potgieter  
*Rotary Club of Toowoomba North, Qld*
- Jenny Andrich  
*Rotary Club of Maddington, WA*
- Harry Russell  
*Rotary Club of Box Hill, Vic.*
- Mani Seneviratne  
*Rotary Club of Sunbury, Vic.*
- Michael Berk, *No Club, Vic.*
- Dennis Coad / Bruce James / Peter Caddy / Andrew Hern / Dene Cretan  
*Rotary Club of Port Pirie, SA*
- Harvey Lane  
*Rotary Club of Nunawading, Vic.*
- Kathleen Binns  
*Rotary Club of Box Hill, Vic.*
- Rachel Adami  
*Rotary Club of Torquay, Vic.*
- George Markotsis  
*Rotary Club of Cairns West, Qld*
- Gerda Bandman, *No Club, Vic.*
- John Sgroi  
*Rotary Club of Monash, Vic.*
- Wally Bradley / Ian Catt / Ian Warner / Glen Goldsack  
*Rotary Club of Encounter Bay, SA*
- Richard Herbert  
*Rotary Club of Northern Yorke Peninsula, Qld*
- Dr. Sydney Bader  
*Rotary Club of Erina, NSW*
- Peter Mote  
*Rotary Club of Umina, NSW*

- Ern Alchin / Cheryl Bentley-Howard  
*Rotary Club of Belmont, NSW*
- Fred Brunt  
*Rotary Club of Finley, NSW*
- C. Kontista  
*Rotary Club of Liverpool, NSW*
- Garry Rodoni / Bronwen Scarffe / Graeme Templeton / Jim Swatman / Graeme Fell  
*Rotary Club of Daylesford, Vic.*
- Ashley & Lauren Browne / Michael Francis / Allan Norsgaard / Graham Doherty / Tony & Joan Thomas / Nadine Thomas / Joel & Claire Doherty / Alice Rumbold / Brian Ersine / Phil & Joy Doherty / Dave Barton / Ray White / Rob McNamara / Philip Tatarinov / Warren Zweirs / Kevin Lawrence / David Hill, *No Club*
- Neal Fogarty  
*Rotary Club of Orange North, NSW*
- P. Selover  
*Rotary Club of Malvern, Vic.*

Sydney's leading AM Radio Station, 2GB, has added Australian Rotary Health to its homepage as a Sponsored Link. We are one of only three national charities listed on 2GB's homepage.

We have also signed up with the PharmaOnline Cash for a Cause program. Every time you visit [www.pharmaonline.com.au](http://www.pharmaonline.com.au) and make a purchase you can nominate 10% of the total amount spent be donated to Australian Rotary Health. Every purchase, no matter how small, will help our research and education programs.

**Old habits are hard to change!**

That is why we are again spruiking our new name. We no longer use 'Research Fund' nor do we use the acronym 'ARHF'. We are now simply known as 'AUSTRALIAN ROTARY HEALTH'. It's important to use our correct name in all communications particularly in press releases. We would really appreciate Rotary Club secretaries/treasurers updating our information on data bases and written material. Would you also spread this important news to your members?



[www.australianrotaryhealth.org.au](http://www.australianrotaryhealth.org.au)

Australian Rotary Health  
Post Office Box 3455  
Parramatta  
New South Wales 2124  
Australia

I wish to make a donation.  
My details are as follows:  
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Postcode .....  
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Please credit the .....  
Rotary Club with this donation.  
Enclosed is my cheque for \$ .....

I authorise Australian Rotary Health, as a one-off donation, to deduct \$ ..... from my credit card account  
 I authorise Australian Rotary Health to deduct a monthly/quarterly/annual donation of \$ ..... from my credit card account  
 Diners Club  Mastercard  Visa  American Express  
.....  
Expiry date      
Signature .....