

UPDATE

Australian Rotary Health Research Fund

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W I N T E R • 2 0 0 3

Message from the Chairman

Welcome to the 94th Annual Rotary International Convention where we can receive information, be motivated and enjoy fellowship with Rotarians worldwide. We are able to listen to inspiring messages from guest speakers who focus on Rotary's efforts to eradicate polio, build bridges of understanding amongst different cultures and to meet humanitarian needs.



Chairman Denis Green and Professor Michael Sawyer, Vice Chairman, ARHRF Research Committee

The Australian Rotary Health Research fund is trying to meet the needs of those suffering a mental illness in two ways.

Firstly by pledging to invest at least \$5 million for research in and awareness of mental illness, with the aim of funding research projects that will result in better treatment and services.

Secondly by promoting greater understanding in the community through education, which will reduce stigma and improve the lives of Australians affected by mental illness.

It is estimated that mental health problems and mental illness will effect more than 20 per cent of the adult population in their lifetime and between 10 and 15 per cent of young people in any one year.

Thus our research grants, our Ian Scott PhD Scholarships, our

Royce Abbey Post Doctoral Fellowship, our Indigenous Health Scholarships and the Mental Illness Community Forums are the current activities of the Australian Rotary Health Research Fund.

The Fund has provided over \$8 million in Research grants in the following health areas namely Cot Death, Environmental Health Problems of the Aged, Adolescent Health, Family Health, Ross River Virus, Pre-Hospital/Emergency Care and currently Mental Illness.

We are honoured to have as our patrons, three Past Presidents of Rotary International in Clem Renouf 1978/79, Royce Abbey 1988/89 and Glen Kinross 1997/98

I hope that by Convention end, you have been informed, motivated and have had a great time. *Denis Green*

EIGHTH AUSTRALIAN ROTARY HEALTH RESEARCH FUND SYMPOSIUM

Professor Michael Sawyer, Vice Chairman, ARHRF Research Committee

The eighth Australian Rotary Health Research Fund Symposium took place over two and half days in Canberra during March 2003. The Symposium brought together 50 funders, consumers and carers, clinicians, Rotarians, and scientists.

The objectives of the symposium were:

- to identify approaches which ensure the effective utilisation of funds employed to generate new knowledge relevant to the prevention and treatment of mental illness,
- to identify approaches which ensure the effective utilisation of research findings relevant to the prevention and treatment of mental illness, and
- to facilitate interaction and the exchange of ideas between funders, scientists, clinicians, consumers and carers concerned with mental illness.

Each stakeholder group was allotted a half day to present their views about research in the area of mental illness. At the end of each day a one-hour workshop was conducted during which ideas were further discussed and refined.

On the final day, participants agreed to recommendations, which will be submitted, to the Australian Rotary Health Research Fund Board with the aim of enhancing the effectiveness of funding provided by the Board for research into issues relevant to

continued over



Promoting the Well-being of West Kimberley Aboriginal Children and Youth

With the dry season on the horizon, the rains at a trickle, the roads more surpassable and Lore business over, it is back on the road for stage 2 of my PhD project.

The first few months of 2003 have been busy meeting with our Broome-based Aboriginal project group to finalise information and consent forms and the interview questions, as well as carry out some practice interviews in Broome. The group has helped narrow down the questions, making sure they are culturally appropriate and relevant to West Kimberley young people and communities. The main areas to be covered in the interviews and discussion groups are, the types of social and emotional problems Aboriginal kids in the West Kimberley face; the factors which place young Aboriginal people at 'risk' of experiencing these problems and the factors which help prevent kids having long term difficulties, in order to give us an idea about resiliency in young Aboriginal people. We will then ask service providers and community people what they would like to see



done to promote the well-being of young Aboriginal people living in remote areas.

So, it is busy times ahead, up the bumpy Cape Leveque Road to the North Peninsula communities of Djarindjin, Lombadina and One Arm Point then south to Bidadanga, to undertake further consultation with community councils prior to carrying out interviews and discussion groups with communities from August to November this year. In between time the laptop will be working overtime, whilst I and a trusty project assistant transcribe, code and make sense of the data collected, in order to provide feed-back to

communities by early 2004.

*Bon voyage from the bush,
Melinda Andrews*

District 9810 Conference

Panic disorder, often also involving agoraphobia, is a common anxiety disorder, which significantly interferes with social and occupational activities. It also imposes considerable health and financial costs on the individual. People with panic disorder often experience clinical depression, and many abuse alcohol and drugs, both prescription and non-

prescription. Recent studies also suggest that people with panic disorder have an increased risk of developing cardiac problems later in life.

In Australia, only just over one in four people with an anxiety disorder consults a health professional, with less than 10% seeking the assistance of specialised mental health services. Reasons for reluctance to seek face-to-face treatment, despite effective treatments being available, have to do with embarrassment, cost and often physical access.

With the support of the ARHRF over the last three years, Professor Richards and his team at the University of Ballarat have developed and evaluated an internet-based treatment program for people with panic disorder who have difficulties accessing face-to-face treatment.

Professor Jeff Richards spoke at the District 9810 Conference on his work with a web based treatment for panic disorder.



...Eighth Australian Rotary Health Research Fund ...from page 1

mental illness. Key note speeches were given by some of the leading researchers and policy makers working in the area of mental illness in Australia including Professor Richard Smallwood, Commonwealth Chief Medical Officer, Professor Harvey Whiteford, Kratzmann Professor of Psychiatry, University of Queensland, and Mr Dermot Casey, Assistant Secretary, Mental Health Branch, Department of Health and Aged Care. This is the first time in Australia

that these four stakeholder groups have come together to identify approaches by which research can be used to better help people in the community experiencing mental illness. All participants found the Symposium an exciting, enjoyable and interesting event.

It was interesting to observe the way in which each stakeholder group drew attention to the importance of a different element of the research process.

- Researchers are particularly concerned to ensure that their work is of the highest quality.
- Funders are concerned that there is appropriate accountability

for funding, which they provide to support research.

- Clinicians want research conducted in areas, which are likely to have practical outcomes of benefit for their patients.

- Consumers and carers want research conducted in areas which will result in benefits for the largest number of people and which can quickly be applied in practice.

The challenge for the Australian Rotary Health Research Fund is to blend these exciting ideas together to ensure the most effective use of its funds to help prevent and treat mental illness in Australia.

HUGH LYDIARD MEMORIAL APPEAL

In April this year, ARHRF Chairman Denis Green and CEO Joy Gillett presented Mrs Marjorie Lydiard as a Gold Companion of the Australian Rotary Health Research Fund. The Companion citation resulted from a fund raising appeal to commemorate the memory of Marjorie's son – Hugh Lydiard who's life ended in June 2001.



Hugh battled with depression for much of the later part of his adult



The Lydiard Family
life. Good friend Peter Lloyd of the Rotary Club of Inverell first organised the appeal which has now grown to over \$25,000, to provide funds for research into depression and suicide particularly in rural areas.

The initial funds were raised through a direct mail out to Hugh's friends and colleagues around

Australia raising approximately \$8,000. Bill and Judy Mayne (Hugh's sister) then hosted a garden lunch at their property in Warialda with the help of friend Judy Smith, and raised another \$17,000 with the help of an auction and raffles.

Hugh Lydiard will not be forgotten by his family and friends and a wonderful legacy has been established to celebrate his life.

Royce Abbey Meets Maree Abbott

At a recent meeting of the Rotary Club of Sydney, Past Rotary International President Royce Abbey awarded ARHRF's Dr Maree Abbott with her 'Royce

Abbey Fellowship'. Dr Abbott works at Macquarie University in Sydney and Royce travelled from Melbourne for this special occasion.

Dr Abbott is the inaugural Royce Abbey Fellow and has won a three year fellowship to continue her work researching the treatment of anxiety disorders and in particular the effectiveness of mindfulness training in the treatment of generalised anxiety disorder (GAD), also known as excessive worry.

Royce, first chairman and Patron of the Australian Rotary Health Research Fund, spoke of the pleasure of being able to present Dr Abbott with this award and the importance of her work to ease the suffering of so many Australians who suffer from excess worrying.

Royce Abbey, Past RI President, Dr. Maree Abbott, Jocelyn Murphy, President, Rotary Club of Sydney, NSW and PDG Denis Green, Chairman, ARHRF.



A Guide to Organising a Community Forum

The Rotary Clubs of City Central Hobart and Kangaroo Bay in Tasmania recently joined forces to organise a community forum on mental illness.

The City Central Club has 23 members and was only chartered in July 2002, so this was their first involvement in a large Rotary event. The Kangaroo Bay Club has 20 members and has been going strong since 1980. The forum was held on 5 March 2003 and was a great success.

President of the City Central Club, Louise Mills, explains the steps involved in organising a successful forum:

Q. How did you get started?

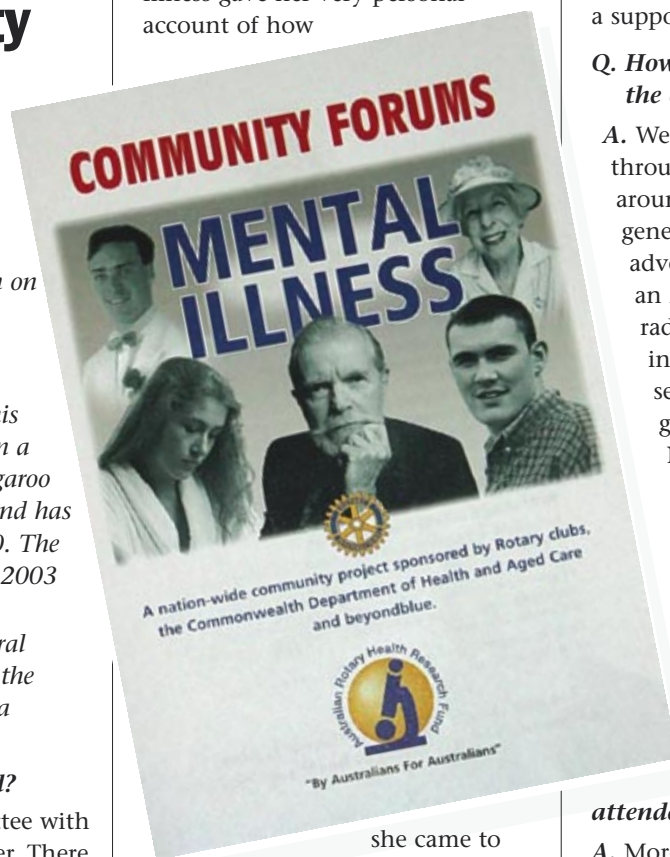
A. First, we set up a committee with a designated project manager. There were six people on the committee from across the two Clubs with other members providing support as needed. We then contacted the ARHRF and said we were interested in organising a forum. We received extensive guidelines from the ARHRF including a step-by-step plan of what should be done when.

The first steps were agreeing on a date; booking a venue, organising a key speaker, developing an invitation list, and setting a budget. We also contacted Professor Ken Kirkby from the University of Tasmania (and a member of the ARHRF Research Committee) and the Tasmanian Mental Health Community Resource Centre to let them know what we were planning and to get their support and advice on how to make the evening a success.

Q. What was the format of the evening?

A. The forum was largely based on the format recommended by ARHRF. Professor Kirkby provided an over-view of the realities of

mental illness, the situation in Tasmania and treatments available. A mother who has a son with a mental illness and is a representative of Relatives of People with Mental Illness gave her very personal account of how



she came to terms with and now lives with caring for her son. Consumers shared their personal experiences, difficulties and achievements. The final speaker focused on the media portrayal of mental illness using recent news articles and TV items to show how the media need to be far more sensitive and understanding of mental illness. We were also very lucky to secure Tom Payne, a former newsreader as our MC. Tom donated his time for the evening and did an excellent job.

After the speakers we had an 'open' question time. We also took written questions and provided personal responses to these after the forum.

Q. Were other community groups or organisations involved?

A. Professor Kirkby helped organise the event and put us in contact with potential speakers and the Tasmanian Mental Health Resource Centre made sure that the forum was well promoted amongst the mental health services.

Over 10 support groups and health professionals provided

information about their services at the forum. This was very useful as in the feedback forms collected at the end of the forum we found that 79 per cent of carers and consumers were not members of a support group.

Q. How did you publicise the event?

A. We promoted the forum through: fliers distributed around local businesses and general noticeboards; newspaper advertisements, sub-titles on an ARHRF TV advertisement, radio interviews, a feature story in the local newspaper; and sending invitations to support groups, church groups, Members of Parliament etc.

As a result of the publicity an editorial was written in Hobart's daily newspaper about the forum, the importance of raising mental health awareness and the good work that Rotary, through ARHRF, is doing.

Q. Besides Rotarians, who attended the forum?

A. More than 100 people attended the forum. From our feedback forms, we found that 20 per cent of attendees were health professionals of some sort, 25 per cent had had a close personal experience with mental illness and 15 per cent were consumers. A journalist, student of psychology, the two local mayors and two Members of Parliament also came along.

Q. What was the highlight of the forum?

A. The most powerful part of the evening was hearing the three consumers talk about their personal experiences and the impact that mental illness has had on their lives. Hearing their positive approach to life was inspiring for everyone.

Q. In hindsight is there anything you would have done differently?

A. If we were to hold another forum I would allow more time for the question session at the end of the forum.



Benchmarking 'Call to Needle Time' for Thrombolysis in Heart Attack.



Anne-Maree Kelly, Professor and Director of Emergency Medicine, Western Hospital, Footscray

Most major heart attacks are caused by the formation of a blood clot blocking one of the arteries of the heart. The sooner this blockage is cleared, the better the patient's chances of survival and good health.

The most commonly used way of clearing the artery is by injection of a drug to dissolve it. This is called thrombolysis. We can measure how well our emergency health system is working by measuring the time from the patient's call to the ambulance service to when the drug is administered, the so-called Call to Needle Time or CTN for short. The British Heart Foundation has set a benchmark of CTN of 90 minutes, but few health services worldwide have tested themselves against it.

The first Australian study assessing Victoria's performance at CTN times was published in The Medical Journal of Australia on April 21, 2003. Supported by ARHRF and involving 20 Victorian hospitals and two ambulance services, the study evaluated 1147 patients and their care.

"We found that only 61% of patients were treated within the 90-minute benchmark and the proportion was worse (42%) in smaller rural cities and towns." said Professor Anne-Maree Kelly, the study's lead author and Professor of Emergency Medicine at Western Hospital in Melbourne. "We estimate that if we could improve the system so that 4 out of 5 patients were treated within the benchmark time, we could reduce mortality by 11%".

Some of the possible solutions identified by the research team included better communication between ambulance services and hospital emergency departments, equipping ambulances with machines able to record a full heart tracing (ECG), improving processes at receiving hospitals and empowering ambulance officers, GPs and nurses to give the drug – especially in rural areas.

The study had two other concerning findings. About a quarter of severe heart attack patients arrive at hospitals by private car, sometimes driving themselves. "This is very dangerous" said Professor Kelly. "With heart attack, there is a chance that the heart will stop. If that happens in an ambulance, the crew can revive you. If it happens while driving, you might kill or injure other people as well as yourself." The study also found that patients were waiting a long time before calling an ambulance with chest pains. If this delay could be shortened, still more lives could be saved.

The study team comprised Anne-Maree Kelly and Debra Kerr from Western Health's Joseph Epstein Centre for Emergency Medicine Research, Ian Patrick from the Metropolitan Ambulance Service [Victoria] and Tony Walker from Rural Ambulance Victoria.

ACCOLADES FOR ADELAIDE

The Rotary Club of Adelaide continues to be the most supportive Rotary Club in Australia of the Australian Rotary Health Research Fund. With 22 members and partners as Companions/Gold Companions and 55 members as Friends of the Fund of varying levels, the support from Adelaide is magnificent.

Rotarian Jack Freeman presented a ladder, initially with 20 steps, to the Club with the challenge that they promote the Companionship with a view to providing recognition for a

Companion for each step. Recognition was due equally for either personal contribution or as club acknowledgement for service to the ARHRF or Rotary in general. The ladder, now with increased rungs, has proven very effective in promoting ongoing support amongst members.

The Club has also instigated a similar system for Friends of the Fund and this is also proving a very effective way to promote the ARHRF and keep the members interested and informed. Friends names are included on an Honour Board and displayed at Club meetings.

Rotary Club of Waverley...

Christmas Card Fundraising Project – 2002 Cards

After a particularly busy year – and after all, he has been at the helm of this project now for five years – PDG Fred Hay has taken off with his wife in their new caravan for a two month holiday.

In consequence, the year-end close of the 2002

Card Project

took place on 2 May.

The 2002 Project has been the most successful ever, with a profit of \$81,000 being passed on to the Fund. One Club in Victoria actually sold 295 packs, and in all 734 Clubs participated, including Port Vila in Vanuatu.

Based on the total packs sold (and modified slightly by how many of these were of previous year's cards), this means that for each Pack of 2002 cards sold by a Club, that Club will be credited at ARHRF at the donation rate of \$5.56. That is excellent reward for a relatively low Club effort, and should encourage all members to actively participate in this coming, 2003 Card Project.



ORDER NOW!

Phone **02 9633 4888** or fax your order on **02 9635 5042** or mail to:

Australian Rotary Health Research Fund
PO Box 779, Parramatta NSW 2124

- ARHRF Tie – Junior Navy/Gold \$33.00
- Scarf – Junior Navy/Gold \$40.00
- Cap – plain \$15.00
- Cap – black visor \$15.00
- Australian Impressionist and Realist Artists \$25.00
- In Search of Health – the history of ARHRF \$10.00
- Guest speaker Certificate \$10.00
- \$25 Gift Certificate \$25.00
- \$50 Gift Certificate \$50.00
- \$75 Gift Certificate \$75.00

All prices are inclusive of GST, postage & handling.

Please mail my selections to:

Name

Address

Postcode

Enclosed is my cheque/money order

or charge my Bankcard Visa

Mastercard American Express

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Expiry date □□ □□

Signature

New from the Australian Rotary Health Research Fund



FROM WESTERN AUSTRALIA DUE SOUTH WINE

When you purchase this wine **5% of the proceeds** are donated to the Australian Rotary Health Research Fund.

Grapes sourced from the cool climate Great Southern region of Western Australia have produced this well structured wine.



These quality wines are now in stock at Vintage Cellars outlets in Western Australia, Victoria and New South Wales.

2001 Semillon Sauvignon Blanc

2001 Chardonnay

2000 Cabernet Sauvignon

New South Wales Vintage Cellars outlets: Rushcutters Bay, Clovelly, Abbotsford, Stanmore, Neutral Bay, Seaforth, Dural

Victorian Vintage Cellars outlets: Brighton East, Mentone, Mount Waverley, Richmond, Sandringham, Melbourne (King Street), Ashburton, Brighton, Camberwell, Doncaster, Donvale, Greensborough, Melbourne (Little Bourke St), Port Melbourne, South Melbourne, Toorak, South Yarra

Victorian Quaffers stores: Mount Waverley, Tooronga

Northern Territory Vintage Cellars outlets: Darwin (Cavenagh Street)

Western Australia Vintage Cellars outlets: Duncraig, Dalkeith, East Perth, Fremantle



The Directors of the ARHRF...

Denis Green – Chairman
John Ranieri – Vice Chairman
Ron Beslich
John Gough
Tony Hennessy
Nevin Hughes
Ian Oliver
Dick White
Tony Williams
Graeme Woolacott

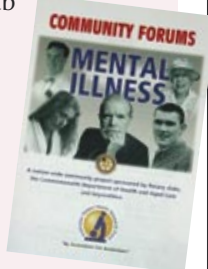
...the Regional Co-ordinators...

Jeff Cairns
Frank Darveniza
Phillip Hayes
Des Jones
Mel Langley
Phil Ledger
Barry Philips
Noel Trevaskis
Noel Wheeldon

ARHRF MENTAL ILLNESS AWARENESS FORUMS

June 2003

- 5th Combined Central Coast Clubs, NSW: Mingara Recreation Club, Tumbi Umbi, 6.30pm
Rotary Club of Bairnsdale, VIC: Italian Australian Social Club, 7pm
Rotary Club of Belvoir-Wodonga, VIC: Wodonga Civic Centre, 7pm
- 6th Rotary Club of Lakes Entrance, VIC: Lakes Entrance Mechanics Hall, 1pm
- 10th Rotary Club of Malvern, VIC: Malvern Town Hall, 7pm
- 18th Rotary Club of Warrnambool East, VIC: Sundowner Mid City Motor Inn, 7pm



...and the Crew



Joy Gillett
CEO, ARHRF

I would like you to meet the staff of the Australian Rotary Health Research Fund. Over the last few years we have seen a dramatic growth in the ARHRF, due to our involvement in mental illness and community awareness of the problems associated with mental illness.

Only a few years ago the administration of the ARHRF was handled by me ... and on a part time basis ... how things have changed! Our staff of five is kept extremely busy and active with much interest in the ARHRF and indeed in Rotary.

Two of our staff are fully funded by the Commonwealth Department of Health and Aged Care to promote the forum program and maintain the interest of Rotarians in this vital area of mental illness.

We welcome your support and interest in the Australian Rotary Health Research Fund and hope you enjoy reading our regular newsletters.



Cheryl Deguara
is the Projects
Co-ordinator for
Australian Rotary
Health Research
Fund. She is
responsible for
the co-ordination
of the Mental

Illness Awareness Forums nationally as well as the ARHRF Indigenous Health Scholarships.

Cheryl has been involved in Rotary for nearly five years. She is currently Vice President of the Rotary Club of Hurstville. In Cheryl's short life in Rotary she has been on District's PR Committee for the last two years and has accepted the challenging role of Chair of District Public Relations this year. Cheryl comes from a background in the Guiding movement, being District Commissioner in Sylvania.

With her background in guiding she was also involved with sporting exchange, taking boys and girls to play soccer in Japan. As a qualified soccer coach, Cheryl coached the girls team in Japan as well as organising the hosting of Japanese children around NSW and ACT.



Jenny Towe
is the Office
Manager for
the ARHRF.
She has held
numerous
positions within
the Rotary
Down Under
organisation

since 1978. Joined the Australian Rotary Health Research Fund 7 years ago. Jenny is the main contact for all research matters and maintains all records on past researchers and research projects. Jenny supervises the acknowledgement of donations and generally manages the day to day operations of the office.

Married to David with 2 children Emma (11) and Daniel (9). Hobbies and interests include competition tennis (although not recently), car racing and running children around to different sporting events.



Leonie Taylor
joined the
ARHRF in
April. Her role
is Executive
Assistant.
Leonie assists
Joy in the
general
management of

the ARHRF and, in Joy's absence, can attend to her enquiries. Leonie also looks after the payment of accounts and financial reports.

Leonie is married to Rod. Her interests are walking, computers, reading, interior decorating and design and travel. She also enjoys dining out, going to the theatre, watching movies and being with her friends.



Natasha
Tnokovski
is the
Administrative
Assistant for the
ARHRF. Natasha
looks after the
acknowledge-
ment of
donations,

issues receipts and maintains the Friends and Companion registers. Natasha also assists Cheryl with the Forum program. She comes from a Macedonian background and is 18 years of age still living at home. Her interests are shopping and night clubbing.

A Dream Come True

Allysha Cleeman – a Year 9 student from Perth with a magnificent voice has produced a CD with the help of Rotarians from City Beach and Moora Rotary Clubs. The Rotarians have formed a special group called ‘Muso Promo’ and will promote young talent such as Allysha.



The CD is titled ‘Allysha: Once Upon a Dream’ and includes songs such as ‘Somewhere Over the Rainbow’ and ‘The Sound of Music’ and sells for \$20 – postage included.

Contact PP Phil Tomlinson on 08 9657 3004 or email pjtomo@bigpond.com



BROKEN HILL FORUM

Gabriella Roberts, Quota Club of Liverpool and Rotary Club of Liverpool Macquarie, NSW; Karen Page, Quota Club of Broken Hill; Fay Jackson, consumer speaker; Marj Dinham, President, Quota Club of Broken Hill; Sue Henderson-Wilson and June Young, Quota Club and Rotary Club of Liverpool Macquarie, NSW.

The combined service clubs of Broken Hill recently sponsored a community forum on mental health. ARHRF speaker Fay Jackson travelled to Broken Hill for the forum and addressed the audience of 120, along with Dr Robert Brooks, head of the local Mental Health team. An information session for relatives of people with a mental illness, was held in the afternoon and attracted an additional 70 people.

COMPANIONS & FRIENDS OF THE FUND

Silver Friends – \$1,000

- G.B. Cowan – Rotary Club of Orange North, NSW
- Malcolm McClure – Rotary Club of Castlemaine, Vic
- Shirley Stanley – Rotary Club of Mudgee Sunrise, NSW
– from anonymous
- Nigel Smith – Rotary Club of Grenfell, NSW
- Mike Scarce – Rotary Club of Camden, NSW

Bronze Friends – \$500

- Pat Galligan – Rotary Club of Goodna, Qld
- Debbie Stevens – Rotary Club of Grenfell, NSW

Friends of the Fund – \$100

- Phil Jackson – Rotary Club of Launceston, Tas
- Harry Metcalf – Rotary Club of Sussex Inlet, NSW

- Geoff Williams / Sheila Ward / John Hunt / Philip Hedley / Bruce Fitcher / Chris Dobb / Jim Dea / Ian Anderson / John Airey / Bill Chapman
– Rotary Club of Moorleigh Bentleigh-East, Vic
- Roger Crawfoot – Rotary Club of Port Brisbane, Qld
- Brian Newell – Rotary Club of Brighton, SA
- Toni Lake – Rotary Club of Brighton, SA
- Correction**
Geoff Pitcher – Rotary Club of Hyde Park, SA



**Australian Rotary
Health Research Fund
Post Office Box 779
Parramatta
New South Wales 2124**

I wish to make a donation.

My details are as follows:

Name

Address

..... Postcode

Rotarian Tick if applicable

Please credit the

Rotary Club with this donation.

Enclosed is my cheque for \$

I authorise ARHRF, as a one-off donation, to deduct \$ from my credit card account

I authorise ARHRF to deduct a monthly/quarterly/annual donation of \$ from my credit card account

Bankcard Mastercard Visa American Express

□□□□ □□□□ □□□□ □□□□

Expiry date □□ □□

Signature