

# UPDATE

Australian Rotary Health Research Fund

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W I N T E R • 2 0 0 6

## Chairman's Report

At our recent Board meeting, we introduced two new programs to the already impressive portfolio of programs conducted under our banner. I will endeavour to give an outline of the programs of which more detail will be announced as we prepare for their introduction.

### **Improving Mental Health Services In Australia**

In our Autumn Newsletter we announced the proposed introduction of a new program designed to Improve Mental Health Services in Australia.

In preparation for the introduction of this program, a Symposium was held in Canberra, March 22 – 24, where approximately 50 people participated in workshops and listened to keynote speakers with the aim of providing the ARHRF with recommendations to produce a highly effective program. The goal was to assess the most effective methods we could utilize to improve the quality of mental health services in Australia.

In conclusion, the Symposium recommended that the ARHRF initiate a new program of funding, which would support grants that focus specifically on EVALUATION.

These grants will be funded on a competitive basis but scoring will emphasise their potential for providing practical benefits for the mental health of Australians. The grants will be led by a combination of service providers and researchers (or by consumer/carers and researchers), rather than by researchers alone. This will ensure that the results of evaluations will be incorporated quickly into the delivery of new services or in the improvement of existing services.

The Board has allocated \$500,000 to initiate this new program and it is our current intention to fund this

new program for three years. At the end of this three-year program, we will assess the effectiveness of the program.

Application forms for funding will be available shortly, and we anticipate that successful applicants will be notified before the end of this year.

### **Rural Health**

For several years, Board members and other interested Rotarians have held discussions and attended meetings in Rural Communities regarding the quality of health services and, indeed, the availability of health services in rural areas.

There is no doubt that people living in many rural areas are seriously disadvantaged by poorly resourced health services and in some cases, a lack of health services, and the consequent costs associated with travelling to access the required service.

Board members have led discussions at several of our recent meetings on how the ARHRF might assist in supporting rural communities to gain access to improved health services.

The Board has decided to introduce a scholarship program for Medical students who complete a portion of their training in Rural areas. The aim of the Scholarship is to provide an incentive for students to complete some of their training in rural areas and to encourage a rural medical focus that might influence the medical student to consider a career in rural Australia upon graduation.

We are in the process of discussions with Medical Schools and the appropriate professional organizations to formulate the details of the proposed scholarship.

Initially, we will provide for 25 scholarships to be evenly distributed across Australia

We envisage the involvement of Rotary Clubs to offer opportunities for students to integrate into the community during their period of training in rural areas.

We believe this scholarship program is an ideal supplement to the outstanding Indigenous Health

Scholarship program supported by Rotary clubs throughout Australia. The combination of these two scholarship programs will significantly improve the outlook for the provision of health services in Rural and Remote Australia as they gain momentum.

In addition to the Rural Scholarship Program the Board will allocate funds

for Research Grants, specifically to study the effectiveness of Rural Health Services. We intend to select five to six projects for funding each year. These specific research grants are in addition to the evaluation program already described.

We believe that these initiatives are an exciting addition to our activities and we think there will be many opportunities for Rotary club participation and that, ultimately, the health of all Australians will improve as the programs take effect.

*Ian Oliver*



ARHRF Chairman Ian Oliver with the District 9520 Ivor Lewis Trophy for Public Relations 2005-2006 awarded for the ARHRF Winnebago Safari





**AUSTRALIAN ROTARY HEALTH RESEARCH FUND**

# 'Improving Mental Health Services in Australia'

**9TH SYMPOSIUM – MARCH 22-24, 2006**

Held at the Australian National University in Canberra, the Symposium was convened to formulate recommendations to the ARHRF Board on providing support for a new area of research: mental health service evaluation. The current ARHRF program has primarily supported research aimed at generating new knowledge about mental illness. Only limited funding has been provided for research which has evaluated the effectiveness of services provided to help people with mental illness. Service evaluation is an important area because of its potential to improve the quality of services in practical ways.

Professor Michael Sawyer, as Chairman of the Research Committee, convened the Symposium, and participants included Service Providers, Program

Evaluators, Consumers and Carers, and Representatives from Private Industry. The Symposium included excellent presentations and lively informed discussion. For example, Professor Harvey Whiteford outlined the COAG plans which had just been announced by the Prime Minister. COAG is developing a national mental health action plan, and proposes a significant injection of funds into the mental health system. Mr John Mendoza CEO of the Mental Health Council of Australia challenged the ARHRF to provide national leadership in evaluating the effectiveness of new services as they are introduced, and also assessing the effectiveness of new 'research-based' treatments delivered in these services.

Even though participants came from a wide variety of backgrounds, the symposium proved to be a

genuinely collaborative effort, and with the help of the Facilitator (Professor Glenn Bowes), a set of recommendations was drawn together. The meeting endorsed the new focus on service evaluation. It recommended that funding should be used to evaluate new innovative evidence-based 'best practice' interventions in routine health services. It also recommended that funding should be provided to teams consisting of consumer/carers, researchers, service providers and/or clinicians, to work together effectively to evaluate new treatment or prevention programs. The report of the Symposium was presented to the May ARHRF Board meeting at which it was agreed to provide funding of \$500,000 per year for the next three years for grants in this area.

## FELLOWSHIP RECIPIENTS

*PDG Geoff Betts, AM, MBE congratulates Dr. Melanie Porter from Macquarie University, NSW, the inaugural ARHRF Geoffrey Betts Post Doctoral Fellow for 2006*



*PRIP Royce Abbey AM, DCM, congratulates Dr. David Hawes from the University of NSW, the ARHRF Royce Abbey Post Doctoral Fellow for 2006*



# Safari Bears find a New Home



“When I sold some bears at several clubs recently during my talks on the ARHRF I became aware that they were in great demand so I kept a pair to raffle at our District Conference. I raised \$200.00 on the raffle and the winner drawn from the ‘hat’ by syndicated newspaper columnist, Francis Whiting, was PP (several times), past AG (several) and past GSE Team Leader, etc. Wayne Morris of the Rotary Club of Honiara in the Solomon Islands.

When I asked for more bears I was informed that they were all gone – these must be the last in captivity



*Chris Ellis, ARHRF Chairman District 9600 (right) presenting Safari Sam and Samantha to Wayne Morris from the Rotary Club of Honiara, Solomon Islands*

and having spent some 9 months in each others arms I was not too sure what the outcome might be. I was sad to lose them but they have found a loving home to live out their lives.

The bears have now taken the Safari to new destinations and different countries, albeit in District 9600.

Wayne is now the DGN for 2008/09 for District 9600.

The Rotary Club of Honiara won the award for the best stand at the Conference as well.”

*Chris Ellis  
ARHRF Chairman  
District 9600*

## ARHRF DVD to help prevent rheumatic heart disease in Indigenous Australians

The Rheumatic Fever Video



“The feedback has been very positive,” said Dr. Malcolm McDonald of the Menzies School of Health Research,

throughout New South Wales, Queensland, the Northern Territory and Western Australia.”

The Rural Health Education Foundation will also broadcast the DVD on their satellite network and make it available for web-streaming from their website ([www.rhef.com.au](http://www.rhef.com.au)). Copies of the DVD are available from the ARHRF at \$10.

The Australian Rotary Health Research Fund funded the production of a DVD on Rheumatic Heart Disease in Indigenous Australians. The DVD has been distributed to clinics, schools, communities and directly to people with rheumatic heart disease in the Northern Territory, Queensland and Western Australia, with great results.

*Paula Harrison, Kunbarlanjnja Community Health Centre staff member and a group of local people from a rural station.*



# Youth Forums on Mental Health held at Cherrybrook Technology High School



Two Australian Rotary Health Research Fund (ARHRF) Youth Forums were held for over 600 Year 11 and 12 students in two separate one hour sessions on Thursday 16 March. The Forums were planned last November by Dural Rotarian Sue Coleman and Richard Dimarzo, Deputy Principal of Cherrybrook Technology High School (CTHS) in association with Cheryl Deguara, ARHRF Forums Co-ordinator. With 1800 students CTHS is the largest High School in the state.

Year 11 presenters were Joshua Wilson, an outstanding sportsman who contracted glandular fever, became depressed and was unable to sit the HSC. He described the impact

of his behaviour on his friends and family. He eventually sought help to turn his life around and his treatment is leading to a full recovery. Dr Jason Pace explained how students can support their friends and build up resilience to the stresses of adolescence and the pressure of succeeding in examinations. The presentation was followed by 20 minutes of excellent questions from the audience and an evaluation of the Forum.

Year 12 presenters were Nicki Imrie who works as a Child, Adolescent, Couple and Family Therapist at the Hills Clinic and Carmel Jones, a young lawyer who has suffered depression since high school. Nicki's

session focussed on understanding Depression and Anxiety followed by six prevention strategies. Carmel focussed on her experiences as a teenager trying to cope with the stress of the HSC and her hopes of success.

Dural Rotarians President Guy Nucifora, Paul Pixton and Tony Hudson were assisted by Rotarians from West Pennant Hills & Cherrybrook, President George Beyrouthi and Gary Blackler, and Pennant Hills President Graeme Thompson. The ARHRF was represented by Board Member Alan Grady, Community Relations Officer Ted Atkinson and District 9680 Chairman Geoff Saville.

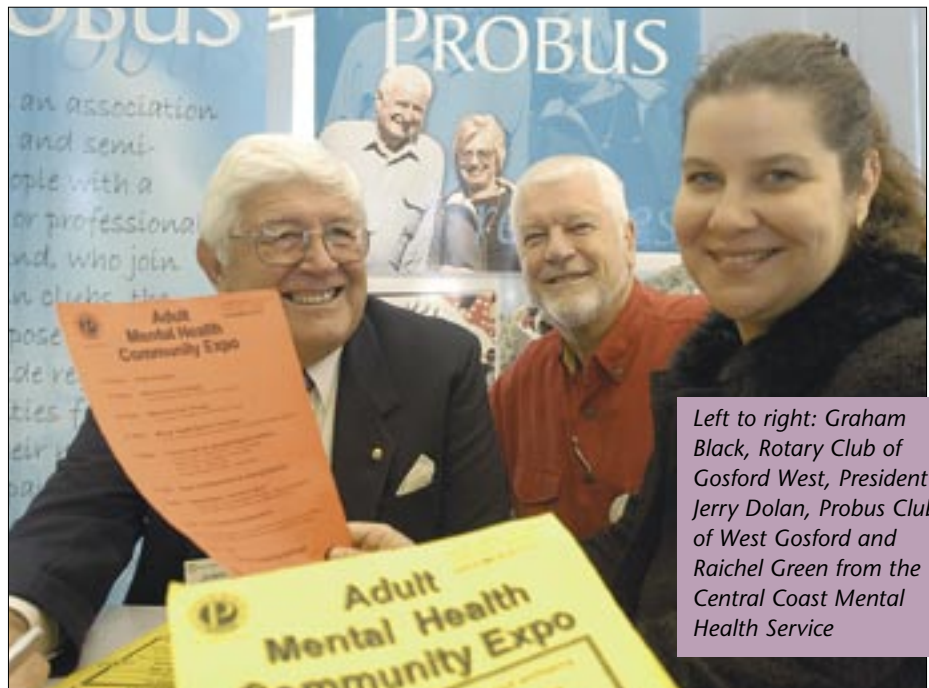
## Probus & Rotary Help with Depression

The Narara Community Centre was almost overflowing with interested people who attended the free Mental Health Expo held in May.

The Probus Club of West Gosford conducted the community forum in collaboration with West Gosford Rotary Club and the Central Coast Mental Health Service, Northern Sydney Central Coast Health.

Twenty public and private services, organisations and support groups displayed a wide scope of information. Attendees were amazed by the statistics, advancement in treatments, services and the help available which was advised by the two qualified main speakers, Raichel Green and Sandie Carpenter from the Central Coast Mental Health Service. The predominant message was to seek help early.

Consumers, carers and members of the community have all gained much



Left to right: Graham Black, Rotary Club of Gosford West, President Jerry Dolan, Probus Club of West Gosford and Raichel Green from the Central Coast Mental Health Service

from this, the tenth highly successful Mental Health Expo that Rotarian Graham Black has coordinated on the Central Coast. Graham said, "A great additional benefit of these Expos has

been that many service providers are networking and supporting clients in a more unified manner now that they know each others area of expertise".

# 2006 Research Grants – Plaque Presentations



▲ Left to right: Karen Saint, PDG Alan Grady, Director, ARHRF, Dr. Nick Kowalenko and Dr Andrew Baillie from Macquarie University



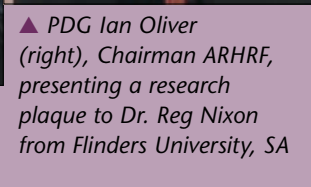
▲ Left to right: PDG Alan Grady, ARHRF Director, Michael Cunningham and Professor Ron Rapee from Macquarie University, NSW



▼ Left to right: Professor Brian Kelly, PDG Nevin Hughes, Director ARHRF and Professor Lyn Fragar of The Centre for Rural and Remote Mental Health, Orange NSW



▲ Left to right: Dr. Jacqueline Bergin, Dr. Peter Gilchrist, A/Professor Tracey Wade, Flinders University, SA and PDG Ian Oliver, Chairman ARHRF



▲ PDG Ian Oliver (right), Chairman ARHRF, presenting a research plaque to Dr. Reg Nixon from Flinders University, SA



▼ Left to right: Professor Stanley Catts, Professor David Handelsman (Director, ANZAC Research Centre), Kate Piers, Dr. Brian O'Toole, PDG Alan Grady, Director, ARHRF, Dr. Sue Outram, Leda Sirak and Dr. Anthony Scarman, Research Manager, ARHRF



# Indigenous Students Sponsored 2006

## New South Wales

Martin Hobbs	Medicine
Newcastle University	
Anna Eastman	Medicine
Newcastle University	
Keith Gleeson	Medicine
Newcastle University	
Nino Scuderi	Medicine
Newcastle University	
Della Yarnold	Medicine
Newcastle University	
Tuguy Esgin	Medicine
Newcastle University	
Michelle Cudmore	Nursing
Western Sydney Uni.	
Sarah Dunn	Medicine
University of NSW	
Gregory Spice	Medicine
Sydney University	
Melinda Wright	Occupational Therapy
Sydney University	
Luke Hinton	Physiotherapy
Sydney University	
Dallas Waters	Health Science
Sydney University	
Peter Hawkins	Social Work
Sydney University	
Yeena Thompson	Midwifery
UTS	
Sharon Donovan	Midwifery
UTS	
Sharon McGregor	Medicine
University of Newcastle	
Deanne Greer	Nursing – Honours
Charles Sturt University	

**Sponsoring Rotary Clubs:** Roseville Chase, Carlingford, Sydney CBD, Hurstville, Sutherland, South Sydney, Blacktown City, Sydney Cove, Kiama, Nepean, Carlingford, Concord, Rockdale, Rose Bay, Bulli, Glenhaven, The Hills, Lower Blue Mountains

## Victoria

Cassandra Anderson	Physiology
Melbourne Uni.	
Fiona Rigney	Social Work
Melbourne Uni.	
Veronica Kyle	Pharmacy
Monash University	
Chantelle Stubna	Medicine
Monash University	
Emily Maloney	Midwifery
Monash University	
Ebony Lovett	Physiotherapy
Uni. of Melbourne	

Paul Hayward	Dental Prosthetics
RMIT	
Joshua Griswood	Nursing
Australian Catholic Uni.	
Sharon Bell	Nursing
Deakin University	
Elizabeth Quakawoot	Nursing
Deakin University	
Janelle Hickey	Social Work
Deakin University	
Andrew Smith	Psychology
Deakin University	

### Sponsoring Rotary Clubs:

Hazelwood, Morwell, Drouin, Traralgar, Traralgon, Traralgon Central, Mirboo North, Mt Eliza, Mitchell River (Bairnsdale), Sale, Somerville, Langwarrin, Camberwell, Melbourne South, Glen Waverley, Hampton, Hastings West Port, Glenferrie, Richmond

## South Australia

Rebecca Schmerl	Nursing & Midwifery
University of SA	
Bronwyn Furlong	Physiotherapy
University of SA	
Simone Taylor	Psychology
University of SA	
James Charles	Podiatry
University of SA	
Christina Boin	Nursing
University of SA	
Kate Gallagher	Medicine & Surgery
University of Adelaide	
Lacey Noakes	Medicine & Surgery
University of Adelaide	
Trisha Farmilo	Health Science
University of Adelaide	
Kudnarto Watson	Medicine
University of Adelaide	
Kirsty Letton	Medicine
University of Adelaide	
Andrew Alexandra	Health Science
University of Adelaide	
Nancy Bates	Nursing
Flinders University	
Natalie Moore	Paramedic
Flinders University	
Maria Wilson	Environmental Health
Flinders University	
Dylan McKeown	Child Psychology
Flinders University	

Alison Ware	Psychology
Flinders University	

**Sponsoring Rotary Clubs:** Mitcham, Morialta, Adelaide East, Port Augusta, St Peters, Campbelltown, SA, Mildura, Unley, Port Lincoln, Noarlunga, Hyde Park, Blackwood, Victor Harbor, Elizabeth, Thebarton, Two Wells, Playford, Munno Para, Salisbury, Coromandel Valley, Port Pirie, Norwood, Tea Tree Gully, Eastwood, Onkaparinga, Adelaide, Kapunda

## Queensland

Donella Dallachy	Nursing
James Cook University	
David Hall	Medicine
University of Qld.	
Amy Rosser	Medicine
University of Qld.	
Karina Hall	Social Science
University of Qld.	
Bobby Hagan	Health Care
University of Qld.	
Tarina Martyn	Applied Health Science
University of Qld.	
Louise Daniel	Nursing
QUT	
Ines Francia	Pharmacy
Griffith University	

**Sponsoring Rotary Clubs:** Kippa Ring, Brisbane Planetarium, Mt Isa West, Port Douglas, Caringbah, NSW, Samford Valley, Toowong Brisbane West, South Brisbane

## Western Australia

Marium Rind	Medicine & Surgery
University of WA	
Shane Turner	Medicine & Surgery
University of WA	
Daniel Hunt	Medicine & Surgery
University of WA	
Chantel Thorn	Dentistry
University of WA	

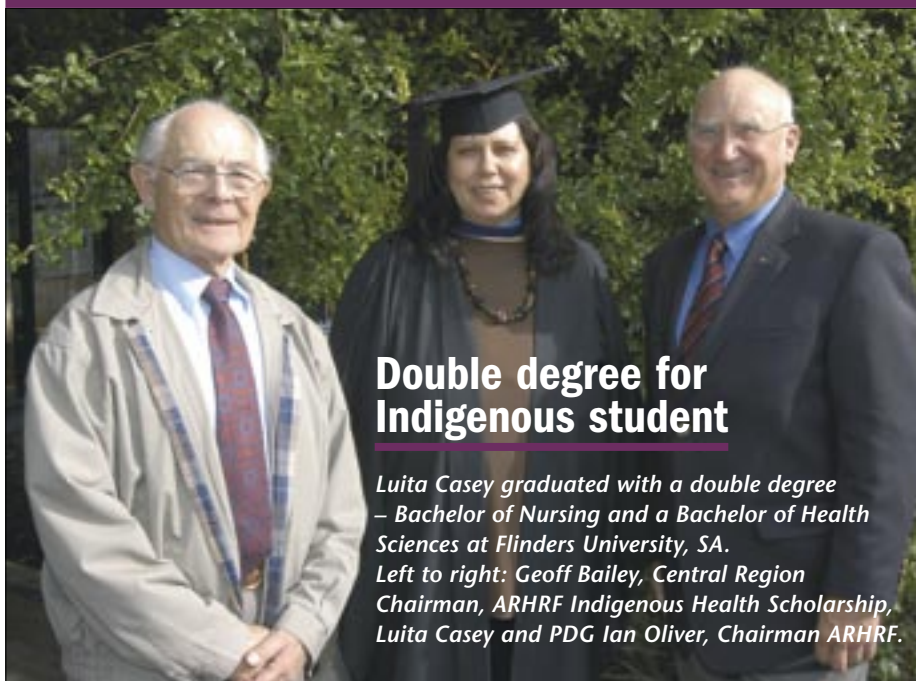
**Sponsoring Rotary Clubs:** Esperance Bay, Scarborough 2 scholarships

## Northern Territory

Sarah Goddard	Nursing
James Cook University	

**Sponsoring Rotary Clubs:** Tennant Creek, Corio, Vic.

# ARHRF Indigenous Scholarships



## Double degree for Indigenous student

*Luita Casey graduated with a double degree – Bachelor of Nursing and a Bachelor of Health Sciences at Flinders University, SA.*  
*Left to right: Geoff Bailey, Central Region Chairman, ARHRF Indigenous Health Scholarship, Luita Casey and PDG Ian Oliver, Chairman ARHRF.*

# The Joys of an Indigenous Health Scholarship

“Well, actually it was a joy to share with Janelle Trees her moment of success and honour in becoming an MD.

Janelle took her time completing her degree at Sydney Uni, mainly because of her deep involvement in many facets of the Indigenous community. From presenting a paper on Aboriginal Medical students and Exams at a symposium in Perth, a visit to Alice Springs at the invitation of certain Tribal Elders to



*Dr Janet Trees with Cheryl Deguara, ARHRF Programs Co-ordinator*

# NEWCASTLE GRADUATION

“I attended the University of Newcastle, Faculty of Health graduation ceremony to share the occasion with Kara Britz on 21 April 2006.

I was delighted that during my year as President of the Rotary Club of Newcastle we were able to establish an ARHRF Indigenous Scholarship and that in a small way we have contributed to Kara’s successful completion of her medical degree. It was a delight to be her mentor for the last three years of her medical degree and to see her not only become a doctor but to develop as a person through her association with Rotary.

Kara is currently undertaking her intern year at Alice Springs Hospital and next year hopes to do her first year residency at Darwin Hospital. Her ultimate goal is to return to Gove, where she undertook voluntary work for two years during her university elective terms.

ARHRF can be very proud of the outcomes

of the Indigenous Health Scholarship scheme.

I have agreed to mentor a new scholar assigned to my new Rotary Club of Sydney Cove and look forward to a similar rewarding experience of mentoring a student in midwifery.”

*Maree Gleeson*  
*Director Medical Research*  
*Ministry for Science & Medical Research*  
*Past President*  
*Rotary Club of Newcastle, NSW*



*Dr Kara Britz and PP Maree Gleeson*

a presentation on Indigenous Health issues to the woman doctors world conference held in Japan.

We all know about Ambassadorial Scholars and how rewarding it is to a club to have such a personality.

Well, we had an Indigenous Scholar in the making for two years and learned some wonderful things about our Indigenous community, about mature age students’ life, about transforming one’s life and the life of one’s community.

We caught a glimpse of the richness and depth of Indigenous Health tradition.

Our club has now committed to the next Indigenous Health Scholar, a mid-wife...could you imagine the legends we will be hearing about in the next couple of years....”

*PP Simon Rez*  
*Rotary Club of Hurstville, NSW*

# COMPANIONS & FRIENDS OF THE FUND



ARHRF Chairman  
Ian Oliver, CEO  
Joy Gillett and  
Community  
Relations Officer  
Ted Atkinson

From February 2006 – May 2006

## Gold Companions – \$10,000

Joy Gillett – Rotary Club of Parramatta City, NSW from anonymous donor

## Diamond Friends – \$2,500

Graeme Thompson – Rotary Club of Pennant Hills, NSW

## Platinum Friends – \$2,000

Peter McNeill – Rotary Club of Walcha, NSW

## Silver Friends – \$1,000

Brian Coleman – Rotary Club of St. Ives, NSW

## Bronze Friends – \$500

John Ranieri – Rotary Club of Mill Point, WA

Denise Fischer – Rotary Club of Chatswood Sunrise, NSW

Sachint Lal – Rotary Club of Penrith Valley, NSW

Don Blair – Rotary Club of North Perth, WA

Joyce H. Thwaite – Rotary Club of Goulburn, NSW

Joy Gillett – Rotary Club of Parramatta City, NSW

Ian Davis – Rotary Club of Wangaratta, Vic.

Professor Glenn Bowes – Vic. no Club

Rodney C. Orr – WA no Club

## Friends – \$100

Bill Bonner / Alan Hamilton / Steve Munns / Jenny Thompson / Matilda Bani / Barry Malezer

– from Rotary Club of Samford Valley, Qld.

Alex Alexander – from Rotary Club of Jerrabomberra, NSW

Henry Wagner – from Rotary Club of Toowoomba, Qld.

Bill Little – Rotary Club of Cabramatta, NSW

Michael Ferguson – Rotary Club of Central Launceston, Tas.

Andrew May / Dr. Tony Davis – Rotary Club of Glenelg, SA

Gordon Allan / Phil Angel / Tina Arthur / Max Bailey / Arthur Blaquiera / Peter / Angus Buchanan / John Burke / Lach Christie / Neville Clare / Tim Dawe / Tony Delich / Peter Dowling / Pat Emery / Morris Fairbrother / Bernie Foley / David Fry / Christine Gray / Neil Hancock / Dennis Hartley / Menno Henneveld / Geoff Hick / John Hollingshead / John Holman / Mervyn Lamb / Garry Leighton / Allan Lockhart / Brett / Guy Mattioli / Ralph Martins / Tony Pepper / Geoff Simpson / Jill Smith / John Tick / John Van Vliet / Neville Wacker-Bent / Geoff Woods / Bill Young

– Rotary Club of West Perth, WA

Matthew Camilleri – Rotary Club of Gladesville, NSW

John Stapleton – Rotary Club of St. Marys, NSW

Jane Loxton – Rotary Club of West Tamar, Tas.

GF & NE Roberts – Rotary Club of Waverley, Vic.

Edna Wirth – Rotary Club of Maryborough Sunrise, Qld.

Greg Cole / Neil McEvoy / Jack Murray / Kerry Purcell / Ron Reseck / Reg Ross / Clint Sealey / Ted Towner / Jim Wright

– Rotary Club of Mackay North, Qld.

Roy Blakey / Andy Burke / Alex Burrell / Bob Cheesman / Graham Christensen / Colin Davidson / Perry Dayas / Roy Frost / Graham King / Les Louis / Shen Poh / Geoff Somerville / Alex Terwijn / Bruce McDonald

– Rotary Club of Toowoomba East, Qld.



Australian Rotary  
Health Research Fund  
Post Office Box 779  
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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 .....