



ClearThinking
for young Queenslanders
with mental illness

December 2010 Volume 3, Issue 3

Our Patron

Her Excellency Penelope Wensley AO Governor of Queensland

We are proud to announce Her Excellency Penelope Wensley AO, Governor of Queensland has agreed to be Patron of the Queensland Schizophrenia Research Foundation (QSRF). The QSRF is deeply honoured to receive this support as we approach 2011, which will prove to be a critical year for the Foundation.

Ms Wensley has achieved international recognition for her contribution to the United Nations and was appointed an Officer of the Order of Australia (AO) in 2001 for

her distinguished service to the development of Australia's international relations.

Her Excellency holds a particular interest in the promotion of Australian excellence in science and medical research.

We thank the Governor for her support of the Foundation and sharing our ClearThinking mission to establish a Research Centre for Youth Mental Health.

Her Excellency will host an Open Day at Government House to celebrate Australia Day and all are welcome.



Open Day - Wed 26 January, 2011
Gates open 10.00 am to 3.00 pm
168 Fernberg Road, Paddington
Details www.govhouse.qld.gov.au

Order of St John of Jerusalem Christmas Fundraising Luncheon

On Thursday 2nd December The Sovereign Order of St John of Jerusalem kindly hosted a fundraising luncheon at the Queensland Club, with the QSRF - ClearThinking being their chosen charity for the event. Trustee Dr Aaron Frost was the guest speaker, giving a talk about our mission to establish a Research Centre for Youth Mental

Health in Queensland. We would like to thank the Brisbane Commandery and Chev Cmdr Charles Clark KCSJ for inviting us to this special event and fundraising for our work.

Middle right (L-R) The Grand Prior of Northern Australia His Excellency Bailiff Victor Feros GCSJ, Chevalier Commander Charles Clark KCSJ and QSRF Trustee Dr Aaron Frost. Below: Members of the Order of St John enjoying their lunch.



100 hours living in the ClearThinking Cube...

Our ClearThinking champion Louise Bellchambers lived in a 3m x 3m clear cube for 100 hours in the Queen St Mall from Monday 1pm to Friday 5pm, 4 - 8 October.

Whilst living inside the Cube, Louise had the privilege of meeting and interviewing VIP Guests. The interviews were broadcast on the PA system to passers-by in the mall

Thanks to amazing public support, ClearThinking was able to fundraise over \$8000 worth of donations and raffle ticket sales toward the establishment of a Research Centre for Youth Mental Health.



The first VIP Guest interviewed by Louise was Mr Murray Watt MP (right), Parliamentary Secretary for Healthy Living. Murray expressed commitment to work with the Foundation on the youth mental health policy currently under development. On Wednesday the Opposition Spokesperson for Health, Mr Mark McArdle MP (below with Prof Stan Catts) was interviewed and gave a direct assurance that if elected the Opposition would act on the issue of research capacity for youth mental health. Lady Mayoress Lisa Newman and Cr Krista Adams (above with visitor Lindsey Pearson) were interviewed on Wednesday. Lisa's background in nursing and Krista's background in teaching ensured they were well informed about the urgent issues in regard to youth .

The Courier-Mail article



Thanks to the event Sponsors: Shingle Inn and Ikea.

Why?... for Youth Mental Health.

Getting the issue of youth mental health into the media spotlight was the big success of the event. Louise was interviewed by TV programs including Sunrise, Chanel 10 News and QUT News. Articles about why Louise camped out in the cube were published in The Courier-Mail, Gold Coast Bulletin, UQ News and The Brisbane Times. Louise participated in radio interviews on Mornings with Madonna King 612ABC Radio, Nights with Walter Williams on 4BC, 96fiveFM, B105 and Triple M. Please see our website www.clearthinking.com.au for links to these media interviews and articles.



Thinking inside the square

TODAY at Ipswich Gold Coast mum Louise Bellchambers will step into a giant clear plastic cube in Brisbane's Queen Street Mall. Louise, who is 20 weeks pregnant, will stay in the cube for 100 hours and will accept VIP visitors and blog about her experiences during the week. Her efforts are timed to coincide with World Mental Health Day on October 10 and she hopes to raise awareness of the issues surrounding youth mental illness. Louise is on the committee of ClearThinking, an arm of the Queensland Schizophrenia Research Foundation, which is attempting to raise funds to establish a youth mental health centre at the Royal Brisbane Hospital. "I have volunteered to sit in the clear cube in the week leading up to World Mental Health Day to raise community awareness of the appalling health record for people with mental illness," says Louise, whose family company The Shingle Inn is a sponsor of the initiative. "It is the only disease with increasing mortality rates. It takes between seven and 10 years to accurately diagnose schizophrenia. In the process we are hoping to raise money for a feasibility study into the introduction of a youth mental health centre which will



Louise Bellchambers is raising mental health awareness

How to recognise the signs?
People living with psychoses struggle to manage relentless, unwanted thoughts and feelings

Early symptoms include:

- Confused thinking
- Problems with memory and concentration
- Thinking or experiencing strange things which are not real
- Difficulties in understanding what is happening to you
- Withdrawing from friends or family because they seem to have turned against you or they are acting suspiciously
- Persistently feeling lost and miserable, or hopeless, or angry and frightened
- Feeling flat and down, or numb and lifeless, lacking motivation to do work or go out and have a good time
- Acting erratically, or taking big risks socially or with your safety
- Changes in your sleeping, eating and activity cycles that are out of character.

If you think you are suffering from any of these symptoms, or know a young person who is, seek professional advice early for the best chance of

A number of leading researchers and clinicians were also interviewed by Louise. On Friday Louise interviewed Prof Diego De Leo (above), Director, Institute of Suicide Research and Prevention, and Dr Paula Barrett, Director, Pathways giving important guidance for parents. Dr Aaron Frost, Clinical Psychologist and Trustee, and Ms Sue Cameron, a member of our Advisory Committee, also gave practical advice for helping young people through the challenges of adolescence.

On Sunday, the Cube then moved to Roma St Parklands for the Mental Health Week launch, where Louise spoke with Minister for Health Hon. Paul Lucas MP (below).

Gold Coast Bulletin article

Louise steps outside the cube after 100 hours!



ClearThinking Christmas Appeal

Christmas is a wonderful time to spend with family and friends. Every family in Australia is affected by mental illness with 1 in 2 Australians having a mental disorder sometime in their life.

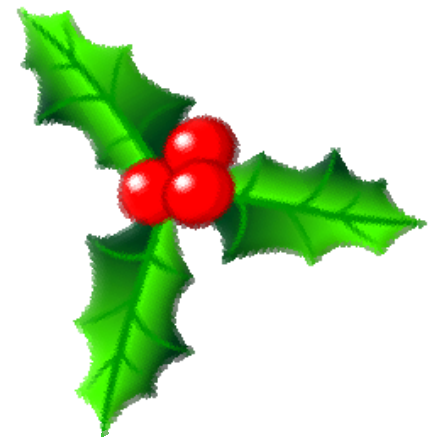
We invite you to support ClearThinking's Christmas Appeal. **Your donation, no matter how small, will make a difference to our efforts to establish a youth research centre.** Give the gift of ClearThinking with a donation on behalf of a family member or friend as a Christmas surprise!

Less than 20% of young people with a mental disorder get any sort of effective mental health care and, sadly, only 3% of

young people access specialist community mental health services.

Our Research Centre for Youth Mental Health will offer young people and their families an attractive youth friendly venue for specialist assessment, for those aged 12 to 25 years who do not improve with first line treatment from GPs or School Councilors.

This Centre will target those many young people who currently avoid traditional mental health services, and offer a comprehensive assessment designed to engage a young person therapeutically.



Please help ClearThinking to support young families...

All donations over \$2 are tax deductible

ONLINE DONATIONS

www.clearthinking.com.au

POST a Cheque or Money Order to: Queensland Schizophrenia Research Foundation

PO Box 951

Spring Hill QLD 4004

Please help us in our mission to establish a Research Centre for Youth Mental Health in Brisbane by sending your tax-deductible donation to: PO Box 951 SPRING HILL QLD 4004.

Name: _____

Address: _____

Email: _____

Cheque enclosed made out to Queensland Schizophrenia Research Foundation for \$ _____

I would be interested in talking with you about the type of research we wish our donation to support Y / N

Please keep me informed by email and/or post about the work of the foundation Y/N

The QSRF is committed to the protection of your personal information. Any information you provide is held by the QSRF for the express purpose of carrying out its mission to prevent and reduce chronic mental disorders through life-changing research. From time-to-time we collaborate with other mental health organisations and may share contact lists to keep you informed of any collaborative projects or events. Please contact us at admin@qsrif.com.au if you do not wish for us to share this information.

ClearThinking is an initiative of:

Queensland Schizophrenia Research Foundation

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Email admin@qsrif.com.au ABN 8836 293 2406



QSRF
Queensland
Schizophrenia
Research
Foundation

**Supporting life
changing research**

www.clearthinking.com.au