



ClearThinking Cube Campout

Could you live in a clear cube for 100 hours?

1pm on Monday 4th October until 5pm on Friday 8th October, when Louise will come out from the Cube for her Exit Party.

Each day, Louise will have special visitors including media personalities and politicians, who care about mental health issues.

Help us spread the word by reading and recommending her blogs throughout the week, and follow her on Facebook and Twitter via our new-look website. Louise (aka clearthinkngirl) will be blogging at clearthinking.com.au and posting interviews with Cube visitors throughout the week.

"The statistics relating to mental health are

horrifying," says Mrs Bellchambers. "Every parent needs to know there's a one in three chance their child will have a mental health problem by the age of 25 and right now there's not enough research being funded to reverse these statistics."

Come down and visit the ClearThinking Cube at the Queen St Mall Stage and help us to break the silence on youth mental health in Queensland.

ClearThinking would like to thank our sponsors Shingle Inn and Ikea. We would also like to thank our in-kind supporters EDS Displays, Verve Online, Total Shade Solutions and Aircon Rentals.

Louise Bellchambers (above) answers "Yes! Definitely! To raise awareness of youth mental health issues". Protesting society's preoccupation with celebrity and neglect of serious issues, such as mental health, local resident Louise Bellchambers will camp out in the ClearThinking Cube for 100 hours, from

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Proud Sponsors of the ClearThinking Cube:



10/10/10: A Spring Sunday In The Park

World Mental Health Week Launch at Roma St Parklands

Follow the Cube on its journey to make its final appearance at the Celebration Lawn at Roma St Parklands. The ClearThinking Cube will be joining other mental health groups to participate in the official World Mental Health Week Launch from 10:30am to 2pm.

Come and celebrate by

joining in ARAFMI's annual **Walk of Pride** starting at **10am** from Roma St Forum and finishing at the Celebration Lawn at Roma St Parklands.

Mental Health Week is an annual national awareness event held in October every year. The aim is to raise awareness of the importance of mental health and wellbeing in the wider

community, and to educate the community about mental health issues.

Entertainment, food and mental health information stalls will be available. Join the fun and help us to get the word out there by visiting the ClearThinking Cube on 10/10/10!

Mental Health Week is an initiative of Queensland Health:



Steering Onwards and Upwards: Donors Jumpstart New Possibilities



Propelled by new donors, a new wave of energy has been unleashed toward the establishment of QSRF's Research Centre for Youth Mental Health at the Royal Brisbane and Woman's Hospital in Brisbane. The project is gaining momentum with support from members of the community.

Bapi and Suchira Nag (pictured above with Prof. Stan Catts, Trustee, QSRF and Peter Treseder, CEO, RBWH Foundation) have generously donated \$10,000 towards a feasibility study into the establishment of the Research Centre. Bapi and Suchira have also provided the Foundation with some wonderful contacts for the ClearThinking Cube project.

The Sovereign Order of St John (pictured right (l-r): John Fisher, Leith Robinson, Prof. Stan Catts, Charles Clark, Dr Kay Lane, Dr Elaine Katte)

have generously donated \$2,500 toward a Health Economist, to carry out a cost effectiveness analysis as part of the feasibility study for the Research Centre for Youth Mental Health.

Pharmaceutical company Astra Zenica has generously donated \$10,000 toward the feasibility study. The QSRF would like to thank these donors for their kind and generous support of the

proposed Research Centre.

You too can make a donation toward the establishment of the Research Centre by mailing a cheque to the Foundation (see back page) or visiting our website in October to donate online: clearthinking.com.au

At the helm of the proposed feasibility study will be the newly formed Steering Committee. The Committee will be Chaired by well-renowned child-adolescence psychiatrist Dr. Scott Harden. The Committee is also proud to welcome on board Emeritus Prof. Barry Nurcombe, a highly influential leader in the field. Kick-started by generous donations, the Steering Committee is looking forward to forging ahead with the feasibility study in the hope of establishing the first Research Centre for Youth Mental Health in Queensland.



“Cyber Safe” Youth Mental Health Forum

On Tuesday evening the 18th May the QSRF held its annual Youth Mental Health Forum and this year's topic was Cyber Safety. The audience entered the auditorium to find a teenager's messy bedroom had been recreated onstage complete with unwashed laundry, school books, mobile phone, mags, posters and of course an unmade bed. Thanks to Pam Siebrecht and our young volunteers for recreating the scene and hanging out onstage.

The official opening party then arrived, chaired by Dr David Alcorn, Executive Director of RBWH and Mr Murray Watt, Parliamentary Secretary for Health. Thanks to both gentlemen for their kind remarks about the suffering of those with mental illness and how more needs to be done for young people to improve early intervention services and treatment.

Stan Catts and Pamela Siebrecht (Consumer and Carer Participation Officer, CYMHS) were the co-hosts for the evening and introduced the three expert speakers on the topic of cyber bullying.

Dr Julian Dooley from Edith Cowan University in Perth

travelled to be part of the Forum, describing the various cyber risks to young people and some preventive strategies. John Dalgleish talked about the national cyber bullying research Kids Helpline has conducted with young people and how it can lead to increased levels of depression, anxiety, low self esteem and sometimes self harm in young people.

The audience then enjoyed food and refreshments and the draw of lucky door prizes. ClearThinking would like to thank the donors of the lucky door prizes: Get Wet Surf School, Riverlife Adventure Centre, Lone Pine Koala Sanctuary and the Shingle Inn.

Prof Graham Martin from the University of Queensland introduced and chaired the



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L-R: Dr Aaron Frost, Parliamentary Secretary for Health Mr Murray Watt and Dr David Alcorn, the official opening party.



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interactive Forum question and answer session. Panelists included the speakers, Dr Aaron Frost, Clinical Psychologist, and special mention to Amanda McClintock, who gave a much welcomed young person's perspective on the issue of cyber bullying.

The QSRF would like to thank all of the presenters, panelists, Pamela Siebrecht and Sophie Morson from CYMHS for their support and especially thank the volunteers of the Foundation.

QSRF would also like to thank Mindcare for their

generous funding of the 2010 Youth Mental Health Forum and MIFQ and CYHMS for their support in promoting the event to their networks.



Forum Panelists L - R:
John Dagleish, Dr Julian Dooley, Dr Aaron Frost and Amanda McClintock

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@qsr.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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Supporting life changing research

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