

Poster spreads *ClearThinking*TM

The QSRF has designed a poster for display in general practitioner (GP) waiting areas and pharmacies that will help people recognise when they should seek professional advice about mental health problems.

Almost half of the total population (45.5%) experiences a mental disorder sometime in their life, according to the 2007 national household survey carried out by the Australian Bureau of Statistics¹.

The survey highlighted that young people (16-24 years) are most affected with more than one in four having a mental disorder. In fact, 70% of all disability suffered by young people results directly from mental disorder.

Of greatest concern is the finding that at least two-thirds (2.2 million) of those people with a mental disorder did not seek professional help. Stan Catts said "It is tragic that young people with mental health problems are not receiving treatment early, as 40% of them go on to lifelong ill health - with 40% of this subgroup ultimately developing a psychotic illness such as schizophrenia or bipolar disorder. Like cancer, major mental disorders are progressive and early intervention is essential".

Simple first-time treatment given by GPs and psychologists doesn't always work. This coupled with young people's reluctance to attend specialist mental health services means that we must now innovate with youth-friendly assessment services that will act as a bridge

between primary (GP) and tertiary (specialist) mental healthcare in order to ensure all young people who need treatment get it! The QSRF is dedicated to the goal of establishing a youth mental health centre - the success of which will only occur with vigorous community support built upon strong stakeholder consensus and a media campaign led by *ClearThinking* champions speaking out.

New QSRF Development Officer Kerri Walters said "Based on the success of the *ClearThinking* poster campaign, we will re-design the poster to have greater youth appeal for distribution in school counsellor offices, libraries, shopping centres and local youth networks".

If you have any suggestions or links to additional youth networks, please contact us at admin@qsr.com.au with details.

The QSRF would like to thank Advisory Committee member Louise Bellchambers for donating the printing costs for the first issue of the *ClearThinking* poster.

¹ Slade, Johnston et al (2009). The Mental Health of Australians 2. Report on the 2007 National Survey of Mental Health and Wellbeing. Department of Health and Ageing, Canberra.



DATE FOR YOUR DIARY
18 May 2010, 5.30 PM

Youth Forum

Cyber Smart? What you need to know

Education Centre, RBWH

(See pages 2 and 4 for more details)

Handing on the Baton

The QSRF is delighted to announce the appointment of Kerri Walters as the new Development Officer. Kerri brings to the role experience in administration, online and print marketing, and finance within NGOs - especially in the creative arts field. Kerri is returning to work after being a stay-at-home Mum for three years and is excited to be involved with the QSRF at such a pivotal time for the Foundation.

Kerri's skills are already being put to full use as she coordinates this year's Youth Forum with the help of Sophie Morson and Pamela Siebrecht from the Child and Youth Mental Health Service (CYMHS). The second annual Forum will be held at the Royal Brisbane and Women's Hospital on Tuesday 18 May during Schizophrenia Awareness week (16-22 May), with hot topics to be discussed in an interactive space designed by young people, special guest speakers and a 'Cyber Smart' theme. You won't want to miss this one!

If you would like to speak with Kerri about the Forum or any other QSRF matters, please contact her on 3346 5126 or at admin@qsr.com.au.

The current energy and strategic focus of the QSRF has been made possible by the hard work and creative solutions of outgoing Development Officer, Cathy DeLacy, who is leaving the Foundation in March to return to London. Cathy said "Working at the QSRF has been eye-opening, inspiring and has paved the way for my future career path. Never have I been more supported and encouraged in the workplace. I look forward to hearing about the tangible outcomes of the team's efforts". The QSRF sincerely thanks Cathy for her help in developing the strategic focus and organisational capacity that will underpin the Foundation's future progress.



Cathy DeLacy and Kerri Walters

Mindcare Gala Cocktail Party

On 10 October 2009 Mindcare hosted their bi-annual cocktail fundraiser at Austral Motors in Fortitude Valley. Once again Mindcare President Sarah Kendall and her team created a gala atmosphere for the large crowd of supporters. Sarah described the community service work that Mindcare carried out in 2009 and thanked all those who made the fundraising possible.



Lucy Douglas, Penny Douglas, Laurelea Moss and Hannah Moss

featured great jazz music by the Ingrid James Quintet, sponsored by ViciBio Director Peter Riddles. Farmout Director, Susan de Waard sponsored the evening with design of promotional material and organisational support.

Other sponsors included Southbank Restaurant Viet de Lites and the Shingle Inn, who created a varied and delicious series of tasty dishes for the guests. Wine was sponsored by Clovelly Estates.



Susan de Waard and Peter Riddles enjoying the music.

Q S R F Trustee, Stan Catts described the current tragic situation where young people most in need of mental healthcare usually do not receive it. He called for the establishment of a new youth mental health centre to reduce barriers to early intervention by providing youth-friendly expert clinical assessment.

Guests were greeted with music from 'charisma' - a trio of harp, flute and cello, sponsored by Sally Stoddardt. The evening also

The QSRF would also like to thank the team at Austral Motors for the lovely venue, Mindcare staff including the work team of Lucy Douglas, Penny Douglas, Laurelea Moss and Hannah Moss, the



Vibeke Catts and Louise Bellchambers catching up.

Mindcare Board, Property Solutions Group, and UBS. Long-term mental health advocates and Mindcare members Brian and Sue Cameron, and QSRF Trustee Aaron Frost contributed greatly to the success of the evening.

The gala was complete with a fast-paced auction raising more than \$20,000 to be shared by Mindcare and the QSRF.

Pharmacy Guild of QLD - backing the QSRF

The QSRF would like to thank Branch Director of the Pharmacy Guild of Queensland, Robyn Ede and Design and Communication Coordinator, Georgia Limmer for a number of important promotional events that are building a strong partnership between the two organisations.

The Guild are looking at distribution channels for the new *ClearThinking* poster, and have helped the QSRF develop resources in the pipeline, such as a Safety Tips Psychotropic Prescription Insert, and a Survival Kit for patients prescribed psychotropic medication.

We would also like to thank Georgia for her ongoing support of the Foundation with additional design assistance and website advice.



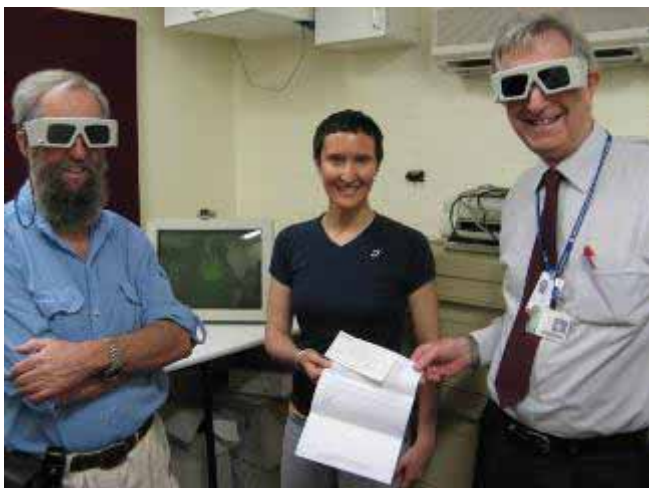
Stan and Vibeke Catts man the QSRF booth at the Pharmacy Assistants National Conference on 31 October 2009 on the Gold Coast.

Grants and Research News

Funds raised by Mindcare in 2007 continue to support research at the University of Queensland (UQ) into 'Early Detection of Depression in Young People'. The early results of Bonnie Sheppard's doctoral research are now ready for publication.

Bonnie's supervisor Prof. Jack Pettigrew and Stan Catts are wearing the high frequency shutter goggles that present a different image to either eye (see picture below). When two very different images are simultaneously presented to either of our eyes, instead of the images being superimposed, we will see one image for a few seconds, then switch to the other image, then back to the first, and so on. The project will determine how a simple eye test using these goggles may be used to understand depression and reduce the possibility of misdiagnosis. To date Bonnie has assessed more than 200 subjects to work out whether visual processing is mainly related to mood disorder or to serotonin metabolism.

Research projects such as this are only made possible by generous donations from the QSRF's supporters.



Stan Catts presenting Mindcare raised funds to Bonnie Sheppard and Prof. Jack Pettigrew on 14 October 2009.



QSRF Trustee, Prof Alex Blaszczyński (centre) presenting the grant to Dr Louise Lutze-Mann with Acting Head of School Assoc. Prof. Andrew Collins on 25 September 2009.

A partnership between UQ and University of New South Wales (UNSW) may have found a new approach to fighting brain cancer by adding antipsychotic drugs to standard chemotherapy. This work is supported by a QSRF donor-directed seeding grant.

STOP PRESS STOP PRESS

A genetic discovery in schizophrenia has been made based on the UQ-UNSW research described above. The new study soon to be published in the *American Journal of Psychiatry* has found that a gene linked to cancer protection - the MET proto-oncogene - directly contributes to genetic susceptibility to schizophrenia. This finding may lead to the development of new treatments.

1 Burdick et al (2010) Association of genetic variation in the MET proto-oncogene with schizophrenia and general cognitive ability. *Am J Psychiatry* in advance.
DOI: 1176/appi.ajp.2009.09050615



Thank you...

...to Michael Tritton from UBS who hosted a lunch meeting for the QSRF on 16 September 2009. Thanks to Advisory Committee member Sue Cameron who facilitated the event and shared her story. Stan Catts introduced the goals and achievements of the Foundation, and guests enjoyed bento box lunches supplied by Penny Douglas.

Thank you to Susan de Waard and Viet de Lites Restaurant for hosting a fundraising dinner on 9 November 2009. The event raised \$220.

Volunteers past and present are an integral part of the QSRF team. We need volunteers to distribute Cyber Smart Forum flyers in local shopping centres in the weeks preceding the Youth Forum. Please get in touch if you'd like to help.

Youth Forum 2010

The heaviest users of social networking sites are 14-19 year olds with a 90% usage rate. Young people are using the Internet to keep in touch with friends, organise social events, share photos and have fun. According to Kids Helpline cyber bullying has become a major problem. Psychologists report that they are seeing more young people with mental health problems as a result. What advice can you give a friend being cyber bullied? Should parents supervise Internet use? What information should educators give? Come to the Cyber Smart Forum for the answers. The Forum will also host an interactive youth zone and there will be stall holders to provide links to support networks and programs.

Register your interest in the Forum with Kerri Walters at admin@qsrf.com.au and order a \$15 parking ticket for Wilsons Carpark on Herston Road. Not only will it save you half the cost of casual rates but you will be donating a couple of gold coins to the QSRF. The RBWH bus station provides easy access to the Education Centre.

LATE NEWS

Youth mental health message strengthens with Prof. Patrick McGorry's appointment as Australian of the Year

Congratulations Patrick!

Please help us in our mission to establish a youth mental health centre 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@qsrf.com.au if you do not wish for us to share this information.



QSRF
Queensland
Schizophrenia
Research
Foundation

QSRF Advisory Committee

The Trustees of QSRF would like to thank the Advisory Committee for its hard work in 2009. Each individual member's skills and dedication to the QSRF's *ClearThinking* objective of **'making sure that all young people in need of mental healthcare get it'** has been invaluable in helping to raise money and secure essential relationships in the wider community.



Ms Kaye Adnam is an experienced fundraiser for not-for-profit organisations, and has been involved in raising funds for the Leukaemia Foundation and for the refurbishment of Customs House. Kaye's expert advice has helped steer the QSRF fundraising strategy and allowed us to make contact with some key Queensland philanthropists and business people. Kaye has mentored contract personnel for the QSRF and provided invaluable input into our fundraising plan.



Ms Louise Bellchambers has held senior marketing management roles in a career encompassing strategic planning and tactical execution across both marketing and PR. As Founder and Director of Franch-Eyes Marketing and PR, Louise supports the QSRF in sourcing media opportunities and preparing press releases for the Foundation. Louise is responsible for several major stories in metropolitan and community papers, and on radio. Louise also kindly sponsored the costs of printing the first issue of the *ClearThinking* poster.



Ms Sue Cameron is the Past President of Mindcare, a mental health foundation that raises funds for causes associated with mental illness. Sue and her husband Brian's involvement with Mindcare came about after their son was diagnosed with bipolar disorder at the age of 21 in 1990. Sue has worked tirelessly for Mindcare and played a leading role in coordinating the two Mindcare-QSRF galas. Sue played a major role in attracting ABC TV's Kerry Lonergan to MC the 2009 Youth Mental Health Forum. She also facilitates major corporate relationships for the QSRF, including most recently UBS.



Dr Vibeke Catts is the QSRF Treasurer. Until recently Vibeke carried out molecular biological research at the Queensland Institute of Medical Research. Having attracted United States funding she now conducts her own research with the Schizophrenia Research Institute. In 2007 Vibeke received the Young Investigator Award from the International Congress on Schizophrenia Research as one of the most promising early career schizophrenia researchers. In addition to Treasurer duties, Vibeke supports the QSRF by helping as a volunteer at meetings and events.

QSRF Advisory Committee



Dr Michael Daubney is Clinical Director of Child and Adolescent Psychiatry at Logan Hospital and Psychiatrist for the Better Beginnings Infant Program at Logan CYMHS. He also works in private practice. Michael is interested in early intervention strategies. New to the Advisory Committee in 2009, Michael has helped guide the youth mental health centre proposal with his wealth of knowledge in adolescent psychiatry. Michael assisted in publicising the 2009 Youth Mental Health Forum and the Mindcare Cocktail Gala through his active involvement in Rotary and other organisations.



Dr Peter Riddles was President, Chairman and Founder of AusBiotech Ltd and is Director of ViciBio Pty Ltd. Through his experience in the biotechnology and pharmaceutical industry Peter has an understanding of the importance of the Foundation's aims. He has opened the door to his high-profile colleagues and friends. Arising from his love of great jazz music Peter arranged for the wonderful Ingrid James and band to play at the 2009 Mindcare Cocktail Gala. Peter has also been active in the search for an eminent chairperson for the Youth Mental Health Centre's Steering Committee.



Ms Margaret (Meg) Scott has held high-level management positions in administration, finance and staff development in private enterprise as well as government organisations. Now retired from full time employment, Meg manages a family investment business and pursues community interests as a volunteer. Meg has been particularly active in sourcing business relationships for the QSRF and advising with donation strategies. Her advice regarding auditing and accounting, participation on interview panels, and support of the development of administrative policy and procedures has been invaluable.



Ms Susan de Waard is the QSRF Spokesperson and creator of the *ClearThinking Queensland* Campaign. She is a UQ science graduate, holds an Australian Pharmaceuticals Manufacturers Diploma (APMA) and a Postgraduate Diploma in Public Health Studies. Susan is Director of Farmout Design and Communications and with her colleagues has worked tirelessly to raise the profile of the QSRF through marketing, design, communications and event management. Susan has fostered the QSRF in a myriad of ways including the creating of the website, the logo design, branding strategy and production of brochures and other promotional material.

The QSRF Advisory Committee was convened to advise the Trustees on any relevant matters, guide with fundraising strategies, and to bring any relevant experience, skills and knowledge to the team.

If you would like to join the Committee or discuss membership with us please email admin@qsr.com.au, attaching a short biography and any other relevant information and we will be in touch. The Advisory Committee meets every second month on Monday evenings via one-hour conference calls as well as on a project-needs basis.