



clearthinking

Giving teens a clear head start

September 2013  
News and Events

# 48 Hours of Clarity

17 & 18th October 2013, Upper Stage—Queen Street Mall

The CUBE is back for the 4th year running and this year is part of a broader campaign to raise awareness and funds for the fight against youth mental illness. This October, **ClearThinking** is hosting **48 Hours of Clarity!!**

As part of the **48 Hours of Clarity** campaign, ClearThinking will again be setting up 'the Cube' in the Queen Street Mall. Although the cube won't be home to any 'cubees' this year, it will be the central focus of two days of entertainment and information to raise awareness around issues of youth mental health.

## Speed Cubing

### "Calling all Cubers!"

The FIRST EVER ClearThinking Rubik's Cube Tournament will take place on Thursday the 17th October 2013 at 12noon! Speed cubing is a popular activity among the international Rubik's Cube community. Cubers come together and work to develop new solving methods and seek to perfect their technique. As a part of the community, puzzle builders try to invent new forms of combination puzzles.

**YOU CAN TOO! Come and give speed cubing a go, race your friends and WIN a PRIZE!**



For more information and to register for these events, contact Courtney:  
youth@clearthinking.com.au  
or phone 07 3308 9999

## Hip Hop Showcase

Following last year's successful 'Make Your Move' school hip hop campaign, ClearThinking will present a hip hop showcase next to the decorated ClearThinking Cube on Friday 18 October from 11:45am.

ClearThinking has engaged local hip hop artists, MNB Entertainment, to collaborate with young people in South East Queensland to produce a universal dance routine to promote mental health among youth. These young people will come from a variety of areas – schools, dance studios, PCYC's, wherever!

They will perform a "flash mob" together as a curtain raiser which will be followed by their own 2-minute dance routine with a mental health message. To add fun and excitement, a celebrity Hip-Hop team will perform and judge the showcase.

**Would you like to be apart of the Flash Mob and WIN some great PRIZES?**

To learn the routine go to:

[www.youtube.com/watch?v=cBfcNbXOnR8](http://www.youtube.com/watch?v=cBfcNbXOnR8)

# Make YOUR desk, your space!

You've got 18 'ClearThinking' days to turn **YOUR DESK** into **YOUR SPACE!**

Join in the fun and bring a little more creativity into your office while raising funds for ClearThinking's fight against youth mental illness in Queensland.

Where do you go to 'clear your head'? What inspires you?

We want you to share your destination by decorating your desk to reveal the real you.

## Make YOUR DESK, YOUR SPACE 1st – 18th October 2013

Register at: [www.everydayhero.com.au/event/YourDeskYourSpace](http://www.everydayhero.com.au/event/YourDeskYourSpace)

Here are some ideas to help you get started....

Beach, Favourite Movie, Favourite Music, Food or Book. Which Sports team do you support?

Possibilities are endless...

## ***Want to help fight youth mental illness?***

***Volunteer Today...*** If you'd like to Get Involved with ClearThinking, we have lots of ideas of how you can help. But we'd love to hear from you too – what are your ideas? And if you'd like to help at our CUBE in The Mall, 17 & 18 October, call Courtney on 07 3308 9999.

***Help Raise Funds...*** Do you have a great fundraising idea? We'd love to hear about it. We can't do it alone. We need your help. If you'd like to support us through organising your own ClearThinking event, please contact ClearThinking at [youth@clearthinking.com.au](mailto:youth@clearthinking.com.au).

***Help Raise Awareness...*** The more we as individuals spread the word using our links via social media, the greater the awareness we can create. The greater chance we have of making a real difference to the lives of teenagers suffering a mental health issue. All we ask is that you share our story via Facebook, Twitter or Instagram. You have the power to help, will you use it?

## Shop till you drop...and support ClearThinking!

Next time you shop online you could be helping support ClearThinking.

ClearThinking is now benefiting from the **Spend-Well** program. Every time you shop online through Spend-Well, your chosen retailer pays a commission (a percentage of your total purchase) to your chosen charity.

Shopping via the Spend-Well program is simple. Go to [www.spend-well.com](http://www.spend-well.com), select the online retailer you want to shop with and then select ClearThinking as your chosen charity.

There is a large range of local and international online retailers registered with **Spend-Well** and the commission paid to your favourite charity varies between retailers. Best of all, there are no additional costs for shopping with **Spend-Well** and by choosing ClearThinking you are contributing to the fight.

What a great way to help ClearThinking make a difference while you shop till you drop!!

## Join Us For “Clarity Conversations”

ClearThinking values your experiences and we want you to share your story on our Facebook page or in person at our event in October. People with mental health issues, their families and carers will be the centre of this Clarity Conversation.

Your stories, experiences and aspirations will help encourage and support others. Whether they are your own experiences or offering your views of what has helped you and others. It takes a brave person to share a story but it may make all the difference to somebody and help them to overcome their worries.

*(Please note: this is not a counselling service.)*



And make sure you  
**Check out our BRAND  
 NEW website....**

[www.clearthinking.com.au](http://www.clearthinking.com.au)

## Youth in Partnership

### The ClearThinking Youth in Partnership program is:

- Engaging with young people in the pursuit of improving youth mental health, and ensuring the voice of young people is adequately represented in fundraising, youth initiatives and research conducted by ClearThinking.
- Providing an avenue for young people to have a ‘voice’ around issues of youth mental health, and an opportunity to stand united as advocates for those young people suffering with mental illness who are unable to speak for themselves.
- Brokering sustainable change for youth mental health outcomes through being a united voice.

### Advocate, educate, and elevate the conversation around youth mental illness.

If you are interested in being involved with the program, please contact [youth@clearthinking.com.au](mailto:youth@clearthinking.com.au)

## INDIGENOUS MENTAL HEALTH CRISIS

### Is an innovative Queensland program showing the way forward?

A major Report [1] examining best practice in mainstream mental health services (MHS) for young Indigenous people was recently released on the ClearThinking website. The Report highlighted the yawning gaps in knowledge about how to deliver effective MHS for Queensland's Indigenous communities, but also identified promising examples of best practice. The Report indicated that avoidable delays in accessing healthcare was a major factor in why Aboriginal and Torres Strait Islanders (ATSI) are twice as likely as non-Indigenous Australians to be hospitalised for psychiatric reasons, and pointed to the need for mainstream MHSs that are designed to engage and care for Indigenous young people.

### The Sunshine Coast Cultural Healing Program: A beacon of hope?

An exhaustive review of documentation on existing MHS programs in Australia and consultation with Indigenous Mental Health Workers (IMHW) in Queensland identified promising service models for ATSI communities. **Successful mainstream specialist programs had three things in common:** IMHW's held key clinical roles; there was full integration with Indigenous primary healthcare; and culturally safe practices were observed. Consultation with IMHW unanimously endorsed the Sunshine Coast Cultural Healing Program (CHP) as a shining example of best practice. The CHP service model matched the one identified by literature review: it was a real world example of an Indigenous 'sub-team' embedded within a mainstream specialist MHS. Data collected on the CHP showed that until the IMHW was given a central clinical role and a dedicated Indigenous sub-team structure was implemented, there was little improvement in rates of engagement of ATSI young people [2].

### The next step: Better specialist MHS's for ATSI young people.

The Report concluded that the Indigenous sub-team service model needed formal evaluation in a multi-site roll-out of a program based on the Sunshine Coast CHP. Service evaluations are expensive and require a collaborative partnership between mainstream service providers, local Indigenous communities, and researchers trained in quantitative service evaluation. "Although research is expensive it is much more costly and wasteful in human and financial terms to have inaccessible services that result in higher rates of permanent disability and long-term healthcare utilisation" Dr Catts said. **In Queensland the suicide rate among Indigenous under-15-year-olds is 10 times higher than the rate in non-Indigenous young people** [3]: ClearThinking calls for urgent Government action in the field of youth mental health to address this shocking statistic.

[1] Catts SV, O'Toole BI, Neil AL et al. Report to NHMRC Best practice in early psychosis intervention for Australian Indigenous communities: Literature review, Indigenous Mental Health Worker consultation, and case study. University of Queensland, June 2013 (available at the ClearThinking website or paper copies available on request).

[2] Catts SV, O'Toole IB, Neil AL et al. (2013) Best practice in early psychosis intervention for Australian Indigenous communities: Indigenous worker consultation and service model description. *Australasian Psychiatry*, 21, 3, 249-253.

[3] De Leo D, Svetovic J, Milner A. (2011) Suicide in Indigenous people in Queensland, Australia: Trends and methods 1994-2007. *Australia & New Zealand Journal of Psychiatry*, 45, 7, 532-538.



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ClearThinking™ is an initiative of Queensland Schizophrenia Research Foundation.



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