



QSRF Annual Report 2012-2013

This year saw a step-up in our campaign to attract community and government support for establishing Queensland's first research centre for youth mental health. The campaign included a youth engagement project: a school Hip Hop dance program. With the exceptional talent of Heidi Schramm, ClearThinking-QSRF designed, sponsored, managed and evaluated the *Make Your Move* Hip Hop dance program run in Term 3 2012 in five schools: three high schools (all public) and two primary schools (one public and one Catholic education). The *Make Your Move* program was a partnership with the *Kulture Break* organisation (Director: Francis Owusu) based in Canberra. The evaluation showed that the program was outstandingly successful in engaging young people and was positively viewed by school students and teachers alike. No self-report changes in pre-post ratings of anxiety and depression were found. But teachers noted that for a subgroup of socially isolated students, participation had a large effect on their ability to socialise. It was concluded that Hip Hop was a powerful youth engagement tool that should be combined with specific preventative mental health interventions.

The *Make Your Move* Hip Hop program culminated in a very popular inter-school Hip Hop dance competition that was held as part of the Cube event. This year the ClearThinking Cube message was "to make the invisible suffering of young people with mental health issues visible", with three volunteers camping out in a 6 x 3 m clear perspex cube for 55 hours in Queens Street Mall from 7 to 9 October 2012. It was the third camp out for our ClearThinking champion Louise Bellchambers, who was joined by 20 year-old Mikaela Moore representing the Youth Voice and CYMHS Beautiful Minds Advisory Group, and Nate Namon, the lead singer for the local band Mayan Fox. When our cubees exited from the cube, Mayan Fox played their melodic blend of exotic pop.

In November 2012 Tracey Hunter was appointed as the part-time Executive Director of ClearThinking-QSRF. Tracey brought to our Foundation her vast experience in developing not-for-profit organisations to help strengthen our advocacy and fundraising for youth mental health research over the ensuing 12 months. As Tracey took over many of the functions of the QSRF Advisory Committee, this committee was disbanded in December 2012. The long-serving Committee members are sincerely thanked for their instrumental support during QSRF's early formative phase.

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Another significant event this year was the successful recruitment in January 2013 of an outstanding candidate Hannah Thomas, as the first Bryan Youth Mental Health PhD Scholar. The topic of Hannah's PhD is bullying, its routine measurement and monitoring in schools, and trialling school-based interventions. Her work will be expertly co-supervised by Dr James Scott and Assoc Prof Jason Connor.

A milestone in the history of QSRF was our office re-location in April 2013 to the Mental Illness Fellowship Queensland's (MIFQ's) beautifully renovated Fellowship House on the corner of Gilchrist Avenue and Herston Road from the University of Queensland's Academic Department of Psychiatry on K Floor of the Mental Health Centre Royal Brisbane & Women's Hospital. Being co-located with MIFQ ideally represents QSRF's community engagement and our much-valued partnership with MIFQ. We appreciate the support of Professor Gerard Byrne, Head of Department and the University of Queensland for hosting QSRF in its nascent period. An even bigger thank you is owed to MIFQ President Ken Meissner and MIFQ CEO Tony Stevenson, who so strongly supported our re-location to Fellowship House and approved an initial rent-free period of occupation for QSRF.

This year ClearThinking-QSRF established an Honour Roll to give special recognition to those who have made an extraordinary contribution to the field. I am pleased to report that our inaugural inductee is Sue Cameron, someone who has been a stalwart activist in promoting the rights and well-being of young people with severe mental illness.

In closing, I wish to thank our many wonderful supporters. We owe a special thanks to our long-serving and retiring Advisory Committee members (Ms Kaye Adman; Ms Louise Bellchambers; Ms Sue Cameron; Dr Vibeke Catts; Dr Michael Daubney; Dr Peter Riddles; Ms Margaret (Meg) Scott; and Ms Susan de Waard). We thank our Auditor Vince Knaught who continues to donate his time freely to QSRF. Our volunteer Treasurer, Dr Vibeke Catts also is due our sincere thanks, as is our Bookkeeper Ms Rachel McBride who keeps our financial records in order.

This year the ClearThinking-QSRF promotional materials including our website were superbly re-designed by Carl Spencer of Carlosus, who we must thank for completing this work at a very largely discounted price. Additional thanks are due to Sue Cameron and the Mind Care organisation who donated the computer workstations for QSRF's office space

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at Fellowship House. We were particularly fortunate in having *Kulture Break* and Francis Owusu as partners for the Hip Hop school program, who along with Heidi Schamm, demonstrated outstanding professionalism and their commitment to young people. To our 2012 cubee champions Mikaela Moore, Nate Namon and Louise Bellchambers we express our heart-felt appreciation. Again, we are indebted to Kerri Walters whose organisational contribution to QSRF as always was well beyond the call of duty.

Finally, we must thank our sponsors (listed in our newsletters) who we rely on for so much. And of course, those who make it all possible through their donations, we thank you. In this regard, we single out the Order of Saint John of Jerusalem - Knights Hospitaller, who in recent years have shown such loyalty to the aspiration of establishing Queensland's first research centre for youth mental health.

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