

# BLACK DOG TALES

QUARTERLY NEWSLETTER FROM THE BLACK DOG INSTITUTE



## BEST FLOAT AWARD FOR MARDI GRAS 2011



In April, New Mardi Gras announced its recipients for this year's Sydney Gay and Lesbian Mardi Gras Awards.

The Black Dog Institute won 'Best Float' for their creation of a giant 3m high black dog sitting surrounded by flowers and rainbows. Forty volunteers dressed in orange danced behind the float to Michael Jackson's 'Ease on Down the Road'. The float's slogan read 'Turn your dark clouds into rainbows' and 'Don't be sad, Be Gay', with the aim of helping to raise awareness about depression amongst the GLBTQ community.

Judged by Media Personality Julie McCrossin, Head of Acting at NIDA Tony Knight and Television Host Peter Everett, there were five parade awards announced from 135 floats.

A big congratulations to all who staff and volunteers who helped make Mardi Gras 2011 such a fantastic experience!



# WELCOME

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## Black Dog Institute 2011 Gala Dinner and Farewell to Gordon Parker

We want you to join us at this year's Black Dog Institute Gala Dinner...

There are 3 great reasons to come

1. We're 10 years old!
2. Gordon Parker steps down as Executive Director - help us celebrate all his wonderful achievements.
3. We're really excited about the future and we'd like to share it with you!



Enjoy a three course meal, entertainment and a chance to win some fabulous prizes in our silent auction and raffle! Seating is limited so book in early.

**Where:** Doltone House, Darling Island Wharf, Ground Level, Accenture Building, 48 Pirrama Road, Pyrmont 2009

**When:** Thursday 3rd November 2011

**Time:** 6:30pm to 11:30pm      **Dress:** Lounge suit

Tickets \$185 per person

**OR** purchase a table of 10 for the special price of \$1,700 if booked and paid prior to May 30.

**More information:**

**(02) 9382 9257 or email [f.mortimer@blackdog.org.au](mailto:f.mortimer@blackdog.org.au)**

**To book - [www.blackdoginstitute.org.au/galadinner](http://www.blackdoginstitute.org.au/galadinner)**

## BLACK DOG HELP FOR NATURAL DISASTER VICTIMS

The Black Dog Institute, one of the country's leading authorities on mood disorders, shares the concern of the nation for those affected by this summer's natural disasters.

The Institute is aware that once the clean-up is over, the full impact of the losses of many thousands of people will be felt, and continue to be felt, for years and even decades to come.

"These events will have a significant impact on the psychological well being of the nation; the nation's GPs and mental health practitioners, many of whom may have been personally affected by the disasters, will experience an increased workload as a result," according to Institute spokesperson, Dr Jan Orman.

Events such as these do not always trigger significant ongoing psychological distress but to those who are vulnerable they can be potent triggers of mood disorder and Post Traumatic Stress Disorder (PTSD), the doctor said.

The Institute is in a position to help frontline GPs and psychologists to diagnose and manage the longer-term mental health consequences of these tragic events.

Based in NSW and funded by NSW Health, the Institute offers authoritative and comprehensive information and advice for those suffering from mood disorders and those treating them via its website.

It also offers practitioners a tool which can, via a secure website, provide an easily accessed and comprehensive assessment of the depressed patient's condition and guidance about appropriate treatment pathways.

This tool, the online Mood Assessment Program (MAP), is well validated, reliable and offered free of charge as a community service. Since its launch in late June 2010 almost 2,500 practitioners have registered to use the online MAP. Overall more than 6,000 Australians have benefited from the information derived from its use.

Apart from its reliability and usefulness, the beauty of the online MAP is that it can be accessed on the Internet at any time by any patient who has a referral from their GP or psychologist.

It provides an expert second opinion for GPs and psychologists struggling with mood disorder treatment planning. It is especially useful to remote practitioners and those in areas where the volume of work stretches their ability to provide good quality care.

The Black Dog Institute is keen for the community to take advantage of the online MAP to aid in its recovery.

## COMMUNITY FUNDRAISING



### Winning Garden Display Linked to Black Dog Institute and depression awareness

Dean Herald's 'Reflections', a garden he designed to link to the Black Dog Institute's work, has been awarded the coveted Award of Excellence for Best in Show at the Melbourne International Flower & Garden Show. Inspired by the battle many people face with depression and anxiety, Dean and his team from Rolling Stone Landscapes created a stunning calming space featuring lush plantings and other features. As well as Best in Show, the garden also won a Gold Medal, the W.A. Comeadow Gold Award for Outstanding Landscape Design and the Mark Bence Best Construction Award.

Read Dean's Brief:

The garden reflects the struggle some go through with depression and anxiety.

1. The overall garden is to represent a place to relax, reflect and heal
2. The stepping stone path is reflecting the first steps you take to recovery that seem large but they get smaller as you go
3. At the end of the stepping stone path you turn to a better place... just like in the journey to recovery
4. The pavilion structure represents a 180 degree turn around and represents life with fire and water within and surrounding it (the hanging black item is a fire place)
5. The outdoor bathroom above is about a place of complete relaxation to rest, recover and restore
6. The surrounding plantings will provide a calming environment and encourage people to get out and enjoy nature.

### Trek the Great Wall Of China and Raise Awareness about Depression

Have you ever wanted to do something that would be a life changing experience? Why not join us to explore the magic and splendour of the Great Wall of China! During this ten day challenge, you will spend five days trekking along the border of China and Mongolia, enjoying the majesty of the Great Wall, experiencing the charm of China and feeling on top of the world! Our adventure includes the sights and delights (and shopping!) of Beijing. By joining this incredible adventure you will be supporting the Black Dog Institute's Developing Countries Project.



The funds that you raise will go directly to this international professional education program that aims to train health professionals in developing countries and to raise awareness about the impact of undiagnosed mood disorders on quality of life, work, family, health services and community. There is lots of support to help with your fundraising, which covers the cost of your trip and includes a donation to the Institute.

Take on the challenge of a lifetime by trekking one of the world's greatest wonders. The Black Dog Institute has only 20 spots available and they are filling fast so register your interest today! Visit our website and click on the link on our home page for more information.

<http://www.blackdoginstitute.org.au/public/events/communityevents.cfm#greatwall>

# VOLUNTEERING

At the Black Dog Institute, we believe that volunteering contributes to people's overall wellbeing and positive self-esteem. We value our volunteers, whose unique talents and skills enrich our services. Our volunteers are people from all walks of life, some of whom have personal experience with a mood disorder. We aim to provide our volunteers with opportunities to support our organisation and their local community.



*Pictured (top) : Volunteers supporting the Great Australia Swim Series on Australia Day.*

*Pictured (middle) : Volunteers Jitharth and Lucinda at the Mardi Gras Fair Day*

*Pictured (bottom) : Volunteers who participated in the Mardi Gras Parade*

## Get InVOLved!



Volunteering for the Black Dog Institute includes a range of activities and interests across NSW. Depending on your interest, and personal and professional experience, you can be involved in:

- Presenting our school or community 1 hour presentation
- Support Group Facilitation (R.E.A.C.H Program)
- Office Support at our Randwick based premises
- Event Support and Fundraising activities

Full training and support is provided for volunteers by the Black Dog Institute (expenses are reimbursed for those travelling from outside Sydney).

For full details of the Institute's Volunteer roles and to register your interest, go to [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au) (**Get Involved**) or contact Sarah Connor, Volunteer Coordinator, by phone: (02) 9382 9250 or email: [sarah.connor@blackdog.org.au](mailto:sarah.connor@blackdog.org.au)

## Make a difference in your community by becoming a R.E.A.C.H Support Group Facilitator

The Black Dog Institute, in partnership with MLC Community Foundation, is establishing support groups in communities across NSW. The R.E.A.C.H Program is a free 9 week educational support group (based on the principles of Responsibility, Education, Acceptance, Connection and Hope) to help participants with depression or bipolar disorder manage their illness and stay well. Thanks to the support of Volunteer Facilitators, R.E.A.C.H Programs have now been offered various locations across Sydney plus Grafton, Lismore and if you are passionate about mental health and individual empowerment and can demonstrate skills in facilitation, training or counselling, we'd love to hear from you! Find out more about the REACH Program at [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au) (**Get Involved**)



## SUPPORTING RURAL NSW

### 'Navigating Teenage Depression' seminar and 'Building Personal Resilience' workshops delivered in Mudgee

Two community education events were delivered in Mudgee in March.

Black Dog Institute Rural Initiatives Project Manager, Chris Rule, said he was overwhelmed by the response from the community, with over 160 people attending the seminar on the Wednesday evening and over 40 people attending the workshop the following day.

"We understand that the Mudgee community has experienced real tragedy over the last 3 months, with several young people losing their life to depression", said Chris.

"This is clearly the worst possible outcome associated with depression and we hope that we have been able to contribute positively by raising awareness in the Mudgee community and also towards the healing process that is taking place there in light of what has occurred".

Chris said the 'Building Personal Resilience' workshop was a new addition to the rural events calendar, and that he was greatly encouraged by post-event feedback.

"This workshop is designed for groups of up to 30 people, but the response we received made it hard for us to cap it at 40", said Chris.

The workshop includes several activities designed to help participants enhance their own personal resilience in the face of life's challenges.



*Pictured: Participants attending the Navigating Teenage Depression Seminar*



### 'Navigating Teenage Depression' seminar delivered in Wollongong

The first community education seminar for 2011 was delivered in Wollongong in February receiving a very positive response.

Over 100 people from the local community attended the seminar, delivered by Kate Hille and Chris Rule from the Black Dog Institute Community Programs team.

"We are encouraged even if one person lets us know that attending our seminar has helped them understand their own depression better or what someone close to them is going through", said Kate.



For more information about the Institute's Community Rural Initiatives please contact Chris Rule, Black Dog Institute, Project Manager: Rural Initiatives, on 02 9382 8203 or [c.rule@blackdog.org.au](mailto:c.rule@blackdog.org.au)

## COMMUNITY FUNDRAISING



### Silver Foxes versus the Mudgee Wombats at the 2011 Mudgee Grassroots Rugby Festival

The Silver Foxes made it two in a row when they defeated the Mudgee Wombats at the annual Mudgee Grassroots Rugby Festival last weekend. The family weekend draws crowds from around the State to enjoy the beauty and hospitality of Mudgee, while helping to destigmatise mood disorders in rural Australia through the partnership with the Silver Foxes and the Black Dog Institute.

An impressive line-up of players including ex-Wallaby greats Richard Harry, Owen Finnegan, Jason Little, John Langford and Warwick Waugh and Wallabies coach Robbie Deans, helped the Foxes take home the cup again for 2011. A great weekend was had by all, finishing with a fabulous family BBQ at the Mudgee Racecourse, which saw a signed Silver Foxes jersey auctioned for \$5500 to raise money for the Institute. More than \$17000 was raised over the event for the Black Dog Institute.

### Exercise Your Mood and Get in the Swim

Summer has proved a busy time on the water for the Institute with many swimming events promoting our Exercise Your Mood message.

The inaugural **Great Australian Swim** series held during the summer months was a great success raising both awareness and funds for the Black Dog Institute.

Overall, 1,450 competitors participated in the series, culminating in the final event

on Australia Day in the waters near the Opera House. Our Ambassadors Brendan Capell and Ky Hurst, the organisers of the series, presented the Institute with a donation of \$1500 which was greatly appreciated.

In early March over 600 swimmers participated in the annual **TamCloey Ocean Swim** which raised awareness and funds for the Black Dog Institute.

The fourth annual 2.5km swim was paired with the **OceanKids Clovelly** swims for the first time this year. The swim raised more than \$3000 for the Institute with \$5 donated from each registration fee.

Sydney Harbour came alive on 13 March as over 1,000 swimmers and Aussie sporting legends dived into the harbour at the Man'O War steps to take part in the 10th anniversary of the **Ord Minnett Sydney Harbour Swim Classic**.

Past and current sporting heroes, including Geoff Huegill, Michael Klim, Chris Fydler, Guy Leech, Carl Wilson and Debbie Watson cheered swimmers on and took part in the annual **Ord Minnett Charity Sprint** race; an invitational dash for cash with participants racing for their charity of choice. The Black Dog celebrity swim team of Geoff Heugill and Chris Fydler took second place, earning the Institute an additional \$1000 in fundraising on the day.

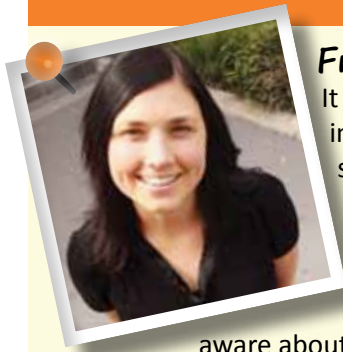


### Black Dog Ride to the Red Centre 2011

After a hugely successful 2010 Black Dog Ride to the Red Centre, which raised around \$80,000 for the Black Dog Institute, Steve Andrews will again be leading the way to the Red Centre in 2011 and invites you to join in this

inspirational annual event. Departing from capital cities on 21 August 2011 and meeting in Port Augusta for a group ride to Alice Springs which finishes on 26 August, over 200 riders are expected to participate and help raise awareness about depression as they ride through rural Australia. To register your interest please email [vicki.miller@blackdog.org.au](mailto:vicki.miller@blackdog.org.au). More information about the 2011 route and event will be posted on our website soon or visit [www.blackdogride.com.au](http://www.blackdogride.com.au)

# COMMUNITY NEWS



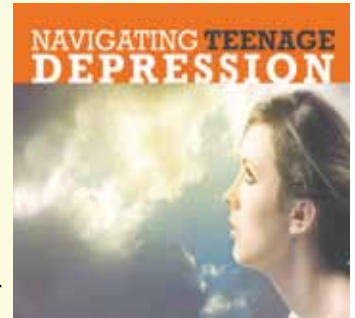
## From Kate

It has been a busy start to the year for me after taking over the Community Education role in December 2010. We continue to deliver education seminars, workshops and information stalls across NSW for a variety of organisations including schools, TAFEs, CEO and Executive coaching firms, P&C Associations, law firms, councils, youth support services and community health groups.

There has been increasing interest in our "Navigating Teenage Depression" seminar as people become more aware about the prevalence of mood disorders amongst teenagers.

This seminar is relevant to the whole community and in particular parents, teachers and people who work with young people. This seminar provides an overview of what depression is, how to spot early warning signs, understanding the risk factors and the role of personality in relation to depression, what to do and how to build personal resilience.

For more information about this seminar and other education offerings, please visit our website: [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au) (Community Education).



## FREE LUNCHTIME SEMINAR: Understanding Mood Disorders and Resilience

This presentation provides an overview of the history and services of the Black Dog Institute and information on identifying the symptoms of depression and bipolar disorder. It includes general information on causes of mood disorders, when and where to seek help and wellbeing tips. The desired outcome is that people will be better informed, better equipped to identify warning signs and feel more comfortable seeking help and communicating more openly and honestly.

**Date:** Tuesday 28 June 2011

**Time:** 12pm-1pm

**Location:** Black Dog Institute Lecture Theatre, Hospital Road, Randwick

**RSVP:** Anett Szentesi on [a.szentesi@blackdog.org.au](mailto:a.szentesi@blackdog.org.au) or 02 9382 4523



Mei Li Quah has taken on the role as Project Manager - Youth Initiatives. Contact Mei Li for youth-related presentations like INSIGHT and HeadStrong for secondary school students: [m.quah@blackdog.org.au](mailto:m.quah@blackdog.org.au) or 02 9382 8320.



## BITE BACK website [www.biteback.org.au](http://www.biteback.org.au)

**BITE BACK** is a new website where young people can tell their personal stories - sharing struggles and joy, whilst discovering fresh ways to move forward and really enjoy life. This website is specifically created for 12-18 year olds.

The site also aims to improve wellbeing and mental fitness by sharing reliable information. You can take mental fitness checkups as well as tips on things you could be doing to help you keep up a happy attitude. Check in regularly and you can look back on your mental fitness index to see how your mood is changing over time and the things that influence it the most. For more information visit [www.biteback.org.au](http://www.biteback.org.au)

## Community Education

Interested in booking a community education presentation? Visit [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au) (Community Education) for full details and to complete our online booking form, or contact Kate Hille, Community Education Project Manager, [kate.hille@blackdog.org.au](mailto:kate.hille@blackdog.org.au) or (02) 9382 2998.

# BACK THE BLACK DOG

The Black Dog Institute is an educational, research and clinical facility offering specialist expertise in mood disorders. Around one in five Australians will suffer from a mood disorder in their lifetime.

For some people it will be an isolated event but, for the majority, it will be an ongoing challenge throughout their life that will impact also on their family, friends and work colleagues.

## BDI: EVENTS CALENDAR

### APRIL 2011

**27TH:** Free Community Education Seminar- Navigating Teenage Depression, Wagga Wagga

**28TH:** Free Community Education Seminar- Building Resilience, Wagga Wagga

**29 & 30TH:** The Gum Ball - all age camping festival in Belford

### MAY 2011

**5th:** Free Community Education Seminar – Understanding Depression, Bipolar Disorder and Building Resilience, Rouse Hill

### JUNE 2011

**12th:** Bellevue Hotel Rugby Festival - Easts Rugby Club, Rose Bay

**16-18th:** Black Dog Information Stall at Primex Rural Field Days, Casino

**28th:** Free Lunchtime Seminar - Understanding Mood Disorders and Resilience, Black Dog Institute, Randwick

Visit our website for more information on the following events or to make a donation to support our fundraising heros.  
[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

Subscribe to the Black Dog Institute e-Bulletin for the latest information and news  
[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)  
(Subscribe)

The Black Dog Institute receives some government funding but we also rely on the generous support of the community. Your donation will help us to continue our research and develop programs to provide better detection, treatment and management of mood disorders.

### HOW DO I MAKE A DONATION?

Listed below are a number of different ways you can support the Black Dog Institute. Choose the one that suits you best.

#### Yes, I want to Support the Black Dog Institute

Name:.....

Address:.....

Suburb:.....

State:..... Postcode:.....

Phone:.....

Mobile:.....

Email:.....

I wish to donate: \$.....

#### Payment option 1:

Credit card donations can be made via our website:  
[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

#### Payment option 2:

It is also possible to donate via a direct debit from you bank account into: Black Dog Institute DGR Donations Account  
BSB: 082 360 Account Number: 547 392 802  
Please provide your address details by email to:  
[blackdog@blackdog.org.au](mailto:blackdog@blackdog.org.au)

#### Payment option 3:

I enclose a cheque made out to the Black Dog Institute  
Postal Address:  
Attention: Donations  
Black Dog Institute  
Hospital Road  
Prince of Wales Hospital  
RANDWICK NSW 2031

#### PLEASE NOTE

We publish the names of all our donors of \$100 or more unless you notify us. If you would like to remain anonymous please tick this box.

I am interested in supporting the Black Dog Institute by making a bequest in my Will. Please send me a brochure.

All donations above \$2 to the Black Dog Institute are tax deductible. The Black Dog Institute will use the information collected to process your donation and issue you with a tax deductible receipt.



BLACK DOG INSTITUTE