IMPROVING MENTAL HEALTH THROUGH SCIENCE, RESEARCH AND INNOVATION
‘We are in an exciting phase where our understanding of the brain and mind is expanding, technology is helping us to make advances faster and the community’s awareness of mental illness is heightened.’

PROFESSOR HELEN CHRISTENSEN
CHIEF SCIENTIST AND DIRECTOR
BLACK DOG INSTITUTE

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ABOUT THE BLACK DOG INSTITUTE

OUR APPROACH

The Black Dog Institute brings together the strength of a medical research institute and a not-for-profit organisation dedicated to improving the lives of people affected by poor mental health.

With representatives across the country, our primary focus is the development and dissemination of the knowledge needed to understand, prevent and treat the significant mental health challenges facing the world.

All our work is based on scientific and clinical evidence and we always incorporate the voice of lived experience.

We aim to significantly reduce the incidence of mental illness and suicide, remove stigma and empower all people to live the most mentally healthy life possible.

WHAT WE DO

Founded in 2002, the Black Dog Institute is internationally recognised as a pioneer in the identification, prevention and treatment of mental illnesses, and the promotion of wellbeing.

We aim to improve the lives of people affected by mental illness through the rapid translation of high quality research into improved clinical treatments, increased accessibility to mental health services and delivery of long-term public health solutions.

Our unique approach incorporates clinical services with our cutting-edge research, our health professional training and community education programs. We combine expertise in clinical management with innovative research to develop new, and more effective, strategies for people living with mental illness. We also place emphasis on teaching people to recognise the symptoms of mental illness in themselves and others, as well as providing them with the right psychological tools to hold the ‘black dog’ at bay.

We work directly with all parts of the community as well as guiding the development of new and improved policy. We place focus on those with specific mental health needs like young people, Indigenous communities, men and high-risk workforces.
OUR MISSION

The Black Dog Institute is dedicated to improving the lives of people affected by mental illness through our high quality translational research, our clinical expertise and our education programs.

Our mission is being achieved by: over 220 staff, fellows, facilitators, consultants and board members; 160 volunteers; our many supporters; and collaborators.
One of the most common questions I am asked as Chair of the Black Dog Institute is why ‘Black Dog’?

‘Black Dog’ was the term Winston Churchill used to describe his own depression. In a global first, our name and our logo refers to this, using his famous victory sign to highlight our ultimate aim - a world where we are victorious over mental illness, not victimised by it.

We devised this name and logo in 2002, when common mental illnesses like depression were not openly discussed in our community and so many individuals felt the burden of stigma.

Over a decade later, I am still extremely proud to be part of a movement that has opened up a national conversation about mental health. We have managed to change the nomenclature as to how depression is spoken about. We have worked hard to bring people living with poor mental health out of the shadows and provide them with accessible and effective solutions.
I have seen Black Dog research outcomes translated into new clinical platforms, national education programs and public health policy. Our work has changed how people live their lives, how clinicians treat their patients and how our governments prioritise mental health. We have made significant impacts on individuals, communities, schools and workplaces around the country.

Yet we continue to grow and change according to the community that we serve and the understanding that we gain. Whilst we continue our proud heritage in depression and bipolar diagnosis and treatment, Black Dog research has shifted somewhat to acknowledge a global change in how mental health is perceived.

In many ways the journey is just beginning. President Obama said when launching the Brain Initiative in the USA in 2013, that here we are exploring outer space and yet we have never been able to adequately explore ‘Inner Space’.

In addition to helping people living with mental illness, we are now placing a strong focus on prevention and early intervention in young people, improving mental health care accessibility through eHealth services and developing new and effective suicide prevention programs. This report highlights the impact we are having across a wide spectrum.

Underpinning every single one of our achievements is the expertise and drive of our staff, our volunteers and our supporters.

The passion of the Black Dog community can never be underestimated and I’d like to take this opportunity to warmly thank everyone that has been part of the Black Dog journey this year.

Despite our success and our passion, we are fully aware of the long road ahead. The prospect for new discovery is huge. I hope this report inspires you to join us on this journey as we purposefully move towards a mentally healthier world.

PETER JOSEPH AM
CHAIRMAN
2014 has been an incredibly productive and successful year for the Black Dog Institute.

In 2012, Black Dog Institute set themselves a suite of ambitious targets with the aim of growing our research output, expanding our impact and diversifying our income. As we move towards the final year of this plan, I am pleased to say we have achieved, and in many cases exceeded, these strategic objectives.

Black Dog Institute research programs have continued to move from strength to strength. The past year saw our research output increase by one third, as well as a significant increase in research funding from both government and non-government sources.

Black Dog now hosts two prestigious National Health and Medical Research Council (NHMRC) research centres with the launch of the world-first Digital Dog research program. Funded by a NHMRC John Cade Fellowship, this exciting new undertaking aims to validate and advance the use of digital and online technologies for mental health diagnosis, treatment and management.
Our clinical activity has also expanded and diversified to include psychiatric and psychological services for adults and adolescents with depression, bipolar disorder and post-traumatic stress disorder. A cutting edge new Transcranial Magnetic Stimulation treatment service was opened, one of the only outpatient clinics of its kind in Australia. While most of our clinic activity is based in our Sydney centre, investigations are underway to expand these clinical services into other states.

The Black Dog education team has seen a dramatic increase in reach, with thousands of Australians being connected to the Institute through school and community events and presentations.

With support from the Australian Government, Black Dog health professional educators travelled the country to train regional clinicians on available online mental health tools.

The past year also saw the introduction of our evidence-based Workplace Mental Health Programs in alignment with the national recognition that mental health is often not seen as a priority for businesses.

The Black Dog Institute has a unique model of operation in that we integrate the activities of researchers, clinicians, educators and consumers to ensure an effective transition from ideas to accessible, evidence-based outcomes. As we continue to grow, this model will be increasingly used to accelerate and amplify our impact on individuals and communities, as well as defining best practice for other research organisations globally.

As we reflect with pride on the past year, I would also like to shine the spotlight on the future. By continuing to build on our foundations of academic excellence, and working hand in hand with our lived experience community, we will significantly reduce the incidence of mental illness and suicide, remove stigma and empower all people to live mentally healthier lives.

PROFESSOR HELEN CHRISTENSEN
CHIEF SCIENTIST AND DIRECTOR
HIGHLIGHTS OF 2014

In accordance with the Black Dog Institute 2012-2015 Strategic Plan, activities throughout the year focused on the five core areas of:

1. strengthening and broadening research performance and expertise
2. delivering high quality, effective clinical services
3. leading mental health developments, reform and technology
4. maintaining and developing a range of educational services
5. being financially sustainable, accountable and a great place to work.

It is of great credit to the passion, dedication and focus of the staff, fellows, consultants, volunteers and board members of the Black Dog Institute that so many of the goals developed in 2012 have been achieved. We move into the remaining six months of the strategic plan with confidence in our ability to deliver on our objectives and to make meaningful impact through improved mental health outcomes.

A SNAPSHOT OF OUR ACHIEVEMENTS

Research

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Education

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<td>2014</td>
<td>20,147</td>
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In 2014, the Black Dog Institute continued to lead the research field in the early detection, prevention and treatment of common mental health disorders. Our research targeted particular areas of need, placing greater emphasis on anxiety, post-traumatic stress disorder and suicide prevention, whilst maintaining a focus on depression and bipolar disorder. In addition, we strengthened our efforts on determining effective tools and strategies to promote overall resilience and mental wellbeing. Our unique approach provided for the co-location of a diverse group of researchers, with frequent intellectual exchange and the development of a ‘critical mass’ in many areas of research, as well as formal and informal collaborations with like-minded researchers from across Australia and beyond.

During this period, we extended our translational research model and strengthened our eHealth focus through the development of the Digital Dog research program. Through this program, we are developing and providing a diverse range of eHealth services that offer early detection, diagnosis and support for people struggling with mental health issues, as well as tools and resources to enhance overall wellbeing and resilience.

We are achieving this through our six core research streams.
**STUDY TITLE:** Prevention at critical points: A randomised controlled trial of an eHealth application to prevent depression, suicide risk and anxiety in youth.

**FUNDING:** NHMRC Project Grant APP 1061072.

**CHIEF INVESTIGATOR:** Professor Helen Christensen

**Can an eHealth tool prevent depression and anxiety in young people prior to stress?**

This study, the Trial for the Prevention of Depression (TriPoD), aims to investigate the effectiveness of a cognitive behaviour therapy (CBT) eHealth tool, delivered online, designed to: prevent the onset of depression and anxiety in response to stress, and to promote a flow-on effect that leads to participants’ improved academic performance.

**STUDY TITLE:** Mental Health and Social Media: Validating the content of depression and anxiety terms used in internet communities.

**FUNDING:** NHMRC John Cade Fellowship APP1056964

**CHIEF INVESTIGATOR:** Professor Helen Christensen

**Do terms used in internet communities, such as ‘depression’ and ‘anxiety’, accurately reflect mental health states?**

The Ground Truth Project, investigates if social media such as Twitter and blogs can accurately capture mental health states. It will assess the accuracy of this online ‘emotional trending’ through self-report, using validated psychological measures.

**STUDY TITLE:** Observing the dynamics of online and offline social networks: A feasibility study.

**FUNDING:** NHMRC Centre of Research Excellence APP 1042580

**CHIEF INVESTIGATOR:** Professor Helen Christensen

**Can we capture how social networks function via the use of online and offline information?**

This is a preliminary study to examine the capacity of basic data collection methods and findings to assist in the design of future studies. This study will establish whether mobile phones can be used to detect information about changes in an individual’s online social network as well as any changes in their offline presence. It is a part of the larger Staying Connected project, which examines social ‘connectedness’.
**STUDY TITLE:** Tools for resilience: A mobile phone and web-based intervention for improving mental wellbeing and reducing distress in adolescents and young adults with Type 1 diabetes.

**FUNDING:** Australian Rotary Health

**CHIEF INVESTIGATOR:** Judy Proudfoot

Can a CBT eHealth intervention that’s incorporated into routine clinical care for Type 1 diabetes (TID) lead to improved outcomes for adolescents and young adults?

The proposed study will yield the first Australian data on the feasibility, acceptability and effectiveness of a mobile phone and web-based CBT intervention, called myCompass, for improving mental wellbeing and reducing psychological and diabetes-related distress in young people with TID (16 - 25 years).

**STUDY TITLE:** FAST – Follow-up After a Suicide Attempt: Development using focus groups.

**FUNDING:** NHMRC Project Grant APP 1042580

**CHIEF INVESTIGATOR:** Dr Mark Larsen

Can we develop an eHealth intervention to support those who have attempted suicide?

This preliminary study, FAST – Follow-up After a Suicide Attempt, will gather and build upon information from people who have survived a suicide attempt. The outcome of this research will be an eHealth intervention that provides strategies to those who have attempted suicide, to help them manage the highly vulnerable period after they are first released from hospital. The research will also look at ways of maintaining continuity of care as many individuals post-suicide attempt lose contact with health services.

**STUDY TITLE:** Snapshot App

**FUNDING:** NHMRC John Cade Fellowship APP 1056964 and Black Dog Institute

**CHIEF INVESTIGATOR:** Dr Bridianne O’Dea

Can a mobile phone app help you to keep track of your mental wellbeing?

Sadly, only one third of people seek professional help for their mental health problems. Instead, many people prefer to seek help and information about mental health on the internet, and on internet-enabled mobile phones. This project aims to develop an evidence-based application that would allow Australian adults to monitor their mental health and wellbeing using their mobile phone. The app would provide individuals with feedback and resources to increase their knowledge of mental illnesses and encourage help-seeking behaviour.
The Black Dog Institute’s unique operational model facilitates the translation of research findings into accessible, evidence-based outcomes.

• Our research discoveries drive our evidence-based clinical practices and accredited education programs for health care professionals.

• Our research outcomes are used to promote better mental health through our workplace training, school and community programs, as well as forming the basis for new national and state mental health policy.

• Our research formulates the development of eHealth programs to provide accessible self-help resources and psychological interventions nationally and globally.

The Institute’s translational model facilitates the transfer of knowledge into practice through:

• **INTEGRATION** – active collaboration between researchers, educators, clinicians, consumers and other stakeholders.

• **EVIDENCE** – derives from a variety of sources: explicit (research evidence), but also tacit (clinical experience, patient, family and carer experience and local context and environment).

• **DISSEMINATION** – is central to the model, and occurs at the outset and throughout the knowledge production to final end of project.

• **APPLICATION** – is diverse and is about promoting change in knowledge, awareness, behaviour, attitudes, capacity, decision-making, policies, programs, products or technology development.

• **IMPACT** – is concerned with process, context and engagement in addition to whether interventions work in a way that is statistically generalisable.
Within Australia, six million working days a year are lost due to depression through lost work, reduced productivity and increased staff turnover. This is despite the majority of mental health issues experienced in the workplace being treatable and possibly even prevented.

Recent research shows that workplace mental health programs have an impact beyond just the organisation. With 60% of Australians at work 60% of the time, workplaces are the ideal location to base general mental health education, prevention and treatment programs.

Black Dog Institute has established a unique Workplace Mental Health Program that involves research, clinical advice and education. Workplace research is led by Consultant Psychiatrist and senior researcher, Dr Sam Harvey and conducted in partnership with the University of NSW, government authorities and a range of workforces. Dr Harvey and his team aim to assess, understand and quantify the connections between mental wellbeing and the workplace, then use this information to develop effective evidence-based solutions.

Recognising the need for tailored solutions, Black Dog Institute translates these research outcomes into a suite of flexible and evidenced-based workplace mental health education programs. These aim to increase understanding of mental health and provide practical workplace solutions for small to large businesses, and range from specialist advisory services to large-scale national programs.

In 2014, our workplace mental health group made significant inroads into this growing national issue group including:

- A global research analysis conducted by Dr Sam Harvey and his team was used by the National Mental Health Commission and beyondblue to form the basis of the national ‘Heads Up’ campaign.
- Tailored workplace programs were developed for 120 organisations (over 4,000 participants) including NSW Fire and Rescue, National Rugby League, Virgin Airways, Commonwealth Bank, CHEP and Cisco.
- Development and trial of new treatment and return to work guidelines for Emergency Services staff experiencing post-traumatic stress disorder from workplace incidences.
- A collaborative group led by Dr Sam Harvey received prestigious Movember Foundation funding to develop a personalised online program called ‘Men@Work’ for high risk male-dominated workforces.

The Black Dog Institute’s workplace mental health program, led by Dr. Sam Harvey, is a joint venture by the Black Dog Institute and the School of Psychiatry, UNSW. The research arm of the program began in January 2012, and is funded by the NSW Ministry of Health via the Mental Health and Drug and Alcohol Office (MHDAO). In addition to this core funding, additional research funding has been obtained from beyondblue and the Movember Foundation, the National Mental Health Commission, Employers Mutual and the Research Council of Norway.
Suicide is the most common cause of death in Australians aged 15-44 years. Every year, 400,000 Australians experience suicidal thoughts, 65,000 make suicide attempts, 35,000 are admitted to hospital for suicide-related injuries and approximately 2,500 die. The financial costs are estimated at $17.5b, or 1% of GDP.

Funded by the Australian NHMRC, the Centre of Research Excellence in Suicide Prevention (CRESP) was officially launched on 31st January, 2013. CRESP is a national research centre, located at the Black Dog Institute.

CRESP brings together, for the first time, leading Australian and international experts in suicide prevention to share expertise and resources and undertake the necessary research to promote rapid advances in suicide prevention and to lower suicide rates in Australia.

CRESP links the expertise of researchers, clinicians, suicide prevention organisations, consumers, carers and government in order to prevent suicide. CRESP investigators include established suicide researchers in Australia and New Zealand and suicide prevention experts from Europe, Asia and USA. Organisations that deliver suicide prevention services in NSW and in Australia, such as crisis support services, helplines, online services, mental health promotion, and advocacy organisations are collaborating with CRESP as industry partners.

CRESP aims to generate new research to increase the knowledge base regarding effective suicide prevention and treatment via four research streams: 1) better delivery of interventions, 2) better knowledge of causes and risks, 3) improved help-seeking and 4) improved prioritising of suicide funds.

**LOWERING SUICIDE RATES IN AUSTRALIA**

**BETTER DELIVERY OF INTERVENTIONS**
Testing the effectiveness of interventions delivered to risk groups using the latest developments in eHealth technology. Because of their reach, eHealth interventions can reach high risk groups through mobile phones, ipads or computers.

**BETTER KNOWLEDGE OF CAUSES & RISK**
Investigating new models of suicide causation using advances in our understanding of the psychology of suicide behaviours, new models to identify social patterns of suicide through geospatial mapping and investigations of gene environment interactions (GxE) using new phenotypes.

**IMPROVED HELP-SEEKING**
Investigating the effectiveness of potentially useful methods to increase help seeking, building on developments in mental health help seeking. Self-screening suicide literacy and lowering stigma will be investigated as potential methods of increasing the rate at which individuals will seek help.

**IMPROVED PRIORITISING OF SUICIDE FUNDS**
Development of guidelines to assist policy makers in determining priorities for funding suicide prevention programs. It will involve modelling the effectiveness of particular interventions, their costs and impacts.
BLACK DOG CLINICAL SERVICES

The Black Dog Institute’s clinical model is without equal, providing patients with access to the best possible diagnostic, treatment and management services via face-to-face, telepsychiatry and eHealth channels. Our expert psychiatric and psychological clinical services include:

DEPRESSION AND BIPOLAR DISORDER CLINICS
In 2014, Black Dog provided diagnostic services for around 1500 people with complex or hard-to-treat depression and bipolar disorder, and expanded its services to include a Treatment Resistant Depression Clinic for adolescent patients (aged 13-17 years) and their families.

PSYCHOLOGY CLINIC
Launched in 2013, the Black Dog Psychology Clinic provides ongoing treatment and management of mood and anxiety disorders. In 2014, the clinic expanded to include practitioners with specialist expertise in post-traumatic stress disorder and borderline personality disorder.

NEUROSTIMULATION CLINICS
Black Dog Institute provides expert opinion for clinicians and patients considering the use of neurostimulation treatments such as electroconvulsive therapy (ECT). In 2014, we were proud to launch the first publicly accessible Transcranial Magnetic Stimulation (TMS) Clinic in NSW.

MOOD ASSESSMENT PROGRAM (MAP)
This online diagnostic service was developed by the Black Dog Institute to support medical professionals working with mental health patients anywhere in Australia. In 2014 over 4,400 clinicians were registered to use this service.

MYCOMPASS
mycompass.org.au is a fully automated, interactive self-help program that is delivered online. Registration to myCompass is free and is accessible via desktop computers, mobile phones and tablet devices. The program provides people experiencing mild-to-moderate symptoms of stress, anxiety and/or depression with 24/7 access to a private, personalised and evidence-based treatment program.

BITEBACK
Biteback.org.au is the world’s first online positive psychology program aimed at improving the overall wellbeing and happiness of young Australians between the ages of 12-18 years. Using a combination of real-life stories, creativity and psychological techniques, the key objectives of this program are to encourage young people to become more engaged in all aspects of their lives and, ultimately, to build resilience.
Launched on 16th December 2014, by the NSW Governor His Excellency General The Hon David Hurley AC DSC (Retd), the Transcranial Magnetic Stimulation (TMS) Clinic provides an effective new treatment option for people living with severe depression.

An estimated 1 in 2 Australians will experience a mental illness in their lifetime, with depression being one of the most common. In many cases a combination of antidepressant medication with psychological treatment provides effective treatment. For others, particularly those with more complex depression or bipolar disorder, this strategy is simply not effective. Yet another group are unable to tolerate the side effects that can be involved with antidepressant medication.

Up until very recently, the only other treatment option available for these groups was Electroconvulsive Therapy (ECT). Whilst effective, ECT does involve significant side effects such as memory loss and must be conducted as an in-patient procedure.

TMS is a ground-breaking new treatment that has been developed, in part, by Consultant Psychiatrist and Black Dog Institute researcher, Professor Colleen Loo. The procedure uses a magnetic field, generated by a simple coil placed on the head, to stimulate a specific area of the brain.

When Professor Loo and her team started their research into TMS around a decade ago, they were one of the first teams in the world to do so. Her initial results were so striking that two Black Dog Institute major donors agreed to purchase one of the first generation of TMS machines from the USA to support her work. Results from her studies led to international recognition, research funding from the NHMRC and elsewhere and ultimately, delivery of TMS as a new and effective treatment for depression.
BLACK DOG EDUCATION PROGRAMS

The Black Dog Institute continued to provide timely, relevant and engaging education programs to a range of audiences via a number of different channels during 2014. We recorded a significant increase in activity across all education streams, driven largely through the launch of a range of new evidence-based programs, strengthening partnerships, increasing our reach outside NSW including rural and regional areas, expanding our network of volunteers and developing a comprehensive quality assurance and continuous improvement framework to evaluate and encourage consistently high quality delivery.

EDUCATION HIGHLIGHTS

HEALTH PROFESSIONALS

• Roll out of new products, including: ‘Expert Insights’ lecture series promoting the latest in research and clinical approaches, neurostimulation webinar series and suicide prevention training for health professionals.

• Expanded delivery of programs nationally and securing of grant funding to support rural and regional activities.

• Presentations and promotion at six national conferences, marketing Black Dog education programs and the eMental Health in Practice initiative to over 4,000 health professionals.

• Gaining accreditation of the Rural Health Continuing Education Project delivery of multidisciplinary workshops to rural health professionals by: the Royal Australian College of General Practitioners (RACGP), General Practice Mental Health Standards Collaboration (GPMHSC) and Australian College of Rural and Remote Medicine (ACRRM).

WORKPLACE

• Translation of research published by the Workplace Mental Health Research Program at the Black Dog Institute and the University of NSW into a new suite of workplace mental health interventions for use by Australian workplaces. Programs are customised to meet client learning objectives, drawing on a core framework of materials that build mental health literacy, reduce stigma and encourage help-seeking, train managers and supervisors in how to keep employees in work and assist them to return to work, and build organisational and personal resilience. The new workplace programs were launched on 30 May 2014 by the Australian Minister for Trade and Investment, The Hon Andrew Robb.

• Delivery of workplace consultancy and training to an extensive range of clients, across multiple industry sectors including: St George Banking and Westpac Retail, Australian Trade Commission, John Holland, Virgin, Cisco, CBA, The Hills Shire Council, Sydney Trains, Sensis, Fire and Rescue NSW, Westpac and Hume Employment Services.

COMMUNITY

• Volunteer activity targets of 470 hours for 2014 were exceeded, with a total of 725 volunteer hours achieved.

• Mental Health Month in October saw the highest number of volunteer presentations delivered since commencement of these programs in 2009. 80 lived-experience presentations were delivered across metropolitan, rural and regional NSW, WA, VIC, QLD and TAS. In NSW, these presentations were delivered in partnership with the Northern Rivers Cooperative, University Centre for Rural Health, Northern Co-operative Meat Company Ltd, Rotary and local schools, Carers NSW, Rural Fit’s Farm Fit Wellness Program and the BackTrack Dog Show.

• Programs delivered by the youth and community team in 2014 included: ‘Breaking Down Depression and Building Resilience’, ‘Navigating Teenage Depression’, ‘Insight’ and ‘HeadStrong’.

• Community and Youth Presenters were profiled for the first time in a highly successful social media campaign to promote our community education program.

• 25 Black Dog volunteers participated in the RUOK Day Bus Tour in Sydney, Canberra, Mackay, Melbourne and Ballarat.
In partnership with the Centre for Rural and Remote Mental Health and several other regional service providers, the Black Dog Institute delivered a community orientated education and engagement project in far North-Western NSW.

The Act-Belong-Commit – Community Wellbeing Project aims to promote volunteering and community engagement, to increase awareness of local clubs and services and promote sport and recreational activities as well as community and youth activities. Working with local rugby league clubs, the Black Dog delivered the mental health literacy component of the project through its community education presentation ‘Breaking Down Depression and Building Resilience’ which has been adapted to ensure it is relevant and appropriate for both an Indigenous and non-Indigenous population.

The program was delivered in the following communities: Brewarrina, Bourke, Enngonia, Broken Hill, Menindee, Wilcannia, Walgett, Goodooga, Lightning Ridge, Collarenebri and Dareton.
LINDA - ONE OF OUR VALUED VOLUNTEERS

Growing up, mental illness was never really openly discussed. Consequently I went through adolescence scared, confused and unsure where to get help. Left untreated, I developed suicidal thoughts at 17. However, in year 12, I had unconditional support from my school and I got the help I needed.

The most important thing I’ve learned from my experiences with depression and suicidal thoughts is that there is always hope, no matter how bad things seem there is always support out there, no matter how alone you feel.

Now I feel happy, resilient and motivated to pursue a career in mental health.

THE BLACK DOG COMMUNITY

OUR VOLUNTEERS

Black Dog Institute is incredibly grateful for the support of a wonderfully vibrant, skilled, talented and compassionate volunteer team. Our volunteers are passionate about helping us to help others. Their time, commitment and energy are an invaluable support contributing to breaking down the stigma surrounding mental illness.

In 2014, our volunteer team engaged in the delivery of over 300 mental health awareness raising presentations, reaching over 18,000 people; represented the consumer perspective and the Black Dog Institute through media, conferences, fundraising activities, consultation and our ‘Rover’ newsletter; participated in event support roles for Black Dog supported community events; and, contributed to over 850 hours of administrative support in our office.

Thank you to our cherished volunteer team, we could not do this work without you.
COMMUNITY FUNDRAISING HIGHLIGHTS

Black Dog Institute’s community of fundraisers is the backbone of our untied funds. During 2014, 3,125 fundraisers ran, cycled, baked, danced, painted, walked, skipped, trekked, barbecued and raffled to help raise both funds and awareness about mental health in the community. Every single fundraiser is so important to us and we wish we could share every single fundraisers achievement for 2014, below are just a couple of highlights in what was a fabulous year.

CITY2SURF
The 2014 City2Surf saw our largest contingent of runners ever supporting Black Dog Institute, with a total of 181 passionate people raising funds and awareness through their own networks. Their tremendous combined efforts resulted in over $170,000 being raised for Black Dog Institute. Runners were supported in the lead up to the day and encouraged in their preparation for the run by two Black Dog Institute Ambassadors – personal trainers and former MKR contestants Scott Gooding and Luke Hines.

ZOO2ZOO
Since 2009, Zoo2Zoo has become a much loved event on the Black Dog Institute fundraising calendar. Growing from strength to strength, 148 cyclists took on the challenge to ride part, or all, of 6 different routes, pedalling between various Australian zoos. The event culminated with the 437 kilometre ride between the iconic Taronga Zoo in Sydney and Western Plains Zoo in Dubbo, where Prime Minister, Tony Abbott, rode alongside for the first 25 kilometres.

In 2014, Zoo2Zoo events raised a record $223,000 making it our largest community fundraiser event. We would like to thank organiser Andrew McKay, who gives his time so selflessly to organise this amazing event every year, as well as thanks to his fabulous team and all the riders.

JUSTIN HANBY DIVES IN
Sydney lawyer Justin Hanby has many reasons to get behind the work of the Black Dog Institute, but few would be willing to take their commitment so far. To raise awareness and funds Justin swam the 34 kilometres of cold, dangerous waters of the English Channel – placing him in an elite group of just 112 Australians who have successfully completed the English Channel swim.

KERRY PRIEST INSPIRES
In 2012, Kerry Priest decided to run for Black Dog Institute in the City2Surf to raise awareness about depression, after losing her brother to suicide two years earlier. In 2014, Kerry again tackled the 14 kilometre challenge, with her two daughters, to share her story with her community and encourage others to seek help. To achieve her fundraising target Kerry ran numerous raffles, approached local businesses for sponsorship and spread her message through her friends, family and work colleagues. Kerry raised over $5,000! We were all inspired at Kerry’s amazing efforts and we are so lucky to have such a dedicated fundraiser.
Our business partners make a significant contribution to us each year through funding, providing volunteers and promoting the Black Dog Institute and mental health to their communities and stakeholders. We’d like to thank all of our many business partners for supporting us again so generously in 2014, and share with you some of the highlights.

**BLACK DOG KICKS OFF GOOGLE GIVE**

Google Australia launched Google Give, a week long initiative to engage its staff with five non-profit organisations, and Black Dog Institute was proud to be selected to kick-off this fabulous fundraising initiative. Black Dog Ambassador ex-Olympic swimmer, Geoff Huegill, shared his inspiring story with Google employees and we worked with the Google team to help raise awareness about mental health. Many of the staff made donations to the Black Dog Institute, which were generously matched 2:1 by Google.

**CALTEX**

**PRIORITISING WORKPLACE SAFETY**

As a leading transport fuel supplier in Australia, Caltex has an unwavering commitment to workplace safety and is dedicated to improving process and personal safety throughout its manufacturing and supply chain. Through its Safety Incentive Scheme, Caltex Refineries has continually supported the Black Dog Institute by donating funds for every injury free day at its Kurnell refinery. During 2014, Black Dog representatives spoke with Caltex employees and contractors on good mental health as an important part of workplace safety.

**WENTWORTHVILLE LEAGUES CLUB**

In 2014 we welcomed a new community business partner – Wentworthville (Wenty) Leagues Club. With over 50,000 members, Wenty Leagues is one of the largest community and sporting clubs in NSW, and recognises the important role it can play in promoting mental health awareness to the broader community. The club is supporting the Black Dog Institute through ongoing fundraising and awareness activities. We look forward to continuing to develop this wonderful partnership.
MAJOR SUPPORTERS

The Black Dog Institute relies on the generosity of the broader Australian community. We would like to thank each and every one of the individuals, families, businesses, community groups, schools and foundations who have helped us to make 2014 a very successful year.

We’ve listed just some of our special supporters below. There’s not room to acknowledge everyone, but rest assured we appreciate every single contribution we receive – we couldn’t do our work without you!

ORGANISATIONS AND BUSINESSES

APT Management
Australian Cattle Veterinarians
Australian Federation
of International Forwarders Ltd
Business Chicks
Caltex Refineries (NSW) Pty Ltd
Camilla
Google
Greenbox Systems
Hurricane’s Corporate Services Pty Ltd
Pagewood Botany Football Club
Paramount Safety
Rio Tinto
Rotary Club of Stanthorpe Inc
Sandran PTY LTD
Shead Property
Sportingclass Ltd
Toll Priority
Virgin Australia
VSL Events
Wentworthville Leagues Club
Woolworths Limited

FOUNDATIONS

AFA Foundation
Australand Foundation
Black Puppy Foundation
JLDGS Foundation
Macquarie Group Foundation
Medtronic Foundation
Neilson Foundation
The Berg Family Foundation
The Lansdowne Foundation
Yoga Aid Foundation

MAJOR DONORS

Greg Davies
Beth Gibbeson
Anthony Hill
Jayne and Phil Newling
Peter Joseph
Keith and Maureen Kerridge
Kimberley Rathmanner
Janet Ruskin Rowe
Jonathan Stretch
Tony Wales

COMMUNITY FUNDRAISERS

David Bell
Olivia Berry
Kellie Burns
John Diamantopoulos
Dean Duckworth
Sean Duggan
East Side Crew
Kim Hamilton
Justin Hanby
Simon Harrop
David Hayes
Amanda Hewines
Christian Johansson
Eve McIntyre
North Epping Steam Rollers
Kate Olgers
William Peterson
Kerry Priest
Michael Richardson
Warwick Scherf
Silver Foxes Rugby Union
Dale Skinner
Sydney Grammar School
Team Hillross
Team NAB
The JED Project
University of Tasmania
(Rozelle campus)
Elliot Thomas Waters
Ali Wilson
Geoffrey Young
Zoo2Zoo

PARTNERS AND AMBASSADORS

Top: Business Partner, Wentworth Leagues club
Centre: Business Partner Caltex
Bottom: Ambassador, Michelle Bridges

AMBASSADORS

We’d like to thank the following people for so generously donating their time, their name and their voice, as a Black Dog Institute Ambassador during 2014.

Michelle Bridges
Alison Fallon
Scott Gooding
Luke Hines
Geoff Huegill
Our people are without a doubt our most valuable asset. Our staff wellbeing program is evidence-based, implementing the research findings from our Workplace Mental Health Research Program. We aim to create a positive and supportive, mentally healthier workplace with a compassionate and positive workplace culture.
OUR PEOPLE

THE BOARD OF DIRECTORS

MR PETER JOSEPH AM
BComm, MBA
Mr Joseph is Chairman of the Black Dog Institute, St James Ethics Centre and The Health-Science Alliance. He is former Chairman of Dominion Mining Limited, the GPT Group and St Vincent’s and Mater Health Sydney.

PROFESSOR PHILIP MITCHELL AM
MB BS (Hons I), MD, FRANZCP, FRCPsych
Scientia Professor and Head of the School of Psychiatry, University of NSW; Member of the NHMRC Research Committee; Consultant Psychiatrist, Prince of Wales Hospital; Director, Bipolar Disorders Clinic, Black Dog Institute; Guest Professor, Shanghai Jiaotong University; Visiting Professor, Harbin Medical University, China; and Board Member of the Anika Foundation for Adolescent Depression and Suicide.

MRS CAROL BERG
BMus, MM
Mrs Berg is Chairman of the Board of the Marmalade Foundation Inc. She is Vice President (immediate past President) of the National Choral Association (NSW/ACT Branch) and past Director of the Board of the Bundanoon Trust.

MR DOUGLAS SNEDDEN
BEc
Mr Snedden is a board member of Transfield Services Limited, Hillgrove Resources Limited and UXC Limited. He is Chairman of Chris O’Brien Lifehouse and Odyssey House (NSW) and a Director of the National Library Foundation.

MR JAMES BLOMFIELD
MA, MBA
Mr Blomfield is a strategy manager at National Australia Bank.

MR JOHN WELLS
Mr Wells is a communications consultant and Chair of Wells Haslem, a strategic public affairs company; and is a Director of the Whitlam Institute.

PROFESSOR HELEN CHRISTENSEN
MPsychol, PhD, FASSA, MAPS
Director and Chief Scientist, Black Dog Institute; Professor of Mental Health, University of NSW; NHMRC John Cade Research Fellow; Member, NHMRC Academy; Fellow of Academy of Social Sciences, Australia; Director, NHMRC Centre for Research Excellence in Suicide Prevention; and Emeritus Professor, Australian National University.

DR TIMOTHY SMYTH
MB, BS, LLB, MBA
Dr Smyth is a management consultant; part-time Special Counsel with Holman Webb lawyers; and Chair of the Eastern Sydney Medicare Local. Dr Smyth was formerly a Deputy Director-General with the NSW Ministry of Health; and a Director of the Australian Commission on Safety and Quality in Health Care. He has over 30 years’ experience across the NSW health system and in commercial and corporate law. Dr Smyth was recently appointed a Director of the Australasian College of Health Service Management.

MRS MELANIE KIELY
BBus Sci (Hons) GAICD
Mrs Kiely is Executive General Manager – Group Strategy, HealthGuard and Risk with health fund HBF Ltd. Previously, she was Chief Operating and Technology Officer at NIB health fund; and an executive at MBF and Accenture. She has served as a Non-Executive Director at Hunter United Credit Union, HBF Pharmacy, HBF Wellness and MBF in2life; and a Council Member at Save the Children NSW.

MR CRAIG KNOWLES
FAPI, CPV
The Hon Craig Knowles holds a number of advisory roles, statutory appointments, and commercial and not-for-profit directorships: Chair, Murray Darling Basin Authority; Chair of the Australian Centre for Photography; President of the Asthma Foundation NSW; President of the Children’s Medical Research Institute (CMRI); Member, Central Sydney Planning Committee; and Trustee of the Hoc Mai Foundation. He is a Fellow of the Australian Property Institute. Previously, he has served as a senior Minister in the New South Wales Government for 10 years, with portfolios including Health, Infrastructure and Planning, Housing, Natural Resources, Forests, and Lands.
BLACK DOG INSTITUTE PATRON
Our Patron is the NSW Governor, His Excellency General The Hon. David Hurley AC DSC (Retd).

PUBLIC OFFICER & COMPANY SECRETARY
Marian Spencer

SENIOR MANAGEMENT AND OPERATIONAL STAFF

CHIEF SCIENTIST & DIRECTOR
Chief Scientist and Director
Professor Helen Christensen
Executive Assistant
Linda Wood

GENERAL MANAGEMENT
General Manager
Michael Jones
Managing Director
Will Bonney
Operations Manager
Marian Spencer

RESEARCH
Head of Research
Nicole Cockayne
Research Manager
Kirsty Delmas

FINANCE
Finance Controller
Steven Franks
Finance Officer
Maria Kinantra
Finance Officer
Hailey Tierney
Finance Officer
Sheley Kurniawan

COMMUNICATIONS
Head of Communications and Media
Gayle McNaught
Creative Director (Contractor)
Matthew Johnstone
Website and Communications Officer
Emily Selmon
Communications Assistant
Sharnelle Cowan
Emma Williams
Publications Consultant
Kerrie Eyers

EDUCATION
Head of Education
Jonathon Tennant
Education Project Manager
Chris Rule
Education Project Manager
Kate Farquharson
Education Project Manager
Kat Dabich
Education Project Officer
Chilin Gieng
Education Project Officer
Shannon Nolan
Education Project Officer
Nicola Marshal
Education Project Officer
Aimee Gayed
Education Project Officer
Katie Denton
Education Project Officer
Liza Cullaney
Education Administration Assistant
Michael van Dyk
Inae Araujo
GP (Consultant)
Dr Vered Gordon
GP (Consultant)
Dr Jan Orman
Psychiatrist (Consultant)
Dr Caryl Barnes
Workplace Programs Consultant
Wayne Wigham
Workplace Programs Consultant
Guy Dunston
BLACK DOG INSTITUTE STAFF

FUNDRAISING
Head of Fundraising
Karen Elliff
Community Events Lead
Fleur Mortimer
Fundraising Assistant
Evan Jackson
Fundraising Assistant
Marianne Burke

INFORMATION TECHNOLOGY
Business Analyst
Sako Hampartzoumian
IT Systems Manager
Jacinto Santamaria
IT Systems
Cesar Anonuevo
.Net Developer
Neelima Chandoloy

ADMINISTRATION
Reception
Pauline Trantalis
Domestic Services
Teresa Silva

BITEBACK
Project Manager (Contractor)
Jacqui Wallace
BiteBack Coordinator
Nic Newling
Content Editor
Annette McClelland

CLINICAL SERVICES
Clinical Director
Associate Professor
Josephine Anderson
Clinic Coordinators
Orla Dempsey
Leah Greenfield
Medical Secretary
Sarah McNally
Receptionist (casual)
Laura McMahon
Clinic Research Assistant
Nyree Gale
Psychiatrist (Consultant)
Dr Paul Friend
Psychiatrist (Consultant)
Dr Melissa Barrett
Psychiatrist (Consultant)
Dr Michael Hong
Psychiatrist (Consultant)
Dr Howe Synnott
Psychiatrist (Consultant)
Dr John Spencer
Psychiatrist (Consultant)
Dr Ivan Lakicevic
Psychiatrist (Consultant)
Dr Adrian Falkov
Psychiatrist (Consultant)
Dr Artin Jebejian
Psychiatrist (Consultant)
Dr Basem Dall
Clinical Psychologist
Rowan Burkhardt
Clinical Psychologist
Carryn Masluk
Clinical Psychologist
Dr Yael Perry
Clinical Psychologist
Professor Zac Steel
MAP - Administrator
Louise Dyer
RESEARCH FELLOWS

Dr Alison Calear
Dr Bregje Van Spijker
Professor Cynthia Shannon Weickert
Associate Professor Felice Jacka
Professor Felicia Huppert
Scientia Professor Henry Brodaty
Professor Kay Wilhelm
Dr Kristin Laurens
Dr Louise Farrer
Professor Maree Teesson

Associate Professor Melissa Green
Professor Michael Breakspear
Professor Michael Farrell
Scientia Professor Perminder Sachdev
Dr Phil Batterham
Professor Philip Boyce
Scientia Professor Richard Bryant
Dr Stephen Barnett
Dr Suzy Green
Associate Professor Ute Vollmer-Conna

RESEARCH TEAMS

Chief Scientist
Professor Helen Christensen
Research Assistant
Amelia Ceslis
Post-Doctoral Fellow
Dr Ang Li
Post-Doctoral Fellow
Dr Aliza Werner Seidler
Post-Doctoral Fellow
Dr Bridianne O’Dea
Research Assistant
Catherine King
Research Assistant
Dr Daniela Solomon
Research Assistant
Jade Chan
PhD Research Student
Jen Nicholas
PhD Research Student
Joe Tighe
PhD Research Student (ANU)
John Gosling
Research Assistant
Katherine Petrie
Post-Doctoral Fellow
Dr Mark Larsen
Research Fellow
Dr Tjeerd Boonstra
Research Fellow
Dr Yael Perry

Research Head
Associate Professor Vijaya Manicavasagar
PhD Research Student (USyd)
Alana Fisher
Research Assistant
Elizabeth Talbot
Research Assistant / PhD Research Student
Rowan Burckhardt

Senior Research Fellow
Dr Fiona Shand
Research Assistant
Ash Dargan
Research Assistant
Rebecca Ridani

Research Head
Associate Professor Judy Proudfoot
Research Assistant
Dr Andrea Fogarty
Research Assistant
Erin Whittle
Senior Research Officer
Dr Janine Clarke
PhD Research Student
Jo Crawford
Research Assistant
Dr Michael Player
Research Assistant
Veronica Vatiliotis

Research Head
Scientia Professor Phillip Mitchell
Research Associate
Andrew Frankland
PhD Research Student
Anna Radcliffe
Research Associate
Basia Radlinska
Masters Research Student
Cassandra Joslyn
Research Student (ILP)
Divya Kumar
Senior Research Fellow
Dusan Hadzi-Pavlovic
Post-Doctoral Fellow
Dr Gloria Roberts
Research Student (ILP)
Joyce Teng
PhD Research Student
Justine Corry
PhD Research Student
Karl Andriessen
Post-Doctoral Fellow
Dr Tania Perich

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Rebecca Ridani

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Research Student (ILP)
Joyce Teng
PhD Research Student
Justine Corry
PhD Research Student
Karl Andriessen
Post-Doctoral Fellow
Dr Tania Perich
PROFESSIONAL EDUCATION PROGRAMS:
PROGRAM FACILITATORS

Dr Sarah Barker  Tony Merritt
Orlie Beer       Dr David Mitchell
Julie Berg       Claire Nabke-Hatton
Dr Mark Bestmann Dr Kathy O’Grady
Anne Bunt        Dr Janette Randall
Dr Anne Camac    Anne Riches
Joanne Crosby    Machelle Rinaldis
Dr Sarah Edelman Dr Simone Shaw
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Susan Gorton     Bree Tiller
Dr Margaret Gottlieb Angela Vrankic
Dr Carolyn Greenhalgh Cath Walker
Dr Wendy Grusin  Jodie Wassner
Dr Kristine Kafer Dr Sarah Weaver
Beti Kordanovski Sharon Williams
Dr Raylene Charlene Lewis Gabrielle Wynne
Dr Adrian Lopresti Dr Genevieve Yates
Dr Claudine Martijn

Work plays a part in recovery
Volunteers

Joanne Achison
Maria Arfanis
Sarah Arnold
Leonie Auld
Ruby Awram
Elizabeth Bacci
Linda Bafit
Julie Bailey
Clare Barrett
Sandra Bathis
Allysa Beasley
John Beattie
Nerida Bell
Lisa Bell
Lara Boyle
Jen Brennen
Kim Brett
Catherine Bugler
Kellie Burns
Lauren Camilleri
John Canning
Mary Canning
Brent Carreyer
Kelly Ceravolo
Jacqui Chaplin
Ralph Chapman
Tracey Cremmerring
Peter Davis
Lynda Devitt
Swami Dharmashatki
Roopinder Dhillon
Tamallia Dias
Sian Dooley
Jessie Dunphy
Laila Edwards
Melanie Faithfull
Peter Ferreira
Athena Field
Linelle Fields
Debora Foran
James Francis
Samantha French
Dianne Gadden
Nyree Gale
Richie Garard
Kate Gibbons
Shae Giles
Helen Goodman
Kate Gibbons
Shae Giles
Helen Goodman
Nyomi Graef
Mabel Ha
David Hales
Angela Hancock
Jessica Harris
Tim Heffernan
Kylie Henman
Susan Howieson
Amber Hu
Tom Hughes
Robyn Irving
Rhys Jack
Brendan Johnson
Nick Johnston
Elaine Kelly
Natasha Khoury
Sheana Kilmartin
Kate Kingshott
Belinda Kirley
Peter Kirwan
Nick Koleits
Peter Langston
Natalie Lantry
Stephanie Laraia
Angela Lee
Sarah L’Huillier
Samantha Lim
Christine Lopacinski
Josephine Lynar
Vicki Lynar
Melanie Mackay
Liezl Maritz
Monica Massoud
Brad McCarthy
Martin McDaniel
Sharyn McGee
Lisa McPhee
Bronwyn Milkins
Craig Miller
Bernie Mitchell
Donna Murray
Bridget Murray
Gisela Nip
Grace Norrie
Phoebe O’Carriagan
Cheryl O’Grady
Riley-Sue O’Halloran
Louisa O’Neill
Elise Pahlow
Shannai Pearce
Sue Phelps
Rachael Piercy
Rebecca Pierro
Hanneke Raap
Rebecca Rayner
Ashley Sky Recbecchi
Donna Regget
Matthew Rennie
Angie Richards
Carol Richards
Anne Riches
Benjamin Robinson
Indra Sadeli
Dan Sanders
Alexandra Schnabel
Adam Schwartz
Anne Schwartz
Todd Sergeant
Nicola Shearmann
Adam Sinclair
Dale Skinner
Juleigh Slater
Michael Smith
Roderick Smith
Shirley Sneddon
Zoha Stafford
Tanya Steinbeck
Peter Stiles
Melleah Strautins
Yenee Su
Ella Swanson
Ruby Szegedi
Ben Teasdale
Paul Thomas
Joni Themes
Rodney Thompson
Sianne Toemoe
Jess Turunen
Kath Tye
Nicholas Valentine
Diana Vdelli
Philip Waesch
Susanne Waesch
Elliot Waters
Ashley Watson
Amy Watts
Laura Watts
Stephanie Webster
David Westgate
Lisa Wheelidon
Scott White
Wayne Wigham
Jane Winter
Brooke Witchard
Andrew Woods
Sheena Yuasa
Jennifer Yuen
Wincy Zhong
CENTRE FOR RESEARCH EXCELLENCE IN SUICIDE PREVENTION (CRESP)
SENIOR MANAGEMENT AND OPERATIONAL STAFF

Lead Investigator
Professor Helen Christensen
CRESP Coordinator
Hannah Buckley
Dr Karolina Krysinska

SCHOOL OF PSYCHIATRY, UNIVERSITY OF NSW
SENIOR MANAGEMENT AND OPERATIONAL STAFF

Head of School
Scientia Professor Phillip Mitchell
Administrative Assistant
Anne-Maree Austen
Administrative Officer
Brad Turney
Finance Manager
Isabella Cheung
Student Coordinator
Judy Andrews
Brain Sciences Coordinator
Dr Karen Kool
School Manager
Lara Jacques
Administrative Officer
Michael Luo
PA to Professor Parker
Penny Sawdy
Administrative Assistant
Zora Zukovic
BLACK DOG OPERATIONS

GOVERNANCE

The Black Dog Institute is an independent not-for-profit organisation located within the Prince of Wales Hospital campus and affiliated with the University of NSW.

Our distinguished Board of Directors assesses the overall direction of the business. Our strategy and activities are overseen by an Executive Committee. Research, clinical and community undertakings are directed and evaluated internally by senior representatives from these groups.

Operational and enabling activities include research coordination, fundraising, finance, public affairs, communications and information technology.

THE BLACK DOG INSTITUTE:

• is a founding member of the Health Science Alliance – Australia’s first academic health science centre (thehealthsciencealliance.org)
• plays a leading role in the Mindgardens Neurosciences Project – the nation’s first comprehensive brain disorders centre (mindgardens.org.au)
• hosts and provides infrastructure support to the clinical and research programs of the University of NSW School of Psychiatry, University of NSW School of Psychology, and the University of NSW National Drug and Alcohol Research Centre
• hosts the NHMRC Centre for Research Excellence in Suicide Prevention (CRESP)
• supports the Digital Dog Research Program, funded by the NHMRC John Cade Fellowship.
## Financials

The Income Statement and Balance Sheet from the Institute’s Annual Financial Report for the year ended 30 June 2014 is set out below.

### Statement of Comprehensive Income for the Year Ended 30 June 2014

<table>
<thead>
<tr>
<th>Notes</th>
<th>30 June 2014</th>
<th>30 June 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Revenue from Continuing Operations</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grant funding</td>
<td>4,826,439</td>
<td>4,369,450</td>
</tr>
<tr>
<td>Fundraising revenue</td>
<td>1,073,304</td>
<td>1,196,403</td>
</tr>
<tr>
<td>Research funding</td>
<td>814,603</td>
<td>495,707</td>
</tr>
<tr>
<td>Donation revenue</td>
<td>703,047</td>
<td>535,332</td>
</tr>
<tr>
<td>Education and training fees</td>
<td>602,135</td>
<td>444,366</td>
</tr>
<tr>
<td>Facility fees</td>
<td>440,390</td>
<td>384,420</td>
</tr>
<tr>
<td>Interest revenue</td>
<td>71,043</td>
<td>71,965</td>
</tr>
<tr>
<td>Other revenue</td>
<td>65,709</td>
<td>56,431</td>
</tr>
<tr>
<td><strong>Revenue</strong></td>
<td>8,596,670</td>
<td>7,554,074</td>
</tr>
<tr>
<td><strong>Expenses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Employee benefits expense</td>
<td>(4,847,991)</td>
<td>(3,704,427)</td>
</tr>
<tr>
<td>Professional fees</td>
<td>(1,310,331)</td>
<td>(1,306,832)</td>
</tr>
<tr>
<td>Research expenditure</td>
<td>(579,035)</td>
<td>(1,059,093)</td>
</tr>
<tr>
<td>Depreciation and amortisation expense</td>
<td>(251,443)</td>
<td>(251,292)</td>
</tr>
<tr>
<td>Travel expenses</td>
<td>(239,331)</td>
<td>(175,397)</td>
</tr>
<tr>
<td>Printing and stationery expenses</td>
<td>(218,538)</td>
<td>(198,258)</td>
</tr>
<tr>
<td>Information technology expenses</td>
<td>(160,636)</td>
<td>(218,377)</td>
</tr>
<tr>
<td>Advertising and promotion expenses</td>
<td>(156,377)</td>
<td>(83,358)</td>
</tr>
<tr>
<td>Other expenses</td>
<td>(740,160)</td>
<td>(648,133)</td>
</tr>
<tr>
<td><strong>Surplus (deficit) before tax</strong></td>
<td>92,828</td>
<td>(91,093)</td>
</tr>
<tr>
<td>Income tax expense</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Surplus (deficit) for the year</strong></td>
<td>92,828</td>
<td>(91,093)</td>
</tr>
<tr>
<td>Other comprehensive income</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total comprehensive income for the year</strong></td>
<td>92,828</td>
<td>(91,093)</td>
</tr>
<tr>
<td>Notes</td>
<td>30 June 2014</td>
<td>30 June 2013</td>
</tr>
<tr>
<td>-------</td>
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<td>-------------</td>
</tr>
<tr>
<td></td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td><strong>ASSETS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current assets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash and cash equivalents 2(a)</td>
<td>2,034,437</td>
<td>2,353,284</td>
</tr>
<tr>
<td>Trade and other receivables 2(b)</td>
<td>1,867,146</td>
<td>582,213</td>
</tr>
<tr>
<td><strong>Total current assets</strong></td>
<td>3,901,583</td>
<td>2,935,497</td>
</tr>
<tr>
<td>Non-current assets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Property, plant and equipment 3(a)</td>
<td>3,160,912</td>
<td>3,393,280</td>
</tr>
<tr>
<td>Intangible assets 3(b)</td>
<td>86,281</td>
<td>17,966</td>
</tr>
<tr>
<td><strong>Total non-current assets</strong></td>
<td>3,247,193</td>
<td>3,411,246</td>
</tr>
<tr>
<td><strong>Total assets</strong></td>
<td>7,148,776</td>
<td>6,346,743</td>
</tr>
<tr>
<td><strong>LIABILITIES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current liabilities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trade and other payables 2(c)</td>
<td>1,619,044</td>
<td>916,299</td>
</tr>
<tr>
<td><strong>Total current liabilities</strong></td>
<td>1,619,044</td>
<td>916,299</td>
</tr>
<tr>
<td>Non-current liabilities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Provisions 3(c)</td>
<td>6,460</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total non-current liabilities</strong></td>
<td>6,460</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total liabilities</strong></td>
<td>1,625,504</td>
<td>916,299</td>
</tr>
<tr>
<td><strong>Net assets</strong></td>
<td>5,523,272</td>
<td>5,430,444</td>
</tr>
<tr>
<td><strong>EQUITY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Retained earnings 4(b)</td>
<td>5,523,272</td>
<td>5,430,444</td>
</tr>
<tr>
<td><strong>Total equity</strong></td>
<td>5,523,272</td>
<td>5,430,444</td>
</tr>
</tbody>
</table>

**AUDITORS FINDINGS**

Our audit partners Ernst & Young completed their audit of the Institute’s account for the year to 30 June 2014 with no adverse findings.
The Black Dog Institute is funded through a variety of sources spanning the public and private sector. Research projects are supported predominantly through prestigious peer-reviewed grants from the NHMRC and Australian Research Council (ARC), beyondblue, Movember and Rotary Health. We also receive general funding for research infrastructure and operations from the NSW Government and competitive project funding from the Australian Department of Health, which supports research, clinical and education programs.

Donations from the private sector, including corporates, foundations, philanthropists and the general public contribute to our education and community awareness programs, as well as fund specific research projects, such as pilot studies, prototype development and other innovative programs.
<table>
<thead>
<tr>
<th>Lead BDI Investigator</th>
<th>All Investigators</th>
<th>Research title</th>
<th>Funding Scheme</th>
<th>Years funded</th>
</tr>
</thead>
<tbody>
<tr>
<td>Austin, Marie-Paule</td>
<td>Austin, Sullivan, Hight, Morgan, Mihalopoulos, Croft, Chambers, Hadzi-Pavlovic, Rampono, Reilly, Xu</td>
<td>The Australian perinatal mental health reforms: Using population data to evaluate their impact on service utilisation and related cost-effectiveness.</td>
<td>NHMRC Partnership Project; beyondblue</td>
<td>2012-2014</td>
</tr>
<tr>
<td>Austin, Marie-Paule</td>
<td>Galbally, Lewis, Buist, Austin</td>
<td>Maternal and infant outcomes following antidepressant exposure in pregnancy.</td>
<td>beyondblue</td>
<td>2012-2014</td>
</tr>
<tr>
<td>Austin, Marie-Paule</td>
<td>King, Kildea, Austin</td>
<td>QF201: The effects of the Queensland flood on pregnant women, their pregnancies, and their children’s early development.</td>
<td>Canadian Institutes of Health Research</td>
<td>2011-2015</td>
</tr>
<tr>
<td>Austin, Marie-Paule</td>
<td>Kingston, Austin, Biringer, Heaman, Hegadoren, Lasik, MacQueen, McDonald, McDonald, McGrath, Schopflocher, Sword, Veldhuyzen van Zanten</td>
<td>Integrated maternal psychosocial assessment to care trial (IMPACT): Intervening early to improve maternal child health.</td>
<td>Canadian Institutes of Health Research</td>
<td>2013-2017</td>
</tr>
<tr>
<td>Boonstra, Tjeerd</td>
<td>Boonstra, Loo, Breakspear, Gandevia</td>
<td>Refa 72 stationary system for high density EMG, EGG, ECG or polygraphy.</td>
<td>UNSW Major Research Equipment and Infrastructure Scheme (MREII)</td>
<td>2014</td>
</tr>
<tr>
<td>Breakspear, Michael</td>
<td>Schira, Breakspear, Robinson</td>
<td>Application of high resolution functional brain imaging to the topographic organisation of object perception.</td>
<td>ARC Discovery Grant</td>
<td>2012-2014</td>
</tr>
<tr>
<td>Christensen, Helen</td>
<td>Anstey, Christensen, Butterworth, Easteal, Cherbuin, Mackinnon</td>
<td>Causes and consequences of mental disorders, cognitive decline and dementia over the adult life course and the implications for mental health services: PATH Wave 4.</td>
<td>NHRMC Project Grant</td>
<td>2011-2015</td>
</tr>
<tr>
<td>Christensen, Helen</td>
<td>Christensen</td>
<td>Prevention of depression using eHealth technologies.</td>
<td>NHMRC John Cade Fellowship in Mental Health Research</td>
<td>2014-2018</td>
</tr>
<tr>
<td>Christensen, Helen</td>
<td>Christensen</td>
<td>Youth and Wellbeing CRC Scholarship for suicide prevention: Scholarship for Joe Tighe.</td>
<td>CRC for Young People, Technology and Wellbeing Scholarship</td>
<td>2013-2015</td>
</tr>
<tr>
<td>Christensen, Helen</td>
<td>Christensen</td>
<td>Black Dog Institute Scholarship in adolescent depression and suicide.</td>
<td>The Anika Foundation</td>
<td>2014-2016</td>
</tr>
<tr>
<td>Christensen, Helen</td>
<td>Christensen</td>
<td>Scrapping and interpreting behavioural and social media data from mobile phones among youth.</td>
<td>CRC for Young People, Technology and Wellbeing</td>
<td>2014-2016</td>
</tr>
<tr>
<td>Christensen, Helen</td>
<td>Christensen, Calear, Mackinnon, Batterham</td>
<td>Prevention at critical points: A randomised controlled trial of an eHealth application to prevent depression, suicide risk and anxiety in youth (TRIPOD).</td>
<td>NHMRC Project Grant</td>
<td>2014-2017</td>
</tr>
<tr>
<td>Christensen, Helen</td>
<td>Christensen, Glozier, Griffiths, Butler</td>
<td>A novel intervention targeting insomnia to prevent major depressive disorder in the community.</td>
<td>NHMRC Project Grant</td>
<td>2012-2014</td>
</tr>
<tr>
<td>Christensen, Helen</td>
<td>Christensen, Hickie, Mackinnon, Calear, Batterham, Martin, Butler, Teesson, Proudfoot</td>
<td>Centre of Research Excellence for improving suicide prevention in Australia through better implementation of effective interventions, improved risk identification and evidence informed policy.</td>
<td>NHMRC Centre of Research Excellence</td>
<td>2012-2017</td>
</tr>
<tr>
<td>Christensen, Helen</td>
<td>Christensen, van Spijker, Mackinnon, Calear, Batterham</td>
<td>Reducing suicide ideation: A randomised controlled trial of a novel web intervention.</td>
<td>NHMRC Project Grant</td>
<td>2013-2016</td>
</tr>
<tr>
<td>Lead BDI Investigator</td>
<td>All Investigators</td>
<td>Research title</td>
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<tr>
<td>Christensen, Helen</td>
<td>Glozier, Christensen, Griffiths, Naismith, Hickie, Ritterband</td>
<td>An RCT of the efficacy of adjunctive internet based CBTi in treating depression and anxiety in older men (SOMNA).</td>
<td>beyondblue National Priority Driven Research</td>
<td>2012-2014</td>
</tr>
<tr>
<td>Christensen, Helen</td>
<td>Hickie, McGorry, Christensen, Berk, Naismith, Glozier, Burns, Guastella, Davey, Amminger</td>
<td>Optimising early interventions for young people with emerging mood disorders.</td>
<td>NHMRC Centre of Research Excellence</td>
<td>2013-2018</td>
</tr>
<tr>
<td>Christensen, Helen</td>
<td>Naismith, Christensen, Hickie</td>
<td>The Beyond Ageing Project: Phase 2</td>
<td>NHMRC Project Grant;</td>
<td>2014-2016</td>
</tr>
<tr>
<td>Christensen, Helen</td>
<td>Teesson, Christensen, Hickie</td>
<td>systems analysis expertise, website development &amp; website hosting (Netfront Pty Ltd).</td>
<td>UNSW Major Equipment and Infrastructure Scheme (MREII)</td>
<td></td>
</tr>
<tr>
<td>Green, Melissa</td>
<td>Green</td>
<td>Carving psychosis at its biological joints.</td>
<td>NHMRC Career Development Fellowship</td>
<td>2014-2017</td>
</tr>
<tr>
<td>Green, Melissa</td>
<td>Green</td>
<td>Imaging genetics in schizophrenia and bipolar disorder: Adjudicating neurocognitive endophenotypes.</td>
<td>NHMRC Project Grant</td>
<td>2010-2014</td>
</tr>
<tr>
<td>Harvey, Sam</td>
<td>Harvey, Bryant, Mitchell</td>
<td>Clinical Academic Research Program: Workplace mental health.</td>
<td>NSW Department of Health</td>
<td>2011-2017</td>
</tr>
<tr>
<td>Harvey, Sam</td>
<td>Harvey</td>
<td>The development and evaluation of a welfare management program for managers in NSW Fire and Rescue.</td>
<td>Employers Mutual Research Contract</td>
<td>2014</td>
</tr>
<tr>
<td>Harvey, Sam</td>
<td>Myklesten, Rosd, Smit, Brinchmann, Berge, Harvey, McDaid, Helle, Becker, Fleten</td>
<td>Interventions for reduced sickness absence and disability benefits.</td>
<td>Research Council of Norway</td>
<td>2013-2017</td>
</tr>
<tr>
<td>Loo, Colleen</td>
<td>Loo, Aaronson, Haroon, Husain,isanby, Martin, McClintock</td>
<td>A controlled trial of transcranial direct current stimulation as a treatment for unipolar and bipolar depression.</td>
<td>Stanley Medical Research Institute</td>
<td>2012-2015</td>
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<tr>
<td>Loo, Colleen</td>
<td>Loo, Mitchell, Taylor</td>
<td>Electrical stimulation with a ”random noise” pattern: A new approach for the treatment of depression.</td>
<td>NHMRC Project Grant</td>
<td>2013-2015</td>
</tr>
<tr>
<td>Mitchell, Phillip</td>
<td>Meiser, Mitchell, Schofield, Trevena, Barlow-Stewart, Dobbins, Christensen</td>
<td>Cluster randomised controlled trial of an online psycho-educational intervention for people with a family history of depression for use in general practice.</td>
<td>ARC Linkage Grant</td>
<td>2012-2015</td>
</tr>
<tr>
<td>Mitchell, Phillip</td>
<td>Mitchell</td>
<td>Bipolar disorder kids and sibs study.</td>
<td>Lansdowne Foundation</td>
<td>2014</td>
</tr>
<tr>
<td>Mitchell, Phillip</td>
<td>Mitchell, Schofield, Parker, Breakspear</td>
<td>Depressive and bipolar disorders: Pathophysiology, phenotypes and treatment innovations.</td>
<td>NHMRC Program Grant</td>
<td>2013-2017</td>
</tr>
<tr>
<td>Lead BDI Investigator</td>
<td>All Investigators</td>
<td>Research title</td>
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</tr>
<tr>
<td>Parker, Gordon</td>
<td>Goecke, Parker, Christensen, Epps</td>
<td>Affective sensing technology for the detection and monitoring of depression and melancholia.</td>
<td>ARC Discovery Project; University of Canberra</td>
<td>2013-2015</td>
</tr>
<tr>
<td>Parker, Gordon</td>
<td>Parker, Player</td>
<td>A comparative study of the circadian heart rate patterns between patients with melancholic and non-melancholic depression.</td>
<td>BioProspect Ltd</td>
<td>2014-2015</td>
</tr>
<tr>
<td>Proudfoot, Judy</td>
<td>Proudfoot</td>
<td>Prevention of depression in patients with type 1 or type 2 diabetes.</td>
<td>UNSW Gold Star Award</td>
<td>2014</td>
</tr>
<tr>
<td>Proudfoot, Judy</td>
<td>Sherwood, Donovan, Proudfoot</td>
<td>SmartCare: Innovations in caregiving interventions.</td>
<td>National Institutes of Health; University of Pittsburgh</td>
<td>2013-2017</td>
</tr>
<tr>
<td>Proudfoot, Judy</td>
<td>Kavanagh, King, Proudfoot, Christensen, Bonney, Griffiths, Reynolds, Bennet-Levy, Nagel</td>
<td>eMental health support service.</td>
<td>Department of Health and Ageing</td>
<td>2013-2016</td>
</tr>
<tr>
<td>Proudfoot, Judy</td>
<td>Proudfoot, Christensen, Wilhelm, Hadzi-Pavlovic, Shand</td>
<td>Men's experiences with suicidal behaviour and depression.</td>
<td>beyondblue Commissioned Research</td>
<td>2013-2014</td>
</tr>
<tr>
<td>Shand, Fiona</td>
<td>Shand</td>
<td>iBobbly app development.</td>
<td>Department of Prime Minister and Cabinet</td>
<td>2014</td>
</tr>
<tr>
<td>Shand, Fiona</td>
<td>Shand, Christensen, Jackson Pulver, Mackinnon, Hunter, Burns, Shanahan</td>
<td>Using an app for suicide prevention amongst young Indigenous people: A randomised controlled trial (iBobbly).</td>
<td>NHMRC Project Grant</td>
<td>2014-2018</td>
</tr>
<tr>
<td>Steel, Zachary</td>
<td>Bryant, Steel, Meijer, McDonald</td>
<td>Building economic development through psychosocial intervention.</td>
<td>ARC Linkage Grant</td>
<td>2013-2016</td>
</tr>
<tr>
<td>Steel, Zachary</td>
<td>Bryant, Whyman, Steel, Brooks</td>
<td>Enhancing adolescent mental health in Indigenous Australians.</td>
<td>NHMRC Project Grant</td>
<td>2013-2017</td>
</tr>
<tr>
<td>Steel, Zachary</td>
<td>Rees, Fisher, Steel</td>
<td>Identifying specific risk factors for intimate partner violence amongst refugee women during and after pregnancy.</td>
<td>UNSW Gold Star Award</td>
<td>2014</td>
</tr>
<tr>
<td>Steel, Zachary</td>
<td>Silove, Rees, Steel, Tol, Eapen, Zwi</td>
<td>Impact of maternal explosive anger on infant development and mental health.</td>
<td>UNSW Gold Star Award</td>
<td>2014</td>
</tr>
<tr>
<td>Steel, Zachary</td>
<td>Steel, Sumathipala, Tarantola, Zwi, Liddell</td>
<td>Ethnographic, treatment, and policy responses to patients presenting for care with chronic medically unexplained symptoms in Vietnam: A randomised control trial of cognitive behaviour therapy, structured care and treatment as usual.</td>
<td>NHMRC Project Grant</td>
<td>2011-2014</td>
</tr>
<tr>
<td>Wilhelm, Kay</td>
<td>Butler, Levy, Kalder, Al-Yaman, Wilhelm, Dodson, Gray, Allsop</td>
<td>From Broome to Berrima: Building Australia-wide research capacity in Indigenous offender health and health care delivery.</td>
<td>NHMRC Capacity Building Grant</td>
<td>2008-2014</td>
</tr>
</tbody>
</table>
The Institute prides itself on the quality and quantity of its research. Research findings are widely distributed to peer-reviewed professional and scientific publications, domestically and internationally. Research findings are also provided to the general public via the media and fact sheets on our website at blackdoginstitute.org.au

The Institute’s impressive research output during 2014 is listed here. Black Dog staff, fellows and students are in bold type.


