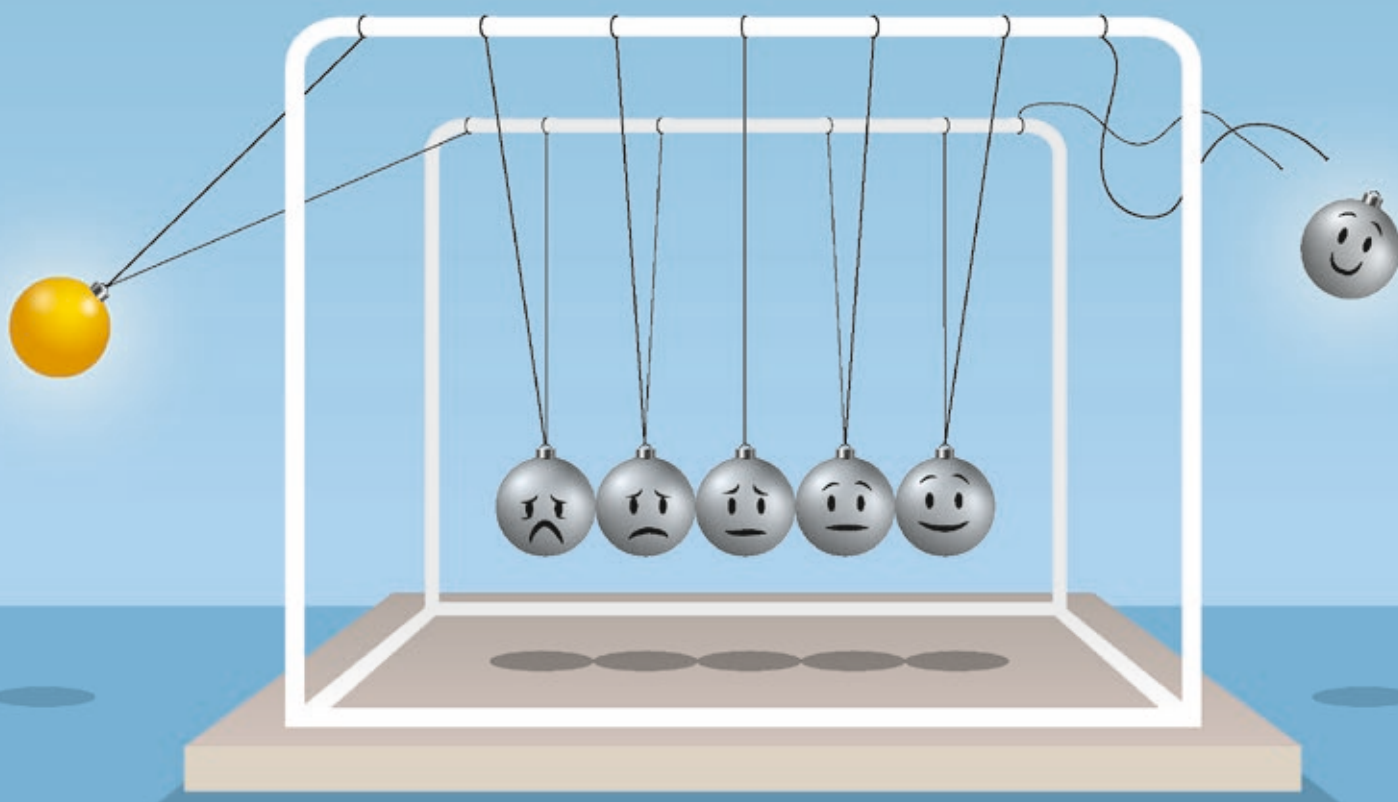


Black Dog Institute

2015 Annual Report

Impacting communities, improving lives



Putting health in mind



Black Dog
Institute



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About the Black Dog Institute

Our vision

A mentally healthier world.

Our mission

Enabling mentally healthier lives through innovations in science, medicine, education, public policy and knowledge translation.

Our approach

At the Black Dog Institute, we are dedicated to understanding, preventing and treating the significant mental health challenges facing the world today. Our focus is to develop and share our knowledge to improve the lives of people affected by mental illness.

All our work is grounded in scientific evidence, from our clinical treatments, to our community presentations that target stigma and resilience. And we always incorporate the voice of lived experience.

We are a research institute and not-for-profit that aims to reduce the incidence of mental illness, actively reduce suicide rates, remove the stigma around mental illness, and empower everyone 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.



"Despite my self-awareness and knowledge of mental illness, it took me until my mid-40s to get an official diagnosis of depression and start my journey toward recovery.

I stay well now by running, getting involved in the local community and running clubs. I also take medication and have found various talking therapies really helpful, particularly Cognitive Behavioural Therapy and Acceptance Commitment Therapy."

Scott, Volunteer Presenter, Black Dog Institute

Message from the Chair



2015 was a terrific year for the Black Dog Institute. It was a year of firsts; new endeavours, important milestones and expansion. All of this is underpinned by a culture of care, compassion and creativity. It enables us to extend our reach deeper into the community and helps to improve mental health outcomes for those of us in need.

We reflected on the successful completion of our Strategic Plan 2012–2015 and we are embarking on a new Strategic Plan 2016–2018 to steer our direction and priorities over the coming three years.

While we continue to lead the field in detection, prevention and treatment of all too common mental health issues, the way in which we do this is changing. Technology and the internet have opened up all sorts of possibilities, enabling us to devise innovative methods to conduct our research, to advance our understanding in the way people interact and express themselves, as well as to deliver more accessible and effective treatments to more people.

Partnerships are an important part of Black Dog – our close links with government, business, academia, the health sector, other non-profits and the wider

community continue to flourish. We cannot work in isolation if we are to dream big and achieve ambitious goals. Some of our greatest achievements in 2015 are testimony to this; our inaugural Suicide Prevention Summit; the development of stepped care mental health online services for young people and adults; expansion of our clinical programs, including tele-psychiatry and novel treatments; the roll-out of some of our biggest ‘whole community’ education programs; and a game-changing funding partnership with the Paul Ramsay Foundation which will see us implement an Australian-first approach to suicide prevention.

The success of Black Dog Institute is due to many factors; first and foremost, the extraordinary leadership, vision and expertise of Scientia Professor Helen Christensen, Director. Helen, along with her senior management team, guides and underpins the great work of each and every staff member, inspiring and encouraging them to achieve their very best. Secondly, the ensuing culture is a huge strength for this very special place of discovery, tertiary clinical care, entrepreneurship, education and training.

As Chairman, it is a very special privilege to be part of an active, engaged and diverse group of board members who oversee the governance of Black Dog and provide their expertise and knowledge in so many ways. We continue to be inspired and moved by the passionate supporters and advocates who are such a part of the Black Dog story. It is the dedication of so many friends in our community that enable the Black Dog team to add that extra dimension to their work in the service of others. We can't say thank you enough.

We hope that this year's Annual Report inspires you to continue on the journey with us. As we reflect on another year of great achievements we are forever mindful of the future, its challenges and opportunities. There is no more noble endeavour than to find the answers to some of the toughest illnesses in the book. And as Churchill said “Give us the tools and we will do the job...”

A handwritten signature in black ink, reading "Peter Joseph". The signature is fluid and cursive.

Peter Joseph AM
Chairman

Message from the Director



The Black Dog Institute went from strength to strength in 2015, and I am extraordinarily proud of what we have achieved.

A significant accomplishment was the finalisation of our innovative translational research model. Many institutions undertake novel science, but the process of taking it out of the lab and into the community is often lost. At Black Dog, we've developed a comprehensive model that integrates research, clinical activity, education and the voice of lived experience. Put simply, we identify and generate knowledge from all avenues, then translate it quickly into clinics, schools, communities, workplaces and new government policy.

An integral part of this model has been the establishment of our Lived Experience Advisory Panel. These volunteers ensure that we place focus on what is important to the community, and we warmly welcome them to the Black Dog team.

Other major achievements include the development of two innovative new 'Stepped Care' clinics for

adolescents and general practice. These are currently under trial conditions and should be available for wider use in late 2016. Two new face-to-face clinics were also established, delivering quality care to adolescents and people with post-traumatic stress disorder. Evidence-based education programs were launched in youth resilience and suicide prevention training for general practitioners.

Our work in suicide prevention has taken an enormous step forward with the funding of a landmark project trialling a new approach. Funded by the Paul Ramsay Foundation, this program involves the simultaneous implementation of nine evidence-based suicide prevention strategies in four communities across NSW. This program will be rolled out over the next 6 years and we believe it can lower the suicide rate by 20%.

Our Digital Dog research program continues to lead the world in the field of eMental Health. We have long recognised that digital technology has the capacity to change healthcare and much of this research is now becoming reality. In the world of 'an app a minute for wellness', our position will continue to be scientific – developing effective therapeutic apps and websites using rigorous scientific methodology. The next important stage for us is to look at how we can best deliver these new technologies and identify potential commercial partners to support our activities.

Operationally, we've had a welcomed increase in staff with new researchers, clinicians and associated support staff. We've also developed a comprehensive Strategic Plan for 2016–2018 to ensure our activities remain on track and maintain their relevancy and impact.

I'd like to finish by saying what a great honour it is to lead the Black Dog Institute. We have an incredible team of dedicated staff, volunteers and board members, who work tirelessly towards creating a mentally healthier world. We hope you will continue with us on this journey.

A handwritten signature in black ink that reads "Helen Christensen". The signature is fluid and cursive, with a long horizontal line extending to the right.

Scientia Professor Helen Christensen
Director

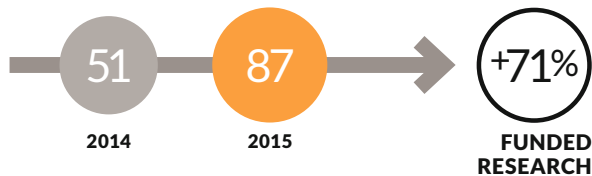
Highlights of 2015

A snapshot of our achievements

Research

The Black Dog Institute continues to lead the research field in the early detection, prevention and treatment of common mental illnesses.

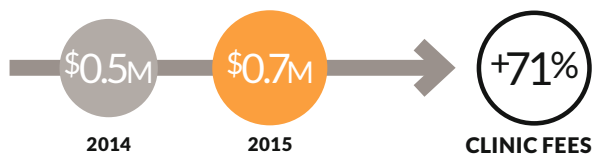
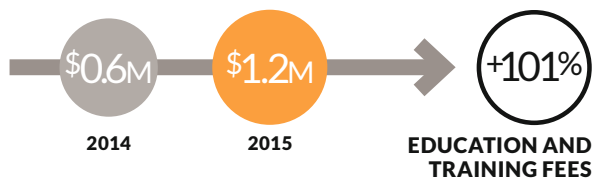
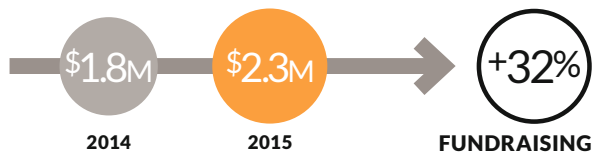
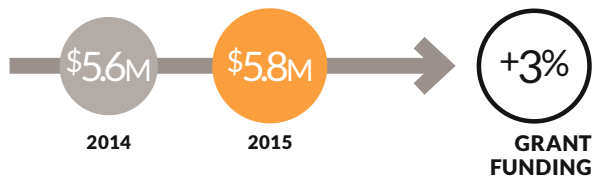
RESEARCH



Funding sources

Income increased across all areas as we continue the trend of diversifying our income sources.

FUNDING STREAM

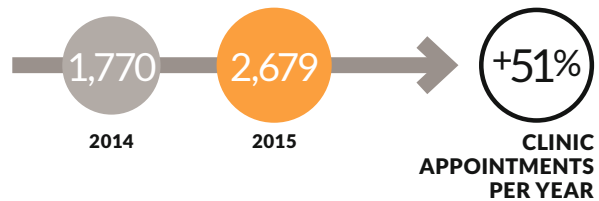


Services

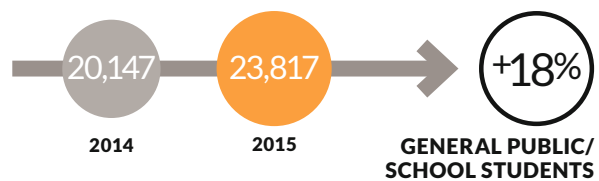
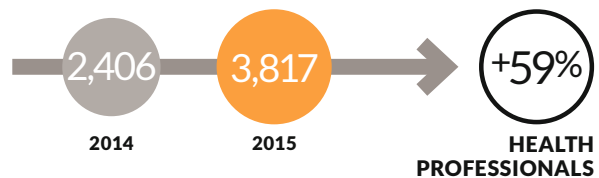
Translating new findings into accessible, evidence-based outcomes for the community is core to our approach. In 2015 we reached more people than ever before through our clinics, education programs, community engagement and promotional activities.

The individual and community impact of this expanded reach was significant in reducing the incidence of mental illness and suicide, cutting down stigma and empowering people to live the most mentally healthy life possible.

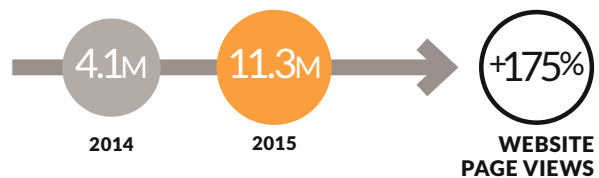
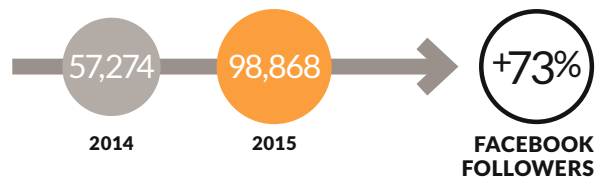
CLINICS



EDUCATION (NUMBER OF PARTICIPANTS)



PROMOTION



A new strategic direction

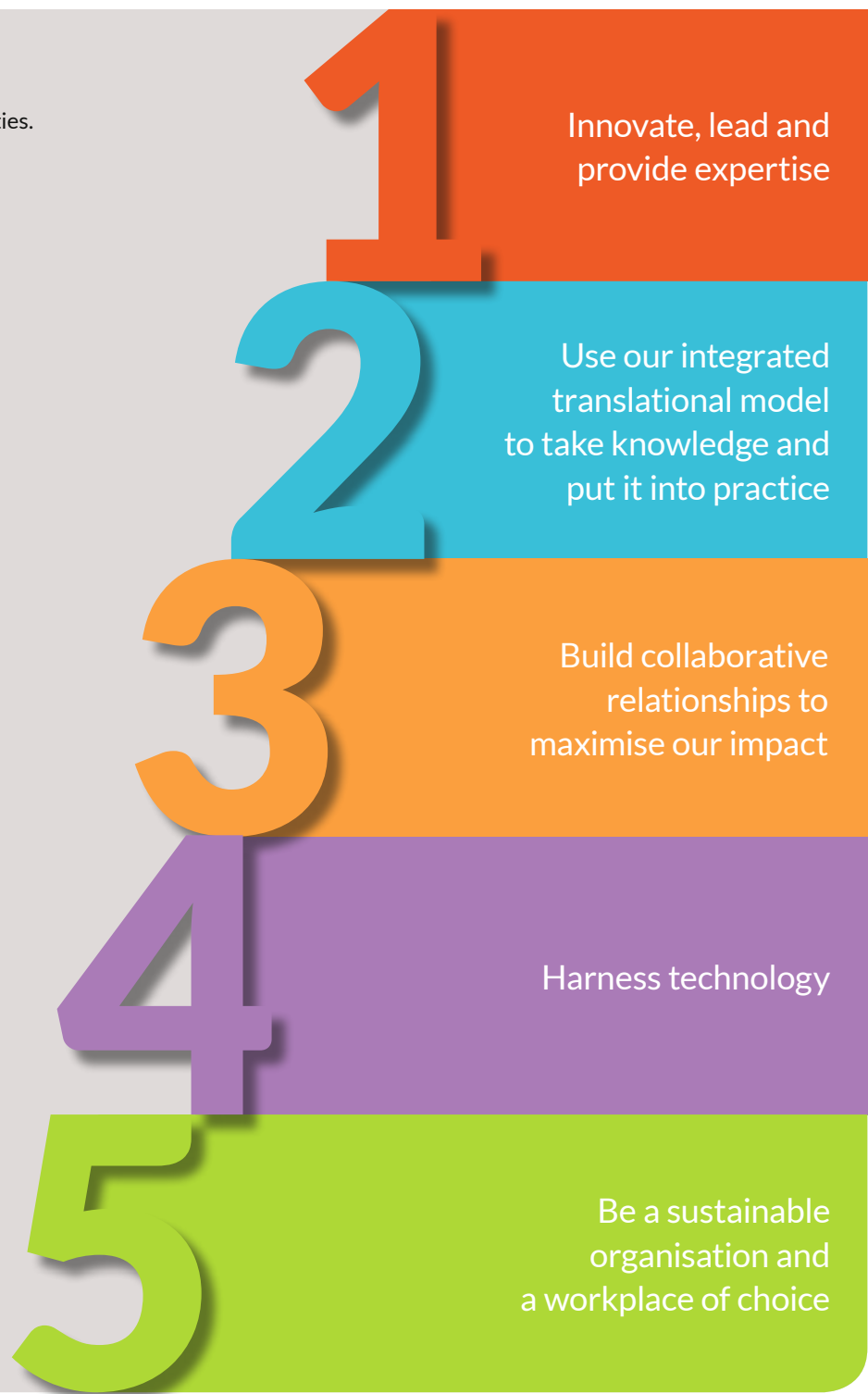
The Black Dog Institute has grown rapidly over the last three years, having proudly achieved the priorities set out in our 2012–2015 strategic plan.

To take our work to the next level, we have developed an ambitious strategic direction for 2016–2018, which is based on five priorities.

The strategic priorities will strengthen our international reputation as a leader in mental health research and service delivery and will ensure our outcomes continue to be relevant, impactful and accessible to all who may need them.

Implementation of the new strategic plan commenced in July 2015 and results are already positive – as evidenced throughout this report.

The Black Dog Institute's 2016–2018 Strategic Plan is based on five strategic priorities.



Research

In 2015, the Black Dog Institute continued to lead the research field in the early detection, prevention and treatment of common mental health disorders. While maintaining our focus on particular areas of need such as depression, bipolar disorder, post-traumatic stress disorder and suicide, our researchers placed greater emphasis on addressing these problems within specific settings, such as workplaces and schools.

A particular highlight in 2015 has been the strengthening of our expertise in translating research findings into practice. Our approach in attracting a talented and diverse group of researchers has provided for the unique co-location of a multidisciplinary research team, with frequent intellectual exchange and the development of a 'critical mass' across our six research streams.

Six streams of research

| 1 Prevention (17 studies conducted in 2015) | 2 Early Intervention (7 studies conducted in 2015) | 3 Detection & Diagnosis (32 studies conducted in 2015) |
|---|--|---|
| Case Study The GoodNight Sleep Study: Can depression be prevented by reducing insomnia? | Case Study RCT of RESPECT Manager Training: Training managers to act early | Case Study The Ground Truth Project: Validating social media content for the detection of depression |
| <p>Overview: Completed in 2015 this research study focused on the high co-occurrence of depression and insomnia. It assessed whether an online self-help insomnia program could reduce depression symptoms. It was found that a six week, modular, online insomnia program, called SHUTi™, which is based on cognitive behavioural therapy for insomnia is a practical and effective way to reduce depression symptoms and could be capable of reducing depression at the population level.</p> <p>Grant: NHMRC Project Grant (ID: APP1005867)</p> <p>Lead investigator: Helen Christensen</p> | <p>Overview: The Black Dog's education team and the UNSW Workplace Mental Health Team developed a novel workplace mental health training program, RESPECT. The face-to-face program addresses mental health literacy and sickness absence management. Results demonstrated reduced work-related sickness absence rates, increased managers' confidence in communicating with staff, and increased likelihood of initiating contact with an employee who was off sick.</p> <p>Grant: NSW Health and Employers Mutual Ltd (RM09708; PSYOP, RE399)</p> <p>Lead investigator: Samuel Harvey</p> | <p>Overview: In this project, we aim to profile individuals' risk of depression by analysing their social media content and linking it to their clinical data. Outcomes of the study could include greater understanding of actual, real-time deterioration of a person's mental health – something unachievable using conventional survey methods. Research outcomes could also assist in the development of predictive models for providing support for mental illness through social media, and the provision of alerts to individuals, carers and medical practitioners.</p> <p>Grant: NHMRC John Cade Fellowship in Mental Health Research (ID: APP1056964)</p> <p>Lead investigator: Bridianne O'Dea</p> |

Within the prevention stream specifically, we have seen significant growth through the initiation of a state-wide trial testing a systems-based approach to suicide prevention. More broadly, our researchers continue to develop and evaluate a range of novel detection methods for mental health problems. These programs complement the research into new eMental Health prevention programs for depression, anxiety and stress in younger people.

We are achieving this through our six core research streams.

- Prevention
- Early intervention
- Detection and diagnosis
- Treatment
- Recovery and ongoing management
- Wellbeing and resilience

| <p>4 Treatment (37 studies conducted in 2015)</p> | <p>5 Recovery & Ongoing Management (6 studies conducted in 2015)</p> | <p>6 Wellbeing & Resilience (6 studies conducted in 2015)</p> |
|--|--|---|
| <p>Case Study Transcranial Direct Current Stimulation: A novel non-medication approach for the treatment of depression</p> | <p>Case Study Grief of adolescents after the death of a relative or a friend</p> | <p>Case Study Doing what comes naturally: Investigation of positive self-help strategies used by men to prevent depression and suicide</p> |
| <p>Overview: Transcranial Direct Current Stimulation (tDCS) is a potential non-medication treatment for depression, offered as an alternative to antidepressants and Electro-convulsive Therapy. tDCS involves using very weak currents to stimulate the brain through the scalp. The stimulation is painless, with no known serious side effects. Research suggests that tDCS may have an antidepressant effect when applied over the frontal areas of the brain.</p> <p>Grant: NHMRC Project Grant (ID: APP1051423)</p> <p>Lead investigator: Colleen Loo</p> | <p>Overview: This study aims to explore the grief experience of adolescents; with the objective of informing guidelines for clinicians, community service providers and school counsellors on how to better support young people who have lost someone close to them. The study is analysing (1) pre-loss features related to personal and/or family history of mental health, family life, suicidal behaviour, kinship and psychological closeness of relationship; (2) cause of death and; (3) post-loss issues, e.g. how the death was communicated, and the quality of remaining relationships.</p> <p>Grant: Anika Foundation PhD Scholarship in Adolescent Depression and Suicide</p> <p>Lead investigator: Karl Andriessen</p> | <p>Overview: Completed in 2015, this research project explored strategies that men use to prevent and manage feelings of being down, flat or depressed. Through interviews and focus groups with 770 men nationwide it was found that men use a broad range of coping strategies and actively engaged with their mental health through symptom monitoring, seeking activities that made them feel good and acknowledging signs of feeling down.</p> <p>Grant: beyondblue National Priority Driven Research Support Scheme</p> <p>Lead investigator: Judy Proudfoot</p> |

Clinical services and eMental Health

The Black Dog Institute's unique clinical model provides patients with access to the best possible diagnostic, treatment and management services. Significant advances were achieved throughout 2015 in all service areas, including:

Face-to-face clinical services

- **New specialist services for youth**
Our Child and Adolescent Clinic allows us to provide young people with specialised psychiatric assessment and ongoing management. The Clinic opened in April and has already helped approximately 200 children to receive the care they need.
- **New treatment guidelines for post-traumatic stress disorder (PTSD)**
The Expert Guidelines: Diagnosis and treatment of post-traumatic stress disorder in emergency service workers was released in October. This world-first research project was led by Black Dog staff from our Specialist Treatment Review Clinic, who are now translating the guidelines into practice to assist those with PTSD in returning to their career in emergency services.
- **Novel treatments for severe depression**
Our Transcranial Magnetic Stimulation (TMS) clinic is providing an effective new, non-medication treatment option for people living with severe depression. TMS uses a magnetic field, generated by a simple coil placed on the head to stimulate a specific area of the brain. The patient is awake during treatment, with no impacts on memory and no other significant side effects.

eMental Health

We know that about two-thirds of people with a mental illness do not seek help. Delivering evidence-based treatments via technology can therefore play an important role in encouraging help seeking by addressing common barriers such as distance to services, stigma, concerns around privacy and cost of treatment.

- **Eliminating distance via teleconferencing**
When the physical distance between someone and a psychiatrist is overwhelming, it can result in an individual not receiving the specialised treatment they need. During 2015 our Telehealth Clinic expanded its provision of psychiatric assessments and treatment by using teleconferencing technology. It now connects with children, adolescents and adults in rural and regional towns across Australia.
- **Providing anonymous, 24/7 treatment on your mobile or online**
Black Dog Institute offers digital programs to support people in gaining the skills to better manage their mental health or to assist someone else:
 - Black Dog Snapshot – mobile app for tracking mental wellbeing
 - mycompass.org.au – clinically proven to be effective for those with mild to moderate symptoms of stress, anxiety and depression
 - biteback.org.au – our positive psychology website for youth aged 12-18 years
 - blackdoginstitute.org.au – for fact sheets, self-tests, personal stories and much more.



Education

The Black Dog Institute's education team works to provide communities, schools, health professionals and workplaces with the knowledge and skills to better tackle mental health problems.

In 2015, we expanded our reach across each of our education areas. Generous funding provided by organisations such as CBH Group, NSW Central Grain Growers, Aussie Farmers Foundation and James N. Kirby Foundation was a key factor in this expansion, helping us to deliver 'whole of community' interventions targeted at schools, community groups and health professionals.

Health professionals

Developing new ways to support health professionals

- We established strong relationships with the Australian Association of Social Workers, Australian College of Applied Psychology, RACGP, Headspace, Monash University and Primary Health Networks nationally, to promote and commission delivery of our health professional workshops.
- By harnessing technology, we expanded the reach and accessibility of our programs – delivering new content via webinar and online platforms.
- We continued to promote the federally funded e-Mental Health in Practice (eMHPrac) program which advises GPs about eMental Health tools and how to integrate them into general practice. In 2015 eMHPrac launched an online support community, two six-hour accredited online training programs and evidence-based, RACGP-endorsed clinical guidelines: *e-Mental Health: A Guide for GPs*.
- Our range of programs was extended with the launch of a new full day accredited training program: *Advanced Training in Suicide Prevention* for GPs, psychologists and allied health professionals.

Community

Reaching out even further into the community

- We were able to reach more people in more places through an expanded team of lived experience volunteer presenters. With a focus on regional areas, recruitment and training of community and youth presenters was undertaken throughout the year in Bendigo, Perth, Coffs Harbour, Townsville, Albury, Adelaide and Launceston.
- Our volunteer presenter team delivered 176 lived experience presentations to schools and community groups across Australia during Mental Health Month (October)—our largest number to date for this period—including 16 presentations delivered simultaneously to Central Queensland University sites across the country in metropolitan and regional centres.

Workplace

Building stronger engagement with our corporate clients

- We have extended our delivery of workplace consultancy, industry specific programs and resource development with clients including Westpac Group, Sydney Trains, Virgin Australia, NSW Rugby League and the Australian Communications and Media Authority.
- Our face-to-face, customised workplace training programs were delivered in 2015 to clients nationally and across industries, including Virgin Australia, Law Institute Victoria, Blackmores, Sensis, NSW Police, Department of Agriculture, Fairfax and NSW Treasury.

STRATEGIC PRIORITY

1

Innovate, lead and provide expertise



Top left: Preview of animation to be used in the stepped care online adolescent clinic.

Bottom left: Announcement of Paul Ramsay Foundation donation. (L to R) Scientia Prof Helen Christensen, Director, Black Dog Institute; Simon Freeman, Chief Executive Officer, Paul Ramsay Foundation; Charlotte Siddle, Project Manager, Paul Ramsay Foundation; Peter Joseph AM, Chairman, Black Dog Institute; The Hon. (Pru) Prudence Goward, NSW Minister for Mental Health; Michael Siddle, Chairman, Ramsay Health Care; Mary Foley, Director General, NSW Health; and Peter Evans, Deputy Chairman, Ramsay Health Care.

Bottom right: Innovative training program for rail employees to better support the public. Developed in collaboration with Sydney Trains and TrackSAFE Foundation.



Case studies

Stepped care online adolescent clinic – to prevent mental illness

Depression and anxiety affects the lives of many young Australians; annually one in six experiences an anxiety disorder and one in 16 experiences depression. These illnesses lower the quality of life of young people and their families, increase the risk of suicide and worsen the outcomes of other physical or mental health problems.

Preventing mental illness through early intervention

Adolescence is seen as a crucial period for intervention as 75% of mental health problems emerge before the age of 25 years.

The stepped-care adolescent clinic is a project that aims to reduce depression and anxiety in secondary school students through the design, evaluation and implementation of an interactive, online stepped-care mental health service.

Integrating online care with face-to-face services

Designed and delivered in partnership with schools, this online stepped-care service will match psychological care and support with students' symptom levels. Young people with milder symptoms will receive online psychoeducation, while those with more severe symptoms of depression and/or anxiety are 'stepped up' to more intensive clinical interventions such as tele-psychiatry via the Black Dog Institute. Using innovative technologies, this service will be delivered through an online platform and link with the necessary face-to-face services, as well as provide follow-up and ongoing monitoring of young people.

Expected impact

This program will be trialled in 25 schools across NSW and ACT, reaching approximately 12,500 students in total. Early intervention with at-risk youth within the target schools would result in approximately 2,500 young people receiving treatment they otherwise may not have received. It is estimated that the trial could prevent up to 700 of these students developing a more serious mental illness.

Project plan

The project will run over three years.

- Phase 1: Service development (2015–2016)
- Phase 2: Acceptability and feasibility trial (2016–2017)
- Phase 3: Implementation (2017–2018)

HSBC – Supporting clinical innovation

This project has been generously funded by HSBC.

Funding for clinical innovation is relatively rare in Australia – we are enormously grateful to HSBC for having the foresight to support the application of new technology for mental health. The knowledge and experience we will generate through this project stands to have a lasting impact on mental health programs and the way they are delivered to youth around the world.



*Animations for the
Stepped care online
adolescent clinic by
Sam Scopelliti.*

Systems based approach to suicide prevention – an Australian first

Sadly, suicide is the leading cause of death in people aged 15-44 years, with around 2,500 Australians each year taking their lives, and another 65,000 making an attempt.

Advocating for suicide prevention

Black Dog Institute has been a strong and vocal player in the research of suicide prevention. During 2015 we continued to advocate and gain support from the NSW government, NSW Mental Health Commission and the federal government for our systems-based approach to suicide prevention. In August, we hosted the inaugural Suicide Prevention Summit at Parliament House in Canberra, involving policy makers, healthcare providers, subject experts, industry leaders, other not-for-profits and importantly, community members, to discuss and refine this new approach.

A first in Australia

Never before trialled in Australia, our systems-based approach to suicide prevention involves implementing nine evidence-based strategies within a local region, targeting both population-level and individual-level suicide risk. Coordinating the delivery of these locally-tailored strategies requires collaboration

among all stakeholders in a community including other non-profits, primary health networks, healthcare providers, education services, emergency services and community groups.

Reducing suicide deaths by 20%

We know that this approach, where implemented in European communities, is effective in reducing suicide deaths and attempts by at least 20% – which would translate in Australia annually to 500 lives saved and 13,000 suicide attempts avoided.

Making it all possible: Paul Ramsay Foundation

Recognising the strength of the evidence, as well as the severity of the problem, in 2015 the Paul Ramsay Foundation committed \$14.7 million for Black Dog Institute to implement and evaluate the systems-based approach to suicide prevention in four high-risk regions of NSW. This support, the largest philanthropic donation ever given to suicide prevention activities in Australia, has the potential to change the way suicide prevention is addressed in Australia, opening the door for the development of a national framework. This incredible opportunity has only been made possible by the support of the Paul Ramsay Foundation.

The nine strategies which comprise this approach are:



Rail industry suicide awareness training – to identify and support those at risk

The impact of rail suicide on station staff, train drivers and other rail employees, as well as the ability of operators to run their networks, is a significant issue.

Black Dog Institute, in collaboration with Sydney Trains and the TrackSAFE Foundation, has developed a research-based, best practice suicide awareness training program which is being rolled out to rail operators nationwide.

Training rail employees to better support the public

The program has been specially designed to support station staff and other rail employees who interact with the public; equipping them with the necessary skills to identify someone who might be at risk of self-harm or suicide, and how to approach them.

Created with, not just for, the rail industry

The training has been informed by rail operators from all over Australia, who were able to provide input into the program, bringing in relevant knowledge and experience from their own operating environments at a dedicated industry workshop.

Developing practical knowledge and skills

The program offers participants insight into suicide awareness, mental illness (common signs, symptoms and prevalence) and the impact of suicide on an individual and at a societal level. It also looks specifically at suicide in the railway context, the indicators that someone could be at risk and guidance on how to handle the situation.

Training is available to TrackSAFE Foundation and Australasian Railway Association Members.



Our training programs are based on scientific and clinical evidence and we always incorporate the voice of lived experience.

STRATEGIC PRIORITY

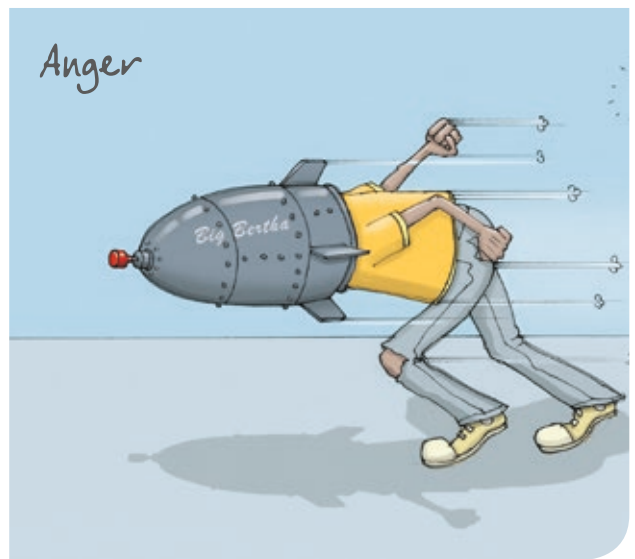
2

Use our integrated translational model to take knowledge and put it into practice



Top left: “I didn’t seek help for my mental health problems until I was older because of embarrassment – so I know that education and discussion about mental health is important.”
– Bridget, Youth Presenter, Black Dog Institute.

Bottom left and right: Two illustrations from the HeadStrong education program for school students. Illustrations are used throughout the program to depict common issues that teenagers can face.



Case studies

Knowledge translation – driving innovation

Central to the Black Dog Institute is our focus on knowledge translation – ensuring that research findings enter day-to-day clinical practice, inform policy and have impacts for the general public, rather than stay in ‘a lab’.

We achieve this through our unique model of operation, where we integrate research, clinical care and educational programs, as well as incorporate stakeholder feedback, in all that we do.

Translational activities include:

Research

- Consideration is given to how findings will be translated into practice, before any research starts.
- Consultation with stakeholders, including those with a lived experience of mental illness, is undertaken on issues of feasibility and acceptability.

Clinical services and eMental Health

- Clinical patients are provided the opportunity to participate in research.

- Clinicians give feedback to researchers if there is a need in the community that is not being met.
- Clinicians access research findings to improve their patient care.
- Online technologies and eMental Health initiatives are being utilised to improve the availability, deliverability and cost-effectiveness of mental health interventions to the community.

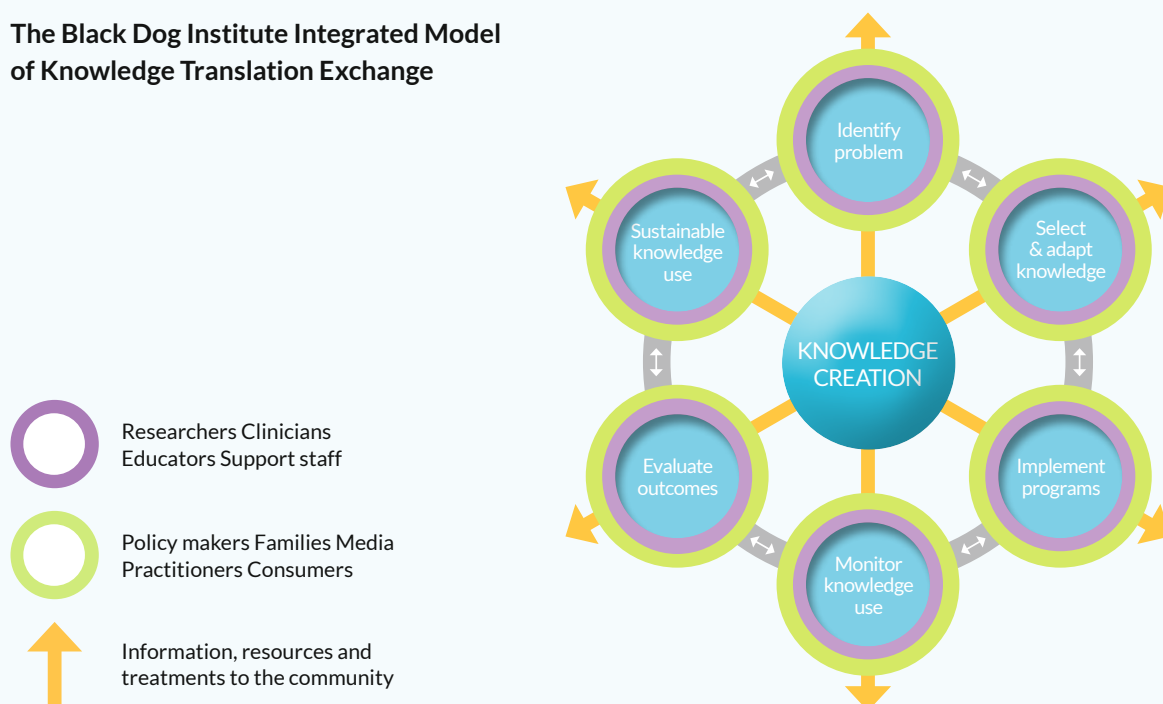
Education and training

- Community and workplace education programs raise awareness of mental health, decrease stigma and facilitate help-seeking.
- Professional training to general practitioners and allied health professionals is derived from the relevant literature and best-practice guidelines.

Communications and public relations

- Engagement strategies are designed to connect our work and messages with the community and other stakeholders, including government and service providers.

The Black Dog Institute Integrated Model of Knowledge Translation Exchange



Translation from research to the community – the HeadStrong education program

Using evidence to inform the development of a novel resource

HeadStrong was initially developed by Black Dog (in partnership with the Inspire Foundation – a not-for-profit mental health organisation). It was designed as a classroom-based, curriculum-aligned educational resource for use by Health and Physical Education (HPE) teachers for delivery to adolescents.

Its purpose was to promote help seeking behaviour among adolescents, who are particularly vulnerable to the onset of mental health problems at this key developmental stage and typically do not seek help.

Project evaluation and results

After HeadStrong was developed and pilot tested, a randomised controlled trial was conducted to evaluate the impact of the resource on students' mental health literacy and stigmatising attitudes, relative to those undertaking regular HPE classes. In a sample of 380 students from ten high schools, results showed improved mental health literacy and decreased stigma in both groups. However, these effects were significantly greater for students who received HeadStrong.

Dissemination and uptake into the community

There is a common perception among researchers following project evaluation that their work is done, and the publication of their results means that practitioners will integrate and use these findings in their work. In reality, this is not the case.

To prevent this, the HeadStrong resource was disseminated to educators across the country free-of-charge via a website created for this purpose. We conducted two national mail-out campaigns, providing promotional materials and letters to every Australian high school (approximately 3,500). Over the past three years, the resource has been uniquely downloaded 4,212 times. Face-to-face workshops and online webinars have been developed by the Institute's education team to help HeadStrong users get the most out of the resource. To date, 364 teachers across all Australian states and territories have participated in HeadStrong training workshops, and the HeadStrong Webinar Series has been accessed 2,354 times.

The original version of HeadStrong was updated during 2015 with additional modules. Importantly, this updated version will be publicised and distributed nationally using strategic marketing and communication strategies, including holding online training sessions for teachers.

We are grateful for the ongoing support provided by the nib Foundation to help make this program such a success.



Illustrations are used throughout the HeadStrong program to depict common issues that teenagers can face, such as indecisiveness.

Illustrations by Matthew Johnstone.

Working with the media – to raise public awareness of mental health issues

Black Dog Institute experts and supporters were featured widely across national print, radio, TV and online media sites in 2015. This included media coverage generated by new research or programs, as well as general comment on other news topics of interest.

We were again on the steering committee for the ABC 'Mental As' Campaign held during Mental Health Awareness Week in October. This wonderful focus on mental health has run for two years now and has successfully raised awareness and funds for mental health research.

As a major partner and clinical advisor of the National Rugby League State of Mind campaign, we received considerable coverage throughout the State of Origin series. Our partnership with News Ltd for the NSW 'Let's Talk' youth mental health forums saw us taking part in a state-wide roadshow including associated media stories.

Finally, our incredible fundraisers and lived experience volunteers talked themselves into media stories from local newspapers to national TV to raise awareness of mental health and reduce stigma.



Above: Professor Colleen Loo of Black Dog Institute with Shaun White from Channel 7 Sunrise discussing Transcranial Magnetic Stimulation (TMS) and Direct Current Stimulation (DCS).

Stakeholder consultation – improving the quality and relevance of research

Consultation with consumer stakeholders in the planning phase of research projects underpins our work, and is intended to increase the likelihood that programs will be acceptable to recipients and fit for delivery within the clinic, health services or educational settings.

Incorporating the voice of lived experience

Stakeholder consultation has been emphasised even further at Black Dog, with the establishment of our Lived Experience Advisory Panel in 2015, comprising a team of individuals with a personal experience of a mental health disorder to provide guidance on our research. Panel members are invited to provide perspective and advice on a range of Institute-related activities, including

research priorities, research methods, implementation and delivery of programs and services, and dissemination of research and information.

Minimising barriers through consultation

The involvement of other relevant stakeholders (as determined by the nature of the project) is also commonplace at Black Dog and plays a critical role in minimising potential barriers and obstacles to our work. For example, we routinely consult with schools and school administrators (for example, principals) in the planning of projects that fall within our school-based mental health research stream on issues of feasibility and acceptability.

STRATEGIC PRIORITY

3

Build collaborative relationships to maximise our impact



Top left: Launch of Digital Dog research program. The Hon Malcolm Turnbull, Minister for Communications; Scientia Professor Helen Christensen, Director, Black Dog Institute; and Peter Joseph AM, Chairman, Black Dog Institute.

Top right: Alison Fallon, Ambassador, Black Dog Institute.

Bottom: Community fundraiser, the 501st Legion.



Case studies

Research collaborations – the whole is greater than the individual parts

The Black Dog Institute actively pursues research collaborations to build better cross-disciplinary teams, to link with other work globally, to provide opportunities for commercialisation, to develop links for research translation and to work with at-risk communities.

Case study of a current collaboration

Mindgardens – the nation's first comprehensive brain disorders centre

The Mindgardens neurosciences project is a ground breaking collaboration which proposes to address the greatest medical challenge of the 21st century – the growing burden of psychiatric and neurological disorders, ageing, drugs and alcohol and related disorders.

By combining the expertise of each of the partners, Mindgardens is to address this challenge through the provision of: 1) translational research, 2) clinical services and eMental Health, 3) training and community support, and 4) technological advances and discoveries.

Mindgardens will prioritise the six leading medical themes of depression, drugs and alcohol, behavioural change and the developing brain, dementia, healthy ageing and neurodegenerative disorders. It will create a neuroscience precinct, bringing together some of the finest clinicians, most innovative researchers and state of the art technological investigation facilities to provide a high quality 'one-stop-shop' for patients and referring clinicians – to deliver the newest and most promising treatments to mental health and ageing.

The Mindgardens collaboration includes: Black Dog Institute, Sydney Children's Hospital Randwick, The Health-Science Alliance, NDARC, Royal Hospital for Women Sydney, NeuRA, Australian Institute of Health Innovation, The Prince of Wales Hospital, South Eastern Sydney Local Health District, CHeBA, Science UNSW, Centre for Big Data Research in Health UNSW, Brain Sciences UNSW, Psychiatry UNSW and Medicine UNSW.

Other current collaborations

National research partners

- Jo Telenta and Sandra Jones, Centre for Health and Social Research, Australian Catholic University
- Phil Batterham and Alison Calear, Australian National University
- Svetha Ventakesh and colleagues, Deakin University
- Paul Haber and Kirsten Morley, Royal Prince Alfred Hospital
- Prof Jane Gunn, University of Melbourne
- Andrew Mackinnon, University of Melbourne
- Greg Carter, University of Newcastle
- Gillian Gould, University of Newcastle
- Julien Epps and Nick Cummins at Electrical Engineering and Telecommunications, UNSW
- Julia Lappin and Phil Ward, Psychiatry, UNSW
- Socrates Dokos, Biomed Engineering, UNSW
- Angela Nicholson, Psychology, UNSW
- Jill Bennett, National Institute for Experimental Arts, UNSW
- George Khut, Art & Design, UNSW
- Caroline Lenette, Social Sciences, UNSW
- Angela Dew, Social Sciences, UNSW
- Stewart Vella and Frank Deane, Early Start Research Institute, University of Wollongong
- Cyndi Weickert, NeuRA
- Richard Henshaw, Toowoomba Hospital
- Jackie Curtis, Headspace and the Bondi Clinic

International research partners

- Sally Merry and Theresa Fleming, Auckland University, NZ
- Prof Ian Penton-Voak and Prof Marcus Munafo, Bristol University, U K
- John Mann, Columbia University, USA
- Robert Gibbons, University of Chicago, USA
- Melanie Barwick and Tony Pignatiello, University of Toronto, Canada

Industry and mental health groups

- SAS
- Juvenile Diabetes Research Foundation
- Trapeze, Sydney Children's Hospital Network
- Diabetes NSW
- Alive & Kicking Goals!
- NSW Department of Education and Communities

Government engagement – bringing about public reform

In 2015, Black Dog Institute researchers and clinicians engaged a number of officials and policy-makers across all levels of government.

Launch of Digital Dog

The Hon Malcolm Turnbull, Minister for Communications, launched our Digital Dog Research Program in March. Digital Dog is a research group within the Black Dog Institute utilising technology to solve mental health problems. Funded by the prestigious NHMRC John Cade Research Fellowship granted to Scientia Professor Helen Christensen, the Minister was given an overview of the world class research being undertaken through this program and expressed his admiration of clinicians and scientists.

National Suicide Prevention Summit

In September, we were proud to host the inaugural National Suicide Prevention Summit at Parliament House in Canberra. Launched by Federal Health Minister Sussan Ley, the room was filled with politicians, Mental Health Commissioners, clinical experts, researchers, consumers, workforce representatives and advocates. Black Dog Institute Patron and NSW Governor, His Excellency General the Honourable David John Hurley, AC, DSC provided the closing comments, resulting in the audience reinforcing their united commitment to the delivery of evidence-based suicide prevention programs across Australia.

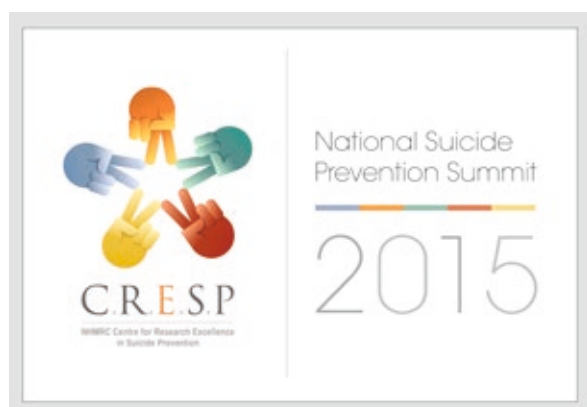
Also at this event, we launched the NSW Proposed Suicide Prevention Framework, developed in partnership with the NSW Mental Health Commission.

National Mental Health Plan

In December, we welcomed the new National Mental Health Plan released by the Australian Government. This significant policy package contained significant reforms to all aspects of mental health research and clinical care, and we were pleased to see the inclusion of a number of recommendations made by Black Dog Institute experts.

In addition to these major events, Black Dog was proud to take part in the following government-based activities:

- The NSW Minister for Mental Health Pru Goward helped us to launch the National Guidelines for the treatment of post-traumatic stress disorder in Emergency Workers
- We were a supporting partner of the NSW Department of Family and Community Services Youth Frontiers programme
- Black Dog Institute conducted a number of significant research projects commissioned by government authorities, including the National Mental Health Commission, NSW Mental Health Commission and the Australian Department of Health.



Engaging with communities on a personal level

Our volunteers

In 2015, Black Dog Institute was enriched by the dedication of over 160 volunteers giving their time, skills and commitment to our cause.

The Institute was privileged to be supported by volunteers across all aspects of our operation, providing administrative and pro-bono help to our education, research, clinical, finance, fundraising and marketing teams. As always, the Black Dog Institute was also represented by enthusiastic advocates in our community events across the country.

In 2015, our volunteer presenter team delivered 333 mental health awareness raising presentations, reaching over 20,000 people. Our volunteers' personal stories of hope shone a light in communities all over the country, assisting to promote help seeking and reduce stigma.

Thank you to our volunteer team for this year helping the Institute to make a difference in the lives of people on a scale bigger than ever before.

Our ambassadors

We'd like to thank the following people for so generously donating their time and their voice as a Black Dog Institute Ambassador during 2015.

Alison Fallon

Brendan Capell

Geoff Huegill

Ky Hurst

Luke Hines

Michelle Bridges

Richard Harry

Scott Gooding



"I live with anxiety and experience depression sometimes - but it doesn't stop me from getting the most out of life, thanks to the support I receive from friends and family.

Through my volunteer work with Black Dog Institute presenting mental health education to young adults, I strive to instil a sense of hope for those feeling lost and alone, by sharing my own experiences and triumphs when facing life's challenges."

Angie Richards, Volunteer Youth Presenter

Organisations and business partnerships – driving change

Our business partners make a significant contribution to us each year through funding, providing volunteers and promoting the Black Dog Institute and the importance of mental health to their communities and stakeholders. We would like to thank all of our many business partners for their support in 2015, and share with you some of the highlights.

CBH Group

CBH Black Dog Mental Wellness Program is an innovative project designed to improve mental health and wellbeing among people living in the wheatbelt of Western Australia. The project is funded by Cooperative Bulk Handling Limited (CBH Group). In 2014, members of the cooperative identified a critical need in their community for more education to improve awareness and understanding of mental illness and better access to clinical services.

CBH Group's foundation awarded Black Dog Institute a grant to conduct a three year project to address mental health needs. This project adopts a whole-of-community approach to improving mental health among people living in the wheatbelt through:

- providing skills for farm business owners to identify and support farm staff who show signs of mental illness
- increasing mental health awareness among high school students
- bolstering clinical support services in the community by providing mental health skills training for health professionals.

HSBC

We were very proud to commence a three year partnership with HSBC in 2015, to deliver two very important projects in the community. With funding from HSBC, one of the world's biggest banks, Black Dog Institute will be developing an online adolescent mental health clinic for roll-out in Australian schools.

HSBC will also be funding our delivery of a mental health education program to twenty regional and rural communities. This program will see mental health awareness programs delivered in high schools and to community groups, as well as accredited mental health training workshops for local health professionals in the designated areas. We know that taking this multi-pronged approach to mental health education, through engagement of different audiences delivers greatest impact in a community and we're proud to be able to do this with HSBC's support.

Over the course of the three year initiative Black Dog will also be working closely with HSBC on a series of staff engagement activities around the country.



Above left: CBH Black Dog Mental Wellness Program is supporting generations of farmers in the wheatbelt of WA.

Above right: Kicking off the HSBC initiative with a mental health awareness session. (L to R) Tony Cripps, Chief Executive Officer of HSBC Australia; Adam Schwartz, Volunteer Youth Presenter, Black Dog Institute; Nicole Cockayne, Director of Research and Strategy, Black Dog Institute; Andy Lukas, Fundraiser and Supporter, Black Dog Institute; and Geoff Huegill, Ambassador, Black Dog Institute.



SAS Australia

As the leader in business analytics software and services, and the largest independent vendor in the business intelligence market, SAS helps organisations turn large amounts of data into powerful knowledge for decision making. With so many of Black Dog's research projects involving large and complex data sets from multiple sources, we are very grateful that we have access to the wonderful expertise, knowledge and technology that SAS brings to us on a pro bono basis.

2015 saw SAS experts helping our researchers on large data projects in suicide prevention and other areas. Being very community-minded, this isn't the only way the SAS team gets behind Black Dog's work. 2015 also saw planning underway for SAS Sydney-based staff to participate in one of our research projects involving social connectivity.

Aside from the contribution of time, expertise and energy, SAS also supports Black Dog Institute through financial support. We're very proud to have such a wonderful partnership with this amazing team of passionate people!

And so many other organisations and businesses who we couldn't do our work without, including:

- Alceon Group
- Allens Linklaters
- APT Management Services
- Southern Cross Austereo
- Castle Hill Country Club
- CBA Staff Community Fund Limited
- Coates Hire
- GrainCorp Operations Limited
- Maddocks
- Toll Priority
- Wentworthville Leagues Club
- Westpac Group
- Wotton and Kearney

Major supporters – helping make a real difference

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 2015 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.

Major Donors

| | |
|---------------------------|-----------------------|
| Anita and Paul Nicholson | Melissa Wright |
| Anthony Hill | Merle Fletcher-Savage |
| Bianca Elliott | Peter Joseph |
| D. Rex and Lynette Harris | Richard Salter |
| David Tynan | Robyn Helm |
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| Judy and Robert Phillips | Susan Sturgess |
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| Marty Wilson | |

Foundations

| | |
|--|-------------------------------|
| AFA Foundation | James N. Kirby Foundation |
| Alana Goldsmith Memorial Fund | The Lansdowne Foundation |
| Aussie Farmers Foundation | Macquarie Group Foundation |
| Australian Foundation for Mental Health Research | Movember Foundation |
| The Berg Family Foundation | The Myer Foundation |
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| Dunmoore Foundation | Scanlon Foundation |
| Goodman Foundation | Tasmania Police Charity Trust |
| | Unilever Foundation |
| | Yoga Aid Foundation |

Community fundraising – an essential ingredient for change

Community events have been the backbone of the Institute's fundraising activities for many years. We are constantly inspired by the creative ideas and the moving stories that drive Team Black Dog members to passionately raise awareness of mental health and much needed funds for the Black Dog Institute.

501st Legion – may good mental health be with you

The 501st Legion is a worldwide Star Wars costuming organisation made up of fans who volunteer to bring enthusiasts under a collective identity. While promoting interest in Star Wars, the organisation is also active in raising funds for community causes. In 2015, the Australian chapter selected Black Dog Institute as the recipient of its fundraising activities. We were also grateful for their support in spreading our message about mental health and wellbeing through a series of events and public appearances in the community.



TourXOz – using peddle-power to build awareness and raise funds

In 2015 Neil Jackson and Gary Denman took on the challenge of organising TourXOz, leading 62 riders from Adelaide to Darwin to raise funds and awareness for Black Dog Institute. Not only was this an incredible physical and mental challenge for the whole team, but also a tremendous awareness campaign seeing the riders engage with Indigenous communities in Coober Pedy, Alice Springs, Uluru and Tennant Creek. The 2015 ride raised a staggering \$370,000, placing it as the largest single fundraising event for Black Dog Institute ever!

Pedro Sampaio – running his first marathon to encourage help-seeking

After losing a close friend to suicide, Pedro wanted to do everything he could to spread awareness of mental health in his community and to encourage others to seek help when they needed it. In 2015 he became a very keen fundraiser for the Black Dog Institute; he ran in his first ever marathon, hosted numerous fundraising events and inspired local businesses to generously donate a percent of their earnings to the cause. The result was an incredible \$10,020! We are inspired by Pedro’s dedication, and very lucky to have this wonderful man so active in his local community.

Other amazing fundraisers include:

- | | |
|-------------------|-----------------------|
| Andrea Gardiner | Ken Rankins |
| Andy Bateman | Lauren Dempsey |
| Andy Clifford | Lawrence Thomas |
| Brad McKenzie | Michelle Tea |
| Brian Senior | Nic Newling |
| Christopher Jones | Paul Leim |
| Colin Timm | Phil Dernee |
| Damien Coates | Philip Troop |
| David Lambert | Roger Parker |
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| Frank Van Tulden | Sean O’Connor |
| Gary Denman | Simon Johnson |
| Greg Becke | Sydney Grammar School |
| Harry Carlon | Team Priest |
| Hugh Banister | The JED Project |
| Hugo Verkuil | Trading Pursuits |
| Ian Biddell | Wayne Stockill |
| Jamie Potter | Whitsunday |
| John Maloney | Regional Council |
| Julia Stanley | Zoo2Zoo |

Case studies

Digital Dog – improving mental health through technology

Launched in March, Digital Dog is a world-first program to develop and deliver effective mental health programs using technology such as websites, apps, social media, online therapeutic games and smartphone sensors.

A new era in research

Researchers on the Digital Dog program are accessing real-time data of expressed mood via social network platforms. The ability to analyse real-time data has not been previously available through large data sets, such as World Health Organisation, which are collected less than once per year. These patterns are valuable in understanding the periods and locations of greatest demand and unmet need.

A new era in clinical delivery

Statistics show that less than half of all Australians reporting symptoms of mental illness seek formal treatment. Despite increased investment and strong evidence showing prevention and intervention save lives, factors like geography, stigma and social circumstance can make it hard for people to get help.

By providing accessible and anonymous programs, internet-enabled technology can play an important role in overcoming obstacles for seeking help. The additional benefits of cost effectiveness, privacy and tailoring means technology-based programs are particularly helpful for high risk groups such as men, young people and those living in regional, rural and remote areas.



Translating everything we know into engaging and accessible digital programs

The Digital Dog has an exciting pipeline of programs underway that encompass:

- Apps – Downloadable technology to deliver tailored prevention or screening programs
- Interactive self-help tools – Delivering evidence-based psychological treatment to whoever needs it
- Online therapeutic games – Specifically aiming to reduce mental health risk amongst Australian high school students
- Social media – Using Twitter, Facebook and blogs to identify suicide risk, improve social connections and deliver immediate interventions as they are required
- Smartphones – Use of sensors such as bluetooth to measure social withdrawal and encourage help-seeking before a crisis situation.

The Digital Dog has been established through the prestigious NHMRC John Cade Fellowship granted to Scientia Professor Helen Christensen.

Adult stepped care online clinic – to provide early intervention and individual care

In an Australian first, the stepped care clinic is to be integrated into general practice to better support adults with anxiety and depression.

Depression and anxiety in primary care

Depression and anxiety affects the lives of many Australian adults: one in six will experience depression and one in four will experience an anxiety disorder in their lifetime. Unfortunately, the majority of Australians with depression and anxiety do not seek treatment. Given that depression and anxiety are among the most common illnesses in primary care, general practitioners are ideally placed to facilitate better mental health outcomes.

The stepped care model

The stepped care approach offers a solution to delivering accessible, effective and efficient services. Individuals are recommended the least intensive intervention that is likely to lead to health gain, which may be stepped up or down in response to treatment. In this model, online programs are recommended for individuals with mild symptoms, with face-to-face psychological and pharmacological interventions recommended for more severe symptoms.

Despite international recognition of the importance and efficiency of stepped care, our model of integrating online assessment and monitoring with online psychological interventions and face-to-face treatments is yet to be satisfactorily introduced into Australian primary care.



Trialling the adult stepped care model

Patients are assessed via screening on a mobile tablet in the GP waiting room. Immediate online feedback is provided to the patient on the mobile tablet and immediate evidenced-based stepped care treatment recommendations in line with symptom severity is sent to the GP via HealthLink (a secure messaging service). The recommendations are discussed during the patient's appointment in addition to the health issue that the patient presented with. Patients complete fortnightly online surveys and online feedback is provided to them and to their GP to inform review and stepping up in treatment intensity if required.

This model allows for early intervention by identifying mild, moderate and severe levels of anxiety and/or depression that the patients and/or GP may be unaware of, or not receiving treatment for – thereby improving access to mental health services for many Australians.

The model also minimises deterioration by monitoring patients over time and feeding progress back to the GP.

The implementation of the adult stepped care online clinic and preliminary evaluation will be complete by the end of June 2016.

Adolescent sleep app – to prevent mental health problems

Adequate sleep is critical for adolescent health and development, yet teenagers seldom get enough of it. Difficulties in getting sufficient or high quality sleep has implications for the onset of mental health problems. Sleep disturbance can be a precursor to significant mental health problems, in particular depression. Therefore, we believe there is value in targeting sleep as a way to prevent the onset of a mental health problem.

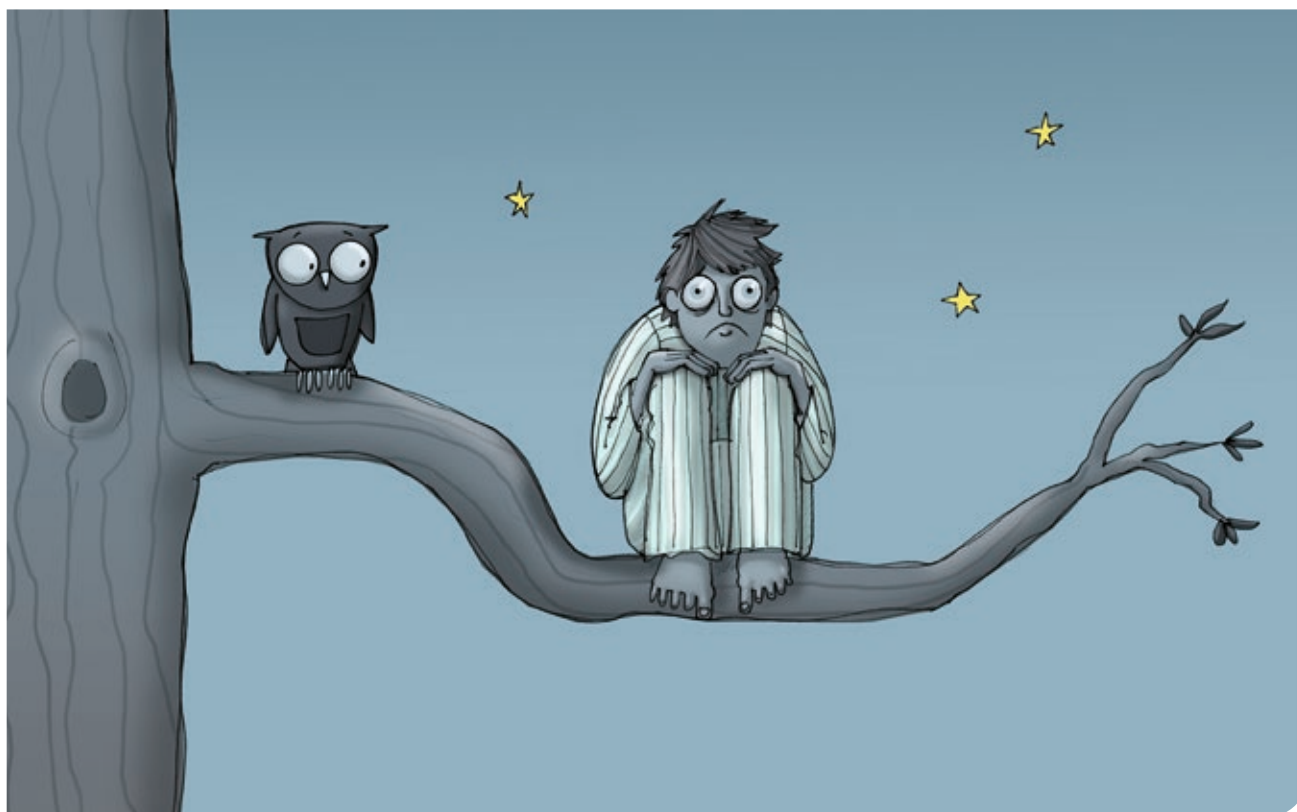
In 2015 researchers at Black Dog concluded that delivering an online program to adults with insomnia prevented the onset of a major depressive episode. This was the first study to show that targeting sleep difficulties could prevent depressive episodes.

Providing accessible solutions

We are now using this idea to develop a mobile phone app for at-risk adolescents. With approximately 90% of Australian teenagers now owning a mobile phone, offering a sleep program to be delivered via mobile devices is likely to be more engaging and appealing to youth.

Our research team have been working with young people to find out what features they would like to see in an app designed to improve their sleep. This feedback from youth will be integrated together with core strategies that are known to work to improve sleep (drawn from cognitive-behavioural principles) to develop this innovative app.

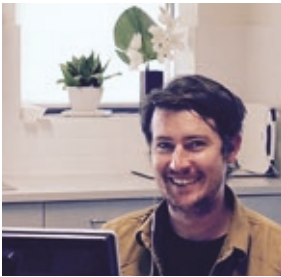
Once development is complete we will be evaluating whether the app can prevent mental health problems, such as depression, anxiety and suicidality in adolescents.



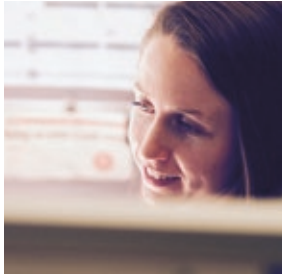
STRATEGIC PRIORITY

5

Be a sustainable organisation and a workplace of choice



Just some of the talented staff at Black Dog.



Our people and our performance

Our people

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Ash Dargan
Research Assistant
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 Research Head
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 PhD Research Student
Rowan Burckhardt

 Research Head/Head of eMental
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Dr James Goldstein
 Research Assistant
Jenna Zhao
 Research Assistant/
 PhD Research Student
Kerrie-Anne Ho
 Research Assistant
Stevan Nikolan
 Research Assistant
Dr Veronica Galvez Ortiz
 Undergraduate Research
 Student (Visiting)
Christina Huggins
 Research Assistant
Jane Forster
 Research Assistant/Undergraduate
 Research Student (Honours)
Joyce Teng
 Research Assistant/Undergraduate
 Research Student (ILP)
Divya Kumar
 Research Assistant/Undergraduate
 Research Student (Honours)
Kevin Yeung
 Research Assistant/Undergraduate
 Research Student (Honours)
Shani Lauf
 Research Assistant
Lucy McGuirk
 Research Assistant
Eileen Stech
 Research Assistant
Indra Sadeli
 Undergraduate Research
 Student (Visiting)
Fernanda Takeuti

 Research Head
Dr Sam Harvey
 Research Assistant
Josie Miligan-Saville
 Research Administration Assistant
Penny Sawdy
 PhD Research Student
Ruth Marshall
 PhD Research Student
Sadhbh Joyce
 Visiting Professional Fellow
Arnstein Mykletun
 Post-Doctoral Research Fellow
Mark Deady

PhD Research Student
Aimee Gayed
 Project Manager
Isabelle Counson

 Research Head
Scientia Professor Gordon Parker
 PhD Student
Adam Bayes
 Research Assistant
Amelia Paterson
 Research Assistant
Georgia McClure
 Research Assistant
Matthew Hyett
 Research Assistant
Dr Rebecca Graham
 Research Assistant
Stacey McCraw
 Research Assistant
Dr Michael Player

 Research Head
Professor Zachary Steel
 Senior Research Fellow
David Berle
 PhD Research Student (UQ)
Fiona Carlson
 Masters Research Student
Haleh Abedy
 Masters Research Student
Kirrily Gould
 Postgraduate Research Student
Ruth Wells
 Post-Doctoral Fellow
Dr Simon Rosenbaum
 Research Administration Assistant
Wendy Baird
 Research Administration Assistant
Carmel Mawter

**EXTERNAL
 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
Professor Marie-Paule Austin
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

**LIVED EXPERIENCE
ADVISORY PANEL MEMBERS**

Mitch Dudley
Joyce Lau
Dave Burrows
Rhys Jack
Annalise Constable
Lucy Scott
Joni Thomes
Louise Kelly
David Westgate

**PROFESSIONAL
EDUCATION PROGRAMS:
PROGRAM FACILITATORS**

Dr Adrian Lopresti
Angela Vrankic
Anne Bunt
Dr Anne Camac
Anne Riches
Beti Kordanovski
Bree Tiller
Dr Carolyn Greenhalgh
Dr Caryl Barnes
Dr Claudine Martijn
Dr David Mitchell
Gabrielle Wynne
Dr Genevieve Yates
Dr Guy Gordon
Dr Jan Orman
Dr Janette Randall
Jodie Wassner
Julie Allan
Julie Berg
Kate Baggs
Dr Kathy O'Grady
Dr Kristine Kafer
Liz Sheppard
Machelle Rinaldis
Dr Margaret Gottlieb
Dr Mark Bestmann

Orlie Beer
Dr Sarah Barker
Dr Sarah Edelman
Dr Sarah Weaver
Dr Simone Shaw
Susan Gorton
Dr Tanya Hanstock
Tony Merritt
Dr Vered Gordon
William Bonney
Wayne Wigham

**CENTRE FOR RESEARCH
EXCELLENCE IN SUICIDE
PREVENTION (CRESP)**

Senior Management
and Operational Staff

Lead Investigator
Scientia Professor
Helen Christensen
CRESP Coordinator
Hannah Buckley
Dr Karolina Kryszynska

**SCHOOL OF PSYCHIATRY,
UNIVERSITY OF NSW**

Senior Management
and Operational Staff

Head of School
Scientia Professor Phillip Mitchell
School Manager
Lara Jacques
PA to Head of School
Anne-Maree Austen
Zora Vuckovic
Administrative Assistant
Brad Turney
Finance Manager
Isabella Cheung
Student Coordinator
Judy Andrews
Administrative Officer
Michael Luo
PA to Professor Parker
Penny Sawdy
Program Manager for
Forensic Mental Health Program
Elizabeth Kaziro

VOLUNTEERS

Adam Schwartz
Adam Sinclair
Aleesha Cook
Alexandra Schnabel
Alexandria Kenyon
Alfio Musumeci
Alice Hatton
Allyssa Beasley
Angela Hancock
Angie Richards
Anne Marie Neylan
Anne Riches
Anne Schwartz
Ashley Watson
Belinda Kirley
Ben Teasdale
Benjamin Robinson
Brad McKenzie
Brent Carryer
Bridget Murray
Bronwyn Milkins
Caitlin Duffy
Caitlin Liddelow
Casey Wilson
Cassandra White
Charlotte Corbyn
Chris Bass
Christine Lopacinski
Clare Linane
Craig Semple
Dakota Richards
Dale Skinner
Danielle Milczarek
David Hales
David Westgate
Debara Foran
Desiree Dusautoy
Dianne Gaddin
Donna Reggett
Elaine Kelly
Elana Jasmin Thurgar
Elliot Waters
Eloise Eaton
Erinn Hartshorne
Ester Senderey-German
Frances McClelland
Georgia Lyons
Gisela Nip
Hanneke Raap
Helen Curry
Ilse Labour



Volunteer Peer Support/Trainer team.

Jacqui Chaplin
 Jade Pringle-Sanderson
 Jade Weary
 James Francis
 Jane Radisich
 Jane Winter
 Jennifer Yuen
 Joanne Achison
 John Beattie
 John Canning
 John Cross
 Joni Thomes
 Julia Kiss
 Julie Bailey
 Kate Kingshott
 Katie Dobinson
 Katie Goor
 Katie Lester
 Kelly Vaughn Taylor
 Ken Leslight
 Kendal Peters
 Kim Webber
 Kimberley Bassett
 Kylie Mathieson
 Lara Boyle
 Laura Watts
 Lauren Bruty
 Lauren Camilleri
 Lee Thornton
 Leticia Saunders
 Liesl Brown
 Liezl Maritz
 Linda Baft

Linelle Fields
 Lisa Bell
 Lisa Salter
 Lynda Devitt
 Mabel Ha
 Maria Arfanis
 Marina Maunsell
 Matt Sargent
 Matthew Rennie
 May Erlinger
 Meaghann Jones
 Megan Boyd
 Melanie Mackay
 Melissa Kennedy
 Meredith Hudson
 Miranda Baulis
 Natalie Lantry
 Natasha Khoury
 Nicholas Valentine
 Nicola Hilyard
 Nicola Shearman
 Paul McCormack
 Paul Thomas
 Peter Ferreira
 Peter Kirwan
 Peter Langston
 Philip Waesch
 Philippa Harris
 Phoebe O’Carrigan
 Rebecca Foster
 Richie Garard
 Riley-Sue O’Halloran
 Roopinder Dhillon

Rose Grant
 Sally Buchanan-Hagen
 Samantha Fong
 Sandra Charlton
 Sarah L’Hullier
 Scott White
 Shannai Pearce
 Sharlynn Wu
 Sharon Chisholm
 Sharon Pang
 Sharon Safstrom
 Sheena Yuasa
 Shirley Sneddon
 Sianne Toemoe
 Simon Chandler
 Sonia Lau
 Stephanie Laraia
 Stephanie Webster
 Stephanie Zwi
 Sue Phelps
 Susan Howieson
 Susanne Waesch
 Swami Dharmashatki
 Tim Harmer
 Todd Sergeant
 Tracey-Lee Smith
 Veronica Vatiliotis
 Vivien Leung
 Wayne Wigham
 Wincy Zhong
 Yenee Su

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. As a founding member of the Health Science Alliance – Australia’s first academic health science centre, we play a leading role in the Mindgardens Initiative.

Our distinguished Board of Directors come from all walks of life.

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 areas.

The Black Dog Institute hosts and provides infrastructure support to the clinical and research

programs of the UNSW School of Psychiatry, UNSW School of Psychology, and the UNSW National Drug and Alcohol Centre. We also host the NHMRC Centre for Research Excellence in Suicide Prevention, and the Digital Dog Program which is funded by the NHMRC John Cade Fellowship.

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

Our Patron is the NSW Governor, His Excellency General the Honourable David John Hurley, AC, DSC (Retd).

Our Public Officer and Company Secretary is Ms Marian Spencer.



Financials

The Black Dog Institute continued to show positive financial growth in 2015. Income increased by 24% from the prior year across the board. As we continue the trend of diversifying our income sources, the Black Dog Institute will have increased discretion around resource allocation as well as moving towards a position of financial sustainability.

2015 saw the Black Dog Institute ear mark some funds in reserve for future investment in strategic priorities.

Statement of comprehensive income For the year ended 30 June 2015

| | 2015 \$ | 2014 \$ |
|--|-------------------|------------------|
| Revenue from continuing operations | | |
| Grant funding | 5,826,163 | 5,641,042 |
| Fundraising income | 2,345,681 | 1,776,351 |
| Education revenue | 1,187,592 | 591,226 |
| Clinic fees | 771,767 | 451,299 |
| Interest revenue | 63,990 | 71,043 |
| Other revenue | 433,720 | 65,709 |
| | 10,628,913 | 8,596,670 |
| Expenses | | |
| Employee benefits expense | (5,040,603) | (4,847,991) |
| Professional fees | (2,738,319) | (1,310,331) |
| Travel expenses | (313,440) | (239,331) |
| Depreciation and amortisation expense | (253,458) | (251,443) |
| Advertising and promotion expenses | (236,386) | (156,377) |
| Research operations expenses | (163,405) | (579,035) |
| Printing and stationery expenses | (141,167) | (218,538) |
| Information technology expenses | (139,905) | (160,636) |
| Other expenses | (898,323) | (740,160) |
| | 703,907 | 92,828 |
| Surplus (deficit) before tax | 703,907 | 92,828 |
| Income tax expense | - | - |
| | 703,907 | 92,828 |
| Surplus (deficit) for the year | 703,907 | 92,828 |
| Other comprehensive income | - | - |
| Total comprehensive income for the year | 703,907 | 92,828 |

Statement of financial position
For the year ended 30 June 2015

| | 2015 \$ | 2014 \$ |
|--------------------------------------|------------------|------------------|
| Assets | | |
| Current assets | | |
| Cash and cash equivalents | 2,945,384 | 2,034,437 |
| Trade and other receivables | 3,557,901 | 1,867,146 |
| Total current assets | 6,503,285 | 3,901,583 |
| Non-current assets | | |
| Property, plant and equipment | 2,939,666 | 3,160,912 |
| Intangible assets | 104,323 | 86,281 |
| Total non-current assets | 3,043,989 | 3,247,193 |
| Total assets | 9,547,274 | 7,148,776 |
| Liabilities | | |
| Current liabilities | | |
| Trade and other payables | 3,300,161 | 1,619,044 |
| Total current liabilities | 3,300,161 | 1,619,044 |
| Non-current liabilities | | |
| Provisions | 19,934 | 6,460 |
| Total non-current liabilities | 19,934 | 6,460 |
| Total liabilities | 3,320,095 | 1,625,504 |
| Net assets | 6,227,179 | 5,523,272 |
| EQUITY | | |
| Other reserves | 904,045 | - |
| Retained earnings | 5,323,134 | 5,523,272 |
| Total equity | 6,227,179 | 5,523,272 |

Research grants

Research projects are supported predominantly through prestigious peer-reviewed grants from the NHMRC and Australian Research Council (ARC), the NSW Government, Australian Government Department of Health, other non-profits, foundations and corporations.

| Lead BDI investigator | All investigators | Research title | Funding scheme | Years funded |
|-----------------------|--|---|--|--------------|
| Austin, Marie-Paule | King, Kildea, Austin, Brunet, Hurrion, Laplante, McDermott, McIntyre, Schmitz, Stapleton, Vaillancourt | QF2011: The effects of the Queensland flood on pregnant women, their pregnancies, and their children's early development | Canadian Institutes of Health Research | 2011-2016 |
| Austin, Marie-Paule | Kingston, Austin, Biringer, Heaman, Hegadoren, Lasiuk, MacQueen, McDonald, McGrath, Schopflocher, Sword, Veldhuyzen van Zanten | Integrated maternal psychosocial assessment to care trial (IMPACT): Intervening early to improve maternal child health | Canadian Institutes of Health Research, Open Operating Grant | 2013-2017 |
| Batterham, Phil | Batterham, Christensen | Improving online mental health programs: Tailored assessment meets tailored therapy | NHMRC CDF Fellowship | 2015-2018 |
| Batterham, Phil | Batterham, Christensen | New methods for screening depression, anxiety and suicidality | NHMRC Early Career Fellowship | 2012-2015 |
| Batterham, Phil | Batterham, Calear, Farrer | Randomised Controlled Trial testing the effectiveness of a fully-tailored adaptive intervention in reducing mental health symptoms among young people | Australian Rotary Health: Mental Health of Young Australians Research Grant | 2015-2015 |
| Batterham, Phil | Batterham, Sunderland, Calear, Slade, Christensen, Andrews, Mackinnon, Cella | Development and population-based validation of hierarchical adaptive mental health screeners | NHMRC Project Grant Shared (University/ NHMRC Project Grant Shared Grant 2013) | 2013-2015 |
| Boydell, Katherine | Boydell | Strategic funding – Strategic hire | Vice-Chancellor's Strategic Priorities Funding SPF01 | 2015-2018 |
| Boydell, Katherine | Boydell, K.M., Gladstone, B.M., Stasiulis, E., Volpe, T. Cheng, C., Davidson, S. | (Co) Producing Narratives on Access to Mental Health Services in Rural Communities: A Participatory Project with Young People Experiencing Psychosis | Canadian Institutes of Health Research | 2013-2016 |
| Boydell, Katherine | Pignatiello, A., Boydell, K.M. (co-principal investigators), Braunberger, P., Teshima, J., Willis, D. | Technology Enabled Knowledge Translation of Evidence-based Practice in Pediatric Telepsychiatry | Royal Bank of Canada/ SickKids Foundation | 2014-2016 |
| Brodaty, Henry | Valenzuela, Sachdev, McNeil, Maeder, Lautenschlager, Jorm, Fiatarone Singh, Anstey, Andrews | Maintain your brain | NHMRC Dementia Research Team Grant | 2015-2020 |

| Lead BDI investigator | All investigators | Research title | Funding scheme | Years funded |
|---|--|---|--|--------------|
| Brody, Henry | Brody H., Valenzuela M., Sachdev P., McNeil J., Maeder A., Lautenschlager N., Jorm L., Fiatarone Singh M., Anstey K., Andrews G. | Maintain your brain | NHMRC National Institute for Dementia Research Dementia Research Team Grant (NNIDR DRTG) | 2015-2020 |
| Bryant, Richard | Bryant, Felmingam | The Neural Effects of Torture | ARC Linkage Program Grant | 2013-2015 |
| Bryant, Richard | Bryant, Whyman, Zachary Steel, Robert Brooks | Enhancing Adolescent Mental Health in Indigenous Australians | NHMRC Targeted Grant | 2014-2019 |
| Burckhardt, Rowan/ Manicavasagar, Vijaya | Burckhardt, Manicavasagar | Dialectical behaviour therapy skills group as an early intervention for adolescents: A feasibility study | Black Puppy Foundation | 2015-2016 |
| Calear, Alison | Calear, Christensen | Internet-based prevention and early intervention for youth mental health | NHMRC Early Career Fellowship | 2011-2016 |
| Calear, Alison | Calear, Christensen, Batterham | Suicide prevention in schools: A social connectedness approach | NHMRC Project Grant | 2015-2018 |
| Christensen, Helen | Christensen | Youth and wellbeing scholarship for suicide prevention Scholarship for Joe Tighe | CRC for Young People, Technology and Wellbeing Scholarship | 2013-2015 |
| Christensen, Helen | Christensen | Prevention of depression using e-health technologies | NHMRC John Cade Fellowship in Mental Health Research | 2014-2018 |
| Christensen, Helen | Christensen | Prevention of depression using e-health technologies | UNSW Central Contribution | 2014-2018 |
| Christensen, Helen | Christensen | Black Dog Institute scholarship in adolescent depression and suicide | The Anika Foundation | 2014-2016 |
| Christensen, Helen | Christensen | Scraping and interpreting behavioural and social media data from mobile phones among youth | CRC for Young People, Technology and Wellbeing | 2014-2016 |
| Christensen, Helen | Christensen, Calear, Mackinnon, Batterham | Prevention at critical points: A randomised controlled trial of an e-health application to prevent depression, suicide risk and anxiety in youth (TRIPOD) | NHMRC Project Grant | 2014-2017 |
| Christensen, Helen | Christensen, Hickie, Mackinnon, Calear, Batterham, Martin, Butler, Teesson, Proudfoot | Centre of Research Excellence for improving suicide prevention in Australia through better implementation of effective interventions, improved risk identification and evidence informed policy (CRESP) | NHMRC Centres of Research Excellence | 2012-2017 |
| Christensen, Helen | Christensen, van Spijker, Mackinnon, Calear, Batterham | Reducing suicide ideation: A randomised controlled trial of a novel web intervention (LWDT – Living with Deadly Thoughts) | NHMRC Project Grant | 2013-2016 |
| Christensen, Helen | Fuller-Tyszkiewicz, Richardson, Klein, Skouteris, Christensen, Austin, Castle, Mihalopoulos, Busija | Timely intervention: Efficacy of a depression symptom monitoring smartphone app to deliver psychological intervention at time of greatest need | Australian Rotary Health Mental Health of Young Australians Research Grant | 2015-2017 |

| Lead BDI investigator | All investigators | Research title | Funding scheme | Years funded |
|-----------------------|--|--|--|--------------|
| Christensen, Helen | Hickie, McGorry, Christensen, Berk, Naismith, Glozier, Burns, Guastella, Davey, Amminger | Optimising early interventions for young people with emerging mood disorder | NHMRC Centres of Research Excellence | 2013-2018 |
| Christensen, Helen | Naismith, Christensen, Hickie | The beyond ageing project: Phase 2 | NHMRC Project Grant | 2014-2016 |
| Christensen, Helen | Teesson, Baker, Mills, Kay-Lambkin, Haber, Baillie, Christensen, Birchwood, Spring, Brady | CRE in mental health and substance use: Translating innovative prevention and treatment | NHMRC Centres of Research Excellence | 2012-2017 |
| Christensen, Helen | Vella, Okely, Christensen, Deane, Jones, Eckermann, Trost, Polman, Borkoles, Lonsdale | A national and sustainable sports-based intervention to promote mental health and reduce the risk of mental health problems in Australian adolescent males | Movember Australian Mental Health Initiative | 2015-2017 |
| Christensen, Helen | Bryant, Christensen, Mitchel, Teesson, Loo | Co-sponsor a visit by Professor David Gunnell to Black Dog Institute (CRESP) and attendance at the CRESPP Suicide Summit, Canberra, Parliament House, August 9-14 2015 | Brain Sciences | 2015-2015 |
| Christensen, Helen | Christensen, O'Dea, Werner-Seidler, Anderson, Friend, Orman, Manicavasagar, Calex, Batterham | Integrated Adolescent Mental Health Clinic | HSBC | 2015-2017 |
| Christensen, Helen | Christensen, Tennant, Gordon, Denton, Gieng, Nolan | Regional Mental Health Education Program | HSBC | 2015-2017 |
| Christensen, Helen | Christensen | Suicide Prevention Summit | Mental Health Australia - Conference Funding | 2015-2015 |
| Christensen, Helen | Christensen | Improving adolescent sleep problems to prevent depression | Myer Foundation | 2015-2016 |
| Christensen, Helen | Christensen | Suicide prevention framework | NSW Mental Health Commission | 2015-2015 |
| Christensen, Helen | Christensen | Systems approach to suicide | NSW Mental Health Commission | 2015-2015 |
| Christensen, Helen | Christensen | ACGR Extra Funding - e-health platform | Office for Health and Medical Research | 2014-2015 |
| Christensen, Helen | Christensen | Anika Foundation PhD Scholarship in Adolescent Depression and Suicide | Anika Foundation PhD Scholarship | 2014-2016 |
| Christensen, Helen | Nickerson, Keegan, Christensen | Tell Your Story: A digital intervention for reducing stigma in traumatized refugees | beyondblue/Movember Foundation/The STRIDE (Stigma Reduction Interventions: Digital Environments) | 2015-2017 |
| Christensen, Helen | Deady, Barrett, Mills, Kay-Lambkin, Haber, Shand, Baker, Bailie, Christensen, Manns, Teesson | Comorbid mental illness and illicit substance use: review of evidence for effective models of care | Sax Institute (Contract Research) NSW Drug and Alcohol Office (MHDAO) | 2014-2015 |
| Christensen, Helen | Christensen, Griffiths, Tait, Barney, Bennett, Calex, Reynolds, Farrer | Young people, technology & wellbeing | Department of Innovation, Industry, Science & Research Cooperative Research Centre | 2011-2016 |

| Lead BDI investigator | All investigators | Research title | Funding scheme | Years funded |
|-----------------------|--|--|--|--------------|
| Green, Melissa | Green | Carving psychosis at its biological joints | NHMRC Career Development Fellowship | 2014-2017 |
| Green, Melissa | Green, Cairns, Cohen-Woods | Epigenetic effects on brain function in psychotic and mood disorders | NHMRC Project Grant | 2015-2017 |
| Green, Melissa | Green, Cairns, Laurens, Carr | Epistatic genetic effects on neuroanatomical subtypes of schizophrenia | NHMRC Project Grant | 2013-2015 |
| Harvey, Samuel | Harvey, Bryant | The development of new expert guidelines for the treatment and management of post-traumatic stress disorder in emergency workers | Employers Mutual Research Contract | 2014-2015 |
| Harvey, Samuel | Harvey, Bryant, Mitchell | Clinical academic research program – Workplace mental health | NSW Department of Health Contract Research | 2011-2017 |
| Harvey, Samuel | Harvey, Glozier | Men@work project | beyondblue Movember Foundation, Movember Australian Mental Health Initiative | 2015-2017 |
| Harvey, Samuel | Mykletun, Røed, Smit, Brinchmann, Berge, Harvey, McDaid, Helle, Becker, Fleten | Interventions for reduced sickness absence and disability benefits | Research Council of Norway | 2013-2017 |
| Larsen, Mark | Shand, Morley, Haber, Christensen | FAST: Follow-up after a suicide attempt | Affirm Foundation | 2015-2015 |
| Larsen, Mark | Epps, Cummins, Christensen | Automatic mobile mental health assessment with speech and social signals project | Brain Sciences | 2015-2015 |
| Larsen, Mark | Shand, Morley, Haber, Christensen | FAST: Follow-up after a suicide attempt | Ottomin Foundation | 2015-2018 |
| Loo, Colleen | Chan, Pham, Loo | Fronto-extracerebral transcranial direct current stimulation for depression: A pilot study | Singapore National Medical Research Council | 2014-2015 |
| Loo, Colleen | Loo | Determinants of treatment outcomes in electroconvulsive therapy: A combined clinical and computational modelling approach | UNSW Gold Star Award | 2015-2015 |
| Loo, Colleen | Loo, Mitchell, Taylor | Electrical stimulation with a 'random noise' pattern: A new approach for the treatment of depression | NHMRC Project Grant | 2013-2015 |
| Loo, Colleen | Loo, Simpson, Weiss, Mayur, Ilchef | Establishing a NSW ECT research network | Mental Health Commission of NSW | 2015-2015 |
| Mitchell, Phillip | Butler, Lloyd, Schofield, Ward, Mitchell, Greenberg, Guthrie, Kaldor, Dean, Chambers | The Australian centre of research excellence in offender health | NHMRC Centres of Research Excellence | 2013-2018 |
| Mitchell, Phillip | Meiser, Mitchell, Schofield, Trevena, Barlow-Stewart, Dobbins, Christensen | Cluster randomised controlled trial of an online psychoeducational intervention for people with a family history of depression for use in general practice | ARC Linkage Grant | 2012-2015 |

| Lead BDI investigator | All investigators | Research title | Funding scheme | Years funded |
|-----------------------|---|---|---|--------------|
| Mitchell, Phillip | Mitchell, Parker, Schofield, Breakspear | Depressive and bipolar disorders: Pathophysiology, phenotypes and treatment innovations | NHMRC Program Grant | 2013-2017 |
| Mitchell, Phillip | Mitchell | Anika Foundation PhD Scholarship in Adolescent Depression and Suicide | Anika Foundation PhD Scholarship | 2014-2016 |
| O'Dea, Bridianne | O'Dea, Kelly, Nickerson | To develop a cross-disciplinary collaboration among early career researchers (<5 years PhD) that increases the skills and expertise in mobile phone application design and delivery for youth mental health | Brain Sciences | 2015-2015 |
| Parker, Gordon | Goecke, Parker, Christensen, Epps, Cohn, Lucey | Affective sensing technology for the detection and monitoring of depression and melancholia | ARC Discovery Project | 2013-2015 |
| Parker, Gordon | Parker, Player | A comparative study of the circadian heart rate patterns between patients with melancholic and non-melancholic depression | BioProspect Ltd | 2014-2015 |
| Proudfoot, Judy | Kavanaugh, King, Proudfoot, Christensen, Bonney, Griffiths, Reynolds, Bennett-Levy, Nagel | eMental health support service | Department of Health and Ageing Grant | 2013-2016 |
| Proudfoot, Judy | Proudfoot, Christensen, Wilhelm, Hadzi-Pavlovic | Doing what comes naturally: Investigating the positive self-help strategies used by men to prevent depression and suicide | beyondblue National Priority Driven Research Support Scheme | 2013-2015 |
| Proudfoot, Judy | Proudfoot, Manicavasagar, Wallace, Bonney | Evaluation of the mobile tracker system | Department of Health and Ageing Contract Research Shared Grant | 2008-2016 |
| Proudfoot, Judy | Proudfoot, Wilhelm, Campbell, Zwar, Pavlovic, Gunn | Self-help for depression and diabetes-related distress in people with Type-2 diabetes | NHMRC Project Grant | 2015-2018 |
| Proudfoot, Judy | Sherwood, Donovan, Proudfoot | SmartCare: Innovations in caregiving interventions | University of Pittsburgh / National Institutes of Health Shared Grant | 2013-2015 |
| Sachdev, Perminder | Sachdev, Wright, Ames, Troller, Wen, Baune, Lee, Crawford | The Older Australian Twin Study (OATS) of healthy brain ageing and age-related neurocognitive disorders | NHMRC Project Grant | 2013-2015 |
| Sachdev, Perminder | Sachdev, Poljak, Duncan, Attia, Schofield, Crawford | Plasma protein profiles in normal brain ageing and early stages of dementia | ARC Discovery Project | 2015-2015 |
| Sachdev, Perminder | Sachdev P., Rowe C., Wen W., Slavin M. | The genetic & environmental determinants of amyloid deposition in older individuals: an amyloid imaging study using the twin design | NHMRC Project Grant | 2015-2017 |
| Sachdev, Perminder | Sachdev P., Wright M., Ames D., Troller J., Wen W., Baune B., Lee T., Crawford J. | The Older Australian Twins Study (OATS) of healthy brain ageing and age-related neurocognitive disorders | NHMRC Project Grant | 2013-2015 |

| Lead BDI investigator | All investigators | Research title | Funding scheme | Years funded |
|-----------------------|--|---|------------------------------|--------------|
| Shand, Fiona | Shand, Christensen, Jackson-Pulver, Mackinnon, Hunter, Burns, Shanahan | Using an app for suicide prevention amongst young Indigenous people: A randomised controlled trial (iBobbly) | NHMRC Project Grant | 2014-2018 |
| Shand, Fiona | Christensen, Shand | iBobbly re-development | NSW Mental Health Commission | 2015-2015 |
| Steel, Zachary | Bryant, Steel, Meijer, McDonald | Building economic development through psychosocial intervention | ARC Linkage Project | 2013-2016 |
| Steel, Zachary | Bryant, Whyman, Steel, Brooks | Enhancing adolescent mental health in Indigenous Australians | NHMRC Project Grant | 2013-2017 |
| Steel, Zachary | Rees, Fisher, Steel | Identifying specific risk factors for intimate partner violence amongst refugee women during and after pregnancy | NHMRC Project Grant | 2015-2017 |
| Steel, Zachary | Silove, Rees, Steel, Tol, Eapen, Dadds | Testing a trans generational cycles of violence model in Timor-Leste: Impact of maternal anger on childhood aggression. | NHMRC Project Grant | 2015-2019 |
| Teesson, Maree | Teesson, Conrod, Newton, Slade | The effectiveness of a comprehensive 'universal' and 'targeted' intervention to prevent substance use and related harms in adolescents: The CAP Project | NHMRC Project Grant | 2011-2015 |
| Teesson, Maree | Teesson, Ross, Lejuez, Mills, Kaye, Brady, Dore | The efficacy of behavioural activation therapy in treating depression among individuals with opioid dependence | NHMRC Project Grant | 2013-2015 |
| Teesson, Maree | Teesson, Andrews, Newton, Slade, Chapman | Internet-based universal prevention for anxiety, depression and substance use in young Australians | NHMRC Targeted Grant | 2012-2017 |

Publications

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 2015 is listed below.

Black Dog staff, fellows and students are in **bold type**.

Andreassen, O. A., Harbo, H. F., Wang, Y., Thompson, W. K., Schork, A. J., Mattingsdal, M., Zuber, V., Bettella, F., Ripke, S., Kelsoe, J. R., Kendler, K. S., O'Donovan, M. C., Sklar, P., The Psychiatric Genomics Consortium (PGC) Bipolar Disorder and Schizophrenia Work Groups (including **Mitchell, P. B.**), The International Multiple Sclerosis Genetics Consortium (IMSGC), McEvoy, L. K., Desikan, R. S., Lie, B. A., Djurovic, S., & Dale, A. M. (2015). Genetic pleiotropy between multiple sclerosis and schizophrenia but not bipolar disorder: Differential involvement of immune-related gene loci. *Molecular Psychiatry*, 20, 207-214. doi: 10.1038/mp.2013.195.

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