

Your donation helps real people

With the support of Rotarians, Australian Rotary Health (ARH) has funded over \$45 million of research into a range of health areas since 1981. Our mission is to create better health for all Australians through improved education and advancements in knowledge through medical research.

For 19 years, Australian Rotary Health has focussed its funding on mental health research and is now one of the largest independent funders of mental health research within Australia.

As always, we are extremely grateful for your support and for allowing us to continue what we do.

Here are some of the most recent research projects ARH is funding.



KATRINA STREATFEILD
University of Newcastle, NSW
Funding Partner
PhD Scholarship
Rotary District 9790/

RSL Clubs of Victoria & Australian Rotary Health PhD Scholarship

Project – Psychological and behavioural features of children of Australian Defence Force (ADF) veterans diagnosed with post-traumatic stress disorder (PTSD)

“This research aims to understand the complexities of how PTSD experienced by ADF parents impacts children in their care and the profile of intervention and support needs in this group,” Katrina said.

“This knowledge will inform the development of a specifically targeted, internet-based intervention tool, accessible to ADF families across Australia who wish to access education, support and intervention strategies for parents, children and the family.

“This research will also highlight the lived experience of this client group contributing to community education about and de-stigmatisation of PTSD.”



AARON ALEJANDRO
Murdoch University, WA
Funding Partner
PhD Scholarship
Australian Rotary

Health/Rotary Club of Applecross PhD Funding Partner Scholarship

Project – Research to inform and evaluate a community-level campaign to increase awareness and change behaviours in relation to antimicrobial use

“Antimicrobial resistance (AMR) is one of the most important global threats to human health and results from overuse and inappropriate use of antibiotics in humans and animals in all parts of the world,” Aaron said. “Resistant organisms are developing rapidly in local communities. There is a great need to increase public awareness about the threats and ways to control antimicrobial resistance in the community.

“The project will carry out in-depth social research to assist with understanding community attitudes to health, their relationships with health providers and use of antibiotics.

“I believe that this project is of great importance in raising awareness and influencing policies in Australia regarding the use of antibiotics and slowing the rate of resistance.”



JASON PALAZZOLO
Monash University, VIC
Funding Partner
PhD Scholarship

Australian Rotary Health & Rotary District 9830 Funding Partner PhD Scholarship

Project – Thrombin responsive nanoparticles of prophylaxis and treatment of acute thrombosis

“Cardiovascular disease (CVD) is a leading cause of death worldwide. Thrombosis is a CVD characterised by the formation of clots within blood vessels. These thrombotic blood clots obstruct blood flow, which can lead to potentially fatal heart-attacks and strokes,” Jason said.

“Our study aims to design a new-age therapy for the prevention and breakdown of thrombotic blood clots.

“Our novel therapy will combine innovative nanoparticle and single-chain antibody technologies in order to design a new therapy that will offer enhanced therapeutic efficacy, while circumventing the debilitating

WITH THE SUPPORT OF ROTARIANS, AUSTRALIAN ROTARY HEALTH (ARH) HAS FUNDED OVER \$45 MILLION OF RESEARCH INTO A RANGE OF HEALTH AREAS SINCE 1981.

side-effects commonly associated with the conventional therapies currently available."



KELLY TOW
University of
Wollongong, NSW
Ian Scott PhD
Scholarship

Project – Help for the helpers: The Impact of role-identity and educational training on mental health help-seeking in paramedics

"Given the nature of the profession, research suggests that mental health issues can commonly arise for paramedics and other emergency services employees. Such issues include depression, stress, anxiety, sleep problems, burnout, and PTSD symptomology. Sadly, the rates of suicide can also be high in such professions," Kelly said.

"It is known that the sooner one receives the support they need, the faster they can recover, but that paramedics and other emergency services employees often don't seek adequate support.

"Finding ways to improve help-seeking for paramedics is therefore a vital step towards improving the mental health and wellbeing of current and future Australian emergency services employees."



DR PETER BALDWIN
The Black Dog
Institute, NSW
Mental Health
Research Grant

Project – Healthy Mind: A novel e-mental health tool for young Australians with an intellectual disability

"Young Australians who live with an Intellectual Disability (ID) are especially vulnerable to mental illness, yet less than 10 per cent have access to appropriate mental health care," Peter said.

"Despite e-mental health tools improving access to evidence-based treatments for most Australians, people with an ID cannot use the e-health tools available. Healthy Mind has the potential to close this gap by placing tailored e-mental health services in the hands of all young Australians living with an ID.

"Healthy Mind is an automated online cognitive behaviour therapy (CBT) program developed by the Black Dog Institute in consultation with clinicians, researchers and people living with an ID. Healthy Mind takes some key aspects of CBT and translates them into accessible and engaging tools that can be used on any internet-connected device.

"Using Healthy Mind, young people with an ID can access mental health support whenever and wherever they need it."



DR LOUISE BIRRELL
University of
Sydney, NSW
Postdoctoral
Fellowship

Project: Mind Your Mate: An online peer intervention to prevent mental health and substance use problems in adolescence

"It has long been known that young people's peers have a powerful influence on health behaviours, including substance use and mental health. Peers also play an important role in identifying and facilitating access to support for their friends. Yet existing prevention programs are typically delivered to young people by external experts or teachers, rather than utilising the profound influence of peers," Louise said.

"There is a critical need to explore novel prevention strategies that acknowledge the important role of peers and utilise innovative online delivery methods that engage young people.

"This program of research has the potential to make a significant impact on the huge disease burden and number of young Australians suffering from mental health and substance use problems by developing and evaluating an online tool for young people to support their peers and improve their own mental health.

"If effective, this intervention is easily scalable, low-cost, and will link to the existing high school syllabus, making it easy to implement and roll out."

You can help fund more research by donating today or becoming an Australian Rotary Health funding partner. Visit australianrotaryhealth.org.au or contact the ARH office via 02 8837 1900 or admin@arh.org.au.



In memory of Stan Perron

Australian Rotary Health gives its condolences to the family of Stan Perron, who passed away late last year. Stan has been very generous to our charity through the Stan Perron Charitable Foundation, and we take this opportunity to acknowledge his support.

Stan's involvement with ARH began in 2017, when he sponsored the first Lifting the Lid: Mental Health and Our Kids community forum, held at the University of Western Australia (UWA) Club in Perth, WA. The event was such a success that 17 Rotary clubs pledged to make a difference to ARH, resulting in just under \$40,000 raised for research.

In 2018, Dr Mark Boyes from Curtin University, WA, was awarded a \$44,000 Mental Health Research Grant, generously supported by the Stan Perron Charitable Foundation.

Mark's project involved piloting the Clever Kids program, designed to promote mental health in children with dyslexia.

Later that year, the Stan Perron Charitable Foundation sponsored the second community forum in WA – Lift the Lid on Mental Illness: Young Minds Matter. This forum, also held at the UWA Club, attracted 151 guests, who came to join in the discussion about youth mental health. The evening raised \$42,500 for mental health research.

The Stan Perron Charitable Foundation's most recent contribution was this year, donating \$41,180 to Dr Amy Finlay-Jones' Mental Health Research Grant. Amy is conducting a pilot randomised controlled trial of online self-compassion training in young Australians with chronic illness at Curtin University, WA.

We thank Stan and the Stan Perron Charitable Foundation for their support.



Dr Mark Boyes
Project – Promoting mental health in children with dyslexia: Piloting the Clever Kids program

Curtin University, WA
Mental Health Research Grant



Dr Amy Finlay-Jones
Project – Improving mental health of young Australians with chronic illness:

A pilot randomised controlled trial of online self-compassion training
Curtin University, WA
Mental Health Research Grant

One final gift



The late Margaret and Ross Redfern.

Have you thought about where your wealth will go when you pass away? Maybe you would like to give one final gift to help others in need.

There have been many generous people out there who have chosen to bequeath their life earnings to Australian Rotary Health, to go straight into a health research area of their choice.

Our most recent bequest was over \$1 million from the estate of the late Josephine Margaret Redfern and the late Ross Edward Redfern.

Ross was an active member of the Rotary Club of Granville, NSW, prior to his death in 2015. Josephine passed away in 2018. The funds will be allocated to a perpetual PhD Scholarship in dementia.

We are also grateful to the late Enid Farmer, of the Rotary Club of Croydon, Vic, who bequeathed \$370,240 to Australian Rotary Health in January. These funds will be used towards diabetes, cardiometabolic and youth mental health research.

Your donations help our work. If you would like to set up a bequest with Australian Rotary Health, contact the office via 02 8837 1900 or admin@arh.org.au.

A fundraising idea for this year: Host a Hat Day to help Lift the Lid on mental illness

We are nearly half way into the year already, and World Mental Health Day in October will be here before we know it!

Mental illness is something that affects nearly everybody – whether you experience it yourself or see it affect someone you know. In fact, it is so common that almost half (45 per cent) of all Australians will experience a mental illness in their lifetime.

Australian Rotary Health is helping improve the health and wellbeing of all Australians by funding important mental health research. This includes areas such as depression, anxiety, bipolar disorder, PTSD, schizophrenia, body image and eating disorders, substance abuse, suicide and self-harm, and youth mental health.

Your support on World Mental Health Day, October 10, or anytime during Mental Health Month in October, can help us fund more mental health research, and ultimately improve many lives.

You can get involved by:

- Hosting a Hat Day event;
- Fundraising at your local Bunnings store or train station;
- Asking your local coffee shop to donate \$2 from each cup of coffee sold.

To register your event or find out more, head to hatday.com.au or contact the ARH office via 02 8837 1900 or admin@arh.org.au.

