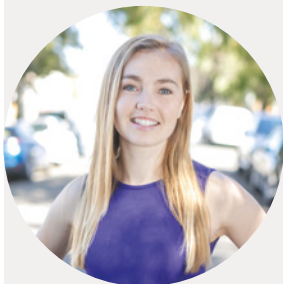
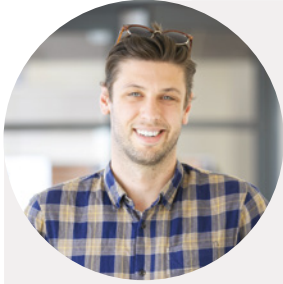


Black Dog Institute Annual Report 2018-2019



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About Black Dog Institute

Vision

A mentally healthier world

Mission

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



What we do

At the Black Dog Institute, we're working to save lives. We are a global leader in our field, and one of only two medical research institutes in Australia to focus on mental health and suicide prevention exclusively. This makes us unique in our ability to not only deliver outstanding research but also transform it into practical programs and services that can change lives in the real world. Connecting research with people keeps us right on the cutting edge of new ideas, evidence, technology and innovation, where the real breakthroughs are happening.

Our aim is to reduce the severity and incidence of mental illness, actively reduce suicide rates, innovate new models of care and create easily accessible solutions to empower everyone to look after their mental health. We are proud of how far Australia has come in the detection and treatment of mental illness, yet there is still much work to be done. We are doing everything we can to keep us all moving towards a better future.

The combination of our expertise in evidence-based, data-driven solutions along with large-scale public health programming and implementation has put us at the forefront of e-health. We are now able to reach more people, more quickly. Through online, freely accessible tools, we're able to provide people with targeted support.

We approach mental health with a whole-community perspective, developing early intervention, prevention, treatment and recovery solutions.

Our education programs are far-reaching, and we are training workplaces, schools and communities to develop mental health literacy, encourage help-seeking and break down stigma.

We also work closely with the current and next generation of health professionals, training them in best-practice, evidence-based diagnosis, treatment and management of mental illness.

Our clinics, integrated within our research framework, see thousands of patients each year, delivering innovative and novel treatments within a patient-driven, holistic setting.

Black Dog's research projects and service development occurs in partnership with those with lived experience. We know that successful implementation cannot occur effectively without it.

Strategic priorities

- **Research innovation and expertise:** to be a leader in world-class mental health research
- **Knowledge translation:** to use our integrated knowledge translation (KT) model to create and deliver innovative, high-quality, evidence-based tools, models and services that lower the impact of mental illness and are suitable for delivery to consumers, clinicians and researchers
- **Technology:** to use tech to fast-track research translation into innovative mental health programs and clinical services, and to build outstanding community and supporter engagement
- **Our people:** to be a workplace of choice that values the uniqueness and diversity of its employees, maximises their potential and focuses on their development, engagement and wellbeing
- **Financial and operational sustainability:** to expand and diversify our sources of income to invest in our growth, and achieve long-term financial and operational sustainability



Strategic outcomes

- Reach the 65% of the population who do not seek help for depression, anxiety, and suicide risk
- Create quality, timely, accessible and novel mental health treatments for those who are seeking help
- Create new knowledge to understand, prevent and treat mental health problems and influence policy
- To contribute to mental health reform by influencing policy



Chairman's message

Peter Joseph



2018-2019 has been a time of great translational research, education initiatives and fundraising partnership success. This annual report outlines how we've sustained our proud tradition of researching and providing accessible solutions that empower everyone to look after their mental health. Some highlights include:

- **myCompass** relaunch: the evidence-based online program has been shown to assist people living with mild to moderate depression, anxiety and stress. It was re-engineered in August 2018, increasing usability dramatically.
- **A trial** into home-administered Transcranial Direct Current Stimulation, a non-invasive brain stimulation technique, showed that patients with depression who self-administered the treatment at home under specific protocols achieved the same clinical benefits as those in treatment centres. The findings open the way for tremendous outreach and improved treatment outcomes in rural and remote Australia.
- **Healthy Minds**, an online program being developed by our researchers to enhance mental health and mental health literacy for people with intellectual disability, is once again showing promising early results. Participants of a feasibility and acceptability study reported that the content was informative and accessible, and identified ways to improve the experience for users with varying needs. We are encouraged and inspired by this work.

During the year the institute secured a number of significant partnerships, including two individual partnerships with SBS and the Sydney Swans, which are crucial in extending our voice into schools and communities across Australia and reaching some of the 65% of Australians who don't seek help for mental health issues. The ongoing partnership with the Swans saw the beginning of a series of evidence-based Mental Fitness webinars delivered to high schools across the country, designed to help teens improve their mental health literacy, wellbeing and coping skills. We are thrilled to be able to collaborate with the team.

We began 2019 by proudly celebrating the achievements of Black Dog Institute Director and Scientia Professor Helen Christensen AO, and her appointment as an Officer of the Order of Australia. Her contributions to health, medical research, policy and practice in e-mental health have not only led the research field internationally but have greatly improved the lives of many Australians living with mental health issues. It was an honour to see her achievements recognised in this way.

I thank Professor Christensen for her inspiring work in leading the organisation through another productive year. My sincerest thanks also go to the entire Black Dog Institute community: my fellow board members at Black Dog and the Black Dog Institute Foundation, the executive team, ambassadors, researchers, staff, volunteers, donors, fundraisers and corporate partners. You are the heart and soul of the Black Dog Institute and passionate players in our journey towards a mentally healthier world.

Peter Joseph AM
Chairman

Director's message

Helen Christensen



The Black Dog Institute takes research out of the ivory tower and puts it into health, educational, digital and corporate settings as quickly as possible to improve the mental health of our community. This is thanks to our culture of collaboration and compassion, plus the

expertise of our academics, commercialisation experts, educationalists, IT specialists and communications team – supported by exceptional corporate and human resources teams. Over FY18/19 this process has led to outstanding work, highlighted below and throughout this report.

This year, our research and discovery team completed the world's biggest trial of a mental health app designed to assist people to manage their mental health in the workplace. The app, HeadGear, teaches users behavioural activation and mindfulness skills over 30 days. The use of the app (now publicly available) was associated with a reduced risk (almost half) of new-onset depression at 3-month follow-up with benefits maintained at 12-month follow-up.

The research and discovery team also launched the five-year Future Proofing Study, which aims to reach 20,000 young people in 400 Australian schools over the next year. Using smartphone sensor data and a gamified prevention intervention (Sparx), we aim to determine the extent to which depression can be prevented during adolescence, and also the usefulness of sensor data in predicting onset of illness.

Our innovation team has the role of transforming our successfully tested apps and implementation models of care into forms suited to real-world settings. In the last financial year, we supported the expansion of the Institute's LifeSpan suicide prevention trial into ACT. We now provide support, resources and expert advice on evidence-based suicide prevention strategies in all states of Australia. In May we hosted the National Suicide Prevention Symposium, bringing together 100 suicide prevention site coordinators, policymakers, researchers and sector and community partners to discuss opportunities, limitations and outcomes of systems approaches to suicide prevention, and link these back to policy.

Our knowledge translation team provided education programs to more than 90,000 individuals this year. The team also drove the relaunch of myCompass as a mobile-responsive website, with updated and refreshed content, which engaged over 23,000 people. There were also 17,000 new registrations for BITE BACK, Black Dog's online positive psychology program for teens.

Black Dog Institute has a diversified income stream from competitive grants, government tenders, and corporate workplace programs. However, in the current climate, the success of organisations like ours relies on fundraising. Our talented team continues to grow revenue with significant donations from the Paul Ramsay Foundation, the Exercise Your Mood Walk (Black Dog's first-ever signature fundraiser), and the development of a Black Dog "Luminaries" bequest program.

I am in awe of the dedication and passion of our staff. Their work has made a difference to the lives of everyday Australians, helping to bring together another spectacular year for Black Dog. I acknowledge the magnificent work of my colleagues and our Board in continuing to prepare the organisation for future growth next year.

Scientia Professor Helen Christensen AO
Director

Speaking up for mental health

The facts



2018 recorded
3,046
deaths by suicide
in Australia

A further

70,000
make an attempt



Suicide

is the leading cause of death
for Australians

aged 15-44



Research shows
mental illness is the

leading cause

of long-term sickness absence
and work incapacity

This costs
the Australian economy

\$12 bn
per year

in lost productivity



Over **75%**

of mental health issues develop

before age

25



65%

of those experiencing
symptoms of mental illness

do not
seek treatment



1 in 5 Australians
experience
a mental illness

The most common are
depression, anxiety and
substance-use disorder.

*These three often occur
in combination.*



Mental illness affects

50% of all
Australians

over the course of life



Our impact



29

Suicide prevention
trial sites
supported
nationally



An Australian 1st

LifeSpan suicide prevention
trial extended to ACT



Of participants in
our workplace
education programs:

95%

would recommend
the training

99%

are satisfied
with the quality of the training



40,000

registrations to our online
adult and youth mental
health programs



Education Programs
delivered
face to face and
online to over

90,000
people

And 38% increase in
health professional
participant
knowledge and
confidence



10,000 visits
in 1 month
to the Online Clinic

96%
completion rate

84%
would share
results with GP

88%
would use online
resources recommended



123
peer-reviewed
journal articles
published



1.5M
unique
website visitors

Research with impact a snapshot

Notable high-impact Black Dog Institute publications in FY18/19

This financial year has been a productive one for Black Dog researchers, who collectively published 123 peer-reviewed journal articles. Several of these have had a significant impact through scholarly citations and mentions in news and media sources, including social media. This annual report contains a summary of our research.

The full list can be found here: blackdoginstitute.org.au/18-19-publications.



Black Dog research shines light on the need for evidence-based mental health apps

More harm than good, apps from credible sources are paramount

With the growing prevalence of mental health issues and over 3 million apps available, it's no surprise that there is an abundance of apps that promise relief from depression, anxiety, low mood, sleep disorders and every other well-being concern in between! As leaders and advocates for low cost, 24/7 accessible, confidential ways to seek help, we believe it's crucial that people have access to high-quality and evidence-based apps. To this end, our researchers investigated the claims made by popular mental health apps. Whilst many apps use scientific language, most referencing cognitive behavioural therapy (CBT) to promote the app, a third of the apps referred to techniques with no credible evidence. With such little regulation and so many apps out there with the capacity to do harm, informed knowledge to search for apps from credible organisations is of paramount importance.

Data sharing and privacy pitfalls exposed

Another key research study reported significant privacy shortfalls, finding that nine out of ten apps for depression and smoking cessation were sharing data with third parties but only two out of three disclosed they were doing so. Data sharing with third parties that includes linkable identifiers is prevalent and focused on services provided by Google and Facebook. Despite this, most apps offer users no way to anticipate that data will be shared in this way. As a result, users are denied an informed choice about whether such sharing is acceptable to them.

Australian commission seek advice on National Standards

With our breadth of expertise and evidence in this space, Black Dog researchers are now contributing to the development of national standards. We are proud to support the Australian Commission on Safety and Quality in Health Care (the Commission), to develop national safety and quality standards for digital mental health services. The standards will consider the design, delivery and technology platform of the digital mental health service. Public consultation for this project is planned for March and April 2020.

For more information visit <https://www.safetyandquality.gov.au/our-work/e-health-safety/national-safety-and-quality-standards-digital-mental-health-services>



New Emergency Department guidelines to reduce suicide rates through improved crisis and follow-up care

Research shows that the quality of care someone receives from the Emergency Department following a suicide attempt can increase the likelihood of them attempting or dying by suicide in the future. Lack of resourcing and capacity can sometimes result in significant barriers to care and follow-up. This is why Black Dog Institute has collaborated with leading clinicians, people who have attempted suicide, have experienced suicidal thoughts, or those who have been affected by suicide.

The Guidelines for Integrated Suicide-Related Crisis and Follow-Up Care in Emergency Departments and Other Acute Settings were produced in line with the 'Delphi' method, a world standard for developing empirically based expert recommendations.

Delving into the Delphi method – a road map to best practice guidelines

The development of best practice guidelines for suicide-related crisis response and aftercare in the emergency department or other acute settings: a Delphi expert consensus study – published in BioMed Central Psychiatry (BMC), January 2019 – aimed to use the Delphi method to develop guidelines for staff responding to suicidal presentations in acute settings. This method involved asking health care professionals and people with lived experience of suicide to rank items of care in terms of how important they believed it to be for inclusion in the guidelines. The result is a set of practical strategies and accompanying clinical implementation advice that can be used by those working in acute settings to best guide the response to people who have made a suicide attempt, or are experiencing thoughts of suicide.

Guidelines to address barriers in crisis and follow-up care

When people who are experiencing a suicidal crisis present to the Emergency Department, the care they receive can be life-changing for them and their loved ones. The guidelines produced by Black Dog Institute's LifeSpan initiative provide a much clearer picture of requirements for quality care based on research evidence for best practice, while carefully considering lived experience perspectives and addressing the issues that have led to low patient and carer satisfaction with Emergency Department care in the past. The guidelines are now being used by administrators, managerial staff and clinicians working in acute settings to inform and guide empathic, compassionate responses to people experiencing suicidal crisis.

Research with impact a snapshot

World-first study proves online training boosts resilience, optimism and coping ability for first responders

Our first responders deserve the very best protection and tools, so the Black Dog Institute was immensely proud to partner with UNSW's Workplace Mental Health Research Team, and Fire and Rescue NSW, in a world-first study which proved that an online mindfulness-based resilience program will help first responders and many other high-risk workers, take on the huge mental health challenges in their demanding roles.

Results show online resilience training helps do the job in high-risk work

The study – published in the Journal of Medical Internet Research (JMIR), February 2019 – found that the Resilience@Work (RAW) Mindfulness Program significantly increased levels of psychological resilience, and successfully boosted mindfulness, optimism and the use of healthy coping strategies among emergency service workers.

Funded by the icare foundation and NSW Health, the study highlighted how online resilience training can play a key role in helping high-risk organisations develop mentally healthy workplaces.

Numerous emergency service organisations are already onboard

As joint pioneer in the study, Fire and Rescue NSW was proud to be a part of the research, the findings of which will go on to support the mental health of Australians in many other workplaces. RAW Mind Coach, an enhanced version of the e-learning program used in the study, is being rolled out within Fire and Rescue NSW as part of its proactive mental health strategy.

RAW Mind Coach is also currently being rolled out to 5,500 employees at NSW Ambulance. St John Ambulance Northern Territory rolled out a customised version of the program earlier this year. NSW Rural Fire Service is planning a pilot of the program as this report goes to press. In 2020, Chelsea-Westminster Hospital Emergency Department (UK) has confirmed they will be rolling out a pilot trial of the program to frontline medical staff.



Suicide Prevention expanding our work

LifeSpan trial

In November 2018, the Black Dog Institute was proud to welcome the ACT as a fifth trial site in its LifeSpan suicide prevention trial. Black Dog Institute's LifeSpan trial is an evidence-based suicide prevention initiative funded by an independent philanthropic grant from the Paul Ramsay Foundation, and involves the implementation of nine evidence-based strategies simultaneously within a localised area.

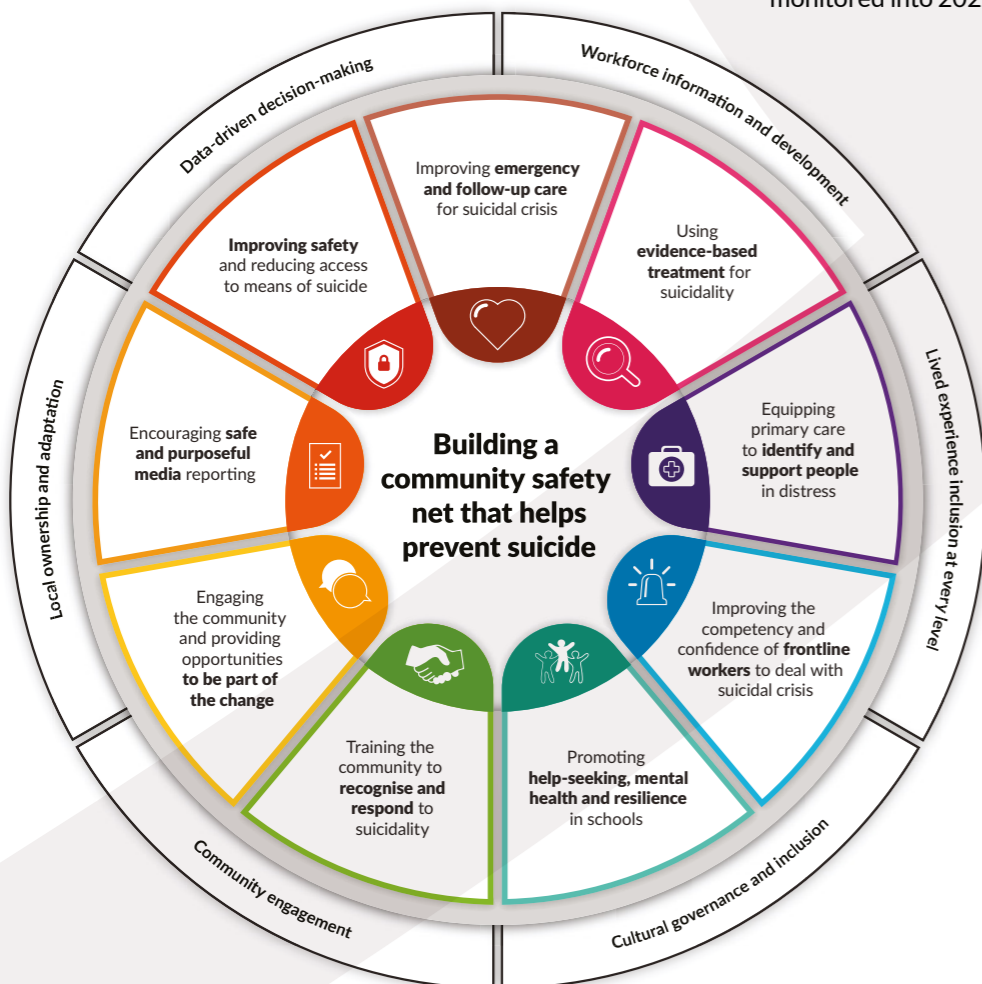
ACT Minister for Mental Health Shane Rattenbury joined Dr Fiona Shand, Senior Research Fellow and Research Director for LifeSpan at the Black Dog Institute, and Ms Gaylene Coulson, CEO of Capital Health Network, to launch the trial locally.

"Recently in the ACT the number of people who have died by suicide has increased, which is why we need to do something about it as a community," Minister Rattenbury said.

The Black Dog Institute's Dr Fiona Shand said that the LifeSpan systems approach to suicide prevention will include a strong voice from people with a lived experience of suicide, including family members and carers.

"Through our research over the past five years at the Black Dog Institute, we know that a systematic, community-led approach is the best way to reduce suicide in our country," Dr Shand said.

The implementation phase of the LifeSpan trial in the NSW sites is set to wrap up in early 2020. The longer-term impact of the trial will continue to be monitored into 2021 and beyond.



iBobbly study

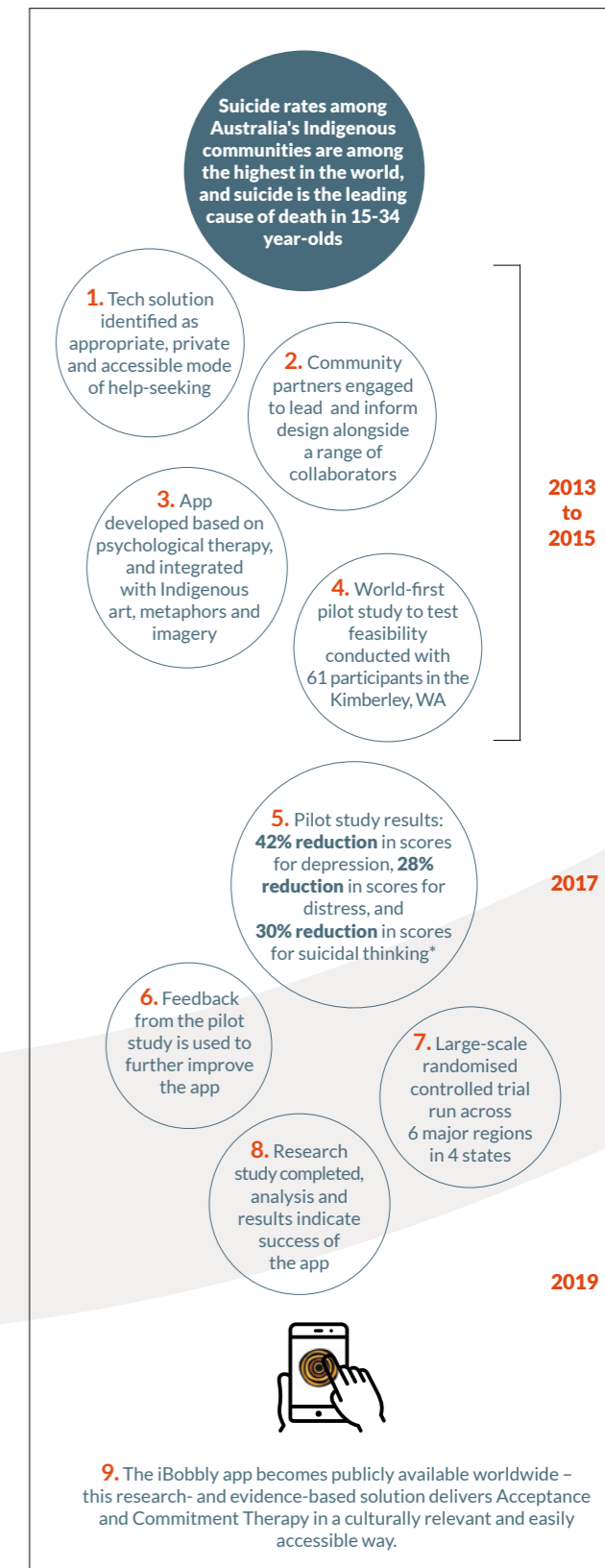


Watch the video at <https://youtu.be/kgPP2UpT4kE>

In partnership with Alive and Kicking Goals, iBobbly is a trial of the world's first suicide prevention app developed with and for Aboriginal and Torres Strait Islander Peoples. The app uses evidence-based and culturally suitable content and represents a feasible way to reach young, at-risk people who experience substantial barriers to accessing help.

Australia's first suicide prevention app for Aboriginal and Torres Strait Islander Peoples showed promising results in the initial pilot study. In FY18/19, Black Dog Institute's randomised controlled trial (RCT) investigating the iBobbly app continued. The RCT is set to wrap up in the latter half of 2019, and plans are in progress to make the app widely available across Australia.

Please note publication references on page 50



Suicide Prevention where we are headed

Suicide Prevention Intelligence System

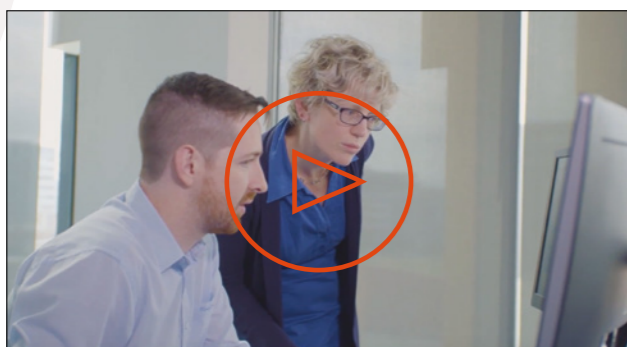
Australia has an opportunity to develop a world-class suicide data system that provides information that is timely, comprehensive, and valuable to stakeholders. We do not yet have single national datasets on deaths, hospitalisations, police data or ambulance data.

The Black Dog Institute welcomes the \$15 million investment in the Australian Institute of Health and Welfare (AIHW) new national system for collecting and enhancing data on self-harm and suicide.

While a national suicide data system is needed, local analysis of suicide data tells us some important things that can't be seen by looking at national trends or even state trends. The Black Dog Institute has developed a Data Intelligence System for localised suicide prevention in the LifeSpan suicide prevention trial sites.

The system incorporates multiple datasets, acquired from multiple data custodians, with expert insights applied helping inform tailored suicide prevention strategies. These insights are developed in partnership with our geospatial experts at the Australian National University GRAPHIC; data analysts and research scientists at Black Dog; SAS Institute; the goodwill and permission from coroners and other government data custodians, and the Paul Ramsay foundation.

Suicide rates have been increasing over the past decade, from 10.8 per 100,000 in 2009 to 12.1 per 100,000 in 2018. Data can help us to optimise prevention efforts across community settings and in health networks to develop safety nets through better early detection and intervention.



Watch the video at https://www.youtube.com/watch?time_continue=76&v=v4BRsxWXzdc

Project focus:

- **Leading collaboration** – partnering with SAS Institute and the Australian National University, Black Dog Institute combine world leading expertise with sector networks and relationships to champion this lifechanging project
- **Pioneering the way** – proactively the first to take action, we have been collating, consolidating and trialling this in communities for two years already
- **Unrivalled data accuracy** – from manually geocoding data to gold-standard machine automation, we have unprecedented accuracy in our mapping and spatial analysis, enabling decision making that is based on data, not anecdotal advice
- **Unique expertise** – the only organisation with data, clinical research and knowledge translation expertise in suicide prevention, we are best placed to drive analysis and action in this space
- **World-class automation** – our gold-standard system saves significant labour and time costs related to data management, and allows data to be ready for analysis faster than ever before in this field

Suicide Prevention symposium and collaboration

National Suicide Prevention Symposium

In May 2019, the Black Dog Institute hosted a two-day inaugural National Suicide Prevention Symposium in Canberra.

The symposium sought to bring together for the first time the interim learnings from 29 suicide prevention trials that are currently in progress across Australia – 12 national suicide prevention trials, 12 Victorian place-based trials, four Paul Ramsay Foundation-funded LifeSpan research trials in NSW and one ACT LifeSpan research trial. More than 100 trial staff, policymakers, researchers and other sector and community partners travelled to Canberra to share their experiences of working in suicide prevention.

The presence of local coordinators from all 29 sites helped focus the event on effective, on-the-ground approaches and 'how to do' systems, leading to two days of in-depth discussion about the opportunities, limitations and outcomes of systemic suicide prevention activities and the link between suicide prevention activities and policy processes at all levels of government.

Discussions spanned priority populations, with a particular emphasis on Aboriginal and Torres Strait Islander experiences; policy and evaluation, including the importance of effective data collection and dissemination; and sustainability, with a focus on building longevity into suicide prevention workforces.



National Suicide Prevention Symposium

Lived Experience Summit

We were honoured to have been involved in the inaugural Lived Experience Summit in August 2018, developed by Roses in the Ocean, an organisation dedicated to the safe and supportive inclusion of people with lived experience of suicide. This gathering of lived experience peers was the first and largest of its kind in Australia in the suicide prevention sector, bringing together people with a lived experience of suicide, professionals working in the sector and corporate organisations.

With lived experience involvement an emerging practice in suicide prevention, the three workshop and feedback reports produced by the Black Dog team based on the Summit provide timely insight into the complexities and benefits of combining lived experience and professional perspectives. Recognising the importance of this work, these papers are being presented at national and international conferences.

Much of the work and evaluation done at the Summit will inform Black Dog Institute's future projects including the Centre of Research Excellence in Suicide Prevention, to which the contributions of people with lived experience are integral.



Helen Christensen AO, Black Dog Institute Director and Scientia Professor (L) and Bronwen Edwards, CEO of Roses in the Ocean (R). Photographer: Caleb Loeken

Novel Treatments from the clinic to the home

Patients with depression who self-administered a brain stimulation treatment at home have achieved the same clinical benefits as those in treatment centres, a new pilot trial has found. The findings open the way for improved treatment outcomes for rural and remote Australians with depression, who currently lack access to specialist brain stimulation therapies in major city centres.

Published in the *Journal of Affective Disorders* and conducted by the UNSW School of Psychiatry based at the Black Dog Institute, the home trial into Transcranial Direct Current Stimulation (tDCS) showed that in a sample of 34 people with depression, mood significantly improved on average one month after receiving four weeks of treatment.

tDCS is a non-invasive, painless, and mild form of brain stimulation that can have an antidepressant effect when applied over the front parts of the brain.

“The potential treatment benefits of home administered tDCS for those in rural and remote areas is huge,” said UNSW School of Psychiatry’s Professor Colleen Loo, a psychiatrist and clinical academic who leads a research and clinical centre providing novel brain stimulation treatments, based at the Black Dog Institute.

“While the incidence of mental illness is on par for rural and remote Australians and those in metropolitan areas – at around 20 percent of the population – suicide and self-harm rates are higher for people living in remote regions. Cost and geographic barriers to treatment can prevent those at risk from seeking the help they need.

“Our study shows that home administered tDCS results were comparable to those achieved in a treatment centre setting, which could have an enormous benefit to people previously unable to access different treatment options for mental health conditions like depression.”

Following initial training on how to use the tDCS device, study participants were remotely supervised via video link for the first few treatments done at home, and then via completion of an online treatment diary for the four weeks of treatment. Treatments were then spaced out and continued for several months to maintain the improvement.

The home trial comes at a time of growing interest in tDCS, an emerging form of non-invasive therapy that could be as effective as Transcranial Magnetic Stimulation (TMS) – the most commonly practised non-invasive brain stimulation treatment in Australia – while affording greater convenience and less cost to patients.

Please note publication references on page 50

About Transcranial Direct Current Stimulation

Transcranial Direct Current Stimulation (tDCS) is a non-invasive brain stimulation technique. It works by transmitting a weak electrical current into brain tissue via electrodes to the scalp, which modulates neuronal firing. Over time, this stimulation can change the functioning of neuronal networks to provide therapeutic benefits.

Like any treatment, tDCS is not suitable for everyone. Care is taken to screen patients, and monitoring is robust.



Workplace focus on the medical profession

With 1 in 6 workers experiencing mental illness per year, it's critical that employers and staff build, promote and sustain mentally healthier workplaces. Black Dog Institute's Workplace Mental Health Research Team, who are funded by the icare foundation and NSW Health, dedicate their efforts to identifying what mentally healthier workplaces should look like, and how they can be achieved for all employees, through the development and evaluation of interventions aimed at preventing and reducing mental ill-health.

Their efforts with at-risk workforces including emergency services and construction have now extended to include medical professionals, in particular, junior doctors. With the goal of supporting the mental health of junior doctors, over 2018/19 the team have begun developing and trialling apps aimed at fostering behaviour change and promoting help-seeking among junior physicians, and educating their supervisors in how to identify and address mental health issues in their staff. These new interventions have been developed in partnership with doctor groups, including the Royal Australasian College of Physicians with funding from NSW Health, Australian Government Department of Health and the icare Foundation.

The page opposite illustrates how we have taken learnings from three existing research studies to develop two new programs specific to the medical profession.



HeadGear App

Co-designed with workers in male-dominated industries, the *HeadGear* app incorporates risk screening and a 30-day mental health challenge. Pilot testing showed *HeadGear* was associated with improved depressive symptoms and work performance. The RCT evaluating *HeadGear* involved over 2,000 workers, the largest ever smartphone app based trial. This evaluation found the app effective in reducing rates of new depression incidence and depressive symptoms, while also improving resilience and work performance.



Peer review articles

A systematic review and meta-analysis published by Black Dog's workplace research team in *Lancet Psychiatry* showed that there is limited evidence for what works in suicide prevention for doctors, and that existing interventions were individually focused, not organisation-focused. The review also found that five of the interventions reviewed had a combined moderately positive effect on symptoms of common mental disorder.



HeadCoach online training

HeadCoach online training aims to help managers better support mental health matters within their teams. Pilot results showed *HeadCoach* was associated with an increase in managers' knowledge of their role in managing mental health issues and confidence in initiating conversations with employees about their mental health. The RCT evaluation found *HeadCoach* resulted in sustained improvements in manager confidence and behaviours effective in creating a mentally healthy workplace for staff.



The Shift App

The *SHIFT* app is an adaptation of *HeadGear* that aims to support the mental health of junior doctors. It incorporates a modified 30-day challenge based on behavioural activation, mindfulness and cognitive behaviour therapy, and features optional sections on help-seeking for doctors, medical exams, training, and other career pathways. *SHIFT* will be evaluated in a pilot trial in late 2019 and in a multi-site RCT in 2020.



HeadCoach for Physicians

HeadCoach for Physicians is an adaptation of the *HeadCoach* online manager training tailored for senior physicians to help them better manage the mental health and work environment of doctors-in-training. This program has been developed in partnership with the Royal Australasian College of Physicians to address the high rates of mental ill-health among junior doctors. It will be evaluated in a large RCT across Australia and NZ.

Workplace translation in action

Mental illness is the leading cause of sickness absence and long-term work incapacity in Australia, resulting in \$12 billion lost to businesses each year. With more businesses growing aware of the consequences of mental ill-health for workplaces and individuals, they're relying on organisations like Black Dog to provide highly regarded, evidence-based education and training. Our workplace education team had a productive year in 18/19, delivering 647 face-to-face programs to 17,106 participants. We catered to over 200 diverse organisations, including; Australian Government, Specsavers, Victorian Department of Health and Human Services, NSW Government, Monash Health, Qantas, House with No Steps, Country Road Group, Victoria Police, Virgin, HCF and Sydney Children's Hospital Network.



Customised training for Monash Health

In an exciting initiative, Black Dog Institute engaged with Monash Health to roll out a pilot of mixed-modality training customised to the needs of those working in a high-paced medical environment. Bite-sized learning opportunities for both managers and employees are delivered via e-learning modules and podcasts. A one-hour face-to-face interactive session has also been piloted to managers, with a practical focus on conducting essential mental health-focused conversations.

Training the NSW workforce

Proudly funded by the NSW Government we are set to deliver mental health training to over 5000 managers and their teams within NSW. We've never had the opportunity to make our evidence-based training accessible to so many people and this project will be increasing knowledge through face-to-face sessions, online modules and the use of our apps. Registrations will remain open to these programs at no cost for micro- and medium-sized businesses into 2020.

Education at every level at HCF

In an ideal scenario, mental health training should be implemented organisation-wide and should begin with executive endorsement and participation. HCF provided us the ideal scenario and we started the program by delivering an Executive Briefing. We went on to deliver Managing for Team Wellbeing, a course designed to upskill managers in mental health literacy which has been delivered 9 times so far with an additional 9 employee courses reaching their teams as well. HCF has also committed to taking part in the Black Dog Audit Tool process to assess their mental health policies, procedures, and educational interventions to further track and manage their ongoing progress.



Youth investigating scalable solutions

The Future Proofing Study

We live in a fast moving, rapidly changing world, where technology brings as much complexity as it does simplicity to our lives. We share the common goal of preparing the young people of today for the opportunities and challenges of the future.

The pressures, trials and tribulations of adolescence are evident in the prevalence of depression, anxiety and suicide among young people. Whilst teens are least likely to seek help, they are the most likely to seek support in the privacy of their own bedroom.

We know we can reduce depression in 22% of young people, but we need to find an easily accessible, universal solution. Tuning in to this tech-savvy segment, the Future Proofing app has been designed to identify the factors that lead to depression and other mental health problems in adolescents.

The study aims to discover how we can use smartphones as a prevention tool, equipping students with strategies and tools to deal with issues that might arise now or in the future. Comprehensive data collection and analysis will also help to determine what triggers the development of mental health symptoms.

The study will collect information on physical activity, voice changes, location movements and sleep, as there is evidence these factors can be indicators of declining mental health. We will also be assessing the impact of a cognitive behavioural therapy-based app where teens learn psychological strategies to manage emotions and build resilience.



Find out more about our Future Proofing Study with this video <https://youtu.be/Ko5F963K1vM>

Youth meet Dakota, lived experience presenter



Our committed team of community presenters travel throughout Australian communities to increase mental health knowledge and build understanding of help-seeking options and services. As part of these, they share their experience of living with mental illness or caring for a loved one with mental ill-health. In 2019 Dakota Ellington travelled throughout Far North Queensland to share her knowledge and insights with the communities there, ahead of the TourXOz mountain-biking fundraiser in the region.

I have lived with mental illness since I was young, but I wasn't diagnosed with depression until I was 22. I never understood that my thoughts and feelings were different to other people's. It wasn't until I learnt more in my early twenties that I decided to see a doctor. I now know a lot more about myself and my past – this has helped me manage and understand my mental illness.

I have been a community presenter for the Black Dog Institute since July 2018, and it has been an experience I am very grateful for.

Not only does it help young people to be aware, but it has also become a part of my own recovery. At my lowest time, mental illness nearly took my life. After that I decided to help other people. The thought of young people going through the same situation and not understanding or being able to ask for help broke my heart. This led me to searching for volunteer opportunities and I made contact with Black Dog Institute not long after that.

I was so happy and excited to be asked to be the presenter for Far North Queensland (FNQ) ahead of the TourXOz ride there. What made it more special is that my mob is the Kuku Yalanji clan from the Mossman Gorge, and presenting to communities, students and professionals was something I will always be so grateful for and proud of.

The trip took me to Mareeba State High School, Smithfield State High School, Mossman Gorge Wellness Centre and Bamaga State High School. Each school and community has had tragic losses because of mental health, and it was so great to see the communities come together to tackle

the stigma and support everyone. I had a chance to talk to students one-on-one after the presentations about their support groups and trusted people they can approach.

This tour was unique not only because of the location, but also the content I got to present. FNQ is quite disconnected from larger cities. I was introducing Black Dog Institute to a lot of people who hadn't heard of them or their offerings. In the past, people I've presented to have had an understanding of mental illness, but words like depression or anxiety were new to some students. Having presenters not only talk about facts but also their personal stories helps end the stigma.

When I was growing up, mental illness was taboo. I wish we'd had these presentations and people to tell us that it will be ok, and you can reach out. The presentations help parents and guardians to be aware of changes in their kids, give resources to people for confidential talks and help, and open up the network of trusting support systems that many may not realise they have.

Sydney Swans and Black Dog Institute team up to tackle mental health in schools

The partnership between the Sydney Swans and Black Dog Institute will see a series of evidence-based Mental Fitness webinars delivered to high schools across the country, with the aim of helping kids improve their mental health literacy, wellbeing and coping skills. In addition, a series of face-to-face presentations will be held at eligible Sydney high schools.

“Teaching kids how to build positive mental health skills is so important, and being able to do this with the help of an iconic sporting club like the Sydney Swans helps us reach, connect and resonate with our youth on a whole new level.”

Karen Elliff, Director of Fundraising and Development, Black Dog Institute



Walking our way towards a mentally healthier world



Black Dog Institute's inaugural Exercise Your Mood Walk was held on Saturday 4th May 2019. A large number of dedicated participants, volunteers, and supporters raised \$63,473; triple the original target. Black Dog Institute's research shows that just one hour of exercise a week can help prevent depression. Held in Centennial Park, Sydney, the options of a 5 or 10km walk provided a fun, healthy platform and opportunity to start a conversation about mental health and encourage help-seeking.

The Sydney Swans team, the Labor member for Coogee, Marjorie O'Neill MP, Michelle Bridges and the 501st Legion in their Star Wars gear showed up on the day to get the crowds excited and lend their support to the 221 walkers and 43 teams.

The funds raised by the Exercise Your Mood Walk contribute toward expanding Black Dog Institute's research priorities and education programs for communities, schools and health professionals.

The walk tied in with the organisation's wider Exercise Your Mood campaign, a nationwide initiative raising awareness of the link between physical activity and mood. The campaign is based on research undertaken by Black Dog Institute academics which showed a direct link between physical exercise and improvement in symptoms of depression, anxiety and PTSD.

Sportsman's Lunch 2018 collective giving in action



Collective giving is the coming together of individuals or foundations to jointly fund social change. In addition to the benefits of networking and peer support, the ability to scale up the impact of everyone's contribution is incredibly powerful.

2018 marked the second year of the Sportsman's Lunch – a great example of how collective giving is powering the Black Dog Institute's work. The event is hosted by Luke Hartman, a director of the Black Dog Institute Foundation. Luke and other members of Black Dog Institute's Foundation and Board bring together friends and prominent businesspeople around Australia to discuss mental health – with a focus on the impact of mental illness in the sporting world – and to explore the benefits of exercise for mental health. During the

event attendees heard talks from Wallabies legends John Eales and Richard Harry, as well as heard the moving and inspiring story of Nic Newling, who lost his older brother to suicide.

Thanks to Luke, members of the Black Dog Institute Foundation, and Black Dog Institute Board, as well as generous support from the many guests who attended, the 2018 Sportsman's Lunch raised an exceptional \$220,000 for Black Dog's mental health research and education programs within Australia.

"We're incredibly grateful to have the support of events like the Sportsman's Lunch," said Karen Elliff, Black Dog Institute's Director of Fundraising and Development. "It's a wonderful opportunity to galvanise those who are willing and able to generate significant funding for Black Dog's work."

Implementing our Reflect Reconciliation Action Plan

Over the past 12 months, the Black Dog Institute has been implementing our Reflect Reconciliation Action Plan (RAP) which formally demonstrates our commitment to improve the social and emotional wellbeing of Aboriginal and Torres Strait Islander Peoples beyond the work we are already doing. This RAP commits Black Dog Institute to (amongst other things) expand our partnerships with Aboriginal and Torres Strait Islander-led organisations, improve our cultural responsiveness, and increase employment opportunities for Aboriginal and Torres Strait Islander Peoples and provide appropriate support to them. At Black Dog Institute, we believe that mental and emotional health and wellbeing is a human right, and we endorse the Gayaa Dhuwi (Proud Spirit) Declaration to achieve the highest standard of mental health and suicide prevention outcomes for Aboriginal and Torres Strait Islander Peoples.

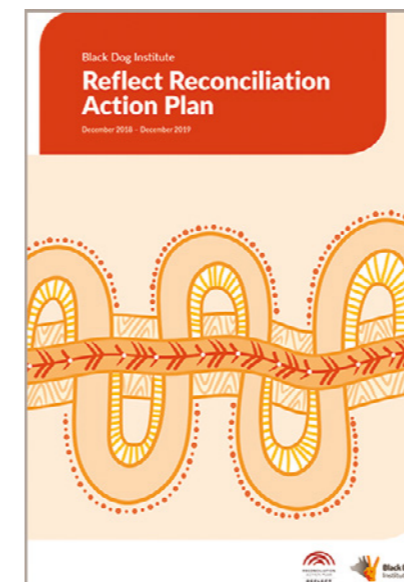
We have engaged in a number of activities in the past 12 months as a result of our RAP commitments, including:

- Formally launching our Reconciliation Action Plan during National Reconciliation Week
- Clarifying our knowledge around the traditional owners of the land on which Black Dog Institute is situated
- Improving our acknowledgement of country to include some of the history of the traditional owners
- Engaging in cultural awareness training delivered by Marumali Consultations, following consultation with them on developing customised training specific to our organisation
- Approval by the Black Dog Institute Board of a stimulus paper that outlines a portfolio of Aboriginal and Torres Strait Islander projects within the Institute, and recommends future directions

Additional areas of work in partnership with Aboriginal and Torres Strait Islander groups include the ongoing iBobby study, which is trialling Australia's first suicide prevention app for Indigenous Australians, and our work with the Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention located at the Poche Centre for Indigenous Health at UWA, to support of National Suicide Prevention Trial sites that are focusing on Indigenous communities.

While we are proud of the work done so far, we acknowledge there is a long way to go. Our RAP is only a guide to improving the wellbeing of Aboriginal and Torres Strait Islander Peoples and we will always strive to do more. We will continue to work hard to see our vision of a mentally healthier world realised in partnership with these communities, and commit to develop an Innovate RAP in 2020 as part of the next stage of our reconciliation journey.

Please note publication references on page 50





Competitive research grants

Competitive research grants are critical in allowing Black Dog Institute's researchers to remain world leaders in mental health and suicide prevention. Highly sought-after funding from bodies like the NHMRC, as well as public sector and industry grants, facilitate our investigations into better prevention, treatment, diagnosis and education options for mental health. Below are some of our most prestigious current grants, and the tables following contain the full list.

NHMRC Project Grant: Awarded for a longitudinal cohort study (led by Dr Bridianne O'Dea) looking at the use of social media data to identify markers of depression risk among individuals. The three-year project will look at individuals' social media in conjunction with their mental health by analysing the 'what', 'how' and 'emotion' of online discussions.

NHMRC Research Fellowship: Awarded to Prof Helen Christensen for landmark population trials in suicide prevention. Suicide is the most common cause of death in Australians aged 15-44. To find out which approaches to prevention are effective, this Fellowship will undertake large studies to evaluate the acceptability, feasibility and effectiveness of potentially powerful interventions in schools, workplaces, and clinics with the aim of driving down suicide rates.

Suicide Prevention Australia/National Suicide Prevention Research Fund Grant: Hospital-treated self-harm is a strong predictor of suicide. Providing follow-up after discharge from hospital reduces the risk of a repeat episode – yet many people do not receive effective follow-up. The *Preventing repeated self-poisoning: A brief therapy text message intervention* project (funded by the Suicide Prevention Australia Grant and led by Dr Mark Larsen) seeks to improve care using text message follow-ups with links to online therapeutic content.



Black Dog Institute led grants

Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start date	Funding end date
NHMRC	Project Grant	Helen Christensen	Venkatesh, Werner-Seidler, Calear, Mackinnon, Hudson, Oei, Larsen, Batterham	A RCT of depression prevention in adolescents: the Future Proofing trial	\$2,183,737.60	2018	2021
NHMRC	Centre of Research Excellence	Helen Christensen	Venkatesh, Boydell, Shand, Harvey, Batterham, Calear, Carter, Larsen, Robinson	Centre of Research Excellence in Suicide Prevention: CRESP II	\$2,466,909.50	2018	2023
NHMRC	Project Grant	Judy Proudfoot	Wilhelm, Campbell, Zwar, Pavlovic, Gunn	Self-help for depression and diabetes-related distress in people with Type-2 diabetes	\$857,252.00	2015	2018
NHMRC	Project Grant	Bridianne O'Dea	Larsen, Venkatesh, Phung, Glozier	Using social media data to identify markers of depression risk among individuals: A longitudinal cohort study	\$324,452.00	2019	2021
NHMRC	Centre of Research Excellence	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)	\$2,490,060.00	2012	2018
NHMRC	Project Grant	Fiona Shand	Christensen, Jackson-Pulver, Mackinnon, Hunter, Burns, Shanahan	Using an app for suicide prevention amongst young Indigenous people: A randomised controlled trial (iBobbly)	\$918,809.00	2014	2019
Australian Rotary Health Research Fund	Mental Health of Young Australians Research Grant	Peter Baldwin	Anderson, Christensen, Trollor	Healthy Mind: A Novel e-Mental Health Tool for Young Australians with an Intellectual Disability (ID)	\$176,509.00	2019	2021
Australian Rotary Health Research Fund	Mental Health of Young Australians Research Grant	Mark Larsen	Shand, Morley, Batterham, Berrouguet, Haber, Carter, Christensen	Optimising caring contact: Using text messages to support people after a suicide attempt	\$133,793.00	2019	2020
Suicide Prevention Australia/National Suicide Prevention Research Fund	Research Grant	Mark Larsen	Christensen, Havard, Shand	Preventing repeated self-poisoning: A brief therapy text message intervention	\$523,614.00	2019	2021
ACT Government	Service Implementation Grant	Helen Christensen		LifeSpan Integrated Suicide Prevention (ACT)	\$1,595,513.26	2019	2021
Australian Government Department of Health	Early Intervention and Prevention Research Grant	Helen Christensen	Skehan, Harvey, Hazel, O'Dea, Proudfoot, Tynan, Fitzpatrick, Kay-Lambkin	Prevention Hub Mental Health Research Program	\$5,000,000.00	2018	2020
Australian Government Department of Health	Health Workforce Grant	Helen Christensen	Harvey, Skehan, McGorry, John, Trimmer, Randall	Caring for those who care: Preventing anxiety, depression and suicidal behaviour among medical professionals and other health workers	\$500,000.00	2017	2019
NSW Department of Health	Development Grant	Samuel Harvey	Christensen	The development and testing of a smartphone app to support the mental health and wellbeing of NSW junior medical officers (JMOs)	\$596,536.00	2018	2020
NSW Department of Health	Research Grant	Fiona Shand	Cockayne, Anderson, Larsen, Carter, Fogarty, Martin	Back to Base Pulse Oximetry Trial	\$300,019.00	2018	2019
NSW Department of Health	Mental Health Reform Innovation Grant	Helen Christensen	Troller, Anderson	myCompassToo!: Innovative e-mental health for those with intellectual disability	\$190,071.00	2017	2018
iCare and NSW Department of Health	Program Grant	Samuel Harvey	Christensen	Workplace mental health of first responders and other high risk workforces	\$1,446,000.00	2017	2020
AFFIRM Foundation	Research Grant	Mark Deady	Harvey	HeadGear	\$25,000.00	2019	2019
AFFIRM Foundation	Research Grant	Peter Baldwin		Healthy Mind app	\$25,000.00	2019	2019
Balnaves Foundation	Research Grant	Bridianne O'Dea		BEAM Project	\$100,000.00	2019	2021
Buxton Family Foundation	Research Grant	Bridianne O'Dea		WeClick	\$40,000.00	2018	2019
Commbank - Grassroots	Research Grant	Bridianne O'Dea	Christensen	Year Advisor Training	\$30,000.00	2017	2019
Future Generation Global Investment Company	Social Impact Research Grant	Helen Christensen		BTFGG - A multilevel Place-based Strategy for Youth Suicide and Self Harm Prevention	\$860,419.00	2016	2021

Black Dog Institute led grants (continued)

Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start date	Funding end date
Goodman Foundation	Research Grant	Bridianne O'Dea	King, Subotic-Kerry, O'Moore, Christensen	Smooth Sailing: Integrating online mental health service into primary practice for youth	\$190,000.00	2017	2018
Graf Family Foundation	Research Grant	Helen Christensen		Future Proofing	\$7,250.00	2019	2019
Graf Family Foundation	Research Grant	Bridianne O'Dea		Smooth Sailing	\$28,750.00	2019	2019
Matana Foundation for Young People	Research Grant	Fiona Shand	Christensen	iBobbly (digital component)	\$10,000.00	2019	2019
Mostyn Foundation	Research Grant	Fiona Shand	Christensen	iBobbly (digital component)	\$79,000.00	2019	2021
NIB Foundation	Research Grant	Fiona Shand		iBobbly	\$35,000.00	2018	2019
NUW Alliance	Research Grant	Mark Larsen	Shand, Searles, Kay-Lambkin, Grenyer, Deane	Integrating Health and Social Data to reduce suicide	\$41,907.00	2019	2019
Ottomin Foundation	Research Grant	Mark Larsen	Shand, Morley, Haber, Christensen	FAST: Follow-up after a suicide attempt	\$125,000.00	2015	2019
Paul Ramsay Foundation	Research Grant	Helen Christensen		Scaling StepCare	\$6,200,000.00	2018	2021
Paul Ramsay Foundation	Research Grant	Helen Christensen		Systems approach to suicide	\$14,760,000.00	2016	2021
Perpetual	Research Grant	Aliza Werner-Seidler		Sleep Ninja	\$65,000.00	2019	2019
Perpetual	Impact Philanthropy Program Grant	Michelle Tye		Good Behaviour Game	\$27,456.00	2018	2019
PREMISE travel and career development grant	Research Grant	Aliza Werner-Seidler		Sleep Ninja: Pilot Evaluation of the Sleep App (ISR11 conference presentation)	\$3,000.00	2019	2019
Research Council of Norway	Research Grant	Samuel Harvey	Mykletun	We know Individual Placement and Support (IPS) works in clinical trials. Can it improve outcomes for patients in the real world?	\$2,400,000.00	2018	2022
SAX Institute	Research Grant	Fiona Shand		Rapid Review - After Care Services	\$25,000.00	2019	2019
South West Sydney Research	Small Grant Scheme	Katherine Boydell		Disability in South Western Sydney: Experiences of the Iraqi and Syrian refugee communities	\$20,000.00	2018	2018
SPHERE	Collaborative Research Grant	Kit Huckvale	Christensen	Towards a hub for mental health predictive analytics research: exploring the feasibility of a youth data registry	\$39,496.00	2018	2019
Suicide Prevention Research Fund (Innovation Grant)	Research Grant	Mark Larsen		CCTV analysis of a suicide hotspot - identifying behaviours prior to suicide	\$97,255.00	2019	2020
UNSW Sydney	Strategic Priority Collaborative Research Scheme	Katherine Boydell	Lenette, Albury, Newman, Zwi, Haire, Botfield	The use of ethical guidelines in visual research	\$3,000.00	2017	2018
UNSW USA Networks of Excellence Collaborative Research Mobility Grants	Research Grant	Bridianne O'Dea		Using social media data to detect mental illness in individuals and populations	\$5,000.00	2019	2019
Brain and Behaviour Foundation	NARSAD Young Investigator Grant	Tjeerd Boonstra		Electrophysiological markers of treatment response to ketamine therapy among patients with treatment-resistant depression	\$89,875.00	2018	2020



Collaborative grants led by other institutions

Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start date	Funding end date
Australian Research Council	Linkage Grant	Richard Bryant	Harvey	Improving Productivity in Emergency Service Personnel	\$664,511.00	2019	2022
Australian Research Council	Research Hub	John Grundy	Venkatesh, Maeder, Mouzakis, Hutchinson, Berk, Maddison, Kouzani, Vasa, Calvo, Christensen, Williams, Phung, Yearwood, Gordon, Powers, Wickramasinghe, Bidargaddi, Rana, Tran, Gupta, Luo, Abdelrazek, Tan, Langberg, Kayser, Kensing, Freimut Bodendorf, Hansen, Warren, Sinha, Smeaton, Aitken, Voukelatos, Fiebig, Serroni, Farquhar, Nagarajan, Tripodi, Biggin, Fouyaxis, Gerasimou, Varley, Pitcher	Industry Transformation Research Hub for Digital Enhanced Living - Prof Svetha Venkatesh	\$2,962,655.00	2017	2022
Australian Research Council	Australian Research Council Linkage Grant	Julien Epps	Chen, Larsen, Christensen, Sethu	Automatic speech-based assessment of mental state via mobile device - Dr Julien Epps	\$303,000.00	2017	2020
NHMRC	Project Grant	Maree Teesson	Mills, Marel, Darke, Ross, Slade, Haber	Australian Longitudinal Study of Heroin Dependence: An 18-20yr prospective cohort study of mortality, abstinence, and psychiatric and physical health comorbidity	\$1,193,609.00	2018	2021
NHMRC	Project Grant	Kim Delbaere	Anstey, Proudfoot, Callisaya, O'Dea	A novel, technology-based program targeting physical, cognitive and mental well-being to maximise fall prevention in older people: an evidence-based multifactorial approach	\$1,420,101.00	2018	2022
NHMRC	Global Alliance for Chronic Disease	Gillian Gould	Bonevski, Boydell	'Indigenous Counselling and Nicotine (ICAN) QUIT in Pregnancy' - a cluster randomised trial to implement culturally competent evidence-based smoking cessation for pregnant Aboriginal and Torres Strait Islander smokers	\$2,259,016.10	2016	2020
NHMRC	Project Grant	Derrick Silove	Rees, Steel, Tol, Eapen, Dadds	Testing a trans-generational cycles of violence model in Timor-Leste: Impact of maternal anger on childhood aggression	\$843,495.00	2015	2019
NHMRC	Project Grant	Colleen Loo	Mitchell, Glue, Fitzgerald, Glozier, Lapidus, Hadzi-Pavlovic, Somogyi, Hackett, Galvez	Ketamine therapy among patients with treatment-resistant depression: a randomised, double-blind, placebo-controlled trial	\$2,069,382.00	2016	2018
NHMRC	Program Grant	Perminder Sachdev	Brodaty, Andrews	Risk factors, early diagnosis, and effective interventions for neurocognitive disorders	\$6,782,730.00	2016	2020
NHMRC	National Institute for Dementia Research Dementia Research Team Grant (NNIDR DRTG)	Henry Brodaty	Valenzuela, Sachdev, McNeil, Maeder, Lautenschlager, Jorm, Fiatarone Singh, Anstey, Andrews	Maintain your brain	\$6,467,015.66	2015	2020
NHMRC	European Union Collaborative Research Grant	Perminder Sachdev	Mather, Thalamuthu, Armstrong, Brodaty	A European DNA bank for deciphering the missing heritability of Alzheimer's disease (EADB)	\$1,556,995.00	2016	2018
NHMRC	European Union Collaborative Research Grant	Perminder Sachdev	Mather, Thalamuthu, Wen, Armstrong	BRIDGET: Brain imaging, cognition, Dementia and next generation GENomics: a Transdisciplinary approach to search for risk and protective factors of neuro-degenerative disease	\$1,121,495.50	2016	2018
NHMRC	Centre of Research Excellence	Maree Teesson	McGorry, Christensen, Kay-Lambkin, Newton, Mills, Mihalopoulos, Slade, Chapman, Baillie	Prevention and Early intervention in Mental Illness and Substance use (PREMISE CRE)	\$2,495,968.50	2018	2022
NHMRC	Partnership Grant	Debra Rickwood	Pirkis, Klein, Batterham, Titov, Epps, Goecke, Kolves, Gould, Bradford, Evans, Larsen, Rahman, Woodward	Building a Lifeline for the future: Expectations, innovations, outcomes	\$1,116,892.00	2018	2022

Collaborative grants led by other institutions (continued)

Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start date	Funding end date
NHMRC	European Union Grant	Philip Batterham	Christensen, Calear	ImpleMentAll: Towards evidence-based tailored implementation strategies for eHealth	\$459,914.30	2017	2020
NHMRC	Partnership Project for Better Health	Alison Milner	LaMontagne, Kelly, Batterham, Lingard, Harvey	MatesMonitor: Evaluating suicide prevention in the construction industry	\$628,742.00	2017	2020
NHMRC	Program Grant	Richard Bryant	Silove, McFarlane, Malhi, Felmingham, Creamer	Translating science into better posttraumatic mental health	\$2,092,503.00	2015	2020
NHMRC	Project Grant	Maree Teesson	Newton, Slade, Chapman, Mewton, Hides, McBride, Chatterton, Birrell, Allsop	Healthy, wealthy and wise: The long-term effectiveness of an online universal program to prevent substance use and mental health problems among Australian youth	\$1,472,709.10	2018	2020
NHMRC	Project Grant	Philip Batterham	Calear, Sunderland, Kay-Lambkin, Christensen, Clarke	Increasing engagement with online psychosocial programs to improve mental health in the community	\$352,316.70	2018	2020
NHMRC	Project Grant	Katherine Mills	Teesson, Back, Barrett, Cobham, Bendall, Perrin, Brady, Ross	Randomised controlled trial of an integrated cognitive-behavioural therapy for the treatment of co-occurring post traumatic stress disorder and substance use disorder in adolescents	\$945,647.00	2017	2019
NHMRC	Project Grant	Alison Calear	Christensen, Batterham	Suicide prevention in schools: A social connectedness approach (Sources of Strength; SOS)	\$793,112.00	2015	2018
NHMRC	Project Grant	Tim Slade	Swift, Kypri, Lynskey, Mewton, Butterworth	The RADAR project: Identifying early warning signals on the pathways to alcohol use disorder	\$884,321.00	2016	2020
NHMRC	Targeted Grant	Richard Bryant	Whyman, Steel, Brooks	Enhancing Adolescent Mental Health in Indigenous Australians	\$1,576,346.00	2014	2019
NHMRC	European Union Collaborative Research Grant	Richard Bryant		Fostering responsive mental health systems in the Syrian refugee crisis	\$489,869.00	2017	2020
NHMRC	Centre of Research Excellence	Ian Hickie	Christensen, McGorry, Berk, Naismith, Glozier, Burns, Guastella, Davey, Amminger	Optimising early interventions for young people with emerging mood disorder	\$2,499,420.00	2013	2018
NHMRC	Project Grant	Richard Bryant	Moulds	Early intervention for posttraumatic stress disorder	\$641,257.00	2016	2018
NHMRC	Project Grant	Christopher Davey	Loo, Cotton, Glozier, Baune, Amminger, Harrison, Hermens, Somogyi, Martin	A randomised controlled trial of low-dose ketamine in youth with severe depression and elevated suicide risk	\$2,232,756.00	2018	2021
NHMRC	Project Grant	Colleen Loo	Mitchell, Glue, Fitzgerald, Glozier, Lapidus, Hadzi-Pavlovic, Somogyi, Hackett, Galvez	Ketamine therapy among patients with treatment-resistant depression: a randomised, double-blind, placebo-controlled trial	\$2,069,381.00	2016	2018
NHMRC	Project Grant	Colleen Loo	Dokos, Martin, Hadzi-Pavlovic, Bai, Galvez	Clinical outcomes with electroconvulsive therapy: Insights from computational modelling	\$347,766.70	2017	2019
Australian Rotary Health	Mental Health Research Grant	Alison Calear	Carron-Arthur, Banfield, Batterham, Fisk	Silence is Deadly: A cluster-randomised controlled trial of a mental health help-seeking intervention for young men	\$109,440.00	2017	2018
ACT Government	Research Grant	Alison Calear		The underlying causes of psychological distress in young Canberra women	\$24,900.00	2018	2019
Australian Government Department of Health	Project Grant	Alison Calear	Batterham	Update of Beacon service catalogue	\$274,861.00	2017	2018
Australian Government Department of Health	Research Grant	Maree Teesson	Stapinski, Chapman, Newton, Ward, Champion, Kay-Lambkin	Positive Choices to prevent alcohol and drug-related harms among young Aboriginal and Torres Strait Islanders: Implementation and expansion	\$479,879.00	2016	2019
AFFIRM Foundation	Research Grant	Alison Calear	Batterham	Developing better screening tools to assess suicide risk in young people	\$60,435.00	2017	2018

Collaborative grants led by other institutions (continued)

Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start date	Funding end date
beyondblue	Evaluation Grant	Philip Batterham	Calear, Banfield	The Way Back Support Service	\$119,549.00	2017	2018
CIHR	Ontario Ministry of Health Long-Term Care	Nancy Young	Wabano, Barbic, Boydell, Jacko, Kirmayer, Linklater, McHrgeor, Mushquash, Oddson, Restoule, Ritchie, Roy-Charland, Szatmari, Williamson	Comparing Effectiveness of Screening and Triage Process vs Standard Practice in Matching Mental Health Services to Needs among Aboriginal Youth Living On-Reserve	\$300,000.00	2016	2019
Defence Health Foundation	Research Grant	Frances Kay-Lambkin	James, Rich, Shepard	An internet-delivered, evidenced-based treatment program for mental health and alcohol use in contemporary veterans	\$123,068.00	2017	2018
Disability Innovation Institute Research Seed Funding	Disability Innovation Institute Research Seed Funding	Ruth Wells	Boydell, Dew, Lenette and Lappin	Embodied Experiences of Syrian and Iraqi Refugees living with Disability through a Lived Experience Lens	\$29,128.00	2018	2019
Government of Canada	FRAYME (International Centre of Research Excellence in Translation for Youth Mental Health)	Manuela Ferrari and Mario Alvarez	Anderson, Archie, Boydell, Henderson, Iyer, Lal, McIlwaine, Reynolds, Shah	Gaming my way to recovery: Knowledge synthesis project	\$45,000.00	2018	2019
UNSW Medicine Neuroscience, Mental Health and Addictions Theme and SPHERE Mindgardens Clinical Academic Group	Collaborative Research Grant	Colleen Loo	Mitchell, Rodgers, Martin, Harvey, Berle, Fullerton	Establishing a Clinical Registry for Complex Mood Disorders	\$40,000.00	2017	2018
NIH	Leveraging Grant	Perminder Sachdev		COSMIC: An international consortium to identify risk and protective factors and biomarkers of cognitive ageing and dementia in diverse ethno-racial groups and geographical settings	\$3,356,066.00	2017	2022
One Door Mental Health Research Trust Fund	Research Grant	Anne Honey	Boydell, Coniglio, Glover, Gill, Tooth, Scanlan	Making lived-experience research accessible in recovery	\$39,966.00	2018	2018
UNSW Medicine Neuroscience, Mental Health and Addictions Theme and SPHERE Mindgardens Clinical Academic Group	Research Grant	Matthew Sunderland	Batterham, Calear, Carragher, Newby, Slade	Improving the identification of mental and substance use disorders in children and adolescents using novel psychometric methods	\$38,099.30	2017	2019
Western Sydney University and Australian Research Council	Australian Research Council Linkage Project Shared Grant	Jane Ussher	Perz, Hickey, Chambers, Dowsett, Robinson, Boydell, Davis, Parton, Anazodo, McDonald	Out with Cancer: LGBTI experiences of cancer survivorship and care	\$369,960.00	2018	2023



Fellowships and Scholarships

Funding body	Scheme	Principal investigator	Project title	Amount funded	Funding start date	Funding end date
NHMRC	John Cade Fellowship in Mental Health Research	Helen Christensen	Prevention of depression using e-health technologies	\$3,750,000.00	2014	2018
NHMRC	Research Fellowship	Helen Christensen	Landmark population trials in suicide prevention	\$963,270.00	2019	2023
NHMRC	MRFF Funded Trip Fellowship	Fiona Shand	Catch them when they fall: Providing best evidence care after a suicide attempt	\$179,118.00	2018	2019
NHMRC	Early Career Fellowship	Michelle Tye	A developmental approach to suicide prevention and related harm among Australian youth	\$322,952.00	2018	2021
NSW Department of Health	Early-Mid Career Fellowships Scheme	Aliza Werner-Seidler	The implementation of an evidence-based depression prevention program in the school system	\$358,260.00	2017	2021
Australian Research Council	Future Fellowship	Tjeerd Boonstra	The structure and function of the human spinal connectome	\$787,602.00	2018	2022
NHMRC	Career Development Fellowship	Philip Batterham	Improving online mental health programs: Tailored assessment meets tailored therapy	\$411,768.00	2015	2018
NHMRC	Research Fellowship	Maree Teesson	Innovative responses to prevention and treatment of mental disorders and substance use	\$739,980.00	2015	2019
NHMRC	Research Fellowship	Frances Kay-Lambkin	Right Person, Right Treatment, Right Time: Engaging comorbid populations with eHealth interventions across the lifespan	\$575,613.00	2016	2020
NHMRC	Career Development Fellowship	Alison Calear	Preventing suicide in young people: A public health approach	\$425,048.00	2017	2020
NHMRC	Early Career Fellowship	Simon Rosenbaum	Working out for the thin blue line: evaluating exercise to improve physical and mental health of police officers with posttraumatic stress disorder	\$318,768.00	2017	2020
NHMRC	Research Fellowship	Richard Bryant	A translational model for Indigenous mental health	\$836,915.00	2015	2020
Australian Government Department of Education	Research Training Program Scholarship	Victoria-Mae Rassmussen	PhD scholarship, Faculty of Medicine UNSW	\$96,586	2019	2022



International, Australian and Translation Awards



International Awards

- Prof Helen Christensen: International Society for Research on Internet Interventions (ISRII) Lifetime Achievement Award
- Ms Chloe Watfern: Emerging Scholar Award - Arts and Society Conference, Lisbon, Portugal

Australian Awards

- Prof Helen Christensen: Officer of the Order of Australia (AO)
- Dr Bridianne O'Dea: Bupa Emerging Health Researcher Award
- Dr Aliza Werner-Seidler: NSW Young Tall Poppy Science Award
- Dr Michelle Tye: NSW Young Tall Poppy Science Award
- Professor Katherine Boydell: Tom Trauer Research Award for Innovation in Knowledge Translation - The Mental Health Services Learning Network
- Dr Sadhbh Joyce: Mental Health Promotion Workplace Award
- Dr Sadhbh Joyce: Resilient Australia Awards
- Dr Aliza Werner-Seidler: PREMISE Travel and Career Development Award
- Dr Aliza Werner-Seidler: PREMISE Seed Funding Award
- Dr Kris Kafer: Winc Knowledge Translation Award 2018



Black Dog Institute Translation Awards

- Dr Jin Han - 10th International Society for Research on Internet Interventions Meeting (ISRII), Auckland, New Zealand
- Dr Joanna Crawford - Society for Mental Health Research (SMHR) 2018, Noosa, Queensland
- Ruth Marshall - Society for Mental Health Research (SMHR) 2018, Noosa, Queensland
- Prof Katherine Boydell - International Early Psychosis Association (IEPA) Biannual Conference, Boston, Massachusetts, USA
- Dr Bridianne O'Dea - 10th International Society for Research on Internet Interventions Meeting (ISRII), Auckland, New Zealand
- Ms Ally Nicolopoulos - IASR/AFSP International Summit on Suicide Research, Florida, USA
- Dr Bridianne O'Dea - American Psychiatric Association Annual Meeting, San Francisco, USA
- Dr Stevan Nikolin - International Brain Stimulation Conference, Vancouver, Canada
- Zoi Triandafilidis - The inaugural Joanna Briggs collaboration regional symposium in evidence-based healthcare, Sydney, Australia
- Dr Mark Deady - Society for Mental Health Research (SMHR) 2018, Noosa, Queensland
- Dr Aimee Gayed - Society for Mental Health Research (SMHR) 2018, Noosa, Queensland



The Black Dog Institute Community

The supporters that make up our community come from all walks of life and give in various ways and our heartfelt thanks goes to each and every one of them.

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Music on my mind
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Bequests

Estate of Joanne Curro
 Estate of the late Ann Elisabeth Williams

Thanks to all our supporters

A huge thanks to all our supporters who donated to our appeals, which raised over \$465,000 to support our work, including suicide prevention initiatives.

A massive thanks also to our 1,156 committed monthly regular givers and to all our other donors and fundraisers who supported our work throughout the year.

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The work of Black Dog Institute's volunteers is crucial to our ongoing success, and we thank them for their generosity of spirit and dedication to creating a mentally healthier world.

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Financial summary

Statement of comprehensive income (for the year ended 30 June 2019)

	2019	2018
Revenue from continuing operations		
Grant funding	17,191,058	16,089,876
Fundraising income	5,939,854	4,782,425
Fee for service	4,002,301	2,592,543
Interest revenue	434,780	238,031
Other income	535,990	527,667
	28,103,983	24,230,542
Expenses		
Employee benefits expense	14,490,582	11,682,757
Other manpower expenses	4,702,098	4,853,441
Implementation expenses	2,525,369	1,871,250
Travel Expenses	754,202	711,295
Research operations expenses	224,170	518,396
Advertising and promotion expenses	582,608	358,855
Printing and stationery expenses	233,782	252,487
Depreciation and amortisation expenses	271,741	227,120
Information technology expenses	322,235	193,267
Other expenses	1,483,748	1,008,757
	25,590,535	21,677,625
Surplus before tax	2,513,448	2,552,917
Income tax expense	-	-
Surplus for the year	2,513,448	2,552,917
Other comprehensive income for the year	-	-
Total comprehensive income for the year	2,513,448	2,552,917
Total comprehensive income attributable to members of the entity	2,513,448	2,552,917

	2019	2018
Current Assets		
Cash and cash equivalents	19,356,615	13,313,540
Trade and other receivables	9,523,087	9,702,175
	28,879,702	23,015,715
Non Current Assets		
Property, plant and equipment	2,481,797	2,446,667
Intangible assets	44,945	54,579
Total Non-Current Assets	2,526,742	2,501,246
Total Assets	31,406,444	25,516,961
Current Liabilities		
Trade and other payables	16,585,779	13,431,905
Provisions	228,309	24,118
Total Current Liabilities	16,814,088	13,456,023
Non-Current Liabilities		
Provisions	65,536	47,566
Total Non-Current Liabilities	65,536	47,566
Total Liabilities	16,879,624	13,503,589
Net Assets	14,526,820	12,013,372
Equity		
Endowment & Research Reserve	2,183,518	2,183,518
Infrastructure & Development Reserve	528,464	528,464
Retained earnings	11,814,838	9,301,390
Total Equity	14,526,820	12,013,372

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The Future Proofing Study:

Werner-Seidler, A., Huckvale, C., Larsen, M., Calear, A., Maston, K., Johnston, L. et al. (submitted August 2019). A trial protocol for the effectiveness of digital interventions for preventing depression in adolescents: The Future Proofing Study. *Trials*. <https://www.researchsquare.com/article/e0380a3b-1519-41eb-aaef-8ce3d57f4081/v1>

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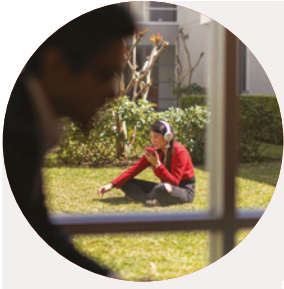
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Contact us

+61 2 9382 4530

Black Dog Institute
Hospital Road Randwick
NSW 2031 Australia

ABN 12 115 954 197

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