



Black Dog Institute

Annual Report 2019/20

Published November 2020

Science. Compassion. Action.



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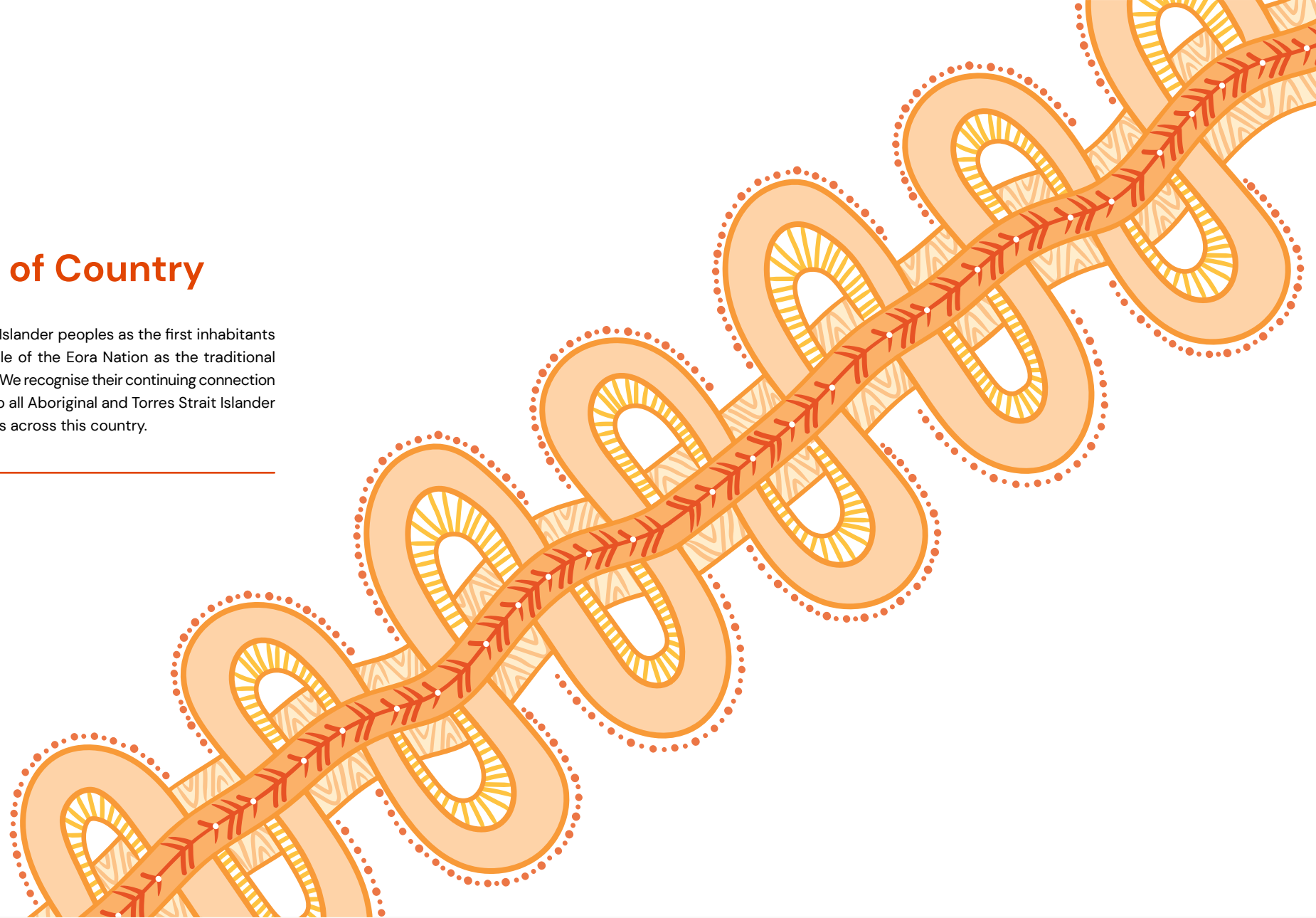
Front Cover: Dr Joanne Beames, Postdoctoral Research Fellow and Registered Psychologist. Currently working on youth mental health, depression prevention, and e-mental health interventions that work at scale.



Dr Jin Han, SPA
Postdoctoral Research
Fellow. Currently working
in suicide prevention and
mental wellbeing for
young adults.

Acknowledgement of Country

We acknowledge the Aboriginal and Torres Strait Islander peoples as the first inhabitants of this nation, and the Bidjigal and Gadigal people of the Eora Nation as the traditional custodians of the lands on which we meet and work. We recognise their continuing connection to land, water and community. We pay respects to all Aboriginal and Torres Strait Islander Elders past, present and emerging from all nations across this country.





Guide to our strategic priorities

The case studies over the next few pages highlight some of the Black Dog Institute's unique achievements throughout 2019-2020. Each page includes icons that correspond to one or more of the strategic priorities listed on the right of this page, demonstrating how each project has helped us meet our goals.

Guiding principles

1. Science and research evidence are central to everything we do.
 2. We build collaborative relationships and partnerships to maximise our impact.
 3. We deliver outcomes in mental health through our translational research model.
-



Research innovation and expertise

To be a leader in world-class mental health research.



Knowledge translation

To use our integrated knowledge translation 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 create innovative mental health programs and clinical services, fast-track research translation and 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 Black Dog Institute's (BDI) growth and achieve long-term financial and operational sustainability.

Who we are and what we do

Black Dog Institute is a global leader in mental health research and the only Medical Research Institute (MRI) in Australia to investigate mental health across the lifespan.

Areas of strength include suicide prevention, digital mental health, workplace mental health, new treatments, and prevention in young people. Our unique translational approach allows us to quickly turn our world-class scientific findings into clinical services, educational programs and e-health products that improve the lives of people with mental illness.

We join the dots, connecting research answers, expert knowledge and the voices of lived experience to deliver solutions that work across the health care system for patients and practitioners alike.

The Institute is proud to be a trusted partner of government, universities, health services, clinicians, industry, workplaces, schools and philanthropists across the country.

Science. Compassion. Action.

Born from science – Our research identifies the scientific foundations on which we can develop practical programs that work in the real world.

Driven by compassion – We listen and learn from those with first-hand experience of mental illness, and to our partners and peers, to guide and inform everything we do.

Results in action – By connecting the dots, what starts in research results in action, programs and tools that can reduce suicide rates across communities, improve symptoms for individuals, prevent problems before they start and help people to live their best possible life.

Associate Professor
Samuel Harvey, Chief
Psychiatrist. Currently leading
the Workplace Mental Health
Research Program.



Chairman's message

This year has been without doubt the most extraordinary in the Institute's history. As COVID-19 spread around the globe, the impact on our collective mental health became as stark as the global pandemic itself.

This catastrophic event highlighted the critical nature of our existing research and the need for a massive increase in scale and growth. Our response was quick, compassionate and decisive: new resources were created, old ones were reinvented and scaled.

Outstanding examples include TEN – The Essential Network (page 13), an e-health initiative to support the mental health of frontline health workers during COVID-19. Our flagship Future Proofing Study, with its focus on digital mental health interventions for adolescents, now includes measures to explore the pandemic's impacts on this particularly vulnerable cohort.

As unemployment levels soared in response to COVID-19 shutdowns, workplace mental health became an increasingly critical issue, notwithstanding the admirable response from all levels of government, which we salute. The Black Dog Institute has deep experience and expertise in workplace programs – a good example is our mental health training partnership with the NSW Government (page 9).



Peter Joseph AM, Chairman

Despite the challenges, this year saw substantial growth at the Institute. We achieved some significant wins in terms of funding scale and growth – government grants, coupled with project and fellowship funding from our valued industry partners, have resulted in new revenue streams and increased financial stability. Our staff numbers are growing rapidly; a wonderful challenge for the new financial year will be sourcing and resourcing a new home for the Institute.

On behalf of the Board, I would like to offer my warmest thanks to BDI's extraordinary staff for their tireless and compassionate work this year. Their inclusive and collaborative approach, as well as their dedication to our brand pillars of Science, Compassion and Action, is what makes the Institute's culture so remarkable. Long may it be so.

Their achievements are backed up by our equally passionate Board members (volunteers all) at both the Black Dog Institute and the Black Dog Foundation, along with our magnificent volunteers and community and fundraising partners. We salute and thank them for their ongoing commitment to creating a mentally healthy world when we need it most.

Director's message

It may seem out of order to begin with a thank you, but I'd like to start this year's message by acknowledging our incredible team. Even amidst the challenges of a global pandemic, we continued expanding our reach and reputation as an international leader in mental health research, translation and implementation. Our achievements this year are all due to the tireless, focussed and magnificent efforts of all our staff.

Our ongoing growth is reflected in our Draft Strategic Plan for 2021–2026, which we developed over the course of this year. Due for release in late 2020, the plan includes greater focus on commercialisation and digital transformation, increased emphasis on research leadership, and a strengthening of our existing commitment to effective knowledge translation.

These changes in strategic direction are a reflection of broader economic and climate changes in the world, the crystallising of our purpose as a research institute, and the changing needs of the community. Through this lens, we see a future that is increasingly focussed on digital transformation (page 14).

This is an area in which we're already making great strides with online and app-based interventions that target young people (Sleep Ninja, BITE BACK, WeClick – page 15), health professionals (TEN – The Essential Network, page 13), specialist workforces (HeadGear, Shift), Aboriginal and Torres Strait Islander peoples (iBobbly, page 29) and the general public (the Online Clinic, page 13; myCompass, LifeBuoy and BrighterSide).

But digital tools are just one aspect of the changing mental health landscape. Education and workplace programs (page 9) continue to be critical. Non-medicalised mental health will also feature heavily, as will the importance of lived experience (page 24) and Aboriginal and Torres Strait Islander perspectives (page 29) as drivers of mental health research and service delivery.



Scientia Professor Helen Christensen AO,
Director and Chief Scientist

2020 has been an unusual year. With more than 75 per cent of Australians reporting some level of distress in response to the pandemic, our field is at a sudden tipping point. The need for evidence-based mental health interventions capable of being delivered at scale cannot be overlooked. We will continue to respond to these challenges with the resilience and compassion that characterise who we are as an organisation.

But we can't do it alone. I'd also like to thank our engaged and skilful Board members and our Chairman Peter Joseph, whose calm and strategic guidance allowed us to flourish during a time of uncertainty.

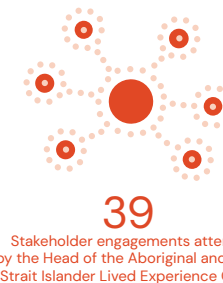
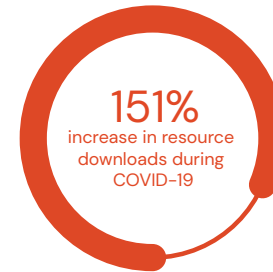
I'd also like to gratefully acknowledge the generous support of our patrons His Excellency General the Honourable David Hurley AC DSC (Retd), Her Excellency Mrs Linda Hurley, Her Excellency the Honourable Margaret Beazley AC QC.

Helen Christensen

Our impact

This year, you helped us:

- **launch the Online Clinic**, a free mental health assessment tool that has provided 123,000 users with a downloadable report and suggestions for support services and free or low-cost resources
- **launch our renewed Centre of Research Excellence in Suicide Prevention**, which works with world-leading experts to identify and test new evidence-based strategies
- **launch our 5-year Future Proofing Study**, which involves up to 10,000 young people across 400 high schools. This study aims to deliver digital interventions at scale to prevent mental health disorders among adolescents
- **develop a comprehensive training package in partnership with emergency services agencies** to help managers and supervisors support their teams' mental health needs
- **publicly release iBobbly**, a social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander Australians. The app was downloaded 1,434 times in the first 10 months
- **establish Australia's first Aboriginal and Torres Strait Islander Lived Experience Centre** to ensure Aboriginal and Torres Strait Islander voices are included in reform, policies and mental health initiatives





Knowledge Translation



Technology



Financial and Operational Sustainability

Tackling workplace mental health

Mental illness is now the leading cause of absenteeism and long-term work incapacity across the nation, with one in six working-age Australians currently experiencing a mental health condition.

Through our research, we know equipping managers and workers with the skills to identify warning signs of mental ill-health, build personal resilience and have effective conversations can reduce mental illness and boost productivity.

As part of the NSW Government's first comprehensive package to address mental health in the workplace, we have transformed our findings into action: together, we are delivering two of our nationally renowned, evidence-based training programs to micro, small and medium-sized businesses for free.

This work has allowed us to reach those who need our training most, including resource-poor small businesses, not-for-profit organisations, and industries that are most at risk. The contract, valued at \$3.2M in NSW Government funding, has now been extended to 2021.

Our two workplace wellbeing programs, **Managing Team Wellbeing** and **Your Mental Health at Work**, are designed to support everyone within the workplace, from business owners to managers, tradesmen and the broader workforce. Both programs have been shown to increase understanding and knowledge of mental health, reduce stigma and influence help-seeking and supportive behaviour.

The training was really helpful and being able to complete [it] online and at our own pace made it easier for our busy staff to join. I learnt valuable skills and plan on implementing a new policy on mental health to support our team's wellbeing. Thank you so much for this opportunity.

Kristina Daley, Batlow Fruit Company

Here's what we've achieved this financial year:

- 4,486 people from more than 350 businesses have completed one of our two training workshops
- In response to COVID-19, we rapidly shifted our face-to-face workshops to an online platform so we could continue to meet the needs of workplaces

Leading by example

We pride ourselves on translating our own world-leading workplace mental health research into an award-winning culture that encompasses a holistic view of wellbeing. We aim to create a positive, mentally healthy workplace that recognises the importance of meaningful work, balanced lifestyles, psychological wellbeing and continual learning whilst being guided by our core values: Collaboration, Compassion, Excellence, Innovation and Respect.

To showcase our commitment to our core values, our Operations, People and Culture team organised 25 employees to complete our Your Mental Health at Work training this financial year. Commencing employees are also offered the program as part of our new starter training.

Mental health training in the workplace – in partnership with the NSW Government



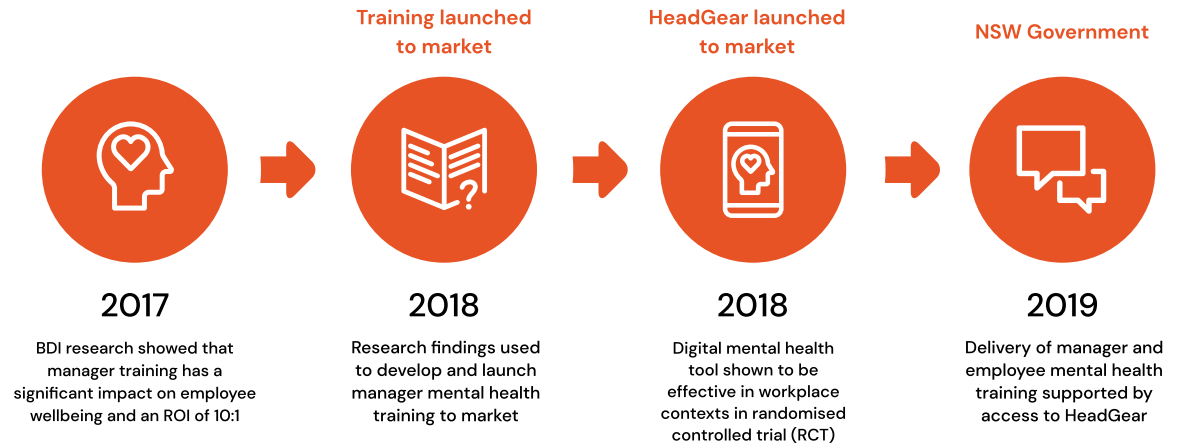
\$12.8billion/yr
Cost of mental health issues to Australian businesses

Our groundbreaking 2017 research into this problem showed that investment in mental health training for managers was not just effective, but has an ROI of 10:1. A clear market need combined with BDI's innovative, evidence-based solution presented a strong offering for our workplace audiences.

RETURN ON INVESTMENT (ROI)
10:1





In 2019, BDI won a competitive tender with NSW Government to address the human and financial cost of mental health for micro, small and medium sized businesses in NSW. The contract, which has now been extended to 2021 with a total value of \$3.2million, will see BDI deliver manager and employee mental health training through BDI's unique expertise in the integration of mental health research, training and communications.




FY19/20 NSW Government results

Participants report **significant gains in mental health knowledge, confidence to manage mental health** at work, and understanding of personal wellbeing strategies. These gains appear to be **sustained over time** and are accompanied by **very high levels of participant satisfaction** with the overall learning experience.


2,553
managers trained


2,652
employees trained


503
new users of
HeadGear

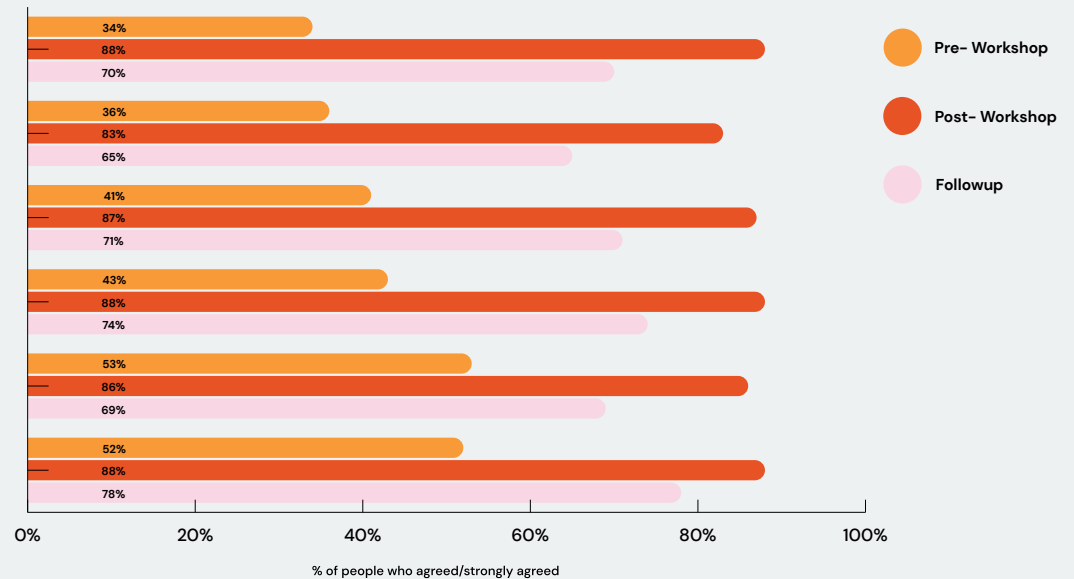
93%
would recommend
to their network

Our pre-post and 3 month follow up evaluation reveal significant gains across six key indicators of managers' confidence to manage mental health issues in the workplace and these gains are sustained over time.



Results

- Identifying barriers preventing a staff member returning to work and coming up with solutions for those barriers
- Initiating a conversation with a staff member who is not on sickness absence but who you think may be suffering from mental illness
- Discussing rehabilitation/return-to-work plans with the staff member on sickness absence
- Initiating contact with staff on sickness absence leave that you believe might be due to mental illness
- Initiating a conversation with staff members who have recently been exposed to a potentially traumatic event and inquiring about their wellbeing
- Creating a work environment that prevents and reduces stress within my team



Science

Nathasha Kugenthiran,
Research Officer
Currently working in the
Workplace Mental Health
Research Program.



The future of mental health care

Fast-tracked by the challenges of COVID-19, the mental health care landscape is changing rapidly. Helen Christensen, Director of the Black Dog Institute, sets the scene for the years ahead.

What does the future of mental health care look like?

The future is really about digital transformation and blended care – that is, models of care that combine traditional face-to-face therapies with new and emerging digital tools like mobile-based apps, online interventions and the use of telehealth services.

What are the benefits of blended care?

With blended care, therapists can see more patients than they would via one-on-one models. Blended care also gives individuals more choice in how and when they access mental health services. For mild to moderate symptoms, evidence-based digital interventions can be as effective as face-to-face therapy. Examples of such programs we've developed are HeadGear and myCompass. Choosing and using these sorts of tools, either as standalone interventions or to supplement face-to-face therapy, really enables self-empowerment.

COVID-19 has really fast-tracked progress on digital mental health. Tell us about that.

Within weeks of the COVID-19 shutdowns, the government started funding the sort of mental health interventions we've been championing for years, from subsidised telehealth programs to new digital platforms.

We received funding to develop TEN – The Essential Network, an integrated digital care platform for frontline health professionals. We've also seen substantial uptake of our Online Clinic, which provides mental health triage services for the general public. The devastation of the pandemic has challenged us to embrace a digital future. We must keep building on these gains.



Scientia Professor
Helen Christensen AO,
Director and Chief Scientist
Currently leading programs of
work in digital and blended
models of collaborative care.

What else is on the horizon?

Lived experience is set to become an even more prominent feature of our work. We want to ensure that all our projects are informed or led by the human experience of mental ill health – it's about embedding compassion and insights at the core of our research, programs and services. More emphasis on non-medical approaches to mental health care, like social prescribing and the use of peer support within a collaborative care framework, are things we're thinking about. Achieving good mental health is about treating the whole person, not just their symptoms.



Research innovation
and expertise



Technology

Prevention interventions for young people

Over the past five years, psychological distress has been rising steadily among adolescents, putting a huge strain on young people at a formative time of their lives. Equipping them with the tools to manage their mental health and wellbeing is key to helping them reach their potential.

The Future Proofing Study

The Future Proofing Study is a flagship initiative investigating the use of smartphone apps to prevent depression and anxiety. This five-year NHMRC-funded project, which will involve up to 10,000 Year 8 students, seeks to understand whether the effective delivery of preventive digital interventions at scale can prevent mental health disorders.

The study has drawn strong interest from schools, with approximately 150 signing up to be part of the trial. After a successful pilot in the second half of 2019, the project was due to launch in early 2020. It will now commence in October 2020 as a result of the impacts of COVID-19.

The catastrophic events of this year – namely, the NSW bushfires, followed by the COVID-19 pandemic – have led to some key changes to the study. It will now capture important information about the link between these events and adolescent mental health; specifically, the impact of the bushfires on psychological health, along with the pandemic's disruption on learning, peer and family relationships, and physical and mental health.



Research innovation
and expertise



Technology



Knowledge
Translation

Leading the way on youth mental health

Beyond the Future Proofing Study, the Black Dog Institute is evaluating a range of digital mental health interventions that are transforming youth mental health. These include:



Rollover for more information or click to go to the website



Research innovation
and expertise



Technology



Knowledge
Translation

Preventing depression and boosting wellbeing with HeadGear


Mental illness costs the Australian economy \$12 billion in lost productivity every year due to sickness absence, workers compensation claims and staff turnover.

While workplace mental health strategies can be effective, issues like cost, in-person attendance and accessibility highlight the need for solutions that are both scalable and easily implementable.

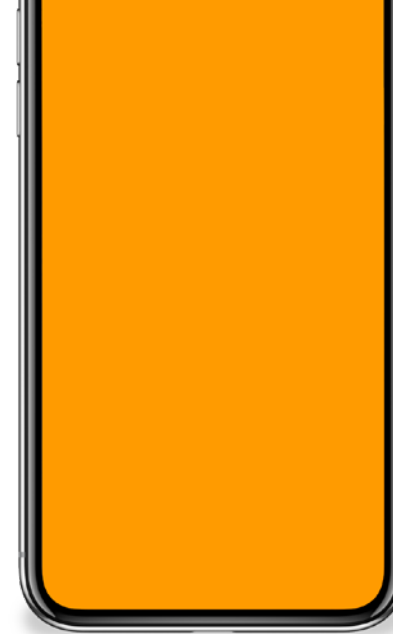
This year, BDI's Workplace Mental Health Research team responded to this need, publishing their results from the largest mental health prevention trial ever undertaken in a working population. HeadGear, an app developed by the Black Dog Institute and the University of Sydney and funded by Beyond Blue with donations from the Movember Foundation, was trialled by over 2,200 Australian workers. Use of the app significantly reduced depressive symptoms and new cases of depression, boosted resilience and wellbeing, and improved work performance.

The free, easy-to-use smartphone app guides users through a 30-day mental fitness challenge. Users complete a series of 5-10-minute activities that are designed to build resilience and wellbeing through mindfulness, behavioural activation therapies and coping strategies.

The findings mark the first time researchers have ever been able to achieve reductions in depression incidence through the use of an app alone.



Dr Mark Deady, Research Fellow.
Currently working in the Workplace
Mental Health Research Program.




[Click to go to the website](#)

Harnessing the potential of HeadGear for individuals, workplaces and the broader community

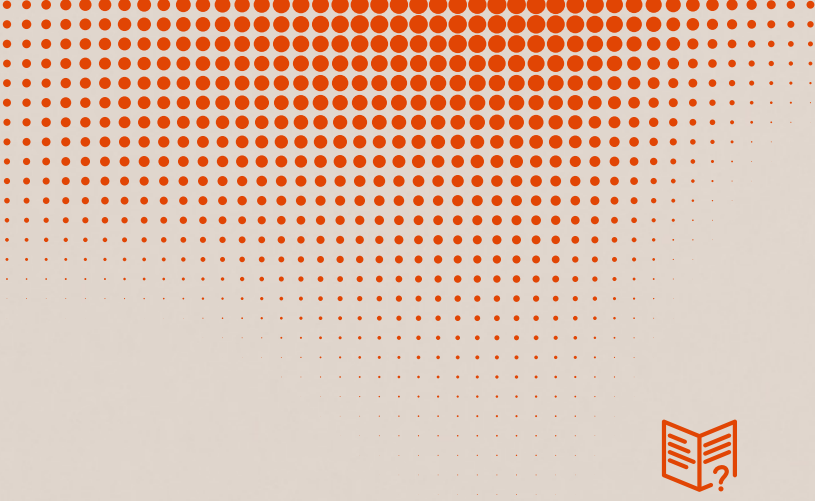
- Our researchers are testing modified versions of the app to create targeted experiences for apprentices, non-male-dominated workforces and junior doctors
- Thanks to the NSW government, over 2,500 workers will receive the HeadGear app through our evidence-based mental health training programs
- We are partnering with other institutions across Australia and internationally, such as University of Technology Sydney, Australian Catholic University, UNSW Sydney, NSW Government, and Healthy Heads in Trucks and Sheds, to further develop the HeadGear evidence base
- HeadGear is now publicly available on the App Store and Google Play. To date, it has been downloaded 30,000 times



Compassion



Phoebe Collins,
Community Fundraising
Coordinator. Currently
working on virtual fundraising
campaigns and upcoming
charity events.



Research innovation
and expertise



Technology



Knowledge
Translation



Our People

Response to COVID-19

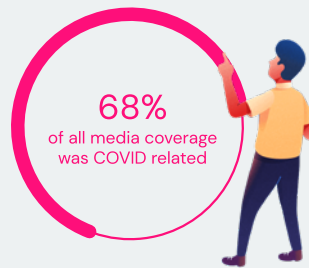
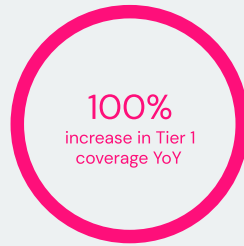
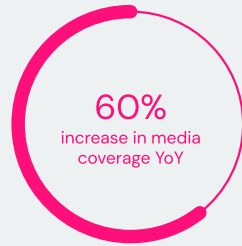
As COVID-19 spread rapidly across the globe, BDI was uniquely placed to guide our audiences through this time of unprecedented stress and uncertainty. We responded rapidly, positioning the Institute as the trusted voice of mental health science by responding in real time to the emerging needs of government, health professionals, businesses and community audiences.

All aspects of the organisation, from Marketing and Communications, Education and eHealth to Discovery, Innovation, Corporate services and Fundraising, worked together to connect workplaces, health professionals and the community at large with the evidence and skills they needed to navigate the unprecedented mental health challenges emerging from COVID-19.



The trusted voice of mental health science.

Media



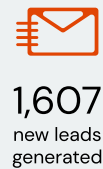
Syndication

 Expert content in high demand including:

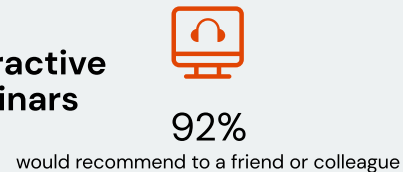
Highly engaged clients and stakeholders.



Email



Interactive webinars



Digital training



Rapid adaptation and launch of two new training programs

863 school counsellors trained

1,622 managers equipped with the skills to manage for team wellbeing during the pandemic

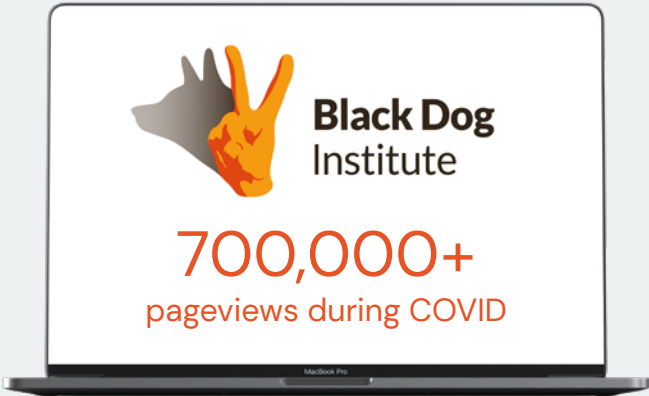
Revenue

\$200,000

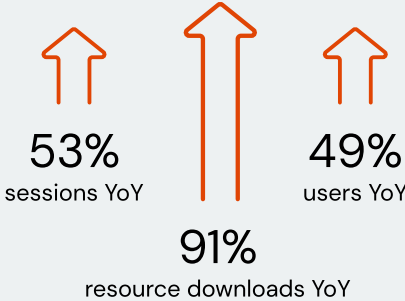
generated via new digital offerings

Extending our reach.

Removing barriers to mental health support during the pandemic



Website



BiteBack
registrations up
124% YoY

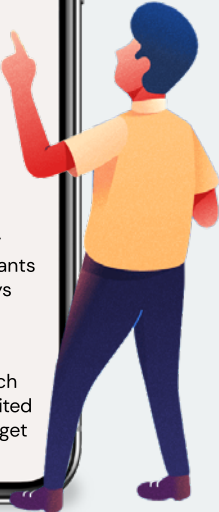


MyCompass
registrations up
37% YoY



HeadGear
registrations up
36% YoY

Social media





Research innovation and expertise



Technology



Our People



Financial and Operational Sustainability

Funding hope

At BDI, our fundraising activities provide countless ways for people and organisations who are passionate about mental health to support our work. From individual and community giving through to corporate and strategic philanthropic partnerships, the generosity of our fundraising partners supports us to deliver transformative mental health research, programs and services.

Here are just two of the remarkable giving stories that shaped our work this year.

Transforming youth mental health

Our partnership with global property group Goodman has been going strong since 2013. To date, the company has donated approximately \$900,000 through the organisation’s philanthropic arm, the Goodman Foundation.

This year, the Goodman Foundation’s generosity enabled the launch of a new project: to develop and trial a guided online cognitive behavioural therapy app and website specifically targeted at young people. To date, the Foundation has provided \$500,000 in funding to support the project development, with a further \$1 million committed before the project’s end in 2022.

This initiative is the latest in a series of large-scale Black Dog Institute projects that the Goodman Foundation has supported since 2015, all of which have a strong focus on youth mental health.

“Youth mental health is such an important issue for the community. We’re proud of our partnership with the Black Dog Institute – together, we can help more young people access the support they need.”

Jo Cameron, CEO, Goodman Foundation



\$500,000

donated for app development project



\$1,000,000

committed by end of 2022



Crossing the Atlantic for mental health

Thirty-four days, 5,000 kilometres and \$408,589 raised for the Black Dog Institute – that's what the Rowed Less Travelled team achieved this year.

As part of the 2019 Talisker Whisky Atlantic Challenge, rowers Martin Fletcher, Ryan Grace, Nick Sargent and Cameron Mostyn rowed unsupported from the Canary Islands to the Caribbean. The journey pushed them to the brink of their emotional and physical limits, all in the name of raising funds for BDI's work.

Congratulations to this remarkable team for their incredible perseverance and their lifechanging donation to mental health research.

“It was a constant reminder that we live our life at a ferocious pace ... Rowing an ocean will always remind me that ... being given the opportunity to slow down your life and take stock is a glorious gift.”

Martin Fletcher, Rowed Less Travelled



\$408,589

raised by
Rowed Less Travelled



The Rowed Less Travelled team: Martin Fletcher, Ryan Grace, Cameron Mostyn, and Nicholas Sargent (pictured left to right)



Our People



Research innovation
and expertise



Knowledge
Translation

The power of lived experience


The voices of lived experience inform everything we do. From shaping research design and resource development to raising awareness within the community, these voices ensure the human experience of mental health and suicide remains the focal point of our work.

Our lived experience representatives come from all walks of life. All have lived experience of mental ill health or suicide, either personally or through the act of caring for someone else.

There are three main lived experience channels within the Black Dog Institute:

- The Lived Experience Resource Centre, part of the Centre of Research Excellence in Suicide Prevention (CRESP). This initiative ensures that participants' lived experience expertise is a guiding force for CRESP's flagship suicide prevention research
- The Lived Experience Advisory Panel and advisory groups, whose members help us translate our research into better, more meaningful outcomes
- Our lived experience presenters, who share their personal stories to build mental health literacy, reduce stigma and promote help-seeking opportunities among community groups across Australia

We also know that 50% of our staff and many of our experienced Board Directors have experienced mental ill health and/or cared for family and friends through tough times, demonstrating the strength of our front and centre approach to lived experience within the Institute.



Jo Riley,
Lived Experience
Participation Manager.
Currently working in
suicide prevention.

Justin Wilbur, 48, is a Lived Experience Presenter who shares his powerful story of mental illness and recovery with communities across Victoria.

I've been affected by depression and anxiety for as long as I can remember. There was lots of childhood trauma that certainly contributed, and a family history of mental illness, which resulted in the loss of my sister to suicide in 2003.

My ultimate breakdown occurred almost three years ago. I experienced some pretty hefty bullying in the workplace and had a complete psychotic break. I've since been diagnosed with major depressive disorder, extreme anxiety and complex post-traumatic stress disorder.

I'm still officially not able to work. Now, I find purpose in doing things like volunteering. As a Black Dog Institute lived experience presenter, you talk about the facts and statistics around mental illness, but you're interweaving those numbers through a really personal story. I think for the audience members, these stories get them talking openly about mental illness and suicide.

Since losing my sister, part of my healing or acceptance of that loss has been by learning and reading about mental wellbeing and suicide prevention. If I can save a life through this work, then it'll somehow balance out that cosmic scale of grief.

I'm hoping to get back into the workforce in the future. For me, volunteering is a big step in getting back into life.



Justin Wilbur, Lived Experience Presenter

“It’s so validating and promising to see the thoughts, feelings and comments from those with a lived experience being embedded and immersed into suicide prevention research in real time. I feel so grateful to be a part of this research process.”

Dr Susanne Armstrong, Crisis & Aftercare Lived Experience Advisory Group member.



Toby Reid,
App Development
Lead. Currently working
in suicide prevention
and workplace mental
health apps.

Action



Knowledge
Translation



Financial and
Operational Sustainability

Reaching the 60% who don't seek help

Building mental health literacy. Overcoming stigma. Promoting help seeking. Building resilience. Supporting health professionals. At the Black Dog Institute, spreading the word about mental health is key to our mission.

Our evidence-informed education and training programs are focussed on the delivery of face-to-face presentations, workshops, interactive webinars and online modules across three key sectors:

- Health professionals
- Workplaces
- Community and schools

In early 2020, in response to the challenges presented by COVID-19, we transitioned a number of programs into online and blended learning formats.

Here's what we achieved this financial year.

Workplaces

Key project: Workplace mental health training

Workplaces play a vital role in good mental health. In 2019/2020, BDI worked with 506 businesses which resulted in 768 workplace programs being delivered to 19,449 participants. In particular, a highlight was working with some organisations who, whilst facing a great deal of change due to COVID-19, recognised the importance of supporting their workers during this time.

Funded by the NSW Government, BDI delivered free mental health skills training to eligible workers and managers. Read more about this initiative on page 10.

Health professionals

Key project: Mental health toolkit for school counsellors

Training health professionals to recognise, manage and support those with mental health issues is a priority for the education team. In 2019/2020, BDI worked with 49 organisations to promote and deliver 143 workshops to 2,491 health professionals, including GPs and GP registrars, psychologists, counsellors and social workers, nurses and midwives and school counsellors.

School counsellors and psychologists play a critical role in managing young people's mental health. In partnership with the NSW Department of Education, we delivered an evidence-based toolkit to help school mental health teams support students presenting with the symptoms of anxiety and depression. Despite the challenges of COVID-19 shutdowns, face-to-face and online toolkit training was delivered to over 1,000 counsellors.

Community and schools

Key partnerships: Sydney Swans, Australian Institute of Sport and Girl Guides NSW

Hearing your idols reflect on their emotional wellbeing can help normalise conversations about mental health. Our ongoing partnership with the Sydney Swans sees high profile players deliver Mental Fitness presentations in high schools across NSW. This year, they reached more than 3,400 students, helping them build mental strength, flexibility, wellbeing and resilience in their everyday lives.

A new community partnership with the Australian Institute of Sport will further expand the reach of the Mental Fitness program: from August 2020, 27 elite athletes with lived experience of mental illness will deliver the program to at least 135 high schools around Australia.

Our partnership with Girl Guides NSW continued this year. As well as delivering mental health education to 320 Girl Guide leaders, we developed a new mental health training program for leaders, adult volunteers and parents, as well as a tailored six-week BITE BACK Mental Fitness Challenge for girls aged 12–18. Program rollout is expected in the second half of the year.



Face to Face



Webinar

Participants	Workshops	Participants	Workshops
12,722	193	9,556	60





Our People



Research innovation
and expertise



Knowledge
Translation

A world first for First Nations mental health

Aboriginal and Torres Strait Islander people are twice as likely to die by suicide as non-Indigenous Australians. At the Black Dog Institute, we're working to transform these unacceptable numbers by putting First Nations voices at the forefront of our suicide prevention work.

This year, we announced the establishment of an Aboriginal and Torres Strait Islander Lived Experience Centre. Supported by \$1 million in Federal Government funding, the centre is a world-first opportunity to embed Aboriginal and Torres Strait Islander lived experience at the heart of mental health research, policy and service delivery.

Led by BDI's Leilani Darwin, a Quandamooka woman, and guided by a cultural advisory committee, the centre will develop a national network of Aboriginal and Torres Strait Islander people with lived experience of mental illness and suicide.

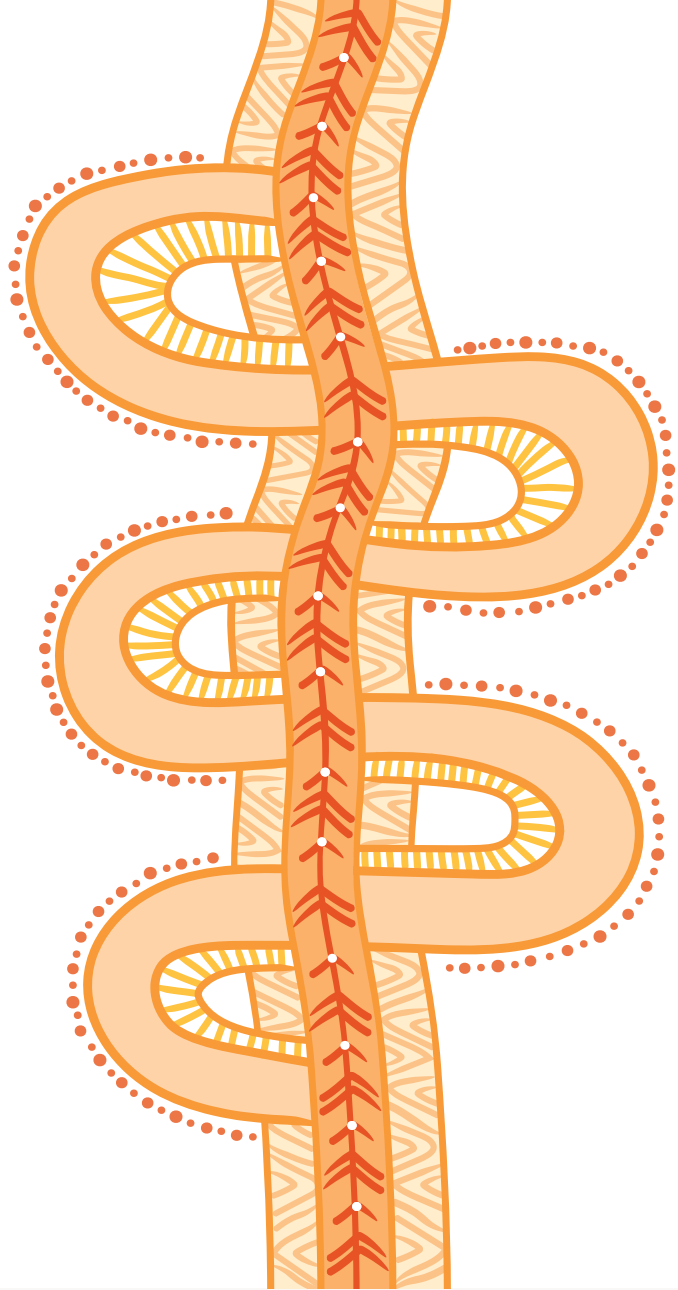
Network members will work with research, policy and health care decision makers, providing crucial insights into the development of culturally appropriate mental health and suicide prevention interventions. Localised networks will also be created in specific communities where there is a particular need for Aboriginal and Torres Strait Islander lived experience expertise.

“The centre is an opportunity to increase the understanding and participation of Aboriginal and Torres Strait Islander people across the country in policy reform, service delivery, evaluation and all aspects of suicide prevention and mental illness.”

Leilani Darwin

Leilani Darwin, Head of the Aboriginal and Torres Strait Islander Lived Experience Centre at the Black Dog Institute.





The centre's development is informed by evidence emerging from our National Suicide Prevention Trials, the Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project report, and the We Are Not the Problem, We Are Part of the Solution report, produced in partnership with the Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention.

This year, Darwin and her team completed a series of co-design sessions with First Nations people across Australia, the first step in developing a working definition of lived experience that reflects the unique experiences of Aboriginal and Torres Strait Islander people. A yarning circle conducted with the Department of Prime Minister and Cabinet produced a report that will be delivered to the National Suicide Prevention Taskforce.

The centre will be launched in 2021.

Cultural Advisory Committee members

- Vicki McKenna (Co-Chair), Kimberley Aboriginal Medical Service
- Joe Williams (Co-Chair), Defying The Enemy Within
- Adele Cox, Thirrili
- Bronwen Edwards, Roses in the Ocean
- Rebecca Johnson, IndigiLez Women's Leadership and Support Group
- Professor Gracelyn Smallwood OAM, Thirrili
- Ethan Taylor, Culture is Life



Research innovation
and expertise



Knowledge
Translation



Financial and
Operational Sustainability

Making suicide everyone's business

Suicide remains the leading cause of death for people aged 15–44 in Australia – and for every suicide death, there are an estimated 30 more attempts. At BDI, we're driven by the belief that every life lost is one too many.

As the only mental health research institute dedicated to population-wide mental health and suicide prevention, we exist to change and save lives through the development of research-driven, data-based suicide prevention activities.

This year, we continued pioneering major initiatives that are reshaping state and national approaches to suicide prevention. With the announcement of Phase 2 of the Centre of Research Excellence in Suicide Prevention, supported by an additional \$2.5 million in NHMRC funding, we started work on a new program of technology-enabled suicide prevention activities that will be informed by lived experience expertise.

Our ground-breaking LifeSpan Trial, funded by the Paul Ramsay Foundation, moved into the formal evaluation phase. This takes us one step closer to establishing an evidence base to support the use of LifeSpan, Black Dog Institute's integrated suicide prevention model, throughout Australia.

Work also continued in providing expert implementation support and advice to the [National Suicide Prevention Trials](#), now in their fourth year. Through this Australian-first initiative, we're working with primary health networks nationally to trial systems approaches to suicide prevention, supporting them to deliver local, evidence-based interventions into the future.

Rollover or click to go to the website



Putting pharmacists front and centre of suicide prevention

Suicide is everyone's business – and a new Black Dog Institute partnership with Primary Health Tasmania is positioning pharmacists to take a hands-on role in suicide prevention.

Supported by the Pharmaceutical Society of Australia, the Pharmacy Guild of Australia and Curtin University, the partnership will deliver advanced, evidence-based suicide training to 100 pharmacists in approximately 160 community pharmacies in Tasmania.

As frontline health professionals, pharmacists are in a unique position to engage with customers and intervene when they see people experiencing emotional distress. As such, participants will engage with a series of workshops focussed on case-based learning and peer discussion, learning how to:

- identify signs of suicidal behaviour
- understand and communicate referral options
- consider means restriction (i.e. reduce access to potentially lethal drugs)

Information on local and national mental health and suicide prevention services will also be made available through localised health pathways, further supporting pharmacists to meet their duty of care.

“The choice to collaborate with the Black Dog Institute on this project was a logical opportunity. The training opportunities afforded to Tasmanian pharmacists will help strengthen our community-wide safety net to identify those in need of help and support.”

Phil Edmondson, CEO, Primary Health Tasmania



Black Dog Institute-led grants

Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
ARC	Discovery Project	Katherine Boydell	Lenette, Dew, Ussher, Lappin, Wells, Bennett	Women marginalised by mental health, disability or refugee status	\$202,851	2020	2022
Australian Rotary Health	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	\$176,509	2019	2021
Australian Rotary Health	Mental Health of Young Australians Research Grant	Mark Larsen	Shand, Morley, Batterham, Berrouiguet, Haber, Carter, Christensen	Optimising caring contact: Using text messages to support people after a suicide attempt	\$133,794	2019	2021
Australian Rotary Health	Mental Health of Young Australians Research Grant	Michelle Tye	Werner-Seidler, Han, O'Dea, Christensen, Calear, Wong	The LifeBuoy App: A randomised controlled trial of a mHealth intervention to help young people manage suicidal thoughts	\$138,809	2020	2020
MRFF	AI Special Call	Helen Christensen	Venkatesh, Gupta, Quinn, Rana, Tran, Mousakis, Vasa, Cutler, Knight, Kummerfeld, Huckvale, Han, Beames, Newby, Werner-Seidler	Optimising treatments in mental health using AI	\$4,995,434	2020	2023
MRFF	Million Minds – Suicide Prevention Grant	Helen Christensen	Harvey, Carter, Venkatesh, Boydell, Cutler, Kneebone, Newton-John, Han, Huckvale	Developing a comprehensive care pathway for those at risk of suicide but not in care: The Under the Radar Project	\$3,729,450	2020	2024
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	2018	2022
NHMRC	Centre of Research Excellence	Helen Christensen	Venkatesh, Boydell, Shand, Harvey, Shand, Harvey, Batterham, Calear, Carter, Larsen, Robinson	Centre of Research Excellence in Suicide Prevention: CRESPII	\$2,466,909	2018	2023
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	2019	2021

Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
NHMRC	Project Grant	Judy Proudfoot	Wilhelm, Campbell, Zwar, Hadzi-Pavlovic, Gunn	Self-help for depression and diabetes-related distress in people with type 2 diabetes	\$857,252	2015	2019
Suicide Prevention Australia	Innovation Research Grant	Katherine Boydell	Bennett, Brown, McKinnon, Parker, Dickson, Vilić	A virtual reality (VR) tool to cultivate future thinking & positive Ideation in place of suicidal thoughts	\$99,260	2020	2021
Suicide Prevention Australia	National Suicide Prevention Research Fund	Mark Larsen	Shand, Morley, Carter, Kapur	Preventing repeated self-poisoning: A brief therapy text message intervention	\$523,614	2019	2022
Suicide Prevention Australia	Innovation Research Grant	Sandersan Onie	Larsen, Tye, Shand	A randomised controlled trial of a targeted help-provision campaign for individuals searching online for suicide means	\$95,588	2020	2022
Suicide Prevention Australia /NSPRF Capacity Building	Innovation Research Grant	Mark Larsen	Sowmya, Large, Baker, Martin, Moffat, Song	CCTV analysis of a suicide hotspot – identifying behaviours prior to suicide	\$97,255	2019	2021
Suicide Prevention Australia (commissioned by the National Mental Health Commission Suicide Task Force)	Commissioned Rapid Review	Fiona Shand, Leilani Darwin (joint)	Mok	Lived experience of suicide consultation and rapid review	\$49,500	2020	2020
ACT Government	Service Implementation Grant	Helen Christensen		LifeSpan integrated suicide prevention (ACT)	\$1,595,513	2019	2021
Allens Linklaters	Research Grant	Bridianne O'Dea	Christensen	Youth StepCare	\$20,000	2019	2019
Australian Unity Foundation	Knowledge Translation Grant	Leilani Darwin	Metereo	Aboriginal and Torres Strait Islander Lived Experience Centre	\$50,000	2020	2020
Balnaves Foundation	Research Grant	Bridianne O'Dea		BEAM Project	\$100,000	2019	2021
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	2018	2020

Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
Capstan	Research Grant	Samuel Harvey	Gayed, Kugenthirian, Strudwick	Coaching for COVID-19	\$3,000	2020	2021
Centre for Carers Research (UTS)	Research Grant	Chloe Watfern	Boydell	Promoting a HIVE of care	\$5,000	2020	2020
Commbank	Grassroots	Bridianne O'Dea	Christensen	Year Advisor Training	\$30,000	2017	2019
Department of Health	National Leadership in Mental Health Program Grant	Helen Christensen	Harvey, Newby, Cockayne, Millard, Bryant, Edwards	A specialist mental health hub for health professionals during the COVID-19 pandemic ('TEN')	\$1,419,950	2020	2021
Department of Health	National Suicide Prevention Activities Program Grant	Leilani Darwin	Christensen, Cockayne	Aboriginal and Torres Strait Islander Lived Experience Centre	\$963,000	2019	2022
Department of Health	Mental Health Early Intervention and Prevention Research Program	Helen Christensen	Skehan, Harvey, Hazel, O'Dea, Proudfoot, Tynan, Fitzpatrick, Kay-Lambkin	Centre of Research Excellence in the Prevention of Anxiety and Depression – The Prevention Hub	\$5,000,000	2018	2020
Department of Health	E-Mental Health Support Services Program	Jonathan Tennant	Proudfoot	eMHPrac	\$4,908,571	2013	2021
Department of Health	National Suicide Prevention Activities Program Grant	Helen Christensen		Development and implementation of evidence-based and integrated system-based approaches to suicide prevention	\$4,094,631	2017	2021
Department of Health	Project Grant	Helen Christensen		myCompass and BITE BACK	\$6,641,409	2012	2021
Department of Home Affairs	Emergency Services Workers – Mental Health Support grant	Samuel Harvey	Bryant, Deady	When the fire won't go out: Providing flexible tailored mental health support for Australia's emergency service workers after the 2019/20 bushfires.	\$6,000,000	2020	2022
Future Generation Global Investment Company	Social Impact Research Grant	Helen Christensen		A multilevel place-based strategy for youth suicide and self-harm prevention	\$1,770,670	2016	2021

Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
Goodman Foundation	Project Grant	Sophie Li	Aliza Werner-Seidler, Bridianne O'Dea	Design, development, and evaluation of a specialised Internet-based treatment program for youth	\$1,500,000	2020	2022
Graf Foundation	Research Grant	Kit Huckvale		Living Lab	\$40,000	2020	2021
icare NSW and the Health Administration Corporation	Research Grant	Samuel Harvey	Christensen	Workplace Mental Health Research Program	\$1,446,000	2017	2020
James N Kirby Foundation	Research Grant	Helen Christensen	Werner-Seidler	Future Proofing	\$15,000	2020	2021
Mindgardens	Mindgardens Neuroscience Network/MNN Commonwealth Funded Research Projects	Samuel Harvey	Newby	Patient prevention outreach using technology	\$900,000	2020	2022
Mindgardens	Mindgardens Neuroscience Network/MNN Commonwealth Funded Research Projects	Helen Christensen	Harvey, Salmon, Cockayne	Mindgardens Clinic for Depression clinic	\$600,000	2020	2022
Mindgardens	Clinical Translation Research Program	Fiona Shand	Marr, Larsen, Lapin, Riley, Frame, Perry	Improving crisis care for suicidality and severe anxiety	\$150,000	2019	2022
Mostyn Foundation	Development Grant	Fiona Shand	Christensen	iBobbly	\$79,000	2019	2021
NIB Foundation	Health Smart Grant	Chris Rule	Schaeffer	iBobbly	\$40,000	2020	2020
NIB Foundation	Research Grant	Kathleen O'Moore	Shand	iBobbly	\$35,000	2018	2019
NSW Ministry 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	\$593,727	2018	2020

Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
NSW Ministry of Health	NGO Grants Management Program	Helen Christensen		Black Dog Institute NGO Grants Program	\$1,600,000	2019	2020
NUW Alliance	Research Grant	Mark Larsen	Shand, Searles, Kay-Lambkin, Grenyer, Deane	Integrating health and social data to reduce suicide	\$41,907	2019	2019
Ottomin Foundation	Research Grant	Mark Larsen	Shand, Morley, Haber, Christensen	FAST: Follow-up after a suicide attempt	\$125,000	2015	2019
Paul Ramsay Foundation	Research Grant	Helen Christensen	Werner-Seidler, Huckvale	Data studies to track impact of current and recent bushfires on mental health and suicide (Future Proofing)	\$100,000	2020	2025
Paul Ramsay Foundation	Research Grant	Helen Christensen		Systems approach to suicide prevention	\$14,760,000	2016	2021
Paul Ramsay Foundation	Research Grant	Helen Christensen		Investment for the continued development, testing and scaling of the StepCare program into 14 public health networks	\$6,200,000	2018	2021
Perpetual	Research Grant	Michelle Tye		LifeBuoy	\$6,444	2020	2022
Perpetual	Research Grant	Aliza Werner-Seidler		Sleep Ninja	\$65,000	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	2018	2022
Safework NSW (Centre for Work Health and Safety)	Research Grant	Samuel Harvey	Petrie	Link between suicide and occupation	\$46,645	2020	2020
Serp Hills	Research Grant	Helen Christensen	Werner-Seidler	Future Proofing	\$10,000	2020	2021

Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
SPHERE	Strategic Platform 4	Katherine Boydell		Implementation science & knowledge translation	\$1,450,000	2018	2021
TAL Services Limited	Contract Research	Mark Deady	Deady, Harvey	The Cora platform in improving wellbeing	\$47,886	2019	2020
UNSW	USA Networks of Excellence Collaborative Research Mobility Grants	Bridianne O'Dea		Using social media data to detect mental illness in individuals and populations	\$5,000	2019	2019
Wellcome Trust	Insight Analysis	Joanne Beames	Werner-Seidler	Awareness of affective experiences, which encompasses both emotions and moods, as measured by EMA technology using smartphones	\$29,352	2020	2020

Collaborative grants led by other institutions

Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
ARC	Industrial Transformation Research Hubs	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	Industrial Transformation Research Hub for Digital Enhanced Living	\$2,962,655	2017	2022
ARC	Discovery Project	Perminder Sachdev	Henry, Mather	Social cognitive change in late adulthood (SoCOG)	\$646,500	2017	2020
ARC	Linkage Grant	Richard Bryant	Harvey	Improving productivity in emergency service personnel	\$664,511	2019	2023
ARC	Linkage 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	2018	2023
ARC	Linkage Grant	Richard Bryant	Harvey	Improving productivity in emergency service personnel	\$664,511	2019	2022
ARC	Discovery Project	Julien Epps	Chen, Larsen, Christensen, Sethu	Automatic speech-based assessment of mental state via mobile device – Dr Julien Epps	\$303,000	2017	2020
NHMRC	EU Collaborative Research Grant	Philip Batterham	Christensen, Calear	ImpleMentAll: Towards evidence-based tailored implementation strategies for eHealth	\$459,914	2017	2020

Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
NHMRC	Project Grant	Philip Batterham	Calear, Sunderland, Kay-Lambkin	Increasing engagement with online psychosocial programs to improve mental health in the community	\$352,316	2018	2020
NHMRC	National Institute for Dementia Research Team Grant	Henry Brodaty	Valenzuela, Sachdev, McNeil, Maeder, Lautenschlager, Jorm, Fiatarone Singh, Anstey, Andrews	Maintain your brain	\$6,467,015	2015	2020
NHMRC	EU Collaborative Research Grant	Henry Brodaty	Low, Jeon, Phillipson	CO-desiGning demeNtia dIagnoSis And post-diagNostic CarE (COGNISANCE)	\$742,041	2019	2021
NHMRC	EU Collaborative Research Grant	Henry Brodaty	Sachdev	Social Health And Reserve in the Dementia patient journey (SHARED)	\$724,254	2019	2021
NHMRC	Dementia Initiative	Henry Brodaty	Anstey, Beattie	Dementia Centre for Research Collaboration Grant	\$12,818,309	2018	2020
NHMRC	Targeted Grant	Richard Bryant	Whyman, Steel, Brooks	Enhancing adolescent mental health in Indigenous Australians	\$1,549,875	2014	2019
NHMRC	Project Grant	Richard Bryant	Moulds	Early intervention for posttraumatic stress disorder	\$641,257	2016	2019
NHMRC	Program Grant	Richard Bryant	Silove, McFarlane, Malhi, Felmingham, Creamer	Translating science into better posttraumatic mental health	\$2,092,503	2015	2020
NHMRC	Aust/EU Collaborative Research Grant	Richard Bryant		Fostering responsive mental health systems in the Syrian refugee crisis	\$489,869	2017	2020
NHMRC	Project Grant	Alison Calear	Christensen, Batterham	Suicide prevention in schools: A social connectedness approach	\$793,111	2015	2019
NHMRC	Project Grant	Chris 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	2018	2020

Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
NHMRC	Project Grant	Colleen Loo	Martin, Fitzgerald, Dokos, Hadzi-Pavlovic, George, Bai, Boonstra, Sackeim	A randomised controlled trial of Focal Electrically Administered Seizure Therapy (FEAST) in patients with severe depression	\$2,616,498	2019	2023
NHMRC	Project Grant	Colleen Loo	Dokos, Martin, Hadzi-Pavlovic, Bai, Galvez	Clinical outcomes with electroconvulsive therapy: Insights from computational modelling	\$347,766	2017	2019
NHMRC	Boosting Dementia Research Grant	Perminder Sachdev	Kochan, Henry, Bunce, Crawford	Cross-comparison, validation and performance of computerised neuropsychological assessment devices in the evaluation of mild cognitive impairment and dementia (CogSCAN)	\$700,482	2017	2020
NHMRC	Program Grant	Perminder Sachdev	Brodady, Andrews	Risk factors, early diagnosis, and effective interventions for neurocognitive disorders	\$6,782,730	2016	2020
NHMRC	Project Grant	Perminder Sachdev	Wen, Crawford	Understanding cognitive disorders in relation to the cerebrovascular disease in an international collaborative effort: The Stroke & Cognition (STROKOG) Consortium	\$649,204	2019	2021
NHMRC	Centre of Research Excellence	Maree Teesson	McGorry, Christensen, Kay-Lambkin, Newton, Mills, Mihalopoulos, Slade, Chapman, Baillie	Prevention & Early intervention in Mental Illness and Substance use (PREMISE CRE)	\$2,495,968	2018	2022
NHMRC	Partnership Grant	Jane Pirkis	Robinson, Spittal, Too, Currier, Keating, Larsen	Preventing suicide in public places	\$415,920	2020	2022
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	2018	2021
NHMRC	Partnership Grant	Frances Kay-Lambkin	Heinsch, Carlson, Wyllie, Mihalopoulos, Teesson, Christensen, Sunderland, Haber, Morley, Baillie, Shaw, Chatterton	The eCLIPSE Project: implementing evidence-based eHealth interventions for comorbid mental health and alcohol/other drug use problems into health and community settings	\$346,973	2019	2021
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	2016	2020

Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
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	2015	2019
NHMRC	Program Grant	Perminder Sachdev	Brody, Andrews	Risk factors, early diagnosis, and effective interventions for neurocognitive disorders	\$6,782,730	2016	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	2017	2019
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	2018	2020
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	2018	2022
NHMRC	Partnership Project for Better Health	Allison Milner	LaMontagne, Kelly, Batterham, Lingard, Harvey	MatesMonitor: Evaluating suicide prevention in the construction industry	\$628,742	2017	2020
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	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	2016	2020
NNIDR-NHMRC	Boosting Dementia Research Grant	Christopher Rowe	Sachdev, Naismith, Martin, Breakspear, Martins, Ahern, Vickers	The Australian Dementia Network (ADNet): Bringing together Australia's dementia stakeholders	\$18,000,000	2018	2023

Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
Suicide Prevention Australia	Innovation Research Grant	Myfanwy Maple	Batterham, Navjot	A mobile phone messaging intervention to support people bereaved by suicide	\$91,690	2020	2020
BHP Foundation	Research Grant	Maree Teesson	Brogden, McGorry, Stears, Christensen, Batterham, Kay-Lambkin, Hickie, McGrath	COVID-19 Mental Health Response Independent Think Tank	\$1,086,379	2020	2022
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 & triage process vs standard practice in matching mental health services to needs among Aboriginal youth living on-reserve	\$300,000	2016	2019
Dementia Australia Research Foundation/Yulgilbar Foundation	Yulgilbar Foundation Innovation Grant	Perminder Sachdev	Tilley, Gooding, Bongers, Caruso, Bush	Nanotechnology for the diagnosis and treatment of neurodegenerative disorders	\$1,000,000	2019	2021
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	2016	2019
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	2018	2019
Government of Canada	FRAYME (International Centre of Research Excellence in Translation for Youth Mental Health)	Manuela Ferrari & Mario Alvarez	Anderson, Archie, Boydell, Henderson, Iyer, Lal, McLlwayne, Reynolds, Shah	Gaming my way to recovery: Knowledge synthesis project	\$45,000	2018	2019
Mindgardens	Clinical Translation Research Program	Julia Lappin	Shand	Screening for chronic pain and suicidality	\$150,000	2019	2022
Mindgardens	Clinical Translation Research Program	Kim Delbaere	O'Dea, Baldwin, Cockayne	Optimised treatment for fear of falling	\$150,000	2019	2022
Network of Alcohol and Other Drugs Agencies (NADA)	NGO Service Development Grant Program	Marianne Jauncey	Shand	Medically supervised injecting centre suicide management protocol development	\$69,158	2020	2020

Funding body	Scheme	Principal investigator	Co-investigators	Project title	Amount funded	Funding start year	Funding end year
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	2017	2022
NSW Mental Health Commission	Lived Experience Framework Grant	Jo River	Bellingham, Gill, Kemp, Goodhew, Boydell	Raising the bar: Building the capacity of people with lived experience and mental health researchers to engage in genuine co-design and coproduction research in university-health service collaborations	\$49,915	2020	2021
University of Sydney	UNSW-USYD Mental Health & Wellbeing Grants	Haley LaMonica	Han, Mowszowski, Cheng	Developing and evaluating novel, web-based, gamified cognitive assessments for older adults	\$19,953	2019	2020

Fellowships and scholarships

Funding body	Scheme	Principal investigator	Project title	Amount funded	Funding start year	Funding end year
MRFF	Next Generation Clinical Researchers Program	Jill Newby	Improving internet-delivered psychological therapies for depression and anxiety	\$431,000	2018	2021
MRFF	Next Generation Clinical Researchers Program – TRIP Fellowship	Fiona Shand	Catch them when they fall: Providing best evidence care after a suicide attempt	\$179,118	2018	2020
NHMRC	Career Development Fellowship	Philip Batterham	Bridging the implementation gap for evidence-based psychosocial interventions	\$483,404	2019	2022
NHMRC	Research Fellowship	Richard Bryant	A translational model for Indigenous mental health	\$836,915	2016	2020
NHMRC	Investigator Grant	Richard Bryant	Advancing posttraumatic mental health	\$2,772,580	2020	2024
NHMRC	Research Fellowship	Helen Christensen	Landmark population trials in suicide prevention	\$963,270	2019	2023
NHMRC	Career Development Fellowship	Alison Calear	Preventing suicide in young people: A public health approach	\$425,048	2017	2020
NHMRC	Investigator Grant	Alison Calear	Connecting kids: Harnessing interpersonal connectedness to reduce suicide risk in youth	\$1,243,588	2020	2024
NHMRC	Investigator Grant	Samuel Harvey	Improving the mental health of Australian workers	\$1,554,485	2020	2024
NHMRC	Investigator Grant	Colleen Loo	Developing new treatment approaches for severe and treatment-resistant depression	\$2,060,520	2021	2025
NHMRC	Investigator Grant	Philip Mitchell	Improving outcomes for youth at risk of bipolar disorder	\$2,221,276	2020	2024
NHMRC	Investigator Grant	Gordon Parker	Studies advancing the definition and treatment of the bipolar disorders	\$750,000	2020	2024

Funding body	Scheme	Principal investigator	Project title	Amount funded	Funding start year	Funding end year
NHMRC	Early Career Fellowship	Michelle Tye	A developmental approach to suicide prevention and related harm among Australian youth	\$322,952	2018	2021
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	2017	2020
Suicide Prevention Australia /NSPRF Capacity Building	Post-Doctoral Fellowship Grant	Jin Han	Cognitive and behavioural response styles to negative affect precipitating youth suicidal thoughts	\$265,436	2020	2022
NSW Health	Early-Mid Career Fellowship	Aliza Werner-Seidler	The implementation of an evidence-based depression prevention program in the school system	\$258,260	2017	2021

Australian and Black Dog Institute translation awards

Bupa Health Foundation Emerging Health Researcher Commendation Award

Dr Mark Deady

The Mental Health Service (TheMHS) Early Career Research Award for Innovation

Dr Michelle Tye

Medical Device Commercialisation Training Program Customer Strategy Development Award

Sarah Holland

Prevention Hub Fellowship

Dr Simon Baker

Research Australia Data Innovation Award (Highly Commended)

LifeSpan Data Team led by Matthew Phillips

Allan Fels Mental Health Award

Operations, People and Culture Team (Marian Spencer, Lauren Flynn, Rachel Chen and Catherine Craig-Dobson)

Care and Service Excellence (CASE) Award

Assoc. Prof. Sam Harvey & the Workplace Mental Health Research Team

Black Dog Institute Travel Award

Dr Adam Bayes

Dr Joanne Beames

Dr Mark Deady

Jo Riley

Prof Katherine Boydell

Dr Mirjana Subotic-Kerry

Black Puppy Fellowship

Dr Joanne Beames

The Black Dog Institute community

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Prof Helen Christensen AO	Ms Jo Thorley	Mr Ronald Ferster
Mrs Carol Berg – resigned 25th May 2020	Mr John Feneley	Mr Sean West – appointed 3rd August 2020
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His Excellency General the Honourable David Hurley AC DSC (Retd)	Her Excellency Mrs Linda Hurley	Her Excellency the Honourable Margaret Beazley AC QC
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The supporters that make up our community come from all walks of life and give in various ways. Our heartfelt thanks goes to each and every one of them.

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Beth Fuller	Jayne & Phil Newling	Michael Sinclair	Patricia Rowentree
Christine Newtown	Michael Connor	Natasha Simon	

Bequests

Estate of the Late William B Jory

Lived experience presenters

Amy Hargrave	Dale Skinner	Hamish Hocking	Kate Corcoran	Madeleine Barrow	Peter Ferreira
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Financial summary

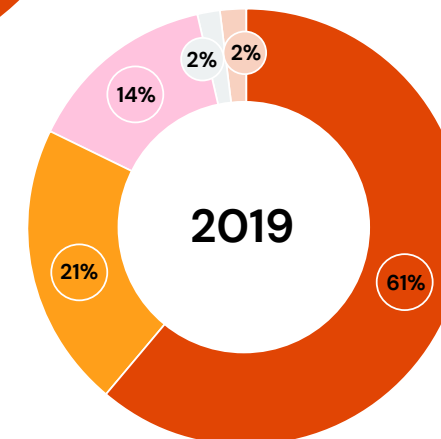
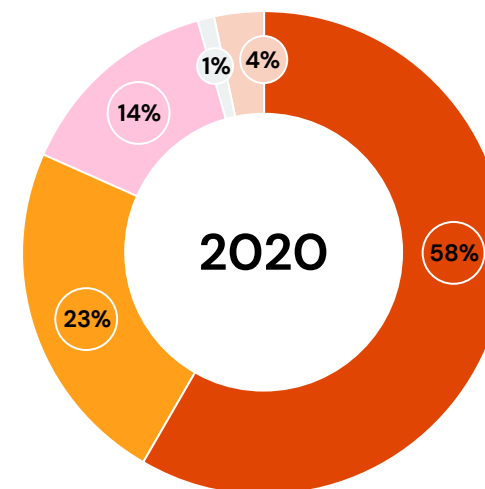
Revenue from continuing operations	2020	2019
Grant funding	\$18,755,606	\$17,191,058
Fundraising income	\$7,495,207	\$5,939,854
Fee for service	\$4,420,895	\$4,002,301
Interest revenue	\$341,267	\$434,780
Other income	\$1,147,175	\$535,990
	\$32,160,150	\$28,103,983

Expenses

Employee benefits expense	\$18,089,647	\$14,490,581
Other manpower expenses	\$5,140,272	\$4,702,098
Implementation expenses	\$1,747,702	\$2,525,369
Travel expenses	\$683,187	\$754,202
Research operations expenses	\$241,326	\$224,170
Advertising and promotion expenses	\$674,839	\$582,608
Printing and stationery expenses	\$123,414	\$233,782
Depreciation and amortisation expenses	\$340,825	\$271,741
Information technology expenses	\$627,000	\$322,235
Other expenses	\$958,207	\$1,483,748
	\$28,626,419	\$25,590,534

Surplus for the year	\$3,533,731	\$2,513,449
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Revenue

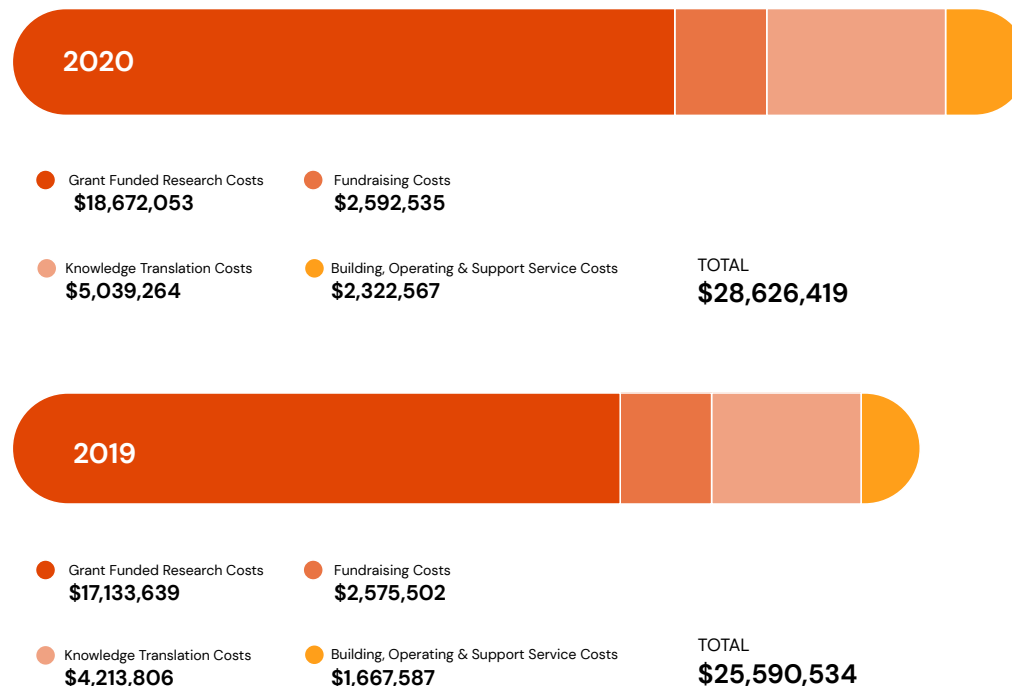


Financial summary

All our funding is obtained competitively; therefore there is a need for sufficient reserves to ensure financial stability and research opportunities.

Current Assets	2020	2019
Cash and cash equivalents	29,020,780	19,356,615
Trade and other receivables	4,021,010	9,523,087
TOTAL CURRENT ASSETS	33,041,790	28,879,702
Non-Current Assets		
Property, plant and equipment	2,478,662	2,481,797
Intangible assets	35,312	44,945
TOTAL NON-CURRENT ASSETS	2,513,974	2,526,742
TOTAL ASSETS	35,555,764	31,406,444
Current Liabilities		
Grants Received in Advance	14,674,921	12,413,314
Trade and other payables	2,595,748	4,172,465
Provisions	104,921	228,309
TOTAL CURRENT LIABILITIES	17,375,590	16,814,088
Non-Current Liabilities		
Provisions	119,623	65,536
TOTAL NON-CURRENT LIABILITIES	119,623	65,536
TOTAL LIABILITIES	17,495,213	16,879,624
NET ASSETS	18,060,551	14,526,820
Equity		
Endowment & Research Reserve	2,183,518	2,183,518
Infrastructure & Development Reserve	528,464	528,464
Retained earnings	15,348,569	11,814,838
TOTAL EQUITY	18,060,551	14,526,820

Expenses



Key publications

COVID-19:

Gunnell, D., Appleby, L., Arensman, E., Hawton, K., John, A., Kapur, N., Khan, M., O'Connor, R., Pirkis, J., Christensen, H., et al. (2020). Suicide risk and prevention during the COVID-19 pandemic. *The Lancet Psychiatry*, 7(6), 468–471. doi:[http://doi.org/10.1016/S2215-0366\(20\)30171-1](http://doi.org/10.1016/S2215-0366(20)30171-1)

Holmes, E. A., O'Connor, R. C., Perry, V. H., Tracey, I., Wessely, S., Arseneault, L., Ballard, C., Christensen, H., Bullmore, E. (2020). Multidisciplinary research priorities for the COVID-19 pandemic: A call for action for mental health science. *The Lancet Psychiatry*, 7(6), 547–560. doi:[https://doi.org/10.1016/S2215-0366\(20\)30168-1](https://doi.org/10.1016/S2215-0366(20)30168-1)

Digital care:

Batterham, P. J., Han, J., Mackinnon, A. J., Werner-Seidler, A., Cleave, A. L., Wong, Q., . . . Christensen, H. (2020). Factors associated with engagement in online self-help programs among people with suicidal thoughts. *Journal of Affective Disorders*, 265, 402–409. doi:<https://doi.org/10.1016/j.jad.2020.01.044>

McKeon, G., Steel, Z., Wells, R., Newby, J. M., Hadzi-Pavlovic, D., Vancampfort, D., & Rosenbaum, S. (2019). Mental health informed physical activity for first responders and their support partner: A protocol for a stepped-wedge evaluation of an online, codesigned intervention. *BMJ Open*, 9(9), e030668. doi:<http://doi.org/10.1136/bmjopen-2019-030668>

Sanatkar, S., Baldwin, P. A., Huckvale, K., Clarke, J., Christensen, H., Harvey, S., & Proudfoot, J. (2019). Using cluster analysis to explore engagement and e-attainment as emergent behavior in electronic mental health. *Journal of Medical Internet Research*, 21(11), e14728. doi:<http://doi.org/10.2196/14728>

Novel interventions:

Nikolin, S., Martin, D., Loo, C. K., Iacoviello, B. M., & Boonstra, T. W. (2020). Assessing neurophysiological changes associated with combined transcranial direct current stimulation and cognitive-emotional training for treatment-resistant depression. *European Journal of Neuroscience*, 51(10), 2119–2133. doi:<http://doi.org/10.1111/ejn.14656>

Taylor, R., Wark, H., Leyden, J., Simpson, B., McGoldrick, J., Hadzi-Pavlovic, D., . . . Loo, C. (2019). Effects of the Anaesthetic-ECT time interval and ventilation rate on seizure quality in electroconvulsive therapy: A prospective randomised trial. *Brain Stimulation*, 13(2), 450–456. doi:<https://doi.org/10.1016/j.brs.2019.12.012>

Suicide prevention:

Han, J., Torok, M., Gale, N., Wong, Q. J. J., Werner-Seidler, A., Hetrick, S. E., & Christensen, H. (2019). Use of web conferencing technology for conducting online focus groups among young people with lived experience of suicidal thoughts: Mixed methods research. *JMIR Mental Health*, 6(10), e14191. doi:<http://doi.org/10.2196/14191>

Larsen, M. E., Torok, M., & Onie, S. (2020). Understanding the effects of a suicide prevention strategy at a jumping site. *EClinicalMedicine*, 19. doi:<https://doi.org/10.1016/j.eclinm.2020.100278>

Mok, K., Chen, N., Torok, M., McGillivray, L., Zbukvic, I., & Shand, F. (2020). Factors associated with help-seeking for emotional or mental health problems in community members at risk of suicide. *Advances in Mental Health*, 1–11. doi:<https://doi.org/10.1080/18387357.2020.1770109>

Shand, F., Torok, M., Cockayne, N., Batterham, P. J., Cleave, A. L., Mackinnon, A., . . . Christensen, H. (2020). Protocol for a stepped-wedge, cluster randomized controlled trial of the LifeSpan suicide prevention trial in four communities in New South Wales, Australia. *Trials*, 21(1), 332. doi:<http://doi.org/10.1186/s13063-020-04262-w>

Torok, M., Han, J., Baker, S., Werner-Seidler, A., Wong, I., Larsen, M. E., & Christensen, H. (2020). Suicide prevention using self-guided digital interventions: A systematic review and meta-analysis of randomised controlled trials. *The Lancet Digital Health*, 2(1), e25–e36. doi:[https://doi.org/10.1016/S2589-7500\(19\)30199-2](https://doi.org/10.1016/S2589-7500(19)30199-2)

Workplace research:

Gayed, A., Tan, L., LaMontagne, A. D., Milner, A., Deady, M., Milligan-Saville, J. S., Harvey, S. B. (2019). A comparison of face-to-face and online training in improving managers' confidence to support the mental health of workers. *Internet Interventions*, 18, 100258. doi:<https://doi.org/10.1016/j.invent.2019.100258>

Petrie, K., Crawford, J., LaMontagne, A. D., Milner, A., Dean, J., Veness, B. G., Harvey, S. B. (2020). Working hours, common mental disorder and suicidal ideation among junior doctors in Australia: A cross-sectional survey. *BMJ Open*, 10(1), e033525. doi:<http://doi.org/10.1136/bmjopen-2019-033525>

Vollmer-Conna, U., Beilharz, J. E., Cvejic, E., Macnamara, C. L., Doherty, M., Steel, Z., ... Parker, G. (2020). The well-being of medical students: A biopsychosocial approach. *Australian and New Zealand Journal of Psychiatry*, 0004867420924086. doi:<https://doi.org/10.1177/0004867420924086>

Youth and schools:

Achilles, M. R., Anderson, M., Li, S. H., Subotic-Kerry, M., Parker, B., & O'Dea, B. (2020). Adherence to e-mental health among youth: Considerations for intervention development and research design. *Digital Health*, 6, 1-9. doi:<http://doi.org/10.1177/2055207620926064>

McGillivray, L., Torok, M., Calear, A., Shand, F., Mackinnon, A., Kuhnert, R.-L., ... Christensen, H. (2020). Suicide prevention among young people: A study protocol for evaluating Youth Aware of Mental Health in Australian secondary schools. *Mental Health & Prevention*, 17, 200178. doi:<https://doi.org/10.1016/j.mhp.2019.200178>

O'Dea, B., King, C., Subotic-Kerry, M., Achilles, M. R., Cockayne, N., & Christensen, H. (2019). Smooth Sailing: A pilot study of an online, school-based, mental health service for depression and anxiety. *Frontiers in Psychiatry*, 10, Article 574. doi:<http://doi.org/10.3389/fpsy.2019.00574>

Parker, B. L., Achilles, M. R., Subotic-Kerry, M., & O'Dea, B. (2020). Youth StepCare: A pilot study of an online screening and recommendations service for depression and anxiety among youth patients in general practice. *BMC Family Practice*, 21(1), 2. doi:<https://doi.org/10.1186/s12875-019-1071-z>

Torok, M., Rasmussen, V., Wong, Q., Werner-Seidler, A., O'Dea, B., Toumbourou, J., & Calear, A. (2019). Examining the impact of the Good Behaviour Game on emotional and behavioural problems in primary school children: A case for integrating well-being strategies into education. *Australian Journal of Education*, 63, 000494411987848. doi:<http://doi.org/10.1177/0004944119878480>



Dr Sanderson Onie,
Postdoctoral Research Fellow.
Currently working in
suicide prevention.

Feedback from our supporters

Funders

“The events of 2020 have brought mental health to the forefront and escalated the need for research into mental health and evidence-based resources. Hearts and Minds Investments is committed to funding medical research in Australia to improve the health of our communities. We are proud to support the innovative research the Black Dog Institute team conducts to better understand mental health across the lifespan and support people through mental illness.”

Hearts and Minds Investments

Corporate Partners

“Wotton + Kearney is incredibly proud to have Black Dog Institute as a firm charity partner. This partnership resonates strongly with our staff and we are delighted to be working with Black Dog Institute to improve the dialogue around mental health and build meaningful and lasting fundraising impact and engagement. Our partnership has enabled us to be better educated about mental health and to address mental health issues in the workplace in a lasting and positive way.”

Heidi Nash-Smith, Partner and Head of Pro Bono & Responsible Business, Wotton + Kearney

Workplace

“We had been looking for affordable training on wellbeing, particularly since COVID-19 was causing additional stress for our educators. The training has made me much more supportive of employees with mental health conditions and this has helped them manage their mental health at work much better as they know they are supported and can discuss their mental health with me.”

Managing Team Wellbeing participant

Community

“Thank you for helping raise these things as normal everyday conversations. I watched this with two teenage children. We have always talked openly about these matters and this reinforces for us all that it’s good to have these conversations.”

Breaking Down Depression participant

“Thank you so much for this really helpful presentation, thank you to the presenter for being willing to share his personal story. It certainly takes it from being something out there to a real person. Thank you for your encouragement and helpful resources.”

Breaking Down Depression participant

Schools

“As a person that has struggled with depression and anxiety, the activities showed me how to overcome it. It was very helpful and I wished that I knew about them sooner.”

Mental Fitness participant

“Thank you for telling us about your story. I can relate to a lot and it was nice to hear that I have hope and that there are people like me.”

INSIGHT participant

“It was incredible. The presenter is so brave and the content was extremely relevant to a teenage audience. Thank you so much!”

INSIGHT participant



Cameron Banks,
Education Operations
Manager. Currently working on
delivering our partnership with
the Australian Institute of Sport
to improve mental fitness in
young people.

Science.
Compassion.
Action.

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November 2020

