

Population mental health research at the Australian National University



**Centre for Mental Health Research
Research School of Population Health**

History

- **Building 63 Eggleston Rd**
Ward of the first Canberra Hospital. Built in 1928
- **CMHR**
First research centre in social psychiatry and community MH in Australia. Started in 1975





1928



1928



1928



Professor A.S. Henderson,
Department of Psychiatry,
University of Tasmania,
Royal Hobart Hospital,
HOBART. TAS. 7000

2/8/74

Dear Professor Henderson,

N.H. & M.R.C. Psychiatric Research Unit

I am pleased to be able to inform you that the Minister for Health, Dr D.N. Everingham, has, on the advice of the National Health and Medical Research Council, approved your appointment as Director of a N.H. & M.R.C. Psychiatric Research Unit to conduct a research program in the area of Social Psychiatry.

SPRU (CMHR)

Social Psychiatry Research Unit (SPRU)

Social Environment in relation to Anxiety
Depressive disorders.

Epidemiology of Mental Disorders in
Later Life (Depression and the
Dementias)

WHO Collaborating Centre on the
Epidemiology of Mental Disorders





INH, Dahlem Workshop



Standing, left to right:

Martin Hautzinger, Scott Henderson, Martin Roth, Hanfried Helmchen,
Gene Paykel, Heinz Katschnig, Elliot Gershon.

Seated, left to right:

Gerry Klerman, Paula Clayton, Jules Angst, Myrna Weissman,
Hans-Jürgen Möller.

1982



Australian
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University





Australian
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NIMHR

National Institute
For Mental Health
Research

2001







The Korten Prize

The Australian National University
Centre for Mental Health Research



Pay: Phil Batterham
Ten thousand dollars

2012 - CMHR Joined the Research School of Population Health (RSPH)





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ANU National Institute for Mental Health Research



Celebrating 40 years (1975 -2015)



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CMHR Vision

- Improve the mental health of the Australian community through collaborative research
- Leadership in excellent, innovative, population-based mental health research that is relevant to policy and practice



Goals

- Excellence in research; relevance to the mental health sector and the broader population
- Focus on implementation and translation of research into policy and practice
- Building capacity: training future research leaders
- Incorporating lived experience perspectives
- Collaboration with the mental health sector

Emeritus Professor Scott Henderson



1975 - 2001



Professor Anthony Jorm



2001- 2005

Emeritus Professor Helen Christensen



2005-2012

Emeritus Professor Kathy Griffiths



2012 - 2016

Professor Luis Salvador-Carulla



2017 -



CMHR Research themes

- Mental health policy
- Translational E-mental health
- Lived experience research
- Mental health of students
- Learning and Development
- *Suicide prevention (stream)*
- *Rural mental health (stream)*

-Visual Decision
Analytics Lab



CMHR 2017



CMHR 2018

36 members



Scott Henderson	Emeritus Honorary Professor
Luis Salvador-Carulla	Head / Academic
Philip Batterham	Academic
Charles Claudianos	Honorary Professor
Alison Calex	Academic
Geeta Chaudri	Visiting Fellow
Annette Erlangsen	Visiting Fellow
Nasser Bagheri	Academic
Lou Farrer	Academic
Michelle Banfield	Academic
Sebastian Rosenberg	Research Fellow
Amelia Gulliver	Research Fellow
Bregje van Spijker	Research Fellow

Brad Carron-Arthur	PhD student
John Gosling	Research Fellow/PhD student
Sonia McCallum	Research Assistant
Julia Reynolds	Research Fellow/PhD student
Jennifer Ma	PhD student
Kathina Ali	Research Fellow
Helen Benassi	PhD student
Dominique Kazan	PhD student
Brendan Loo Gee	PhD student
Marita Cooper	PhD student
Youn Jin (Jina) Chung	Research Fellow
Sharon Leigh-Hazell	PhD student

Owen Forbes	Research Officer
Alyssa Morse	Research Officer
Nathan Haymes	Research Officer
Patrick Gorman	Research Assistant
Nazrana Khaled	Research Assistant
Sue Luckersmith	Research Fellow
Marthinus Bekker	PhD Student
Rebecca Randall	PhD Student
Anthony Barker	Visiting Fellow
Jose Alberto Salinas-Perez	Visiting Fellow
Matthew Sutherland	Visiting Fellow



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2017

Mental Health Systems and Policy

- Integrated Atlas of Mental Health (15 PHNs in Australia)
- Service Gap Analysis
- Technical Efficiency of Catchment Areas (LGAs-PHNs)
- Development of Decision Support Systems
- Development of relational and composite indicators
- Impact analysis
- Spatial analysis



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From the cartographic room to VIDEA



University Cartographic Room at the old
Hospital Buildings, Late 1950s





Visual and DEcision Analysis Platform

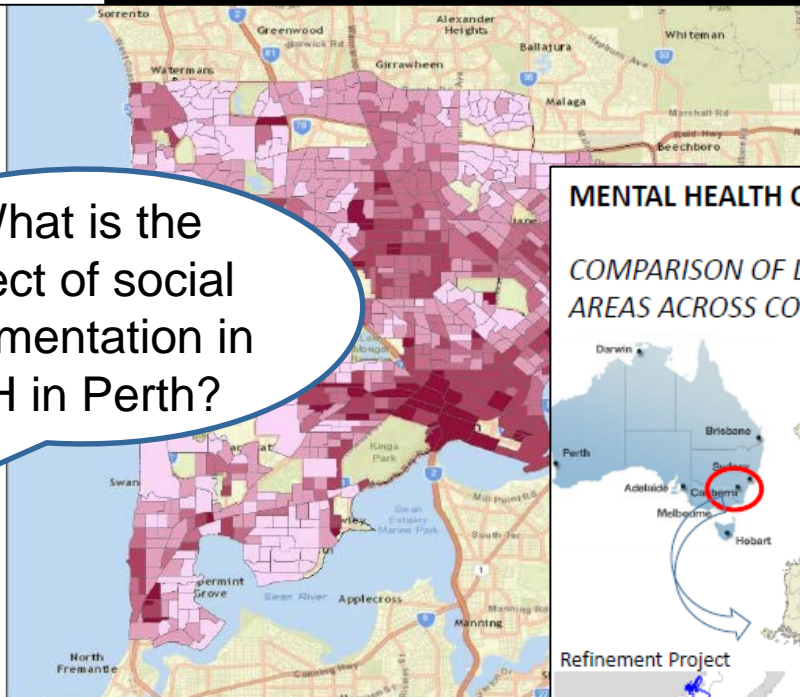
Contact: Dr Nasser Bagheri

Visual & DEcision Analytics Lab

SF index pattern in NPHN Catchment in WA



What is the effect of social fragmentation in MH in Perth?

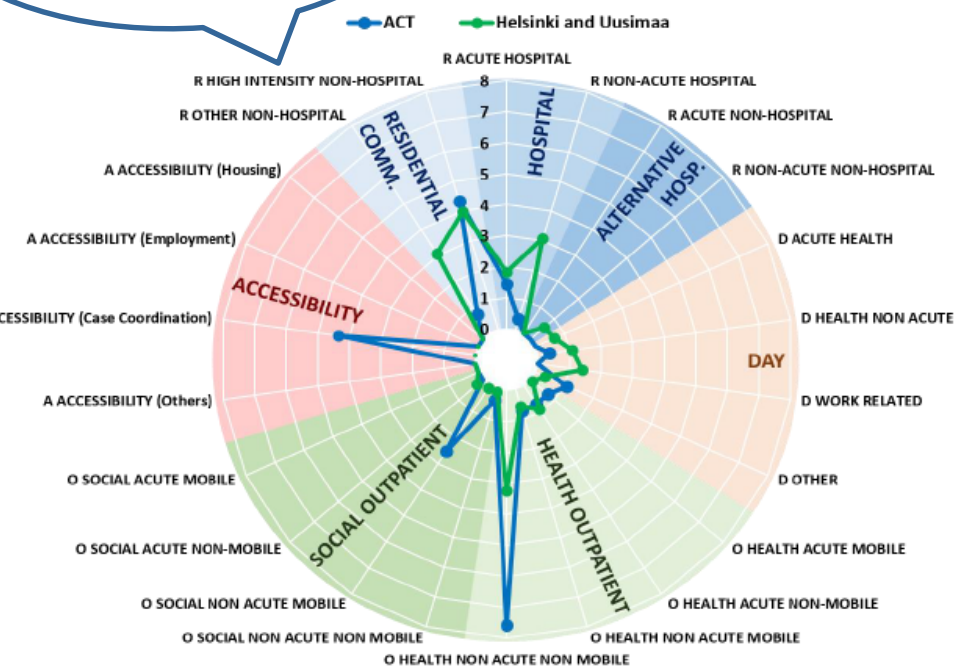


MENTAL HEALTH CARE COMPARISON OF LOCAL AREAS ACROSS COUNTRIES



How can we improve care integration in Canberra?

Factors for adults > 17 years with lived experience of homelessness between Canberra and Helsinki and Uusimaa.



New visual tools to help policy makers and planners to grasp complex questions and guide resource allocation and planning



Translational e-mental health

- Identifying how people in the community engage with digital mental health programs
- Optimising connections between traditional clinical services and internet services
- Two major new NHMRC-funded projects:
 - EU partnership examining clinical referrals to e-health
 - Testing interventions to increase uptake



Assessment of mental health

- Development of better screening tools for self assessment of mental health
- DQ5: a more accurate distress measure than K10
- New brief scales to accurately assess suicidality, anxiety disorders, psychosis, ADHD, PTSD in the community

Mental health of students



- Sources of Strength evaluation
 - Social connectedness approach that utilises peer-leaders to promote adult-youth connections and positive coping
 - 16 ACT and NSW high-schools participating in an RCT
 - Assessing effects on help-seeking behaviour, adult-youth connections, social support, positive coping and suicide.



Mental health of students

- Silence is Deadly: evaluation in collaboration with Menslink
 - Targeted to young men and utilises traditional male role models to promote help-seeking.
 - 8 ACT schools (Year 11 and 12) participating in an RCT
 - Assessing effects on help-seeking attitudes, intentions and behaviour



A comprehensive online mental health service to prevent and treat mental health problems and related issues in university students

- Anonymous, tailored, and free to the end-user, incorporating evidence-based treatments/information, and developed using co-design methods.
- Information about help-seeking, mental health problems, and other key student-related issues, screening, and self-help tools
- Pilot trial: Developed for the ANU and is currently being trialled with ANU students ($N = 200$)
- Potential for UVC dissemination across Australian universities is strong

Mental health of students





Lived experience research

- ACACIA: The ACT Consumer and Carer Mental Health Research Unit
 - Research priority-setting from consumer and carer perspectives
 - Active involvement in research processes through Advisory Group, internship and consultation
 - Projects include trial of a peer worker in ACT-Wide Mental Health Services, and evaluation of ACT Partners in Recovery



Lived experience research

- Finding the Path: study investigating care access and navigation for serious mental illness
 - Access to general practice
 - Care received in general practice
 - Care planning experiences

Suicide prevention



- New tools to assess suicide risk/recovery
- Testing theoretical models of suicide
- LifeSpan: evaluating systems-based approach to suicide prevention
- School-based suicide prevention projects (above)
- Barriers to help seeking for suicide, including stigma, mental health literacy, self-reliance

Rural mental health



- Sustainable Farms
 - Collaboration between Fenner School of Environment, CMHR and Business/Economics (2017-2027)
 - Examine links between sustainable farming practices on ecological, mental health and financial outcomes
 - Philanthropic funding (including Ian Potter Foundation, Vincent Fairfax Family Foundation)
- Mental health services in rural areas
 - Geospatial mapping, atlas of health services, e-health



Learning and Development



- Career Expert PhD Pathway
 - A new pathway for structured support for experienced professionals and public officers to convert workplace expertise into tertiary qualifications
 - Mutually beneficial to academia and organisations
- Seminar Series
 - Presented in partnership with the Australian Health and Hospital Association, national and international speaker series
- Masters-level course: population mental health
- PhD, Masters, Honours student supervision



Key collaborations (1)

- **Mental health sector**
 - NATIONAL: Capital PHN, ACT Health, Department of Health, beyondblue, headspace, emerging ACT Office for Mental Health, WA Primary Health Alliance, Menslink, Mental Health Community Coalition, ACT Mental Health Consumer Network, Carers ACT
 - INTERNATIONAL: Departments of Health in Spain (Catalonia, Basque Country), Denmark, Italy (Friule-Veneto)
- **Professional organisations**
 - Mental Health Australia, Society for Mental Health Research, Suicide Prevention Australia, Australian Psychological Society
- **Philanthropy: AFFIRM**



Key collaborations (2)

- Research networks
 - **AUSTRALIA:** Black Dog Institute (UNSW), National Drug & Alcohol Research Centre (UNSW), Menzies Centre for Health Policy (University of Sydney), University of Queensland, University of Melbourne
 - **US:** Harvard Medical School, University of Rochester, Johns Hopkins University
 - **CANADA:** Toronto University
 - **EUROPE:** London School of Economics, University College of London, Vrije Universiteit Amsterdam (ImpleMentAll), INSERM (Paris, France), PECUNIA Consortium Europe



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19/01/2015



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