

OYH virtually steals the show at international conference



Golden Gate Bridge – San Francisco, Rich Niewirowski Jr., 2007, licensed under Creative Commons.



(l-r) Gina Chimney, Rebecca Creek, Maya Zeman and Frances Foster at the IEPA conference

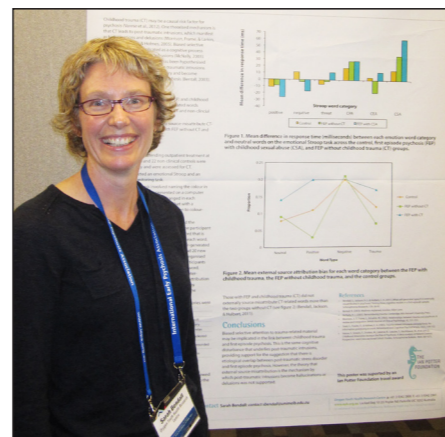
For the first time ever, key presentations from the International Early Psychosis Association's (IEPA) biennial conference in San Francisco in October 2012 were recorded by OYH staff to upload a "virtual" conference on the IEPA website.

About 85% of the speakers at the conference were recorded and their slide presentations captured for the virtual conference.

Although nothing can replace being at the IEPA meeting, the virtual conference

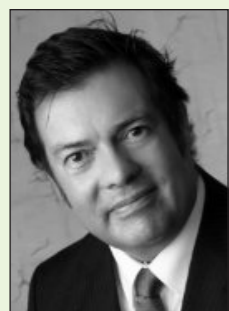
will allow the best possible post-conference access to the information and ideas presented. Those who were unable to attend the IEPA, have an interest in parallel presentations or simply wish to review a presentation they attended will no doubt find this innovative format useful. Fourteen experts were also interviewed to gain their views and ideas about services, research and direct clinical care.

All the keynote addresses were captured. In addition to the presentations, about 30 posters were photographed and the authors interviewed.



Sarah Bendall presents her poster at the IEPA conference

Professor Douglas Turkington visits OYHRC



Renowned researcher, Professor Douglas Turkington, Professor of Psychosocial Psychiatry and Consultant Psychiatrist at the Institute of

Neuroscience, Newcastle University and Northumberland, Tyne and Wear NHS Foundation Trust in the United Kingdom, visited OYHRC on Monday 15th October 2012 to run a day of professional development around the use of cognitive behavioural therapy (CBT) in Schizophrenia.

The workshop was attended by around 25 OYH staff and another 20 clinicians from around Victoria.

Professor Turkington is a major research figure within the history of the development of CBT for people experiencing schizophrenia. He has been the lead researcher in a number of high impact randomised controlled trials in CBT for people with a diagnosis of schizophrenia as well as practising with a busy clinical caseload at the Liaison Psychiatry Service of Northumberland, Tyne and Wear NHS Trust in the UK. His work has strongly influenced the UK's National Institute for Health and Clinical Excellence (NICE) guidelines which recommended the routine use of CBT for the treatment of schizophrenia.

One person in 40 will "hear voices" each year, Professor Turkington reminded us, and this is usually in response to stress. Most are able to continue on with their lives without coming into contact with psychiatry. The attitude which is taken to hearing voices is felt to be one of the most important determinants of whether there is a good or poor outcome. Normalising voice hearing helps our clients to decrease the catastrophic thoughts they have about their experiences hearing voices. Professor Turkington suggested that younger clients might like to check out the blog of John Frusciante, the guitarist from Red Hot Chilli Peppers who discusses his journey with psychosis or Toni Morrison's podcast stories of recovery.

Orygen YOUTH Health

Opening minds to a brighter future

OYH NEWS / Summer 2013



Cadel a winner at Suit Up and Ride 2012

Cadel Evans recaptured his winning ways and joined the Grocon team as victors at Suit Up and Ride on Friday, November 23rd, 2012.



The Grocon team, aided by Cadel, beat a field of 40 teams to race in a final time trial showdown with Frank Health Insurance, who were joined by professional Dutch cyclist Koen de Kort from Team Argos Shimano. It was the second year running that Cadel had been paired with the Grocon team, this time going one better and taking the title of Suit Up and Ride Champions.

Dressed in suits and ties, uniforms and some teams in crazy animal outfits, the team participants descended on Waterfront City, Docklands to compete in perfect weather conditions in time trials on the Melbourne Bike Share bikes along the short New Quay course.

Prizes from Bike Force and Hydralyte were awarded to the two fastest teams, Grocon and Frank Health Insurance. The fastest women's team was the Department of Justice Team 3.

The "Take the Train" award for the time-challenged slowest team went to Air Liquide Team 2. However, they won personal training vouchers from the fantastic Tammy Curtis of Fit for All, so they are certain to be a force to be reckoned with next year.

Highest fundraising team was Industry Funds Management who received 120

x 120ml of gourmet Maggie Beer Ice Cream delivered to their workplace!

It was too hard to choose a best dressed winner out of The Turi Foods Trust and Elite Customer Solutions, so they were both winners, with both teams decked out in elaborate animal themed outfits!

After the formalities of racing, the crowd was treated to a rare performance by Hunters and Collectors fronted by Mark Seymour (pictured top right).

Thank you to Cadel, Koen de Kort and Mark Seymour and the Hunters and Collectors for supporting this event. And thank you to our fantastic sponsors: City of Melbourne, MMG, Frank Health Insurance, Harbourtown Shopping Centre, New Quay and our hydration partner: Hydralyte, and water and volunteer sustenance provider: Subway.

All money raised through Suit Up and Ride supports Orygen Youth Health's ground-breaking, real-world research that is helping ensure young people receive timely, appropriate treatment for their mental illness.

Suit Up and Ride will be back on Thursday 5th December 2013 with some exciting surprises... watch our website for details: www.suitupandride.com.au and like us on Facebook.

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Message of hope from new corporate partner MessageMedia



(L-R) Andrea Sim, MessageMedia Finance Manager; Prof Patrick McGorry AO, Anna Webster, MessageMedia; A/Prof Eoin Killackey; Gina Chinnery, OYH Employment Consultant.

As a global leader in business SMS messaging solutions, MessageMedia are experts in offering businesses and government clients tailored solutions to communication with the objectives to harness their business potential.

When MessageMedia learnt about OYHRC's Vocational Recovery Research, led by Assoc. Prof Eoin Killackey, which evaluates a vocational intervention for young people with first-episode psychosis and supports participants through job placement and their first six months on the job, they recognised immediately there is a great deal of synergy between the two organisations.

The intervention primarily consists of having an employment consultant embedded in Orygen Youth Health's Clinical Program. Having an employment

consultant in the clinical service a young person is attending saves them from being shunted to different employment agencies where they have to retell their story over and over again. Assisting with employment seeking begins immediately to facilitate enthusiasm and keep the client motivated (most agencies have a 4 to 8 week waiting period before job searching begins).

According to Assoc. Prof Killackey, "Our research has shown that young people who are offered the services of an employment consultant are much more likely to get a job and we know that having a job is associated with a range of great health and life outcomes."

"These young people are less likely to need government benefits, are more motivated to manage their illness, and more likely to make social as well as symptomatic recoveries. This is a win-win situation for everybody".

The project has been an enormous success with 85% of young people participating in the research study being employed and staying employed for some time.

Youth mental health research centres in Europe and North America have drawn on the results of OYHRC's research to begin their own studies in this area. Importantly, Assoc. Prof Killackey's team has brought this group together to produce an international consensus statement about the place and importance of vocational recovery programs in first episode psychosis.

"We could tell right from the start that this was an area of youth mental health research we could identify with," says MessageMedia Finance Manager, Andrea Sim.

"OYH's employment consultant offers tailored solutions to OYH clients to get them into work or back to study, with outstanding results. This is exactly how MessageMedia operates with our clients assisting them to harness their business potential to achieve the results they desire."

"MessageMedia is proud to support OYHRC and this particular project that immediately helps to change young people's lives and give them hope for a great future."

OYHRC is grateful for the generous support of MessageMedia.

De Carolis Pty Ltd partners with OYHRC to build a strong future



(L-R) Matt De Carolis, CEO De Carolis Pty Ltd; Prof Patrick McGorry AO, Cathy De Carolis, Finance Director, De Carolis Pty Ltd

One of Melbourne's leading construction, manufacture and fit out companies DeCarolis Pty Ltd has joined Orygen Youth Health Research Centre as a corporate partner.

Under the partnership DeCarolis will offer OYH young people work experience and employment where possible, a percentage of profit and in-kind construction and maintenance work on site at OYH's Parkville campus. Work has

already started on a complete facelift of the kitchen in our training area vital to supporting our growing calendar of training programs for youth mental health professionals.

"I congratulate DeCarolis for taking the lead in the area of youth mental health", says Professor Patrick McGorry AO, Executive Director of Orygen Youth Health.

"DeCarolis is not only an innovative construction company, they are innovators in the youth mental health sector and we encourage more companies to follow their lead and work with us to help change young lives for the better".

"As a father of four young children and an employer of many apprentice tradesmen and women, youth suicide is of real concern to me," said Matt DeCarolis, CEO of De Carolis Pty Ltd.

"I was extremely distressed to learn that Orygen do not receive anywhere near the amount of government and corporate support I had assumed they should and I couldn't believe they had such a low level of corporate supporters."

"When I learned more about how they can help young people and the passionate work of Professor McGorry, my wife and business partner, Cathy, and I decided we want to do as much as we are able to in order to support them. As our company grows the funds which will go to Orygen will increase."

OYHRC is delighted to welcome DeCarolis Pty Ltd as a corporate partner and we look forward to building a strong future for OYHRC and our young people together.



Chapel Corner Tyres and Sailun Tyres pump up OYHRC

Stephen Nash, Manager of Chapel Corner Tyres and importer of Sailun Tyres is perhaps Cadel Evans number one fan (pictured together at *Suit Up and Ride 2012*). When Stephen found out Cadel Evans has been involved with OYH's Suit up and Ride over the last three years, he was eager to find out more about the organisation that had secured the support of the 2011 Tour de France winner.

Stephen was already very concerned about youth mental issues, so when he discovered OYH is Australia's leading youth mental health organisation doing great work for young people with mental illness, he decided to step

up and bring Chapel Corner Tyres and Sailun Tyres on board as a corporate partner. OYHRC is grateful for Stephen's, Chapel Corner Tyres and Sailun Tyre's generous support.

Proving that Stephen is more than talking the talk, he has decided to "cycle the alp", namely L'Alpe D'Huez, while following this year's Tour de France. This is no mean feat, as L'Alpe D'Huez is 1,860 metres high, 13.8km long, with a gradient of 7.9 percent and 21 hairpin bends. Stephen will be asking people to support him to pump those legs and get him up the mountain all in the aid of OYH.

"Just as Cadel has inspired a nation, he has personally inspired me to challenge myself both physically and mentally, and there is no better way to do so than in support of an organization which sits close to my heart – OYH," says Stephen.

We say "Allez, allez! Stephen" and wish you all the best for this great challenge.

OYH NABs volunteers for major spruce up

Thank you the 40 NAB volunteers who painted and gardened at our Parkville site recently.

A great job well done!



Prof McGorry AO wins prestigious Dublin Prize

The University of Melbourne's Dublin Prize has been awarded to Orygen Youth Health Research Centre's Executive Director, Prof Patrick McGorry AO.

The Dublin Prize was established by the University of Melbourne in 1892 to commemorate the 350th anniversary of the founding of the University of Dublin.

It recognises outstanding contributions to the arts, music, literature or the sciences, and is usually awarded every five years. The 2012 prize is the first time it has been awarded since 2002.

Professor McGorry was recognised for his dedication to youth mental health. He said he was "honoured and delighted" to receive the prize.

"My father was a Dublin University (TCD) medical graduate and my youngest son is now a TCD undergraduate studying political science and history. My aunt was a TCD lecturer for many years too in modern languages. So the emotional and family connection is well and truly there," he said.

Assoc. Prof Chanen honoured as Harvard Medical School's 2012 Stanton Lecturer

Orygen Youth Health's Assoc. Prof Andrew Chanen was recently honoured as the 2012 Stanton Lecturer at McLean Hospital, a major research and teaching facility of Harvard Medical School, in Belmont, Massachusetts, USA.

During his three-day visit, Assoc. Prof Chanen delivered the annual Stanton Lecture and undertook a range of clinical and research activities, hosted by Professors John Gunderson and Mary Zanarini. This is the most prestigious invited lecture in the field of personality disorders and is delivered at a world renowned psychiatry centre with a long tradition in this and other areas of psychiatry.

OYHRC NHMRC funding success

Orygen Youth Health Research Centre is delighted to announce it was extraordinarily successful in the recent NHMRC funding round. In October 2012, it was announced OYHRC received four Targeted Call for Research (TCR) Grants, two Project Grants and one Career Development Fellowship. This is an outstanding result given the competitive nature of research funding.

Congratulations to our researchers!