The Kidman Centre



Annual Report 2018

Mental illness in young people is one of the biggest challenges of our time.

1/7

YOUNG AUSTRALIANS AGED 4 TO 17 EXPERIENCE A MENTAL HEALTH PROBLEM OVER A 12 MONTH PERIOD [1]

75%

MENTAL HEALTH PROBLEMS OCCUR BEFORE THE AGE OF 25 [2]

75,615

YOUNG PEOPLE AGED 0 TO 24 PRESENTED TO EMERGENCY DEPARTMENTS WITH MENTAL HEALTH PROBLEMS (2017-2018) [3]

See inside back cover for references.

Child-friendly waiting area as you enter The Kidman Centre UTS on Level 10 of the Parkes Building, Prince of Wales Hospital in Randwick.

This photo by Reza Norouzi, MODE.

Cover photo by Camille Minouflet, Unsplash.

We know that getting evidence-based psychological treatment to young people early is the key to preventing the onset of more complex mental health problems down the track.

THE KIDMAN CENTRE UTS

Vision

An Australia where no child falls through the cracks.

Mission

To understand, prevent and reduce mental health problems in young people aged five to 25, so that they can thrive through their formative years.

Research
Treatment
Dissemination

We undertake ‘real-world’ research to improve the evidence-based mental health treatments available to young people.

What we do

- Deliver preventative mental health talks to schools
- Provide evidence-based psychological treatment to young people and their families
- Evaluate treatments through the application of quality research
- Disseminate research through community outreach, presentations and training

Who we serve

- Children and teenagers
- Young adults
- Parents and carers

To improve the support available to young people, we also work with:

- Teachers and educators
- School counsellors
- Health practitioners
- Welfare professionals

Issues we treat

- Behaviour problems
- Anxiety
- Depression
- School-related stress
- Mood disorders
- Self-esteem
- Bullying
- Trauma
- Parenting issues

Contents

From the Director	6
Future direction	8
New chapter for The Kidman Centre UTS	10
Thrive: Rural and regional project	14
Side-by-Side: Bringing the fun back to family	18
Training government psychologists in CPS	20
HSC exam stress management workshops	21
‘Creative Heads’: Helping young people in the entertainment industry	22
General psychology and CPS treatment clinics	23
Media and presentations	24
Our people	25
Thank you to our generous donors and supporters	26
Financial report	28

This annual report was designed in-house by Vicki Forbes, and printed locally by Kaligraphic Print Pty Ltd.

A wide, light-filled central corridor defines The Kidman Centre’s new office space in Randwick.

***Photo** by Reza Norouzi, MODE.*

2018 SERVICE SNAPSHOT

89

Schools participated in *Thrive* training across rural and regional New South Wales.

682

Psychology sessions delivered to 127 families treated in our general psychology clinic.

30

Families with children aged 7 to 14 with emotional and behavioural problems were assisted by the *Side-by-Side* Clinic.

1/3

Clients received psychological treatment in our clinic at no cost due to financial disadvantage.

3,500+

Students across Sydney were helped by our HSC exam stress management workshops.

2

Major research projects currently underway.

100

Health workers received evidence-based training from our clinical psychologists.



We received a Social Impact Grant for our Thrive rural and regional initiative, from the UTS Centre for Social Justice and Inclusion.

"Our commitment to increasing the number of young people helped through our preventative programs extends to families doing it tough in drought-affected areas in rural, regional and remote communities across New South Wales."

Dr Rachael Murrihy

Clap hands icon by Florent B from the Noun Project

From the Director

It is my pleasure to present the 2018 Annual Report for The Kidman Centre UTS. This report provides highlights from selected activities and underlines the expansion of our treatment services into the preventative realm.

This year, the severe impact of the drought in vast areas of our country came into sharp focus. Depressing images of dry, brown land and starving livestock have inundated our screens, as have stories of emotional stress and financial hardship.

A less visible toll of the drought, however, has been the negative impact that these harsh conditions have had on the emotional health and wellbeing of young people living in these areas.

The emotional health of young people in rural and regional Australia is an issue that has concerned us for some time. With very little specialist mental health support available, and a country stoicism that stymies help-seeking, young people in the bush are clearly struggling.

These drought conditions exacerbate existing mental health problems further, as young people are thrust prematurely into adult roles.

Touring around rural and regional New South Wales this year, we have heard from principals and teachers about the long hours young people are working, helping their parents before and after school. With absentee rates high and little time to devote to study, their education is suffering. Anger and stress within the family unit, caused by financial strain and uncertainty, is a common complaint.

The drought has added additional pressures at a critical developmental time for teenagers. Our next generation is silently suffering and we are yet to fully realise the consequences of this.

Teenagers are saying that they are finding it hard to cope, but are sidelining their own needs, not wanting to further burden their family. This is a scenario that is only likely to worsen in the future.

What can we do to address this? UNICEF, in a recent report, *In their own words: the hidden impact of prolonged drought on children and young people*, recommended that teenagers are in desperate need of emotional support and practical skills to build resiliency.

In line with UNICEF's recommendations, we are offering strategic and practical support to this population on a number of levels.

This year we delivered widespread preventative support through the *Thrive* program. Our clinical psychologists visited regional areas to train school staff with the aim of equipping students with social and emotional skills that buffer them through challenging times.

By the end of the first year of *Thrive* we have trained representatives from 89 schools in rural and regional New South Wales. We expect to reach 300 schools by the end of 2020.

In 2019 and 2020, we would like to build on the *Thrive* initiative by adding further complementary interventions.

This year also saw a major launch, officiated by The Honourable Julia Gillard AC, to mark a name change to The Kidman Centre UTS, and relocation of our main office to the Prince of Wales Hospital, Randwick.

To all of our supporters who were able to be there, thank you for joining us and helping to make it such a special occasion.

Our appreciation must also go to UTS Vice-Chancellor, Professor Attila Brungs; Dean of Science, Professor William Gladstone; Chair of the Antony Kidman Foundation, Philip Walker; Antony Kidman Foundation board member, Stephen Peach; David Bulgeries; Chris Gardoll; John Weingarth; and John Piccone.

Thank you also to our hard-working staff, generous and committed supporters, and to the families who put their trust in us at a vulnerable time.

I am excited about what we can achieve together in 2019.



Dr Rachael Murrihy
Director

Future direction

Relocating after many years in the one office can have its challenges, and working through these will be our first priority for 2019 when we move our main office to the Prince of Wales Hospital in Randwick, and open a second clinic in Crows Nest.

We are looking forward to building upon the strong reputation of the Centre developed in northern Sydney over 30 years, as we establish ourselves in the eastern region of Sydney.

After the extremely enthusiastic uptake of our *Thrive* training by rural and regional schools this year, we are very much looking forward to heading out to Parkes, Griffith, Albury, Broken Hill and Bourke in 2019. We have also received requests to expand the training to the Catholic Diocese of Wilcannia-Forbes, Wagga Wagga and Orange.

Discussions to extend *Thrive* further into Sydney mainstream and special schools are also underway. In the near future, we will be considering other projects that will add layers to our preventative support for regional youth with mental health problems and their families.

The highly anticipated results of our *Side-by-Side* trial for families who have 7-14 year olds with behaviour problems will be made public in 2019.

Behaviour problems are the most common issues that families present for help with at our community clinics. The results of this trial will potentially make available a new evidence-based treatment for families who do not respond to the current standard treatment or do not find this treatment acceptable.

We are now collecting the final assessment data and are very much looking forward to announcing the findings of the trial at the *World Congress of Behavioural and Cognitive Therapies* in Berlin in July 2019. We anticipate that our results will be of strong interest to practitioners working in this field.

We have been working with board members from the Antony Kidman Foundation and UTS to develop a 5-year strategic plan for The Kidman Centre UTS.

We are grateful for the support of both parties, and excited about the opportunities that our continued connection and collaboration will bring over the five years as we deliver on our plans for the future.

Strategic Goals

5-YEAR PLAN: 2019-2023

To increase the number of young people helped through preventative school outreach programs from 100 schools per year to **600 per year**

To increase the dissemination of evidence-based treatments to other providers to improve access to help **on a larger scale**

To increase the number of young people able to access evidence-based treatments (in conjunction with other providers) to at least **200,000 per year**

To increase concurrent clinical research programs from an average of 1 per year to **3 per year**

To increase direct clinical treatments undertaken directly by the Centre from approx 100 clients per annum to over **200 per year**



Distinguished guests, donors, supporters, representatives from government, the mental health sector, media, UTS, and staff gathered in the foyer of the University of Technology Sydney's Great Hall for the launch of The Kidman Centre UTS in June 2018.

***Photo** by David Griffiths.*

"With our move to Randwick comes the opportunity for greater partnership and collaboration with other health, education and community services in the area, resulting in better mental health outcomes for the young people and families who we serve."

Dr Rachael Murrihy

A new chapter for The Kidman Centre UTS

In June 2018, a ceremonious event was held to mark the beginning of a new chapter for The Kidman Centre UTS, formerly known as the Health Psychology Unit: a new name, a new office location, and an exciting new plan to increase access for young people to evidence-based mental health care in the future.

Two deeply personal stories set the tone of the event.

One was a poignant speech by 19-year-old Lucia Hawley, Professor Antony Kidman's granddaughter, who spoke of the trauma of losing her beloved 'Papa' in 2014.

The other was the revealing account by David* whose family was traumatised by years of conflict with their older son, now aged 12. The family participated in the *Side-by-Side* program with one of The Kidman Centre's clinical psychologists who helped them to regain a harmonious home life.

Lucia was joined at the event by three generations of the Kidman family, and told guests that the grief she had experienced in her life shattered her world.
"At 16 years old, processing these events was tough," she said.

"However, despite what happened to me, I feel I am fortunate. Life goes on … I attribute this capacity to get up and face each day as best I could to my extraordinary Papa. I was sad and I grieved but my life stayed on track."

David explained that while "life isn't perfect, and there is still the occasional blow-up", a family that was on the brink of collapse has been transformed into "a generally happy and well-functioning unit".

Former prime minister The Honourable Julia Gillard AC, now chair of Beyondblue, delivered the keynote address and said Professor Kidman's pioneering work in clinical psychology was evident in "so much of what we know and do in Australia to educate the public about managing mental health".

"Professor Kidman was also an early leader in recognising that early intervention, especially for adolescents, would make the most powerful difference to the rest of their lives," she said.



Below (from left to right):
Professor Antony Kidman's grandchildren, Hamish and Lucia Hawley, former Prime Minister of Australia The Honourable Julia Gillard AC, Professor Kidman's wife Janelle Kidman, and daughter Antonia Kidman.

***Photos** by David Griffiths.*

"I attribute my capacity to get up and face each day as best I could to my extraordinary Papa. I was sad and I grieved but my life stayed on track. I think of myself as one of the lucky ones."

Lucia Hawley, 19, Professor Antony Kidman's granddaughter, speaking at the launch of The Kidman Centre UTS about the trauma of losing her beloved 'Papa' in 2014, followed eight months later by the loss of her father.

Professor Antony Kidman AM: A formidable leader, an enduring legacy

In 1985, with the vision that "no child fall through the cracks", Professor Antony Kidman established the Health Psychology Unit on the grounds of Sydney's Royal North Shore Hospital. Drawing on funding models he had observed in the United States, services offered by the unit were funded entirely by philanthopic sources. Professor Kidman remained the director of this unit, sustaining a high level of service to the community for over 30 years, until his unexpected passing in September 2014.

In 2005, Professor Kidman was honoured with a member of the Order of Australia for his contributions to clinical psychology, and in 2017 he received a posthhumous *Albert Ellis Humanitarian Lifetime Achievement Award* for his outstanding contribution to Cognitive Behavioural Therapy (CBT) and evidence-based science.

Professor Kidman published over 100 articles and nine books, and regularly presented at national and international conferences.

Professor Kidman's name will forever be associated with trustworthiness and the highest quality of care.

His vision was that no child should fall through the cracks on matters of mental health, Gillard said; the best advice should be available to all children, everywhere.

Clinical psychologist and Director of The Kidman Centre UTS, Dr Rachael Murrihy, paid tribute to a large and loyal cohort of supporters who help the Centre to deliver its services.

“Challenging behaviours in children are the most reliable indicator we have that an individual will go on to develop major psychiatric disorders in adulthood, including depression, anxiety and substance abuse,” Dr Murrihy said.

“Through our treatment of hundreds of children and their families, we know that addressing issues early prevents the development of more complex problems down the track.”

UTS Vice-Chancellor Professor Attila Brungs said, “The evidence-based approach on which the Health Psychology Unit was founded over 30 years ago remains fundamental to its delivery of mental health care services to young people and their families today.”

Many messages of support were received on the day, including from The Honourable Tanya Plibersek, Member for Sydney, who said, “It is such a fitting tribute to name the Centre in [Professor Kidman’s] honour ... an insightful, kind, passionate person, and deeply committed to helping young people.”

**Name changed to protect the family’s privacy.*

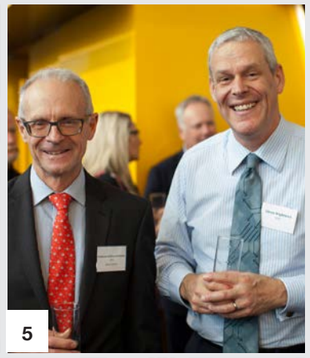
This summary of the launch has been adapted from a news item written by Fiona McGill, UTS.


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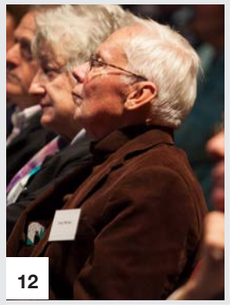

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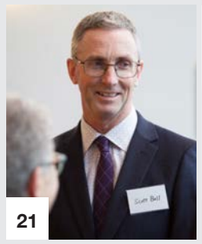

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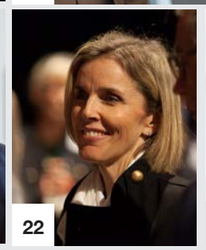

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1. *UTS Vice-Chancellor Professor Attila Brungs; The Hon. Julia Gillard AC; Lucia Hawley; Chair of the Antony Kidman Foundation Philip Walker; and Director of The Kidman Centre UTS Dr Rachael Murrihy*
2. *Janelle Kidman*
3. *Philip Walker; The Hon. Julia Gillard AC; and Paul Brennan AM*
4. *Vivian King; Antonia King; Robyn Dath; Oliver King; Chris King; Wendy King; and Dr Rachael Murrihy*
5. *Prof. William Gladstone and Prof. Glenn Wightwick*
6. *Dr Rachael Murrihy and Ken Callander*
7. *The Hon. Matt Thistlewaite MP and Lucinda Brogden (National Mental Health Commissioner)*
8. *The Hon. Julia Gillard AC and Lucy Li*
9. *The Hon. Verity Firth and The Hon. Julia Gillard AC*
10. *Sarah Chibnall and Peter Cousens*
11. *Sally Kell; John Kell; and Dr Rachael Murrihy*
12. *Tony Meiusi*
13. *Antonia Kidman; Jessica Rowe; Annette Rechner, Peter Overton; Charlotte Overton; Janelle Kidman; The Hon Julia Gillard AC; Lucia Hawley; Hamish Hawley; Dr Rebecca Overton; and Prof. John Overton OAM*
14. *Rob Bail; Mary Lopez AM; and Dr Rachael Murrihy*
15. *Paul Tieck and Jason Tieck*
16. *Lizz Reay, The Hon. Susan Templeman MP; Janelle Kidman; Jessica Rowe; and The Hon. Julia Gillard AC*
17. *Adam Freeman and Gabrielle Schneider*
18. *Brian Walsh*
19. *David Bulgeries and Julie Reid*
20. *Julie Ireland and The Hon. Julia Gillard AC*
21. *Scott Bell*
22. *Sophie Scott*
23. *Jessica Rowe; Peter Overton; and The Hon. Julia Gillard AC*

***Photos** by David Griffiths*

Resourcing educators to better support young people in rural and regional areas

In 2018 we launched the *Thrive: Rural and regional project*, to address the high risk of mental illness and incidence of suicide faced by children and young people living in rural, regional and remote New South Wales.

Thrive has been developed specifically to help equip teachers, school counsellors, principals and welfare staff in rural, regional and remote communities with evidence-based strategies for managing difficult and challenging behaviours in the classroom.

Through *Thrive*, our clinical psychologists deliver training and ongoing support in how to practice and implement the Collaborative and Proactive Solutions (CPS) model developed by Harvard Medical School's Dr Ross Greene. CPS is one of the approaches we investigated and validated in our three-year *Side-by-Side* research project.

Thrive gives us a wonderful and unique opportunity to provide school staff with 'in-person' professional training that is geographically accessible – something which may not typically be available because of their often-remote locations – and free of charge.

Equipping educators with the concepts and skills of CPS is intended to provide them with an alternative, research-backed approach – and additional 'tools for their toolkit' – to use when traditional systems of discipline are not working with challenging students.

The research attached to this initiative is an assessment of the mental health needs of rural and regional school staff and their students. This needs analysis will be used to inform future interventions.

Behaviour problems are the most reliable risk factor in childhood that we have to predict psychiatric and physical problems in adulthood. With this in mind, our aim is to intervene early by providing effective strategies for teachers to embed within their schools. Through doing this on a day-to-day basis, teachers are able to equip children with vital emotional and social skills to help them more constructively manage the ups and downs of life, both now and into the future.

"[CPS is] a really practical way of talking to a child, asking them questions about what's going on for them and working to come up with a solution. It's not about trying to work out the reasons why. Teachers love a process! We love a way of doing something and knowing that if we do it this way, it's not going to be detrimental to anyone ... It is a self-sustainable approach."

Teacher



Thrive training workshop with educators in Dubbo, New South Wales.

This photo of the outskirts of Dubbo was taken by one of our clinical psychologists on their way to conduct Thrive training with schools in the Central West region of New South Wales.

In 2018, we conducted six Thrive workshops in Dubbo and Armidale with educators from 89 schools across the region.

"Particularly where we are, we haven't got resources where we can get a psychologist to come in and help us – you know we're waiting six or twelve months for a child to see a doctor let alone anything like that. So I think that's where it [CPS] was also very self-sustainable. Teachers and school staff could take this and go, 'Yep I can work with that'. That's the beauty of it."

Teacher from Country New South Wales

THRIVE PARTICIPANT SURVEY 2018

97%

Said they developed skills they felt able to use with their students.

90%

Said they would recommend the program to other educators.

97%

Said they felt participation was worthwhile.



Clinical psychologists Dr Sophia Drysdale, Dr Mia Markovic and Louise Rémond in Armidale for Thrive training.

The clinicians delivering the training have welcomed the opportunity to learn from participants first-hand the unique circumstances and pressures which life in rural and remote areas can present for children, families and educators.

There has been much talk about the significant impact of the drought on farming families and their communities across New South Wales.

We have heard stories from teachers about students who have missed significant amounts of school to help hand feed dying livestock on their family properties; extremely stressed parents whose livelihood is under threat; and families walking off their farms – despite having nowhere to go – because they feel unable to cope.

Teachers report that these kinds of issues are having a noticeable effect on the stress levels and behaviour of children in their classrooms.

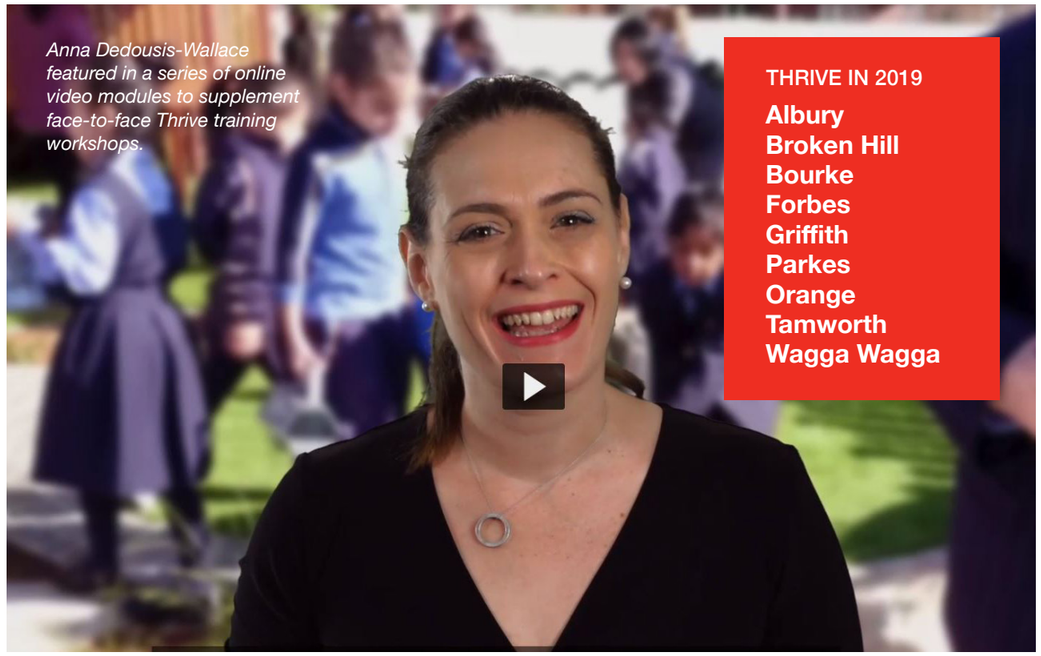
Thrive participants have enjoyed the opportunity to liaise, debrief and network with other educators from their region. Hearing others discuss the challenges they face in the classroom and, together, brainstorming ways to apply the CPS model in their schools, has contributed to a collegial atmosphere in the training sessions.

"CPS is a great new way of working with students who are struggling with behaviour and emotional problems. You get a two-for-one benefit with CPS ... by actually doing the CPS process, you're dealing with behaviour issues *and* helping them with their social and emotional learning as well."

Teacher

"By interacting with your students in a certain way, you're teaching them the skills that they're lacking in."

School counsellor



Anna Dedousis-Wallace featured in a series of online video modules to supplement face-to-face Thrive training workshops.

THRIVE IN 2019

Albury
Broken Hill
Bourke
Forbes
Griffith
Parkes
Orange
Tamworth
Wagga Wagga

Online training videos

To supplement the workshops and to encourage participants to further engage with the CPS model, our clinicians Anna Dedousis-Wallace and Louise Rémond have made a series of 20 online 'tips' videos.

Available on a digital platform, the video modules recap many of the key skills imparted during *Thrive* training, and also offer troubleshooting advice, for example, how a teacher may tailor the techniques for children with attentional issues or communication difficulties.

They also include examples of CPS in action, with real-life demonstrations of CPS sessions with children, and the digital platform includes discussion forums.

Through this platform, we hope that an online community will develop over time, where educators separated by vast distances can support each other's efforts in implementing the strategies learned during the training.

Educators who attend *Thrive* training are also offered three follow-up Skype sessions with our clinicians to support their implementation of the CPS model.

It is hoped that this additional support will enhance their uptake of, and confidence in, using the new techniques they have acquired.

"I would recommend *Thrive* because it's about working with the child. It's time well spent. It's that really clear framework of what to do. You don't need a lot of outside resources. We don't have to wait for people to come in. You can do it right now."

Learning support worker

"They were really excited because they kind of went into it feeling like it was just for challenging kids and they're like – no, this can actually be something that we would approach any child that might be not necessarily violent or disruptive, but is not coping and showing they're behaviour in different types of ways."

Inclusive education specialist

The Side-by-Side Clinic has assisted 130 families with children aged 7 to 14 with emotional and behavioural problems.

Side-by-Side: Bringing fun back to family

***Side-by-Side: Bringing fun back to family* is a randomised comparison trial involving 130 families with children aged seven to 14 with emotional and behavioural problems.**

Completed at the end of 2018, this five-year study investigated the effectiveness of Collaborative and Proactive Solutions (CPS) as an alternative therapy to Parent Management Training (PMT) for the treatment of children and adolescents with oppositional defiant disorder.

In the trial, each family attended one hour of therapy per week over 12 to 16 weeks, with follow-up phone coaching as needed.

When we commenced this trial back in 2014, the purpose of *Side-by-Side* was to not only provide much-needed psychological support for these families, but to trial the new CPS treatment.

At the time, PMT was considered the 'gold standard' treatment for behavioural issues. PMT is a successful treatment, but does not work to a satisfactory level for 20-40% of families with these types of problems.

Findings from the trial will help guide 'best practice' on an international scale, and potentially benefit tens of thousands of families who do not respond to current treatments.

Final results of the trial, investigating the effectiveness of CPS, will be delivered at the World Congress of Behavioural and Cognitive Therapies in Berlin in July 2019.

Louise Rémond demonstrates some key CPS strategies with 11-year-old Archie, for the purpose of the Thrive video modules.

"The program was fantastic! Since doing the program, my husband and child are spending more time together and this time is more positive. I also feel more confident as a parent in responding to my child. I am more assertive and more able now to set boundaries which helps my son feel safe and secure. He is also much happier. He doesn't look like he is carrying the world on his shoulders, and he is more confident and nicer to everyone. The yelling in the house has gone from multiple times a day to once every fortnight or three weeks. We are no longer feeling like we are walking on eggshells".

Mother, 7-year-old son

"The program was 'life changing'. I know now where I am going wrong with my child – and can identify what to do differently. The time I spend with my son is now enjoyable. He is more compliant and caring towards his siblings ... He is a lot happier, comfortable in himself and calmer."

Mother, 11-year-old son

Training government psychologists in new ways of working with children with emotional and behavioural problems

Our training of psychologists from CAFE means we are helping more than 1,600 families over the next five years.

“Our training gave clinicians another evidence-based framework to draw upon. They reported using CPS when the standard approach to behaviour problems had failed, and saw incredible transformations in cases they thought were without hope”.

Dr Sophia Drysdale
Clinical Psychologist
The Kidman Centre UTS



Anna Dedousis-Wallace delivering CPS training to CAFE psychologists.

Ensuring our research gets out into the community to optimise options for treatment is an important part of our work.

In March 2018, we trained the Child and Family East (CAFE) team based at the Sydney Children’s Hospital in how to apply Collaborative and Proactive Solutions (CPS) to children experiencing emotional and behavioural difficulties.

CAFE is a government agency that typically sees families in high need. These families are often from a disadvantaged background and face very complex or severe issues.

We provided an initial two-day training for CAFE’s team of psychologists, followed by four case discussion sessions where they received coaching in how to apply CPS with current clients.

Over 12 months, each psychologist at CAFE typically sees up to 35 families with a child with behavioural problems.

By training CAFE clinicians, this translates to more than 1,600 families helped over the next five years.

“The training was the perfect balance of theory and practical. The trainers were highly experienced and made it possible to learn a new way of working with challenging kids.”

Social worker

“Although I had heard of the [CPS] model, I really struggled to understand how to implement it. Through the training and supervision, I was able to apply the model to families I previously had no success with. I witnessed remarkable shifts with very challenging families.”

Clinical psychologist

Providing high school students with the tools they need to manage HSC exam stress

In 2018, our clinical psychologists delivered HSC stress management sessions to 3,500+ students across Sydney.

“Thank you for presenting your session on Managing HSC Stress. The girls were very attentive and staff were impressed with your content and interaction. The handouts were very useful and I was interested to see some girls who had been absent, intently filling in the handouts I gave them.”

Teacher



Anna Dedousis-Wallace delivering a session to students on managing HSC exam stress.

The Kidman Centre has been delivering HSC stress management workshops in schools for over 15 years.

These workshops continue to be an important part of our work, and the feedback we receive from teachers and students (via anonymous evaluations) confirm how helpful they are for young people.

Difficulties managing stress associated with school is a major issue for many young people.

According to a Mission Australia survey of 25,000 teenagers, coping with stress, school or study problems ranked in the top three of their concerns. Four in 10 students indicated that they were either extremely concerned or very concerned about coping with stress.

Most students we see in schools identify a range of concerns that cumulatively make it difficult for them to cope. Some of the struggles they identify include: feeling overwhelmed with the study workload; dealing with disappointments and the frustration of not achieving what they hoped for; and managing and meeting their own and others’ expectations.

Negative and unhelpful thoughts such as: “If I get a bad mark, people will think I am stupid or lazy”, “I can’t do this!” and “If I don’t do well, my life will be ruined” contribute to overall stress levels, making it difficult for them to achieve their best results.

Our HSC stress management workshops aim to help students identify when they are feeling stressed, and to teach them practical and evidence-based strategies to help them manage these feelings.

“It is great for kids to know that success can come in many different forms throughout a person’s life, and it is not totally dependent on their HSC.”

Teacher

‘Creative Heads’: Helping budding young actors and musicians with their emotional health in the entertainment industry

We are proud of our 20-year relationship with the Talent Development Project (TDP), a joint initiative of the Department of Education and the entertainment industry that identifies talented high school students, and helps to develop them for a career in the entertainment industry.

In early 2018, TDP sought the The Kidman Centre’s expertise by inviting our clinical psychologists to a ‘think tank’ with representatives from TDP, Brent Street (a dance and musical theatre school), and the International Screen Academy.

The purpose of this meeting was to conceptualise the key challenges being experienced by the young people in the care of these organisations as they attempt to forge a successful future in the highly competitive entertainment industry.

In response to an identified need, it was agreed that we would provide quarterly ‘Creative Heads’ sessions with staff from the three organisations, to provide guidance, education, and practical strategies to increase their confidence and effectiveness in supporting the mental health of their student cohorts.

The first of these sessions was held in November 2018.

We also conducted a stress management masterclass tailored to address the specific concerns and pressures faced by young people in the entertainment industry.

“A huge thank you to Louise. It was such a great session and wonderful to share, discuss and look for ways we can all assist these talented young people.

Your time is always so appreciated and the support from the Centre over the years has been wonderful.

We are so excited about this collaboration and what we can achieve together.”

Kim Stevens, CEO,
Talent Development Project



Louise Rémond (at front) with participants in the ‘Creative Heads’ workshop held in November 2018.

In 2018, our clinical psychologists saw 127 families, with 682 sessions delivered.

In 2018, one-third of our clients received psychological treatment at no cost due to financial disadvantage.

General psychology and CPS treatment clinics

In 2018, we continued to offer individual therapy for children, teenagers and adults across a wide range of psychological issues including anxiety-related problems, behaviour issues, depression, school-related problems, bullying, self-esteem, trauma, and parenting issues.

One-quarter of the referrals attended the clinic to access treatment using Collaborative and Proactive Solutions (CPS) to assist their child with behavioural and emotional problems.

Clinicians in both the General Psychology and CPS Clinics are committed to delivering evidence-based treatments to all of their clients. They regularly attend conferences and professional development workshops to ensure they are up-to-date with leading research and best practice. Some of the types of therapies used by therapists include: cognitive behavioural therapy; mindfulness; attachment therapy; dialectical behaviour therapy; and acceptance strategies.

In these clinics, we also offer a number of bulk-billing spots for those in the community who are financially disadvantaged, and who could not otherwise access quality and evidence-based psychological support.

One of the treatment rooms at The Kidman Centre UTS in Randwick.
***Photo** by Reza Norouzi, MODE.*

Media and presentations

Media

The launch event held in June 2018 generated much media interest, with a number of representatives attending the event itself.

Media representation at the event included:

- Peter Overton, Channel 9 (event emcee)
- Sophie Scott, ABC-TV
- Donna Duggan, MiNDFOOD Magazine – mention in Jan/Feb 2019 issue
- John Sintras, SBS – connected us to SBS Life and the SBS social media team for coverage of future activities, including *Thrive*
- Roberto Damante, Nova Radio
- Christopher Harris, The Daily Telegraph – published article on 8 June 2018
- Ian McNamara, ABC Radio *Australia All Over* – spoke about his attendance at the launch. This segment ran on Sunday, 10 June in Sydney, Perth, Adelaide, Brisbane and Melbourne.

A highlight of the launch coverage was a live, in-studio interview with Dr Rachael Murrihy and Lucia Hawley on Channel 9's *Weekend Today* on Saturday, 9 June 2018.

This segment was aired in Sydney, Melbourne, Canberra, and Brisbane, and propagated via Channel 9's and our own social media channels.

In late 2018, Louise Rémond had an article published in the popular parenting website, *Grace Tales.*



Above: *Dr Rachael Murrihy and Lucia Hawley on Channel 9's Weekend Today show. They discussed Lucia's deep connection with the Centre through her grandfather, some of the mental health challenges that young people face today, and how The Kidman Centre UTS is working to address these.*

Presentations

In addition to our training through *Thrive*, CPS training with psychologists and other professionals, and HSC stress management presentations to schools, other presentation highlights for 2018 include:

- Professional development seminar delivered to Lifeline Crisis phone counselling staff on adolescent development, Dr Rachael Murrihy, Dec 2018.
- UTS Science In Focus: *Is social media bad for us?*, Louise Rémond, Aug 2018.
- Australian Rural and Remote Mental Health Symposium, *Education perceptions of children's mental health in rural and regional NSW: Needs assessment*, Dr Sophia Drysdale, Oct 2018.
- UTS Graduate School of Health, lecture to Masters students on how to treat kids with behavioural issues, Anna Dedousis-Wallace, Oct 2018.
- Invited guests of Dr Ross Greene at his Sydney workshop in mid-2018, where he highlighted The Kidman Centre's research investigating the CPS approach in the Australian context through *Side-by Side.*

Publications

A full list of our publications can be found on our website: **www.tkc.uts.edu.au**



Above: *Dr Sophia Drysdale at the Australian Rural and Remote Mental Health Symposium held in Oct 2018.*

Our people

Led by Dr Rachael Murrihy, our team is united by a shared commitment to The Kidman Centre's vision of an Australia where no child falls through the cracks.

"What I love about working here is the diversity of work. We have opportunities to do so many things, from research, to seeing families and making a difference clinically, to going out into country areas and delivering training to teachers. It's all great!"

Anna Dedousis-Wallace, Clinical Psychologist with The Kidman Centre UTS for 12 years.

Clinical staff

Dr Rachael Murrihy
Director, Clinical Psychologist

Anna Dedousis-Wallace
Senior Clinical Psychologist

Louise Rémond
Clinical Psychologist

Dr Sophia Drysdale
Clinical Psychologist

Dr Danielle Ellis
Clinical Psychologist

Emily Upton
Clinical Psychologist

Dr Lisa Gomes
Clinical Psychologist

Dianne Fitzgerald
Clinical Psychologist

Dr Mia Markovic
Clinical Psychologist

Administration staff

Rie Matsuura
Administrative Officer

Yota Findanis
Finance Officer

Vicki Forbes
Strategic Communications Advisor (Joined Feb 2019)

Below, from left to right: *Yota Findanis, Louise Rémond, Dr Sophia Drysdale, Dianne Fitzgerald, Emily Upton, Anna Dedousis-Wallace, Dr Danielle Ellis, Rie Matsuura, Dr Lisa Gomes.*

Photo *by David Griffiths, taken at the launch of The Kidman Centre UTS in June 2018.*

Some team members are absent.



Thank you to our generous donors and supporters

We would like to extend our deepest gratitude to the individuals and organisations who share our vision and determination to make a positive difference to the mental health of young people.

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Professor Antony Kidman established the Antony Kidman Foundation as a separate entity to The Kidman Centre UTS. This Foundation exists solely to support the operations of The Kidman Centre UTS.

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Financial report

The Kidman Centre UTS: Statement of Income and Expenditure for the year ended 31 December 2018

Income	
Donations	$538,307
Clinical and Consulting Fees	$118,398
Grants	$5,000
Total income	**$661,705**
Expenditure	
Salary and staff expenses	
Salaries and Consultants Fees (incl. Finance and Administration salaries: $69,901)	$587,214
Staff development	$2,164
Staff amenities	$1,549
Staff travel	$657
Staff recruitment	$495
	$592,079
Non-Salary expenses	
Training videos production	$9,396
Travel expenses for training (meals/accommodation/airfares/equipment hire)	$9,294
Catering – food/drink/flowers	$8,027
Printing and photocopying	$5,375
Telecommunications	$4,796
FBT on food and drink	$4,035
Therapy aids	$3,700
Research items	$3,454
Office supplies and stationery	$2,603
Postage	$2,527
Marketing	$2,513
Workshop supplies	$954
Audio visual equipment hire	$430
	$57,104
Total expenditure	**$649,183**
Surplus	**$12,522**

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2. Kessler, RD et al. (2005). *Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication.* Archives of General Psychiatry, 62: p. 593-602.

3. Australian Institute of Health and Welfare 2018. *Mental health services—in brief 2018*. Cat. no. HSE 211. Canberra: AIHW.



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