



The Kidman Centre

Annual Report 2019

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

1/7

Young Australians aged 4-17 experience a mental health problem over a 12 month period.¹

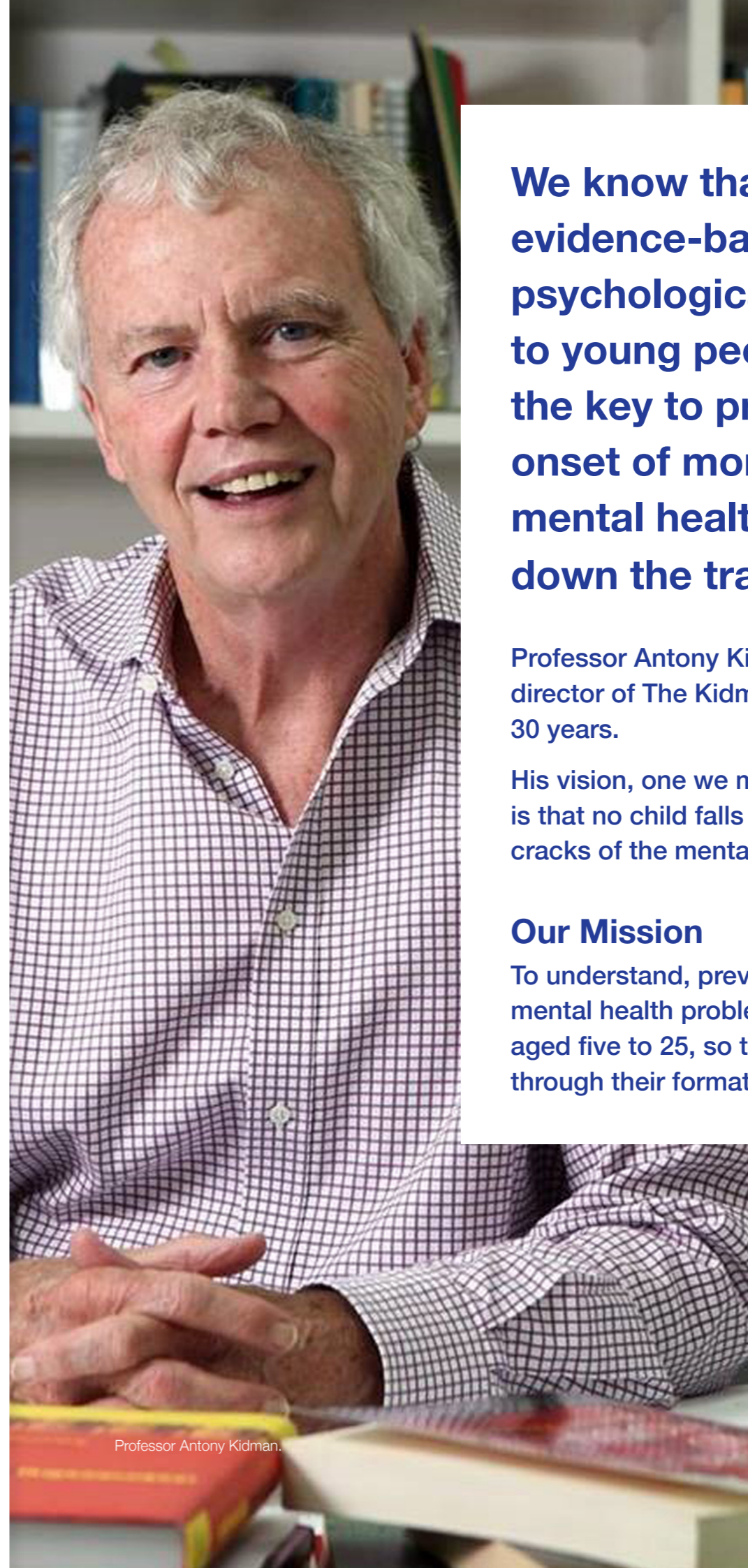
75%

Mental health problems occur before the age of 25.²

78,515

Young people aged 0-24 presented to emergency departments with mental health problems (2018-2019). A 4% increase on last year.³

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.



Professor Antony Kidman.

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.

Professor Antony Kidman was the director of The Kidman Centre for 30 years.

His vision, one we maintain today, is that no child falls through the cracks of the mental health system.

Our 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

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

Photo by Reza Norouzi, MODE.

2019 SERVICE SNAPSHOT

154

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

400

Young people and parents participated in our free community mental health workshops at the centre.

3,000+

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

100

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

612

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

100

Psychological treatment sessions in our clinic delivered at no cost due to financial disadvantage.

2

Major research projects currently underway.



Side by Side research delivered at 9th World Congress of Cognitive and Behaviour Therapies held in Berlin.

This conference is the premier international forum for research, theory and developments in cognitive and behavioural therapies.

It is widely attended by prominent clinicians and researchers across the world and represents an excellent opportunity to communicate our findings internationally.



“Much of this year’s focus has been centred on establishing The Kidman Centre’s presence in the east amongst practitioners who work with youth. We have made personal visits to general practitioners, psychiatrists, paediatricians, allied health practitioners and local school counsellors.”

Dr Rachael Murrhiy

From the Director

It is my pleasure to present the 2019 Annual Report for The Kidman Centre UTS. This report provides highlights from selected activities and details the launch of our 5-year plan.

After 30 years in northern Sydney, we relocated to the 10th floor in the Prince of Wales (POW) Hospital at Randwick. Moving to POW offers us a wonderful opportunity to work more closely with other youth-focused facilities in NSW such as The Black Dog Institute, UNSW, Karitane, CAFÉ, The POW Adolescent Service and headspace.

To provide continuity of care to our clients from the northside, we have temporarily opened a new therapy office in Crows Nest. We plan for this transitional office to be operational throughout 2019 with the hope that, if clients need help after this time, they might either travel to Randwick or access telehealth sessions.

Much of this year’s focus has centred on establishing The Kidman Centre’s presence in the east amongst practitioners who work with youth. We have made personal visits to general practitioners, psychiatrists, paediatricians, allied health practitioners and local school counsellors.

These visits were crucial not only as an introduction, but also to gather local information

about the types of youth problems these practitioners are coming face-to-face with and what services they think are needed in the community.

In response to this feedback, we immediately set up a training calendar of onsite community mental health seminars for young people and their parents. The clinical psychologists facilitated groups on a number of topics including managing difficult emotions and stress management. These workshops (explained in more depth later in this report), are free-of-charge to the community, and aimed at engaging young people with the centre and professional mental health care in general.

Of interest, this year the Australian Government released a draft Mental Health Productivity Commission report that examined the mental health and wellbeing of Australia’s population. This report highlighted the important role that teachers play in children’s social and emotional development, stating that:

“We were advised that many teachers find that their training has generally not equipped them to either identify mental health risks or respond effectively. To address this, initial training of teachers should include explicit instruction in child and adolescent social and emotional development with practical tools to support students.”

Thrive, our school-based mental health training initiative for regional and remote NSW, is one such training for teachers (and other school staff). After a successful first year, the clinical psychologists visited Bourke, Broken Hill, Wagga Wagga, Parkes, Albury and Griffith to deliver training in Collaborative and Proactive Solutions. Teachers in some of these regions indicated that they were in desperate need of professional mental health tools.

I would like to extend my thanks and appreciation to the UTS Vice-Chancellor, Professor Attila Brungs; Dean of Science, Professor William Gladstone; Chair of the Antony Kidman Foundation, Philip Walker; and Antony Kidman Foundation board members, Stephen Peach, David Bulgeries, Chris Gardoll, John Weingarh 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 2020.

Dr Rachael Murrhiy
Director

The Annual Supporter's Lunch

An introduction to our new premises

Given our recent move to the Prince of Wales hospital at Randwick, we thought this was a fantastic opportunity to take supporters on a tour of our new fit-for-purpose facilities.

Kidman Centre patron, Antonia Marran (Professor Antony Kidman's daughter), who works as a lawyer in the field of family law, did a wonderful job hosting the lunch, and we were very happy to have Prof. Kidman's wife, Janelle, also in attendance.

These lunches are a good opportunity for old friends to catch up, to make new acquaintances, and listen to speakers discuss the

inspirational work being done in the mental health space.

Leigh Sales, journalist from ABC's 7:30 report, was the first speaker at this year's event. She discussed her many learnings about mental health and resiliency through the process of writing her bestselling book "Any Ordinary Day". Leigh brilliantly condensed cutting-edge research on the way the human brain processes fear and grief, and posed questions that are often ignored out of awkwardness. Her speech gave us much food for thought about the underpinnings of emotional well-being and our ability, as human beings, to adapt even in the toughest of circumstances.

Our director, Dr Rachael Murrhly, followed Leigh with an overview of the centre's achievements over the past year and exciting plans for the future. Last, but certainly not least, we had a mother and father, who had attended therapy with their son at the centre, speak about the powerful impact that therapy had on their family. They gave a moving account of the challenges they had faced, and how therapy with Anna had made a tremendous difference to their family.

Thank you to all our donors who showed their support by attending this year's lunch.

Strategic Goals

Five 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**



Leigh Sales and Antonia Marran.

“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 Murrhly



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9

1. Justine Cottle & Annette Rechner
2. Leigh Sales
3. Dr Rachael Murrhly & Philip Walker
4. Paul & Jason Tieck, Ross Ellice-Flint
5. Dr Rachael Murrhly & Kim Lemke
6. Wendy & Vivian King, Edwina Jones, Janelle Kidman
7. Yota Findanis & Leigh Sales
8. Janelle Kidman & Leigh Sales
9. Adrian Fitz-Alan, Scott Gibbons & Lew Waters
10. Psychologist Natalie Miller welcomes guests
11. Guests arrive at the new Kidman Centre premises
12. Vivian & Wendy King, Philip Walker
13. Dr Rachael Murrhly & Leigh Sales
14. Dr Rachael Murrhly
15. Rie Matsuura
16. Antonia Marran & Janelle Kidman
17. Invitation to the Annual Supporter's Lunch
18. Robyn & Jean-Jacques Dath



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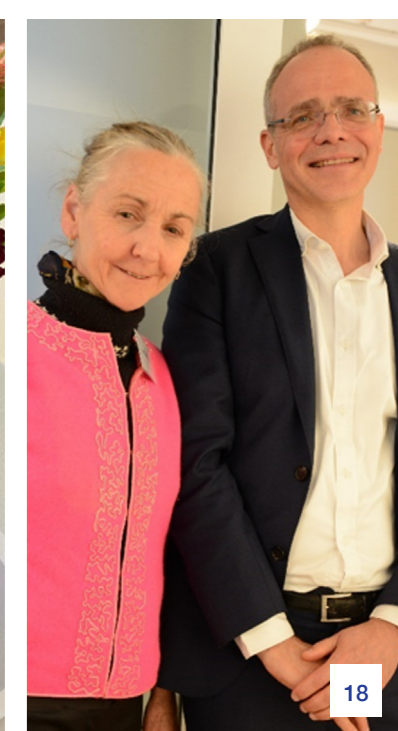
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17



18

In 2019, our THRIVE clinicians travelled to Griffith, Parkes, Albury (x2), Wagga Wagga (x2), Broken Hill and Bourke.

A total of 14 groups were run representing 154 schools.

“We have found ourselves so desperate for psychological support in our school that we have had to pay consultants thousands of dollars to come out for a few days. This is prohibitively expensive. Having access to free and local training like Thrive is fantastic – it means we can get to it easily (without the time and cost associated with travelling) and we can learn the latest about how best to help our students. This is the first time we’ve had something like this in nearly 2 years. Please come back out again.”

Teacher from Bourke



Clinical Psychologist
Louise Rémond in
Broken Hill.

Thrive Rural and regional project

by Louise Rémond

In 2019 we continued our THRIVE: Rural and regional project which addresses the high risk of mental illness faced by young people living in rural, regional and remote New South Wales.

2019 has been a hugely rewarding year for our clinical psychologists who have been receiving very positive feedback from participants involved in our major project. Thrive involves our clinicians travelling out to rural and regional areas of NSW to train local school staff in some of the latest, research-backed strategies for working with children experiencing behavioural and emotional issues.

The Collaborative and Proactive Solutions (CPS) model (developed by Dr Ross Greene of Harvard Medical School) is the key focus of the one-day training workshops offered.

CPS was one of the approaches which our three-year Side by Side research investigation found to be an effective intervention for managing children with challenging behaviour.

The impetus for Thrive comes from our understanding of the important window of opportunity provided during childhood to potentially alter life trajectories. From a mental health perspective, ‘getting in early’ with prevention and intervention initiatives can help equip children with key psychological and social skills which they can carry into the future. By training educators in practical ways to manage emotional and behavioural issues in their students, our aim is that these can become embedded in the school and classroom context, helping to develop students’ skills over time.

Educators attending the Thrive workshops have welcomed the opportunity for ‘in-person’ training which is often difficult for them to access due to their geographical location. Running the workshops in groups has the added benefit of teachers being able to share experiences, provide support for each other and offer fresh perspectives during discussions. Attendees have appreciated learning new ‘hands-on’ approaches which broaden the scope of tools available to them when working with challenging students. They have generally reported that being better equipped with practical strategies enhances their confidence in managing these types of issues.

“I now have a framework to deal with different behaviours children present.”

Teacher



Anna Dedousis-Wallace
delivers CPS training to
teachers in Armidale.

THRIVE PARTICIPANT SURVEY 2019

At the conclusion of each Thrive workshop, participants complete a written evaluation of the training. Feedback from these indicates overall, an extremely positive response from those attending.

99.5%

Said they would recommend Thrive to their colleagues.

97%

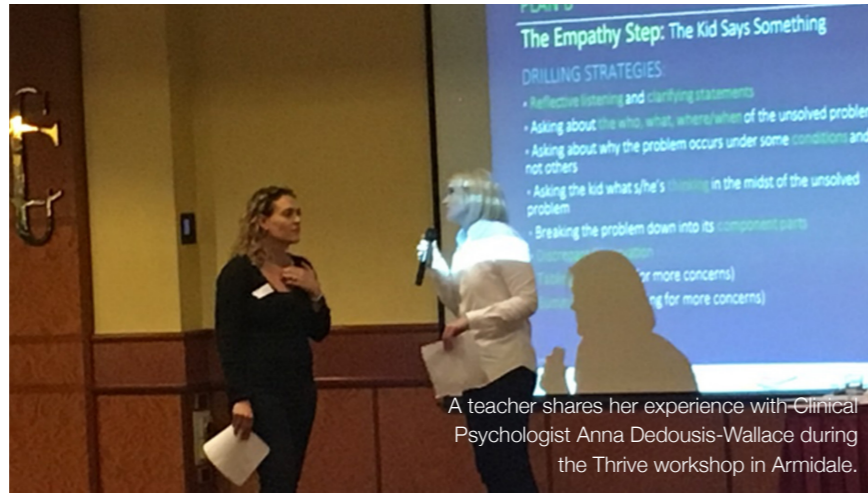
Said that the strategies taught added to their current practice.

96.5%

Agreed that they developed skills they will be able to use in the future with challenging students.

The Thrive model seeks to be sustainable over the longer term. Workshop participants are encouraged to examine ways that they can share what they have learned in the training with their colleagues back at school. A number of them have also gone on to integrate the concepts of CPS into existing policies and frameworks at their institution.

Every time our clinicians travel to one of our Thrive destinations, they gain valuable insights into the unique challenges being faced by the local communities. In 2019 there continued to be much discussion about the impact of the severe drought experienced throughout NSW.



A teacher shares her experience with Clinical Psychologist Anna Dedousis-Wallace during the Thrive workshop in Armidale.



Dr Sophia Drysdale and Louise Rémond arrive in Armidale for Thrive training.

“I thoroughly enjoyed the training today and found it very refreshing to step back and reflect on myself and how I handle challenging situations...This gives teachers a very structured and easy to follow program. The ‘empathy step’ is crucial to ensure students are valued, known and cared for – which is so important. It is also great to build positive relationships between teachers and students.”

Teacher

This was proving to be an ongoing and major stressor for many families, posing a threat to their livelihoods and creating a great deal of uncertainty about the future.

In many of the workshops, particularly those in more remote areas, the difficulty locals face trying to access mental health services and support was highlighted.

Often the services available are extremely limited (due typically to difficulties attracting permanent staff to these areas) and are overwhelmed trying to manage acute, crisis situations.

In a number of rural towns visited, there were reports of high levels of use of the drug ‘ice’, creating a legacy of domestic violence and mental health issues. These can have a hugely detrimental flow-on effect on the young people in these communities. Intergenerational trauma has also been identified as a significant concern, especially in many Indigenous populations.

Teachers have reported that this often causes affected families in their schools to have a sense of distrust in both educators and mental health professionals. This can pose a significant barrier to them engaging in education and reaching out for support if it is required.

“The presentation was in plain English and practical. I’m excited to implement this in my classroom and share with other staff.”

Teacher



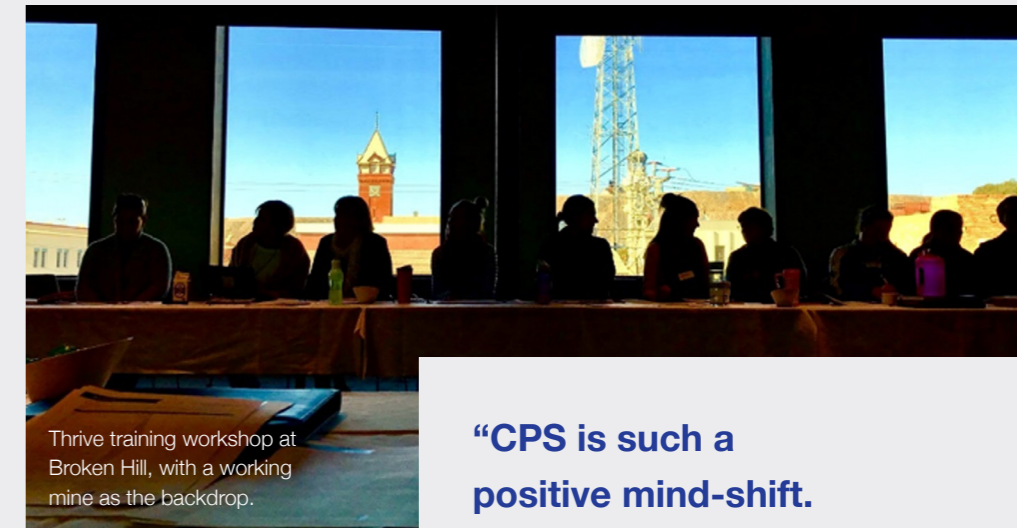
Dr Sophia Drysdale delivers CPS to educators in Albury, NSW.



Teachers from Bourke say thank you to the supporters who made their CPS training possible.



Clinical Psychologists Dr. Sophia Drysdale and Louise Rémond at St Patrick's Primary School in Griffith.



Thrive training workshop at Broken Hill, with a working mine as the backdrop.

“CPS is such a positive mind-shift. Lots of new learnings and you walk away with a great plan and strategies to help our students.”

Teacher

Looking ahead to 2020, we are excited to welcome the opportunity to expand out Thrive training to Moree, Tamworth and other locations to be announced.

Side by Side at World Congress

Bringing fun back to family: communicating our research findings

“This research just opens doors for me as a clinician in terms of treatment. I feel reassured that CPS is a valid and evidence-based therapy I can feel confident in using with my families.”

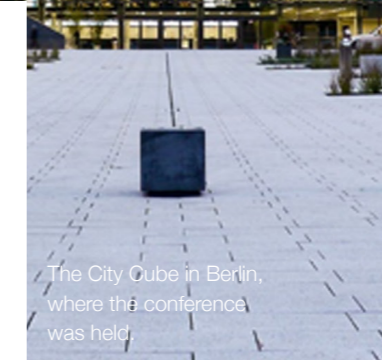
A Child and Adolescent Clinical Psychologist

Side by Side: Bringing fun back to family is a randomised comparison trial involving 130 families with children aged 7 to 14 with emotional and behavioural problems. An innovative treatment from Harvard Medical School, Collaborative and Proactive Solutions (CPS) was compared to the standard treatment, Parent Management Training (PMT).

Parent Management Training is the standard evidence-based treatment for children with behaviour problems. Unfortunately, PMT does not work to a satisfactory level for up to 50% of these children. The purpose of our trial was to evaluate CPS as a possible alternative treatment to PMT and in doing so, potentially providing more treatment options for families where PMT doesn't work.



Dr Sophia Drysdale, Dr Rachael Murrhly and Anna Dedousis-Wallace present our findings at the conference in Berlin.



The City Cube in Berlin, where the conference was held.

“It’s a huge study that deserves to get a lot of attention and contributes to the general history of these interventions.”

Leading Academic

Our main findings from the trial showed **CPS to be as equally effective as PMT, both directly following treatment and 6 months following treatment completion.** This finding is extremely important because it gives therapists another evidence-based therapy to use for those families who do not respond to PMT or who do not want to use this model.

These findings will help guide ‘best practice’ on an international scale, and potentially benefit tens of thousands of families who do not respond to current treatments.

In July, we presented our research findings at the 9th World Congress of Cognitive and Behaviour Therapies held in Berlin. This conference is the premier international forum for research, theory and developments in cognitive and behavioural therapies.

It is widely attended by prominent clinicians and researchers across the world and represents an excellent opportunity to communicate our findings internationally.

We were able to showcase our results from Side By Side to such a diverse group of clinicians and researchers, who will go on to advocate for this



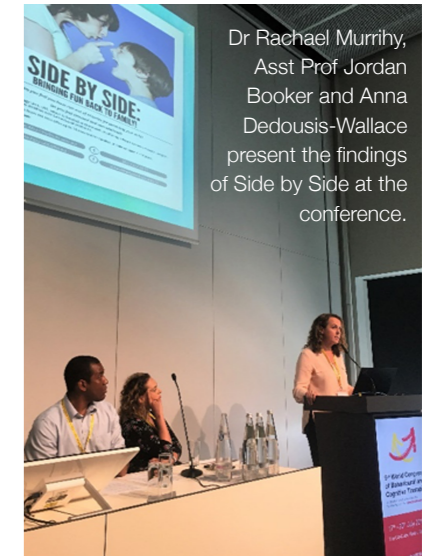
Dr Ross Greene, Dr Rachael Murrhly, Dr Sophia Drysdale and Anna Dedousis-Wallace.



Dr Ross Greene, creator of CPS.

new therapy as an evidence-based approach for children with emotional and behavioural problems.

An important part of our goal for the centre is to conduct high quality research and importantly, to disseminate our findings to researchers and clinicians who are directly working with these families. We are communicating our research through conference presentations, training, and publications in scientific journals.



Dr Rachael Murrhly, Asst Prof Jordan Booker and Anna Dedousis-Wallace present the findings of Side by Side at the conference.



Clinical Psychologist
Louise Rémond
delivering a free
workshop for teens
focused on helping
them manage stress.

Prevention

Free community mental health seminars

The Australian government's Productivity Commission released a mental health report in 2019 that found a key factor driving poor outcomes in Australia's mental health system is under-investment in prevention and early intervention, meaning that too many people live with mental ill-health for too long before they get help. The report recommended that we invest in more preventative work to help people to maintain their mental health and reduce their need for future clinical intervention. This includes running social and emotional learning programs to provide evidence-based mental health skills to both young people and their parents.

In line with this recommendation, we introduced free, onsite workshops at our centre at the Prince of Wales hospital

“Thank you for a wonderful seminar. I was finding myself constantly confused as to what to do with my daughter who wasn't performing to the level I knew she could.

Your seminar gave me insight into what to look for as an indication that she might be struggling with anxiety and how to support her. I especially loved the tips on how to communicate effectively with your teen.

I learnt that I have to just stop, listen, validate what she says and that I don't have to jump straight into trying to solve all her problems for her. Sometimes just listening is enough!”

Parent, 13 year old girl

for young people, and those who support young people (parents, mental health clinicians, teachers, and medical practitioners).

This new training initiative was designed to provide free access to preventative mental health training for the community. Topics were chosen upon advice from general practitioners, school counsellors, parents and young people.

Preventing mental health issues, such as anxiety and depression, is a vital

part of what we do at The Kidman Centre. These seminars attempt to teach evidence-based strategies to the community to help young people and their support system manage their emotional health. The goal is to build these skills up early to prevent the later development of more significant problems.

These workshops have been very well attended and the feedback has been positive. We look forward to providing a broader range of topics for the general community in the future.

THE KIDMAN CENTRE

FREE WORKSHOP CALENDAR 2019/20

The Kidman Centre UTS is a youth mental health treatment and research centre based at the Prince of Wales Hospital in Randwick.

These workshops are designed to equip parents/caregivers and teens with practical, evidence-based psychological strategies to help them navigate a range of life's challenges.

All workshops will run at our centre by our team of experienced clinical psychologists.



For more details or to register for a workshop please visit our website tkc.uts.edu.au

Call us
02 9514 4077

Email us
kidmancentre@uts.edu.au

Located at
Prince of Wales Hospital
Level 10, Parkes Building

@thekidmancentreats



• WORKSHOP ONE •

Taking Charge for Teens: *Managing stress in the HSC year*

WHO IS THIS FOR? Current year 11 & 12 students.

WHO WOULD BENEFIT? Senior students who are interested in generating their own personal and practical plan for how they can manage their stress levels in their final year of school. Topics include: identifying common causes of stress; understanding the stress response; taking positive action (e.g., goal setting, study skills, procrastination busters); challenging unhelpful thinking; self-care (sleep, diet, exercise, breathing techniques) and keeping it all in perspective.

Workshop 1: MONDAY 11 NOVEMBER 2019, 4.30-5.30pm @ The Kidman Centre

• WORKSHOP TWO •

Taking Charge for Parents: *Helping your teen to manage stress in the HSC year*

WHO IS THIS FOR? Parents & caregivers of current year 11 & 12 students (teens also welcome!).

WHO WOULD BENEFIT? Parents/caregivers who are looking for practical tips for how they can best support their teens during this often-demanding year. Topics include: effective communication; the role of expectations; keeping the balance and stress management techniques (for you and for them!).

Workshop 2: MONDAY 18 NOVEMBER 2019, 6-7pm @ The Kidman Centre

• WORKSHOP THREE •

Taking Charge for Parents: *Helping your teen to manage their emotions using cognitive behaviour therapy (CBT) techniques*

WHO IS THIS FOR? Parents & caregivers of teenagers.

WHO WOULD BENEFIT? Parents and caregivers who are interested in supporting their teenagers to develop practical, evidence based ways to manage upsetting emotions. Topics include: understanding the 'emotional world' of teenagers, what CBT techniques are and how to apply them to low mood and anxiety; problem solving and taking positive actions; identifying and challenging unhelpful thinking and the importance of self-care.

Workshop 3: MONDAY 17 FEBRUARY 2020, 6-7pm @ The Kidman Centre

• WORKSHOP FOUR •

Taking Charge for Teens: *Understanding and managing 'big feelings' using dialectical behaviour therapy (DBT) techniques*

WHO IS THIS FOR? All teenagers.

WHO WOULD BENEFIT? Teenagers who often find themselves experiencing 'big feelings' which can be overwhelming at times, cause distress or interfere with day-to-day functioning. The workshop delivers practical, evidence-based skills for managing distress and anxiety.

Workshop 4: MONDAY 16 MARCH 2020, 4:30-5:30pm @ The Kidman Centre

• WORKSHOP FIVE •

Taking Charge for Parents: *Understanding and managing oppositional and defiant behaviours in children using the collaborative and proactive solutions (CPS) approach*

WHO IS THIS FOR? Parents, caregivers & teachers of 5-14 years olds with challenging, oppositional and/or defiant behaviour.

WHO WOULD BENEFIT? Parents/caregivers who are interested in learning about a new, evidenced based framework for managing children and teenagers with challenging behaviour. Topics include: an introduction to Dr Ross Greene's CPS model; identifying lagging skills in children which makes it difficult for them to meet adults' expectations; a three step model for helping adults and children solve problems together. (NB - The Kidman Centre, UTS has recently completed a five-year randomised controlled trial examining the effectiveness of CPS for children diagnosed with ODD.)

Workshop 5: MONDAY 23 MARCH 2020, 6-7pm @ The Kidman Centre

• WORKSHOP SIX •

Taking Charge for Parents & Teens: *Managing how you use social media*

WHO IS THIS FOR? Parents & caregivers, teenagers & general community

WHO WOULD BENEFIT? Anyone who would like to take greater charge of how they are using social media. Topics include: the appeal of social media; harnessing the potential psychological benefits (e.g. connection and support) and reducing potential downsides (e.g. negative comparisons and fear of 'missing out'); scrolling and posting 'mindfully' rather than on 'auto pilot'; maintaining the life/screen balance.

Workshop 6: MONDAY 4 MAY 2020, 6-7pm @ The Kidman Centre

HSC Workshops

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

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

These workshops continue to be very popular with schools and an important part of our community outreach program. In 2019 after relocating to the Prince of Wales hospital at Randwick we visited school counsellors in our new area in order to introduce our services and better understand the needs of the community. School counsellors told us that stress associated with study and academic achievement was one of the top concerns of students across all schools.

“Thank you for coming out and presenting to our Year 12’s. I overheard them talking about some of the things you discussed at recess. A definite sign of success!”

Teacher

This concern was also reflected in the 2019 Mission Australia survey of over 25,000 young people which found that, for the third year running, coping with stress and school or study problems was a major problem for young people.

We can take from these conversations and research that young people need tools for learning how to manage stress and anxiety. This is particularly important in those final two years of high school.

Our “Managing HSC Stress” seminar is based on cognitive behaviour therapy (CBT), which is widely supported in the literature as an effective intervention for stress management. These seminars 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.

Over the last 15 years of running these seminars, we have consistently received excellent evaluations from teachers, school counsellors and students.

In 2019, our clinical psychologists delivered HSC stress management to over 2,500 students in both Year 11 and Year 12.



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

“I’m now aware of the warning signs that tell me that I’m starting to get too stressed. In the past I’ve gotten to the point where I have big meltdowns because it just builds up and up. Now I have the tools to be aware of when it’s building up and to do something about it.”

Student

In 2019, our clinical psychologists saw 364 families, with 612 sessions delivered.

In 2019, over 100 psychological treatment sessions were provided by our clinical psychologists to our clients at no cost.



Welcoming a new psychologist to the clinic

Natalie Miller, BA (Hons), PG Dip PsychStudies, MCLinPsych

Natalie is driven by a passion and commitment to improving young people’s mental health and wellbeing, and has worked with children, adolescents, adults and families in a range of clinical settings. Natalie practices Collaborative and Proactive Solutions (CPS) in her work with children and families at The Kidman Centre, helping them to develop long-lasting solutions to address challenging behaviour.

General psychology and CPS treatment clinics

This year we expanded our community psychology clinic by maintaining an office in northern Sydney and opening a new clinic in Randwick.

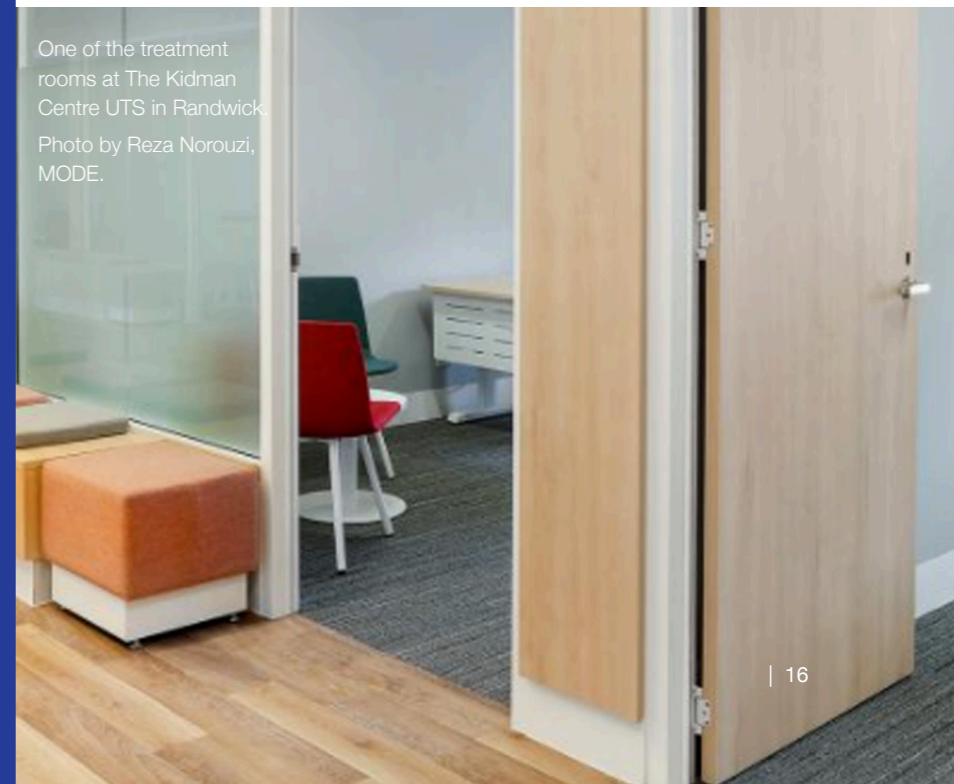
We offer individual therapy for children, teenagers, and adults across a wide range of psychological issues, including anxiety-related problems, behaviour issues, depression, school-related problems, bullying, self-esteem, social problems, trauma, and parenting issues.

Our Collaborative and Proactive Solutions (CPS) clinic has received referrals from families across Australia. This is partly because our psychologists are the only clinicians in

Australia that are certified by Dr Ross Greene (the originator of CPS) to deliver CPS treatment. This has meant that demand for our CPS clinic to help treat children with emotional and behavioural issues continues to remain high. **Over a third of referrals attend the clinic to access CPS.** The interstate demand for CPS-certified clinicians has also led us to undertake telehealth sessions as a means of helping families specifically wanting to use CPS with their children.

As in previous years, we offer a substantial number of bulk-billing spots for those in the community who are financially disadvantaged and may otherwise not be able to access high quality evidence-based treatment.

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



Media and Presentations

Media

The Kidman Centre published a press release on 9th October 2019 which detailed the positive results of our 5-year study on Collaborative & Proactive Solutions.

Our findings understandably received much attention from various media outlets:

- Reporter Jessica Ridley from the Seven Network interviewed Dr Rachael Murrphy for a segment on CPS which aired on 7NEWS (9th October 2019).
- Dr Murrphy elaborated on our promising findings in a Sydney Morning Herald article (published 10th October 2019).
- Ben Fordham discussed parenting and the principles of CPS with Dr Murrphy on 2GB Drive Radio.
- Dr Rachael Murrphy also appeared alongside Antonia Marran as well as presenters Larry Emdar and Kylie Gillies on Channel 7's The Morning Show which aired 30th July 2019.
- The panel discussed the Kidman Centre's many initiatives and identified prevalent mental health issues commonly experienced by children today.



Dr Rachael Murrphy with Antonia Marran and presenters Larry Emdar and Kylie Gillies on Channel 7's This Morning Show.



Dr Rachael Murrphy interviews for Channel 7.

Social Media

The Kidman Centre's social media presence on Facebook and Twitter has continued to grow over the previous year.

Our official Facebook page is regularly updated with posts that aim to provide parents with information on a wide range of topics, including:

- Managing kids and technology.
- Nurturing your child's mental health.
- School holidays and boredom.
- Supporting a child undergoing the HSC.
- Free upcoming workshops for parents and children, run by the Kidman Centre.

One of our most popular Facebook posts to date has reached over 12,000 individuals and 766 engagements in the form of clicks, likes, comments, and shares.



A collection of popular posts on our Facebook page.

Presentations

Our clinicians continue to support other mental health professionals by holding numerous presentations on varying topics throughout the year:

- ADHD Support Australia: 'An Introduction to Collaborative and Proactive Solutions' - Louise Rémond.
- Training provided to telephone staff at Lifeline, Sydney to Sutherland: 'Latest advances in supporting adolescents' - Dr Rachael Murrphy.
- UTS Graduate School of Health Lecture to Masters students: 'How to treat children with behaviour issues' - Louise Rémond and Dr Sophia Drysdale.
- The Australian Independent School Counsellors' Conference: 'Collaborative and Proactive Solutions: A Novel Approach to the Management of Challenging Behaviour in the School Context' - Dr Sophia Drysdale.
- Presentation at the Eastern Sydney School Counsellors' forum: 'An Introduction to Dr Ross Greene's Collaborative and Proactive Solutions (CPS) Model: A framework for understanding and managing challenging behaviour' - Dr Sophia Drysdale.
- Addressing school counsellors from Catholic schools in Eastern Sydney: 'Brief introduction to Collaborative and Proactive Solutions' - Dr Rachael Murrphy.

Publications

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



Article published in the Sydney Morning Herald (10 Oct 2019) on the promising findings of our CPS study.

Our People

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

Clinical staff

- **Dr Rachael Murrphy**
Director, Clinical Psychologist
- **Anna Dedousis-Wallace**
Senior Clinical Psychologist
- **Louise Rémond**
Clinical Psychologist
- **Dr Sophia Drysdale**
Clinical Psychologist
- **Dr Mia Markovic**
Clinical Psychologist
- **Megan Turnbull**
Clinical Psychologist
- **Natalie Miller**
Clinical Psychology Registrar
- **Karen Gould**
Clinical Psychology Registrar

Administration staff

- **Rie Matsuura**
Administrative Officer
- **Yota Findanis**
Finance Officer
- **Vicki Forbes**
Strategic Communications

Below, from left to right:
Rie Matsuura, Megan Turnbull, Yota Findanis, Dr Rachael Murrphy, Vicki Forbes, Louise Rémond, Dr Sophia Drysdale, Natalie Miller, Anna Dedousis-Wallace.



“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 13 years

Future Directions

In 2020, we will continue to place our focus on integrating into the Eastern Suburbs community by building our networks with health and welfare organisations, medical practitioners and local schools.

Our exciting five-year plan will go into effect via the development of a fundraising arm, and extension of the number of psychologists and researchers that we have on board. Our hope is to expand our preventative services significantly and offer an additional 2-3 treatment clinics with accompanying ‘real world’ research. Thanks to the support of Brian Walsh, Executive Director at Foxtel and his team, along

with Keith Blanket from Bullet Marketing Solutions, Stephen Peach and Philip Walker from the Antony Kidman Foundation we have been developing a concept for a television commercial that will help to build the profile of the centre. Foxtel have been a tremendous support and we look forward to this advertisement going to air in 2020.

Next year, we will also be involved in the launch of a community fundraising page for The Kidman Centre with the help of the Advancement Team at UTS, in particular Natalie Shillitto. This page will facilitate any fundraising efforts that are led by the community including athletic

We will continue to place our focus on integrating into the Eastern Suburbs community.

challenges like marathons and fun runs. Any fundraising concept will be gratefully considered!

I would like to take this opportunity to introduce you to a new staff member, commencing in early 2020, Melanie Verges. Melanie has extensive experience going into this role and will oversee the development of a fundraising strategy for the Kidman Centre, which we hope will lead to future sustainability for our work. I would like to share with you a biography briefly detailing Melanie’s achievements prior to coming to the Kidman Centre.



Melanie Verges has joined us as the new Advancement Manager at the Kidman Centre.

As a key objective of our 5 year growth plan, Melanie joins us to help increase fundraising efforts for the centre through impactful philanthropic gifts as well as strategic government and corporate donations. She will be working in collaboration with Rachael to create and implement a strategy to raise needed funding, inform and enrich donor relationships and

communications, and share updates on our work and research with you.

The goal of having a formal fundraising strategy is to ensure the Kidman Centre can have a greater impact on young people in the form of more direct clinical treatments and an increase in clinical research done by our psychologists. Melanie will create a 3-year strategy that will serve as a road-map for funding our growth through 2023. One key focus for her will be to expand the network of supporters as well as explore funding opportunities through government and corporate grants.

Melanie received her Bachelor of Fine Arts, cum laude, from the Savannah College of Art and Design and completed her graduate studies in Non-Profit Studies from the University of

North Carolina, Greensboro. For the past nine years she has worked in the charity sector in both the United States and here in Australia and her experience spans mental health, community foundations, animal welfare and international aid and development.

She joins us from SANE Australia and was previously at UNICEF Australia, both here in Sydney. Originally from the Southern US, Melanie has been a Sydney-sider since late 2015. Melanie has long been interested in the mental wellbeing of young people. Her passion for this comes from her family’s own experience with her brother and his behavioural challenges as a child. I look forward to introducing Melanie to you and hope that she will be welcomed warmly by our supporters.

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.

MAJOR DONORS

ANTONY KIDMAN FOUNDATION

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.

\$100,000-\$200,000

- Nicole Kidman

\$50,000-\$99,999

- Philip C Walker

MAJOR DONORS

THE KIDMAN CENTRE UTS

\$100,000-\$200,000

- Antony Kidman Foundation
- The Charles Warman Foundation

\$25,000-\$50,000

- Sue Maple-Brown
- Gwynvill Group
- The Peters Family Foundation
- The Barbara Alice Fund
- Mary Alice Foundation

\$10,000-\$24,999

- The Profield Foundation
- The Hunt Family Foundation
- Thriving Enterprises Pty Ltd
- The Dick and Pip Smith Foundation

\$5,000-\$9,999

- Ward Family Foundation
- Maple-Brown Abbott Limited
- Western Earthmoving Pty Ltd
- Arthur Laundry
- Julian Tertini

\$2,000-\$4,999

- Brian Walsh
- Ian & Jan Cairns
- J G Mullan Constructions
- CSP Landscaping Pty Ltd
- Sue Edwards
- John & Sally Kell
- Brett R Mathews
- Liane Moriarty
- Joan Walker
- John Wylie

\$1,000-\$1,999

- Graham Gunn
- Marko Franovic - Boka Investments Pty Ltd
- Chris Kelly
- Rachael Rogers
- Max Gavel
- Ross Ellice-Flint
- Adam Freeman & Gabrielle Schneider
- APN Compounding Pty Ltd
- Allan & Margot Arthur
- Garry Browne
- Julie Josue
- Ike & Louise Bain
- Rob & Bronwyn Wannan
- Pamela Sleeman
- Bob Crampton
- Michael Bellemore
- Edwina Jones

\$500-\$999

- David J Bulgeries & Co
- Peter Summers
- Hitech Support Pty Ltd
- Alan Paul
- Vicki Forbes

\$200-\$499

- Richard Davison
- Alfredo Zotti
- Suzanne Davie
- Wendy Day - Day Media Services Pty Ltd
- Chris Brougham - Des's Cabs Pty Ltd
- Barry Moores - Palaton Pty Ltd
- Edward L Edwards
- Alyssa Reynolds
- Alan Yuille
- George Pantahos & Co
- Ian G McNally - Nuttelex Food Products Pty Ltd
- Warner Bros. Television Group
- John Gissing
- Syd & Jill Howard
- Ken & Ann Gray
- CC & CJ Burns

\$100-\$199

- James Neville
- Stephen & Joycelyn Kristoff
- John Weingarh
- John & Pamela Corsham
- Alan E Keating
- Melanie Le Van
- Sandra Robberds
- Protective Fencing Pty Ltd
- Peter Grumont
- Michael Koimanis - Sentien Electronics Pty Ltd
- Mr Maurer
- Dan Le Van
- Tony Meiusi
- Jenny Marran
- John & Charlotte Overton

\$5-\$99

- Ted Blamey
- Valerie MacIver
- Thelma Fisher
- Jennifer Rice
- Ross Howard Pty Ltd
- B & R Goldstein
- WG & EG Wolffenbuttel - Southern Cross Holiday Apartments
- Monticone Family Trust
- Ralph Pliner
- Joe & Betty Tonks
- Krystyna Pomirska
- Maxwell & Margaret Brown
- Tran Que Nguyen

Financial Report

The Kidman Centre UTS

Statement of Income and Expenditure
for the year ended 31 December 2019.

Income

Donations	\$568,731
Clinical and Consulting Fees	\$121,042
Total income	\$689,773

Expenditure

Salary and staff expenses

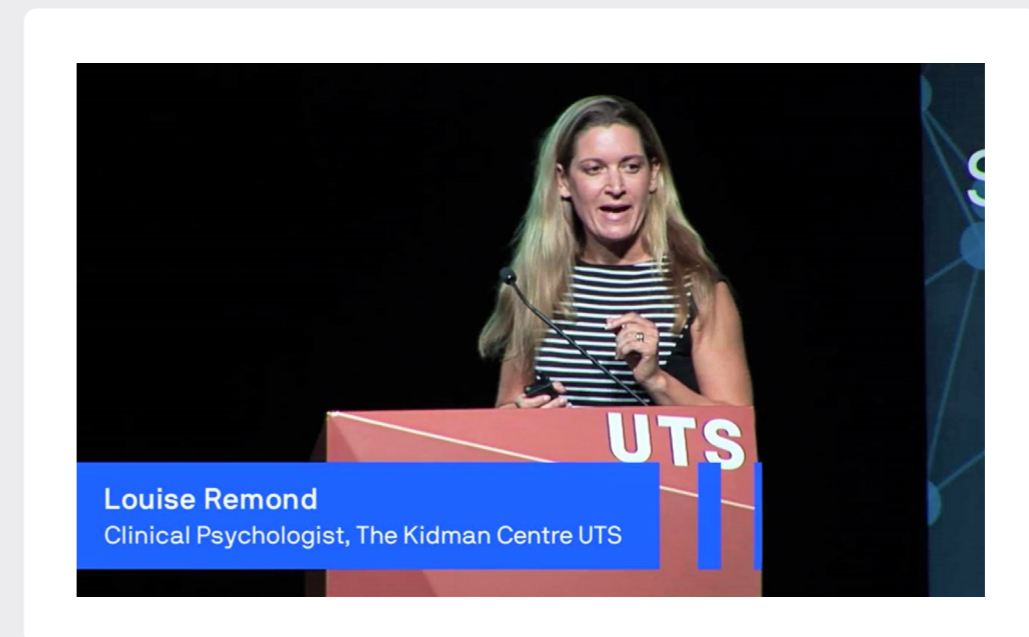
Salaries and Consultants Fees (incl. Marketing, Finance and Administration salaries: \$163,805)	\$677,130
Staff recruitment	\$22,105
Staff travel	\$4,462
Staff development	\$2,386
Staff amenities	\$937
	\$707,019

Non-Salary expenses

Travel expenses for training (meals/accommodation/airfares/equipment hire)	\$15,574
Rent for Crows Nest clinic	\$15,146
Marketing	\$8,605
Catering – food/drink/flowers	\$8,511
Printing and photocopying	\$8,147
Telecommunications	\$4,635
FBT on food and drink	\$4,033
Postage	\$2,996
Office supplies and stationery	\$2,745
Workshop supplies	\$499
	\$70,891

Total expenditure	\$777,911
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Surplus	- \$88,137
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In Memory of Louise Rémond

References for figures on page i) of this report:

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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.
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3. Australian Institute of Health and Welfare 2019. *Mental health services—in brief 2018*. Cat. no. HSE 211. Canberra: AIHW.



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