



# The Kidman Centre Annual Report 2021





## What we do:

- Deliver preventative mental health talks in schools and the community
- Provide evidence-based psychological treatments 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

## We also work with:

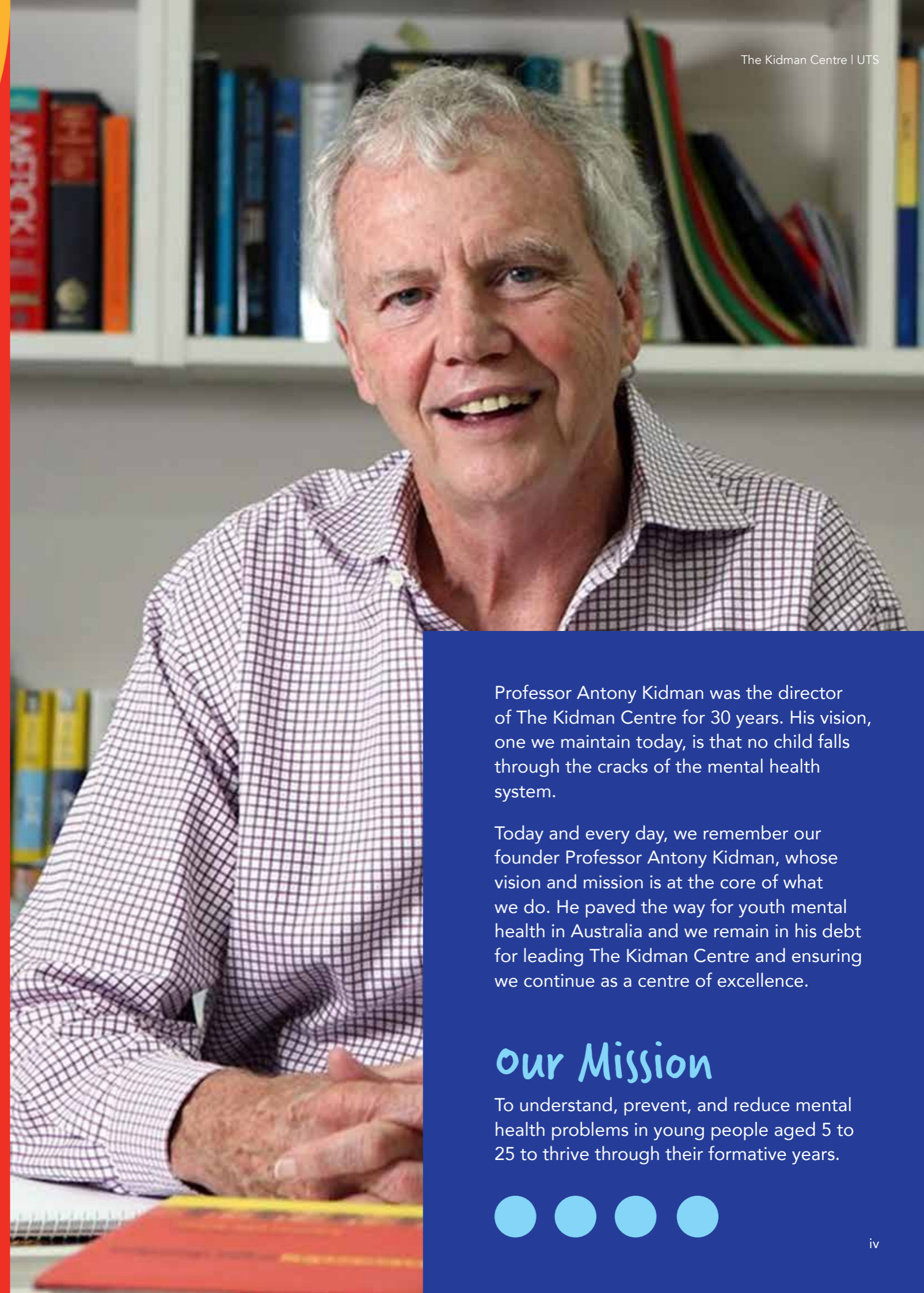
- Teachers and educators
- School counsellors
- Health practitioners
- Welfare professionals

## Issues we treat:

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

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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.

Today and every day, we remember our founder Professor Antony Kidman, whose vision and mission is at the core of what we do. He paved the way for youth mental health in Australia and we remain in his debt for leading The Kidman Centre and ensuring we continue as a centre of excellence.

## Our Mission

To understand, prevent, and reduce mental health problems in young people aged 5 to 25 to thrive through their formative years.



# Service Snapshot

**3487**

Students attended the HSC Stress Management workshop.

**146**

Therapy sessions delivered via bulk-billing.

**1071**

Students attended a COVID-19 specific stress workshop.

**450**

People participated in free community workshops.

**1603**

Students attended the Coming Back Stronger workshop.

**Two**

Research papers were published.

**1025**

Psychology sessions delivered to families.

**One**

Major research project underway.



# From the Director



As the pandemic continues, and many charities are forced to shut their doors, I am reminded of how fortunate we are to have the support of our longstanding donors. I would like to express my deepest thanks to you all for making our work possible.

Sadly, the need for mental health services this past year has been at the highest level that I have ever experienced - far beyond a level at which the system can cope. Your support has kept us afloat and allowed us to continue the Centre's important work of helping young people and families struggling at this time.

We have all felt the uncertainty and disruption of the past few years, but teenagers have been the hardest hit. Thanks to your help, we have delivered and built upon our services for young people and their families this year. Evidence-based workshops have been conducted on a range of mental health topics via telehealth and, when possible, in person at schools. The psychology clinic has also helped many families who might not have been able to afford the full rates of private clinics.

Unfortunately, we have concluded that treatment alone is not enough to reduce the growing number of young people with mental health problems. Offering treatment services is very important, and there remains an urgent need to improve access to these services. However, even if we devote more resources to treatment, this will not address the scale of community need for mental health care. As such, we believe that we should shift at least part of our focus upstream, to tackle the causes of poor mental health at their root instead of years later in treatment.

Simply put, we need to be spending more on prevention and, in time, less on the cure.

I was surprised to learn that Australia has spent only 2% of its health expenditure on prevention over the past decade. The remainder goes to the treatment of illness and disease. Until this changes, organisations like ours must take up the mantle for prevention, starting with our first large-scale digital prevention program.

SuperParent Powers is a 2-hour online program for parents of 10-15 year old children that aims to prevent youth anxiety and depression. In 2022 we will start video production to distribute the program to thousands of parents nationwide.

I would like to extend my thanks and appreciation to the UTS Vice-Chancellor, Professor Attila Brungs; Dean and Deputy Dean of Science, Professors James Wallman and Jim Macnamara; Chair of the Antony Kidman Foundation, Philip Walker; and board members, Stephen Peach, David Bulgeries, Chris Gardoll, John Weingarh, John Piccone, and our Patron Antonia Kidman Marran. Despite the challenging circumstances, I am proud of our team's achievements this year and excited about what we can accomplish together in 2022.

Dr Rachael Murrighy  
Director



## Strategic Goals

### Five-Year Plan 2022-2027

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



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



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



To increase clinical treatments undertaken directly by the Centre from approximately 100 clients per year to over 200 per year



# Introducing SuperParent Powers

COVID-19 has visited upon us extraordinary stress as we battle a perfect storm of disruption and uncertainties. There has been pressure on us all, but certain vulnerable groups have been hit harder than others. We are witnessing alarming self-harm figures for young people, and depression and anxiety have skyrocketed to five times higher than usual. Experts warn that this 'mental health wave' has not yet reached its peak, and the fallout is expected for years to come.

While we may not have the power to change the external stress in our world, effective measures can be taken to buffer the effects of this stress on young people to prevent mental illness and suicide. In other words, we need to equip young people to weather life's storms.

The most important measure over which we can exert control is helping pre-teens and teens to build strong emotional connections. Connection is the key ingredient in supporting young people through life's challenges. Strong connections can mitigate external stress and protect against depression, anxiety, and suicide.

The role of parents here is crucial for early intervention. Research shows that the stronger the connection to a parent or caregiver, the greater a young person's resilience.

For many years, a critical focus of our work at the Centre has involved:

- (i) helping parents strengthen their connection with their teens, and
- (ii) broadening their understanding of mental health.



If we can foster an accepting and validating relationship between pre-teens/teens and parents, this creates an ongoing protective barrier against depression, anxiety, and suicidal behaviour. It is also vital to impart education about the warning signs of mental illness and suicide and coach parents in knowing what to say and how to get help. Suicide is a preventable disease, and parents are well placed to intervene if they recognise the signs and learn how to approach the issue.

At The Kidman Centre, our objective is to implement large-scale prevention projects that will impact the prevalence of youth mental illness at a population level.

In this instance, we plan to transfer our "in-clinic" work into a digital presentation for parents that can be distributed to thousands of parents nationally.

We are in the process of developing a 2-hour online training platform for parents, named SuperParent Powers: Safeguard your teen's mental well-being, that can be completed in the privacy of a home on a desktop, laptop, iPad, or mobile.

The objective of SuperParent Powers is to educate parents on mental health and warning signs of mental illness in pre-teens and teens. They will also receive coaching in the evidence-based skills they need to form a close connection with their teenager.

*If we can foster an accepting and validating relationship between pre-teens/teens and parents, this creates an ongoing protective barrier against depression, anxiety, and suicidal behaviour.*

The program relies on various evidence-based techniques to help their child to feel heard, validated, and problem-solve more effectively.

This web-based platform will utilise world-leading, interactive technology to develop a custom-made platform that is fun and engaging to use. Rather than just imparting knowledge through fact sheets and written material, this technology enables the program to go much further by delivering skills-based training through video instruction and experiential learning in which parents get to practice new skills.

The script for SuperParent Powers has been developed by a team of clinical psychologists in collaboration with families in the community. Parents of 10-15 year old children were invited to provide feedback on the program's content and format and suggestions for possible improvements. The initial reaction to the program was overwhelmingly positive - the community welcomed it as a much-needed parenting support program.

Once produced, SuperParent Powers will be rolled out nationwide, free of charge, and a research team, led by Simone Hain, will measure its effectiveness. Production of SuperParent Powers is expected to be complete by the end of 2022, and distribution will take place over 2023.



# Free Community Seminars on Preventative Mental Health

Once again in 2021, The Kidman Centre UTS delivered free community mental health seminars to young people and their parents and caregivers. These seminars equip our community with practical skills to maintain youth wellbeing, and prevent the development of common youth mental health concerns.

Although seminars were available both onsite and online, the majority of participants opted to attend the seminars online. The move to delivering workshops online has enabled The Kidman Centre UTS to expand its reach, with some participants joining us from regional NSW and across Australia. Online workshops have also allowed us to reach a larger audience, with some workshops being attended by more than 50 participants.

We seek advice from school psychologists, teachers, parents, and teenagers to decide

upon seminar topics. In 2021, topics included Balancing Technology and Social Media, Understanding Self-Harm, Stress and Worry Workshop for Teens, and Improving Study Skills in Children with ADHD. During seminars, questions, open discussion, and audience feedback are encouraged to provide optimal learning and support. This also ensures the seminars we present assist the community with their relevant concerns, and provide them with the skills they require.

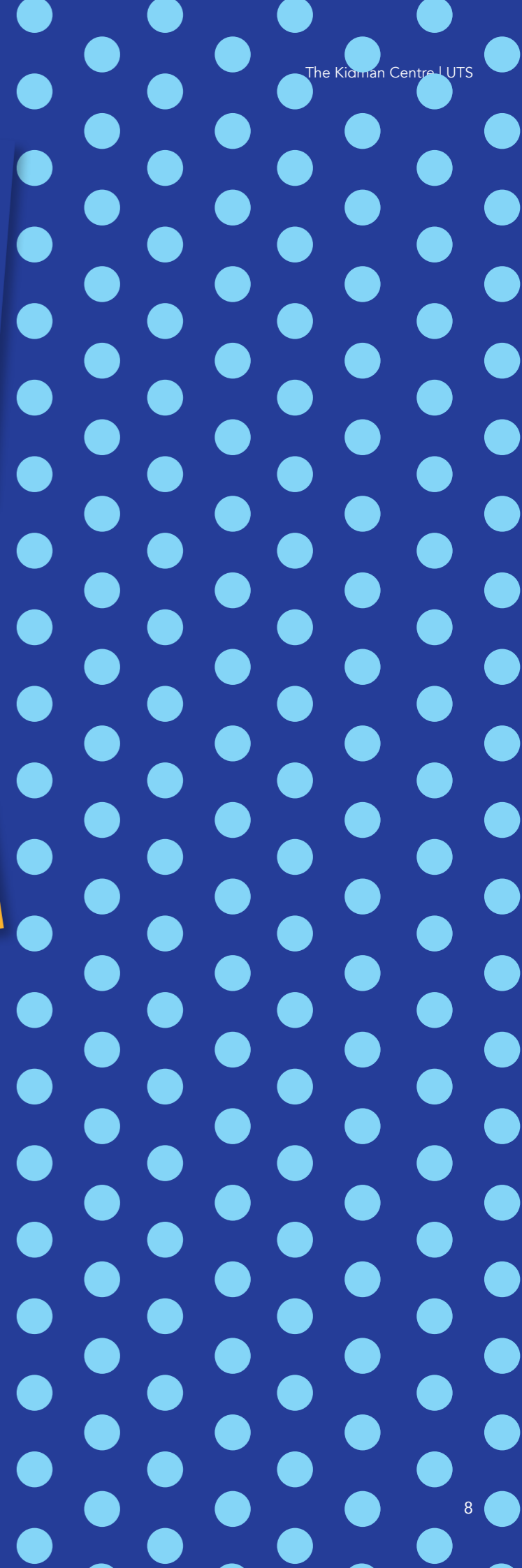
This year we delivered 15 free community seminars, and reached 485 participants. We received very positive feedback, with 97% of participants satisfied with our workshops and planning to use the introduced skills in the future, and 94% of participants said they were confident in implementing these skills. We look forward to continuing to deliver these workshops to participants across Australia in 2022.



Screenshot of initial slide during 'Five Tips to a Well-Adjusted Child' workshop for parents.

**Mother:**  
(attending Balancing Technology & Social Media)  
"The past workshops have been informative but very relatable, balanced with the theory behind what is going on in our children's minds and bite-sized strategies we can immediately implement to help them with their well-being."

**Father:**  
(attending Improving Study Skills in Children with ADHD)  
"The concepts are easy to remember and quick to reference. As a parent, I am now referencing the skills with my daughter."



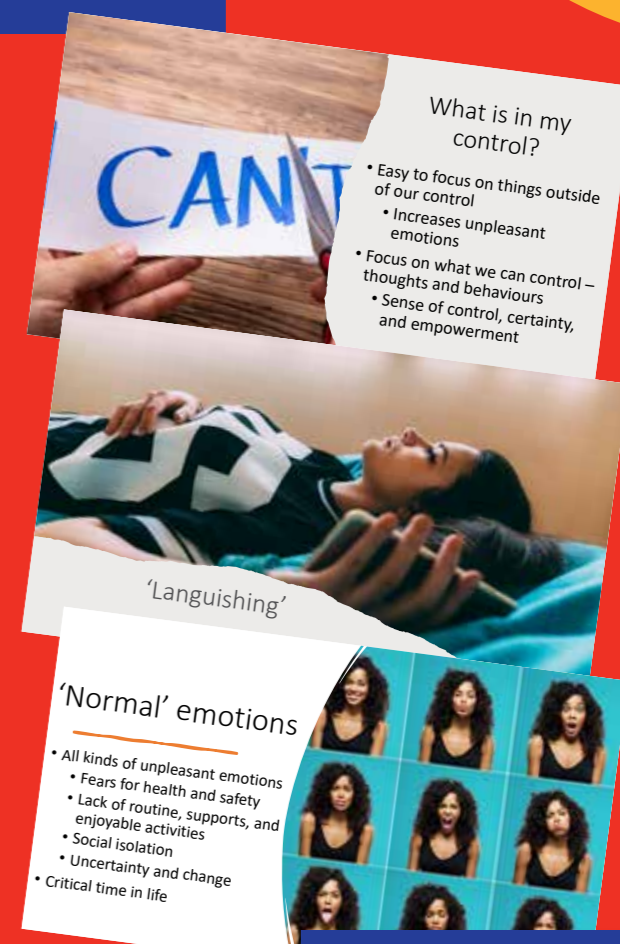
# Senior Student Workshops

This year The Kidman Centre UTS continued to deliver our HSC Stress Management workshop and Coming Back Stronger workshop to senior students. The 2021 lockdown meant these workshops became even more vital to supporting students' wellbeing.

For the first two terms of 2021, clinical psychologists delivered workshops to whole year levels in person at their schools. However, with the NSW lockdown in June, providing these workshops via an online platform became necessary.

Whilst in lockdown, students told us their routines had "gone out the window", that despite feeling stressed they lacked motivation and "couldn't focus" with online schooling, and increased tension in their homes.

With this knowledge came an understanding that students were not simply feeling stressed and unmotivated, but were also experiencing increased emotional distress, social isolation, and a lack of control and certainty. **As a result, we revised the HSC Stress Management workshop to support students' current concerns during lockdown.** This workshop was made particularly interactive to ensure we heard and addressed students' problems and offered appropriate skills and resources.



Screen shots of slides from the revised HSC Stress Management workshop delivered online during lockdown.

Since the end of the long lockdown, we are again offering our original HSC Stress Management workshop and our Coming Back Stronger workshop, both in face-to-face and online formats. Word of The Kidman Centre UTS has evidently spread across NSW, and we are now delivering our workshops online to multiple schools outside of Sydney.

Despite the limitations posed by COVID-19 during 2021, we were still able to reach many students and receive excellent evaluations, with 4,900 students attending our HSC Stress Management workshop and almost 2,000 students attending our Coming Back Stronger workshop. Across both workshops, 100% of students and teachers told us they were satisfied with the skills we had provided them, with 86% of students saying they now had a better understanding of where to receive further support.



Clinical psychologist, Jenn Hawken delivered Coming Back Stronger to Year 12 students in 2021.

## Teacher:

*"The students were engaged and attentive. I heard students discussing some of the skills at lunch, which always is a positive sign to me."*

## Students:

*"The workshop was relatable and realistic."*

*"I now have a better understanding of what to do if I feel stressed."*



# Free Regional Workshops for School Educators

In 2021, we were thrilled to receive news of three additional years of funding for THRIVE; our mental health training workshops for school educators in regional and rural NSW.

You might recall that pre-COVID-19 we delivered THRIVE, a workshop that supported school staff in managing children with behavioural problems using the Collaborative and Proactive Solutions (CPS) model. The feedback we received from the previous delivery of THRIVE was outstanding, with 97% of participants reporting the workshop had been worthwhile and that they had developed skills to use with their students.

We are now excited to turn our attention to a new THRIVE workshop that assists school educators with children struggling with emotional issues including anxiety and low mood.

In late-2021, we began research into the next round of THRIVE training. To understand current concerns in rural and regional communities and how we could best provide education and support, we spoke to school staff who had previously attended THRIVE. Many teachers and principals talked to us about the numerous mental health concerns they see in the classroom and their impact on children's ability to learn and socialise.

We already know that youth anxiety and depression are more prevalent in rural and regional communities, and that there are very limited mental health support services in these areas. However, speaking to school staff, we heard how external stressors (such as bushfires, floods, and COVID-19) had exacerbated youth mental health and emotional problems. Additionally, waitlists for support services were at an all-time high. Teachers felt under-resourced and too time-limited to support students' emotional needs in the classroom effectively.

*We are now excited to turn our attention to a new THRIVE workshop that assists school educators with children struggling with emotional issues including anxiety and low mood.*

This knowledge helped us understand the importance of providing school staff with practical, evidence-based skills training to support children struggling to manage their emotions in the classroom. Research shows that skill implementation helps children with emotional problems and benefits the entire classroom.

In 2022, we will turn our attention to delivering these free workshops. The workshops are delivered by clinical psychologists and teachers from The Kidman Centre UTS. This interactive training will help school staff to learn practical, hands-on ways to implement techniques in their schools to prevent and limit child emotional problems. We plan to deliver 12 THRIVE workshops across 2022, in communities including Albury, Dubbo, Armidale, Forbes, and Tamworth.



Psychologists, Anna Dedousis-Wallace and Jennifer Hawken at Albury.



Thrive training with Albury school staff.

## In the Media



This year Dr Rachael Murrphy was recognised as one of the Top Experts at University of Technology Sydney, with an estimated audience of 1.2 million.

Why is engaging with media important?

Media enhances recognition of mental health problems, reduces stigma in the community and directs families to treatment. This is a letter we received in response to an article:

*Dear Rachael,*

*Just wanted to thank you for your Conversation article last year. Our then 15-year-old daughter had come to us earlier in the year saying she thought she had ADHD. Our response was 'don't be ridiculous'. Couple of weeks later I read your conversation article, and that changed everything. Anna has just turned 17, received a formal diagnosis of ADHD and started medication a few days ago. Early days, but I can definitely see a difference in how she communicates and accesses information, and she is seeing a difference as well.*

*Thanks heaps - Anon*

2021 media interviews included:

- **Op-ed. Sydney Morning Herald**  
*Even the most eager students have fears about going back*
- **News.com.au**  
*Aussie brand gives all staff a day off*
- **Daily Telegraph**  
*New Covid 2021: Child psychologist guide to surviving*
- **Op-ed. Sydney Morning Herald**  
*Big feelings, exhaustion and excitement looms for students returning to school*
- **Sydney Morning Herald**  
*'What's the point?': High stress, low motivation hits HSC students*
- **Daily Mail**  
*Covid Australia: Human toll of lockdowns revealed amid a suicide crisis*
- **Sydney Morning Herald**  
*"Don't say it's stupid": How to engage tech-obsessed adolescents*
- **ABC**  
*How a single case of Covid-19 sparked a 'quick and early' lockdown and countrywide anxiety*

## New Book for Clinicians

### Handbook of Treatment Modules for Child and Adolescent Clinical Psychology: Guidelines for Personalised Care

Elsevier Press

Dr Rachael Murrphy has been invited to co-edit and co-author a psychology textbook, published by Elsevier in the United States, entitled Handbook of Treatment Modules for Child and Adolescent Clinical Psychology: Guidelines for Personalised Care. This text is written for mental health practitioners and will lead the new 'individualised medicine' approach.

This edited volume brings together experts from around the globe, to provide clinicians with a comprehensive toolkit of evidence-based strategies for the most commonly occurring child and youth mental health disorders. Unlike other volumes, which typically dedicate one chapter to an entire treatment program for one condition (e.g., CBT for child anxiety), each chapter in this book will be dedicated to one of the core treatment strategies that can be applied in a personalised approach to treat individual patients.

Each chapter will highlight common challenges to therapy implementation, and provide practical suggestions for addressing these. In addition to Dr Murrphy, the book editors are Professor Lara Farrell of Griffith University in Queensland and Professor Cecilia Essau of University of Roehampton in London. Professor Essau is a prolific author in psychology and has written 245 articles and 22 books on youth mental health.

The book will be published in early 2023.

## You Make our Work Possible

As always, we want to thank our generous supporters.

We are able to do our work and conduct our research day in and day out because your contributions make it possible.

Donations to The Kidman Centre go directly to making sure our vision remains a reality: **that no child falls through the cracks of the mental health system here in Australia.**

## To Donate

If you would like to make a gift or would like more information on how to leave a bequest in your will, please visit our website at [tkc.uts.edu.au](http://tkc.uts.edu.au).

Alternatively, you can also make a direct bank transfer to support our work:

Account Name: **University of Technology Sydney**

Bank: **Commonwealth Bank of Australia**

BSB: **062-006**

Account: **107-459-38**

Swift code: **CTBAU25** (for international donations)

Your reference: **Your name - The Kidman Centre**

# Future Directions

**SuperParent Powers** is an online prevention program that will be distributed to thousands of parents nationwide to lower rates of youth depression and anxiety. Our team of psychologists has now completed the script, ready for video production, and the research design has been submitted to ethics for approval.

The team is very excited about 2022 as we witness the preparatory work that has gone into SuperParent Powers come to fruition. We will oversee video production that will film the lives of four families with 10-15 year old children as they use evidence-based approaches to improve the quality of connection in their parent-child relationships.

In another exciting development, in 2022 we are also heading back out to regional and rural New South Wales to commence another three-year cycle of **THRIVE training**. For THRIVE, our psychologists travel to the bush to train nominated staff from hundreds of schools to manage emotional disorders. The program aims to foster a school environment conducive to good emotional health, given the extremely limited professional support available in these areas for young people.

We have already supported hundreds of schools over the past three years through THRIVE, and given the great need in the non-metropolitan areas, we are thrilled to be able to travel to these regions again. Schools are often the central hubs of these communities, and by supporting staff, we help strengthen the wider community.

We recognise that recovery from the pandemic will present new and evolving challenges for those working in mental health for the next few years. We are looking forward to putting the pandemic behind us and seeing many of these important projects eventuate. Thank you to our loyal supporters for allowing us to serve our community and contribute in this way.





## our People

The team at The Kidman Centre is led by Dr. Rachael Murrphy and guided by the shared vision of an Australia where no child falls through the cracks of the mental health system.

### Clinical staff

- **Dr Rachael Murrphy**  
Director, Clinical Psychologist
- **Anna Dedousis-Wallace**  
Senior Clinical Psychologist
- **Dr Sophia Drysdale**  
Clinical Psychologist
- **Jennifer Hawken**  
Clinical Psychologist
- **Emily Upton**  
Clinical Psychologist
- **Nina Gibson**  
Clinical Psychology Registrar
- **Sarah Li**  
Clinical Psychology Registrar
- **Natalie Miller**  
Clinical Psychology Registrar
- **Simone Hain**  
Program Manager

### Advancement staff

- **Melanie Verges**  
Advancement Manager

### Administration staff

- **Rie Matsuura**  
Administrative Officer
- **Yota Findanis**  
Finance Officer
- **Gopalan Nair**  
Finance Officer

### Patron

- **Antonia Kidman**

## Social Media

Follow us on social media...

-  @TheKidmanCentre
-  @thekidmancentretre
-  @thekidmancentre

# Thank You to our Generous Donors and Supporters...

## Major Donors 2021

### Antony Kidman Foundation

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

#### \$100,000-\$200,000

- The Dick and Pip Smith Foundation
- Nicole Kidman

#### \$50,000-\$99,999

- Philip C Walker
- Vernon Foundation

#### \$10,000-\$49,999

- Alec Graeme Anderson
- Australian Turf Club Ltd

## Major Donors 2021

### The Kidman Centre UTS

#### \$100,000-\$150,000

- The Charles Warman Foundation
- The Foundation for Life Science

#### \$50,000-\$99,999

- Mary Alice Foundation
- Sue Maple-Brown

#### \$25,000-\$49,999

- Peters Family Foundation
- Paul Tieck
- Peter Hunt
- The Barbara Alice Fund

#### \$10,000-\$24,999

- Canterbury League Club
- Dick and Pip Smith Foundation
- Mark O'Donoghue - Finlease
- Julian & Brendan Tertini
- Michael Field - Profield Foundation

#### \$5,000-\$9,999

- John Thompson - Drem Pty Ltd
- John & Christine Woodruff
- Thriving Enterprises Pty Ltd

#### \$2,000-\$4,999

- Margot Smith Arthur
- Edwina Jones
- Graham Gunn & Co
- Joan Walker
- John & Sally Kell
- John Mullan
- John Wylie
- Liane Moriarty

#### \$1,000-\$1,999

- Adam Freeman & Gabrielle Schneider
- Alan Paul
- Tony Portela - APN Compounding Pty Ltd
- Dr Michael Bellemore
- Barney Remond
- Bob Crampton
- Brett Mathews
- John Kelly
- Mara Hofman
- Michael & Karen Rich
- Pamela Sleeman
- Rob Wannan
- Sue Edwards

#### \$500-\$999

- Andrew Stevenson
- Chris Kelly
- Doug Dockery
- Kevin Kelly
- Anthony & Bronwyn Carroll
- Rachael Rogers

#### \$200-\$499

- Alan Yuille
- Des's Cabs Pty Ltd
- George Pantahos
- Hylda Rolfe
- Ian McNally
- Joseph A Lombardo Pty Limited
- Katie Greenthal
- Kenneth Gray
- Marina Hirschfeld
- Melanie Le Van
- Michael & Ruth Mant
- Peter Summers
- Stephen and Jocelyn Kristoff
- Michael Koimanis
- Ted Edwards

#### \$100-\$199

- Alfredo Zotti
- Chart Management Consultants Pty Ltd
- Christopher Murrphy
- Jill Forster
- John & Lucy Brogden
- John Gissing
- Sandra Robberds
- Tim Odillo Maher

#### \$5-\$99

- Alan Keating
- Benny Goldstein
- Charlotte Overton
- Ken and Maria Wright - Ambula Pty Ltd
- Lou Allain
- Robert Potter
- Ross Howard Pty Ltd
- Sarah Coates - The Woodworkers Coy
- Tony Meiusi
- Virginia Bleasel
- WG & EG Wolffenbuttel

# Financial Report

## The Kidman Centre UTS

### Statement of Income and Expenditure for the year ended 31 December 2021

<b>Income</b>	<b>\$</b>
Donations	563,848
Clinical and Consulting Fees	182,333
<b>Total income</b>	<b>\$746,181</b>
<b>Expenditure</b>	
<i>Salary and staff expenses</i>	
Salaries and Consultants Fees (incl. Marketing, Finance and Administration salaries: \$233,330)	718,254
Staff recruitment	25,322
Staff travel and amenities	97
Staff development	300
	<b>743,973</b>
<i>Non-Salary expenses</i>	
Printing and photocopying	6,667
Marketing and Supporters Event	7,010
Postage	3,104
Travel expenses for training (meals/accommodation/airfares/venue hire)	3,366
Telecommunications	1,254
Office Maintenance/Workshop supplies and Stationery	3,236
	<b>24,638</b>
<b>Total expenditure</b>	<b>\$768,611</b>
<b>Loss</b>	<b>\$22,430</b>







# The Kidman Centre

Working to understand, prevent, and reduce  
mental health problems in young people  
aged 5 to 25, so that they can thrive  
through their formative years.

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