

The Kidman Centre
Annual Report 2022



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

To improve the support available to young people, 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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our Mission

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



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.

Service Snapshot



100

Schools trained through the regional and rural project



3,500

Students attended Coming Back Stronger Workshop



6000

Attended the HSC Stress Management Workshop



115

Families received treatment



Two

Research projects



Two

Research papers published



From the Director



It is with great pleasure that we present to you our Annual Report for the year 2022.

However, before we delve into the achievements of the past year, I would like to acknowledge the challenging circumstances that we have faced as an organisation. Despite our hopes of moving past the pandemic, we continued to be plagued by waves of infection, social isolation, and uncertainty. The impact of these challenges was particularly acute in the realm of mental health, with young people presenting with greater severity of issues including self-harming and suicidal thoughts.

Our psychologists and support staff have demonstrated incredible resilience in the face of these difficult circumstances, working tirelessly despite their own pandemic fatigue and an overwhelming workload. Also, I want to express my sincere appreciation for the dedication and hard work of our wider team: the executive of the Faculty of Science and board members of the Antony Kidman Foundation. Their unwavering commitment to the Kidman Centre during tough times is a testament to their professionalism and compassion.

On a positive note, we were able to travel again this year, and our psychologists have enjoyed getting out to regional areas to train school staff to support student mental health. The Thrive regional program continues to be well received and reached over 100 schools in 2022.

Another important focus this year was filming the video production for SuperParent Powers, a two-hour online program for parents of 10-15-year-olds. SuperParent Powers aims to prevent youth anxiety and depression through fostering the parent-child relationship. This program will be distributed to parents and caregivers nationwide in mid-2023.

I would like to extend my heartfelt thanks and appreciation to our supporters, including the UTS Vice Chancellor, Professor Andrew Parfitt; 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 Piccone, Antonia Marran, Oliver Lee, Kirti Jacobs, and Craig Marran. I would also like to bid farewell and best wishes to our wonderful Advancement Manager, Melanie Verges, who is moving abroad.

Despite the challenges faced, I am proud of our team's achievements this year, and excited about what the future holds. I invite you to explore our Annual Report and learn more about these accomplishments and plans for 2023.

Thank you for your continued support and trust in our organisation.

Dr Rachael Murrphy
Director





Strategic Goals

Five-year plan 2023-2028

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.



SuperParent Powers

A Ground-breaking Online Prevention Program for Strengthening Parent-Child Relationships and Improving Youth Mental Health

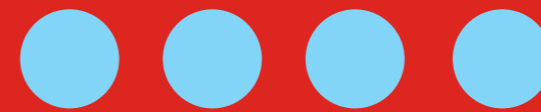
In the wake of the COVID-19 pandemic, The Kidman Centre identified a pressing need for a tool to help families navigate mental health issues and transition back to normalcy. To address this challenge, we developed SuperParent Powers, a preventative training program designed to foster closer relationships between parents and their children and help combat the rising youth anxiety and depression.

The program targets parents as they play a significant role in their children’s development, with the parent-child connection being the single most powerful intervention for youth mental health problems. Strong positive connections can help children become more resilient and provide a buffer from mental health issues. Early adolescence is an ideal time for preventative

programs, as parental influence remains strong before children start to rely more on their friends.

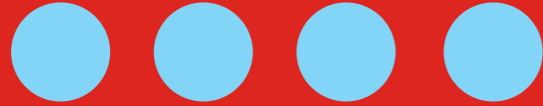
SuperParent Powers, is a 2-hour interactive online training program targeted at parents of 10-15-year-olds. It aims to teach parents about youth mental health, warning signs, effective communication and connection skills. All parenting strategies and helpful tips in SuperParent Powers are based on evidence-based techniques such as emotion coaching, active listening, implementing consequences, and autonomy granting. These techniques help children to feel heard and validated while enabling them to problem solve more effectively. The program is broken down into four modules that each contain bite-sized segments to appeal to busy parents.

SuperParent Powers combines role-plays featuring four diverse Australian families, educational content, and advice from a clinical psychologist. The role-plays consist of real-life situations, following the families across day-to-day situations and how they try to navigate family life with pre-teens and teens. The program is divided into four modules, each containing bite-sized segments with parenting strategies that are specifically designed for busy parents. SuperParent Powers demonstrates the do’s and don’ts of parenting and highlights the impact of positive communication and close relationships on children’s behaviour and mental health.



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The program was filmed with professional actors over five days in November 2022. The Kidman Centre were fortunate to get two wonderful ambassadors on board to help promote the program – Jessica Rowe and Peter Overton. Both kindly agreed to shoot videos for the program as well as the advertising campaign.

Filming took place across various locations in Sydney and was directed by Neil Sharma, who was involved in directing movies such as Mortal Combat (2021) and Thor: Love and Thunder (2022). His most recent work included directing episodes of the successful reboot of the Netflix series Heartbreak High. Neil's expertise was invaluable and under his guidance, the final program consists of a range of realistic, educational, and entertaining short videos. Editing has been completed, and the final program now includes informative and entertaining graphics and special effects as well as background music.

SuperParent Powers will be hosted on a custom-built website which is currently being finalised to include all research related activities associated with the program.



The nationwide roll-out of the program will be accompanied by a research study to measure the effectiveness of SuperParent Powers. The roll-out is planned for mid-2023, with staged recruitment over 12 months. We engaged a professional agency to develop a media plan that will heavily rely on social media campaigns, advertising in schools, and health or community settings. SuperParent Powers will be available free of charge, and we aim to recruit 400 families for our research study.

Participating families (parents and children) will be required to complete questionnaires assessing youth mental health status, parent-child communication and the quality of their relationship at three times throughout the research: before and after the training, as well as during a 3-month follow-up. This will enable us to evaluate the program's impact and potential longer-term effects. Final results are expected by the end of 2024. Stay tuned, we will keep you informed about the launch of SuperParent Powers.



The role-plays consist of real-life situations, following four families across day-to-day situations and how they try to navigate family life with pre-teens and teens.

Annual Supporter's Lunch

We had the pleasure of hosting our Annual Lunch event this year, which took place on a beautiful sunny day at Barzura Restaurant, Coogee. We were thrilled to see everyone reconnect and engage with one another after a long hiatus.

Expertly hosted by Tony Kidman's daughter Antonia, the event provided a fantastic opportunity for us to express our appreciation to the donors of the Kidman Centre.

Our keynote speaker, the popular MasterChef Australia winner Julie Goodwin, shared the inspiring story of her mental health journey, which touched everyone present.

We were also delighted to have the UTS Vice Chancellor, Professor Andrew Parfitt attend the event and get to know our donors. Overall, it was a fantastic day, and we express our heartfelt gratitude to our supporters for their valuable contribution to make this event a success.



Senior Student Workshops



“

The students were really involved and attentive during the talk, which was fantastic to see. I even caught them discussing some of the skills during lunch, which is always a positive sign. It's great to know that they are listening and taking the training to heart.

- Teacher



In 2022, the resumption of in-person learning at schools paved the way for The Kidman Centre to once again deliver our highly anticipated HSC Stress Management and Coming Back Stronger workshops to senior students within their school communities.

We quickly recognised, however, that students were facing challenges in adjusting after the 2021 lockdown, which made our workshops even more essential in supporting their well-being.

While the return to school in 2022 was beneficial for many students, the lengthy lockdown in 2021 had left them feeling “behind” in their studies and experiencing heightened stress as they resumed face-to-face learning. Some students expressed that their routines had been disrupted, making it difficult to arrive on time and keep up with the class timetable. Others shared that their social relationships had changed during online learning, leading to feelings of isolation and loneliness upon returning to school.

“

To be honest, I wasn't sure what to expect from this workshop, but it turned out to be pretty awesome! I actually learned a lot that I didn't know about what stress is and how to manage it better. Now I have some techniques to deal with those tough moments.

- Student

With this understanding, we realised that many students had become accustomed to online schooling, making the transition back to face-to-face learning daunting and causing increased stress and uncertainty. As a result, our HSC Stress Management workshops and Coming Back Stronger workshops became even more relevant and beneficial in supporting students' mental health and well-being during this crucial adjustment period.

The demand for our workshops surged to unprecedented levels, a clear indication of the widespread recognition of The Kidman Centre. Throughout 2022, we successfully delivered 43 HSC Stress Management workshops to over 6,000 students and conducted 25 Coming Back Stronger workshops, supporting more than 3,500 students across numerous schools in Sydney.

As we reflect on the accomplishments of the past year, we eagerly look forward to continuing our support for senior students in 2023, fostering their growth, resilience, and overall well-being.



Free Community Seminars on Preventative Mental Health

The Kidman Centre UTS has a proud history of delivering free community mental health seminars to young people, their parents and caregivers, educators, and health professionals. Our mental health seminars equip the community with practical skills to maintain youth wellbeing and prevent the development of common youth mental health concerns.

In 2022, we delivered workshops both on-site and online. This enabled The Kidman Centre UTS to expand our reach, with participants joining us from interstate, as well as rural and regional NSW communities. Some of our seminars were attended by almost 100 participants.

To ensure seminar topics are relevant and beneficial to our community, we seek advice from school psychologists, teachers, parents, and teenagers. In 2022, topics for children and adolescents included managing stress and worry and understanding peer relationships and building social skills. Workshops we delivered to parents included understanding and managing oppositional behaviours, building motivation, managing technology and social media, and tips for a well-adjusted child.

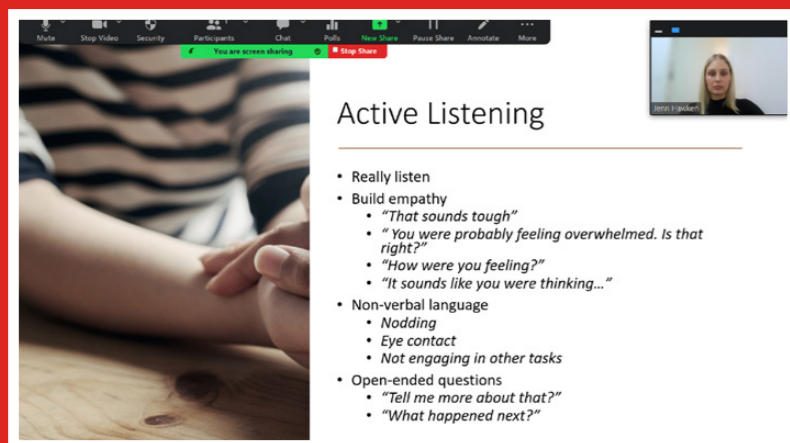


“
Thanks again. It was so helpful. I am really getting a lot from all of the seminars - so a big thank you!

- Mother

We also delivered the managing self-harm behaviours workshop to educators and health professionals. To promote optimal learning and support, seminars are designed to encourage questions, open discussion, and audience feedback. This ensures we are assisting our community with relevant concerns and providing them with the skills they require.

We received very positive feedback for the workshops, with 98% of participants feeling satisfied with the seminars, and 95% of participants confident to implement learnt skills. In 2023, we are excited to deliver new seminars, including apps that support teen wellbeing. We look forward to continuing to provide communities across Australia with skills that help to manage and prevent common youth mental health concerns.



“

The suggestions were very clear and sensible. It is so helpful to realise that the parenting approach we use in most other areas of bringing up our children applies to how we support them with social media.

- Mother

Thank you for running these workshops. I appreciate your time and expertise. These sessions have all been great.

- Mother

I took lots of notes. I can see all of these apps being of benefit for my 16-year-old daughter (and a couple for me too!). I look forward to presenting her the options and seeing where she starts at.

- Father

These strategies to talk to young people and provide support are simple but so effective. They were things I could do as a teacher of teens without it being overwhelming.

- Teacher

I was able to learn not only from the presenter, but other participants as well. I found my child's struggles were not unique, and it was reassuring to have this in common with others.

- Mother

Everything that was presented I can start doing straight away. I couldn't think of any improvements to the workshop. It was excellent.

- Father

”

THRIVE Free Regional Workshops for School Educators



“Every aspect of this course was extremely valuable. Well-presented and fast-paced.”
- School Educator

We are excited to report that our free regional workshops for school educators have continued to be a great success in 2022. Over the past year, we have travelled to various regional areas, including Merimbula, Dubbo, Tamworth, Parkes, Wagga Wagga, Griffith, Moree, Armidale, and Albury.

Over 100 schools attended the THRIVE workshops in 2022. We supported public, private, and Christian schools, recognizing that mental health concerns do not discriminate and that all schools in regional communities are experiencing significant mental health issues, coupled with limited resources and support.

Our one-day workshop provides practical and valuable guidance to teachers, school principals, learning support teams, and school counsellors on identifying emotional issues, such as anxiety and low mood, in the classroom. These workshops are essential for regional schools, who have faced multiple external stressors, such as COVID-19, droughts, and floods. All areas have limited or no access to mental health professionals, so THRIVE provides a crucial resource for educators to help children needing additional emotional support.



“Feedback from school educators:

There were strategies for the whole class, and strategies for individual cases.

.....

It’s so much better than online learning – that’s mostly what we get access to!

.....

The facilitators put all the pieces together, relating to what is going on in our classroom.

.....

There are good examples and practical activities to try at school.

.....

The approach of the presenters is amazing!

.....

There is lots of great background on what anxiety and depression is.

.....

I like the interactions and conversations—the ability to bounce off each other.



During our workshops, we have heard firsthand accounts of the recent challenges faced by school communities. For instance, in areas like Moree, limited and costly rentals have become a pressing issue, with caravan living reaching staggering costs of up to \$450 per week. In Dubbo, the community faced the detrimental consequences of the mice plague, causing widespread havoc not only in homes and schools but also devastating farms as crops were destroyed. These circumstances have been particularly devastating for a community that had already endured two previous droughts, pushing many families to the brink of poverty and forcing them to sell their farms.

The feedback we have received from workshop attendees has been overwhelmingly positive. Many teachers have expressed a genuine need for such learning opportunities in their respective areas. It is not uncommon for educators to travel great distances, sometimes up to two hours, from remote locations to attend our training sessions, highlighting the limited availability of learning options in their communities. Attendees have expressed deep appreciation for the face-to-face interactions and conversations they have had with our clinical psychologists and fellow educators, recognising the unique value of these personal connections.



Thanks to the Vernon and Profield Foundations.



Top Blokes Evaluation



Program Evaluation for The Top Blokes Foundation

The Kidman Centre has been commissioned by The Top Blokes Foundation to conduct a comprehensive three-year evaluation of their 10-week Stepping Up mentoring program designed for young boys in primary school.

The Stepping Up program was developed in direct response to the expressed need of primary school principals for a specialised social education program targeting boys aged 10-13 years. This program aims to support boys who may require additional skills in dealing with issues such as bullying, mental health, and digital activity. Anticipated outcomes of the program include fostering awareness and the creation of a positive and safe online environment, understanding the concept of consent in relationships, and

recognising the influence of peer pressure on risk-taking behaviours.

Our evaluation of the Stepping Up program seeks to assess its impact and effectiveness. In 2022, we initiated the data collection phase by reaching out to schools willing to participate in the evaluation. These schools were divided into two groups: the intervention group consisting of boys receiving the program and the control group comprising boys who have not received the program. Data collection involved administering surveys to participants and their teachers at three different time points: before the program commenced, at the completion of the program, and three months after its completion.

In 2022, we successfully gathered data from a total of 95 students across six schools, with 51 students in the intervention group and 44 students in the control group. We anticipate completing the evaluation in 2023. The information obtained from our evaluation will be utilised by The Top Blokes Foundation to enhance or modify the program, ultimately ensuring programs are evidence-based and benefit more young boys in need of support.

In our involvement with The Top Blokes Foundation, The Kidman Centre's primary objective is to ensure that the mental health programs delivered in the community have a strong evidence base supporting their effectiveness. By conducting a thorough evaluation of the Stepping Up program, we aim to provide valuable insights and data that will inform program enhancements and modifications. Our commitment lies in ensuring that evidence-based practices are at the core of mental health initiatives for the benefit of young boys in need.

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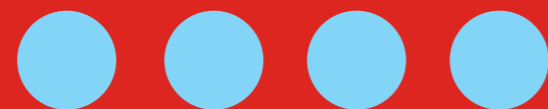
General Psychology Clinic

Our clinic offers individual therapy for individuals of all ages who are struggling with various psychological issues, such as anxiety, depression, behavioural issues, bullying, trauma, self-esteem, parenting, and school-related problems. In 2022, our clinical psychologists provided therapy to 115 families, delivering 449 sessions in total. We have also offered bulk-billing spots for those in the community who are financially disadvantaged.

Our Collaborative and Proactive Solutions (CPS) clinic is in high demand, as our psychologists are the only clinicians in Australia certified by Dr. Ross Greene, the creator of CPS. We receive referrals from across the country from families seeking help with disruptive behaviour problems, and we offer telehealth sessions to help those who specifically want to use CPS for their children.

In 2022, our clinical psychologists delivered 449 therapy sessions.

We are excited to welcome our new clinical psychologist, Alix Ringbauer, who has experience working with children, adolescents, and adults in community mental health. Alix is passionate about building strong therapeutic relationships with young people and tailoring interventions to their unique needs and goals. He uses evidence-based psychological therapies including Cognitive Behavioural Therapy, Dialectical Behaviour Therapy, Acceptance and Commitment Therapy, and Collaborative and Proactive Solutions. Alix works in the clinic alongside Jessica Gengaroli, a practitioner with extensive experience in working with disadvantaged families.



...and a Word from the Clinic

Recently, I have become increasingly concerned by the disturbing trend of high school students experiencing a decline in their mental health, primarily due to bullying and social rejection. It's disheartening to observe these young people struggle with their emotions, lose interest in activities they once enjoyed, isolate themselves at school and home, and experience a negative impact on their self-esteem and confidence. More concerning, some even exhibit severe symptoms, including suicidal ideation, self-harm, eating disorders, and paranoia.

Adolescence is a critical period for young people to form healthy social connections and feel a sense of belonging, which plays a crucial role in their development and identity formation. However, bullying remains a persistent issue in many schools, and social media can amplify its impact. As a psychologist, I strive to support these young individuals and their families by acknowledging their experiences, empowering them to create a safe and positive school environment, and helping them build healthy social connections while enhancing their self-worth and confidence. By doing so, we can work together to mitigate their mental distress and promote their overall well-being.

Alix

Alix Ringbauer
Clinical Psychologist



Side By Side: Bringing Fun Back to Family

Communicating our Research Findings

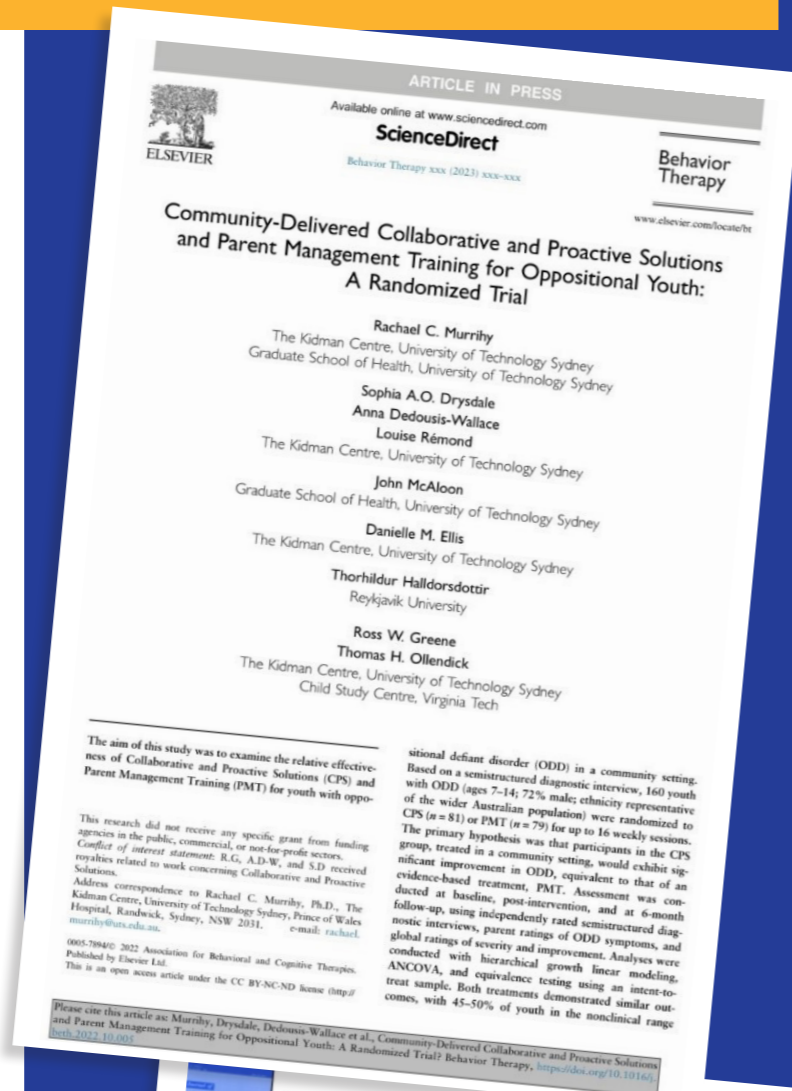
Side by Side: Bringing fun back to family is a randomised comparison trial involving 130 families with children aged 7 to 14 with emotional and behavioral problems. We compared an innovative treatment from Harvard Medical School, Collaborative and Proactive Solutions (CPS) to the standard treatment,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

We are happy to announce that we have published two papers in 2022 from our Side by Side project, both in very well-respected international journals.

The results of our main trial were published in the journal, Behaviour Therapy. This paper represents a significant step in treating kids with emotional and behavioural problems, as it demonstrates that CPS is a viable and alternative evidence-based treatment to the standard treatment.

Our second paper explores how we can target and match treatments to families to provide the most effective outcome.

Our Side by Side 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. Publishing our research in scientific journals that are accessed by both researchers and clinicians who work with these families is a key component in attaining this goal.



Other Research:

We continue to collaborate with researchers internationally and within Australia to advance our understanding of important topics related to child and adolescent well-being. Our latest publication focuses on examining when teachers intervene in bullying situations, shedding light on the factors that influence their decisions to act.

We believe that this research can help inform best practices for addressing bullying in schools and promote safer and more supportive learning environments for students. We are excited to continue our collaborations with fellow researchers in the future and contribute to the ongoing efforts to improve child and adolescent well-being.



The Handbook of Child and Adolescent Psychology Treatment Modules

New book to be published by Elsevier Press in 2023

The Handbook of Child and Adolescent Psychology Treatment Modules, co-edited by Professor Cecilia Essau, Professor Lara Farrell, and our own Dr Rachael Murrhly is an essential resource for clinicians who want to learn effective strategies for treating prevalent mental health disorders in children and adolescents. The book is a festschrift which has been written in honour of University Distinguished Professor Thomas Ollendick who has undertaken an honorary scientific advisor role for the Kidman Centre over the past decade. The book is split into two parts: the first part provides a review of the latest scientific research and evidence-based best practices in treating various disorders, while the second part offers practical guidance on how to implement these strategies effectively.

Each chapter in the second part of the book offers a detailed description of the therapy, step-by-step instructions for introducing it to clients, and worksheets and homework assignments that can be used during practice sessions and at home. The book also includes clinical case examples to illustrate different approaches and suggestions for addressing common implementation challenges.

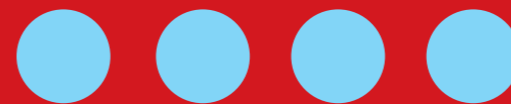
The Handbook brings together renowned psychologists who specialize in anxiety, depression, and disruptive behaviour disorders. It's an exciting addition to the field of individualised treatments for psychology and a must-read for any clinician working with children and adolescents. Publication is planned for August 2023.

You Make our Work Possible

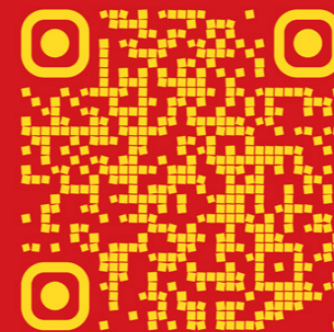
As always, we want to thank our generous supporters who make our work possible. We are able to do our work and conduct our research day in and day out because your contributions make it possible.

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.

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 www.tkc.uts.edu.au.



Scan the QR code to visit our donations page:



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: **10 74 59 38**
 Swift code: **CTBAU25** (international donations)
 Reference: **Your name - The Kidman Centre**

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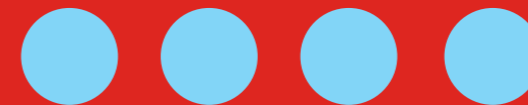
Future Directions for The Kidman Centre

Despite the numerous challenges brought about by the pandemic, the Kidman Centre had a very productive year in 2022. Our team, including the Kidman Centre staff, the Science Faculty Executive, and Antony Kidman Foundation, worked together to overcome obstacles to ensure young people received the help they needed. We want to extend our deepest gratitude to all the donors who made this possible. Your support has been essential in achieving our goals.

Looking to the future, we are thrilled to announce the launch of our SuperParent Powers training program next year. This program will be distributed to tens of thousands of Australian families to help prevent youth anxiety and depression, particularly following the challenges of the past few years. We hope to see many of our donors at the launch event for SuperParent Powers, which promises to be a ground-breaking and transformative program.

As we close out the year, we want to thank everyone who contributed to the Kidman Centre's success. We remain committed and dedicated to our community and ensuring that young people and their families have a place they can rely on to receive help. We look forward to continuing to positively impact the lives of those in our community in the years to come.

Dr Rachael Murrhiy
Director



our Team



Dr Rachael Murrphy
Director, Clinical Psychologist

Anna Dedousis-Wallace
Senior Clinical Psychologist

Dr Sophia Drysdale
Clinical Psychologist

Jennifer Hawken
Clinical Psychologist

Simone Hain
Program Manager & Clinical Psychologist

Jessica Gengaroli
Clinical Psychologist

Alix Ringbauer
Clinical Psychologist

Jahne Coutts-Smith
Administrative Officer

W Nair
Financial Officer

Melanie Verges
Advancement Manager

Claudia Alvaro
Intern

Media

The Kidman Centre remains committed to sharing mental health information with the community through engaging with the media. In 2022 our director was named by UTS Marketing as one of UTS' top media experts.

The Kidman Centre's social media presence on Instagram, Facebook and Twitter has also continued to grow.

We frequently provide parents with valuable information on a variety of topics through regular posts on Facebook and Instagram pages, covering areas such as:

- 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.

Follow us on:

 Twitter: [@TheKidmanCentre](https://twitter.com/TheKidmanCentre)

 Facebook: [@thekidmancentreuts](https://www.facebook.com/thekidmancentreuts)

 Instagram: [@thekidmancentre](https://www.instagram.com/thekidmancentre)

Bequests

I have had the pleasure of working in fundraising for the last 12 years. The best part of my work is when I get to engage with our supporters like yourselves, learn about why you support our work, and share stories of impact with you. Our work is made possible by your generous donations. In my working experience, supporters often ask how they can ensure they have an impact well into the future. Australians are a very generous group of people, and each year thousands of men and women leave gifts in their wills to their favourite charities.

Through your will, you have the power to help The Kidman Centre continue its work of understanding, preventing, and reducing mental health problems in young people so that they can thrive through their formative years.

After looking after your family and friends, you may want to consider leaving a bequest to the Kidman Centre. If you choose to remember us in your estate plans, you can trust good things will come from it. Your gift will help fund evidence-based research, our clinical practice, and the community programs we run that help children aged five to twenty-five on a large, national scale.

If you would like more information or would like to speak to someone about this confidentially, please contact our director Rachael Murrphy on kidmancentre@uts.edu.au or call on 9514 4077. You can also visit our website at www.tkc.edu.au and look for the box "Leaving a gift in your will".

Our deepest thanks for always championing our work, our mission, and the young people we support.

Warmest regards,

Melanie

Melanie Verges
Advancement Manager, The Kidman Centre UTS



Thank You to our Generous Donors

Major Donors 2022

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

- Nicole Kidman
- The Peters Family Foundation

\$50,000 - \$99,999

- Philip C Walker
- Vernon Foundation

Major Donors 2022

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
- The Dick and Pip Smith Foundation
- The Barbara Alice Foundation
- The Peters Family Foundation

\$25,000 - \$49,999

- Michael Field - The Profield Foundation
- Peter Hunt - The Hunt Family Foundation
- Paul Tieck

\$10,000 - \$24,999

- Canterbury Leagues Club
- John Thompson
- Tertini Charitable Foundation
- John Mullan
- Lucy Li

\$5,000 - \$9,999

- Stephen Renkert
- Garry Browne
- Liane Moriarty
- Michael & Karen Rich
- Western Moving Pty Ltd

\$2,000 - \$4,999

- Edwina Jones
- John Kell
- Graham Gunn
- Sue Edwards
- Rob & Bronwyn Wannan
- Graham Ragg
- Joan Walker
- JNA Property Group Pty Ltd
- John Wylie

\$1,000 - \$1,999

- Brett Mathews
- Kevin Kelly
- Adam Freeman & Gabrielle Schneider
- Neridah Waters
- John Kelly
- Ross Ellice-Flint
- Tim Cook
- Anthony & Bronwyn Carroll
- Bernard Remond
- Alfredo Zotti
- Richard Davison
- Pamela J Sleeman

\$500 - \$999

- Bob Crampton
- David J Bulgeries
- Michael Bellemore
- Chris Brougham
- Andrew Stevenson
- Lynette & Trevor Nixon
- Doug Dockery
- Allan & Margot Arthur
- Anne Fitzgerald
- Talent Development Project

\$200 - \$499

- Brian Ireland
- Jill Forster
- Joseph Lombardo
- Michael Koimanis
- Sydney Howard
- Michael Mant
- Caroline Storch
- Emily Bradley Honore
- Alan Yuille
- Julie Josue

\$100 - \$199

- John Gissing
- Tony Meiusi
- Melanie Le Van
- Edward McVey
- John & Charlotte Overton
- Ross Howard
- Benny Goldstein
- Anthony Billingsley
- Stephen & Joycelyn Kristoff
- Ronald Yuen
- BT & JM Moores
- Tim Odillo Maher
- John & Pamela Corsham

\$5 - \$99

- Ted Blamey
- Lou Allain

Financials Report

The Kidman Centre UTS

Statement of Income and Expenditure for the year ended 31 December 2022

Income	\$
Donations	692,153
Clinical and Consulting Fees	115,984
Total income	\$808,137
Expenditure	
<i>Salary and staff expenses</i>	
Salaries and Consultants Fees (incl. Marketing, Finance and Administration salaries: \$152,494)	771,321
Staff recruitment	985
Staff travel and amenities	1,539
Staff development	2,048
	\$775,893
<i>Non-Salary expenses</i>	
Printing and photocopying	7,648
Marketing and Supporters Event	8,684
Postage	2,514
Travel expenses	19,927
Telecommunications	2,653
Office Maintenance/Workshop Supplies and Stationery	4,160
	\$45,586
Total expenditure	\$821,478
Loss	- \$13,341





In Memory of Chris Gardoll

In remembrance of the late Chris Gardoll, we take a moment to honour his immeasurable contributions as treasurer and board member of the Antony Kidman Foundation for almost ten years. Chris's remarkable acumen in business, unwavering commitment, and tireless efforts were instrumental in the growth and achievements of the Kidman Centre. Beyond his professional prowess, his kind-hearted disposition and patient demeanour garnered the deep respect and admiration of his fellow board members, endearing him as a cherished and beloved part of the team.

Behind the scenes, Chris dedicated himself selflessly to the Antony Kidman Foundation, devoting countless hours to crafting business strategies, offering valuable insights on operational matters, and overseeing the financial aspects of both the Foundation and the Kidman Centre. Just a few months ago, Chris pulled his car over on the way to a family event, in order to source needed information for the Centre. Despite being en-route to a personal gathering, he prioritised the Foundation's needs, showcasing his dedication and selflessness. His willingness to go above and beyond will always be remembered.

We will forever cherish Chris Gardoll's extraordinary contributions to the Antony Kidman Foundation and Kidman Centre, and we extend our heartfelt wishes to his wife Julia and his family. Rest in peace, Chris.








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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High Street, Randwick NSW 2031

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