



# REVOLUTION IN MIND

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ANNUAL REPORT  
2019-2020

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REVOLUTION IN MIND  
ANNUAL REPORT 2019-2020  
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35 POPLAR ROAD  
PARKVILLE VIC 3052  
AUSTRALIA

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“The combination of youth engagement, partnership and leadership is the key to ensuring we young people can meaningfully carve out a place in the world, and have the world recognise our worth.”

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EMILIA, YOUTH ADVISORY  
COUNCIL, ORYGEN

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# ABOUT ORYGEN

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## LEADING THE REVOLUTION IN YOUTH MENTAL HEALTH

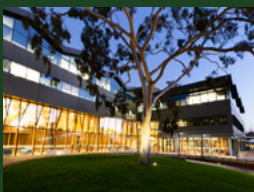
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Orygen is Australia's centre of excellence in youth mental health. At Orygen we develop new approaches to mental health care by incorporating our research discoveries into clinical practice, informed by the work of our mental health policy team. We don't just revolutionise treatment, we revolutionise how it's delivered.

Millions of young people globally are diagnosed with a mental illness every day, with three-quarters of mental illness emerging in people before the age of 25. Because the onset of mental ill-health is usually during adolescence and early adulthood it can severely disrupt the period when many young people are transitioning through school and university and into the workplace. This can have a significant lifelong impact on their health, social connections, and education and employment outcomes.

That's why Orygen's pioneering role in youth mental health is so important. Our work has prompted a worldwide shift in services and treatments to include a primary focus on getting well and staying well.

Our health care models are underpinned by partnerships with young people and their families, and can be applied to young people with mild and moderate illness right through to those experiencing severe and acute mental ill-health. We believe in treating early and focusing on recovery, to give young people hope and give them back the futures they deserve.



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**Orygen acknowledges the Traditional Owners of the lands we are on and pays respect to their Elders past and present. Orygen recognises and respects their cultural heritage, beliefs and relationships to Country, which continue to be important to the First Nations people living today.**

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# ORYGEN'S STRATEGIC PRIORITIES 2019-22

## VISION

for young people to enjoy optimal mental health as they grow into adulthood

## MISSION

to reduce the impact of mental ill-health on young people, their families and society

## Our strategic priorities

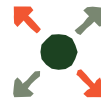
As we build an integrated youth mental health service and translational medical research centre operating under a single governance structure our priorities are to:



Develop and deliver evidence-based service models



Enact research for reform



Secure support for expansion of services



Build a skilled and agile workforce



Maintain a sustainable and creative organisation

## Our values



Respect



Accountability



Teamwork



Excellence



Innovation

## We have made a strategic commitment to partner with



First Nations people of Australia



Young people and their families



LGBTQIA+ people



Culturally and linguistically diverse people

# AUSTRALIA'S EXEMPLAR OF YOUTH MENTAL HEALTH RESEARCH AND CARE OPENS

Orygen's Parkville headquarters were officially opened in July 2019 by the Premier of Victoria, the Hon Daniel Andrews MP.

The facility is unique worldwide, with the largest concentration of researchers, clinicians and educators anywhere, all focused on integrating global research, policy and education with evidence-based clinical care. Young people and families contribute at every level.

The new facility was the result of a \$78 million partnership between the Victorian Government and Orygen. The Victorian Government contributed \$60 million, with the partnership being augmented by additional contributions from The Colonial Foundation (\$5 million) and the University of Melbourne (\$5 million) and further support from the Australian Government (\$5m), and The Ian Potter Foundation (\$3.8 million).

**TOP:** Orygen's new award-winning building at Parkville.

**BOTTOM LEFT:** The Premier of Victoria, Daniel Andrews MP, officially opens the Parkville building.

**BOTTOM RIGHT:** L-R: Victorian mental health minister Martin Foley; Orygen's director of strategy and policy Kerryn Pennell; the Assistant Secretary, Mental Health Services and Evidence in the Australian Government's Department of Health, Chris Bedford; Victorian Premier Daniel Andrews MP; and Orygen executive director Professor Patrick McGorry attend the building opening.





# CHAIRMAN'S REPORT

## ALAN BEANLAND CHAIRMAN

This year has brought home more than any other the value of Orygen's work in developing, delivering and advocating for better approaches to helping young people recover from mental ill-health. The COVID-19 pandemic, coming on the back of a terrible bushfire season, has had a significant impact on all Australians, but particularly on young people.

The pandemic has changed how we work, study and gather. The challenges have been enormous and the mental health toll immense. Orygen has played, and continues to play, a vital role in ensuring young people and their families can access the support they need and deserve. This has been delivered through tireless advocacy to government, innovative solutions to improving access to care, and mental health research and service delivery.

Last year I mentioned that Orygen had made detailed submissions to the Productivity Commission inquiry into mental health and the Royal Commission into Victoria's mental health system. I'm pleased to see a commitment to local and national mental health reform is taking shape, including the Victorian Government's investment in Orygen Digital's MOST platform – the first of Orygen's recommendations to the Royal Commission to be implemented.

The MOST platform is the latest example of Orygen developing practical solutions to the challenges young people face in accessing appropriate and timely care whenever and wherever they need it. Of particular note is the essential role philanthropy has played in the realisation of this digital platform, which is designed to integrate with face-to-face mental health services. Our thanks go to the Telstra Foundation and Helen Macpherson

Smith Trust for investing in the considerable research and development effort that has been required to realise the MOST platform.

Philanthropic support is vital in helping Orygen pursue its ambitious reform agenda, which seeks to revolutionise youth mental health care not only in Australia, but globally. In 2019 the support of Hearts and Minds Investments enabled Orygen to work with the World Economic Forum to develop a global framework for youth mental health, which was launched in May 2020.

This philanthropic investment has been followed by the UK-based Wellcome Trust funding Orygen to deliver three major projects designed to better predict the onset of, and modernise the treatment for, the early stages of psychosis in young people. We look forward to securing further support in the coming years as we continue to deliver our ambitious research agenda.

To further support Orygen in its ambitions we have this year established the Orygen Youth Mental Health Foundation, which will amplify the organisation's financial security, and revisited the governance of the organisation's clinical and research activities. All of this will support our broader agenda nationally and internationally.

In closing, although this has been a challenging year I know Orygen is well positioned to deliver the reforms necessary to ensure young people recover their mental health as quickly as possible. My sincere thanks go to the staff who have remained optimistic, professional and empathetic during this time. You have displayed a true and enduring commitment to doing what we do best – supporting young people experiencing mental health challenges. Thank you for another outstanding year.



ALAN BEANLAND

# EXECUTIVE DIRECTOR'S REPORT



PROFESSOR  
PATRICK MCGORRY AO

## PROFESSOR PATRICK MCGORRY AO EXECUTIVE DIRECTOR

The past 12 months have witnessed the most unexpected and dramatic changes to our lives and those of people all around the world as a result of the COVID-19 pandemic. We are not clear of this threat and crisis yet, but it will transform the landscape of our societies and has already underlined and brought into focus the importance of our mission in youth mental health. Even before the pandemic, youth mental health was increasingly seen as a growing health and socio-economic priority for our world; and Orygen had cemented its leadership as the epicentre worldwide in this reform front.

Orygen undertook scientific modelling in May 2020 showing that the COVID-19 pandemic would result in a 30 per cent rise in the need for care for young people. The reasons for this are obvious, namely the pre-existing developmental and economic vulnerability of this transition age group, the disproportionate disruption to their vocational pathways in education and employment, and the cloud hanging over their future as a generation for the next decade.

For these reasons, it has been important for Orygen to become stronger and even more proactive in the face of this greater set of challenges. This has begun to happen through our advocacy and relationships with state and federal governments, which has seen more resources begin to flow into mental health, and to youth mental health in particular. We must overcome internal governance barriers to implementation but this support will make a difference.

Through Orygen's extensive input and my role with the Royal Commission into Victoria's mental health system, I am confident that a new and better designed and resourced system of statewide youth mental health care will emerge during 2021.

Our new facility was opened by the Premier of Victoria, Daniel Andrews in July 2019 and it had a wonderful effect on morale, efficiency and confidence prior to the pandemic and its disruptions.

Our World Economic Forum project and global framework for youth mental health reform, led by Craig Hodges and Professor Eóin Killackey, was launched via a webinar, also by the Premier, in May 2020 with more than 1000 people from 60 different countries participating.

Orygen researchers co-authored an international blueprint for protecting the physical health of people with mental ill-health in July 2019. The Lancet Psychiatry Commission highlighted physical health disparities among people with mental ill-health, showing they had an increased risk of physical disease, reduced life expectancy and reduced access to adequate health care.

We wouldn't be the organisation that we are without the valued input of young people from our multiple youth advisory groups. The ideas of young people are critical to informing best practice in our advocacy, research and clinical settings and they provide our organisation with invaluable insights that are applied across our activities.

Key among these was the Fifth International Conference on Youth Mental Health (IAYMH), co-hosted in October 2019 by Orygen. The conference, held in Brisbane, attracted more than 600 delegates from 41 countries. Orygen supported 24 young people to attend and participate in the conference, as well as more than 60 Orygen staff who participated as session chairs, presenters and attendees. Our partnership and participation in the conference has further strengthened Orygen's international reputation as a friend and leader in youth mental health.

The conference was also the forum where we launched Orygen's new brand, which captures the revolutionary mindset that we apply to everything we do.

Our research capacity is expanding due to our ability to attract grants from international and national research funders, and we are particularly focused on creating clinical trial networks that can span national and international boundaries.

Another successful domain of reform is through Orygen Digital, which is now poised to scale up and deliver the potential created by a decade of innovation and research led by Professor Mario Alvarez-Jimenez.

Although some medical research institutes, and certainly the university sector, may struggle in the wake of the pandemic, apart from the moratorium imposed by the lockdown which has affected research trials and recruitment, Orygen as an organisation has managed the crisis so far very well. Solid support has been provided to our staff and we have been able to maintain clinical care with minimal loss of capacity, despite the restrictions imposed, thanks to our ability to pivot to telehealth.

I would like to express my sincere thanks and admiration for the professionalism of our leadership team and all of our staff across the whole organisation. Although it has taken a mighty effort, and been exhausting at times, we are coming through the COVID-19 crisis with a renewed sense of purpose and confidence, with an eye to the future and a new era of mental health care, knowledge creation and translation, and major reform.

In closing, I would like to thank the Chairman, Alan Beanland for his enthusiastic and strategic support over the past 12 months, and all members of the Orygen Board and Executive for their dedicated contribution to Orygen. Finally, thank you to our supporters and partners who have stood with us throughout this challenging year.

*Peter D. McGorry.*

# AWARDS AND RECOGNITION



ASSOCIATE PROFESSOR  
SARAH BENDALL

**The following staff and teams received awards and recognition for their professional achievements during 2019-20.**

**Dr Sarah Bendall** received the Ronald Philip Griffiths Fellowship from the Faculty of Medicine, Dentistry and Health Sciences at the University of Melbourne, to build better trauma-informed models of care for young people with early psychosis. The fellowship will support several key research projects aimed at improving the quality and effectiveness of trauma-informed mental health services.



DR KATE FILIA

**Kate Filia** was awarded the Society for Mental Health Research's Early-Mid Career Best Research Paper Award for her outstanding work in youth mental health. The award was presented to Dr Filia for her research paper that outlined the development of a novel measure of social inclusion - the Filia Social Inclusion Measure (F-SIM).



DR LOUISE MCCUTCHEON

**Dr Louise McCutcheon** was recognised with the honorary appointment of Clinical Associate Professor within the Centre for Youth Mental Health at the University of Melbourne. She received the appointment in recognition of her contribution to knowledge transfer while holding a clinical leadership position, and by maintaining a high level of research output.



PROFESSOR ALISON YUNG

**Dr Eddie Mullen** was awarded a fellowship grant from the National Centre for Clinical Research on Emerging Drugs to build on research in the area of alcohol and other drugs. Dr Mullen's fellowship will support the work being done in Orygen's substance use research group and early intervention clinic to develop and implement clinically relevant treatments for substance use disorders.

**Dr Katrina Witt** received the Andrej Marušič Award in recognition of her research work in youth suicide prevention. Dr Witt submitted a research proposal to examine if there is a pattern in the treatment and services given to young people who present to an emergency department for self-harm.

**Professor Alison Yung** was awarded the 2020 Schizophrenia International Research Society's Outstanding Translational Research Award in recognition of her work in reforming the delivery of mental health services for young people at high risk of developing psychotic disorders.

**headspace Werribee's Youth Advocacy Group (YAG)** was awarded the Best Community Group at the 2019 Wyndham Community Volunteer Awards. The award recognised the insight, energy and expertise that the group exhibited in its work within the Wyndham community. Through a series of YAG-led and supported initiatives, more than 4000 young people across the City of Wyndham and beyond have engaged in positive and empowering conversations about mental health.

# YEAR AT A GLANCE



**265,593**

CLINICAL RESOURCES  
DOWNLOADED FROM OUR WEBSITE

**300+**

YOUNG PEOPLE IN OUR YOUTH  
PARTICIPATION PROGRAMS

**251**

JOURNAL ARTICLES

**58**

RESEARCH PROJECTS UNDERWAY

**18**

CLINICAL TRIALS

**20**

RESEARCH STUDENTS ENROLLED

**28**

COUNTRIES HOST OUR  
PARTNER ORGANISATIONS

**19,743**

SERVICES PROVIDED TO YOUNG PEOPLE  
THROUGH OUR HEADSPACE CENTRES

**3,702**

YOUNG PEOPLE ACCESSED ONE OF  
OUR HEADSPACE CENTRES

**1,036**

NEW CLIENTS ENTERED THE  
ORYGEN SPECIALIST PROGRAM

**327**

INPATIENT  
ADMISSIONS

**603**

EMPLOYEES; 302 CLINICAL,  
165 RESEARCH, 136 OPERATIONS

“ I have been surrounded by supportive and like-minded individuals and been given the privilege to cohesively work with them to create lasting changes that positively benefit our communities. ”

NAMY, YOUTH ADVOCACY GROUP,  
HEADSPACE SUNSHINE





**RESEARCH  
IN MIND**

## DELIVERING RESEARCH FOR REFORM

Research at Orygen is underpinned by a vision to enact research for reform. Fundamental to this is the delivery of a national program of work that can be translated into clinical settings.

The past year has seen significant progress in developing clinical registries and clinical trial networks. The world's first clinical registry for early psychosis is being established by Orygen with the support of a grant from UK-based research charity Wellcome. The funding will also be used to create and set up a clinical trial and translation network.

The projects will be rolled out via the Australian Early Psychosis Collaborative Consortium (AEPCC) and will enable a better understanding of the outcomes of young people with psychosis in Australia.

Orygen is committed to nurturing the next generation of mental health researchers. We currently have 20 research students enrolled, including two First Nations PhD candidates and scholarship holders, who are jointly supervised by Orygen researchers and senior colleagues at the University of Melbourne.

More than 250 research publications from more than 140 staff members were published in the past year.





## ORYGEN'S EARLY PSYCHOSIS RESEARCH GIVEN \$11.9 MILLION BOOST

In June 2020, Australia's health minister the Hon. Greg Hunt announced Orygen would receive research grants of AU\$11.9 million from the UK-based Wellcome Trust.

The funding was awarded to Orygen and the Centre for Youth Mental Health at the University of Melbourne to deliver three major projects designed to better predict the onset, and modernise the treatment, of the early stages of psychosis in young people.

Orygen's executive director, Professor Patrick McGorry, said he was grateful to Wellcome for its serious investment in Australian mental health research.

"Orygen has now secured a strategic partnership with Wellcome through being recognised as a partner in its Psychosis Flagship," he said.

"These grants from Wellcome will fund much-needed early psychosis research and help improve outcomes for young people."

Wellcome has provided \$7 million for Orygen's randomised controlled trial (RCT) of cannabidiol as a treatment for young people experiencing early psychosis.

The project's chief investigator, Professor Paul Amminger, said Wellcome's funding would allow researchers to test cannabidiol for the first time in the ultra-high risk phase of psychosis disorder.

"The study aims to answer an important clinical question: can subthreshold psychotic manifestations be effectively treated with cannabidiol?" Professor Amminger said.

Wellcome has also committed \$2.9 million to fund the establishment of the world's first clinical registry for early psychosis and to set up a clinical registry and translation network.

Orygen's Associate Professor Andrew Thompson will oversee the rollout of the projects via the Australian Early Psychosis Collaborative Consortium (AEPCC).

"The overall project – AEPCC, the clinical registry and translation network – will enable us to better understand the outcomes of young people with psychosis in Australia," Associate Professor Thompson said.

A third project was granted \$2 million to develop a method for better predicting which young people will experience persistent psychotic experiences or progress to a psychotic disorder.

Professor Barnaby Nelson, head of Orygen's ultra-high risk for psychosis research program, said the funding would allow his team to build upon new research findings published in 2019 in *World Psychiatry*.

"That preliminary study provided proof of concept – our model of psychosis risk found several connections that hadn't been identified before," Professor Nelson said.

"Now with this new grant we can test out the model on a larger sample to see if it will be useful for prediction purposes."



**PROFESSOR  
BARNABY NELSON**

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## STUDY TO DETERMINE YOUTH MENTAL HEALTH IMPACT OF COVID-19

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ASSOCIATE PROFESSOR  
JO ROBINSON

A new Orygen study will explore the mental health impacts of COVID-19 on young people living in Australia and their use of social media and other technologies during the pandemic.

The COVID-19 pandemic has brought about sudden and dramatic changes to the lives of young people, including separation from their friends, changes to their daily routines and uncertainty about the future, as well as likely increases in mental ill-health.

Head of suicide prevention research at Orygen and co-leader of the study, Associate Professor Jo Robinson, said there was growing evidence that COVID-19 has had a negative impact on the mental health of young people living in Australia.

“Understanding how the mental health of young people has been impacted is important so that we can ensure that their needs are being properly met, to help them communicate safely and effectively, and to support an efficient and effective recovery post-COVID-19,” Associate Professor Robinson said.

The study will survey young people aged 16–25 living in Australia and will also examine how technology, including social media, is being used by young people during the COVID-19 pandemic.

Orygen research fellow, and co-leader of the study, Dr Imogen Bell said although technology and social media could provide young people with mental health information and supports, they could sometimes be harmful.

“This study will help us to understand how technology is being used by young people during COVID-19 and the ways that it might help support them with their mental health,” Dr Bell said.

“By understanding this we can ensure young people are being provided appropriate mental health supports and help inform the development of digital technologies that can provide extra support when and where it’s needed.”

**The study is being funded by Future Generation Global.**

## A NOVEL MEASURE OF SOCIAL INCLUSION

People with mental ill-health are amongst the most socially excluded of groups, experiencing significant and multiple forms of disadvantage which combine and compound to produce a vicious cycle of social exclusion and poor mental health that can be difficult to break.

Mental health outcomes can benefit when key areas of social inclusion such as employment, social connectedness, improved housing, and access to community are targeted, however progress has been limited by a lack of understanding of how the different aspects of social inclusion interact and impact on one another.

After identifying a lack of measurement tools of social inclusion, Orygen's Dr Kate Filia conducted a series of studies and has developed a measure of social inclusion with a sound theoretical basis and considerable input from people with a lived experience of mental illness, consumers, caregivers and family members. The measurement tool is called the Filia Social Inclusion Measure (F-SIM).

"Social inclusion is a concept that is increasingly recognised to have beneficial implications for mental health, quality of life and functioning," Dr Filia said. "Over time, a lack of appropriate measurement tools has prevented the accurate evaluation of interventions and identification of areas of need and assessment."

The F-SIM is the first measure designed by including questions relevant to information identified in social inclusion literature, and refined with significant input from people with a lived experience of mental ill-health, Dr Filia said.

"Clinically, the F-SIM will aid in monitoring real-time changes in social inclusion, providing information about clients' strengths and allowing for more targeted and personalised needs-based care.

"The development of such a measure will advance the field of social inclusion, allowing for the evaluation of interventions designed to improve social inclusion, the identification of at-risk groups and individuals, and will additionally assist clinically in the treatment of individuals, by allowing for individualised approaches to treatment," Dr Filia said.



DR KATE FILIA

## TRIALLING CANNABIDIOL IN EARLY PSYCHOSIS TREATMENT



PROFESSOR  
PAUL AMMINGER

Cannabidiol is one of hundreds of compounds found in the *Cannabis sativa* plant. It is non-addictive and is being increasingly used to treat a range of medical conditions including epilepsy and Parkinson's Disease, as well as anxiety and schizophrenia.

In 2020, UK-based charity Wellcome awarded Orygen a grant of AU\$7 million to hold a randomised controlled trial of cannabidiol as a treatment for young people experiencing early psychosis.

The project's lead investigator, Professor Paul Amminger, said the Wellcome funding would allow researchers to test cannabidiol in the ultra-high risk phase of psychosis disorder for the first time.

"We know that cannabidiol can reduce psychotic symptoms in people with schizophrenia who do not fully respond to conventional antipsychotic medication," Professor Amminger said.

"The study aims to answer an important clinical question: can subthreshold psychotic manifestations be effectively treated with cannabidiol?"

The proposed study is a three-arm randomised controlled trial with a placebo arm and two discrete drug doses: 600mg cannabidiol per day for 12 weeks or 1000mg cannabidiol per day for 12 weeks. A total of 405 patients (135 per arm) will be recruited across eight sites in Victoria, South Australia, Queensland and Western Australia.

The trial will be completed in partnership with Associate Professor Ashleigh Lin from Telethon Kids, Professor James Scott from QIMR Berghofer, and Dr Scott Clark from the University of Adelaide, who will be principal investigators for the Perth, Gold Coast and Adelaide recruitment sites respectively.

Researchers from the University of Sydney, James Cook University, the Royal College of Surgeons Ireland and Deakin University will assist with data analysis.

Professor Amminger said the trial would measure a range of outcomes including improvement in psychotic symptoms, transition to psychotic disorder, safety, tolerability and cost-effectiveness.

"Existing antipsychotic medications often have side effects, which strongly limits their preventive use in early psychosis," Professor Amminger said.

"Cannabidiol has antipsychotic properties and a very favourable risk-benefit ratio."

In the past 25 years, Orygen has made significant progress in reducing the rate of progression to psychosis, reducing the duration of untreated psychosis and optimising care.

However, evidence-based treatment for people at risk of psychosis is still needed.

"No biological treatment has been firmly established for people with an at-risk mental state for psychosis," Professor Amminger said.

"The most recent meta-analysis found no evidence to favour any specific intervention over others for psychosis prevention."

## PREDICTING PSYCHOTIC DISORDER ONSET

Orygen researchers have received funding to develop a method for better predicting which help-seeking young people will experience persistent psychotic experiences or may progress to a psychotic disorder.

Professor Barnaby Nelson, head of Orygen’s ultra-high risk for psychosis research program, said the AU\$2 million Wellcome grant would allow his team to build upon research findings published in *World Psychiatry* in 2019.

“That preliminary study provided proof of concept – our model of psychosis risk found several connections that hadn’t been identified before,” Professor Nelson said.

“Now with the Wellcome grant we can test the model out on a larger sample to see if it will be useful for prediction purposes.”

Ability to predict which high-risk patients will progress to a psychotic disorder is currently limited.

“Say 100 patients come into our high-risk clinic per year. We know that about 20 per cent of them will go on to develop a psychotic episode over the coming year, but we don’t in advance know which 20 per cent,” Professor Nelson said.

The model developed by Professor Nelson’s team has found a new connection between persistent psychotic experiences and the concept of ‘basic self-disturbance’.

“The ‘basic self’ refers to being the subject of experience and action – it’s me who’s speaking to you right now, I feel present in my body, my senses are all linked together, and this unity persists over time. This is referred to as a sense of ownership and agency,” Professor Nelson explained.

“This is such a ‘built in’ feature of being alive. However, it’s been observed that in some psychotic disorders the basic self seems to be unstable – reflected in a range of experiences such as sense of distance from one’s body and thoughts, feeling anonymous or like a ghost, confusion of boundaries between yourself and other people, and so on.”

Professor Nelson said he hoped the work would not only result in a clinical tool for prediction, but also help to develop better, more targeted treatments.

“We’re working towards that whole personalised medicine idea. At the moment it’s pretty much a one-size-fits-all approach for young people coming into services,” Professor Nelson said.

“Whereas if we can say, ‘okay, you’re part of that 20 per cent at highest risk and we reckon self-disturbance is a really important feature of what’s going on for you’, then we can tailor treatments for that sub-group.”



**PROFESSOR  
BARNABY NELSON**

## RESEARCH IDENTIFIES CORE COMPONENTS OF TRAUMA-INFORMED CARE



ASSOCIATE PROFESSOR  
SARAH BENDALL

Trauma-informed care provides young people who have experienced trauma with a service environment that accommodates their specific needs. It requires implementation at both a service level and within direct clinical practice for it to be effective.

Orygen's Associate Professor Sarah Bendall has led a systematic review of trauma-informed care practices in outpatient and counselling youth health settings and identified 10 core components to trauma-informed care.

The core components of trauma-informed care identified by the review span both service-level initiatives and therapeutic interventions, including interagency collaboration; service provider training; leadership, governance and agency processes; screening and assessment; and psychoeducation.

"Trauma-informed care is an important part of any youth mental health service's delivery. But there is a lack of clarity on what to do and how to do it," Associate Professor Bendall said. "Because of this, we're not only seeing inconsistencies in the delivery of trauma-informed care, but we're also seeing service providers and practitioners reinventing the wheel."

Young people accessing youth mental health services have often been exposed to traumas such as physical and emotional abuse. If left unaddressed, traumatic experiences can increase young people's risk of post-traumatic stress disorder (PTSD), self-harm and suicide.

"If a young person comes to a mental health service and their trauma is not acknowledged, they can disengage from that service and lose that opportunity to address the problems or symptoms caused by their trauma," Associate Professor Bendall said.

However, with the right support and interventions, it is possible to recover from trauma-related mental ill-health, she said.

"Our research shows that trauma-informed care in youth mental health services really needs to operate at two different levels to be effective. At a service level, there needs to be policies and process in place to equip clinicians with the skills they need to address trauma. At the clinical level, interventions such as universal screening of young people coming into services need to be implemented to identify and then address trauma.

"We need to be asking every young person whether they've experienced trauma and we need to be equipping clinicians with the skills to address trauma in a safe way.

"Trauma-informed care provides young people who have experienced trauma with a service environment that accommodates their specific needs."

**Associate Professor Sarah Bendall is supported by a grant from the McCusker Charitable Foundation.**



# 20

RESEARCH STUDENTS



# 251

JOURNAL ARTICLES



# 58

RESEARCH PROJECTS UNDERWAY



# 18

CLINICAL TRIALS UNDERWAY

## YOUTH RESEARCH COUNCIL

The Youth Research Council is a committee of young people who provide strategic advice and support to Orygen staff as they commence their research projects. Young people actively contribute to the discussions around areas of research, development of the research question(s), recruitment strategies, design and development of research measures and creative ways to disseminate research findings.

### The current council members are:

Grace Morgan  
 Inez Winters  
 Jeanti Profaca  
 Kate Knudson  
 Melissa Keller-Tuberg  
 Oliver Tye  
 Sean Xiao  
 Sneha Mishra

## RESEARCH SUPPORTS THE NEED FOR CONTINUED FOCUS ON MENTAL HEALTH OF ELITE ATHLETES



ASSOCIATE PROFESSOR  
ROSEMARY PURCELL

Elite athletes report better life satisfaction, self-esteem and body satisfaction, and lower rates of risky alcohol consumption and lower problem gambling compared to other Australians, an Orygen survey of Australian Institute of Sport (AIS) supported athletes has found.

These positives also come with challenges, with elite athletes more likely to report symptoms of depression and anxiety at a level that would warrant professional health care.

The survey of 749 AIS-funded athletes in 2018 found that athletes were significantly more likely to report 'high to very high' psychological distress compared to general community norms (17.15 per cent versus 9.5 per cent). The findings were published in the journal *Sports Medicine*.

Associate Professor Rosemary Purcell explained: "while the results may seem contradictory, it makes sense that elite athletes who are doing what they love day-in, and day-out will have high levels of life satisfaction. At the same time, it's stressful for them to deal with constant high expectations of success, frequent travel or the risk of injury, on top of the general life stressors they face like the rest of us."

The survey also found that one in five athletes report having previously sought treatment for a mental health problem, pointing to the need to routinely screen athletes for mental health symptoms.

Associate Professor Purcell, who heads Orygen's elite sports and mental health program, said sporting bodies regularly screen athletes across a range of metrics such as sleep, nutrition, and injury.

"We need to make sure that mental health needs are also being identified as early as possible to prevent issues from worsening and providing proper support and treatment. It's a case of 'if you don't ask, they won't tell,' so screening is definitely needed," she said.

"These findings mirror what's being reported in elite or professional sports worldwide. Roughly one in three elite athletes report experiencing symptoms of anxiety and depression, although the rate may fluctuate depending on when the survey is conducted, such as in or out of season, or the type of sport," Associate Professor Purcell said.

The findings of the AIS survey point to how critical it is for elite sport organisations, and those professionals who work within them, to support the mental health of athletes and to recognise that a significant number are likely to experience mental health symptoms and may require clinical care to restore them to optimal health.



## YOUNG PEOPLE WITH EARLY PSYCHOSIS MAY NOT REQUIRE ANTIPSYCHOTIC MEDICATIONS TO RECOVER

Researchers at Orygen have found that some young people with early stage first episode psychosis (FEP) can experience reduced symptoms and improve functioning without antipsychotic medication when they are provided with psychological interventions and comprehensive case management.

The Staged Treatment and Acceptability Guidelines in Early Psychosis (STAGES) study compared two groups of young people, aged 15-25 years, presenting with FEP to a specialist early psychosis service.

Both groups received intensive psychosocial intervention, with one group also receiving low dose antipsychotic medication and the other receiving a placebo.

The study found that the addition of antipsychotic medication to intensive psychosocial intervention did not lead to superior outcomes in symptoms and functioning within the first six months, suggesting that antipsychotic medication may not be needed early in the course of illness for all people within the spectrum of psychosis.

Orygen researcher Dr Shona Francey, who led the study alongside Professor Patrick McGorry and Dr Brian O'Donoghue, said the team wanted to investigate whether medication was an essential part of treatment for young people with early stage FEP.

“For a significant number of young people, it is. But I think some young people can recover, at least initially, from their psychosis without medication,” she said.

Current practice recommends anti-psychotic medication be taken from the outset of psychotic illness in order to achieve rapid recovery and improvement of psychotic symptoms.

However, Dr Francey said, in reality, a lot of people vote with their feet and don't take their medication for a variety of reasons.

“Medications can have heavy-duty side effects for young people, including weight gain which is a significant issue that young people are concerned about. There are also various sexual and other physical side effects that young people on medication have to contend with.”

Dr Francey said that not all young people could delay their antipsychotic medication. “For many young people with early stage FEP, medication is an essential part of their treatment plan. But, for those young people who do not want medication, psychological interventions and comprehensive case management could be a feasible model of treatment.

“What the findings of this research tell us is that if a young person is reluctant to take medication for FEP, a period of intensive psychosocial treatments could be offered as an alternative,” Dr Francey said.

The research was supported by funding from the National Health and Medical Research Council and Janssen-Cilag.



DR SHONA FRANCEY

## YOUNG MIGRANTS FROM AFRICA AT INCREASED RISK OF DEVELOPING PSYCHOSIS



ASSOCIATE PROFESSOR  
BRIAN O'DONOGHUE

An Orygen study has found young people who migrated to Australia from Africa were up to 10 times more likely to develop a psychotic disorder than their Australian-born counterparts.

Meanwhile, young migrants born in Asia were at a decreased risk of developing a psychotic disorder.

The lead researcher on the study, Associate Professor Brian O'Donoghue, said the findings were the first time it had been demonstrated that there was an increased risk of psychotic disorders in young migrants to Australia.

"Despite migrants making up a large proportion of the population within Australia, this is the first study that can conclusively say which young migrants are at higher risk for developing a psychotic disorder," Associate Professor O'Donoghue said.

"We found first-generation migrants from Kenya had the highest risk of experiencing first episode psychosis compared to the Australian-born population - Kenyan migrants had an over 10-fold increased risk.

"That was followed by migrants from Sudan who had a seven times greater risk, Ethiopia with a 5.5 times increased risk, and Somalia with an almost four times greater risk."

The study included more than 1000 young people aged 15-24 years (24.5 per cent were first-generation migrants) who lived in Melbourne's north west and presented with first episode psychosis over a six-year period.

"From the data here we see that the migrants from war-torn countries have an increased risk of psychosis and we know that experiences of early childhood trauma, loss, and separation can be risk factors for psychosis," he said.

"There's also research that has shown that migrants who are visibly different to people in their new country have increased rates of discrimination, and that in turn can increase their risk of developing a psychotic disorder."

Other factors specific to migration - such as adapting to a new country, and the experience of seeking asylum - may also increase risk.

Associate Professor O'Donoghue said the findings highlighted the need to provide sufficient funding and accessible mental health services to vulnerable migrant groups.

**Associate Professor O'Donoghue is supported by an early career fellowship from the National Health and Medical Research Council of Australia.**

## PSYCHOTHERAPY SHOULD BE FIRST-LINE TREATMENT FOR DEPRESSION IN YOUNG PEOPLE

Young people seeking support for depression should be offered psychotherapy as the first line of treatment, an Orygen clinical trial has found.

The clinical trial, led by Associate Professor Christopher Davey, has emphasised the importance of a multi-faceted approach to treating depression in young people.

“The results suggest that we should really be focusing on providing good quality psychotherapy, such as cognitive behavioural therapy, to young people and keeping medication as the second line of treatment,” Associate Professor Davey said.

Psychotherapy refers to a range of psychological therapies provided by a counsellor, psychologist or psychiatrist. Cognitive behavioural therapy is the most common psychotherapy for treating depression in young people.

The randomised, double blind, placebo-controlled clinical trial involved 153 young people aged 15-25 who had been diagnosed with depression and were being treated at youth mental health services in north-west Melbourne. All trial participants received cognitive behavioural therapy for 12 weeks coupled with either the common antidepressant fluoxetine or a placebo medication.

Associate Professor Davey said at the end of treatment there were no significant differences in symptom improvement between the two groups, suggesting that the addition of fluoxetine did not affect the participants’ mental health outcomes.

However, this does not suggest that antidepressants should not be used in treating depression.

“Antidepressants can be very useful for some people,” Associate Professor Davey said. “Anyone considering the role of antidepressants in their treatment should discuss this with their doctor or clinician.

“Our study found some evidence to suggest that if antidepressants have a role, they have more of a role in people at the older end of our age range.

“The take-home message from the study is that the first-line treatment for young people with depression should be psychotherapy.”

The study was funded by the Australian National Health and Medical Research Council, the Auckland Medical Research Foundation, and the Royal Melbourne Hospital.



ASSOCIATE PROFESSOR  
CHRISTOPHER DAVEY

## EXPLORING THE MENTAL IMAGERY OF SUICIDE



ASSOCIATE PROFESSOR  
LIANNE SCHMAAL

Suicide is the leading cause of death in young people in Australia. Suicidal thoughts are difficult to treat and no gold-standard, highly effective treatments currently exist. There is a need for novel treatments that can provide rapid and significant alleviation of suicidal thoughts, especially in young people who are at highest risk for suicide.

The Mental Images of Suicide at Orygen (MISO) study, led by Associate Professor Lianne Schmaal, is investigating a type of suicidal cognition that has received very little attention to date, either in research or clinical practice.

This suicidal cognition is known as mental imagery of suicide, or ‘suicidal flashforwards’.

“Suicidal flashforwards are prospective (of the future) mental images of suicide that are described as realistic, compelling, and detailed imagery of being dead, or of a future suicide attempt,” Associate Professor Schmaal said.

“The MISO study assesses whether suicidal flashforwards are common in young people and whether asking about suicidal flashforwards in this group of young people is safe, acceptable and feasible.”

Associate Professor Schmaal said preliminary data show that suicidal flashforwards are very common in young people with suicidal ideation.

“Most young people rated the suicidal flashforwards as real, vivid, intrusive and distressing.”

The MISO team is also looking at potential mechanisms related to suicidal flashforwards, such as sleep problems, cognitive flexibility and the tendency to think in images versus words, which may place young people at risk for suicidal behaviours.

“This research is important because, in general, mental images of future events promote action. Future events that have been imagined are rated as more probable than those which have not been imagined, possibly because mental imagery enables individuals to identify barriers to realising the event and generate cues to action,” Associate Professor Schmaal said.

“In addition, mental images are both more emotionally arousing and more likely to be confused with real events than verbal thoughts of the same content.

“If we better understand these suicidal flashforwards and how they confer risk for suicide, we can develop treatments that specifically target these suicidal flashforwards,” Associate Professor Schmaal said.

**This study is supported by the University of Melbourne.**

## YOUNG AUSTRALIAN WOMEN DYING BY SUICIDE AT INCREASING RATE

The rate of young Australian women dying by suicide is growing year on year; increasing by 38 per cent between 2004 and 2014, an Orygen analysis of Australian data has found.

The analysis of data from the National Coronial Information System and Australian Bureau of Statistics looked at annual suicide incidence among young Australians aged 10–24.

It showed that the rate of death by suicide among young men did not change significantly during the same 10-year period.

Orygen’s head of suicide prevention research, Associate Professor Jo Robinson, said the findings challenged some common assumptions about suicide.

“The dominant narrative in suicide prevention is that we need to be paying attention to middle-aged men,” Associate Professor Robinson said. “But we’re seeing a very worrying trend in young females.”

The analysis, published in *BMC Public Health*, was undertaken by Associate Professor Robinson, Nina Stefanac, Sarah Hetrick and Katrina Witt alongside the University of Melbourne’s Carol Hulbert and Matthew Spittal.

It found that although young men made up 75 per cent of all young people (3709) who died by suicide, there was a significant increase in the rate of death among females.

In the decade to 2014 the rate of suicide in young females increased by three per cent per year, equating to a total increase of 38 per cent.

“These figures speak to the fact that young women aren’t being taken seriously when they present to emergency departments and other health care professionals for help,” Associate Professor Robinson said.

“Young women who present with self-harm are often dismissed – they’re sent away as attention seeking without getting adequate care – but then we’re seeing them represented in suicide statistics.”

Females aged 20–24 were 8.3 times more likely to die by suicide than younger females (aged 10–14), however there was also a clear upward trend in the rate of death in females aged 10–14.

Associate Professor Robinson said although the factors contributing to the increase in female suicide were complex, the solution may be relatively straightforward.

“Unlike middle aged men – who tend not to seek help – these are young people who are in the system, they’re young people who are presenting for help,” Associate Professor Robinson said.

“So when young females present with depression, anxiety and suicide-related behaviour – including self-harm – we need to be taking that behaviour really seriously.

“The solution is better service and system responses. Adequate assessment, adequate treatment, and adequate follow-up are the recipe for success.”

The research was funded by the National Health and Medical Research Council of Australia, the Auckland Medical Research Foundation and the American Foundation for Suicide Prevention.



ASSOCIATE PROFESSOR  
JO ROBINSON

# NEXT GENERATION RESEARCHERS

## THE FOLLOWING STUDENTS ARE CURRENTLY COMPLETING GRADUATE DEGREES BY RESEARCH AT ORYGEN

### DOCTOR OF PHILOSOPHY (RESEARCH)

#### ALAN BAILEY

A physical activity intervention for young people with depression: in search of mechanisms of change.

**SUPERVISORS**  
Alex Parker  
Sarah Hetrick

#### DAVID BAKER

Developing a policy proposal informed by stakeholder perspectives for an early intervention for young people experiencing mental ill-health who have contact with police (offending behaviour and/or victimisation).

**SUPERVISORS**  
Rosemary Purcell  
Simon Rice

#### ADITYA BASU

Using social media to reduce the risk of suicide among young immigrants in Australia: a pilot study.

**SUPERVISORS**  
Jo Robinson  
Simon Rice  
Greg Armstrong

#### JOHANNA BAYER

Machine-learning methods development and application for predictions at the individual level in major depressive disorder.

**SUPERVISORS**  
Lianne Schmaal  
Christopher Davey

#### ERIN DOLAN

Secondary traumatic stress and rural youth: understanding peer support and vulnerabilities of young people in rural environments.

**SUPERVISORS**  
Kelly Allott  
Eóin Killackey  
Cath Cosgrave

#### TRACEY DRYDEN-MEAD

Cross-sectional study of PTSD symptoms, psychotic symptoms and risk factors for ultra high risk.

**SUPERVISORS**  
Sarah Bendall  
Barnaby Nelson

#### TAHLIA EASTMAN

Understanding the mental health outcomes of transgenerational passing from an Indigenous perspective.

**SUPERVISORS**  
Alison Yung  
Marcia Langton  
Kristen Smith  
Greg Lehman

#### LAURA FINLAYSON-SHORT

Investigating self-referential processing in youth social anxiety disorder and its association with personality disorder traits.

**SUPERVISORS**  
Christopher Davey  
Benjamin Harrison

#### KRISTA FISHER

Evaluating young men's mental health in Australia.

**SUPERVISORS**  
Simon Rice  
Zac Seidler

#### EMMA HALPIN

Towards an understanding of dissociation in psychosis.

**SUPERVISORS**  
Sarah Bendall  
Michelle Lim

#### NICOLE HILL

Suicide and self-harm hospitalisation among young people in Tasmania, Australia: an epidemiological study of risk factors and the provision of care in acute settings.

**SUPERVISORS**  
Jo Robinson  
Eóin Killackey  
Matthew Spittal  
Penny Allen  
Allison Milner (deceased)

#### MELANIE GILLIAN JONES

Canine- and equine-assisted group psychotherapy for adolescents with common mental health disorders.

**SUPERVISORS**  
Sue Cotton  
Simon Rice

**ILIAS "LEO" KAMITSIS**

'It levels you out again but you're not dealing with the trauma': an exploration into how people with a history of interpersonal childhood trauma and psychosis subjectively experience antipsychotic medications.

**SUPERVISORS**  
Sarah Bendall  
Louise Harms

**JOEL LIDDLE**

Archival collections and the creation of cultural curriculums for improving the social and emotional health of Arrernte men.

**SUPERVISORS**  
Simon Rice  
Marcia Langton  
James Rose

**CARL MOLLER**

Characteristics and longitudinal predictors of suicidality in young people with depression.

**SUPERVISORS**  
Sue Cotton  
Paul Badcock  
Christopher Davey

**JESSICA O'CONNELL**

Temporal relationship between post-traumatic intrusions and positive psychotic symptoms.

**SUPERVISORS**  
Sarah Bendall  
Michelle Lim

**SHAUNAGH O'SULLIVAN**

Pilot evaluation of world-leading technological interventions in youth mental health: Orygen Digital, MOST.

**SUPERVISORS**  
Mario Alvarez-Jimenez  
Lianne Schmaal  
Barnaby Nelson  
John Gleeson

**WILMA LUTHER PETERS**

Effectiveness of 'The integrated trauma treatment model' in the treatment of complex trauma in adolescent and young adults with early onset mental illness at headspace.

**SUPERVISORS**  
Sarah Bendall  
Mario Alvarez-Jimenez  
Simon Rice

**YARA TOENDERS**

Subtyping young people with major depressive disorder and the association with biological correlates and treatment response.

**SUPERVISORS**  
Lianne Schmaal  
Christopher Davey

**LEE VALENTINE**

Factors influencing engagement in online first episode psychosis interventions.

**SUPERVISORS**  
Mario Alvarez-Jimenez  
Sarah Bendall

## CONGRATULATIONS TO THE FOLLOWING STUDENTS WHO COMPLETED GRADUATE DEGREES BY RESEARCH AT ORYGEN

### DOCTOR OF PHILOSOPHY (RESEARCH)

**HOK PAN YUEN**


Application of joint modelling to the analysis of transition to psychosis.

**SUPERVISORS**  
Andrew Mackinnon  
Barnaby Nelson

**MARK PHELAN**

The medium-term course and outcome of major depressive disorder in a youth-aged clinical sample.

**SUPERVISORS**  
Andrew Chanen  
Andrew Mackinnon  
Nick Allen



“Being a part of the YAG allows me to work on breaking down stigmas surrounding mental health among young people in my community.”

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MONIKA, YOUTH ADVOCACY GROUP,  
HEADSPACE CRAIGIEBURN






**CARE  
IN MIND**

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## A NEW MODEL OF CARE FOR YOUTH MENTAL HEALTH

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In any given year, one in four young Australians experiences at least one mental disorder. The most commonly diagnosed disorders are anxiety disorders, substance use disorders, and mood disorders such as depression.

Experiencing mental ill-health when young can have a substantial impact on a young person's development and capacity to participate and contribute economically and socially. As a result, mental health issues currently make the largest contribution to the burden of disease across all non-communicable diseases.

headspace centres are now improving access to enhanced primary mental health care that is highly acceptable and effective for young people. headspace was designed to provide services to young people with experiences of mild to moderate mental ill-health, yet centres across the country are reporting an increasing number of high risk and complex presentations, and the centres are now struggling to meet demand.

To access more specialised and acute care, young Australians must navigate a disparate number of services demarcated by various age limits and catchment boundaries. The inconsistency in age and catchment eligibility has created significant service confusion and inequity, including in Victoria, where Orygen delivers clinical services. It has also resulted in significant gaps in care and a dangerous discontinuity of service provision for young people aged 12–25. These young people, often called 'the missing middle', are unable to access appropriate care.

To address the current system's shortcomings, Orygen has been developing a new service system. The new model of care includes:

- drawing on the lived experience of young people and family members in the design and delivery of services;
- a coordinated 'front end' to facilitate easy and seamless access to services;
- integrated service centres to offer a 'menu' of services that young people can access based on their needs and preferences. In a coordinated and integrated system this would include mental health, alcohol and other drug services, physical health services, employment/education services and a range of psychosocial support services;
- extended response services including assertive outreach, emergency department diversion and post emergency department follow up;
- access to acute care, including through inpatient beds and hospital in the home;
- access to sub-acute services such as Youth Prevention and Recovery Care facilities (YPARCs) and Residential Recovery Units; and
- digitally enhanced care options, including Moderated Online Social Therapy (MOST).

If young people experiencing mental ill-health are connected to appropriate, accessible and effective supports through mental health services, they stand a far greater chance of recovering from a mental illness, and reaching their full potential.



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## HOSPITAL IN THE HOME IMPROVES ACCESS TO CARE

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Admission to hospital can be a disruptive and traumatic experience for young people, particularly those experiencing their first admission or early contact with the mental health system.

In April 2020, as part of its response to the interim report of the Royal Commission into Victoria's mental health system, the Victorian Government announced funding for 15 youth Hospital in the Home (HiTH) beds for young people aged 12-25 who reside in the west and north-west of Melbourne. Orygen is responsible for the delivery of these beds, in partnership with Melbourne Health.


Hospital in the Home provides care in a patient's home or usual place of residence that would otherwise need to be delivered within a hospital to an admitted patient. In mental health care it replaces what would usually be an inpatient admission to an authorised mental health unit.

Youth HiTH services are provided in partnership with young people, families, significant others and carers. During the development stage of the youth HiTH, Orygen is undertaking a co-design process in partnership with young people, families, significant others and carers.

Orygen's executive director, Professor Patrick McGorry, said the Hospital in the Home beds would give young people immediate access to acute hospital services in the least restrictive environment possible.

"Youth Hospital in the Home represents a long-sought-after opportunity to provide more comprehensive care in a way that is uniquely suited to these challenging times for young people and their families.," Professor McGorry said. "It also adds much-needed capacity to the state-funded youth mental health services in the north and west of Melbourne."

Orygen expects to open its youth Hospital in Home beds in the second half of 2020.



## ONLINE INNOVATION SUPPORTS THE MENTAL HEALTH OF YOUNG VICTORIANS

In April 2020 the Victorian Government provided \$6 million to Orygen to roll out a digital mental health platform developed by Orygen researchers across state-funded child and adolescent youth mental health services and all Victorian headspace centres.

The online platform, called MOST (Moderated Online Social Therapy) provides targeted, clinician-supported, personalised therapy to young people who are experiencing mental ill-health, when and where they need it.

Professor Mario Alvarez-Jimenez, who leads the team that developed the platform, said the platform was an essential part of the response to the mental health challenges being experienced by young people, which had been exacerbated by the uncertainty and physical isolation brought about by the COVID-19 pandemic.

“MOST delivers a range of advanced online treatment options that are customisable to the needs of individual young people and are fully integrated with the face-to-face clinical care a young person is receiving,” he said.

“The platform also includes a social networking aspect that connects young people facing the same challenges and enables them to support each other while accessing support from peer and clinical moderators.”

The platform is now being made available to young people in the north and west of Melbourne who are clients of Orygen and will shortly be available to clients of the five headspace centres Orygen operates in Craigieburn, Glenroy, Melton, Sunshine and Werribee.

Development of the MOST platform has been led by Professor Alvarez-Jimenez and his team over the past 10 years. Designed with, and for, young people and youth mental health services, MOST provides services and clinicians with evidence-based tools that can be used across the mental health diagnostic and severity spectrum and all stages of treatment.

It will be progressively rolled out across the state to all 28 Victorian headspace centres and 14 state-funded specialist youth mental health services by mid-2021.

**BELOW:** Cartoons depicted are examples of the imagery experienced by young people using the MOST platform.



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## PROVIDING MENTAL HEALTH SERVICES TO YOUNG PEOPLE INVOLVED WITH THE JUSTICE SYSTEM

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Orygen's Forensic Youth Mental Health Service (FYMHS) was established in January 2019 to provide specialist youth mental health services to young people with mental ill-health who are involved, or are at risk of involvement, with the youth justice system.

The service aims to improve the equity of mental health services provided to this group to make it comparable to services received by young people who access mental health care through community youth mental health services. It is hoped that this will assist in reducing the recidivism rates associated with mental ill-health.

Orygen's FYMHS currently provides support to young people through:

- direct clinical assessment and assistance, with the pathway to ongoing mental health care if needed, for young people who appear before the Children's Court of Victoria (Melbourne), as well as those involved with youth justice on community-based orders;
- specialist mental health assessment and ongoing treatment for young people who are on remand or sentence in Victoria's two youth justice custodial centres; and
- consultation and forensic risk assessment to mental health services that are supporting and treating young people where forensic or offending risks have been identified alongside their mental ill health.



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## SUPPORTING YOUNG PEOPLE BACK INTO WORK

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As part of the Jobs Victoria Employment Network, Orygen has continued to provide specialised employment support to hundreds of unemployed young people in the west and north-west of Melbourne.

Orygen delivered an enhanced version of the Individual Placement and Support (IPS) model that saw vocational peer workers embedded into Orygen's headspace centres in Glenroy and Sunshine, a first for IPS in Australia.

Vocational peer workers are people with lived experience of mental ill-health and employment providing key support to young people as they engage in IPS employment programs.

Over the term of the Jobs Victoria IPS program, the team supported more than 150 young people into employment in a wide variety of roles and industries. Orygen has also developed a vocational peer work training package to support other youth mental health services interested in enhancing IPS services with peer work.

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## SUPPORTING YOUNG PEOPLE THROUGH PEER WORK

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Orygen has continued to provide peer support work across all clinical services. Peer support workers provided outreach visits to the Orygen inpatient unit, supported engagement with other professionals at our headspace and specialist program sites, assisted in finding and maintaining employment, and co-facilitated group programs and provided a range of other supports.

Peer support is a mutual relationship that involves someone with lived experience of mental health, and other life challenges, supporting and advocating for someone who is experiencing these challenges. The challenges can be related to mental health symptoms, or because of difficulties in work, school, relationships or any other part of life that interacts with a person's mental health. Peer workers listen and offer support in a respectful, non-critical and non-judgemental way.

# CLINICAL SERVICE DELIVERY AT A GLANCE

PRIMARY CARE, DELIVERED THROUGH HEADSPACE  
CRAIGIEBURN, GLENROY, MELTON, SUNSHINE AND WERRIBEE

**19,743**

SERVICES WERE PROVIDED TO YOUNG PEOPLE

**3,702**

YOUNG PEOPLE ACCESSED A HEADSPACE CENTRE

**1,627**

YOUNG PEOPLE CAME TO HEADSPACE FOR THE FIRST TIME



## DEMOGRAPHIC



**3.1%**

ABORIGINAL AND TORRES STRAIT ISLANDER

**26.5 %**

CULTURALLY AND LINGUISTICALLY DIVERSE

**26.6%**

LGBTIQA+

**1.3%**

HOMELESS (OR AT RISK)

## AGE

**19%**

12-14

**26.8%**

15-17

**24.5%**

18-20

**21.1%**

21-23

**8.1%**

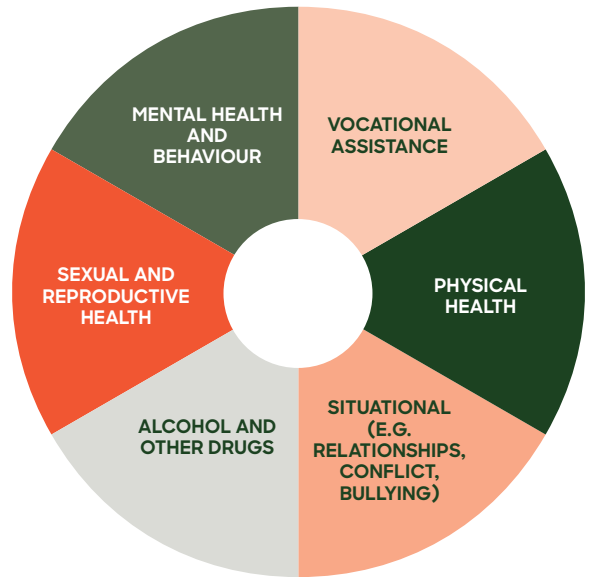
24-25



MAIN REASONS YOUNG PEOPLE CAME TO HEADSPACE



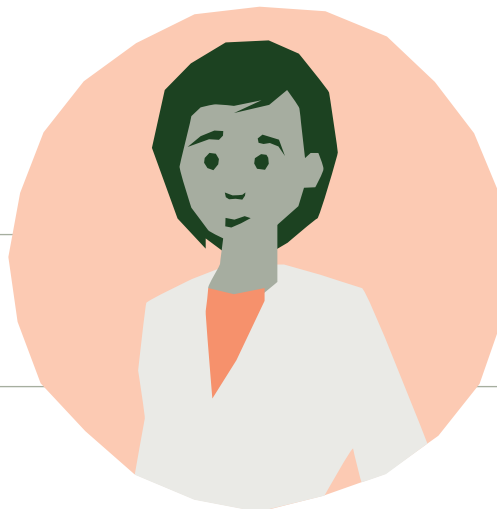
PRESENTING ISSUES AT HEADSPACE



SPECIALIST SERVICES, DELIVERED THROUGH ORYGEN'S SPECIALIST PROGRAM

**1036**  
NEW CLIENT REGISTRATIONS

**2117**  
YOUNG PEOPLE RECEIVED SERVICE



**46,467**  
CONTACT HOURS OF SERVICE

**327**  
INPATIENT UNIT ADMISSIONS

“It is important to have a young person's perspective because we are the professionals when it comes to ourselves. We are the only ones that know ourselves completely.”

JESSY, PLATFORM,  
ORYGEN SPECIALIST PROGRAM





# **PARTNERSHIPS IN MIND**

## PARTNERING WITH YOUNG PEOPLE

Young people and their families are key partners in improving young people's mental health. We are committed to partnering with young people to ensure they remain at the core of everything that we do.

Our youth participation program has continued to grow, with more than 300 young people connected to Orygen's youth participation programs and opportunities. These young people are involved with a number of organisational groups, including our national youth advisory council and youth research council, headspace youth advocacy groups, the Orygen specialist program's Platform group, and YLAB, as well as other initiatives such as #chatsafe and Orygen Digital.

Highlights of our partnerships with young people over the past year include:

- young people from Orygen's representative councils and groups attending the 2019 International Association for Youth Mental Health (IAYMH) conference in Brisbane, Australia;
- partnering with YLAB to facilitate 15 young people in a co-design process to improve young people's access to mental health services in north-west Melbourne;
- hosting the summer internship program, which saw eight young people participate in a two-week learning experience with research teams, key policy and advocacy staff, clinical specialists and workforce trainers;
- contributing to Orygen's response and advocacy around the Royal Commission into Victoria's mental health system; and
- witnessing the continued resilience and adaptability of young people as our participation activities moved online due to COVID-19.

The Platform team is a group of young people who are current clients and who are interested in improving Orygen as a service for young people. The ideas and feedback of the young people in the team have continued to help Orygen make positive changes and respond to the needs of the young people who use the clinical services.

This year the Platform team has partnered on:

- developing and delivering training for Orygen staff;
- with clinical staff, delivering training for mental health clinicians across Victoria, and to workers in other settings across Melbourne's north-west and western metro region;
- supporting recruitment of new staff to Orygen;
- participating in a range of quality improvement initiatives, such as working groups to improve the cultural responsiveness and LGBTIQ+ responsiveness of the service;
- reviewing and advising on psychoeducation material such as fact sheets, webinars and videos; and
- advising on the architectural design of the Youth Prevention and Recovery Care (YPARC) facility at Parkville and the model of care for the YPARC.

# OUR YOUTH ADVISORS

## YOUTH ADVOCACY GROUP HEADSPACE CRAIGIEBURN

Alexander Ferraro  
Amanda Pecora  
Areeba Sadiq  
Dannielle Bakhour  
Delali Zevon  
Isabella Bolton  
Jacqueline Graham  
Jessica Panev  
Laura Beddoe  
Mariam Yavuz  
Michelle Motunuu  
Monika Mikhael  
Nadine Nasser Eledin  
Pembe Ilgaz  
Shanzeh Reusch  
Shubhda Pokhriyal  
Teresa Scicluna  
Vanessa Cirocco

## YOUTH ADVOCACY GROUP HEADSPACE GLENROY

Bridget Le Roy  
Chloe Orlanski  
Eric De Francesco  
Evangelina Kalaitzakis  
Jessica Butler  
Julia Huxley  
Laura Huxley  
Laura Tsivoglou  
Lia Ferraro  
Liam Bachmann  
Meriam Nedri  
Raheel Arab

## YOUTH ADVOCACY GROUP HEADSPACE MELTON

Alexander Tate  
Alexi Prefol  
Amy Caruana  
Marise D'Souza  
Matt Richardson  
Nathan Chisolm  
Rachel Guthrie  
Tahlia Crees

## YOUTH ADVOCACY GROUP HEADSPACE SUNSHINE

Emma Kiernan  
Grace Kiernan  
Jardine Mitchell  
Jennifer Sumthing  
Lev Lu  
Martin Vu  
Olivia Corrente  
Pannamy Thearun  
Robert Nguyen  
Otto Riddell  
Suhaar Osmaan  
Winn Ma

## YOUTH ADVOCACY GROUP HEADSPACE WERRIBEE

Alexander Dalton  
Anthea Lorigan  
Bailey McIntyre  
Brianna McGregor (mentor)  
Christopher Phung  
Clare Micallef  
Connor Organ  
Connor Widdicombe (mentor)

Emily Law  
Emma Fenech  
Felicity Sokolic  
Han-Mari Cronje  
Harmony Martin  
Hung Nguyen  
Kirsty Fealy  
Krystelle Salazar  
Madelyn Trinh  
Madison Wilday  
Mathew Niu  
Mehak Sheikh  
Mikayla Ramm  
Rafi Armanto (mentor)  
Zaida Mansaray (mentor)

## PLATFORM

Charles Manila  
Danielle Brennan  
Imogen Gandolfo  
Jamie Sie  
Jess Ralph  
Jessy Smith  
Marcie Di Bartolomeo  
Melissa Munoz  
Natasha Swingler  
Sean Michelini

## YOUTH ADVISORY COUNCIL

Abi Cooper  
Bridget Moore  
Devika Krishnan  
Elle Gelok  
Emilia Jayne Hawcroft  
Jack Smith  
Kirsten Fobi  
Madeline Wells  
Rose Barton  
Winona Gray-Levett

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## FORGING PARTNERSHIPS IN THE NORTH-WEST OF MELBOURNE

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Orygen delivers face-to-face clinical care to young people in Melbourne's north-west and works with a range of local organisations to promote the mental health and wellbeing of young people and families. These organisations include schools, youth services, family services, migrant support services, youth justice, community health, alcohol and other drug services and a range of other agencies.

Orygen's partnerships with these services have enabled workers to access mental health training and secondary consultation from Orygen staff, so that they feel more confident and skilled to support young people with mental ill-health, and their families. In 2019-20, Orygen provided more than 200 group consultations and provided 135 phone-based secondary consultations.

In Melbourne's north-west, Orygen has focussed on supporting populations that may be less likely to access formal mental health care, including young people in out-of-home care, young people from refugee and other migrant communities, First Nations young people, and young people who identify as LGBTIQ+.

Orygen staff have worked directly with communities, and with organisations who support these communities, to try to understand how our services can be better tailored to their needs. In 2019-20, Orygen continued to convene, co-convene or attend interagency networks aimed at improving mental healthcare pathways for LGBTIQ+ young people, young people in out-of-home care, from migrant communities, and newly-arrived young people from refugee communities.

## PARTNERING WITH THE WORLD ECONOMIC FORUM TO IMPROVE GLOBAL YOUTH MENTAL HEALTH

Orygen’s partnership with the World Economic Forum (WEF) reached an important milestone in May 2020, when the Victorian Premier, Daniel Andrews MP, launched [A Global Framework for Youth Mental Health: Investing in Future Mental Capital for Individuals, Communities and Economies](#), a concerted and coordinated effort of Orygen and the forum to improve the mental health of young people globally.

The framework development involved extensive global consultation and engagement with leaders across mental health, government, international non-government organisations, and the private sector. The project also engaged and consulted with young people from around the world to ensure it reflected their current experiences, challenges and needs.

More than 1000 people from over 80 countries attended the online launch of the framework. The launch was facilitated by two youth leaders from the project steering committee and was followed by a youth panel of five young people from around the world who had participated in the project.

Alongside the framework a number of documents have been produced through Orygen’s partnership with the forum – an [investment framework](#) and an [advocacy toolkit](#), developed in partnership with young people. The toolkit has been designed to support local communities make a case for investing in youth mental health within their own regional contexts.

As part of the partnership Orygen staff presented at the World Economic Forum Annual Meeting held in Davos in January 2020.

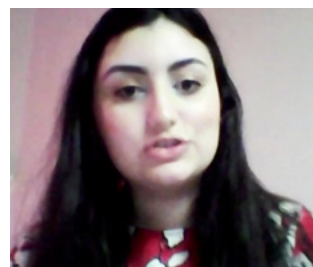
Craig Hodges, director of Orygen Global, said Davos was a unique experience for Orygen to participate in. “Having a panel session on youth mental health in the public program was the high point,” he said.

“In addition, Orygen was also able to participate in other public and invitation-only events related to mental health. This greatly assisted in elevating our global work in youth mental health.

“Davos also provided opportunities to meet with CEOs of global companies with an interest in mental health and the potential to develop public/private partnerships that support efforts to seek further interest and investment in global youth mental health,” Mr Hodges said.

“The forum has described the partnership with Orygen as a landmark, one that will continue with a focus on piloting the global framework in a number of countries.”

Through the partnership Orygen has established relationships with a number of global organisations including the World Health Organization, UNICEF, United for Global Mental Health and UNHCR.



**PICTURED FROM LEFT:** Nataya Brandjerdporn, Orygen Global Fellowship Co-Founder; Daniel Andrews MP, Premier of Victoria; and Isabella Quagliato Nogueira, Orygen Global Advisory Council Member at the launch of the global framework for youth mental health.

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## SUPPORTING AUSTRALIA'S IMPLEMENTATION AND COMMISSIONING OF MENTAL HEALTH SERVICES

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Orygen's National Programs team has continued the successful management of two major programs throughout the year. The Youth Enhanced Services program, which supports Australia's 31 Primary Health Networks (PHNs) to implement mental health services for young people with complex and severe mental ill-health, and the Australian Early Psychosis Program which supports delivery of the headspace Early Psychosis program. The Early Psychosis program exists within headspaces centres located in six states and territories across Australia and is based on the EPPIC (Early Psychosis Prevention and Intervention Centre) model of care that was developed at Orygen in 1992.

Orygen also works closely with headspace National on a range of activities that support the development of youth mental health services.

### AUSTRALIAN EARLY PSYCHOSIS PROGRAM

The Australian Early Psychosis Program (AEPP) team continued to work extensively with the headspace Early Psychosis programs, including significant work with lead agencies and primary health networks. Evidence-based training was provided to the multi-disciplinary clinical staff across the programs, which built on their psychological skills. These skills were further embedded through case consultations with the AEPP team clinical consultants.

The AEPP team undertook fidelity assessments of the headspace Early Psychosis program's adherence to the EPPIC model and examined program data, which highlighted significant improvements in outcomes for young people.

Clinical outcomes, such as reduction in psychotic symptoms and psychological distress, compared favourably to the outcomes in international services that treat patients with early psychosis. Similarly, functional outcomes for young people, including employment, friendships, quality of life and social connections, improved significantly over time. Satisfaction with the service by both young people and family was extremely high and the headspace Early Psychosis programs were noted as the preferred place of care for young people experiencing early psychosis.



## YOUTH ENHANCED SERVICES

The Youth Enhanced Services (YES) team has continued to support all 31 of Australia's Primary Health Networks (PHNs) in commissioning services for young people with complex mental health needs. In response to the needs of the PHNs, the team developed a new initiative known as the Implementation Lab which provides tailored support to PHNs as they implement YES programs.

Through the Implementation Lab the YES team worked collaboratively with six PHNs and their commissioned YES programs for 12 months. The teams worked on a range of issues such as integration into the local mental health system, including partnerships with headspace centres and state mental health services; assessment and triage processes; model of care review; the use of outcome and feedback tools; and professional development, which included providing secondary consultation.

At the beginning of 2020, the YES team travelled to all of the Lab sites to assess their program development needs, collaboratively set goals, and to develop action plans. During the COVID-19 pandemic, the YES team continued to provide remote support to each site, including workshops to assist with reviewing models of care, a series of webinars focused on clinical issues raised by sites, and the development of the YES Hub. The hub is an online platform for PHNs and commissioned service providers that provides free access to training modules, webinars and training resources.

The YES team also collaborated with the clinical practice team at headspace's national office to provide support to two of the Lab sites, where the teams co-developed a resource on working with young people with complexity.



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## **BUILDING ON OUR COMMITMENT TO THE FIRST NATIONS PEOPLES OF AUSTRALIA**

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Over the past 12 months Orygen has established a First Nations Advisory Group, comprised of members of Community across Australia; and, in February 2020, we launched our inaugural Statement of Commitment to recognise our commitment to the First Nations peoples of Australia. To support the delivery of our commitment we have developed a Cultural Strengthening Plan working group. This group consists of 21 members from all areas of Orygen, and four Community members, and is tasked with the delivery of our internal and external commitment to working with First Nations peoples.

**The First Nations Advisory Group members are**

Shawana Andrews  
Taneisha Atkinson  
Josh Cubillo  
Joyce Doyle, Community Elder  
Matthew Heffernan  
Warwick Padgham  
Scott Wilson

### **PARTNERING WITH THE MELBOURNE POCHE CENTRE FOR INDIGENOUS HEALTH**

Orygen has formed a partnership with the Melbourne Poche Centre for Indigenous Health and together we are providing support for PhD students and interns, looking to empower Indigenous researchers and build the Indigenous and non-Indigenous workforce in mental health. The role of Poche's is to provide academic pathways for Indigenous early career researchers, helping them navigate a traditionally western education model through the University of Melbourne, into positions of leadership necessary for transformational impact and change.

### **WORKING TOGETHER FOR DIVERSITY**

First Nations young people have joined working groups across Orygen to inform the development of resources to support the youth mental health workforce in working with gender diverse and culturally and linguistically diverse youth, including First Nations young people.



## **POINT AND BE PROUD - THE RIPPLE EFFECT**

Orygen has partnered with the St Kilda Football Club and VicHealth to help realise the Nicky Winmar Point + Be Proud project. The project has been developed by Nathan Lovett-Murray, Indigenous liaison officer for the St Kilda Football Club, in collaboration with former Australian Rules footballer Nicky Winmar, Dickson Films and St Kilda Football Club. It aims to build awareness of the impact of bullying and racism on mental health and wellbeing. The aim will be to demonstrate a highly effective tool that will not only make a difference in the Indigenous community, but for all future generations experiencing racism and bullying.

## **PARTNERSHIP AWARDED VICHEALTH RESEARCH GRANT**

Orygen has formed a partnership with the South Australian Health and Medical Research Institute, Kaiela Institute and the Rumbalara Aboriginal Football and Netball club and together have been successful in obtaining a VicHealth Partnership Grant. The aim of the grant is to determine the impact of involvement in the Rumbalara Football Netball Club (RFNC) on members' social and emotional wellbeing; capacity to navigate mainstream educational or employment systems; and to understand the impact of RFNC on attitudes of non-Aboriginal people ('the mainstream') towards Aboriginal people, including overt and covert expressions of racism and positive attitudes of respect for culture and history.

## **FIRST NATIONS PHD STUDENTS**

Our PhD opportunities for First Nations students have been made possible through the generosity of the BB & A Miller Foundation and allow the students to develop their basic research, academic leadership, and research innovation skills.

In 2020 we welcomed two PhD students Joel Liddle - Arrernte (Alice Springs) and Tahlia Eastman - Palawan (Tasmania). Joel's PhD will examine the impact of language and connection to culture on the social and emotional wellbeing of young men. He will access archival collections to investigate, extract and reproduce information that ensures significant Aboriginal cultural knowledge is maintained and accessible for the benefit of current and future generations. Tahlia's PhD aims to create a better understanding of how the discourse of Aboriginal identity in Australia could be expanded to include a group of people who have been caught in a cycle of familial 'passing' - where someone conceals their non-white identity and presents as racially white to avoid discrimination, obtain status, or gain advantages otherwise not afforded to them - and the transgenerational effect of this on the mental health of young people in relation to identity and confidence.

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## PARTNERING WITH OUR STAFF

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Orygen cultivates safe, diverse and inclusive workplaces and ways of working. We share responsibility for maintaining these healthy work environments across every facet of the organisation. We recognise that recruiting and developing our people is pivotal to delivering our mission.

With the relocation to the new Parkville facility completed at the end of 2018, the focus of 2019-20 was ensuring that we had robust and streamlined systems and processes to support the colocation of staff.

A key priority was to develop and implement a workplace health and safety management system. This was a complex project given staff on site are employed by three separate organisations and required to comply with the health and safety policies of their respective employer as well as Orygen.

Another significant achievement was the successful implementation of Employment Hero, a fully integrated HR/ Payroll system. Through Employment Hero new employees are onboarded in a consistent and timely manner and we are able to provide managers with access to a real-time suite of reports covering a range of business metrics.

In preparation for the launch of the 2019-2022 strategic plan, the people and culture team completed a review of Orygen's strategic executive structure and functions. As a result, responsibilities have been streamlined and two new positions created to strengthen support for achieving our ambitious agenda - chief financial officer and director, people and culture.

### LGBTIQA+ NETWORK

Orygen prides itself on being an inclusive workplace and in early 2020 we reached out to colleagues across the organisation for expressions of interest in establishing an LGBTIQA+ network for staff and their allies. The response was overwhelmingly positive and processes are now in place to support the members to establish and lead the network.

### CLIMATE ACTION COMMITTEE

Orygen is committed to ensuring we have minimal impact on our environment, so in late 2019 staff were given the opportunity to express their interest to be involved in the organisation's Climate Action Committee. The Orygen Climate Action Committee has two subcommittees: 1. climate advocacy, which is focused on how Orygen can advocate for systemic change to address the climate emergency; and 2. the Orygen sustainability committee that focuses on how Orygen sites and buildings can use resources more efficiently and reduce waste.

## SHARING THE WORK THAT WE DO

Throughout the year Orygen held a number of special symposiums bringing together mental health experts locally, nationally and internationally, to partner with and share their work with colleagues and the public.

The **Youth Suicide Prevention Community Forum** was hosted by Orygen's suicide prevention team at the Melbourne Zoo in October 2019. Opened by Victoria's Minister for Mental Health, Martin Foley, the forum attracted more than 120 school students, educators and community stakeholders. The forum was organised with the help of young people from the #chatsafe youth network, Hobsons Bay City Council, Wyndham City Council and the Centre for Multicultural Youth. The forum was co-facilitated by young people, and all attendees participated in consultation activities on social media and suicide prevention.

**Designing culturally appropriate and inclusive services** was the first of two forums for Primary Health Networks (PHNs), hosted by Orygen's National Programs team. The forum included presentations and workshops delivered by the Centre for Multicultural Youth, Spark Health, and Menzies School of Health Research. The second forum, Global framework for youth mental health, was delivered as a two-hour webinar to 24 PHNs. The forum provided an opportunity for participants to identify globally shared challenges in the implementation and development of youth mental health services.

**Implementation lab: challenges and successes in delivering services for young people presenting with complex needs** was a virtual learning event hosted by Orygen's National Programs team. Designed for the 'Implementation Lab' sites and their commissioning PHNs, it was the first time all sites were able to come together to hear about each other's service models, including challenges and successes.

**Orygen and the Florey Institute** partnered for the first time to co-host two symposiums, one of which was virtual. The aim of both events was to partner and share knowledge through presentations, collaborations and networking. Presenters from both Orygen and the Florey Institute covered topics such as young men's mental health, long-term outcomes in a cohort of first-episode psychosis patients, recovery of alcohol-induced cognitive decline, and intergenerational impacts of stress.

**Involving families and friends in the treatment and recovery of people with BPD**, was hosted jointly by Orygen and carer organisation NEA BPD-Australia in January 2020. For the first time, invited international speakers and experts joined young Australians with lived experience of BPD, and those caring for them, to discuss together how to advocate for better integrated care.

The **Australian Early Psychosis Program's** two-day forum was hosted by the National Programs team in November 2019. More than 60 people attended from headspace Early Psychosis programs, PHNs, lead agencies, and the Australian Government. The first day of the forum focussed on clinical and operational aspects of service delivery, while the second day covered broader issues such as evaluation, advocacy and how to address challenges.

**BELOW:** L-R: Starlady, program manager with the Zoe Belle Gender Collective; Orygen's associate director of service implementation and quality Sian Lloyd; and Rory Blundell, Zoe Belle Gender Collective, at the Youth Enhanced Services' PHN forum: designing culturally appropriate and inclusive services.



## INTERNATIONAL VISITORS AND EVENTS

Prior to the COVID-19 pandemic Orygen hosted several international visitors who met with staff and young people to learn about the work that we do, to exchange ideas and forge new collaborations. We welcomed visitors from the United Kingdom, the United States, Hong Kong, Ireland, Israel and Canada.

Orygen, in partnership with the UNSW Centre for Ideas, hosted a visit from Alastair Campbell in July 2019. Alastair has for many years spoken publicly of his own experience with mental illness and has supported numerous mental health charities and campaigns as well as advocating for mental health service reform in the United Kingdom.

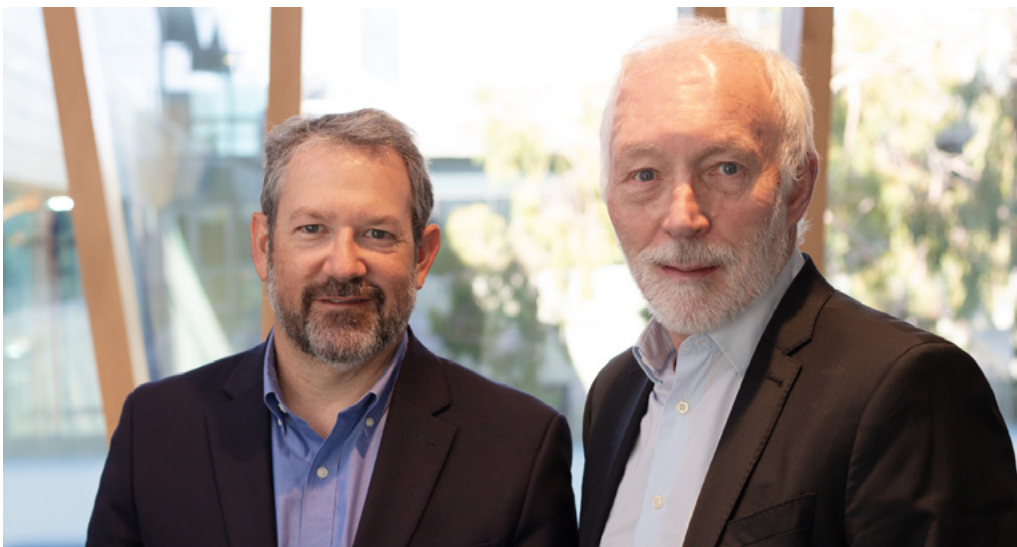
In October 2019 Orygen proudly co-hosted the fifth International Association for Youth Mental Health (IAYMH) conference, held in Brisbane. The conference attracted more than 600 delegates from 41 countries, and stayed true to its theme of 'United for Global Change'. Orygen supported 24 young people to attend the conference, many of whom were participating in a conference of this type for the first time and who reported that it was an informative and positive experience.

Coinciding with the IAYMH conference, many world leaders in youth mental health took the opportunity to visit Orygen's Parkville facility in Victoria to learn about Orygen's revolutionary work in youth mental health research, clinical services, education and training. Some of the visitors included a delegation from Hong Kong, colleagues from Jigsaw in Ireland, headspace Israel, and Foundry and McGill University in Canada.



Orygen hosted a brief visit from Dr Joshua Gordon, Director of the United States' National Institute of Mental Health in July 2019. Dr Gordon met with a range of Orygen research teams and presented on 'Opportunities and Challenges in Mental Health Research' at a public forum held at Orygen.

Orygen hosted a visit from Professor Miranda Wolpert MBE, head of the Wellcome Trust's new mental health priority area, in August 2019. The primary aim of Professor Wolpert's visit was to introduce her to the breadth of work undertaken at Orygen. During her visit, Professor Wolpert met with Orygen executive members, the leaders of key research areas, the youth participation and engagement team, and the World Economic Forum project team.



**OPPOSITE PAGE:**  
 L-R: Joseph Duffy and Aileen O'Reilly from Jigsaw in Ireland meet with Orygen's executive director Patrick McGorry.  
**TOP:** Alastair Campbell, the spokesman for former UK Prime Minister Tony Blair, speaks on the politics of mental health to a sell-out crowd at Melbourne Town Hall.  
**MIDDLE:** L-R: Orygen's John Moran and Rosie Purcell, and Patrick McGorry meet with Miranda Wolpert (second from right) from the Wellcome Trust, UK.  
**BOTTOM:** Dr Joshua Gordon, Director of the United States' National Institute of Mental Health, and Patrick McGorry.



“Being part of the YAG I have been able to connect with some of the most resilient and inspiring young people, I am constantly encouraged to speak up and have my voice listened to.”

KIRSTY, YOUTH ADVOCACY GROUP,  
HEADSPACE WERRIBEE



A photograph of a person's foot wearing a white sneaker with white laces and a gold-colored logo on the side. The foot is resting on a wooden deck. In the background, a blue skateboard is leaning against a white wall with horizontal siding. A green plant is visible on the left side of the frame. A large orange geometric shape is overlaid on the right side of the image, containing the text.

# **ADVOCACY IN MIND**

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## DRIVING REFORM IN YOUTH MENTAL HEALTH

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Orygen, through its independent youth mental health policy think tank, has provided policy advice to the Australian Department of Health since 2015. The policy team develops advice across a broad range of youth mental health issues based on research and analysis, evidence synthesis, and expert consultation. Young people's participation and engagement is called upon in developing such advice. The advice the policy think tank provides considers the role of government, services, practitioners, data and research and young people in improving youth mental health services, and outcomes for young people. This advice is used to advocate for reforms in youth mental health across all jurisdictions and sectors. In addition, we are committed to building strategic relationships and partnerships to enable support for advocacy and in developing strategies and initiatives to support the promotion and advocacy of Orygen's reform agenda.

Over the past 12 months the policy team has worked on developing policy solutions for integrating mental health and homelessness services and the youth peer workforce, respectively. The peer work project has been timely given the rapid growth in this area, including the development of peer work guidelines by the National Mental Health Commission. Our work in this area will help ensure a focus on the specific needs of the youth peer workforce.

Orygen's government relations team has also frequently met with key ministers, government representatives and senior bureaucrats in the Australian Government, including several discussions between our executive director, Professor Patrick McGorry and the Prime Minister, the Prime Minister's advisers and the Department of Prime Minister and Cabinet. This has been in addition to meetings with key ministers in health, education and social services, the new secretary for the Department of Health and the deputy chief health officer for mental health.

Similarly, the team has engaged in several meetings with the Victorian Government, which have been particularly critical and productive in the lead up to the 2020-21 state government budget. These have included meetings with the Premier's Office, Treasurer, Assistant Treasurer, Minister for Mental Health and the Minister for Youth.

## INFORMING YOUNG PEOPLE ABOUT MY HEALTH RECORD

In 2019-20, the policy team and Orygen's National Programs team completed a project for the Australian Digital Health Agency (ADHA). The ADHA had approached Orygen for support in developing resources and information to inform young people aged 14 - 17 years about the recently introduced My Health Record.

The project was completed over two phases. The first phase of the project engaged young people, parents and guardians to understand: what information they would like to know about the digital health record, concerns about access to personal information, and the best way to support young people to navigate the My Health Record. These findings were

used by ADHA to inform the development of draft communication and information resources that were tested with young people aged 14 - 17 years in the second phase of the project. This second phase also sought to explore the perspectives of clinicians on communicating My Health Record to young people and explore sector relationships that could be leveraged for the future dissemination of these resources.

The final report was provided to the ADHA with a recommendation that the resources for young people aged 14 - 17 years be regularly reviewed in consultation with young people and their families.

## LAUNCHING THE YOUTH MENTAL HEALTH COMMUNITY OF PRACTICE

Orygen has partnered with the Youth Affairs Council of Victoria (YACVic) to launch the Youth Mental Health Community of Practice. The Community of Practice was convened to share information, facilitate learning, and create connections across the youth mental health sector, and other sectors that have a role to play in supporting the mental health of Victoria's young people.

The launch featured a speech by then Victorian Minister for Youth, The Hon. Gabrielle Williams, and was followed by three webinars exploring different policy and practice areas and the responses required from the sector. Attracting more than 200 attendees, the webinars focused on ensuring the Royal Commission into Victoria's mental health system prioritised the needs of young people, and how the sector could respond to the changing needs of young people during the COVID-19 pandemic and beyond.

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## DEVELOPING A NATIONAL UNIVERSITY MENTAL HEALTH FRAMEWORK

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Orygen's work on developing a national University Mental Health Framework continued in 2019-20. The project was funded by the Australian Government to support Australian universities in enhancing learning environments to prevent mental health issues and poor education outcomes, and strengthen connections between universities and community mental health services in providing care and treatment for students who do experience mental illness.

Extensive national consultation with students, universities, health providers, and mental health organisations occurred throughout the year, including at a symposium that Orygen hosted in February 2020. The symposium featured John DePury,

Assistant Director, Policy, Universities UK and Sandra Koppert Director, Programs and Priorities, Mental Health Commission of Canada. Both shared their insights and reflections on undertaking similar work in developing guidance and standards for the university/tertiary education sector within their respective countries.

The Australian framework will take a whole-of-university, settings-based approach focused on strengthening learning environments to be conducive to good mental health and wellbeing. The mental health sector will also be encouraged to work in partnership with universities to provide expertise and facilitate pathways to care.

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## SUPPORTING THE MENTAL HEALTH AND SAFETY OF INTERNATIONAL STUDENTS

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In December 2019 the Australian Government's Department of Education, Skills and Employment engaged Orygen to consult with education sector staff and international students to identify and report on the current challenges, opportunities and best-practice examples in supporting the mental health and physical safety of international students.

Orygen undertook consultations with education providers and international students across Australia via face-to-face interviews and an online survey. More

than 650 individuals participated in the consultations across the sector which included peak bodies, English language intensive courses for overseas student providers, private vocational education and training providers, universities, and technical and further education.

The report was provided to the department and included information and best practice examples that may be helpful when developing future support programs aimed at international students.

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## CONTRIBUTING TO THE ROYAL COMMISSION AND PRODUCTIVITY COMMISSION INQUIRIES

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Orygen has continued to engage with the processes of the Royal Commission into Victoria’s mental health system and the Australian Government Productivity Commission’s inquiries into mental health. Both commissions released their interim reports in late 2019.

Orygen made its [submission to the Victorian Royal Commission](#) in July 2019 and [responded to the interim report of the Royal Commission](#) in late 2019. In November 2019 Orygen also [responded to the Productivity Commission’s draft report](#) into the social and economic benefits of mental health.

The Royal Commission interim report identified the need to address the most urgent issues in the Victorian mental health system including shortages in crisis and acute care, as well as aftercare following a suicide attempt. The commission recommended the Victorian Government fund 170 new youth and adult acute beds and outreach and clinical supports for young people who have attempted suicide.

The Victorian Government moved to implement these recommendations and announced funding for Orygen to deliver 15 Hospital in the Home beds for young people in north west Melbourne. In addition, Orygen has partnered with the Royal Children’s Hospital, Monash Children’s Hospital and Alfred Health to create, deliver and evaluate the first phase of a new youth assertive outreach and follow-up care service to treat a young person after a suicide attempt, who has suicidal thoughts or has self-harmed.



“What I’ve enjoyed most has been my ability to nurture, develop and gain skills in a number of fields that I would otherwise have never been exposed to.”

MERIAM, YOUTH ADVOCACY GROUP,  
HEADSPACE GLENROY





**EDUCATION  
IN MIND**

## SUPPORTING THE MENTAL HEALTH WORKFORCE LOCALLY, NATIONALLY AND INTERNATIONALLY

As one of the world's leading research and knowledge translation organisations focused on mental ill-health in young people, Orygen provides mental health professionals with the skills and clinical evidence they need to improve their capacity to help young people.

Orygen's Knowledge Translation team continued to produce a range of workforce development resources under Orygen's agreement with the Australian Government.

The resources were informed by workshops with internal partners, current research and youth partners and had a particular focus on cognition and youth mental health, peer work, and school-based interventions.

Throughout the past year, the team conducted face-to-face workshops on case formulation, the Comprehensive Assessment of At-Risk Mental States assessment tool, autism spectrum disorder and trauma-informed care in Perth, Brisbane, Berri and Tasmania. Work is ongoing with the University of Hong Kong to create an evaluation framework for their youth mental health training course.

“Peer work was one of the most radical features to be introduced to the mental health system in recent decades; as it placed value not just on academic-based expertise but also expertise by experience.”

DR MAGENTA SIMMONS, SENIOR RESEARCH FELLOW AT ORYGEN

### COGNITION RESOURCES

The cognition resources were developed to provide tips and practical strategies for those working in mental health to screen for, and adjust treatment to address, cognitive difficulties in young people.

Orygen's Associate Professor Kelly Allott said previous research had shown that although clinicians recognised that cognition was an important domain to assess and treat to assist their clients to achieve full functional recovery, they reported a relatively low level of confidence and knowledge about how to go about this.

In developing the resources, the team consulted with youth partners and external and internal experts.

The final suite of resources included:

- a cognition training module;
- a Neuropsychiatry Unit Cognitive Assessment Tool (NUCOG) training video;
- a mythbuster; and
- factsheets on cognitive compensation and remediation; psychosis and cognition; and an introduction to cognition.

### PEER WORK RESOURCES

The peer work resources developed by the Knowledge Translation team are the largest collection of resources internationally dedicated to youth peer work. They were created with input from internal research partners, peer workers and young people.

The comprehensive suite of resources provided urgently needed support to the rapidly growing workforce of Australian youth peer workers and their colleagues. They addressed barriers to peer work that are amplified in youth peer workers.



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## SCHOOL-BASED INTERVENTIONS - SUPPORTING YOUTH MENTAL HEALTH AND WELLBEING

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Orygen has continued to work in partnership with the Department of Education and Training (DET) on a Victorian Government initiative that will see a qualified mental health practitioner (MHP) in all government secondary schools. DET has also partnered with Orygen to develop a suite of resources, guidance and an advice line to support MHPs in their role.

To support MHPs in their new role to engage working with young people in a school environment, Orygen has produced 26 evidence-based clinical practice points; provided an advice line for MHPs to consult with senior Orygen mental health professionals within school hours; conducted ongoing needs analysis and quality evaluation to ensure the advice line and training materials are relevant, effective and user-friendly; and engaged with sector stakeholders to inform the advice line and training processes.

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## CASE DETECTION AND COMMUNITY AWARENESS OF PSYCHOSIS

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Orygen's Adelaide-based case detection and community awareness team completed a project commissioned by the Adelaide Primary Health Network to increase referrals to the headspace Early Psychosis team in Adelaide, and other organisations, and raise awareness of the symptoms of psychosis. Their achievements included delivering:

- 22 workshops to homelessness community organisations;
- two workshops to clinicians in complex care interventions;
- two workshops in the Aboriginal sector;
- three workshops on ultra-high risk presentations and how to support referrals;
- two online modules in understanding psychosis, one with a focus on the needs of young First Nations people;
- a large GP event to support GPs in assessment, medication and interventions;
- two videos ([Jo and Charlie](#) and [Journey Home](#)); and
- a robust transition plan to enable this work to continue.

## COURSES EXPAND SPECIALIST YOUTH MENTAL HEALTH KNOWLEDGE

A record 92 students were enrolled in Orygen's graduate courses in youth mental health in semester one, 2020.

The courses are the world's first fully-online graduate courses dedicated to youth mental health and are provided through the Melbourne School of Professional and Continuing Education and the Centre for Youth Mental Health at the University of Melbourne.

Graduate course student and manager of headspace Swan Hill, Ian Johansen, has been working with young people for more than two decades but enrolled in the graduate course to ensure he had the most up-to-date knowledge and skills.

"I enrolled in the course to ensure I was drawing on the best available evidence to support young people," Mr Johansen said.

"Youth mental health workers need a specific set of skills and knowledge - the sector requires people with skills to make young people feel at ease, and to provide supports that are really tailored to their needs."

The courses draw upon the expertise of Orygen researchers and clinicians and are delivered online to accommodate working professionals anywhere.

"I live in the bush and the online course means I can tap into the very best knowledge and expertise - all from my home town," Mr Johansen said.

The current structure of the courses also allows for varied exit points depending on level of commitment and prior knowledge.

Mr Johansen originally enrolled in the Graduate Certificate in Youth Mental Health but elected to continue his study and complete a Master of Youth Mental Health.

"The course is very applicable to the current youth mental health workforce and has advanced my thinking in day-to-day tasks," Mr Johansen said.

"Equipping myself with this training means that I can lead my team with confidence."

### THE COURSES ON OFFER ARE:



**Master of  
Youth Mental Health**




**Graduate Diploma  
in Youth Mental Health**



**Graduate  
Certificate in  
Youth Mental Health**




**Graduate Certificate in  
Managing Youth  
Self-Harm and Suicide**



“Orygen truly values the voice of young people and allows their views and lived experience to be a cornerstone in decision making.”

JACK, YOUTH ADVISORY COUNCIL,  
ORYGEN



“Young people are the future, and it’s very important that we look after the next generation.”

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SEAN, YOUTH RESEARCH COUNCIL,  
ORYGEN



**SUPPORT  
IN MIND**

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## SUPPORTING THE RESEARCH AND PROGRAMS THAT IMPROVE YOUTH MENTAL HEALTH

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### FIRST NATIONS PROJECTS

Orygen has continued to demonstrate a commitment to First Nations peoples with the following fundraising initiatives made possible with thanks to the support of our generous donors.

#### THE BB & A MILLER FOUNDATION

The BB & A Miller Foundation has been a long-term supporter of Orygen and provided \$210,000 to support two First Nations PhD students, as well as the employment of a First Nations support staff member.

In addition, the Foundation provided \$45,000 to support the first year of operations of a First Nations art program called Art Mob. The program seeks to address some of the challenges and barriers young First Nations people encounter when using traditional pathways to access headspace services.

#### LETTISIER FOUNDATION AS TRUSTEE FOR EVANS FAMILY FOUNDATION

Orygen would like to thank Lettisier Foundation as trustee for Evans Family Foundation for supporting the second year of Art Mob, with a contribution of \$45,000.

Young people involved in the program have reported feeling more connected and freer to be themselves. Importantly, there has been an increase in referrals to headspace as a result of the program, highlighting the importance of an alternative entry point.

#### HELEN KIRBY

Thanks to the generous support of Helen Kirby who made a \$35,000 donation to our First Nations PhD program. This funding helps to create opportunities for First Nations graduate students to lead the mental health research, training and education of First Nations Australians.

## ADVANCING SUICIDE PREVENTION RESEARCH

Over the past four years, Future Generation Global Investment Company and The William Buckland Foundation have generously provided funding for Orygen's Suicide Prevention team to design, implement and evaluate a comprehensive and integrated approach to suicide prevention with the aim to reduce rates of suicide, suicide attempts and self-harm among young people.

Orygen would like to thank the Future Generation Global Investment Company for donating \$344,024 in the 2019-20 financial year, a total investment of \$1,128,030 since 2016.

Thank you also to The William Buckland Foundation's generous contribution of \$150,000, a total of \$600,000 since 2017.

These donations have allowed Orygen to test comprehensive place-based suicide prevention strategies across the north and west of Melbourne which include: mobilising community support; identifying at-risk youth; ensuring better care in clinical settings and emergency services through training and cultural change; and trialling new interventions that will reduce self-harm and suicide risk and provide evidence-based care to young people following self-harm and suicide attempts.

*The*  
WILLIAM BUCKLAND  
FOUNDATION  
—WbF—

Future  
Generation  
Global

## INVESTIGATING EARLY INTERVENTIONS FOR REDUCING DRUG AND ALCOHOL USE

Gandel Philanthropy, one of Australia's largest independent family philanthropic funds, has continued its generous support of Orygen's research into clinical treatments to reduce drug and alcohol use in young people with mental illness. Gandel Philanthropy donated \$500,000 this financial year, a total contribution of \$1,250,000 since 2018.

The funding is being used to investigate a new early intervention model to reduce drug/alcohol use in young people with emerging mental illness (the INTEGRATE trial). This research will also define for government a scalable early-intervention solution to reduce the impact of substance use and mental illness in young people.

The Marian and E.H. Flack Trust has further contributed to substance use research, generously providing \$150,000 over three years to support the substance use in mental illness early intervention trial.



The Marian &  
E.H. Flack  
Trust

## FUNDING FURTHERS BIPOLAR DISORDER RESEARCH

Orygen has developed a world-leading blended digital and face-to-face intervention model for young people with bipolar disorder. This model includes team-based care as well as digital interventions that provide psychological and group support.

The MaiTri Foundation has contributed \$50,000, allowing Orygen psychiatrist and researcher Dr Aswin Ratheesh to establish an assessment service for young people with suspected bipolar disorders.

Orygen was successful in obtaining funding from The Marian and E.H. Flack Trust of \$150,000 over three years to start to deliver clinical care under this pilot service. To rigorously evaluate the program through a randomised controlled trial, Orygen was able to leverage benevolent support from The Collie Foundation, managed by Equity Trustees, of \$113,613 over two years.



The Marian &  
E.H. Flack  
Trust



Equity Trustees

## INVESTMENT BUILDS A GLOBAL APPROACH TO YOUTH MENTAL HEALTH

In 2019, Cooper Investors elected Orygen to be a recipient of Hearts & Minds Investments Limited. Hearts and Minds is a unique investment company, listed on the stock exchange which waives investment fees and donates to charities based on the performance of the fund.

The team at Cooper Investors generously donated their time and investment skills, making stock recommendations that would benefit Orygen. As a result, Orygen received a distribution of \$250,000 from Hearts & Minds, to put youth mental health on the global agenda and progress our work in developing a global mental health framework in partnership with the World Economic Forum.

The generous support from Cooper Investors and Hearts & Minds, has enabled Orygen to elevate the profile of our world-leading youth mental health organisation among key private and public stakeholders globally, with the work promoted at events during the United Nations General Assembly 2019 and Davos 2020.



COOPER INVESTORS  
PHILANTHROPY





## TELSTRA FOUNDATION SUPPORTS DIGITAL MENTAL HEALTH INNOVATION

Orygen Digital has continued its close, long-term partnership with the Telstra Foundation over 2019–20. With a donation of \$1 million over two years, the Telstra Foundation has provided further support to continuously iterate and improve the Moderated Online Social Therapy (MOST) platform. In addition, the foundation has offered \$200,000 of in-kind support and access to data scientists and agile coaches to help reduce administration burden and to upskill, coach and support the Orygen Digital team.

With the support from the Telstra Foundation, along with \$6 million from the Victorian Department of Health and Human Services, Orygen Digital is making the MOST platform available to all 28 Victorian headspace centres and 14 state-funded specialist services by mid-2021.

The Telstra Foundation has partnered with Orygen Digital for more than 10 years, and has been instrumental to its growth and success.



## THE COLONIAL FOUNDATION'S TRANSFORMATIVE INVESTMENT

The Colonial Foundation, through its ongoing support, has enabled Orygen to build organisational capacity and to direct funding to where it is needed the most to achieve our mission. The foresight of the Colonial Foundation in taking a partnership approach to drive catalytic reform to improve young people's mental health has led to a shift towards a similar approach by other philanthropic funders.

The Colonial Foundation has supported Orygen with, on average, \$2.5 to \$3 million each year for the past 19 years. In addition to the annual contribution to Orygen, the Colonial Foundation supported the redevelopment of Orygen's Parkville campus.

The leveraged funding from successive Australian Governments and many other sources has led to Orygen pioneering youth mental health programs, with Orygen now considered a world leader in youth mental health research and knowledge translation. With mental ill-health the leading cause of disability and death among Australians aged 15–24, the Colonial Foundation's support is having a profound impact on mental health services for young people across Australia.



### TAL'S PARTNERSHIP VITAL TO SUPPORTING YOUNG PEOPLE IN FINDING WORK

Orygen thanks TAL Australia and the TAL Community Foundation for their ongoing support. TAL is one of Australia's leading life insurers and is a valued partner to Orygen.

In 2019, TAL's Community Foundation provided funding, as part of a three-year partnership to support Orygen's vocational recovery programs, which help young people experiencing mental ill-health find employment and education. The Community Foundation also launched an Australia-wide staff giving campaign, with Orygen as the beneficiary. TAL staff from around Australia rallied together to fundraise for a renovation of one of Orygen's headspace centres by hosting a range of innovate fundraising activities including Halloween parties and cycling events. This fundraiser, which was gift-matched by the TAL Community Foundation, raised over \$70,000.

BELOW LEFT  
TAL employees speaking to young people in the IPS employment program at headspace Glenroy and Sunshine  
BELOW RIGHT  
As part of a fundraiser, staff from TAL insurance cycled to raise money for the refurbishment of one of Orygen's headspace centres.

As with previous years, TAL employees generously donated their time and expertise to present to young people enrolled in our Individual Placement and Support programs at our regular 'Meet the Employer' event, sharing their experiences of work and study with a number of young people looking for work.

Orygen's employment and education team presented at several TAL Lunch and Learn sessions in Brisbane, Sydney and Melbourne throughout the year. TAL staff actively engaged in conversations on supporting young people with mental ill-health in the workplace and in understanding the benefits of youth peer work roles.





## THANK YOU TO OUR WONDERFUL SUPPORTERS

### Orygen would like to gratefully acknowledge the following contributions this year:

- The final instalment of Gandel Philanthropy's \$1.25 million investment for research into clinical treatments to reduce drug and alcohol use in young people with mental illness. This work is being done in Australia, with clinical trials in Israel.
- The Future Generation Global Investment Company's donation of \$344,024. This contribution has provided seed funding to help establish the key components for a strategy to prevent suicide and self-harm.
- A foundation requesting anonymity, which provided \$250,000 to support the mission and vision of Orygen through organisational capacity building.
- The final payment of \$150,000 of a \$600,000 grant, over four years, from the William Buckland Foundation for a youth suicide prevention program.
- Hearts & Minds Limited and Cooper Investors, which provided funding of \$250,000 for Orygen to partner with the World Economic Forum to develop a Global Framework for Youth Mental Health Care.
- Support from the BB & A Miller Foundation of \$210,000 for our First Nations program, including year one support for three PhD students and an Aboriginal Liaison Officer position.
- The Marian and E.H. Flack Trust provided \$30,000 for The Future Project - headspace Craigieburn. The Trust is also supporting a new system of care for young people with bipolar disorders and substance use in mental illness early intervention trial, a contributed its first instalment of \$100,000 of a \$300,000 gift over three years.
- The Collie Foundation and Equity Trustees are supporting a new system of care for young people with bipolar disorders with \$113,613 over two years.
- The TAL Foundation and TAL Australia have provided generous funding to support the redevelopment of one of our headspace centres and youth programs.
- The Hats for Hope community fundraising event and major sponsor Andrews Funeral Care supports Orygen's suicide prevention research.
- An anonymous donor has provided \$50,000 as part of ongoing, annual support to enable Orygen to invest in organisational capacity-building initiatives.
- Lettisier Foundation as trustee for Evans Family Foundation provided \$45,000 to fund the Art Mob project for one year.
- Helen Kirby generously donated \$35,000 to support an Aboriginal PhD student for their first year.

- The Matana Foundation for Young People is generously contributing \$30,000 to Orygen's IPSed Project, a three-year pilot study, in partnership with headspace Bondi Junction, supporting young people to return to education and training.
- The James Marcon Youth Health Foundation, for raising funds for an art therapy program run at Orygen's headspace centres.
- The Radford Foundation for supporting Orygen's youth consultation and participation programs with a grant of \$11,500.

**Orygen would also like to thank the following for their donations of over \$1000:**

- Brasher Family Foundation
- Chrysalis Foundation
- David Penington
- Catherine Condell
- Susan Silberberg



# FINANCIAL STATEMENTS

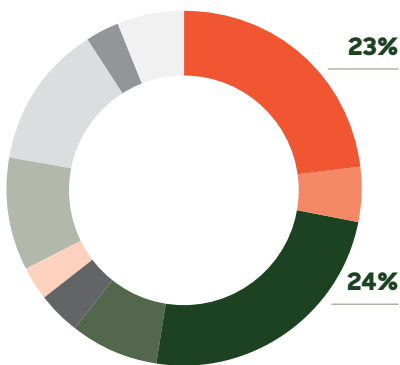
## STATEMENT OF COMPREHENSIVE INCOME FOR YEAR ENDED 30 JUNE 2020

	2020	2019*
	\$'000	\$'000
<b>REVENUE FROM ORDINARY ACTIVITIES</b>	<b>34,750</b>	<b>32,220</b>
<b>EXPENDITURE</b>		
CONSULTANCY	1,404	1,990
DEPRECIATION	2,124	928
OCCUPANCY	1,902	1,949
SALARIES	22,476	20,106
MEDICAL SUPPLIES, TESTS AND PRACTITIONER PAYMENTS	1,479	1,658
OTHER EXPENDITURE	4,351	4,698
<b>TOTAL EXPENDITURE</b>	<b>33,736</b>	<b>31,329</b>
<b>SURPLUS/(DEFICIT) FOR THE PERIOD</b>	<b>1,014</b>	<b>891</b>

\* Comparatives have been restated for consistency in presentation.

## SOURCES OF REVENUE (YEAR ENDED 30 JUNE 2020)

	\$'000	% of Total
COMMONWEALTH GRANTS	8,132	23%
STATE GOVERNMENT GRANTS	1,721	5%
PRIMARY HEALTH CARE INCOME	8,410	24%
COLONIAL FOUNDATION	2,812	8%
CLINICAL SERVICE PROVISION INCOME	1,452	4%
INTERNATIONAL GRANTS	1,168	3%
FUNDRAISING AND DONATIONS	3,319	10%
INFRASTRUCTURE AND REIMBURSEMENT INCOME	4,360	13%
CAPITAL GRANTS	1,003	3%
OTHER	2,372	7%
<b>TOTAL</b>	<b>34,750</b>	<b>100%</b>



**STATEMENT OF FINANCIAL POSITION FOR YEAR ENDED 30 JUNE 2020**

	2020	2019
	\$'000	\$'000
<b>CURRENT ASSETS</b>		
CASH AT BANK	28,588	25,054
TERM DEPOSITS	100	78
TRADE AND OTHER RECEIVABLES	4,333	3,674
PREPAYMENTS	399	158
<b>TOTAL CURRENT ASSETS</b>	<b>33,420</b>	<b>28,964</b>
<b>NON-CURRENT ASSETS</b>		
PROPERTY, PLANT AND EQUIPMENT	2,861	3,231
RIGHT OF USE ASSETS	1,768	-
<b>TOTAL NON-CURRENT ASSETS</b>	<b>4,629</b>	<b>3,231</b>
<b>TOTAL ASSETS</b>	<b>38,049</b>	<b>32,195</b>
<b>CURRENT LIABILITIES</b>		
TRADE AND OTHER PAYABLES	19,019	9,760
INCOME IN ADVANCE	30	2,331
LEASE LIABILITIES	687	-
EMPLOYEE PROVISIONS	832	598
<b>TOTAL CURRENT LIABILITIES</b>	<b>20,568</b>	<b>12,689</b>
<b>NON-CURRENT LIABILITIES</b>		
TRADE AND OTHER PAYABLES	-	6,811
LEASE LIABILITIES	1,173	-
EMPLOYEE PROVISIONS	470	417
<b>TOTAL NON-CURRENT LIABILITIES</b>	<b>1,643</b>	<b>7,228</b>
<b>TOTAL LIABILITIES</b>	<b>22,211</b>	<b>19,917</b>
<b>NET ASSETS</b>	<b>15,838</b>	<b>12,278</b>
<b>EQUITY</b>		
SHARE CAPITAL		
RETAINED SURPLUS/(DEFICIT)	7,104	4,018
UNEXPENDED FUNDS RESERVE*	8,734	8,260
<b>TOTAL EQUITY</b>	<b>15,838</b>	<b>12,278</b>

\*Includes project funds received, but committed to expenditure in future financial years.

A full copy of the Orygen Special Purpose Statutory Financial Report for the year ended 30 June 2020, is available on the ACNC website [www.acnc.gov.au](http://www.acnc.gov.au)

# GOVERNANCE

## BOARD DIRECTORS



MR ALAN BEANLAND

**MR ALAN BEANLAND**  
**BSc, FAICD**  
**Chairman**  
**Director - Orygen Youth**  
**Mental Health Foundation**

Alan has extensive international experience across four continents in roles as a director, senior executive, consultant and business developer within the information technology and finance sectors. He has also advised major Australian and Asian groups on their international business expansion activities and is the chairman of Colonial Foundation.



MS LYNETTE ALLISON

**MS LYNETTE ALLISON**  
**BEd**  
**Member - Audit and Risk**  
**Committee**

Lyn is a former leader of the Australian Democrats. Her involvement with mental health began in 2005 when she co-authored a study into progress of reform in mental health following the Burdekin inquiry. Lyn chaired the Democrats-initiated Senate Mental Health Inquiry, which handed down its reports in early 2006, leading to a COAG agreement and an additional \$4 billion spent on mental health.



MR ANDRÉ CARSTENS

**MR ANDRÉ CARSTENS**  
**BCom(Hons), FCA, MAICD**  
**Member - Audit and Risk**  
**Committee**  
**Director - Orygen Youth**  
**Mental Health Foundation**

André is a fellow of Chartered Accountants Australia & New Zealand and a member of the Australian Institute of Company Directors. He is the chief executive officer of Colonial Foundation and has extensive leadership experience, having held CEO/CFO positions with a number of multi-national businesses including Spotless Group, Colonial First State Group, Aviva Australia and the Gribbles Group.

**MR ROB GOUDSWAARD**  
**BEcon, Grad Dip Corp Fin,**  
**FAICD, FFINSIA**  
**Chair - Orygen Youth Mental**  
**Health Foundation**

Rob has nearly 40 years' experience in financial services, both internationally and within Australia. His most recent role was CEO of Credit Union Australia (CUA), Australia's largest mutual-owned financial services provider. He served on the boards of all CUA's subsidiaries, such as CUA Health, Credicorp Finance and CUA Management.



MR ROB GOUDSWAARD



PROFESSOR CHARLES GUEST

**PROFESSOR CHARLES GUEST**  
**MBBS, BA, MPH, PhD,**  
**FAFPHM, MAICD**  
**Chair - Clinical Governance**  
**Committee**

Charles has worked across the health sector, in government, academic and other settings, including positions at the Royal Melbourne Hospital and the Centers for Disease Control, United States Public Health Service. As a public health physician, he has served as chief health officer in the Australian Capital Territory and, later, Victoria. Charles has made additional leadership contributions to the *Medical Journal of Australia*, the National Health and Medical Research Council, and the Royal Australasian College of Physicians.



**PROFESSOR MARILYS GUILLEMIN****PhD, MEd, DipEd, BAppSci**

Marilys is associate dean, learning and teaching, in the Faculty of Medicine, Dentistry and Health Sciences at the University of Melbourne and is responsible for learning and teaching strategy and its implementation in the faculty. Marilyns is a sociologist of health and illness and professor in the Centre for Health Equity, School of Population and Global Health, at the University of Melbourne.

**MRS JANE HARVEY**  
**BCom, MBA, FCA, FAICD**  
**Chair - Audit and Risk Committee**

Jane is a former partner of PricewaterhouseCoopers and is a fellow of both the Institute of Chartered Accountants (Australia & NZ) and the Australian Institute of Company Directors. She is on the boards of Colonial Foundation, Bupa ANZ, Marian and EH Flack Trust and subsidiaries of IOOF Holdings Ltd. Jane has held directorships at a number of health-related entities, including, the Royal Melbourne Hospital, the Alfred Hospital, the Royal Flying Doctor Service and Medibank Private Limited.

**PROFESSOR CHRISTINE KILPATRICK AO****MBBS, MBA, MD, DMedSci (Hons), FRACP, FRACMA, FAICD, FAHMS**

Christine commenced as chief executive of Melbourne Health in May 2017. Previous appointments include chief executive of the Royal Children's Hospital (2008-17), executive director, medical services, Melbourne Health and executive director of the Royal Melbourne Hospital, Melbourne Health (2004-08). Prior to these appointments she was a neurologist, specialising in epilepsy.

**PROFESSOR FRANCES KAY-LAMBKIN**  
**BSc(Psych)Hons, PhD(Psychiatry)**  
**Chair - Orygen Research Committee**

Frances is a NHMRC fellow, director of technology, innovation and translation at the NHMRC PREMISE Centre for Research Excellence and co-director of the mental health hub of the University of Newcastle's Priority Research Centre in Brain and Mental Health. She is the interim pro vice chancellor (research and innovation) at the University of Newcastle.

**PROFESSOR PATRICK MCGORRY AO****MD, BS, PhD, FRCP, FRANZCP, FAA, FASSA, FAHMS**  
**Executive Director**  
**Member - Audit and Risk Committee**  
**Member - Clinical Governance Committee**  
**Member - Orygen Research Committee**

Pat is professor of youth mental health at the University of Melbourne, and a founding director of the National Youth Mental Health Foundation (headspace). He is a global researcher in early psychosis and youth mental health and is known world-wide for his development and scaling up of early intervention models of care, and for mental health innovation, advocacy and reform.

**PROFESSOR MARILYS GUILLEMIN****MRS JANE HARVEY****PROFESSOR CHRISTINE KILPATRICK AO****PROFESSOR FRANCES KAY-LAMBKIN****PROFESSOR PATRICK MCGORRY AO**

# LEADERSHIP

## ORYGEN STRATEGIC EXECUTIVE



**PROFESSOR  
PATRICK  
MCGORRY**  
EXECUTIVE DIRECTOR



**PROFESSOR  
MARIO  
ALVAREZ-JIMENEZ**  
DIRECTOR,  
ORYGEN DIGITAL



**JASON  
BUCHANAN**  
CHIEF FINANCIAL  
OFFICER



**AMELIA  
CALLAGHAN**  
DIRECTOR, CLINICAL  
SERVICES REFORM



**PROFESSOR  
ANDREW  
CHANEN**  
DIRECTOR,  
CLINICAL PROGRAMS  
AND SERVICES



**PENNY  
FANNIN**  
DIRECTOR,  
COMMUNICATIONS,  
MARKETING AND  
FUNDRAISING



**CRAIG  
HODGES**  
DIRECTOR,  
ORYGEN GLOBAL



**JOHN  
MORAN**  
CHIEF OPERATING  
OFFICER



**KERRY  
PENNELL**  
DIRECTOR,  
STRATEGY AND POLICY



**PROFESSOR  
ROSEMARY  
PURCELL**  
DIRECTOR,  
KNOWLEDGE  
TRANSLATION



**PAM  
WHITE**  
DIRECTOR,  
PEOPLE AND CULTURE



**PROFESSOR  
STEPHEN  
WOOD**  
DIRECTOR,  
RESEARCH (ACTING)

# PUBLICATIONS

## JUNE 2019 - JULY 2020

### JOURNAL ARTICLES

1. Abu-Akel AM, Apperly IA, Wood SJ, Hansen PC. Re-imaging the intentional stance. *Proc R Soc B Biol Sci.* 2020 04 April;287(1925).
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9. Allott K, Wood SJ, Yuen HP, Yung AR, Nelson B, Brewer WJ, Spiliotacopoulos D, Bruxner A, Simmons M, Broussard C, Mallawaarachchi S, Pantelis C, McGorry PD, Lin A. Longitudinal cognitive performance in individuals at ultrahigh risk for psychosis: a 10-year follow-up. *Schizophrenia Bulletin.* 2019 09 Sep;45(5):1101-1111.
10. Amminger GP, Nelson B, Markulev C, Yuen HP, Schäfer MR, Berger M, Mossaheb N, Schlögelhofer M, Smesny S, Hickie IB, Berger GE, Chen EYH, de Haan L, Nieman DH, Nordentoft M, Riecher-Rössler A, Verma S, Thompson A, Yung AR, McGorry PD. The NEURAPRO biomarker analysis: long-chain omega-3 fatty acids improve 6-month and 12-month outcomes in youths at ultra-high risk for psychosis. *Biological Psychiatry.* 2020 02 Feb;87(3):243-252.
11. Andriessen K, Krysinska K, Kölves K, Reavley N. Suicide postvention service models and guidelines 2014-2019: a systematic review. *Frontiers in Psychology.* 2019 11 Nov 10.
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13. Arancini L, Bortolasci CC, Dodd S, Dean OM, Berk M. N-acetylcysteine for cessation of tobacco smoking: rationale and study protocol for a randomised controlled trial. *Trials.* 2019 09 Sep;20(1):7.
14. Armando M, Ciampoli M, Padula MC, Amminger P, De Crescenzo F, Maeder J, Schneider M, Schaer M, Managò F, Eliez S, Papaleo F. Favorable effects of omega-3 polyunsaturated fatty acids in attentional control and conversion rate to psychosis in 22q11.2 deletion syndrome. *Neuropharmacology.* 2020 05 May;168.
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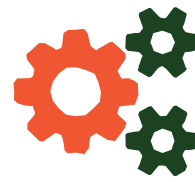
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