

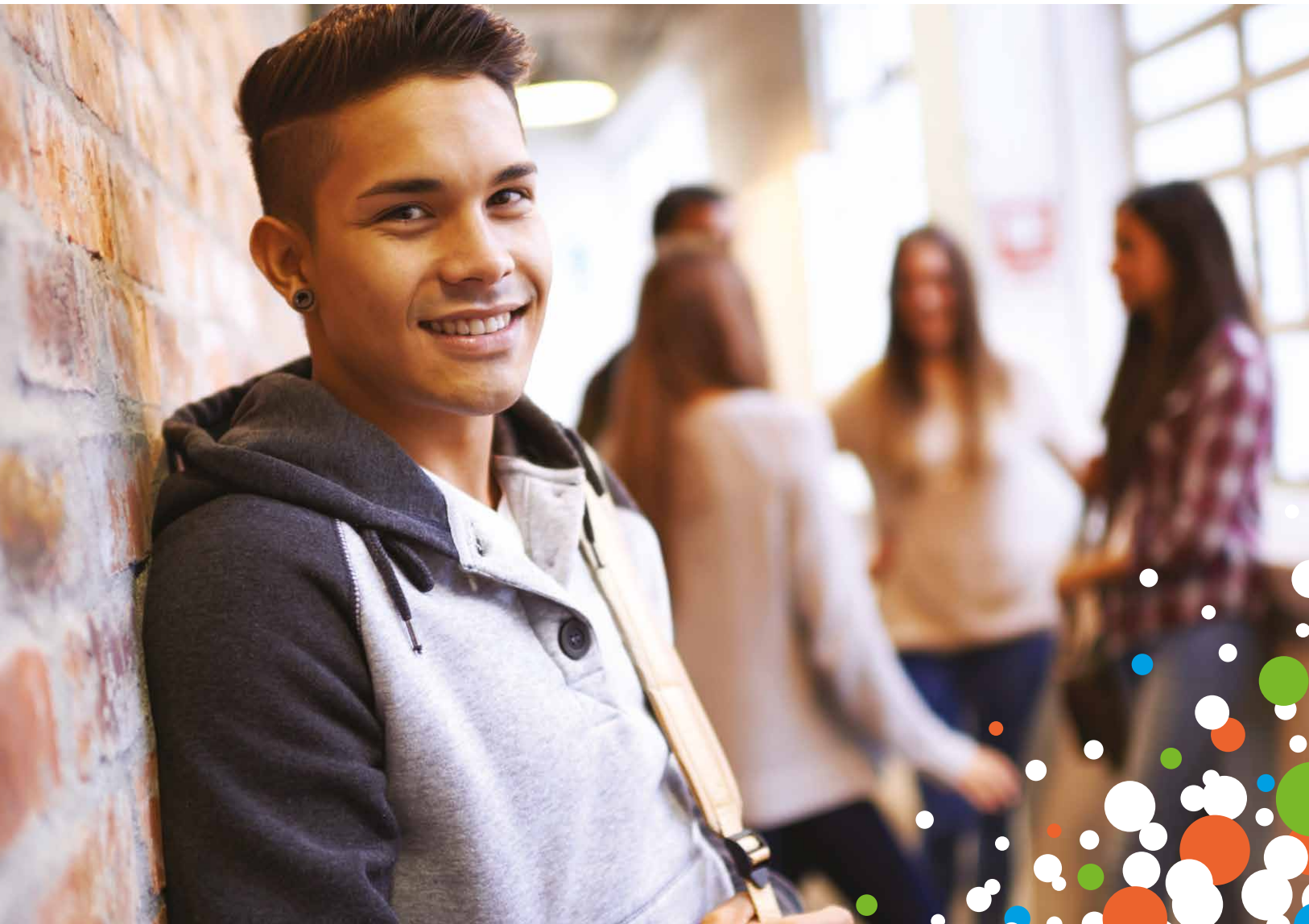


The National Centre of Excellence
in Youth Mental Health

Australia's first

National Centre of Excellence
in Youth Mental Health

Annual Report 2015



Orygen, The National Centre
of Excellence in Youth Mental Health
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of Excellence in Youth Mental Health 2015

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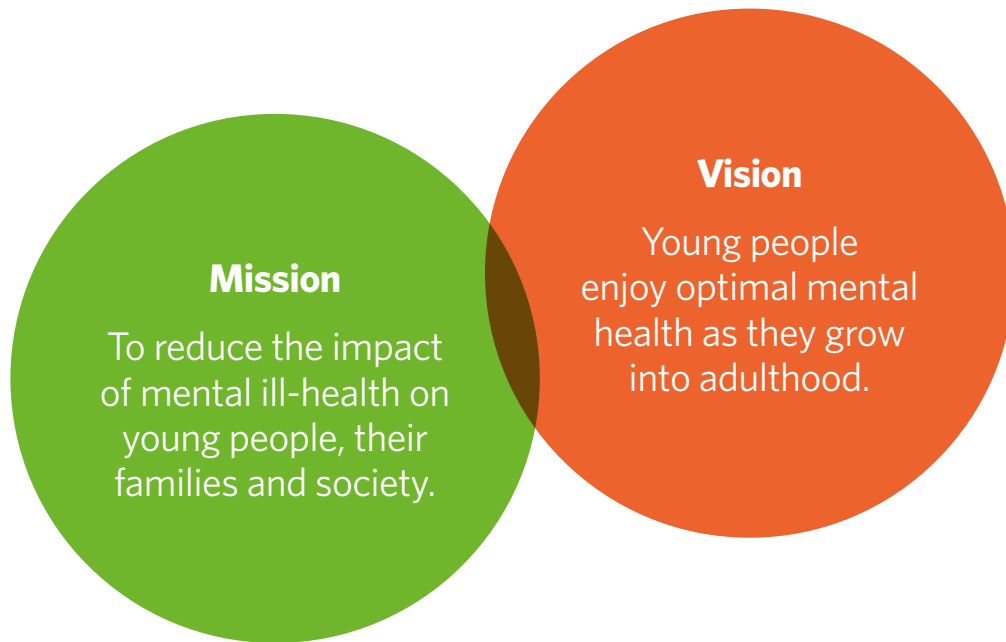
About Orygen

Orygen, The National Centre of Excellence in Youth Mental Health is the world's leading research and knowledge translation organisation focusing on mental ill-health in young people.

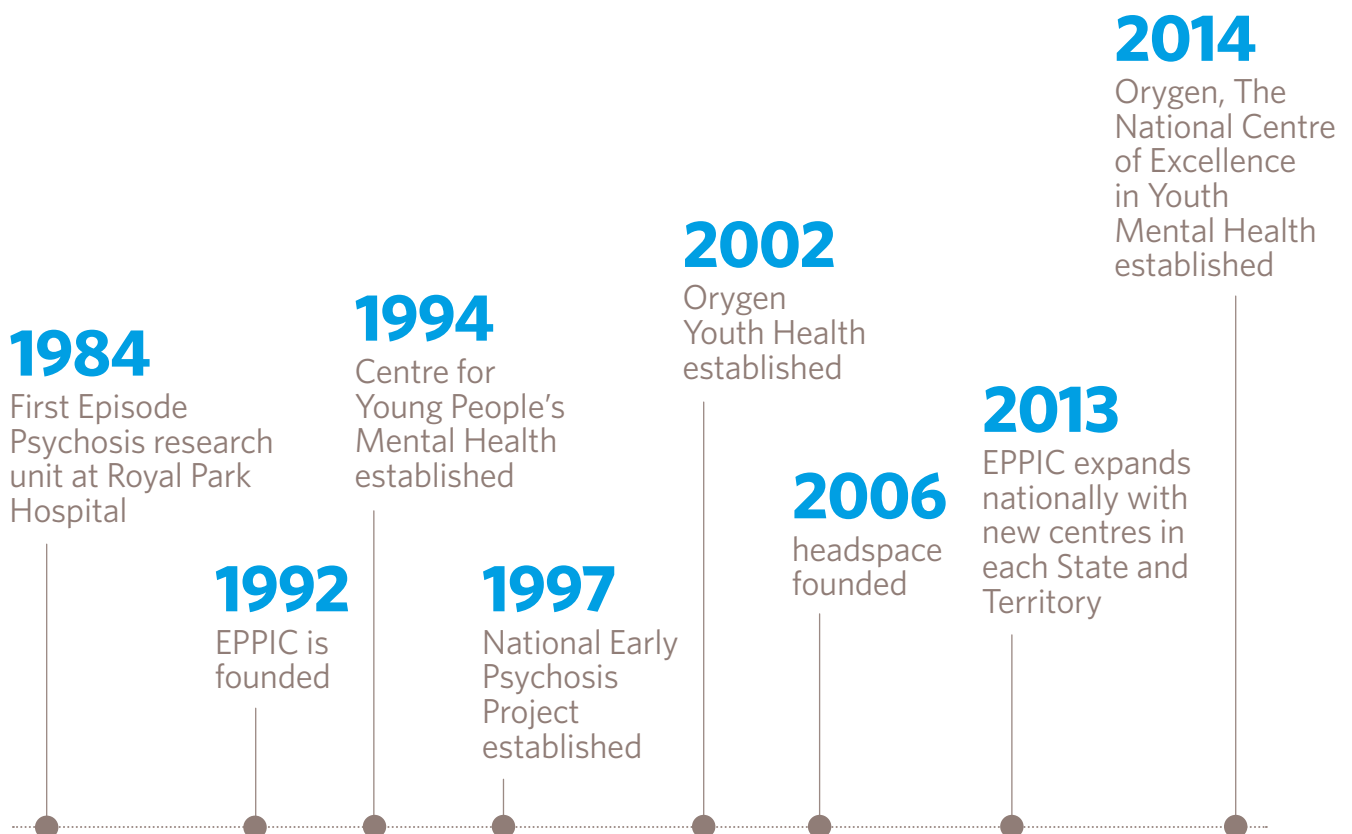
At Orygen, our leadership and staff work to deliver cutting-edge research, policy development, innovative clinical services, and evidence-based training and education to ensure that there is continuous improvement in the treatments and care provided to young people experiencing mental ill-health.

Our work has created a new, more positive approach to the prevention and treatment of mental disorders, and has developed new models of care for young people with emerging disorders. This work has been translated into a worldwide shift in services and treatments to include a primary focus on getting well and staying well, and health care models that include partnership with young people and families.

- **Orygen recognises** that young people come from diverse backgrounds and communities and we are committed to working in partnership with people of all backgrounds and with all communities to develop strategies that are responsive and inclusive.
- **Orygen acknowledges and recognises** Aboriginal and Torres Strait Islander people as the traditional owners and custodians of the land we share and we are committed to working with Aboriginal and Torres Strait Islander people in our endeavours to improve the mental health and wellbeing of young Australians.



History



Announcement of The National Centre of Excellence in Youth Mental Health

We are delighted to announce that on October 8, Orygen Youth Health Research Centre officially became Orygen, The National Centre of Excellence in Youth Mental Health.

With an allocation of \$18 million over the next four years from the Australian Government to allow the establishment of the new Centre, this investment will enable Orygen to consolidate and build on its decades of expertise and continue to deliver cutting-edge research, innovative clinical services and evidence-based training to ensure that there is continuous improvement in the treatment and care provided to young people experiencing mental ill-health.

Speaking during the official announcement of the new Centre, Minister for Health, The Hon Peter Dutton MP, said that the \$18 million funding provided by the Australian Government to establish the Centre underlined the Coalition's strong commitment to finding new and innovative treatments for mental illness in young people, and reflects the importance of youth mental health in our community.

'This centre will play a lead role in reducing the impact of mental health disorders in young people and enabling them to live fuller lives,' Mr Dutton said.

'The National Centre of Excellence in Youth Mental Health will be an important feature of Australia's world-leading medical research landscape, ultimately, driving positive change for young Australians and their families.'

Professor Patrick McGorry AO, Executive Director of Orygen, responded, 'The announcement of the Centre is a watershed moment as we move to a national mandate for Orygen. We're focusing on new research, new treatments and new skills and knowledge for professionals working with young people around Australia. This investment and support for the Centre is a beacon of hope for young people living with mental ill-health. Drawing on a world-class collective intellect, we will provide practical and innovative treatment solutions to better the lives of young people now and well into the future.'

“
We're focusing on new research, new treatments and new skills and knowledge for professionals working with young people around Australia.

Professor Patrick McGorry
and The Hon Peter Dutton MP
sign the agreement



Chairman's Report

Mr Peter Smedley Chairman

As Chairman of Orygen, it gives me great pleasure to be introducing The National Centre of Excellence in Youth Mental Health, an innovation that will build on Orygen's long-term commitment to delivering better outcomes for young people with mental ill-health.

Through their investment, the Australian Government has recognised the vital importance of intervening early to divert the course of mental ill-health in young people, and the crucial role that the development and delivery of new evidence-based treatments plays in this process. Our new national mandate is being delivered on by building and expanding our partnership work with organisations and individuals across the country to improve the lives of more young people than ever before.

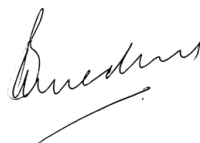
As an organisation, we have had a lot to be proud of in 2014-2015. As well as transitioning to The National Centre of Excellence in Youth Mental Health, we were successful in securing a major commitment of funding from the Victorian State Government to contribute to a much-needed upgrade of the facilities at our primary site in Parkville, Victoria. More than just a building, these new premises will be a world-leading youth mental health clinical-research hub that will allow a more integrated and innovative approach to our work. In 2015-16 we will be implementing the strategies necessary to raise the additional funds required to deliver this capital project.

Our researchers continued their impressive output, with a number of new grants, high-profile publications, conference presentations and prestigious individual honours. Communicating our research findings is critical to driving positive change in the treatments and services that improve young peoples' mental health outcomes.

During 2014-15, we have continued to scale up our clinical services and have strengthened their quality and capacity through the development of an integrated clinical-governance framework across all our headspace sites. We are very proud of the service we can offer young people through these platforms.

With our enhanced national role we are now working with partners across the country to provide training, workforce and service development opportunities for those who work with young people. We are also collaborating with international partners to share the latest skills and knowledge in youth mental health care.

I would like to thank my fellow Board Members, the Executive and the staff for their dedicated efforts across the year and their continued passion to work toward better outcomes for young people with mental ill-health, their friends and families.




“
Our new national mandate is being delivered on by building and expanding our partnership work with organisations and individuals across the country.”

Executive Director's Report

A portrait of Professor Patrick McGorry AO, an older man with white hair and a beard, wearing a dark blue suit, a light blue shirt, and a striped tie. He is sitting with his hands clasped and wearing a bright blue watch. The background is a plain, light-colored wall.

“ We have seen enormous advancement in mental health care for young people, taking it from the 19th into the 21st century.

Professor Patrick McGorry AO

Professor Patrick McGorry AO Executive Director

2014-2015 was a momentous year in the history of our organisation, which began its operations over 20 years ago in Parkville, Victoria. In that time we have seen enormous advancement in mental health care for young people, taking it from the 19th into the 21st century. In transitioning to become Australia's first National Centre of Excellence in Youth Mental Health, Orygen now has a unique opportunity to continue to drive this modernisation of the youth mental health paradigm and ensure we improve outcomes for young people.

Over the previous 15 years, all sides of politics have recognised the crucial importance of intervening early to reduce the impact of mental ill-health in young people. Over the previous year we have received key investments at both the Federal and State level, which demonstrate the value of the work we are conducting at Orygen. As well as the Australian Government's commitment of \$18 million over four years to establish and support The National Centre of Excellence in Youth Mental Health, the Victorian Labor Government has promised to deliver a crucial \$60 million of funding to support the development of our Parkville facilities into a world-leading clinical-research youth mental health hub. These investments, combined with additional investments from supporting stakeholders, will further enhance an environment that is creating the kind of innovative translational research that has seen Australia recognised a world-leader in youth mental health, and spawned new service cultures across Australia and around the world.

In 2014-2015 our researchers performed exceptionally well, contributing strongly to our global understanding of mental ill-health in young people. There were far too many individual achievements across the year to name, however I do want to make

mention of the remarkable achievement of our Director of Research, Professor Helen Herrman, who this year was voted President Elect of the World Psychiatric Association, the first Australian to hold this position. We are also world leaders in personality disorders, mood disorders, vocational recovery, suicide prevention, the use of new technologies in mental health and of course early psychosis, notably prodromal or ultra high risk research and treatment. Our work in the neurobiology of onset of disorders is building capacity and momentum as well. We have strengthened existing partnerships and established new ones with key research centres around Australia and internationally, notably NDARC, the Brain and Mind Centre at the University of Sydney, the Institute of Psychiatry in London, the National Institute of Mental Health in Washington DC, the University of Heidelberg, and the ACCESS Youth Mental Health Research Program at McGill University in Montreal.

We have continued to host the Australian Early Psychosis Research Network and we are delighted that this important research network is continuing to grow and expand.

I have been especially delighted to observe and participate in the continued improvement of our Clinical Services over the previous year and the way these have been better integrated with our research program to ensure we stay at the forefront of developing and testing new treatments in mental health care. The previous year has also seen significant work from our Skills & Knowledge team in up-skilling the new clinical workforce in the hYEPP sites, the national program of early intervention psychosis services based on the EPPIC service, which was pioneered at Orygen. They have also been working hard to develop a range of new training materials and products for the youth mental health sector.

The 2015-2016 Federal Budget included a crucial investment in a trial of Individual Placement and Support (IPS) services to assist young people with an experience of mental ill-health to return to work or study. This trial, to be delivered through headspace sites, came about through a concerted advocacy effort from Orygen, based on the *Tell Them They're Dreaming* Report by Professor Eóin Killackey and his team. This is a perfect example of the sequence of high-quality research feeding skilled advocacy, and then scaling up of the new knowledge via our headspace platforms of care. Our Policy Think Tank has produced four more of these 'white paper' style policy documents and we will be preparing four more this year.

I would like to thank our Chair Peter Smedley, the whole Orygen Board, our highly committed Executive, our dedicated and creative staff and most importantly the young people, their family and friends who we work with for making 2014-2015 such a success. As we move into our second year of operation as The National Centre of Excellence in Youth Mental Health, I am enormously excited by the new opportunities we have to work with partners across the country, and indeed across the world, to get a better deal for young people with mental ill-health.

Patrick McGorry

2014 - 2015 Highlights

“ I’m incredibly proud of Australia’s contribution to youth mental health. Our research is well-referenced, and our services are replicated in many different countries.

Young person

The Parkville Capital Campaign

Victoria is a world-leader in youth mental health. Countries all across the globe are basing mental health reforms on the treatment and service models we have created here at Orygen in Melbourne.

Orygen is carrying out crucial, cutting-edge work because mental health conditions and substance abuse disorders are now responsible for a staggering 60% of the burden of disease for 12-25 year olds.

Currently around 75% of young people with a diagnosable mental disorder have absolutely no access to health care. Numerous young people are ending up in situations with poor educational outcomes, substance use disorders, violence, neglect, and a whole range of other negative outcomes.

However, there is a fundamental issue that needs to be addressed. The walls of the largest international research institute in the world in youth mental health are literally falling in.

If we don't address this structural crisis, the world-leading research and clinical work being done here at Orygen will be lost. We will risk losing our international leadership. Young people and their families will no longer be able to access the best quality mental health care in the world and most importantly of all, lives will be lost.

In October 2014 Orygen launched the Parkville Capital Campaign to address the urgent need for new facilities to house our major operational site in Melbourne, and one of the clinical sites of our partners Orygen Youth Health Clinical Program.

Following this investment other stakeholders have also contributed funding and in 2015-16 we will be implementing the strategies necessary to raise the additional funds required to deliver this capital project.

After their election victory and forming Government, the Premier confirmed his commitment to this funding and work has begun on the planning of what will be a world-leading youth mental health clinical-research hub that will create an optimal environment for further innovation in mental health care for young people.



The Hon Daniel Andrews MP
with Professor Patrick McGorry
at the announcement



Getting young people with mental ill-health back on track

In the 2015 Federal Budget Orygen welcomed the commitment of \$330 million to improve employment outcomes for young Australians. In particular we support the targeted funding of \$19.4 million over four years for two support trials to help improve employment outcomes for young people up to the age of 25 with mental ill-health.

One of these programs will trial the Individual Placement and Support (IPS) intervention for young people with an experience of mental ill-health in 15 locations around Australia.

Orygen has conducted significant research into the effectiveness of IPS services and found that these programs can support in excess of 85 percent of young people with severe mental illness to get back to work, education and training.


Professor Eóin Killackey, Head of Functional Recovery Research at Orygen, is recognised as an international leader in vocational recovery services and his work forms the basis of the *Tell Them They're Dreaming* Report on Work, Education and Young People with Mental Illness in Australia. This report strongly supports IPS services as an effective and cost-effective way to return young people with an experience of mental ill-health to work or study and ensure less of these young people require the Disability Support Pension.

Orygen's strong advocacy in this area was crucial to this investment and we stand ready to work with the Australian Government and the mental health and employment service sectors to support young people with mental ill-health to pursue their vocational goals and live productive and contributing lives.



Professor Eóin Killackey,
Head of Functional Recovery
Research at Orygen





“ When I found work, it was like I had taken another step in my recovery journey. I have new friends, a purpose and some money! It’s been really great.

Young person

EPPIC Forum 2015: Innovation in Application

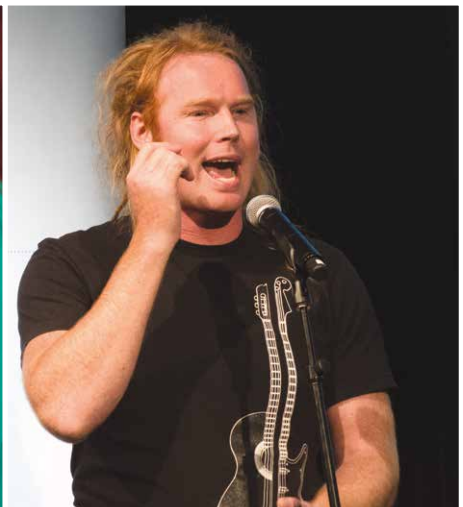
In March 2015 over 250 clinicians and managers joined us for the EPPIC Forum 2015: Innovation in Application at the Arts Centre Melbourne. It was a fantastic opportunity to share knowledge and speak with mental health workers and researchers working in early psychosis all around the country. Social workers, doctors, nurses, exercise physiologists, government officials, pharmacists and occupational therapists were all represented.

The event featured leading mental health experts from around the world including Professor Robert Heinssen from the National Institute of Mental Health in the United States, Professor Eric Chen from the University of Hong Kong, and Professor Jan Scott from Newcastle University in the United Kingdom. The theme, 'Innovation in Application', reflected both the past and future of the early intervention model of care. In the last 25 years, the early intervention model has radically transformed how young people with a first episode of psychosis are treated, and it continues to evolve in response to research and clinical experience. Professor Patrick McGorry AO, the event host, reminded the audience, 'This is the current EPPIC model; in five years we may have a better one.'

It was particularly encouraging to be joined at the event by so many of our colleagues from the headspace Youth Early Psychosis Program. Orygen is providing expert training and support to these services as they are scaled up across the country.



Professor Eric Chen from the University of Hong Kong; Professor Jan Scott from Newcastle University in the United Kingdom



Rockwiz Goes Mental

Following the success of the inaugural event in 2013, the Rockwiz team came back in 2014 with another live spectacular show to support Orygen. 'Rockwiz Goes Mental' brought Julia Zemiro, Brian Nankervis, Dugald McAndrew and the Rockwiz Orchestra to the Melbourne Town Hall for an amazing night of music trivia, live performances and awareness raising for youth mental health.

The event was Rockwiz's only live performance for 2014 and over 1500 people packed into the Town Hall to enjoy the shenanigans. We are very thankful to the team at Renegade Films, all the artists and volunteers who made the night an amazing success, which raised much needed funds for Orygen's work.



More highlights
of 2014-2015

**Professor
Helen Herrman**
voted President
Elect of the
World Psychiatric
Association



Key research accolades

Dr Jo Robinson
receives NHMRC Early Career
Development Fellowship

**Associate Professor
Mario Alvarez-Jimenez**
receives NHMRC Career
Development Fellowship

Dr Simon Rice
awarded Early Career Research
Fellowship from The Society for
Mental Health Research

Dr Magenta Simmons
receives University of Melbourne
Early Career Researcher Grant

**Associate Professor
Barnaby Nelson**
awarded NARSAD Independent
Investigator grant

Professor Helen Herrman
awarded 5-year NHMRC
Practitioner Fellowship

Professor Paul Amminger
awarded 5-year NHMRC
Research Fellowship

**Paul Amminger,
Andrew Chanen
and Eóin Killackey**
are promoted to Professor

“ I am honoured
to be President Elect
and to have been
entrusted by the General
Assembly to help lead
the charge toward the
successful integration
of psychiatry with health
care and public health.

Professor Helen Herrman



We established the Orygen Policy Think Tank



We published a suite of new Youth Mental Health resources



Professor Patrick McGorry participates in the The Economist Global Crisis of Depression Summit in London



We hosted the first meeting of the Australian Early Psychosis Research Network



We contributed to the MindMatters project to promote good mental health in schools



We participated in the Meeting of the Global Alliance of Mental Health Research Funders in London



We participated in Mental As, an amazing weeklong mental health awareness and fundraising campaign by the ABC



Gina Chinnery was awarded 2015 Practitioner of the Year from the Career Development Association of Australia for her work at Orygen



We delivered Suicide Prevention for Refugees and Asylum seeker training with Foundation House



We made a strong contribution to the 9th International Early Psychosis Association Conference in Tokyo



We produced 178 research publications disseminated across the world



The inaugural Hats for Hope events raised much needed funds for suicide prevention research

headspace
Craigieburn
launched





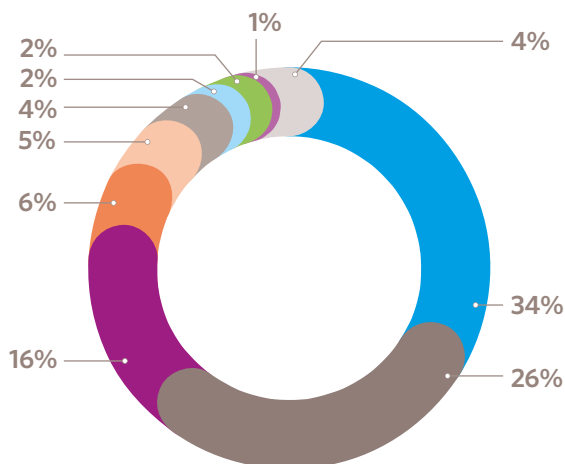
This year we officially launched headspace Craigieburn, the fourth headspace site operated by Orygen. The northern suburbs of Melbourne are a significant growth area and it is fantastic to be able to offer high-quality mental health care to young people in this community.

Financial statements

Statement of Comprehensive Income for Year Ended 30 June 2015

| | 2015 | 2014 |
|---|--------------|--------------|
| | \$'000 | \$'000 |
| Revenue from ordinary activities | 18,784 | 12,666 |
| Expenditure | | |
| Consultancy | (817) | (945) |
| Depreciation | (483) | (367) |
| Occupancy | (663) | (437) |
| Salaries | (12,106) | (8,898) |
| Medical supplies, tests and practitioner payments | (1,333) | (918) |
| Other expenditure | (1,908) | (1,564) |
| Surplus/(deficit) for the period | 1,474 | (463) |

Sources of Revenue (Year Ended 30 June 2015)



| | \$'000 | % of Total |
|-------------------------------------|---------------|-------------|
| Commonwealth Grants | 6,331 | 34% |
| headspace National Funding | 4,821 | 26% |
| Colonial Foundation | 3,000 | 16% |
| Clinical Service Provision Income | 1,204 | 6% |
| Young and Well CRC (Research) | 1,025 | 5% |
| Infrastructure Income | 718 | 4% |
| Training Income & Sale of Resources | 408 | 2% |
| Fundraising & Donations | 361 | 2% |
| Research Grants (International) | 229 | 1% |
| Other | 687 | 4% |
| Total | 18,784 | 100% |

For a full copy of Orygen, The National Centre of Excellence in Youth Mental Health Special Purpose Statutory Financial Report for the year ended 30 June 2015, please see the Australian Charities and Not-for-profit Commission website www.acnc.gov.au

Statement of Financial Position for Year Ended 30 June 2015

| | 2015 | 2014 |
|--------------------------------------|--------------|---------------|
| | \$'000 | \$'000 |
| ASSETS | | |
| Current assets | | |
| Cash | 5,169 | 5,669 |
| Trade and other receivables | 2,830 | 2,373 |
| Prepayments | 66 | 132 |
| Inventory | 89 | 8 |
| Total current assets | 8,154 | 8,182 |
| Non-current assets | | |
| Property, plant and equipment | 1,679 | 1,837 |
| Total non-current assets | 1,679 | 1,837 |
| Total assets | 9,833 | 10,019 |
| LIABILITIES | | |
| Current liabilities | | |
| Trade and other payables | 2,764 | 4,429 |
| Provision for employee entitlements | 203 | 92 |
| Total current liabilities | 2,967 | 4,521 |
| Non-current liabilities | | |
| Trade and other payables | 811 | 992 |
| Provision for employee entitlements | 102 | 27 |
| Total non-current liabilities | 913 | 1,019 |
| Total liabilities | 3,880 | 5,540 |
| Net assets | 5,953 | 4,479 |
| EQUITY* | | |
| Share capital | - | - |
| Retained surplus/(deficit) | 3,572 | 3,149 |
| Unexpended funds reserve | 2,381 | 1,330 |
| Total equity | 5,953 | 4,479 |

* Equity includes project funds received in the year ended 30 June 2015, but committed to expenditure in future financial years.

Publications

July 2014 – June 2015

Journal articles

A

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