



NHMRC CENTRE OF RESEARCH EXCELLENCE
in MENTAL HEALTH and SUBSTANCE USE

2013 - 2018

Snapshot Report

Member Organisations

Four Australian Universities:



Three International Universities:



Affiliated Organisations:

Institute of Health & Biomedical Innovation

Phoenix Australia

Northern Sydney Drug & Alcohol Service

Queensland University of Technology

Royal Prince Alfred Hospital

The Mental Health Services

University of Wollongong

National Drug & Alcohol Research Centre

Black Dog Institute

Centre for Youth Substance Abuse Research

Community Mental Health Drug & Alcohol Research Network

Headspace: Australia's Youth Mental Health Foundation

Hunter Institute of Mental Health

Governance Structure



Executive Advisory Board

Chairs

Prof Kevin Gournay (King's College, London),
Ms Leonie Manns (consumer advocate)

Director

Prof Maree Teesson

Program Director

A/Prof Cath Chapman

Chief Investigators

Prof Maree Teesson
Prof Amanda Baker
A/Prof Katherine Mills
Prof Frances Kay-Lambkin
Prof Paul Haber

A/Prof Andrew Baillie
Prof Helen Christensen
Prof Max Birchwood
Prof Bonnie Spring
Prof Kathleen Brady

Senior Leadership Advisory Group

Prof Maree Teesson
A/Prof Katherine Mills
Prof Frances Kay-Lambkin

A/Prof Nicola Newton
A/Prof Tim Slade
A/Prof Cath Chapman

Academic Leadership Group

Dr Emma Barrett
Dr Louise Birrell
Dr Katrina Champion
A/Prof Cath Chapman
Dr Sally Hunt
Prof Frances Kay-Lambkin
Dr Christina Marel
Dr Louise Mewton
A/Prof Katherine Mills

A/Prof Nicola Newton
Dr Joanne Ross
Dr Wendy Swift
A/Prof Tim Slade
Dr Mieke Snijder
Dr Lexine Stapinski
Dr Matthew Sunderland
Prof Maree Teesson
Dr Louise Thornton

Research Snapshot



CREMS generated new research to increase the knowledge base regarding the effective prevention and treatment to comorbid mental health and substance use disorders.

In addition to making the findings of our research available in the scientific literature, an integral component of this CRE has been the translation of these research findings into educational curricula, training programs and clinical resources, as well as resources for the general public.

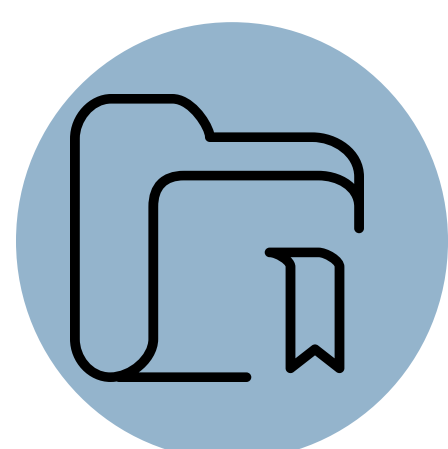
Our research



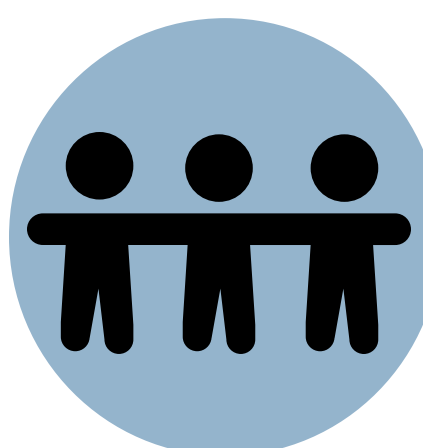
127 Research Projects



941 Peer reviewed publications



11,363 Citations



56 New Collaborations



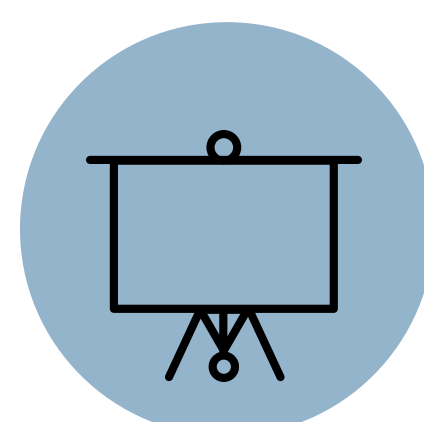
Dissemination and reach



222,148 Page views on the CREMS website



30 Webinars



585 Seminars, conference presentations and workshops delivered



15 e-Health programs and online portals publicly available

Funding



\$16,397,945

**CATEGORY 1
(NHRMC, ARC)**

Total

\$35,214,696

\$7,371,227

**CATEGORY 3
(Non-Government, contract)**

\$11,445,524

**CATEGORY 2
(Government)**

Training Future Leaders



46

PhD Students Trained

CREMS provided a challenging and supportive environment for postgraduate research students. With access to internationally recognised researchers for supervision, candidates have worked at the cutting edge of prevention, treatment and epidemiological research on co-occurring mental and substance use disorders.



24

Early Career Researchers Trained

The highly successful CREMS Early Career Researcher training program provided early career researchers with the foundations upon which they can build their own successful programs of research. Working alongside internationally recognised leaders in the field, members received training in a variety of methodologies used to undertake research across each stream. In addition, the pioneering, highly successful researchers were provided with unique opportunities to develop their leadership and management skills.



Mentoring Partnership



34

Mentoring partnerships nurtured

CMHDARN is a joint initiative of the NSW Network of Alcohol and Drug Agencies and the Mental Health Coordinating Council. CMHDARN partnered with CREMS to develop a mentoring scheme that aims to build the research capacity of community mental health and alcohol and other drug organisations. The partnership provides the opportunity for CREMS ECRs to provide short-term mentoring in research to individuals and organisations working in the sector. This initiative gives members the opportunity to gain experience mentoring others, as well as build their own links with community services, and be involved in stakeholder driven research.

Specific aims include:

1. Facilitate an increase in worker confidence, knowledge and skills in the area of research.
2. Provide mentors with an opportunity to enhance their understanding of community managed organisations and the specific operational issues which may impact on the conduct and implementation of research.
3. Further develop a research culture within community managed organisations.
4. Develop deeper understanding by academic researchers of practice-related issues of organisations operating in the community sector and stakeholders' interests (e.g. consumers, clients, carers).

For further information, or to sign up and be matched with a postdoctoral research fellow, go to: <http://www.cmhdaresearchnetwork.com.au/our-activities/mentoring-program/>

Collaborations



56

National and international partnerships



Online dissemination



68,808

Users

222,148

Page Views

91,741

Sessions

**WWW.
comorbidity.edu.au**



881,352

Impressions

7,179

Engaged

587,534

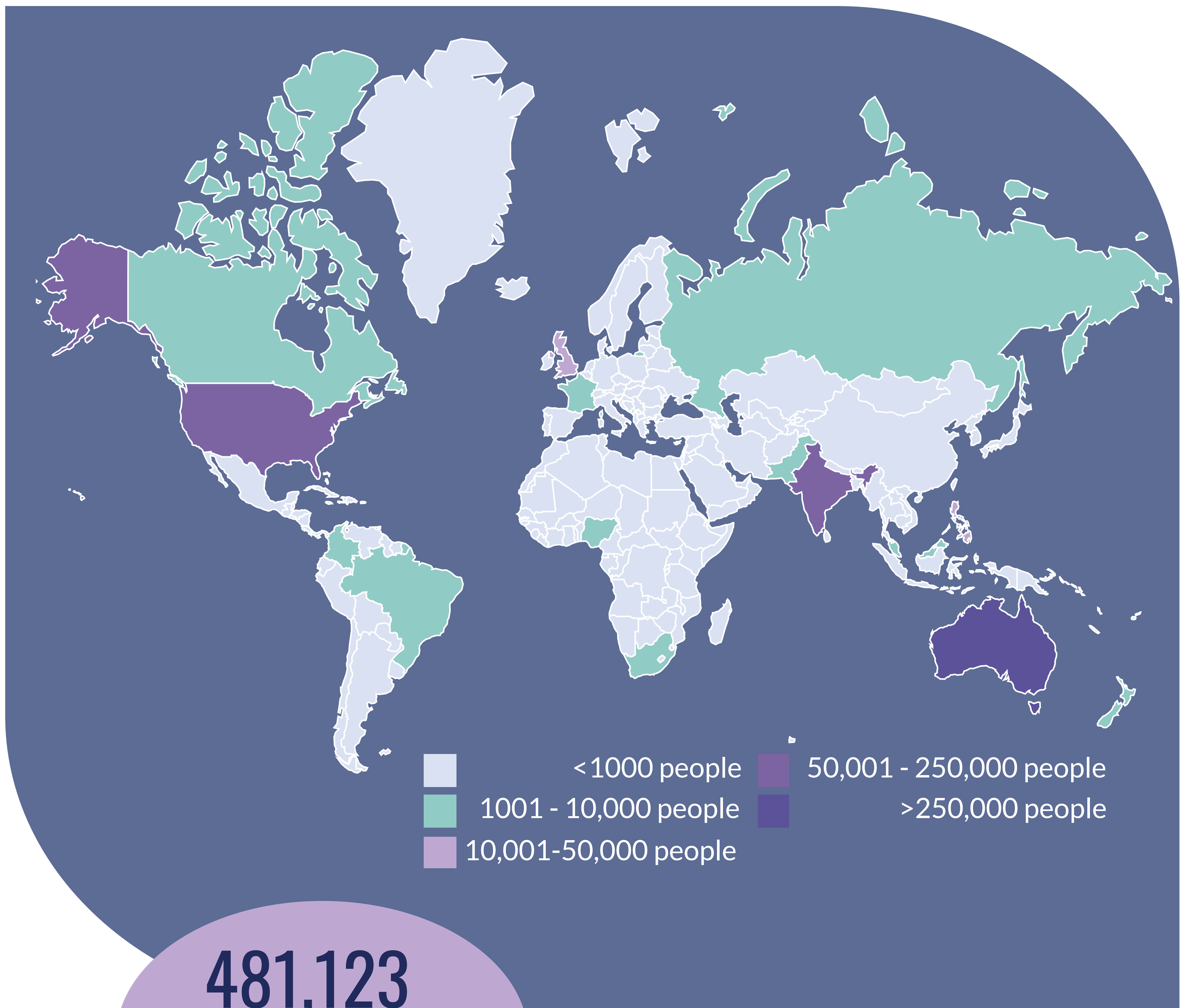
Impressions

9,594

Engaged



International reach



481,123

people reached in more than
222 countries worldwide

Webinars



30

Webinars delivered

93%

Of the 1,168 attendees who completed an evaluation survey 'agree' or 'strongly agree' that webinar was valuable.



2,137

Live attendees



3,813

Views of recording



Translation impact case: Positive Choices



Summary of the impact:

Our innovative government-funded translation portal, *Positive Choices*, is available world-wide and has been viewed by 324,704 users in Australia and around the world.

The Positive Choices portal was launched in December 2015, and was announced by Prime Minister Malcolm Turnbull and Senator Fiona Nash, as part of the Australian Government's drug education and prevention strategy.

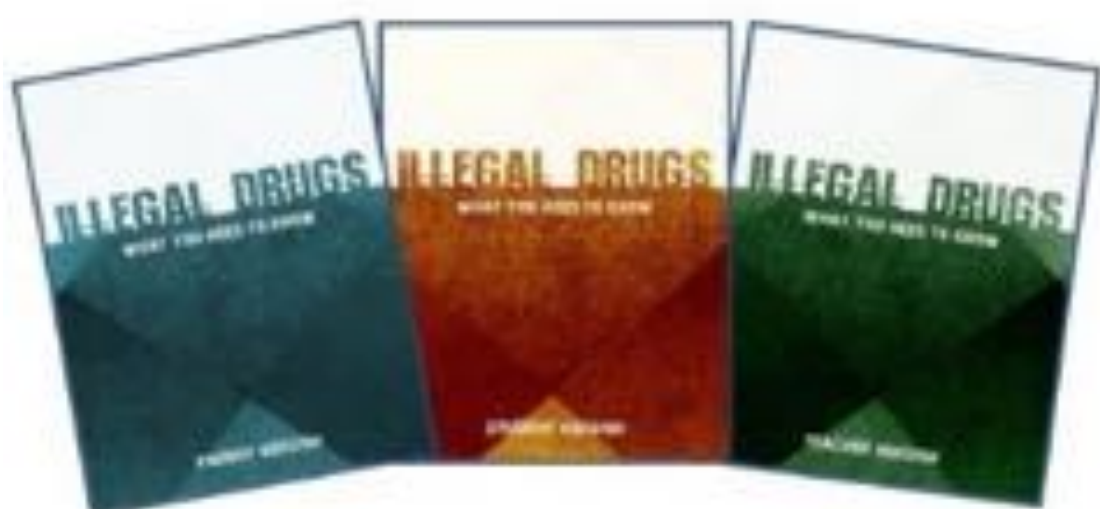
Development:

- Funded by the Australian Government Department of Health.
- Positive Choices was informed by input from teachers, parents and students across Australia, and was developed in collaboration by researchers from: Centre of Research Excellence in Mental Health and Substance Use (CREMS), National Drug and Alcohol Research Centre (NDARC), University of New South Wales and National Drug Research Institute, Curtin University.

Details of the impact:

Beneficiaries of the Positive Choices portal include young Australians (13-19 years of age), the Australian Commonwealth Government, State and Territory Governments, research institutions, community groups, health care practitioners, and Australian and international teachers and parents.

Reach and dissemination:



201,647

Hard copy booklets
distributed



324,704

Users in Australia and around the world



1 million

Views of resources

Translation impact case: Cracks in the Ice



Summary of the impact:

Cracks in the Ice harnesses digital technologies to link communities, people who use ice and their loved ones to evidence-based information and resources about ice. Given the extremely high levels of community concern about ice, and the often sensationalised and potentially stigmatising coverage of the issues in the media, Cracks in the Ice represents a significant innovation to support best practice.

Development:

- Funded by the Australian Government Department of Health. • Developed in response to the 2015 National Ice Taskforce Report recommendation that “The first priority must be supporting families, workers and communities to better respond to people affected by ice.”
- Co-developed with Australian community members, collaborators including those with lived experience, as well as experts and researchers across Australia.
- Launched in April 2017 as a freely and publicly available national resource.
- Smartphone application (mobile ‘app’) also developed to enhance reach and dissemination, in particular for Australians who often do not have reliable internet access (e.g. rural and remote communities).

Reach and dissemination:



>130,000

Website users
81% in Australia
19% overseas



>84,000

Hard copy resources
distributed to >700 organisations



>1,600

Clicks to download
the app

Translation impact case: Comorbidity Guidelines



Summary of the impact:

The Comorbidity Guidelines (Guidelines on the management of co-occurring alcohol and other drug and mental health conditions in alcohol and other drug treatment settings, 2nd edition) and accompanying online training program are an evidence-based resource for alcohol and other drug (AOD) workers, to increase workforce capacity to respond to co-occurring AOD and mental health conditions. The program aims to increase the knowledge and awareness of co-occurring mental conditions; improve the confidence and skills of AOD workers to manage co-occurring mental health conditions; increase the uptake of evidence-based care; and improve the outcomes for people with co-occurring AOD and mental conditions.

Development:

- Funded by the Australian Government Department of Health in 2014.
- Development based on best available research evidence, in collaboration with consumers, carers, clinicians and researchers.
- Guidelines officially launched at the National Drug and Alcohol Research Centre Annual Symposium in September 2016.
- In 2016, Australian Government Department of Health funded the national dissemination and translation of the Guidelines, including the development of a website to house an interactive online copy, as well as accompanying online training.
- The website and online training program (www.comorbidityguidelines.org.au) were made live in November 2017, and officially launched at the World Psychiatric Association Conference in February 2018.

Reach and dissemination:



836

Commenced training



361,914

Page views



13,000

Site users (70% from Australia)