

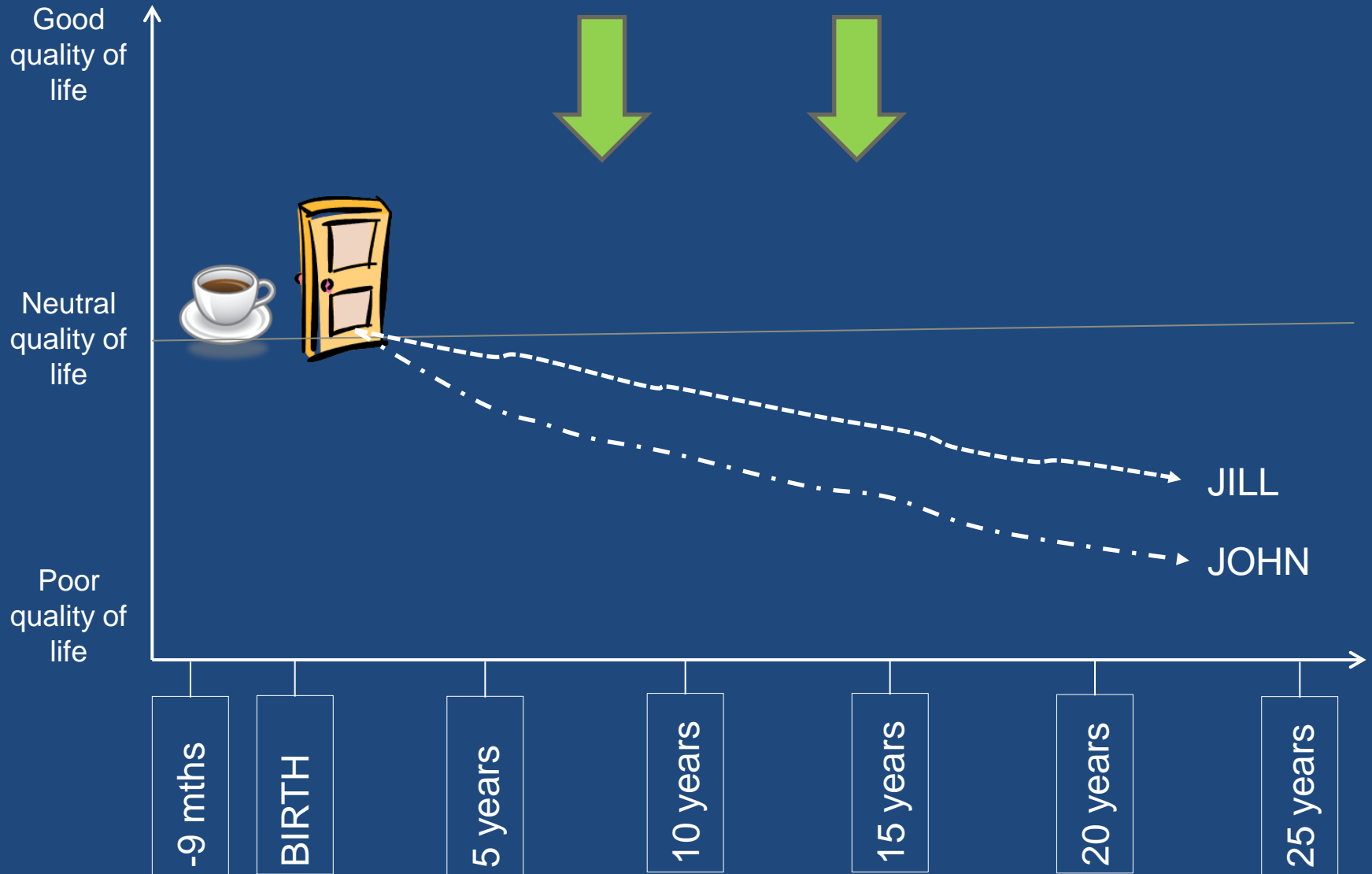


www.arhrf.org.au

Australian Rotary Health

Why child and adolescent mental
health?

Parental Fighting & Mental Illness



Children and Adolescents in Australia (0-18 years)

- 308,000 births per year
- 25% of total population

Importance of Good Health among Young People

- Essential prerequisite to achieving and maintaining a well educated, self sustaining and productive society

What are Mental Health Problems?

- No exact definition
- Used to describe alterations in thinking, mood or behaviour that are associated with distress or impaired functioning

What are Mental Disorders?

- Characterised by clinically significant sets of symptoms or emotional and behavioural problems associated with personal distress and impaired functioning

Disability Adjusted Life Year (DALY)

Global Burden of Disease

Assess the number of years of "healthy" life lost due to premature mortality, or due to disability as a result of living with a mental or physical disorder or its consequences

Child and Adolescent Mental Disorders

- High prevalence
- Substantial Impact
- Persistence

Prevalence of Mental Disorders (4-17 year olds)

- 14% of young people
- 560,600 individual children & adolescents
- The prevalence of mental health problems is not declining

Prevalence of four mental disorders among 6-17 year olds

	%	Population Estimate
ADHD	7.4	298,000
Anxiety Disorder	6.9	278,000
Depressive Disorder	2.8	124,900
Conduct Disorder	2.1	84,600

Leading Causes of Disability (DALYS) among 1- 14 Year Olds

1 st Ranked	Mental/Substance Disorder	16.7%
2 nd Ranked	Respiratory Disorder	16.6%

Leading Causes of Disability (DALYS) among 15-19 Year Olds

1 st Ranked	Mental/Substance Disorder	29.0%
2 nd Ranked	Musculoskeletal Disorder	14.7%

Age of Onset

- 50% less than 14 years old
- 75% less than 24 years old

Mental Disorders are a Major Health Issue Facing Australia

In any year, one in five Australians suffer from some form of common mental illness

- Anxiety disorder 14%
- Depressive disorder 6%
- Substance use disorder 5%
- Any mental illness 20%

Mental Disorders (cont)

15–49 YOs Leading cause of DALYs (27%)

50–69 YOs 4th leading cause of DALYs (9%)
(after cancer, MKS, cardiovascular)

Mental Disorders (cont)

- Of all healthy years of life lost to adults in Australia, approximately 1 in 5 (19%) are due to mental illness and substance abuse

Global Burden of Disease

<http://vizhub.healthdata.org/gbd-compare/>

Why Research?

- Essential in developing new knowledge and improving treatment and service delivery
- Promotes staff development, promoting high professional standards, fostering culture of enquiry and evidenced-based practice

Why Research?

- Plays a significant role in attracting and retaining health professional staff
- Economically, contributes directly to high quality jobs with important potential earnings from intellectual property

Why Research?

“Hospitals with long traditions of excellence have demonstrated absolutely that research enhances vitality of teaching; teaching lifts the standards of service; and service opens up new avenues of investigation”

(Jack Masur, Designer of the Clinical Centre, National Institutes of health, USA)

ARH Funding Snapshot

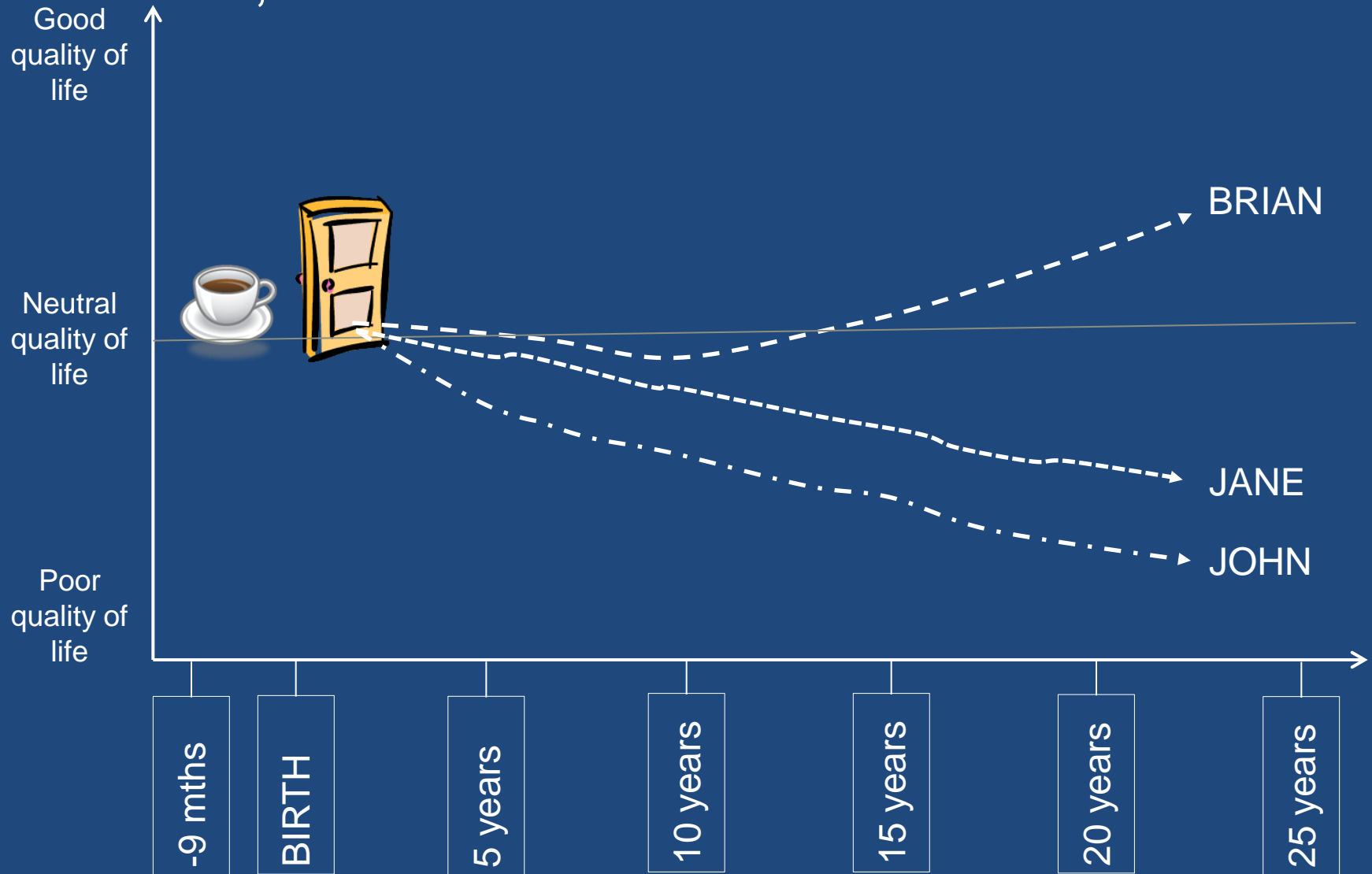
Mental Health – Grants	20	\$1,246,493
Funding Partner – PhD's	33	\$957,000
Mental Health – PhD's	20	\$580,000
Mental Health – Post Doc's	4	\$300,000
Research Companion – PhD's	4	\$116,000
Indigenous Health Scholarships	75	\$375,000

Can ARH Research Make a
Practical Difference?

Making a Difference!

- Prof P Hazel – Improving medication management of children with ADHD
- A/Prof S Havighurst – Helping parents of preschool children
- Prof J Pirkis – Reducing suicide in Australia

The Story of Brian, John and Jane



Please join the ARH Mental Illness 'campaign'

- Research – Project Funding
- Training – PhD and Post-Doctoral Scholarships
- Awareness – Community Forums; Mental Health First Aid

By Australians for Australians

Australian Rotary Health

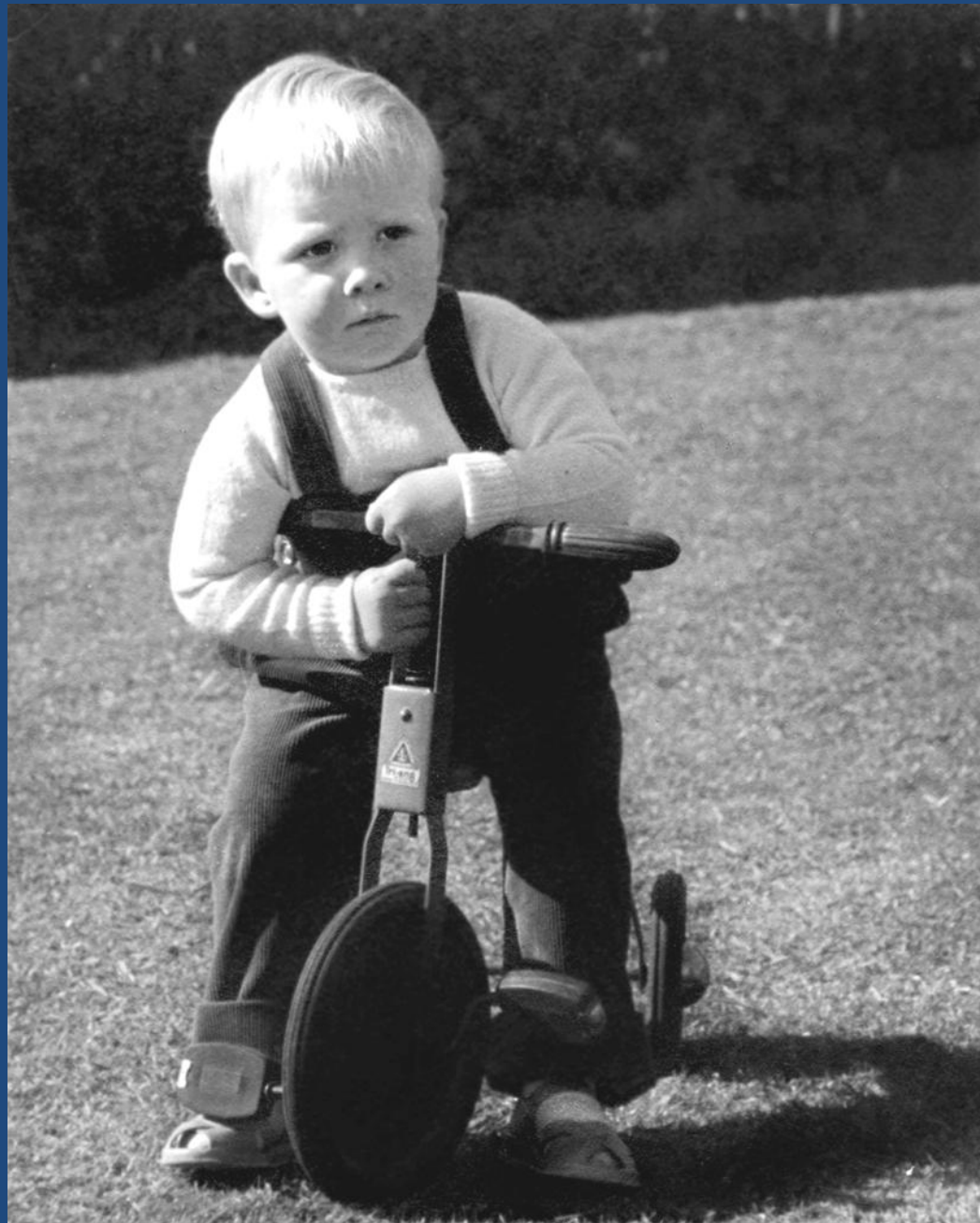
“Supporting healthier minds, bodies and communities through research, awareness and education”



Australian Safari Winnebago
2004 ARH promotion



2009 GABR - mental health awareness



Adelaide to Melbourne



Adelaide to Melbourne



Thank You