NHMRC CENTRE OF RESEARCH EXCELLENCE
in MENTAL HEALTH and SUBSTANCE USE

2013 - 2018
Snapshot Report
Member Organisations

Four Australian Universities:

UNSW Sydney
THE UNIVERSITY OF NEWCASTLE, AUSTRALIA
THE UNIVERSITY OF SYDNEY
MACQUARIE University

Three International Universities:

University of Birmingham
Northwestern University
MUSC

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  A/Prof Andrew Baillie
Prof Amanda Baker  Prof Helen Christensen
A/Prof Katherine Mills  Prof Max Birchwood
Prof Frances Kay-Lambkin  Prof Bonnie Spring
Prof Paul Haber  Prof Kathleen Brady

Senior Leadership Advisory Group

Prof Maree Teesson  A/Prof Nicola Newton
A/Prof Katherine Mills  A/Prof Tim Slade
Prof Frances Kay-Lambkin  A/Prof Cath Chapman

Academic Leadership Group

Dr Emma Barrett  A/Prof Nicola Newton
Dr Louise Birrell  Dr Joanne Ross
Dr Katrina Champion  Dr Wendy Swift
A/Prof Cath Chapman  A/Prof Tim Slade
Dr Sally Hunt  Dr Mieke Snijder
Prof Frances Kay-Lambkin  Dr Lexine Stapinski
Dr Christina Marel  Dr Matthew Sunderland
Dr Louise Mewton  Prof Maree Teesson
A/Prof Katherine Mills  Dr Louise Thornton
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

Total: $35,214,696

- **Category 1** (NHRMC, ARC): $16,397,945
- **Category 2** (Government): $11,445,524
- **Category 3** (Non-Government, contract): $7,371,227
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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.

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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 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

2,137 Live attendees

3,813 Views of recording

93% Of the 1,168 attendees who completed an evaluation survey 'agree' or 'strongly agree' that webinar was valuable.
Translation impact case: Positive Choices

Summary of the impact:
Our innovative government-funded translation portal, Positive Choices, is available worldwide 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)