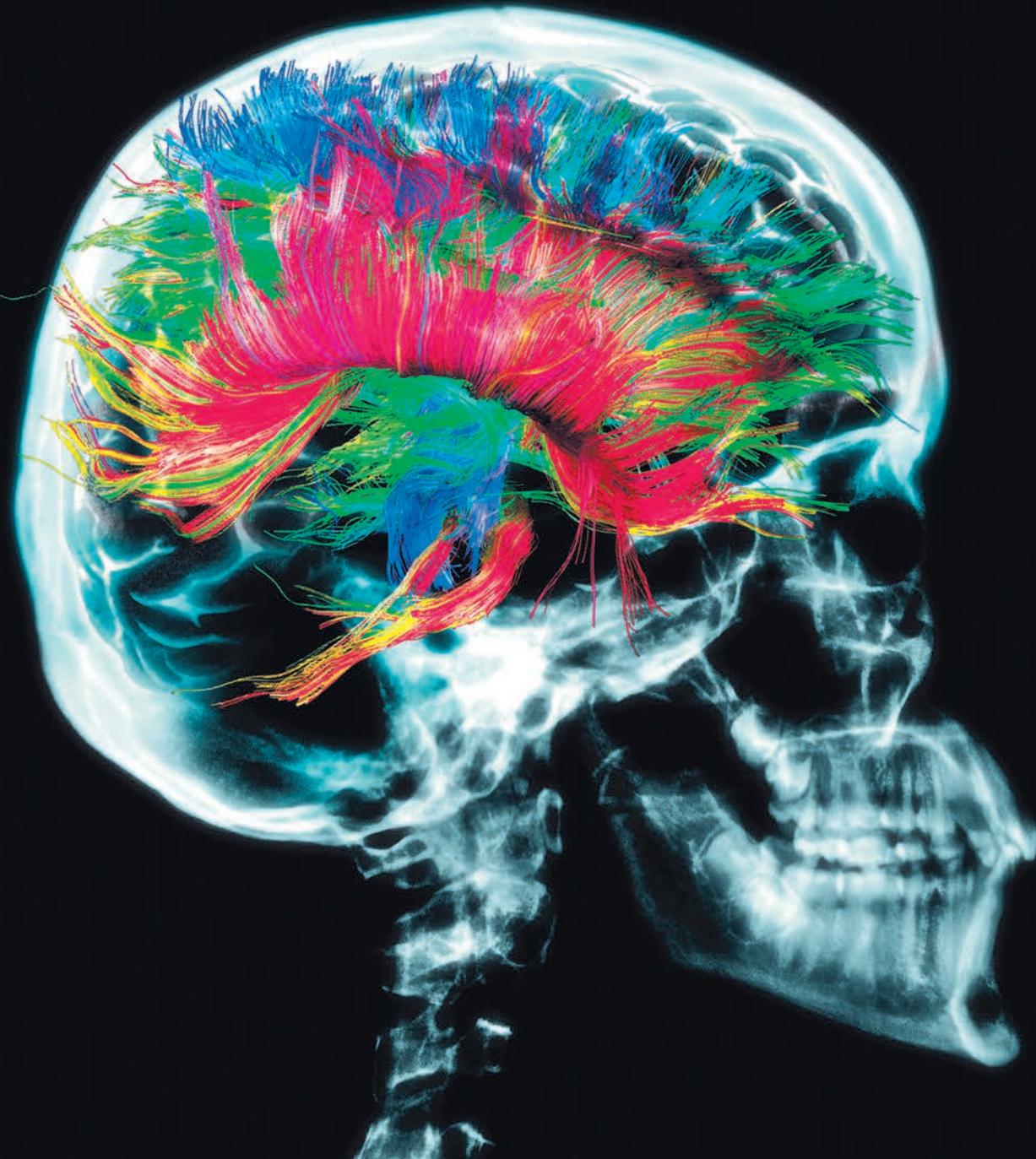




Melbourne Medical School
Department of Psychiatry



Leading Mental Health Research
Across the Lifespan

psychiatry.unimelb.edu.au

DEPARTMENT OF PSYCHIATRY

CONTENTS

Vision	Inside cover
The Department of Psychiatry	3
Academic Unit of Old Age Psychiatry	5
Albert Road Clinic	6
Austin Health	7
Asia-Australia Mental Health	8
The University of Melbourne and Peking University Centre for Psychiatry Research and Training	9
Centre for Women's Mental Health	10
Melbourne Clinic	11
Melbourne Neuropsychiatry Centre	12
Mindful	13
Phoenix Australia Centre for Posttraumatic Mental Health	14
Psychiatric Neuropathology Laboratory	15
Psychiatric Education Unit	16
Psychosocial Research Centre	18
St Vincent's Mental Health Unit	19
Contact us	Back cover

The Department of Psychiatry is committed to the prevention of mental illness and improved quality of life for individuals affected by mental illness both nationally and internationally.

The Department has major clinical teaching and research units throughout Melbourne, comprising of a number of valuable clinical partners.

The Department is part of the Melbourne Medical School within the Faculty of Medicine, Dentistry and Health Sciences at the University of Melbourne.

VISION

The Department of Psychiatry is committed to the prevention of mental illness and improved quality of life for individuals affected by mental illness both nationally and internationally. We aim to be recognised as world leaders in education and research in biological, applied and translational psychiatry.

"If you can collaborate with people who have skills and expertise outside your area; if you can listen to the community about what it needs and wants; if you can build powerful partnerships moving forward: these are really the first steps in turning boundaries into frontiers." Professor Ian Everall, Cato Chair of Psychiatry and Head, Department of Psychiatry.

LEADING MENTAL HEALTH RESEARCH ACROSS THE LIFESPAN

The University of Melbourne is globally recognised for its progressive and transformative work in psychiatry. Since the establishment of the inaugural Cato Chair of Psychiatry in 1963, the Department has contributed to positive changes in approach to policy, research, clinical care and treatment for mental health and wellbeing across the lifespan, both in Australia and internationally.

The Department is a transdisciplinary centre of research and treatment excellence, aiming to advance understanding of the causes of psychiatric and neurological disorders; develop and test prevention and treatment strategies; and improve the way we provide care and services to people with psychiatric illness and their families.

With a suite of specialists working across the lifespan, from maternal and developmental mental health through to old age psychiatry, the University of Melbourne Department of Psychiatry provides clinical leadership in areas of change and unmet need and develops and implements effective models of care. Above all, the Department fosters a thriving culture of enquiry, collaboration and innovation in psychiatry teaching and research.

Mental illness has a significant impact upon the health, stability and wellbeing of society. The need to focus attention and resources in this area has become increasingly understood in recent years, and mental health is now recognised as a key health priority locally, nationally and internationally. It is critical for world-class thinkers, researchers and clinicians to lead the way in testing and translating research and evidence into practice for the benefit of patients, families and communities.



Times Higher Education World University Rankings 2014–2015



US News and World report 2016

RESEARCH

The Department is internationally recognised for its unique and world-leading strengths around biological and translational psychiatry. Together with clinical collaborations and involvement in mental health policy and practice, this provides a stimulating environment for world-class learning and research training programs. The Department's research is driven by pure and applied questions requiring cross-disciplinary approaches and partnerships with diverse community organisations. This research informs the Department's teaching, clinical training and engagement with the wider community.

The Department has major clinical teaching and research units throughout Melbourne, comprising of a number of valuable clinical partners. Clinical teaching and research units are based at:

- Melbourne Health
- St. Vincent's Health
- Austin Health
- Northern Health
- Sunshine/Western Health
- Mindful
- The Melbourne Clinic (Healthscope)
- The Albert Road Clinic (Ramsay Health)

Departmental research centres include:

- Melbourne Neuropsychiatry Centre (MNC)
- Phoenix Australia Centre for Posttraumatic Mental Health (PACPMH)

- The NorthWestern Mental Health Psychosocial Research Centre
- Centre for Women's Mental Health at the Royal Women's Hospital
- The Psychiatric Neuropathology Laboratory

The Department is affiliated with the Brain and Psychological Sciences Research Centre at Swinburne University, Academic Psychiatric Nursing at North Western Mental Health and Australian Catholic University, the Centre for Neural Engineering at the Faculty of Engineering, University of Melbourne, the Florey Institute for Neuroscience and Mental Health.

The research interests of the Department are extensive and range across the broad spectrum of the biological and translational psychiatric field, including: psychosis & affective disorders, economic evaluation, molecular and cellular neuroscience including psychiatric epidemiology, mood disorders, neuroimaging, neuropsychiatry, neuropsychology, psychopharmacology, psychosocial research, service delivery and schizophrenia.

These research activities span across generations, ranging from infancy, adult, women's mental health, through to old age.

TEACHING

The Department is dedicated to quality research-led teaching, learning and offers an exciting range of graduate professional education and research training opportunities in psychiatry and mental health sciences. The Department plays a pivotal role in the psychiatry curriculum for the Doctor of Medicine course at the University of Melbourne, with teaching at pre-clinical and clinical stages of medical student development.

The Department offers two graduate coursework degrees:

- **The Master of Psychiatry**, which is available to registered medical practitioners and fulfils the Royal Australian and New Zealand College of Psychiatrists requirements to attend an educational course to be eligible to sit the College's professional Fellowship examinations; and
- **The Master of Mental Health Sciences**, which is available to members of the mental health workforce for continuing professional development. In order to accommodate work requirements and other daily demands, the course is part-time and offers flexible entry and exit points in order to acquire a postgraduate certificate, diploma or Master's degree.

Members of the Department of Psychiatry are involved extensively in direct clinical delivery, development of service delivery, medical student and psychiatric trainee education, and psychiatric research throughout Melbourne and Victoria.

DEPARTMENT OF PSYCHIATRY



Professor Ian Everall is the Cato Chair of Psychiatry and Head of the Department of Psychiatry. Professor Everall leads his psychiatric neuropathology laboratory in exploring molecular and cellular changes in the brain in major psychiatric disorders such as schizophrenia, major depressive disorder and bipolar disorder. His area of expertise includes psychosis and cognitive impairment, especially when associated with HIV infection. Professor Everall is also Director of Research NorthWestern Mental Health and an Honorary Professorial Fellow at the Florey Institute of Neuroscience and Mental Health.

Professor Everall obtained his medical degrees at Leicester University School of Medicine in Leicester, England, UK. He trained in psychiatry at the Bethlem Royal Hospital and the Maudsley Hospital in London. He obtained his PhD in neuropathology in 1992. In 1993, he was appointed senior lecturer at the Institute of Psychiatry and honorary consultant psychiatrist at the Maudsley Hospital. In 1999, he was appointed Professor of Experimental Neuropathology and Psychiatry at the Institute of Psychiatry and in 2004 he became Professor of Psychiatry at the University of California, San Diego. Professor Everall was appointed towards the end of 2009 to his current position at the University of Melbourne.

Throughout his career, Professor Everall has been heavily involved in organizing psychiatry training programs for trainee psychiatrists. In addition, he has presented numerous lectures and seminars to psychiatrists, neurologists, HIV physicians and allied health clinicians.

Professor Everall is currently working on research into bloodbased biomarkers to aid in the diagnosis of psychosis and autism spectrum disorder. Professor Everall has been at the forefront of research into cellular, molecular and genetic changes in the brain in major psychiatric disorders for over 20 years.

“When I was young I was always fascinated by how things work, particularly the brain and the mind. I decided I wanted to better understand a group of people who were stigmatised in the community and work with them to improve their quality of life.”

Professor Ian Everall,
Cato Chair of Psychiatry and Head, Department of Psychiatry

ACADEMIC UNIT FOR PSYCHIATRY OF OLD AGE



Professor Nicola Lautenschlager is Professor of Psychiatry of Old Age at the University of Melbourne and Director of Research of the Aged Persons Mental Health Program at NorthWestern Mental Health, Melbourne Health. She is an academic old age psychiatrist who received her undergraduate and postgraduate training at the Technical University in Munich, Germany. Between 2000 and 2008 Professor Lautenschlager worked at the University of Western Australia in Perth before taking up her current position at the University of Melbourne. Her current research focus is prevention and early diagnosis of cognitive impairment and interventions for older adults to improve quality of life and health outcomes.

THE UNIT

The Academic Unit for Psychiatry of Old Age (AUPOA) conducts research focusing on mental and cognitive health in older age. The AUPOA aims to disseminate research findings to the community, consumers, researchers, stakeholders, service providers and policy-makers to provide a source of current evidence to advance knowledge, service delivery and care and help reduce stigma and discrimination associated with mental health problems and cognitive impairment in older age.

The AUPOA is an integral part of the Department of Psychiatry and the Aged Persons Mental Health Program at NorthWestern Mental Health, Melbourne Health, providing outstanding academic and clinical leadership in the field. Staff members come from multidisciplinary backgrounds such as psychiatry of old age, administration, neuropsychology, psychology, occupational therapy, etc. The AUPOA's current research focus includes healthy ageing, diagnosis and management of mental health problems in older adults, dementia risk reduction, assessment of cognition, management of cognitive impairment and dementia and service development research. The AUPOA collaborates with many research groups regionally, nationally and internationally, including with the National Ageing Research Institute (NARI).

Knowledge transfer is one of the key activities of the AUPOA, facilitated through the ongoing education, training and up-skilling of students, health professionals and service providers throughout Victoria, Australia and internationally with a focus on the Asia-Pacific region.

“With the ageing of the global population preventing and managing cognitive decline and mental health problems in older age has become a major focus of the Department. Newly emerging knowledge offers exciting opportunities to develop effective strategies to protect the ageing brain and with this support successful ageing.”

Professor Nicola Lautenschlager,
Director of Research of the Aged Persons Mental Health Program at
NorthWestern Mental Health, Melbourne Health

ALBERT ROAD CLINIC



Professor Malcolm Hopwood is the Ramsay Health Care Professor of Psychiatry at the University of Melbourne, based at the Albert Road Clinic (ARC) in Melbourne. He is the Director of the Professorial Psychiatry Unit (ARC), which specialises in the assessment and treatment of complex mood and anxiety disorders. His research areas of interest include psychopharmacology and clinical aspects of mood and anxiety disorders. He has led research into psychiatric aspects of Acquired Brain Injury (ABI) and other neuropsychiatric disorders, has held several senior positions within the Royal Australian and New Zealand College of Psychiatrists and in 2013 was voted the President Elect of the College.

THE PROFESSORIAL UNIT

Albert Road Clinic (ARC) is a private psychiatric hospital located close to Melbourne's city centre. ARC is an 80-bed facility, encompassing associated consulting suites, day program facilities and the University of Melbourne Professorial Psychiatry Unit. ARC's inpatient facilities include an Adult Psychiatry Unit, an Adolescent Psychiatry Inpatient Unit, a Psychogeriatric Unit and a Parent Infant Psychiatry Unit. ARC also provides a series of Day Programs and Outreach services specific to these groups.

The Professorial Psychiatry Unit at ARC focuses on tertiary care of patients with diagnostically challenging or refractory mood or anxiety disorders, including in the post-partum period. The Unit is also responsible for the teaching program at ARC for final year MD students and RANZCP trainees, as well as involvement in the ARC electro-convulsive therapy (ECT) training program, the first accredited ECT training program in Victoria.

Current areas of research interest include the phenomenology of mood and anxiety disorders, particularly in relation to course of illness; psychopharmacology; the provision of psycho education to patients and their families affected by mood disorders and outcome based research including the outcome of day programmatic treatment for borderline personality disorder. The Unit also has an ongoing interest in the phenomenology and management of behaviours of concern following ABI.

"Mental illness causes huge personal and societal distress, burden and sadly, tragedy. To collaborate in translating the outputs of the neuroscience revolution to better prevention and care is a challenging, exciting and rewarding task."

Professor Malcolm Hopwood,
Ramsay Health Care Professor of Psychiatry and Director,
Professorial Psychiatry Unit

AUSTIN HEALTH



Professor Richard Kanaan is the Chair of Psychiatry. Professor Kanaan was previously based at the Maudsley Hospital Institute of Psychiatry in London where he pursued research in a range of areas, from the structural connectivity of schizophrenia to the psychosocial determinants of conversion disorder, using a breadth of methods from philosophical analysis to functional neuroimaging.

THE UNIT

The academic activity of the Mental Health Clinical Service Unit at the Austin is led by the Department of Psychiatry. There is a long tradition of excellence in teaching and research at the Austin Hospital that the Department is proud to sustain and develop. The rare diversity of clinical services makes Psychiatry at Austin Health both a sought after training experience and, with the new Melbourne Brain Centre on site, a unique research resource. The Department fosters research across the wide range of clinical services at Austin Health, but has particular strengths in the somatoform disorders, psychopharmacology and perinatal psychiatry.

Professor Richard Kanaan explores the neuropsychology of somatoform disorders, binding psychosocial complexity with the objectivity of brain imaging, collaborating closely with the Melbourne Brain Centre. Anne Buist is Professor of Women's Mental Health, with a program of increasing awareness of perinatal women's mental health issues and educating health professionals in their detection and management. She also studies child abuse and perinatal depression, drugs in breast milk, and improving outcomes for children using attachment theory.

Associate Professors Trevor Norman and James Olver work in the psychopharmacology of mood and anxiety disorders, stress and circadian rhythms, exploring pharmacokinetics and metabolism in the laboratory techniques, neurotransmitter involvement with positron emission technology, and their cognitive and motor effects using neuropsychology.

"The most challenging problems in psychiatry will only be solved when biological investigation accommodates patients' psychological and social realities."

Professor Richard Kanaan,
Chair of Psychiatry at Austin Health

ASIA-AUSTRALIA MENTAL HEALTH



Julia Fraser directs a wide range of high level initiatives within Australia and internationally. Her expertise is in planning and implementing system wide change programs for the Asian region and nationally. Her expertise includes large-scale project management, developing curriculum and delivering training programs for diverse audiences on topics such as change management, cultural intelligence, marketing and promotion and leadership training and coaching.

THE UNIT

Asia-Australia Mental Health (AAMH) is a consortium of St Vincent's Health (St. Vincent's Mental Health) and the University of Melbourne (Department of Psychiatry and the Asialink Centre). Established in 2003, AAMH partners academic, government, health sector community and peak bodies in Asia and Australia to improve mental health services and outcomes across the Asia-Pacific region.

AAMH supports large national mental health service reform programs in China, India, Japan, and the Pacific, with emerging programs in Indonesia and the Sub-Mekong region. Drawing on the substantial expert knowledge and experience of the consortium and its national and international partners, AAMH collaborates with colleagues in the region to develop and deliver culturally and context appropriate training programs, materials, and mentoring. All AAMH programs contribute to the Melbourne WHO Collaborating Centre for Research and Training in Mental Health.

"The growing global epidemic of mental illness calls out for international solutions that are culturally applicable, feasible with current economic and political contexts, and focused on rapidly skilling national workforces."

Julia Fraser,
Co-Director, Asia-Australia Mental Health





THE UNIVERSITY OF MELBOURNE AND PEKING UNIVERSITY CENTRE FOR PSYCHIATRY RESEARCH AND TRAINING

PURPOSE

The University of Melbourne and Peking University Centre for Psychiatry Research and Training has been established to grow collaborative psychiatric research and build the research capacity of mental health professionals from both Australia and China.

MANAGEMENT

The University of Melbourne and Peking University Centre for Psychiatry Research and Training is co-managed by the University of Melbourne and Peking University.

LEADERSHIP

The Centre leadership group comprises of Professor Ian Everall, Head, Department of Psychiatry, University of Melbourne, Professor Lu Lin, Director, Peking University Institute of Mental Health, and Professor Yu Xin, Executive Director Centre for Psychiatry Research and Training Peking University Institute of Mental Health.

CORE PROGRAMS

PhD Student Traineeships

The Centre jointly trains PhD students enrolled at the University of Melbourne or Peking University. The exchange traineeship will provide a period of international research and/or training that is supervised by an expert or specialist in the trainee's field of interest.

Each PhD student will have at minimum two supervisors, one from the University of Melbourne and one from Peking University. Each supervisor will be supported by a supervisory committee that will meet annually to discuss student progress.

Post-Doctoral Exchange Fellowships

The Centre supports a limited number of Post-Doctoral Exchanges. Individual applications and proposals will be processed with funding secured through joint applications and proposals.

RESEARCH

The Department of Psychiatry, the University of Melbourne

The University of Melbourne's Department of Psychiatry is internationally recognised for its unique and world-leading strengths around biological and translational psychiatry. The Department's clinical collaborations and involvement in mental health policy and practice provides a stimulating environment for world-class learning and research training programs. These research activities span across generations, ranging from infancy, adult, women's mental health, through to old age.

Peking University Institute of Mental Health

The Institute of Mental Health, the Sixth Affiliated Hospital of Peking University, also known as the School of Mental Health, Peking University, is an integrated centre for psychiatric service, training, and research. The only National Key Laboratory for Mental Health founded by the Chinese Ministry of Health is located at the Institute.

Centre Research Interests

The University of Melbourne's Department of Psychiatry and Peking University Institute of Mental Health have the common research interests that will enable research and training collaborations across both institutions.



CENTRE FOR WOMEN'S MENTAL HEALTH



Professor Louise Newman AM, Director, Centre for Women's Mental Health and Professor of Psychiatry University of Melbourne. Professor Newman studies approaches to helping women with anxiety and depression during pregnancy and in early parenting. She has developed programs for mothers aimed at improving early attachment and infant development. She is recognised as a leader in the area of infant psychological development. Professor Newman provides advice to State and Commonwealth governments on early parenting support and child protection. She was awarded the Order of Australia for her work in child protection and human rights.

THE CENTRE

The Royal Women's Hospital has provided health services to women and newborn babies in Victoria since 1856, and is now Australia's largest specialist women's hospital. The Centre for Women's Mental Health was established in 2007 and is the first gender-based mental health centre in Australia. The Centre provides clinical services to patients of the hospital, undertakes research and provides education and training to hospital staff and to a broad range of health care professionals in the community.

The Centre is committed to the social model of health and to the care of women from all walks of life. We aim to be recognised as a national and international leader in research and mental health care of women.

PERINATAL AND INFANT MENTAL HEALTH

Recognizing that maternal psychological distress represents a prevalent, enduring and modifiable influence that may significantly impact fetal and child development, our clinical and research focus is on enhancing maternal mental health in the antenatal and postnatal periods, and improving infant attachment and parents' bonding with their baby. We also provide training in this area including training in the Newborn Behavioural Observations (NBO) System, through NBO Australia @ the Women's in collaboration with the Royal Children's Hospital Infant Mental Health Service and affiliated with the Brazelton Institute and Boston Children's Hospital. The NBO is designed to sensitize parent's to their infant's competencies, helps them understand their infant's behaviour.

WOMEN WITH BREAST OR GYNAECOLOGICAL CANCER:

The Centre's research is trialling new ways of detecting and treating mental health problems in women after a diagnosis of cancer as well as novel approaches to improving mental health, wellbeing and quality of life in cancer survivors.

MENTAL HEALTH IN MID-LIFE AND HEALTHY AGEING

Together with clinicians and researchers in the Menopause Service, the Centre is working to understand the factors that facilitate successful ageing and to improve the mental health of women in mid-life. Our research aims to enhance understanding of the link between mental wellbeing and the many life changes associated with female ageing such as menopause and emerging physical health problems.

"Emotional and psychological support for women and their families during pregnancy and early parenting is a key mental health priority. A positive start to life with secure attachment relationships gives infants the resilience to manage life stress and promotes healthy psychological and emotional development. Mental health for mothers, their families and infants is at the heart of our research and clinical practice."

Professor Louise Newman, AM,
Director, Centre for Women's Mental Health
Royal Women's Hospital
Professor of Psychiatry at The University of Melbourne

MELBOURNE CLINIC



Professor Chee Ng is the Healthscope Chair of Psychiatry, Director of the Professorial Unit at The Melbourne Clinic. He has wide interest in academic and clinical psychiatry including pharmacogenetics, psychopharmacology of depression and bipolar disorder, transcultural psychiatry, and global mental health. He also holds the position of Director of International Unit, Department of Psychiatry at St Vincent's, Co-Director of Asia-Australia Mental Health, and Site Director of WHO Collaborating Centre in Mental Health. He has served as an international mental health consultant for WHO, the Commonwealth of Nations and APEC, and worked on national mental health projects in Asia Pacific countries.

THE PROFESSORIAL UNIT

The Melbourne Clinic is Australia's largest private psychiatric hospital providing 175 inpatient beds, standalone day program center and an outreach service. The Centre is recognised nationally and internationally for providing high quality, patient-centred care since opening in 1978. The Professorial Unit of The Melbourne Clinic conducts clinical and academic teaching for university students and psychiatric trainees, and a research unit under the auspices of both the Department of Psychiatry, The University of Melbourne and Healthscope, Melbourne Clinic. The Professorial Unit provides specialised treatment for mood disorders with complex diagnostic management problems through a multidisciplinary team, which include biological, psychosocial and cognitive approaches. The Professorial Unit is committed to providing a synergy between clinical practice and research for best evidence practice in psychiatry, thus aiming to provide improved mental health outcomes for all patients.

The major focus of the clinical and research activity is to improve knowledge and skills, grounded in innovative scientific research, that translate to direct patient care. To do this the Professorial Unit initiates local research projects and forms research collaborations with other leading researchers both nationally and internationally. Projects include new and novel approaches in the treatment of major depression, bipolar disorders, anxiety disorders, obsessive-compulsive disorder, and other associated disorders.

Together with researchers and clinicians, the Professorial Unit conducts various studies including genetic markers for treatment response, clinical trials of new and adjunctive medications, and complementary therapies to improve treatment practice.

“True innovations in mental health occur when science is translated into direct outcomes for patients, when diverse treatment approaches are personalized appropriately, and when services meet the holistic needs of the individual.”

Professor Chee Ng,
Healthscope Chair of Psychiatry and Director, Professorial Unit
Melbourne Clinic



MELBOURNE NEUROPSYCHIATRY CENTRE



Professor Christos Pantelis is the Foundation Professor of Neuropsychiatry, NHMRC Senior Principal Research Fellow and Scientific Director of the Melbourne Neuropsychiatry Centre (MNC). His research focus is the neurobiology of emerging severe mental illness (esp. schizophrenia and affective disorders). Christos is a member of various national and international advisory boards and committees on early psychosis, cognition in psychosis, neuroimaging in psychiatry, and drug treatments in schizophrenia.



Professor Dennis Velakoulis is a Consultant Neuropsychiatrist and Director of the Neuropsychiatry Unit at the Royal Melbourne Hospital. He was appointed Clinical Director of MNC in September 2004 and has been Director of the Neuropsychiatry Unit at Royal Melbourne Hospital since August 2001. His clinical areas of expertise include neuropsychiatric aspects of schizophrenia, frontotemporal dementia, epilepsy, Huntington's disease, younger onset dementias, movement disorders and other neurological disorders.

THE CENTRE

Neuropsychiatry uses our knowledge of the brain to understand and improve the lives of people with mental disorders. MNC researchers focus on understanding the neurobiology of severe mental disorders across the life span. We seek to improve understanding of the neural basis of disorders of the brain and mind; use this knowledge to develop new and improved treatments; improve the long-term outcomes for patients suffering from these illnesses; and provide training and education to progress clinical and research practices in neuropsychiatry and the neurosciences.

The centre has a number of disciplines, including neuro-psychiatrists, neuropsychologists, neuroscientists, and engineers. Our work involves clinically based research in severe mental disorder across the life span, such as:

- Schizophrenia, bipolar disorder and other psychoses
- Depression and anxiety disorders, as well as obsessive compulsive disorders
- Substance use disorders
- Neurodevelopmental disorders (including autism spectrum disorders, childhood schizotypy)
- Organic psychiatric conditions (frontotemporal dementia and other neurodegenerative disorders)

MNC has focussed on neuroimaging across all stages of psychosis and other disorders of neurodevelopment, including our seminal work identifying progressive changes at transition to illness. Other studies include assessing brain maturation during childhood and adolescence, thereby providing a context for understanding the emergence and progression of mental disorders during early development. Recent work focuses on identification of biomarkers of illness (neuroimaging, genetic), particularly those relevant to outcome.

MNC researchers adopt various methodological techniques to investigate brain structure and function, including: Neuroimaging, Neurophysiology, Neuropsychology and Cognition, Engineering, Computer Sciences & High Performance Computing.

"We are witnessing a revolution in 'brain science' that will unravel the most complex of systems that define who we are. Each day brings us closer to new discoveries about the neuroscience of mental illness."

Professor Christos Pantelis,
Scientific Director, Melbourne Neuropsychiatry Centre

MINDFUL



Associate Professor Alessandra Radovini is a consultant Psychiatrist with over 25 years clinical experience in Mental Health in the private and public sectors, metropolitan and rural settings and child, adolescent, youth and adult psychiatry. In 2007 A/Professor Radovini was appointed as Director of Mindful, Department of Psychiatry, The University of Melbourne. A/Professor Radovini holds an Adjunct position at Monash University and is the Victorian Director of Advanced Training in Child and Adolescent Psychiatry, part of the Royal Australian and New Zealand College of Psychiatrists [RANZCP] training program. Since 2011, A/Professor Radovini has also held the position of Clinical Director, Headspace National Youth Mental Health Foundation.

THE UNIT

Mindful aims to strengthen the mental health delivery system for children, young people and families by:

- Developing and delivering across Victoria, the best vocational training courses for health, education and welfare professionals
- Promoting effective community and clinical interventions by continuing education, professional support and advocacy
- Developing a research program to advance clinical and preventative understandings
- Advocating for children and their families regarding evidence based clinical interventions
- Developing links with others promoting children's health and happiness

Mindful is jointly auspiced by the Department of Psychiatry, The University of Melbourne and Monash University and is partly funded by a grant from the Victorian Department of Health. Mindful is the Victorian, state-wide teaching and training unit hosting postgraduate courses, professional development forums, workshops and short courses for professionals from a range of sectors [health, mental health, education, welfare] who are interested in further developing their knowledge and skills in child, adolescent and youth mental health.

Mindful has an excellent teaching and research facility located in Travancore, Victoria, with the ability to deliver courses via distant education and video conference to rural and interstate participants. Mindful has an active research program exploring emotionally tuned parenting, translated into very successful evidence based parenting intervention packages 'Tuning into Kids' 'Tuning into Teens' 'Dads Tuning into Kids' and "Tuning into Toddlers". This training has been delivered across Victoria, interstate and internationally.

Mindful is one of the consortium partners in Take 2 [a therapeutic service for Children in Care] together with Berry Street Victoria, Latrobe University and the Victorian Aboriginal Child Care Agency (VACCA). Take 2's trauma informed work has significantly influenced the broader system of care to better meet the needs of vulnerable children.

"Mindful seeks to promote the wellbeing of infants, children, adolescents and their families by improving the mental health literacy of a broad range of professionals working across health, education and welfare, and by translating sound evidence into best practice."

Associate Professor Alessandra Radovini,
 Director of Mindful, Centre for Training and Research in
 Developmental Health

PHOENIX AUSTRALIA CENTRE FOR POSTTRAUMATIC MENTAL HEALTH



Professor David Forbes completed his clinical training (MA Clinical Psychology) and PhD at the University of Melbourne. He joined Phoenix Australia in 1999. He is a clinical psychologist with many years of experience in the assessment and treatment of mental health problems following trauma. Professor Forbes was the Co-Chair of the Steering Group for the NHMRC approved Australian Guidelines for the Treatment of Acute Stress Disorder and Posttraumatic Stress Disorder, and he sits on the editorial boards of key international journals and publishes widely in the international literature. Professor Forbes has a specialised interest in the assessment and treatment of traumatic stress and in veteran and military mental health.

THE CENTRE

Phoenix Australia Centre for Posttraumatic Mental Health is a not-for-profit organisation dedicated to reducing the impact of trauma by building the capability of individuals, organisations and the community to understand, prevent and recover from the adverse mental health effects of trauma.

Phoenix Australia is governed by a Board of Management which includes the Director of Phoenix Australia and brings together independent members, representatives of key partners: the Commonwealth Government's Departments of Veterans' Affairs and Defence and the Department of Psychiatry, University of Melbourne.

The team at Phoenix is multi-disciplinary. Staff members are experts in their respective fields, and many are internationally recognised for their work in posttraumatic mental health. Phoenix's work in posttraumatic mental health is organised into three distinct areas: research; policy and service development; and education and training. This breadth of work enables Phoenix to actively integrate learnings from all of these activities, translating knowledge into practice and implementation, and offering clients end-to-end service. Phoenix's expertise ensures that clients and the community benefit from the most up-to-date knowledge of posttraumatic mental health.

WORLD-CLASS RESEARCH

Our program of research and evaluation aims to advance the knowledge of trauma and posttraumatic mental health. Our leadership in translating research into education and training initiatives and policy and service development advice promotes the best possible outcomes for people affected by trauma.

POLICY AND SERVICE DEVELOPMENT

Our work with organisations that have responsibility for people affected by trauma aims to ensure that proven interventions in posttraumatic mental health are promoted through their policies and practice.

EDUCATION AND TRAINING

We research, develop and deliver education and training programs on mental health and posttraumatic mental health.

EVENTS AND RESOURCES

We develop and disseminate information about mental health and posttraumatic mental health through publications, resources, articles, conferences, forums, symposia and informed media commentary.

"Our unique expertise is an integrated, three-pronged approach to promoting recovery from the mental health effects of trauma: world-class research, tailored policy and service development advice, and training in best practice support and interventions"

Professor David Forbes,
Director, Phoenix Australia Centre for Posttraumatic Mental Health

PSYCHIATRIC NEUROPATHOLOGY LABORATORY



THE LABORATORY

The laboratory is engaged in research to elucidate the changes in brain chemistry associated with psychiatric disorders. A better understanding of the chemical imbalances that occur with disorders such as schizophrenia, bipolar disorder and major depressive disorder will be the foundation for the design of more effective targeted therapies for people with the disorder.

The laboratory, which is partly based at the Royal Melbourne Hospital, is currently staffed by neuroscientists with a particular interest in the biochemistry of psychiatric disorders. The group undertakes research, predominantly using brain, blood and other tissue samples, as well as a variety of other approaches including cell culture and animal studies, to identify changes in the brain chemistry of people. In addition to finding changes in the brain chemistry, the group tries to determine the causes and consequences of these changes to create a biochemical snapshot of what is happening in the brains of people with psychiatric disorders.

In addition to the leadership of Professor Everall, the Laboratory has continued its highly productive collaboration with Professor Stan Skafidas, Director of the Centre for Neural Engineering who is also an Honorary Member of the Department of Psychiatry, Professor Christos Pantelis, Scientific Director, Melbourne Neuropsychiatry Centre, Department of Psychiatry, Professor Ashley Bush, The Florey Institute of Neuroscience and Mental Health, Dr Chad Bousman, Dr Sandra Luza and Dr Carlos Martinez on molecular changes in developmental disorders such as autism spectrum disorder as well as major psychiatric disorders such as schizophrenia.

“If you can collaborate with people who have skills and expertise outside your area; if you can listen to the community about what it needs and wants; if you build powerful partnerships moving forward: these are really the first steps in turning boundaries into frontiers and ultimately improving quality of life for people.”

Professor Ian Everall,
Cato Chair of Psychiatry and Head, Department of Psychiatry

PSYCHIATRIC EDUCATION UNIT

THE UNIT

The Psychiatric Education Unit is an amalgamation of small teams dedicated to education and running of courses in the discipline of Psychiatry.

MEDICAL STUDENT TRAINING

Medical students studying at the University of Melbourne's clinical schools are allocated to University of Melbourne hospital-based psychiatry units for clinical placements and focused psychiatric training. Students may be allocated to: Austin Health, Goulburn Valley Hospital (Shepparton), Northern Hospital, Royal Melbourne Hospital, St Vincent's Mental Health or Western Hospital. Here they receive practical first-hand experience on the wards as well as informative lectures and tutorials from consultants. This rotation aims to encourage students' interest in the psychiatry field as a career prospect, with the inclusion of opportunities for research and further training. The Department of Psychiatry additionally contributes to medical student teaching prior to the clinical years, as well as specialty teaching such as child and old age psychiatry.

MASTER OF PSYCHIATRY

The Master of Psychiatry is primarily aimed at meeting the needs of Royal Australian and New Zealand College of Psychiatrists (RANZCP) trainees, but is open to any interested registered medical practitioner who is interested to studying in the field of psychiatry. Structured classes and assessments are designed to complement the experience of practitioners in their workplace, providing contact with eminent speakers from within the university as well as the private

sector. Students are provided with extensive learning resources via the LMS (Blackboard) and the Mental Health Professional Online Development (MHPOD) program, among others. Core subjects contribute to a longitudinal learning journey through key topics in psychiatry, while the wide range of available Selective Subjects allow students to explore special interests in greater depth.

Further information is available at:

http://medicine.unimelb.edu.au/study-here/postgraduate_coursework_programs/master_of_psychiatry

Contact

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Dr Mahesh Jayaram

Course Administrator:

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MASTER OF MENTAL HEALTH SCIENCE (MHSC)

The Master of Mental Health Science (MHSC) is aimed primarily at those currently working or planning to work in the field of mental health, or for those working in organisations where mental health issues are prevalent. The course offers focused qualifications in students' chosen streams of study, selecting from any of the available Study Streams including: Infant, Child, Youth, Adult or Aged Mental Health. The course has a unique adaptive structure that allows students to exit with a qualification after reaching their desired level of study or to continue for a higher level; Students may obtain a Graduate Certificate, Graduate Diploma or Masters Degree. The MHSC is available part-time only, catering to working professionals' need for flexibility when pursuing professional development around existing commitments. While

some subjects require physical attendance for 'hands on' clinical tutorials, most units emphasise online learning options. It is the scope for training options that make this course ideal for anyone interested to further their skills in mental health practice.

Further information is available at:

http://medicine.unimelb.edu.au/study-here/postgraduate_coursework_programs/master_of_mental_health_science

Contact

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MENTAL HEALTH PROFESSIONAL ONLINE DEVELOPMENT (MHPOD)

<http://www.mhpod.gov.au/>

This government-funded project has been conducted in partnership with Cadre, an award-winning learning design and eLearning development company. The project has taken the National Practice Standards for the Mental Health Workforce and turned them into 110 hours of on-line curriculum for the national mental health workforce. Evidence-based mental health content has been transformed into engaging multimedia through the use of interactive simulations, case studies, animations, audio, video and graphics. The success of this curriculum is evidenced by registration of over 19,000 learners across Australia. It has been so successful that the government purchased 7,500 extra places for learners in 2013 and has extended the contract to develop additional content twice. The MHPOD curriculum was recognised with a silver achievement award (The Mental Health Services (TheMHS)

conference of Australia and New Zealand) in 2012, in recognition of highly accessible, evidence based educational programs. Two positive independent evaluations have been completed by the UoM Centre for Health Policy, Programs and Economics, one in the target clinical workforce and the other in the NGO workforce.

PROFESSIONAL CERTIFICATE IN MENTAL HEALTH PRACTICE

<http://www.commercial.unimelb.edu.au/mhpod/>

The Professional Certificate in Mental Health Practice is an online educational program based on MHPOD, linking to The National Practice Standards for the Mental Health Workforce (Practice Standards), as part of the National Mental Health Strategy and provides practical benchmarks for the knowledge, skills and attitudes required by all mental health professionals. The Practice Standards promote psychiatric rehabilitation, recovery and a 'human' approach to mental health service delivery by emphasizing partnerships and collaboration with consumers, family members and/or carers in service planning, delivery and evaluation. The course outlines the knowledge, skills and attitudes required when individual members of the five main mental health professions work in a mental health service (nursing, social work, occupational therapy and other allied health fields, psychology and psychiatry), and aims to complement each of the professional groups' discipline-specific practice standards or competencies and address the shared knowledge and skills required when working in a multidisciplinary mental health environment through critical analysis and practical application. A major component of the

assessment for the Professional Certificate in Mental Health Practice requires students to undertake a number of on-line learning modules with a peer group of health professionals from different disciplines to support the development of a workplace-based Professional Development Portfolio. Scheduled course deliveries throughout the year will enable the placement of successful applicants within peer groups to support this important aspect of the course. The Professional Certificate has been available since 2014.

Contact

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PSYCHOSOCIAL RESEARCH CENTRE



Professor Carol Harvey holds a joint appointment between the University of Melbourne and North Western Mental Health. She was awarded an MD by the University of Melbourne in 2007 and has been appointed as a “Fellow of the Melbourne Medical School Academy of Clinical Teachers” in recognition of contribution and leadership. Carol Harvey is an authority on a wide range of psychosocial interventions, including family psycho education, supported employment and approaches to social re-engagement, in recovery focused treatment services. She is highly experienced in the training, implementation and evaluation of these interventions, and was an investigator in the 2010 Australian national survey of psychosis (Survey of High Impact Psychosis, SHIP).

THE CENTRE

The Centre undertakes research, training, service development and policy reform, promoting mental health recovery beyond that offered by biological treatments alone. The Centre works with a broad range of community organisations to foster research and service partnerships in three priority areas:

- Enhancing recovery from mental illness through social and economic participation
- Bridging current evidence and practice gaps in the delivery of psychosocial interventions, for instance, through the development and evaluation of Family Psycho-educational programs in the community and non-government sector
- Building new evidence for psychosocial approaches that enhance recovery from mental illness by designing and managing research programs concerning family involvement and ways to support consumers to access education and employment opportunities

“If we realize the full potential of psychosocial treatments in routine mental health care, this will help consumers greatly in achieving fuller recovery and becoming more active citizens. This will transform consumers’ lives, as well as those of their families.”

Professor Carol Harvey,
Director, Psychosocial Research Centre

ST VINCENT'S MENTAL HEALTH RESEARCH UNIT



Professor David Castle's clinical and research interests include schizophrenia and related disorders, cannabis abuse and bipolar disorder. He has a particular interest in the interface between body and mind, and is actively engaged in programs addressing the physical health of the mentally ill and the mental health of the physically ill. He is also pursuing his work on OCD spectrum disorders, notably body dysmorphic disorder, in which he is a recognised international expert. He has been successful in attracting substantial grant funding from a variety of different sources, and has strong local, national, and international research links. He has published widely in prestigious scientific journals and is consistently highly cited.

THE UNIT

The St Vincent's Mental Health Research Unit has two broad areas of core research, namely optimizing mental health care, and integrating physical and mental health. The research is aligned with the clinical services. The Academic Unit for Psychiatry of Old Age is part of the St Vincent's Aged Mental Health service and is a significant collaborative partner of the St Vincent's Mental Health Research Unit. We also have strong research links with Swinburne University and the Cardiovascular Research Centre at Australian Catholic University.

The Unit's specific research activities include early psychosis, body image disorders, mental health promotion and prevention, epidemiology, strengths-based models of care, acute psychiatric-based care, psychopharmacology, transcultural mental health, international mental health, neuropsychiatry, psychotherapy (notably mindfulness and its applicability in people with physical health problems), and psychosocial cancer care.

The majority of the Unit's research is underpinned by a multidisciplinary collaborative approach and we are currently engaged in a number of research initiatives with other St Vincent's Departments and external organisations, nationally and internationally.

In addition to comprehensive undergraduate and postgraduate teaching programs, St Vincent's Mental Health Research Unit has a strong commitment to research support, development and training of both clinical and academic staff.

"The interaction between mind and body is at the core of our research. We seek to validate comprehensive models of care to effect the best health outcomes encompassing both physical and psychiatric domains."

Professor David Castle,
Chair of Psychiatry, St Vincent's Health

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