




RANZCP Foundation

Transforming mental health care,
creating a world of potential

Annual Review

2019





The RANZCP Foundation supports and encourages psychiatrists to engage in clinical work, research and other initiatives to improve the mental health and wellbeing of communities.

Our vision

Transforming mental health care, creating a world of potential.

Our mission

By promoting research and fostering innovation and partnerships, we will build knowledge and skills. We will support individuals, families and their communities to achieve and maintain mental health and wellbeing throughout the lifespan.

Support the RANZCP Foundation today

Visit ranzcp.org/foundation to donate and make a difference.

100% of your donation will go directly to funding grants. All operational costs of the Foundation are fully supported internally by the RANZCP. Gifts made to the RANZCP are an allowable income tax deduction in Australia.

The year in review

After the success of the official launch of the RANZCP Foundation to the College membership in May, I was honoured to accept the role as the first Chair of the inaugural RANZCP Foundation Committee, bringing together an experienced advisory leadership group of 11 senior College Fellows.

The RANZCP Foundation has an invaluable role in leading new advances in psychiatry to improve the mental health and wellbeing of communities. Through the Foundation the College supports and encourages psychiatrists to engage in clinical work, research and other projects, providing a new avenue for us to link together our generous donors and benefactors who wish to support new discoveries through psychiatric research.

Wider still, the RANZCP Foundation presents psychiatry with a fresh opportunity to realise the collective sum of our potential, and to give back to the community who entrust us to look after them when they, and their loved ones, are unwell.

The new Committee oversaw the continued growth and expansion of the RANZCP Foundation in 2019.

Highlights and key activities included:

- › profiling the projects our current and past grant recipients are working on, as well as undertaking research with past grant recipients on the outcomes and impacts of their work
- › supporting eight College trainees and Fellows to undertake new research projects in psychiatry
- › identifying the three areas the Foundation will direct its early focus towards:
 - » preventing and treating mental illness
 - » supporting the mental health of diverse communities
 - » maintaining mental health and wellbeing across the lifespan
- › developing a new five-year fundraising strategy to ensure the sustainable growth of the RANZCP Foundation's future activities
- › rolling out new online donation options and implementing several fundraising activities, resulting in a strong uplift in donations during 2019 to \$15,149.24 received from 109 individual donors and supporters

- › developing future grants and joint projects with the College's Faculties, Sections and committees
- › identifying new external prospective partners and aligned organisations for the RANZCP Foundation to seek to expand its future reach and impact.

On behalf of the RANZCP Foundation Committee, I extend our sincere thanks to all our generous individual donors, benefactors and supporters, together with the Trisno family and the Kinsman family, who continue to make our important work possible.

We now face a different world of unprecedented challenges and the role of psychiatry in response will be vital.

An exciting future lies ahead for the RANZCP Foundation as we drive new advances and improvements in psychiatry for the benefit of communities. Please talk with us if you would like to be involved in our work.



Dr Elizabeth O'Brien
Chair, RANZCP
Foundation Committee

About

the RANZCP Foundation

The RANZCP Foundation enables the RANZCP to raise funds and manage an annual grants, scholarships and awards program that provides RANZCP members the opportunity to apply for financial support to undertake world-class psychiatric research and projects.

The Foundation's activities are supported by the generous contributions of our donors and benefactors. 100% of donations to the Foundation go to funding grants.

All operational costs of the Foundation are fully supported internally by the RANZCP.

A message from the RANZCP President

Just over one year ago, the new RANZCP Foundation was launched to support and encourage clinical work, research and other initiatives to improve the mental health and wellbeing of communities.

The support the Foundation has received from our members and the public since then has been truly heartening. I also extend my congratulations to the inaugural RANZCP Foundation Committee for successfully taking forward the Foundation with such energy and strategic direction in 2019.

The RANZCP Foundation Committee establishes and provides independent high-level advice from senior College Fellows that reflects how we want our College charity to contribute back to consumers and communities. The Committee has provided professional governance leadership in the Foundation's formative stages and we look forward to what psychiatry can contribute to the mental health of all Australians and New Zealanders, as well as to Pacific Island nations in our region.

With such a strong response from our members who continue to donate their time, energy, expertise and financial resources, the RANZCP Foundation now shifts into a new growth phase. With increased capacity and flexibility, the RANZCP Foundation is better enabled to deliver mental health support and new breakthroughs to vulnerable communities in times of need.

We never know what the future holds for us all, and as the new year brings new challenges to everyone in the form of disaster and pandemic, now is the time for psychiatry to shine in its profound contribution to our community's mental health and wellbeing.



Associate Professor
John Allan
RANZCP President

RANZCP Foundation leadership

The RANZCP Foundation is overseen by a senior advisory committee reporting directly to the RANZCP's Board of Directors.

The RANZCP Foundation Committee is responsible for developing and overseeing the implementation of the Foundation's strategic goals, including the promotion of scholarship, research and training in psychiatry in Australia and New Zealand or via international health projects.

The RANZCP Foundation Committee members are:

- › Dr Elizabeth O'Brien (Chair)
- › Associate Professor John Allan (RANZCP President)
- › Dr Peggy Brown, AO
- › Professor Gerard Byrne
- › Dr David Chaplow, QSO
- › Professor Malcolm Hopwood
- › Dr Nick Kowalenko
- › Professor Gin Malhi
- › Professor Helen Milroy
- › Dr Murray Patton
- › Associate Professor Dan Siskind.

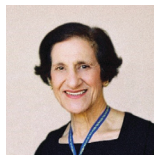


The inaugural RANZCP Foundation Committee

Left to right: Associate Professor Dan Siskind, Professor Gerard Byrne, Professor Malcolm Hopwood, Dr Elizabeth O'Brien (Chair), Dr Peggy Brown, AO, Dr David Chaplow, QSO, Dr Murray Patton.

Not pictured: Associate Professor John Allan (RANZCP President), Dr Nick Kowalenko, Professor Gin Malhi, Professor Helen Milroy.

The work of the RANZCP Foundation is supported by its patrons, Professor The Honourable Dame Marie Bashir, AD, CVO (Australia) and Emeritus Professor Sir Mason Durie, KNZM (New Zealand).



**Professor
The Honourable Dame
Marie Bashir, AD, CVO**
RANZCP Foundation
patron (Australia)



**Emeritus Professor
Sir Mason Durie,
KNZM**
RANZCP Foundation
patron (New Zealand)

2019 Financial Summary

\$234,582.47

balance of Foundation funds
as at 31 December 2019

\$213,968.17 balance carried forward from 2018	\$15,149.24 total new donations received in 2019	\$5,000 matched donations from RANZCP Board (dollar-for-dollar up to a maximum of \$5,000 annually)	\$465.06 bank interest accrued on total RANZCP Foundation funds in 2019
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Donations Received

\$8,829.50 increase in donations from 2018	\$132.89 the average donation amount	\$2,500 the highest individual donation received
140% growth in donations in one year	45 increase in donors from 2018	114 number of individual donations received from donors in Australia, New Zealand and overseas

- › All figures stated are in \$A.
- › In 2019, all grants were funded from RANZCP operational budgets, the Trisno family donated funds, and the Kinsman Family Bequest Fund.

In memory of Professor Beverley Raphael, AM



Professor
Beverley Raphael, AM
RANZCP
Past President

Professor Beverley Raphael, AM (1934–2018) was President of the RANZCP from 1983–85. During her time as President she developed the first proposal and template for a National Mental Health Policy for Australia and served on a multitude of College committees.

Throughout a long and distinguished career she carried out research, policy and program development in population mental health, prevention, and child and adolescent mental health, and was a national and international advisor in the field of disaster mental health.

Professor Raphael was awarded a Member of the Order of Australia for service to medicine particularly in the field of psychiatry in 1984, and the College Medal of Honour in 2008.

An outstanding Fellow of the College who made a remarkable contribution to psychiatry, Professor Raphael passed away on 21 September 2018, a few weeks shy of her 84th birthday.

In 2019 the New Investigator Grants were renamed in Professor Raphael's honour, as a fitting and long-lasting commemoration of her outstanding contribution to psychiatry.

The Beverley Raphael New Investigator Grants

Bionomic fractals and evidence-based design: Improving patient and staff outcomes in an acute psychiatry ward

Admission to a mental health ward is a confronting experience. At the height of their vulnerability, the patient is exposed not only to the illness of others but is expected to endure a stressful clinical environment. Environmental psychology has demonstrated the building and its aesthetic impact on the patient's physiological stress, their resulting recovery trajectory and their engagement with health clinicians both during their admission and following discharge. Evidence-based design (EBD) seeks to characterise features of the built environment which display a transactional relationship with human physiology (stress responses/visual perception) and psychology (performance/resilience/social modulation).

This study will apply EBD and existing healthcare design principles in an acute psychiatry ward environment. It aims to identify environmental features where modifications are both low cost and likely to have significant impact on patient outcomes (length of stay, episodes of aggression) and staff resilience/performance (stress/sick leave).

The study will also pioneer the application of bionomic fractal visual interventions on the ward which have previously been demonstrated to have beneficial cognitive and affective impacts in non-healthcare settings simply through passive exposure. This neuroaesthetic intervention will be examined to potentially further elucidate the relationship between human visual processing and the much-researched benefits of exposure to natural environments.



Dr Marc Jurblum
RANZCP trainee

The Beverley Raphael New Investigator Grants provide a number of small grants up to a combined total of \$20,000 annually to RANZCP trainees or recent Fellows to facilitate research projects.

Stimulating social cognition in early psychosis: Effects of anodal high-definition transcranial direct current stimulation to the right temporo-parietal junction in young adults with early psychosis

Awareness of relationships that exist between oneself, one's surroundings, and other agents is a primary, ongoing task of the perceptual system. This is known as the self-other processing.

Although symptoms such as hallucinations and delusions are characteristic of the psychosis-related conditions, it is the cognitive deficits that have the greatest negative impact on social and occupational functioning. The current inability to improve social cognition with pharmacological treatment has encouraged researchers to identify innovative methods to address these issues.

The use of anodal high-definition transcranial direct current stimulation (HD-tDCS) to improve cognition provides some optimism that future treatment options may be more personalised and better able to target brain regions or networks responsible for cognitive deficits.

If successful, this study will provide novel evidence for whether HD-tDCS to the 'social brain' has a similar effect in people living with psychosis as it previously has been demonstrated to have in healthy young adults. The baseline data from this research will also provide novel evidence for differences in social cognition between young adults with psychosis and healthy young participants.



Dr Patrik Ho
RANZCP trainee

The RANZCP Foundation Early Research Career Grants

The Sydney Melancholia Prototypic Index as a predictor of treatment response to ketamine for treatment-resistant depression

Approximately one third of individuals with depression fail to achieve remission despite multiple trials of antidepressant medication – so-called ‘treatment resistant depression’ (TRD). Studies examining ketamine versus placebo have shown ketamine to be a rapid and effective antidepressant for TRD.

The aim of the current project is to examine use of the Sydney Melancholia Prototypic Index – a clinical tool that classifies patients into differing subtypes of depression (melancholic vs. non-melancholic) – and its prediction of subsequent mood improvement after ketamine therapy. It has been proposed that melancholic symptoms may identify those more likely to respond to ketamine. Findings may contribute to a more personalised approach to treatment selection for depression, allowing for selection of a subgroup of individuals more likely to benefit from ketamine treatment.

Dr Adam Bayes is a psychiatrist and clinical senior lecturer based at the University of New South Wales and the Black Dog Institute, Sydney. He recently completed his PhD on differentiating the bipolar disorders from borderline personality disorder. His research interests focus on mood disorders including novel treatments.



Dr Adam Bayes
RANZCP Fellow

The Early Research Career Grants are designed to encourage innovative research in psychiatry, especially by those who might be new to research or intend to have a career in research, by providing up to \$10,000 in funding.

‘Papa BEAR’ – Building Early Attachment and Resilience (BEAR) – A pilot of an attachment-based group intervention for fathers and their infants in neonatal intensive care

Becoming a parent to a premature baby can be stressful and emotionally challenging. Prematurity can present challenges to some of the core tasks of early parenting and can influence the developing parent–child relationship. Parents often report feelings of shock, grief and guilt. Research focusses on the maternal experience, with a paucity of data in regard to the developing father–child bond ‘Papa BEAR’ is a novel program to support fathers with the transition to parenthood in the neonatal intensive care unit (NICU).

There are two phases of this project, which is mixed methods in design, with a range of pre- and post-intervention assessment tools. Phase one involves seeking consumer feedback from fathers who have previously had an infant in NICU. The qualitative data analysed will contribute to refinement of the program prior to implementation of a pilot study. The aim of the pilot study is to test feasibility and acceptability of a father-friendly program in NICU. Eligible fathers will be randomised to either the treatment or control group with those in the treatment arm participating in a once-weekly 90-minute group program over five weeks. The focus of these sessions is to think about the infant’s emotional world and help support new fathers in this early phase of parenting.



Dr Natalie van Swet
RANZCP Fellow

The Trisno Family Research Grant in Old Age Psychiatry

Successful ageing from New Zealand laypersons' perspective: Defining successful ageing in New Zealand

This research project aims to provide a clearer public understanding of successful ageing, a term first coined in the 1980s by Rowe and Kahn. Planning and preparing educational programs and interventions are important in the promotion of health in old age as part of nationwide preventative measures. Understanding how the public perceives successful ageing also helps to both ensure models used have social significance locally, and to inform policy makers. Starting with surveying community-dwelling older adults attending public talks in and around Dunedin, it is hoped that this study can later be expanded to obtain a nationwide perception of successful ageing.

Dr Nurrul Johari is an advanced trainee in old age psychiatry based in Dunedin, New Zealand.



Dr Nurrul Johari
RANZCP trainee

Supported by an ongoing donation from Dr Roth Trisno and family, this grant works to address the need for more research in the prevention, diagnosis, management and continuing care strategies for mental health conditions in older people. A maximum of two grants of up to \$5,000 can be awarded each year.

Research project update

The RANZCP Psychotherapy Research Award

This grant encourages research in psychotherapy among RANZCP trainees and recent Fellows in Australia and New Zealand.

Psychoeducation, formulation and psychotherapy for functional neurological disorders

With the support of the RANZCP Foundation the pilot study has been completed, with 29 participants and sufficient benefit detected to warrant continuation of the research. Long term follow-up and exit interviews are now underway to establish sustained benefit and acceptability.

The next year of the study will be focussed on interpreting the results of the pilot to modify and manualise the intervention in preparation for a randomised controlled trial to be undertaken over the subsequent two years.



Dr Myles Gutkin
RANZCP Fellow

The Pat, Toni and Peter Kinsman Research Scholarship

Progesterone loading as a strategy for treating postpartum depression: A proof of concept study

'Progesterone loading as a strategy for treating postpartum depression: A proof of concept study' aims to assess the feasibility of oral progesterone loading as a treatment for postpartum depression (PPD).

Recently, brexanolone (synthetic allopregnanolone) received USA approval for treatment of PPD. However, brexanolone, which is only available through a restricted program, has to be given intravenously and costs US\$35,000. A safe, equitable and globally accessible inexpensive treatment for PPD is needed.

Perinatal hormones such as allopregnanolone (an endogenous progesterone metabolite) are currently the most promising avenues of search for treatment. Studies of progesterone's effects in PPD are few and inconclusive. This study will help confirm predictions that orally dosed progesterone will increase concentrations of allopregnanolone in the central nervous system, which should relieve symptoms of PPD.

The Pat, Toni and Peter Kinsman Research Scholarship, supported by a bequest from the Kinsman family, was established in 1996 to encourage research into postnatal depression in women in Australia and New Zealand. The Scholarship comprises a sum of up to \$50,000 paid over a two-year period.

Associate Professor Yoram Barak is a psychogeriatrician and academic in Dunedin, New Zealand who is dedicated to translating scientific endeavours into public health benefits. He will undertake this project alongside his colleagues Professor Paul Glue, Dr Chris Gale and Associate Professor Natalie Medicott at the University of Otago, School of Medicine.



**Associate Professor
Yoram Barak**

RANZCP Affiliate
Member

Support the RANZCP Foundation today

A donation to the RANZCP Foundation funds research and other initiatives that will make a positive change in psychiatry and the mental health of our communities.

The RANZCP Foundation accepts donations in a variety of ways. Visit ranzcp.org/foundation for more information.

Please also talk with us about the following opportunities:



New strategic partnership opportunities

We can facilitate a range of innovative strategic partnerships with all areas of philanthropy, business, government, health associations or stakeholders to fund research grants and joint projects that benefit all partners.



Bequests and gifts

The RANZCP Foundation is grateful to receive bequests from retired members, or gifts for general or special research purposes, and will ensure your proposed gift is applied in a way that best reflects your wishes.

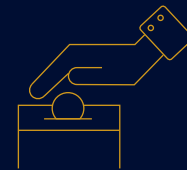


Develop new grant programs with us

We can develop new grant programs and projects in line with your requirements or wishes where they align with and support the Foundation's vision and mission.

The Foundation acknowledges the generous support of the following major benefactors:

- › The Trisno family, for The Trisno Family Research Grant in Old Age Psychiatry
- › The Kinsman family, for The Pat, Toni and Peter Kinsman Research Scholarship into postnatal depression in women.



100%

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All operational costs of the Foundation are fully supported internally by the RANZCP.

Gifts made to the RANZCP are an allowable income tax deduction in Australia. Receipts will be provided for all donations made.

The RANZCP Foundation is not currently a registered gift recipient in New Zealand.

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New Zealand College of Psychiatrists

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RANZCP
Foundation

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