



The Kidman Centre

Annual Report 2020

Prevention Treatment Research Dissemination

**We undertake
'real-world' research
to improve the
evidence-based
mental health
treatments available
to young people
in Australia.**

What we do

- Deliver preventative mental health talks in schools and the community
- Provide evidence-based psychological treatments to young people and their families
- Evaluate treatments through the application of quality research
- Disseminate research through community outreach, presentations and training

Who we serve

- Children and teenagers
- Young adults
- Parents and carers

To improve the support available to young people, we also work with:

- Teachers and educators
- School counsellors
- Health practitioners
- Welfare professionals

Issues we treat

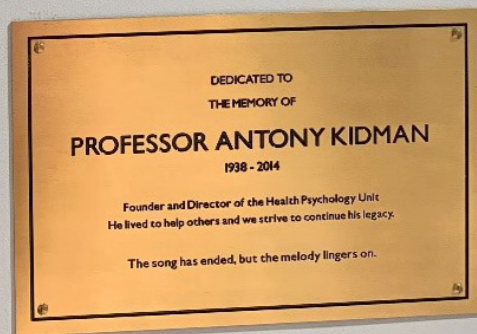
- Behavioural problems
- Anxiety
- Depression
- School-related stress
- Mood disorders
- Self-esteem issues
- Bullying
- Trauma
- Parenting issues

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Our Mission

To understand, prevent and reduce mental health problems in young people aged five to 25, so that they can thrive through their formative years.



We know that getting evidence-based psychological treatment to young people early is the key to preventing the onset of more complex mental health problems down the track.

Professor Antony Kidman was the director of The Kidman Centre for 30 years.

His vision, one we maintain today, is that no child falls through the cracks of the mental health system.

Today and every day, we remember our founder Professor Antony Kidman, whose vision and mission is at the core of what we do. He paved the way for youth mental health in Australia and we remain in his debt for leading the Centre and ensuring we continue as a centre of excellence.

Mental illness in young people is one of the biggest challenges of our time.

1/7

Young Australians aged 4-17 experience a mental health problem over a 12 month period.¹

75%

Mental health problems occur before the age of 25.²

78,515

Young people aged 0-24 presented to emergency departments with mental health problems (2018-2019). A 4% increase on last year.³



2020 Service Snapshot



6,300

Students across Sydney were helped by our *HSC Stress Management* workshops.

206

Psychological treatment sessions in our clinic were delivered at no cost due to financial disadvantage.

4,536

Students in metropolitan Sydney and regional and remote New South Wales were helped by our *Coming Back Stronger* workshop (COVID-19 recovery program for senior high school students).

170

Young people and parents participated in eight free community mental health workshops at our centre and online.

1,353

Psychology sessions were delivered to 351 families treated in our general psychology clinic.



Major research project underway.



Research paper published in *Clinical Child and Family Psychology Review*.



From the Director



It is my pleasure to present the 2020 Annual Report for The Kidman Centre. This report provides highlights from selected activities and new COVID-19-related directions.

At The Kidman Centre, the year got off to a busy start. Our clinical psychologists flew out to Moree and Griffith to deliver Thrive training for school staff, including principals, teachers and school counsellors, who teach children with emotional and behavioural problems. These workshops were well received and we hope to return to regional areas, where the need is high, very soon. Back in Randwick at the centre, the psychology clinic was in full operation by February and we had conducted several free community workshops for teenagers and their parents.

By the start of March, however, the situation was rapidly changing. Being located in a hospital, it was not long until the fear of COVID-19 meant that clients were unwilling to

take the risk of coming to the Centre. In response, we swiftly moved into online telehealth mode. Although we still offered our free community workshops onsite, almost all participants now attended via Zoom. The psychology clinic also moved into telehealth mode for a few months, and sadly we saw referrals increase in an unprecedented fashion. By the end of March, COVID-19 had arrived, and we were harshly reminded that life could be both uncertain and uncontrollable. The pandemic immediately placed a major strain on mental health, with some of the population impacted more than others.

Inarguably, teens were one of the groups that were hardest hit. The human brain does not do well with uncertainty, and teenagers are particularly vulnerable to this at a crucial time in their development. COVID-19 has had a significant impact on teenagers, as evidenced by rates of adolescent depression and anxiety 4-5 times higher than usual.

Following lockdown, our psychologists resumed their school workshops around Sydney and, as feedback came in, we became increasingly aware that all was not well with our teenagers. Particularly, those in the senior years who had not bounced back as we had hoped. Senior students were reporting feeling demotivated, listless, and were lacking in direction.

In response, our psychologists put together an online evidence-based program, *Coming Back Stronger*, to rebuild their motivation, energy, and sense of direction. We had *Coming Back Stronger* professionally taped, edited, and distributed to all high schools in Sydney and regional NSW. Almost 5,000 Year 11 and Year 12 students have participated in *Coming Back Stronger*.

For schools that would allow it, our clinical psychologists went out to present the material. In 2021 *Coming Back Stronger* will be reworked and circulated to undergraduates returning to university in Sydney.

I would like to extend my thanks and appreciation to the UTS Vice-Chancellor, Professor Attila Brungs; Dean and Deputy Dean of Science, Professors James Wallman and Jim Macnamara; Chair of the Antony Kidman Foundation, Philip Walker; and Antony Kidman Foundation board members, Stephen Peach, David Bulgeries, Chris Gardoll, John Weingarth, John Piccone and our Patron Antonia Kidman Marran.

Thank you also to our hard-working staff, generous and committed supporters, and to the families who put their trust in us at a vulnerable time. I am proud of our team's achievement this year despite the challenging circumstances and excited about what we can accomplish together in 2021.

Dr Rachael Murrhly | Director

The Annual Supporter's Event

This year, the annual supporter's event went virtual. We gathered via Zoom to hear an update on the Centre and to have special guests Jessica Rowe interview New York Times best-selling author, Liane Moriarty, of Big Little Lies fame.

Our patron Antonia Kidman Marran kindly hosted the event for us. After welcoming our viewers to the event and Acknowledgment of Country, Antonia passed over to our Director, Dr. Rachael Murrhly, for an update on the Centre.

Dr. Murrhly shared that the Centre had experienced an increased demand for telehealth clinic appointments during the pandemic and some of the broad themes the clinical psychologist staff have heard from clients.

Specifically, she spoke about the great success of Coming Back Stronger and the start of The Kidman Centre's new flagship initiative, The Blueprint.

Antonia then interviewed recent Year 12 graduate Dan Rodi about his experience of completing his final year of high school in the stressful conditions of lockdown and a global pandemic. Dan completed the Coming Back Stronger online program and said that it helped him stay focused, whilst learning tools to maintain a positive outlook.

A highlight of the event was an in-depth conversation between noted journalist, author, and television presenter, Jessica Rowe, AM and New York Times best-selling author, Liane Moriarty.

They spoke about coping during lockdown and their experiences as mothers dealing with the stresses of COVID-19. Liane spoke about her writing process, where she draws inspiration for her multi-dimensional characters, and about her upcoming projects on the page and big screen.

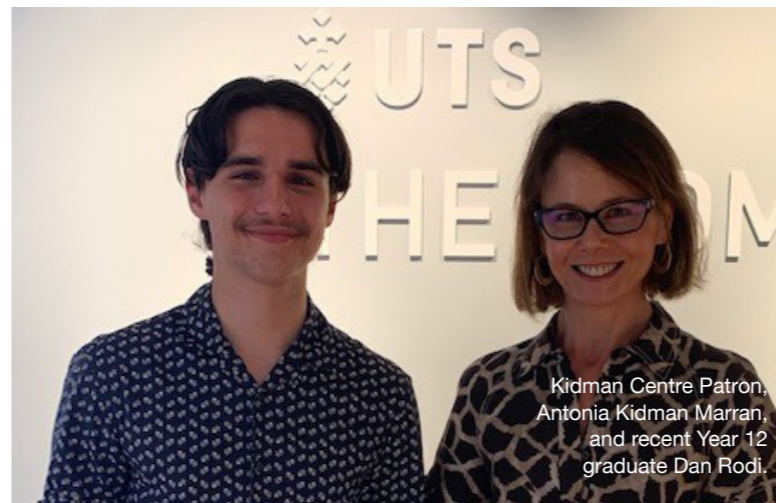
We are so grateful to Antonia, Jessica, Liane, and Dan for making this an outstanding donor event for 2020. It is our pleasure to share our successes and news with you each year and thank each of you for being supporters of our work and mission. We are already looking forward to seeing all of our amazing supporters in person in 2021!



Dr. Rachael Murrhly (left), Jessica Rowe (centre left), Liane Moriarty (centre right), and Melanie Verges (right).



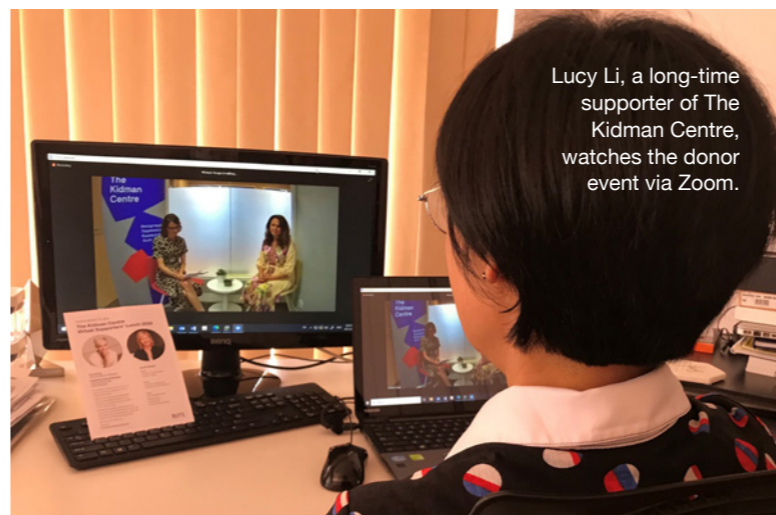
Antonia interviewing Dan during the 2020 virtual donor event.



Kidman Centre Patron, Antonia Kidman Marran, and recent Year 12 graduate Dan Rodi.



Jessica Rowe and Liane Moriarty interview.

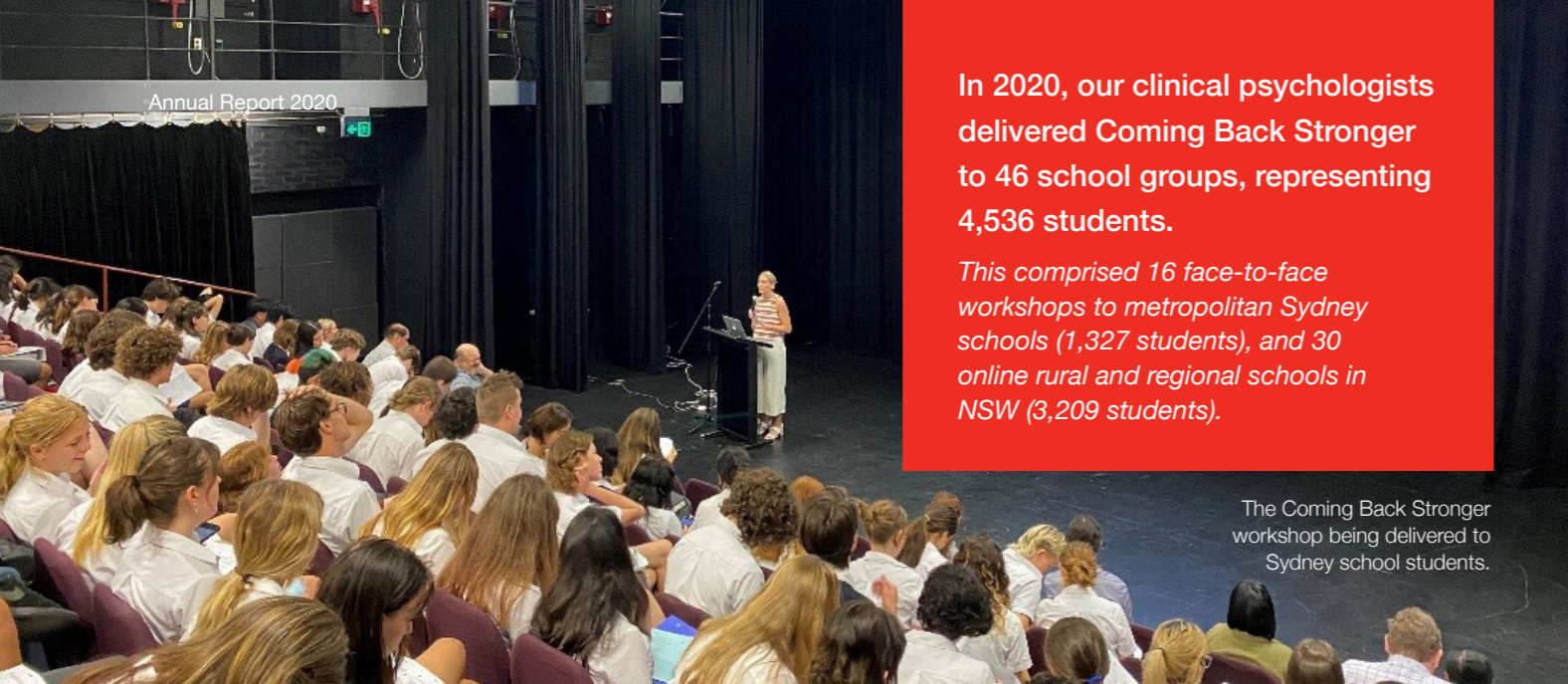


Lucy Li, a long-time supporter of The Kidman Centre, watches the donor event via Zoom.

Strategic Goals

Five-year plan 2021 - 2026

- ➔ To increase the number of young people able to access evidence-based treatments (in conjunction with other providers) to at least **200,000 per year**
- ➔ To increase the number of young people helped through preventative school outreach programs from 100 schools per year to **600 per year**
- ➔ To increase concurrent clinical research programs from an average of 1 per year to **3 per year**
- ➔ To increase direct clinical treatments undertaken directly by the Centre from approximately 100 clients per annum to over **200 per year**



In 2020, our clinical psychologists delivered **Coming Back Stronger** to 46 school groups, representing 4,536 students.

This comprised 16 face-to-face workshops to metropolitan Sydney schools (1,327 students), and 30 online rural and regional schools in NSW (3,209 students).

The Coming Back Stronger workshop being delivered to Sydney school students.

Coming Back Stronger

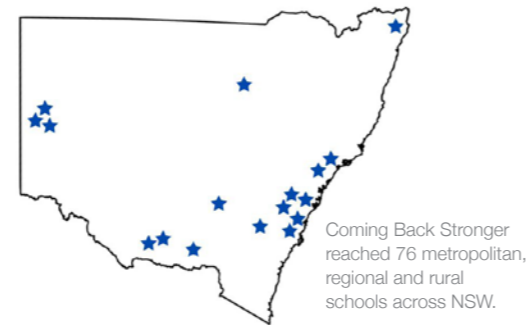
In 2020, we launched Coming Back Stronger to support senior students struggling with low motivation, disengagement, and a lack of direction, following the COVID-19 lockdown.

Coming Back Stronger was developed to prevent and alleviate youth mental illness associated with the pandemic's educational, economic, and social impacts. Specifically, this workshop aims to assist Year 11 and Year 12 students get back on track by providing evidence-based psychological strategies.

Young adulthood is a time of developmental vulnerability. If young people experience too much stress over this period, they can develop mental illness.

COVID-19 led to extraordinary stress levels for all of us, but this was particularly true of young people. Face-to-face social connection, which was drastically reduced during lockdown, is critical for adolescent wellbeing and development.

Additionally, during adolescence, significant biological, neurological and social changes occur. In turn, the routine and structure often found in school, family and co-curricular commitments become vital. However, during lockdown many of these structures were uprooted.



Coming Back Stronger reached 76 metropolitan, regional and rural schools across NSW.

As a result, youth depression and anxiety skyrocketed to almost five times higher than usual, and, in some states, young people presenting to hospital due to self-harm increased by 33%. Alarming, experts have predicted that fallout from this 'mental health wave' will continue for years into the future.



Jules Sebastian spoke on Channel 9's Today Extra to support students' mental health with the Coming Back Stronger workshop.

"Every kid, at all ends of the spectrum, got something out of the workshop. And for each kid the take home message was different. Some took away that they need to do an activity within five seconds, some learnt about healthy balance, and some it helped their sleep." - TEACHER

Our clinical psychologists at The Kidman Centre observed that many students lacked motivation, felt disengaged, and experienced difficulty restarting their studies even after returning to school. Additionally, many students remained vulnerable to mental illness and continued to struggle with the ongoing stress and uncertainty of the pandemic.

With this knowledge, Coming Back Stronger was launched to increase student motivation, focus, and optimism for the future. This free program teaches psychological skills, which students then practice by completing worksheets with reflective questions. Specific strategies include learning how to set goals, practical skills to achieve these goals, and exploration of personal values.



Guy Sebastian raising awareness of the Coming Back Stronger workshop for school and university students, on his Instagram page.

We understood that access to students in rural and regional schools, alongside metropolitan schools (both were not permitting visitors), was imperative. Therefore, Coming Back Stronger was professionally filmed and made available on our website. We also delivered an accompanying online workshop for parents to support their adolescents at home effectively.

Coming Back Stronger received much media coverage, a likely reflection of the level of community concern; including a segment on the Channel 7 Morning Show, a segment on the Channel 9 Today Extra, features in Sydney Morning Herald, and several ABC radio shows.



The online Coming Back Stronger program being promoted on Channel 7's The Morning Show to support senior students.

"I realised that there are very logical ways to deal with issues and struggles such as staying organised through any means and improving your 'self-talk' to make you feel calmer. I learned a lot from this experience and will definitely be putting this information into practice and I am sure many other students will do the same."

- STUDENT

Kylie Gillies from Channel 7's Morning Show and our patron Antonia Kidman Marran generously gave of their time to advocate for Coming Back Stronger. Kylie, mum to Year 12 2020 student Gus, is a big supporter of the initiative after experiencing first-hand the struggles and disappointments senior students and their families have faced due to COVID-19.

We also partnered with The Sebastian Foundation, founded by Guy and Jules Sebastian, to raise awareness and encourage our younger audience to access Coming Back Stronger. Guy posted a video to his Facebook and Instagram accounts and reached a combined audience of over 130,000 people.

The impacts of COVID-19 will undoubtedly continue to affect young people in the future. Therefore, in 2021, we will continue to deliver both the face-to-face and online formats of Coming Back Stronger to senior school students and adapt and expand the program to undergraduate UTS students.

Looking ahead to 2021, we are excited to welcome the opportunity to expand our Coming Back Stronger workshop to UTS undergraduate students to support their at-home learning.

HSC Workshops

Providing high school students with the tools they need to manage HSC exam stress

In 2020, our Clinical Psychologists delivered 42 HSC Stress Management workshops, representing almost 6,300 senior students.

The Kidman Centre has been delivering HSC Stress Management workshops to senior school students for 16 years. In 2020, with increased student stress in response to COVID-19, this workshop became even more vital.

Before the pandemic, young people already reported coping with school stress as a major problem. However, in 2020, Mission Australia found that coping with stress was young people's number one reported problem, with 39% of young people reporting that COVID-19 was the most important current issue in Australia.

"I now know how to challenge unhelpful thought patterns to improve my productivity"

- STUDENT

This research aligns with our clinical psychologists' many conversations with students, who have told us they are experiencing an increased sense

"It was excellent to get those strategies on the table for our students and the workbook is a great tool and will be very useful to refer to."

- TEACHER

of uncertainty, worry, and stress.

From these discussions and research, it is clear that senior students require skills to manage school stress, especially at this critical time effectively.

As we have had limited access to schools because of COVID-19, we developed an online HSC Stress Management workshop. Both the face-to-face and online forms have been offered to schools. This enabled us to alleviate stress for students all across NSW schools.

"The session today provided knowledge that will prove crucially beneficial as we head into senior years of high school and the HSC."

- STUDENT

The HSC Stress Management workshop is based on Cognitive-Behavioural Therapy (CBT), which is widely supported as the gold-standard approach to manage stress effectively.

This workshop teaches students a practical, evidence-based three-step approach to manage stress, by challenging and changing their thoughts and behaviours, and practicing self-care.

In support of our workshop, and consistent with previous years, we received excellent evaluations from teachers, school psychologists, and students.

"It was excellent to get those strategies on the table for our students and the workbook is a great tool and will be very useful to refer to."

- TEACHER

Jenn Hawken delivering the HSC Stress Management workshop to Year 12 students.



How likely is it that you will use some of the suggestions made in the workshop?

1 2 3 4 5
Not at all A little Somewhat Much A great deal

What aspects of the presentation did you enjoy or find most helpful?
- The powerpoint and example videos

What improvements to the presentation would you suggest?
- Nothing it was great 😊

"I most liked the strategies and steps given in order to control stress levels."

How likely is it that you will use some of the suggestions made in the workshop?

1 2 3 4 5
Not at all A little Somewhat Much A great deal

What aspects of the presentation did you enjoy or find most helpful?
I most liked the strategies and steps given in order to control stress levels

What improvements to the presentation would you suggest?
It was great! No improvements

Student feedback from the HSC Stress Management Workshops

How likely is it that you will use some of the suggestions made in the workshop?

1 2 3 4 5
Not at all A little Somewhat Much A great deal

What aspects of the presentation did you enjoy or find most helpful?
I enjoyed the parts about what I can do to minimise stress

What improvements to the presentation would you suggest?
Nothing

How likely is it that you will use some of the suggestions made in the workshop?

1 2 3 4 5
Not at all A little Somewhat Much A great deal

What aspects of the presentation did you enjoy or find most helpful?
Steps to stop negative thoughts A.N.T.s

What improvements to the presentation would you suggest?
nothing I enjoyed it very engaging

(on what they most enjoyed)

"The steps to stop negative thoughts..."



Clinical psychologist Louise Rémond delivering a free workshop to teens focused on helping them manage stress.

“You have given parents some very helpful and pragmatic ideas on guiding their teens towards healthy and independent ways to use social media and technology. Your point about connectedness and having continuous open communication with their teen was practical and is what all parents should aim for.”

- TEACHER

Prevention

Free community seminars on preventative mental health

The Kidman Centre has a strong focus on understanding, preventing, and reducing mental health problems in young people. Thus, in 2020 we continued to deliver free community mental health seminars to young people, and their parents and caregivers. These seminars aim to educate our community on mental health and equip them with skills early on to maintain well-being and prevent the later development of more significant mental health problems.

Specifically, these seminars teach a variety of preventative evidence-based strategies to community members, in an attempt to enhance psychological wellbeing for young people and their support system.

In the early months of 2020, seminars were delivered on-site at the centre. However, in light of the pandemic, later seminars

were available both onsite and online. This presented an opportunity to expand our reach to that outside of our immediate community and enable larger audience participation.

“The workshop was very informative. It gave me a good understanding on how the teenage brain works”.

- 14 YEAR-OLD GIRL

Seminar topics were chosen upon advice from school psychologists, teachers, parents, and teenagers. Questions are encouraged throughout seminars to provide additional learning and support. We encourage audience feedback to ensure that the seminars we present remain relevant, and to enable the development of additional seminars based on community-reported skill need.

Despite limitations resultant from COVID-19, in 2020 we

delivered eight free community seminars and reached more than 170 participants. In particular, many participants reported appreciating our online offerings. We have received much positive feedback and look forward to providing a broad range of topics to our community in 2021. We plan to continue to offer our seminars in both face-to-face and online forms so that participants across metropolitan and rural NSW communities can benefit.

“This seminar was very helpful, thank you. The workshop was clearly structured and the apps offered will really help me to build on my learnings with my daughter”.

- FATHER

Thrive

Rural and regional project

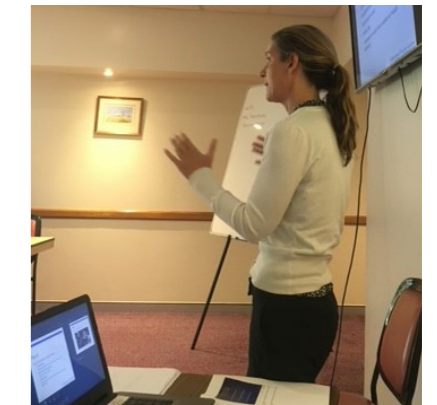
In 2020 we continued our THRIVE: Rural and regional project, which addresses the high risk of mental illness faced by young people living in rural, regional and remote New South Wales.

Thrive was developed to support schools in rural and regional NSW that often lack ‘in-person’ evidence-based psychological training opportunities due to their geographical location. Clinical psychologists travel out to rural and regional areas of NSW and equip teachers, school counsellors, principals, and teaching support staff with evidence-based psychological strategies for managing challenging emotions and behaviours in the classroom.

Training and ongoing support are delivered using the Collaborative and Proactive Solutions (CPS) model from Harvard University to manage challenging behaviour in the classroom.

CPS was one of the approaches investigated in our Side by Side research and was an effective intervention for managing children with challenging behaviour.

Sixty-one schools participated in Thrive training across rural and regional New South Wales. Workshops were held in Moree and Tamworth.



I feel like I have developed a much better understanding of what is getting in the way of these students doing well in the classroom. I also feel more compassion towards them and believe this will make a big difference in how I work with these kids in the future. Thank you, this training was so helpful!”

- TEACHER



“I loved the fact that we were provided with practical strategies we could use straight away with our kids. I feel so much more confident in my approach with these kids and can’t wait to try out what I learnt!”

- TEACHER



Equipping educators with the concepts and skills of CPS is intended to provide them with a research-supported alternative approach to use when their usual methods of managing difficult and challenging emotions and behaviours are unsuccessful.

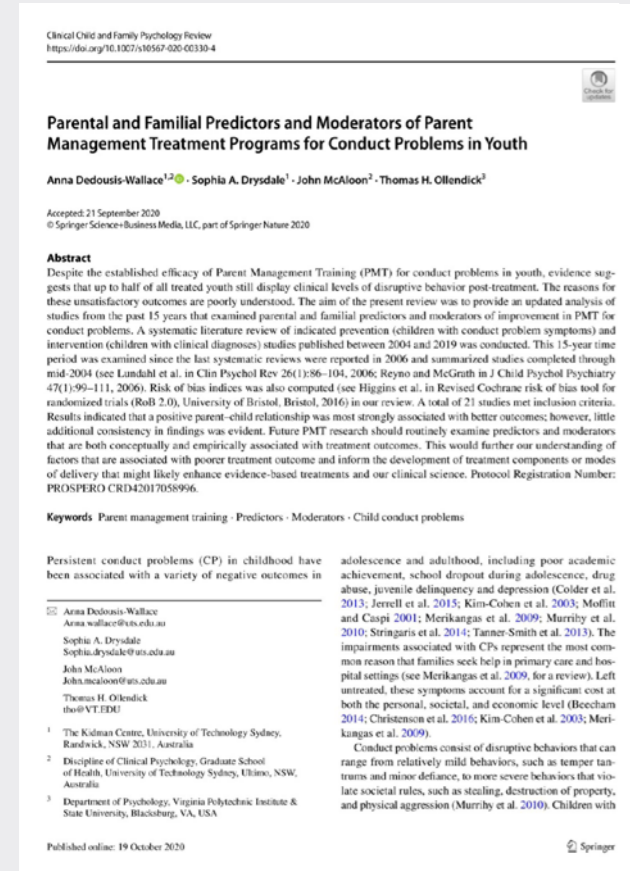
In 2020, our Thrive clinicians went to Moree & Tamworth. A total of four groups were run, representing 61 schools.

While we had to cease these in-person workshops in April 2020 due to COVID-19, we are looking forward to resuming the remaining groups’ training in 2021.

Side by Side

Bringing fun back to family: communicating our research findings

Side by Side: Bringing fun back to family is a randomized comparison trial involving 130 families with children aged 7 to 14 with emotional and behavioural problems. We compared an innovative treatment from Harvard Medical School, Collaborative and Proactive Solutions (CPS), to the standard treatment, Parent Management Training (PMT).



Our Side by Side findings will help guide ‘best practice’ on an international scale, and potentially benefit tens of thousands of families who do not respond to current treatments. Publishing our research in scientific journals that are accessed by researchers and clinicians who work with these families is a key component in attaining this goal.

We are happy to announce that we have published our first paper in the highly regarded international journal, *Clinical Child and Family Psychology Review*. This is the first of a series of papers we plan to publish from our Side by Side project. This paper will guide the development of future evidence-based treatments.

Anna Dedousis-Wallace led our current publication with a superior cast of collaborators, including Distinguished Professor in Clinical Psychology Thomas Ollendick, from Virginia Tech in the United States. This paper was published in a top-tiered international scientific journal that is read widely by researchers and clinicians worldwide. We are looking forward to sharing more publications of our research in the coming years.

General Psychology and CPS Treatment Clinics

We offer individual therapy for children, teenagers, and adults across a wide range of psychological issues, including anxiety-related problems, behavioural issues, depression, school-related problems, bullying, self-esteem, social problems, trauma, and parenting issues.

Our Collaborative and Proactive Solutions (CPS) clinic has received referrals from families across Australia. This is partly because our psychologists are the only clinicians in Australia that are certified by Dr. Ross Greene (the creator of CPS) to deliver this treatment. This has meant that demand for our CPS clinic to help treat children with emotional and behavioural issues continues to remain high.

The interstate demand for CPS-certified clinicians has also led us to undertake telehealth sessions as a means of helping families specifically wanting to use CPS with their children.

As in previous years, we offer a substantial number of bulk-billing spots for those in the community who are financially disadvantaged and may otherwise not be able to access high-quality evidence-based treatment.



In 2020, our clinical psychologists saw 351 families, with 1,353 sessions delivered.

In 2020, over 200 psychological treatment sessions were provided by our clinical psychologists to clients at no cost.



Welcome back Emily Upton

We are thrilled to have clinical psychologist Emily Upton back on staff after her time abroad. Emily has experience working with various populations and presentations within private practice, hospital, and university clinic settings, using therapeutic techniques from Cognitive-Behavioural Therapy (CBT), Dialectical-Behavioural and Acceptance and Commitment Therapy. She completed her training at the University of New South Wales, gaining experiencing treating anxiety disorders using a CBT framework at the Anxiety Treatment and Research Unit in the Department of Medical Psychology at Westmead Hospital. Emily particularly enjoys assisting children and young people and has a warm and empathic approach.

We are happy to announce that we have published our first paper in the highly regarded international journal, Clinical Child and Family Psychology Review.

Your Lasting Impact

Leaving a gift in your will

I have had the pleasure of working in fundraising for the last 12 years.

The best part of my work is when I get to engage with our supporters like yourselves, learn about why you support our work, and share stories of impact with you.

Our work is made possible by your generous donations. In my working experience, supporters often ask how they can ensure they have an impact well into the future. Australians are a very generous group of people, and each year thousands of men and women leave gifts in their wills to their favourite charities.

Through your will, you have the power to help The Kidman Centre continue its work of understanding, preventing, and reducing mental health problems in young people so that they can thrive through their formative years.

Once you look after your family and friends, you may want to consider leaving a bequest to The Kidman Centre. If you choose to remember us in your estate plans, you can trust good things will come from it. Your gift will help fund evidence-based research, our clinical practice, and the community programs we run that help children, teens and their families on a national scale.

If you would like more information or would like to speak to me confidentially, please contact me at melanie.verges@uts.edu.au or on 0426 257 390. You can also visit our website at www.tkc.edu.au and look for the box "Leaving a gift in your will".

Our deepest thanks for always championing our work, our mission, and the young people we support.

Warmest regards,

Melanie Verges
Advancement Manager, The Kidman Centre UTS



Through your will, you have the power to help The Kidman Centre continue its work of understanding, preventing, and reducing mental health problems in young people so that they can thrive through their formative years.

For more information:
melanie.verges@uts.edu.au
0426 257 390

Or visit our website tkc.edu.au and look for the box 'Leaving a gift in your will.'



Future Directions

Looking forward to 2021, we are excited to announce our new foray into preventative digital mental health interventions. In the past few years, the mental health sector has grown to fully understand the potential reach of digital interventions in terms of numbers who can access treatment and the locations that can be serviced. We are particularly passionate about reaching teenagers and parents in regional and remote areas and digital interventions will allow us to accomplish this.

Our new project, tentatively titled 'The Blueprint', aims to convert our learnings from working with families in the clinic into a large-scale prevention project.

We plan to develop an innovative digital platform to interactively coach parents of teenagers in recognising mental health issues, how to communicate in a way that their teenager feels heard, and what to do if faced with self-harm or suicidal behaviour.

COVID-19 has put tremendous stress on adolescents at a vulnerable time developmentally. We know that the most important thing that can be done to buffer stress is to increase teenagers' sense of social support and connection. The Blueprint is a training program that will help parents to feel confident in managing their child's emotional health and, as a result, improve the sense of connection in a teenager's life.

Our new project, tentatively titled 'The Blueprint', aims to convert our learnings from working with families in the clinic into a large-scale prevention project.

Next year our clinical psychologists will design the content of the program. We will be relying on IT engineers' digital expertise at a social impact department at UTS called Social Rapido to create the platform.

Our goal over the next three years is to roll the program out to 5,000 families nationwide. We look forward to showing this program to our supporters and seeking feedback and input on the content and format.

Media and Partnerships

Media

With the successful launch of the program Coming Back Stronger, The Kidman Centre was featured prominently by media outlets. Dr. Rachael Murrhiy along with Kidman Centre patron Antonia Kidman Marran were interviewed for The Morning Show on Channel 7 as well as Prime News 7.

Dr. Rachael Murrhiy was also interviewed for multiple media stories throughout 2020:

- **ABC News** – Coronavirus is driving the need for mental health support.
- **ABC News** – The coronavirus crisis has left us fatigued.
- **ABC News** – How a single case of Covid-19 sparked a ‘quick and early’ lockdown and countrywide anxiety.
- **ABC News** – Australians may not be ready to go back to normal.
- **7 News** – The Kidman Centre reveals the mental toll Covid has taken on Year 12 students.
- **The New Daily** – Covid mental health response ‘woefully inadequate’ and ‘flying blind’.
- **The Sydney Morning Herald** – Don’t say it’s stupid: How to engage tech-obsessed adolescents.
- **The Sydney Morning Herald** – ‘Restless and unsettled’: The pandemic is taking its toll on students.
- **The Sydney Morning Herald** – ‘A really tough year’: Calls for Covid-safe graduations as Year 12 suffers.



Social Media

Follow us on social media!



This Morning Show's Kylie Gillies launching Coming Back Stronger on national TV.



Dr Rachael Murrhiy discussing the need behind Coming Back Stronger



Patron Antonia Kidman Marran on why Coming Back Stronger is an important tool for youth.

Partnerships

The Kidman Centre partnered with The Sebastian Foundation to promote Coming Back Stronger (CBS) with great success.

Created by Guy and Jules Sebastian, the Sebastian Foundation has established a foundation for young Australians, at a time in their life when they can be so rocked by external forces.

Through this partnership, Guy and Jules promoted CBS on their social media channels and The Morning Show on Channel 7. We were able to reach an audience of over 300,000 Australians with the message that CBS is a tool to help students in high school and university stay on track with their studies during turbulent times. A massive thank you to Guy and Jules Sebastian and the support of The Sebastian Foundation on this partnership!

Media company Foxtel has selected The Kidman Centre as a charity partner and has committed to providing airtime for a bespoke Kidman Centre commercial that will air later in 2021.

This partnership showcases their commitment to supporting wellbeing programs that directly help young people and that we can further our impact and reach here within Australia.

Brian Walsh, Executive Director at Foxtel Group, is a key supporter of our work here at the Centre and we are excited and grateful to be a partner alongside other notable charities such as Raise Foundation, R U OKAY? and Reach Out.

We were able to reach an audience of over 300,000 Australians with the message that Coming Back Stronger is a tool to help students... during turbulent times...

Senator Hollie Hughes (centre) and David Langford (right), Managing Director & Chief Investment Analyst of Long Lake Research, visited the Centre to discuss youth mental health initiatives and how the government is aiming to play a central role in supporting preventative care. Dr. Murrhiy (left) led the meeting to discuss how The Kidman Centre can strengthen relationships with government leaders to hopefully secure funding in the future.



Our People

The team at The Kidman Centre is led by Dr. Rachael Murrphy and guided by the shared vision of an Australia where no child falls through the cracks of the mental health system.

Clinical staff

- Dr Rachael Murrphy
Director, Clinical Psychologist
- Anna Dedousis-Wallace
Senior Clinical Psychologist
- Dr Sophia Drysdale
Clinical Psychologist
- Natalie Miller
Clinical Psychology Registrar
- Jennifer Hawken
Clinical Psychologist
- Emily Upton
Clinical Psychologist

Advancement staff

- Melanie Verges
Advancement Manager

Administration staff

- Rie Matsuura
Administrative Officer
- Yota Findanis
Finance Officer

Natalie Miller
Clinical Psychology Registrar



“It is a privilege to work at an organisation so committed to improving mental health outcomes for young people. Every day young people and their families place their trust in us at the Kidman Centre to support them to navigate difficult experiences and achieve sustainable change within their lives. As a clinical psychologist I on the frontline of this work with young people and their families. No day is the same, and as with any role there are challenges, yet seeing the positive changes our clients make within their lives and the impact these changes have on their future makes it incredibly meaningful and rewarding work.”



Thank you to our Generous Donors and Supporters

We would like to extend our deepest gratitude to the individuals and organisations who share our vision and determination to make a positive difference to the mental health of young people.

MAJOR DONORS

ANTONY KIDMAN FOUNDATION

Professor Antony Kidman established the Antony Kidman Foundation as a separate entity to The Kidman Centre UTS. This Foundation exists solely to support the operations of The Kidman Centre UTS.

\$100,000-\$200,000

- Nicole Kidman

\$50,000-\$99,999

- Philip C Walker

\$10,000-\$49,999

- Alec Graeme Anderson

MAJOR DONORS

THE KIDMAN CENTRE UTS

\$100,000-\$150,000

- The Charles Warman Foundation

\$50,000-\$99,999

- Antony Kidman Foundation
- Mary Alice Foundation
- Sue Maple-Brown

\$25,000-\$49,999

- The Profield Foundation
- The Dick and Pip Smith Foundation
- Gwynvill Group
- The Barbara Alice Fund
- The Hunt Family Foundation
- The Peters Family Foundation

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- Edwina Jones
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- Liane Moriarty
- Rachael Rogers
- Joan Walker
- John Wylie

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- Doug Dockery & Marilyn Lee
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- Bob Crampton
- Bernard Remond
- Pamela Sleeman
- Adam Freeman & Gabrielle Schneider

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- Marina Hirschfeld
- Alfredo Zotti
- Wilkinson Partners Chartered Accountants
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- Tim Odillo Maher
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- Sandra Robberds

\$5-\$99

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- B & R Goldstein
- Mel Hill
- WG & EG Wolffenbuttel - Southern Cross Holiday Apartments
- Ken & Maria Wright - Ambula Pty Ltd
- Joe & Betty Tonks
- Grayson Golden
- Jenny Marran
- Robert Menzies - Rolma Industries
- Jayesh Dewnani

Financial Report

The Kidman Centre UTS

Statement of Income and Expenditure
for the year ended 31 December 2020.

INCOME

Donations	\$614,174
Clinical and Consulting Fees	\$169,429
Total income	\$783,603

EXPENDITURE

Salary and staff expenses

Salaries and Consultants Fees (incl. Marketing/Fundraising, Finance and Administration salaries: \$209,209)	\$759,248
Staff recruitment	\$11,141
Staff development	\$807
	\$771,196

Non-Salary Expenses

Printing and photocopying	\$7,811
Marketing and Supporters Events	\$7,441
Travel	\$4,815
Postage	\$4,080
Telecommunications	\$1,488
Office maintenance/workshop supplies and stationery	\$1,305
	\$26,940

Total Expenditure	\$798,136
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Loss	\$14,533
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Note: This financial statement has been derived from financial accounts provided by The University of Technology Sydney (UTS) and financial records kept by The Kidman Centre. There may be slight variations between UTS figures and this Annual Report due to timing differences.

The Kidman Centre



For Lou.

UTS

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Australian Institute of Health and Welfare 2019. *Mental health services—in brief 2018*. Cat. no. HSE 211. Canberra: AIHW.



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