



The Kidman Centre
Annual Report 2023



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



our Mission

To understand, prevent and reduce mental health problems in young people aged 5 to 25, so that they can thrive through their formative years.



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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 founding the Kidman Centre and offering the leadership to ensure we remain a centre of excellence.

2023 Service Snapshot



6,000

Students attended HSC Stress Management workshop



106

Parents attended community seminars



3,200

Students attended Coming Back Stronger workshop



One book & one chapter published



Three major research projects



Two research papers published

Clinic Snapshot



697

Clinic appointments



97

Clients/families visited our clinic



6

Bulk billed sessions



From the Director...

It's that time of year again when we take a moment to reflect on the work of the Kidman Centre and the impact we've had on our community. I'm excited to present the 2023 Annual Report, highlighting our efforts over the past year.

Throughout the years, I've often been asked whether I believe mental health issues are worsening among young people. Recent research conducted in Australia and the UK¹ offers some answers to this question. The study, which surveyed over 4,500 people across different generations, reached the following conclusion:

Young people today are facing greater challenges in terms of mental health and levels of worry compared to previous generations.

Interesting differences were found between generations about why they believe youth mental health is declining. Younger generations are more likely to blame the increased cost of living for these findings. Whereas, older generations tend to attribute the decline in youth mental health to factors like young people being less resilient and the influence of alcohol and drugs. This is despite evidence to the contrary: research shows a decline in alcohol consumption among younger generations.

Nevertheless, the generations do agree that social media plays a role in these challenges.

What is highlighted by the research is the need to consider the complexity of factors influencing youth mental health and the importance of giving a voice to young people when deciding

on actions to take. What's truly encouraging is that despite differences in opinions on the causes of these challenges, there is a shared acknowledgment across all age groups that youth mental health is a pressing issue.

The findings of this study underscore the urgency of addressing youth mental health issues.

In response to this urgent need, the Kidman Centre continues to operate our psychology clinic, school-based programs, and regional initiatives. Additionally, we have completed a new national prevention initiative, SuperParent Powers, which is set for widespread distribution in 2024.

I would like to express my gratitude to the UTS Vice-Chancellor, Professor Andrew Parfitt; Dean and Deputy Dean of Science, Professors James Wallman and Philip Gale; and the board members of the Antony Kidman Foundation: Stephen Peach, Philip Walker, David Bulgeries, Chris Gardoll, John Weingarth, John Piccone, Antonia Marran, Kirti Jacobs, and Craig Marran. I am proud of our team's accomplishments this year and am excited about our plan for growth in 2024.

Dr Rachael Murrhly
Director

¹ Reference: Orygen & Kings College London. (2024). Youth mental health in crisis.

SuperParent Powers Prepares for Launch: Bridging Gaps in Youth Mental Health

A Ground-breaking Online Prevention Program for Strengthening Parent-Child Relationships and Improving Youth Mental Health



In response to the growing concerns surrounding youth mental health exacerbated by the COVID-19 pandemic, the Kidman Centre has embarked on a mission to provide families with a transformative tool. Enter SuperParent Powers, an innovative online training program tailored to strengthen the parent-child bond while addressing prevalent mental health challenges faced by adolescents. As we gear up for the official launch, here's a glimpse into the journey of SuperParent Powers 2023 and what lies ahead in 2024.

Building Bridges with SuperParent Powers

SuperParent Powers is not just a program; it's a commitment to nurturing healthier relationships within families. Developed with meticulous attention to detail, this 2-hour interactive online training program targets parents of 10-15-year-olds. Its core objective is to equip parents with the knowledge and skills necessary to navigate youth mental health issues effectively.

The program is structured into four modules, each comprising bite-sized segments designed to accommodate the busy schedules of modern parents. Drawing on evidence-based techniques such as emotion coaching, active listening, and implementing boundaries, SuperParent Powers empowers parents with practical strategies to foster open communication and connection with their children.

SuperParent Powers is an innovative online training program tailored to strengthen the parent-child bond

A Cinematic Experience

What sets SuperParent Powers apart is its immersive approach to learning. Featuring role-plays with four diverse Australian families, the program provides real-life scenarios that resonate with parents. Shot over five days with professional actors and guided by acclaimed director Neil Sharma (from Heartbreak High), the program captures the nuances of family dynamics and the impact of positive parenting practices on children's mental well-being.





Support from Famous Faces!

We are thrilled that renowned TV personalities Jessica Rowe and Peter Overton have joined us as program ambassadors for SuperParent Powers. Both have graciously recorded messages on our website, expressing their support for the program and its mission to empower families. Their involvement underscores the importance of our initiative and will undoubtedly inspire more parents to join us on this journey towards stronger connections and healthier relationships.

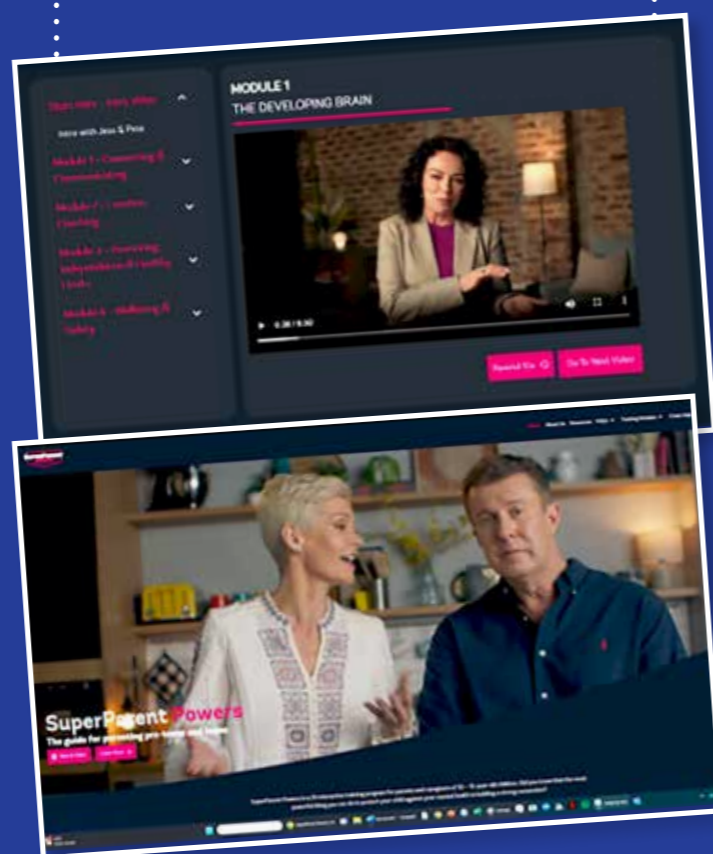
SuperParent Powers is more than just a training program, it's a catalyst for change

Maximizing Engagement Through Communication

We understand that engagement is key to the success of any program. That's why we're committed to maintaining regular communication with our participants. Through email reminders, newsletters, and social media updates, we'll keep our participants informed and involved every step of the way. These regular touch-points will serve to remind participants to complete their training or that a new module is available, provide additional resources, and offer ongoing support to participants and their families. This will ensure maximum engagement and satisfaction.

Integrating Research and Technology

SuperParent Powers is more than just a training program; it's a catalyst for change. As part of our commitment to evidence-based practices, the program is attached to a comprehensive research study. With the support of participating families, we aim to evaluate the effectiveness of SuperParent Powers in promoting youth mental health and strengthening parent-child relationships. Through pre-training and post-training assessments, as well as follow-up questionnaires, we'll measure the program's impact and potential long-term effects. With the launch of our custom-built website, superparentpowers.au, participants will have access to their pre-training and post-training assessments seamlessly. This integration of research and technology not only enhances efficiency but also ensures a personalised experience for every participant.



March 2024: The Countdown Begins

As we gear up for the official launch of SuperParent Powers in April 2024, excitement is building. With a comprehensive marketing campaign on the horizon, we aim to reach families nationwide and make a tangible impact on family relationships and youth mental health.

Looking Ahead

The journey of SuperParent Powers is just beginning, but the potential for positive change is immense. With the support of our stakeholders, partners, and dedicated team, we're poised to make a difference in the lives of families across Australia. Together, we're shaping a future where every child has the support they need to thrive.

Stay tuned for updates as we embark on this transformative journey with SuperParent Powers. Together, we can bridge the gap in youth mental health and empower families to build stronger, healthier relationships. Make sure to visit www.superparentpowers.au and get your friends and family to sign up to the program once it has launched!



Quotes from parents during the community pilot program undertaken in 2021:

"[SuperParent Powers] covers all the aspects parents might need support with."

"Attentively listening to kids is an effort and takes patience, and coaching kids to handle difficult experiences is a skill to learn. I agree with the training content because that's what I believe too."

"Most of the time I don't actively think about the way I relate to my kids even though I know how important it is. I just feel too pressured by all of my responsibilities to be thoroughly mindful of this. It [SPP] is realistic and relates to the challenges that I currently experience with my children who are 12 and 13. It provides a framework to pre-empt situations."

"My kids engage in conversations but sometimes I can see they struggle to express their feelings and emotions. I have enjoyed learning how to engage in conversations that bring out their feelings."

Senior Student Workshops



In 2023 The Kidman Centre UTS once again facilitated the popular HSC Stress Management workshop and Coming Back Stronger workshop for senior students. Despite moving past COVID lockdowns and online learning, students still felt the after-effects of the pandemic. Many students who engaged in our 2023 workshops felt unprepared for the stressors of the HSC, having undergone Year 9 and 10 online, which are a pivotal transition period marking their shift from junior to senior schooling.



The HSC Stress Management and Coming Back Stronger workshops proved to be invaluable resources in helping students develop life skills. The workshops focus on learning about the signs of stress in the mind and body, how to use evidence-based psychological strategies to reduce stress and to take advantage of stress and turn it into motivation. Our workshops also aim to encourage students to focus on self-care and healthy habits, with an awareness that thriving during the senior years involves a balance of taking care our mind and bodies, as well as our marks.

“I could recognise patterns in my stress and identify my triggers; it was very interesting

- STUDENT



Student Feedback

“I enjoyed chatting in small groups during reflection time; the presentation was engaging, relevant and enjoyable.”

“Learning how to recognise my negative thoughts and giving me the tools to challenge them.”

“Learning how to observe my values and goals, whilst acknowledging that everyone responds differently to the same stressful situations.”

“I really enjoyed the interactions with the presenter and how passionate she was; it made me feel heard and cared for. I will definitely be implementing these tips.”

As we move forward into 2024, The Kidman Centre UTS remains committed to supporting students as they navigate the complexities of academic pressures and mental health challenges in their senior years. We are dedicated to providing engaging and evidence-based workshops to empower students and will be updating our workshops to reflect the changes in schooling pressures.



The demand for our workshops continues to be strong with many schools reaching out for repeat seminars, underscoring the vital role of mental health support in educational settings. Throughout 2023, The Kidman Centre UTS extended its reach to numerous schools across Sydney, delivering 42 HSC Stress Management workshops to over 6,000 students and 25 Coming Back Stronger workshops to more than 3,200 students. This meant that in 2023, over 9,200 students benefited from our senior school workshops.

The demand for our workshops continues to be strong with many schools reaching out for repeat seminars

Free Community Seminars on Preventative Mental Health



The Kidman Centre UTS has a proud history of delivering free community mental health seminars to young people, their parents and caregivers, educators, and health professionals. Our mental health seminars equip the community with practical skills to maintain youth wellbeing, and prevent the development of common youth mental health concerns.

“Thanks again Jenn. So helpful. I can’t believe others are not taking up this opportunity to hear you speak. I am really getting a lot from your sessions – so a big thank you!”

In 2023, we delivered workshops in person and online via Zoom. This enabled The Kidman Centre UTS to expand our reach, with participants joining us from interstate, as well as rural and regional NSW communities.

To ensure seminar topics are relevant and beneficial to our community, we seek advice from school psychologists, teachers, parents, and teenagers. In 2023, topics for parents and carers in the community included how to manage social media use, building motivation, understanding and managing oppositional behaviours, helpful wellbeing apps and resources as well as strategies to improve the parent-child relationship. To promote optimal learning and support, seminars are designed to encourage questions, open discussion, and audience feedback. This ensures we are assisting our community with relevant concerns, and providing them with the skills they require.

“Although my son doesn’t have any burning issues with worry and negative thoughts, I think it is really necessary to be one step ahead with help for the time that there is an issue. There is such a gap in teenage support for parents.”

In 2024, we are excited to deliver new seminars, including topics such as neurodivergence. We look forward to continuing to provide communities across Australia with skills that help to manage and prevent common youth mental health concerns.



Parent and participant feedback:

“There were many apps I had never heard of, I believe that it will be beneficial to try a few out and also try them together with my daughter to see which ones we both enjoy and hopefully we can both start using apps to help with mindfulness, or creating new habits.”

“Thanks for a series of great webinars to date. I have found them informative and helpful, and appreciate the ability to log in from home as do not live close to your facility.”

“I found the idea of showing praise most helpful. Plenty of good behaviour is there but just not acknowledged!”

“Thanks again. It was so helpful. I am really getting a lot from all of the seminars - so a big thank you!”

“Practical tips on how to discuss technology use with your teen. Good advice on what is ideal and what is realistic.”

THRIVE: Free Regional Workshops for School Educators



We are thrilled to announce that our free regional workshops for school educators have continued to achieve great success in 2023. Throughout the past year, we have journeyed across various communities, including Tamworth, Orange, Coffs Harbour, Parkes, Merimbula and Wollongong.

The interactive workshops provide practical, hands-on training for school staff

In 2023, over 100 schools participated in the THRIVE workshops. We have supported public, private, and Christian schools, acknowledging that mental health concerns affect all schools in regional communities, regardless of their background, and that these schools often face significant mental health challenges alongside limited resources and support.

As you may be aware, our THRIVE workshops support rural and regional school educators with a free one-day training. These are led by experienced clinical psychologists and educators from The Kidman Centre, UTS. The interactive workshops provide practical, hands-on training for school staff to implement techniques aimed at preventing and mitigating emotional challenges among students.



Attendee Feedback

“There were strategies for the whole class, and strategies for individual cases.”

“The facilitators put all the pieces together, relating to what is going on in our classroom.”

“There are good examples and practical activities to try at school.”

“The approach of the presenters is amazing!”

“There is lots of great background on what anxiety and depression is.”

“I like the interactions and conversations—the ability to bounce off each other.”

“Every aspect of this course was extremely valuable. Well-presented and fast-paced.”

The feedback we have received from workshop attendees has been overwhelmingly positive. Many teachers have expressed a genuine need for such learning opportunities in their respective areas. It is not uncommon for educators to travel great distances, sometimes up to two hours, from remote locations to attend our training sessions, highlighting the limited availability of learning options in their communities.

“It’s so much better than online learning – that’s mostly what we get access to!”

Attendees have expressed deep appreciation for the face-to-face interactions and conversations they have had with our clinical psychologists and fellow educators, recognising the unique value of these personal connections.

These workshops serve as vital resources for educators striving to create supportive learning environments where all students can thrive emotionally and academically.



100% of attendees would recommend THRIVE to a colleague

Top Blokes Evaluation

Program Evaluation for the Top Blokes Foundation



The Kidman Centre, UTS, was commissioned by the Top Blokes Foundation to evaluate their Stepping Up program. This program is a 10-week mentoring program designed for young boys in primary school, typically aged 10-13 years old. It aims to equip boys with essential life skills and knowledge to navigate challenges they may encounter, such as bullying, mental health issues, and digital activity. The program is structured to provide a supportive environment where boys can learn and grow under the guidance of mentors.

In 2023, we successfully concluded the data collection phase of the Stepping Up program evaluation, marking the completion of a two-year process. This phase involved gathering surveys from boys who participated in the program, as well as from their teachers. Surveys were administered at three key time points over approximately a six-month period: before the program began, immediately after its completion, and three months post-program. We gathered data from approximately 175 students across 12 schools.

The program aims to equip boys with essential life skills and knowledge to navigate challenges

Moving forward, the UTS Kidman Centre will analyse all collected data to assess the program's impact and effectiveness. This analysis will serve as the foundation for our evaluation of the 10-week Stepping Up mentoring program for young boys in primary school, as commissioned by The Top Blokes Foundation.

It's crucial for mental health charities to evaluate their programs to ensure they are effective and do not cause harm. The evaluation helps in understanding what works, what doesn't, and how services can be improved. The Kidman Centre's offer of evaluation services is important because it allows charities to assess the impact of their programs, make informed decisions, and ultimately provide better support to those in need.

In 2023, we successfully concluded the data collection phase of the Stepping Up program evaluation



General Psychology Clinic

In the Clinic with Alix Ringbauer



In the clinic, a common issue I encounter is the difficulty parents face in managing screen time with their children and adolescents. Screens have increasingly become a part of children's lives and can be beneficial for education, communication, social connection, leisure and

entertainment. While screens can have many benefits, excessive time spent in front of a screen can negatively impact many aspects of a child's growth, development and mental health.

Children & adolescents are particularly susceptible to the negative consequences of excessive screen time

Children and adolescents, especially those with conditions like Attention Deficit Hyperactivity Disorder (ADHD) anxiety, and depression, are particularly susceptible to the negative consequences of excessive screen time. For example, constant exposure to social media may exacerbate feelings of low self-esteem, loneliness, or social isolation. Excessive screen use can also lead to further withdrawal from friends and family, which perpetuates feelings of loneliness and depression. Screens can be used as an escape from difficult experiences and emotions, and when children rely on this, they don't learn to cope effectively in the real world. We also know that many games, apps and sites stimulate the same neural pathways that lead to addiction; I see children and adolescents presenting with behaviours such as increased irritability when away from screens, difficulty sleeping and intense emotional dysregulation and oppositional behaviour when screens are taken away.



Due to the emotional significance that screen time holds for many children, collaborating with families to modify screen usage can pose considerable challenges. I often work with parents to set clear limits and boundaries. Clear and consistent rules around screen time, including when and where devices can be used, and for how long is important. Collaboration with children in the discussion process can increase their buy-in and effectiveness of the boundaries. Avoiding screen time before bed is important for sleep, and avoiding screens in the bedroom is ideal. Parental controls can be utilised to monitor and manage this access. It is recommended that parents monitor and have open and clear conversations around access, particularly online content. I would also explore with children and parents alternative activities such as exercise, pursuing alternative interests, and increased quality time with family and friends.

Collaboration with children in the discussion process can increase their buy-in & effectiveness of the boundaries

One-on-one time with parents is vital for strengthening the parent-child relationship. I have observed that effective implementation of these strategies results in a healthier relationship with screen use and a positive impact on overall mental health.

Alix Ringbauer
Clinical Psychologist



Publications

Collaborative and Proactive Solutions: 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 behavioral problems. We compared an innovative treatment from Harvard Medical School, Collaborative and Proactive Solutions (CPS) to the standard treatment, Parent Management Training (PMT).

ATTENTION: Results of our research have validated Collaborative and Proactive Solutions as a new evidence-based treatment for youth with behavioural problems. This treatment can now be used internationally.

We are pleased to announce the publication of our paper, an international collaboration with researchers in the U.S. and Europe (including Dr Ross Greene and University Distinguished Professor Thomas Ollendick, titled "Community-Delivered Collaborative and Proactive Solutions and Parent Management Training for Oppositional Youth: A Randomized Trial". The outcomes of our primary trial have been featured in Volume 54 of the journal, Behaviour Therapy. This publication signifies a significant advancement in addressing emotional and behavioural issues in children, showcasing CPS as a viable and evidence-based alternative to standard treatments.



The findings from our Side by Side study aim to inform 'best practices' internationally and potentially benefit tens of thousands of families who have not responded to current treatments. Disseminating our research in scientific journals accessible to both researchers and clinicians working with these families is pivotal in achieving this objective.

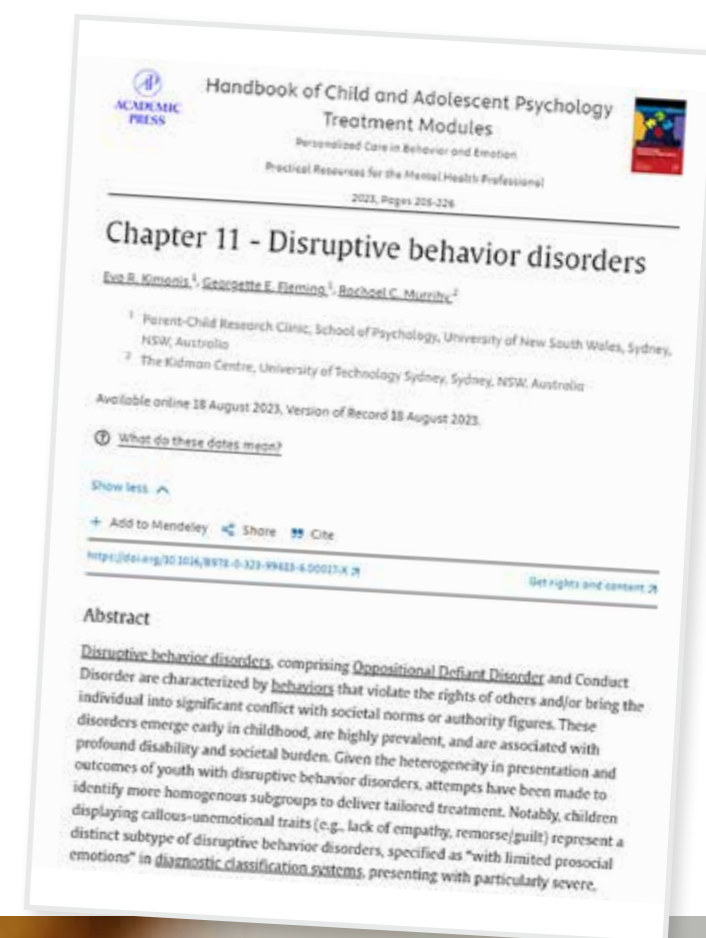


Book Chapter: Disruptive Behaviour Disorders in 'The Handbook of Child and Adolescent Psychology Treatment Modules'

Our latest publication is book chapter written by our director, in collaboration with UNSW researchers Prof. Eva Kimonis and Dr Georgie Fleming. Disruptive Behavior Disorders offers invaluable insights into understanding and addressing oppositional defiant disorder and conduct disorder in children and adolescents.

This chapter provides an overview of the current treatment approaches as well as recommendations for best-practice alongside a discussion of the unique challenges of working with this presentation.

These disorders emerge early in childhood, are highly prevalent, and are associated with profound disability and societal burden. This handbook serves as a practical and up-to-date resource for mental health clinicians.



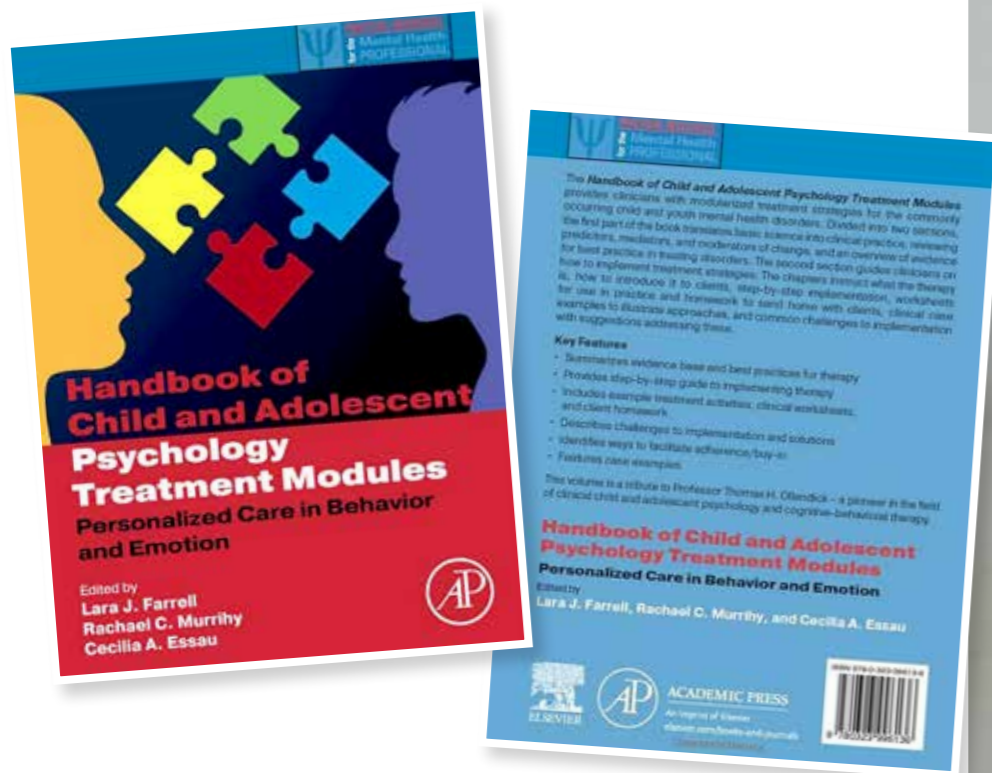


The Handbook of Child & Adolescent Psychology Treatment Modules

Newly published by Elsevier Press in 2023, "The Handbook of Child and Adolescent Psychology Treatment Modules," co-edited by Rachael Murrphy, Professor Cecilia Essau, and Professor Lara Farrell, serves as a crucial guide for clinicians seeking effective strategies in treating prevalent mental health disorders among youth.

Split into two parts, the book first presents a comprehensive overview of the latest scientific research and evidence-based practices in commonly occurring child and youth mental health disorder treatment, while the second part offers a practical implementation guide. Each chapter in this section provides in-depth therapy descriptions, step-by-step client introduction instructions, and accompanying worksheets and assignments for clinical practice and homework for clients to complete.

The inclusion of clinical case examples illustrates diverse approaches and offers solutions for common challenges. With contributions from esteemed international psychologists specialising in anxiety, depression, and disruptive behaviour disorders, this handbook stands as a vital resource for any clinician engaged in youth mental health care.



This next study is a cross-faculty collaboration with UTS's Business School's Economics Discipline Group, the Centre for Justice and Social Inclusion, Faculty of Arts and Social Sciences and the Kidman Centre, Science. UTS provided a grant to fund this research.

Prevalent mental health issues have been identified in the university population. Using a randomized field experiment, this study explores how university students respond to interventions to encourage downloading and engaging with a mental health smartphone app.

Submitted for Publication to Health Economics: Promoting engagement with a mental health smartphone app: evidence from a randomized field experiment

Researchers include:

- Prof. Adeline Laure Delavande
- Ms Verity Firth
- Mrs Sonal Babita Singh
- Dr Rachael Murrphy
- Dr Beate Mueller
- Assoc Prof. Andrew Hurley
- Prof James Wallman
- Prof. Peter Siminski, and
- Prof. Carl Rhodes.



You Make our Work Possible



As always, we want to thank our generous supporters who make our work possible. We are able to do our work and conduct our research day in and day out because your contributions make it possible.

Donations to The Kidman Centre go directly to making sure our vision remains a reality; that no child falls through the cracks of the mental health system here in Australia.

If you would like to make a gift or would like more information on how to leave a bequest in your will, please visit our website at www.tkc.uts.edu.au.

Alternatively, you can also make a direct bank transfer to support our work:

ACCOUNT NAME: **University of Technology Sydney**

BANK: **Commonwealth Bank of Australia**

BSB: **062-006**

ACCOUNT: **10 74 59 38**

SWIFT CODE: **CTBAU25** (international donations)

REFERENCE: **Your name - The Kidman Centre**

Scan the QR code to visit our donations page:





Future Directions for The Kidman Centre



The Kidman Centre had a highly productive year in 2023. Our team, including the Kidman Centre staff, UTS Faculty of Science Executive, and the Antony Kidman Foundation, collaborated to maintain the highest quality services for the community. We also extend our deepest gratitude to all donors who made this possible.

Looking ahead, we are excited to announce the launch of our SuperParent Powers training program next year. This program will be distributed to tens of thousands of Australian families to help prevent youth anxiety and depression, especially after the challenges of recent years. We hope to see many donors at the launch event for SuperParent Powers, which promises to be a groundbreaking and transformative program.

As we conclude the year, we thank everyone who contributed to the Kidman Centre's success. We remain committed to our community, ensuring that young people and their families have a reliable place to receive help. We look forward to continuing to positively impact the lives of those in our community in the years to come.

Dr Rachael Murrphy
Director

Bequests

As the director of our clinic, I have had the privilege of witnessing the profound impact of our supporters over the years. Engaging with individuals like yourselves, learning about your motivations for supporting our work, and sharing stories of the impact we make is one of the most rewarding aspects of my role.

It is through your unwavering generosity that our vital work at The Kidman Centre is made possible.

I've often been asked by supporters how they can ensure a lasting impact well into the future. Australians, renowned for their generosity, frequently include charitable bequests in their wills. Your decision to consider leaving a bequest to The Kidman Centre holds immeasurable potential to sustain our mission of understanding, preventing, and alleviating mental health challenges in young people, empowering them to flourish during their critical developmental years. Your legacy will fuel evidence-based research, support our clinical endeavours, and extend the reach of our community programs, which benefit children and families nationwide.

Should you wish to explore this meaningful opportunity further or discuss confidentially, please feel free to email me directly at kidmancentre@uts.edu.au or call (02) 9514 4077. Additional information can also be found on our website under the section 'Leaving a gift in your will'.

With deepest gratitude for your steadfast support in championing our mission and the well-being of the young individuals we serve.

Warmest regards,



Rachael Murrhiy
Director, The Kidman Centre UTS



our Team

DR RACHAEL MURRIHY
Director, Clinical Psychologist

ANNA DEDOUSIS-WALLACE
Senior Clinical Psychologist

DR SOPHIA DRYSDALE
Clinical Psychologist

JENNIFER HAWKEN
Clinical Psychologist

ROANNA CHAN
Clinical Psychologist

SIMONE HAIN
Program Manager & Clinical Psychologist

ALIX RINGBAUER
Clinical Psychologist

JESSICA GENGAROLI
Clinical Psychologist

NATALIE MASTROGIOVANNI
Clinical Psychologist



JESSICA WHELAN
Administrative Officer

JAHNE COUTTS-SMITH
Administrative Officer

GOPALAN NAIR
Financial Officer

ALEXANDRA MRUK
Intern

CLAUDIA ALVARO
Intern

Social Media

The Kidman Centre's social media presence on Instagram, Facebook and Twitter has continued to grow.

We frequently provide parents with valuable information on a variety of topics through regular posts on Facebook and Instagram pages, covering areas such as:

- Managing kids and technology.
- Nurturing your child's mental health.
- School holidays and boredom.
- Supporting a child undergoing the HSC.
- Free upcoming workshops for parents and children run by the Kidman Centre.



Twitter: [@TheKidmanCentre](https://twitter.com/TheKidmanCentre)



Facebook: [@thekidmancentreuts](https://www.facebook.com/thekidmancentreuts)



Instagram: [@thekidmancentre](https://www.instagram.com/thekidmancentre)

Thank You to our Generous Donors

Major Donors 2023

Antony Kidman Foundation

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

\$100,000 - \$200,000

- Belanna Pty Limited
- Nicole Kidman

\$50,000 - \$99,999

- Philip C Walker
- The Vernon Foundation

\$5,000 - \$49,999

- Racing NSW

Major Donors 2023

The Kidman Centre UTS

\$100,000 - \$150,000

- Charles Warman Foundation Pty Ltd
- Luigi Picarazzi

\$50,000 - \$99,999

- Mary Alice Foundation
- Susan C Maple-Brown
- Dick and Pip Smith Foundation
- The Barbara Alice Fund

\$25,000 - \$49,999

- The Peters Family Foundation
- The Profield Foundation
- Paul Tieck

\$10,000 - \$24,999

- Canterbury Leagues Club
- Coronet Trust
- Julian Tertini
- Thriving Enterprises Pty Ltd

\$5,000 - \$9,999

- Pat Hallinan
- Stephen Renkert
- Michael & Karen Rich
- Rotary Club of Sydney Inc.
- John Mullan

\$2,000 - \$4,999

- Glow Worm Foundation
- Ike & Louise Bain
- Graham Gunn
- Liane M Moriarty
- Pamela J Sleeman
- Joan Walker
- Edwina Jones
- John & Sally Kell
- Tony Portela

\$1,000 - \$1,999

- Adam Freeman & Gabrielle Schneider
- Alan Paul
- Bernard Remond
- Brett Mathews
- David J Bulgeries
- Doug Dockery
- Ian & Jan Cairns
- John Kelly
- John R Wylie
- Richard Davison
- Tony Carroll
- Arthur Pipe & Steel Australia Pty Ltd
- Alfredo Zotti

\$500 - \$999

- Lucinda Brogden AM
- Sue Edwards
- Charlotte Lawson
- Hylde Rolfe

\$200 - \$499

- Joseph A Lombardo Pty Ltd
- Melanie Le Van
- Orange Ex-Services' Club
- Ruth Mant
- Sandra Robberds
- Sentien Electronics Pty Ltd
- Sydney Howard AO
- Tim Odillo Maher
- Mark Cooney
- Ralph Pliner
- Alan G Yuille
- Brian T Ireland
- Chris Brougham

\$100 - \$199

- Barry T Moores
- Craig M Gibbens
- Elizabeth G Wolffenbuttel
- Jennifer McVey
- Charlotte Overton
- John Corsham
- Tony Meiusi
- Ross Howard Pty Ltd

\$5 - \$99

- Jane English
- Lou Allain
- Paul S Dickins

Financial Report

The Kidman Centre UTS

Statement of Income and Expenditure for the year ended 31 December 2023

INCOME	\$
Donations	675,964
Clinical and Consulting Fees	163,349
Total income	\$839,313
EXPENDITURE	
<i>Salary and staff expenses</i>	
Salaries and Consultants Fees (incl. Finance and Administration salaries: \$100,881)	726,361
Staff recruitment	765
Staff travel and amenities	1,348
Staff development	3,528
	\$732,002
<i>Non-salary expenses</i>	
Printing and photocopying	8,894
Marketing and Supporters Event	-
Postage	2,008
Travel expenses	26,387
Telecommunications	2,337
Office Maintenance/Workshop Supplies and Stationery	5,817
	\$45,443
Total expenditure	\$777,445
Surplus	\$61,868








The Kidman Centre

*Working to understand, prevent, and reduce
mental health problems in young people
aged 5 to 25, so that they can thrive
through their formative years.*

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