

FHBHRU Bulletin

Flinders Human Behaviour and Health Research Unit

Transforming health through connected communities



Introduction to FHBHRU...

Pronounced [*foo-broo*]

The FHBHRU Bulletin is the **brand new** official publication of Flinders Human Behaviour and Health Research Unit (FHBHRU) and is **published semi-annually in Autumn and Spring**.

FHBHRU has a unique role in undertaking research and education programs

that seek to improve the management of chronic conditions and mental health through self-management techniques advocated by well-informed medical and health professionals.

Our priorities include research, education & delivery, intervention and prevention approaches for chronic conditions and mental health.

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Welcome

Professor Malcolm Battersby



Therapy and it's link to the highly successful New Access program, which has seen over 2,800 people across Australia in anxiety and depression with over 65% recovery rates. Our international program in problem gambling research self-management, developments in mental health in Hong Kong and New Zealand highlight our creative and passionate collaborations

Happy reading!

Professor Malcolm Battersby

Welcome to our new look FHBHRU Newsletter. In people news, I have a new role as Acting Director of Southern Adelaide Mental Health and Sharon Lawn, recently promoted to Professor, has taken on the role of Director of FHBHRU. Congratulations also to Dr. Krista Hirschmann (USA) and Judy Murrells (QLD) for receiving the 'Trainers of Excellence' awards at the recent Flinders Program Accredited-Trainers Forum. This newsletter highlights new developments of the Flinders Program, in particular a web and online version of the Flinders Program, FlinCare which enables practitioners to remotely and in real-time, corroboratively develop a care plan with a client. This is being piloted in the United States of America, Adelaide and Victoria-Australia. We welcome further enquiries about pilots of FlinCare, similarly sites are being sought for trialing the use of the Flinders Tools in Communicare within Aboriginal medical services. You will see exciting news in the revised mental health course renamed Master of Cognitive Behaviour

The FHBHRU Bulletin is the official publication of Flinders University, Flinders Human Behaviour and Health Research Unit and is published twice a year in Spring and Autumn.

FHBHRU is highly recognised for inter-professional education, research, consultancy and clinical service provision for the improvement of health outcomes through behaviour change. Our objective is to assist people to live well and live longer through improved health behaviours.

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Professor Sharon Lawn



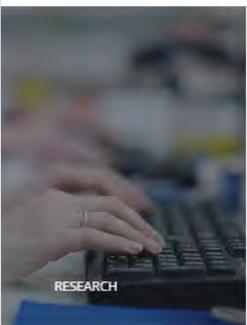
We have commenced some very significant and exciting projects since our last newsletter to you. You can read about these and more in this engaging and refreshed issue. There have also been a few changes within our unit; the first of these being Professor Malcolm Battersbys secondment to the role of Acting Clinical Director of our region's mental health services in April this year, and hence my uptake of the position as Director for FHBHRU. I look forward to continuing to build FHBHRU's leadership in chronic condition management and self-management research and health workforce development. Please feel free to contact me or any of our team if you wish to discuss our projects and programs, or further opportunities.

Professor Sharon Lawn

The Flinders Program

The Flinders Program is an internationally recognised program for managing chronic conditions with a philosophy and tools of the program enable clinicians and health care providers to work collaboratively to develop a care plan for the management of their chronic conditions.

- Access online training options
- Take an online health assessment



Flinders University
Flinders Human
Behaviour & Health

NEW Flinders Program website flindersprogram.com

FHBHRU is pleased to announce the official launch of its new **Flinders Program** website and identity. The new site (which replaces the Flinders Closing the Gap website), is more closely aligned with FHBHRU's overall vision to be one of the world leaders in Chronic Condition Management.

The new website offers a clean, modern, responsive design with easy to navigate functionality and readability on portable devices. Our goal is to provide a thorough online resource for health

professionals and individuals to learn more about integrating the Flinders Program in day to day practice, as well as provide relevant news, research, links to online training and information on Chronic Condition Management.

The Flinders Program site will provide social media integration with Flinders University, along with a news blog containing the latest information and courses.

www.flindersprogram.com

Kristi McMillan

FlinCare Software

As a result of the need keep up to date with evolving clinical applications, FlinCare have been focusing on developing an electronic version to supplement the traditional paper based Flinders Program. The core of this new web based system allows for its online delivery while complementing patient-practitioner collaboration. In partnership with FHBHRU, FlinCare will strive to assist you and your organisation by delivering a truly patient centric care-planning tool designed to promote effective self-management of chronic conditions.

FlinCare software is now available for trial and has the following features:

- Individual patient storage
- Partners in Health Scale
- Cue and Response Interview
- Problems and Goal Setting

- Function
- Care Plan Creation
 - Shared Calendar for Care Plan Tracking
 - Messaging Function

We are also just about to launch a research collaborative with the American Academy on Communication and Healthcare (AACH). Applicants have had to demonstrate a sound, 18 month project at their host institution utilising the Flinders Program to improve self-management for people suffering with chronic conditions.

The four winners have been chosen and will undertake training under the expert tutelage of Dr. Krista Hirschmann from the Lehigh Valley Health Network in early October.

This is an exciting time for FlinCare and FHBHRU as we look to extend the use of the program in the U.S. whilst partnering with a credible training organisation who understands the benefit and value that the Flinders Program can bring to people suffering from chronic conditions.

If you wish to consider taking part in a trial of the software, please contact Matt Francis at Flincare on 0438 635 531 or matt.francis@flincare.com.

Matt Francis
Flincare





Getting cleverer at beating gambling addiction

attended by over 1,000 local and overseas practitioners. The forum covered a range of areas including economic, social and psychological aspects of gambling.

A key emphasis of our talk was the findings from a recently conducted randomised trial conducted at SGTS. This study compared pure cognitive therapy versus pure exposure therapy. The cognitive approach focuses on the correction of irrational thoughts related to gambling such as “gamblers fallacy”. On the flip side, exposure therapy aims to extinguish the physiological urge to gamble. These treatments are underpinned by two competing paradigms to explaining decision-making during gambling. The next logical step is to use these findings to inform the design of a large-scale trial to compare both treatments individually and combined to enhance retention rates and reduce drop-out.

In September and October this year, a number of SGTS clinicians will be travelling to New Zealand to train counsellors in cognitive-behavioural therapy. These counsellors will then deliver therapy in a randomised clinical trial to evaluate the effectiveness of face-to-face problem gambling interventions. The Flinders team are also co-investigators with a group of researchers and clinicians from Deakin University in Victoria to evaluate an online gambling self-help program. The study will commence recruitment of participants later this year.

Gambling amongst Indigenous

Gambling is also common across many Aboriginal groups, with a long tradition of card playing. Today Aboriginal people participate in multiple forms of gambling, however, little is known about the impact that gambling is having on Aboriginal groups in particular. To better understand this, researchers from FGRC have piloted a culturally adapted assessment tool to identify problem gambling. They are also developing treatment options for Aboriginal people experiencing problems with

gambling, with the work spanning from Ceduna to far-north Queensland.

The link between problem gambling and incarceration rates in Aboriginal and Torres Strait Islander (ATSI) people is also a foremost concern. This connection was recently revealed through a project conducted by SGTS and funded by the Department of Correctional Services to deliver the SGTS treatment program in four S.A. prisons. It was also found that problem gambling behaviour was highly prevalent in the general population of prisoners. What’s more, of all prisoners surveyed, one in five male and one in six female prisoners reported they were in prison at the time for offending relating to their gambling problem. This early work provides valuable data to informing future planning of interventions for such problem gamblers.

PhD Studies

Our PhD students are undertaking some exciting new projects. Ben Riley is developing a unilateral intervention for family members of problem gamblers who are not actively seeking help. The first stage is underway with a qualitative study that involves exploring the experiences of partners of non-help seeking problem gamblers. Sue Bertossa has developed a manual to treat problem gamblers of Vietnamese background, with an evaluation of the pilot program now being conducted. This will serve as foundational knowledge for her PhD to investigate the social and cultural context of help-seeking behaviour among Vietnamese-Australians.

The field of gambling research is burgeoning at both national and international levels. In DSM-5 Gambling Disorder has been reclassified as an addiction due to the commonalities between problem gambling and substance use disorders in neurocognitive and physiological pathways. This will only bring greater attention on this serious public health concern. Hopefully this will also bring more effective psychological treatments that are flexible to individual needs.

Almost 150 years ago Fyodor Dostoyevsky wrote *“Even as I approach the gambling hall, as soon as I hear, two rooms away, the jingle of money poured out on the table, I almost go into convulsions”* (The Gambler, 1867). Far afield from Russia in times when Alexander II reigned as the Tsar, Dostoyevsky’s words are never truer today. Gambling opportunities are ubiquitous such as mobile casino games (e.g. “pokies”) and sports betting apps supported by tablets and smartphones. The harms caused by gambling continue to rise and “out of control” urges endure as a prominent feature in those affected.

To help address problem gambling, researchers and therapists at The **Flinders Gambling Research Centre (FGRC)** and **Statewide Gambling Therapy Service (SGTS)** have a strong track record in developing and providing evidence-based psychological therapies. This partnership has been narrated through many scientific publications and enabled us to see the benefits of therapy to individuals, families and communities.

In April this year, an overview of our work was presented to an international audience at the 4th Asian Pacific Problem Gambling and Addiction Conference in Hong Kong. This meeting provided a platform for interdisciplinary collaborations across the fields of addiction experts and was

David Smith

IAPT

Flinders Human Research & Health Behaviour Unit (FHRHBU) has been collaborating to develop training and services based on the Increasing Access to Psychological Therapies (IAPT) Model developed nationally across the UK. It was designed to allow clients with commonly occurring mental health difficulties early access to evidence-based treatments; and to staff thoroughly trained in them.

The Flinders Project Team for IAPT includes CBT trained lecturers, supervisors and clinicians who have developed expertise and experience in training and developing IAPT services in Australia. Paul Cromarty the IAPT Project Lead was recruited to FHRHBU following his lead training and service development role in UK IAPT.

The biggest initiative to date is the **NewAccess** Project led by **beyondblue** with additional major funding by **Movember**. NewAccess delivers CBT-based early interventions for depression and anxiety in the community. The program has three sites based in North-Coast New South Wales, Canberra and Adelaide, and it is free to access with the opportunity to self-refer.

FHRHBU and the NewAccess Adelaide site were jointly shortlisted for a Mental Health Excellence and Innovation Award as part of the 2015 Margaret Tobin Awards. FHRHBU provide the training and ongoing clinical supervision for NewAccess, and the Adelaide and metropolitan area service has achieved a 74% recovery rate with clients. NewAccess is funded by beyondblue and Movember and the coaches in South Australia are employed by Uniting Care Wesley Port Adelaide (UCWPA). The awards were presented on behalf of the Hon. Jack Snelling MP and chief executive of SA Health, David Swan. The FHRHBU IAPT team have



begun training for the **Remedy** Healthcare Low Intensity CBT Coach Training. The Remedy IAPT service is a new initiative offering CBT-based interventions via their health insurance for people discharged from hospital. This novel service is based on the successful IAPT@ Flinders Service that offers Low Intensity CBT for people referred via hospital emergency departments.

The FHRHBU team have also been part of series of interview panels in Melbourne, Adelaide and Canberra for the recruitment of coaches for the new Remedy IAPT service and separately for an extension of the NewAccess pilot which was announced by beyondblue in June 2015.

The latest cohort of NewAccess coaches began their training in September 2015 at the Flinders Tonsley site and shadowing experienced coaches at the Adelaide NewAccess site. Dr Michael Baigent, Consultant Psychiatrist and beyondblue board member is part of the NewAccess training team examining men and depression. Professor Murray Drummond from Flinders University specialising in men's health research also delivers training to the beyondblue NewAccess coaches in keeping with the programs remit to

target Australian males experiencing mental health issues.

Finally, FHRHBU participated in the 2015 TheMHS Conference in Canberra, taking place in August where Professor Malcolm Battersby presented one of the opening talks. Flinders, beyondblue and Canberra NewAccess Service collaborated in a joint symposium at the conference with Paul Cromarty presenting recent data on training, research and capacity building of coaches.

Paul Cromarty



Mental Health Excellence Awards 2015

" I encourage all GPs' to embrace the change.

...everything so far has been not only relevant but applicable to the job that I do every day. "



Why study a postgraduate course in CCM?

was to her. Hence, I decided that I needed to learn more and started to look into what courses were available. At about the same time I attended a Coordinated Veterans Care (CVC) workshop based on the Flinders Program.

How did you hear about the course?

While doing further reading related to the CVC program, I saw reference to the Chronic Condition Management Course through Flinders University. After reading further I decided that this was the most appropriate course for me.

What made you choose to do a postgraduate course?

My decision to attempt a postgraduate course came from the need to know more, so that I could do my job properly. As I was new to this area of health care, I was of the opinion that I needed to have as many tools in my tool box as possible so that I could complete what was expected of me. Having looked into courses that were modules or offered certificates of attainment, I decided that it was best to actually complete a course that gave me a qualification that was recognised Australia Wide.

How did you find the course?

My biggest struggle to date with the course was getting used to studying online. Somehow I managed to miss seeing the flo section of the University website and only discovered it by accident half way through the first semester. This meant that I was weeks behind and then became very stressed. Thankfully Prof. Sharon Lawn was understanding and allowed me extra time to complete my

assessment tasks. This semester has been much more manageable and less stressful as I now know my way around the website.

Has it been useful to your work environment? How?

As the CDM Care Coordinator within a GP practice, completing GPMP plans everyday, there were no guidelines in place and although I had templates, they were not compatible with our systems.

The Flinders Program is much friendlier to patients and more patient focused, rather than on medical diagnosis. Over six months I compared systems and asked patients for their opinions of the two methods. All patients indicated that the Flinders Program and set follow ups motivated them to keep working towards their goals and putting scores against an answer on a cue & response interview made patients think more carefully about their answers and the importance to them. As a result, I'm now combining both methods to make a comprehensive management plan that is patient focused, yet includes medical diagnosis and goals that the GP's require. I encourage all GPs' to embrace the change.

Would you recommend it? Why?

I would highly recommend the course, as everything so far has been not only relevant but applicable to the job that I do every day. The tools provided and the explanations of processes involved are easy to use and enhance the relationship that I am developing with my patients.

Stacey Price

Thanks so much for your time and thoughts Stacey.

When Health Practitioners are so time poor, it's difficult to consider study as well, so we decided to interview postgraduate student Stacey Price to find out how it has helped with her career.

Why did you choose to study with Flinders University?

I'm not quite sure if I chose Flinders University or if it chose me! When I started my role as Chronic Disease Management (CDM) Care Coordinator, it was new to me and new to the GP clinic at which I am employed. I was given a brief of what the partners wanted to achieve but no direction as to how to achieve it. Thankfully through networking nights provided by our Medicare Local I was able to meet other Nurses in the same role. One in particular told me about a course she had done and how useful it

Exciting postgraduate changes for 2016

We are excited to announce that in 2016 the School of Medicine and the Department of Psychiatry at Flinders University will offer three postgraduate award courses in Cognitive Behaviour Therapy:

1. **Graduate Certificate in Cognitive Behaviour Therapy,**
2. **Graduate Diploma in Cognitive Behaviour Therapy,**
3. **Master of Cognitive Behaviour Therapy.**

We will also have **three new** topics offered as part of the courses.

- **MHSC8032 - Building Resilience with Young People,**
- **MHSC8031 - Clinical Supervision for Health Professionals and**
- **MHSC8018 - Low Intensity Cognitive Behaviour Therapy.**

The first two topics are offered as part of the workshop series in mental health sciences continuing professional development courses. All of the topics in the awards have new names and the ones that are also offered as workshops can be found at http://www.flinders.edu.au/medicine/sites/psychiatry/mhsc-workshops/mhsc-workshops_home.cfm

The **Mental Health Sciences** courses will be phased out over the next few years and replaced with the new programs.

The Chronic Condition Management (CCM) postgraduate courses have been updated to align even more with the emerging education needs of the healthcare sector and health professionals.

A new topic **MHSC8116 - Client-Centred Behaviour Change** is being added to the core and elective lists. It offers students an advanced understanding of the principles and skills involved in client-centred motivational interviewing models and techniques. This topic is designed to better equip health professionals to work more effectively with this client group to take action on behaviour change, to reduce the growing health burden of chronic conditions.

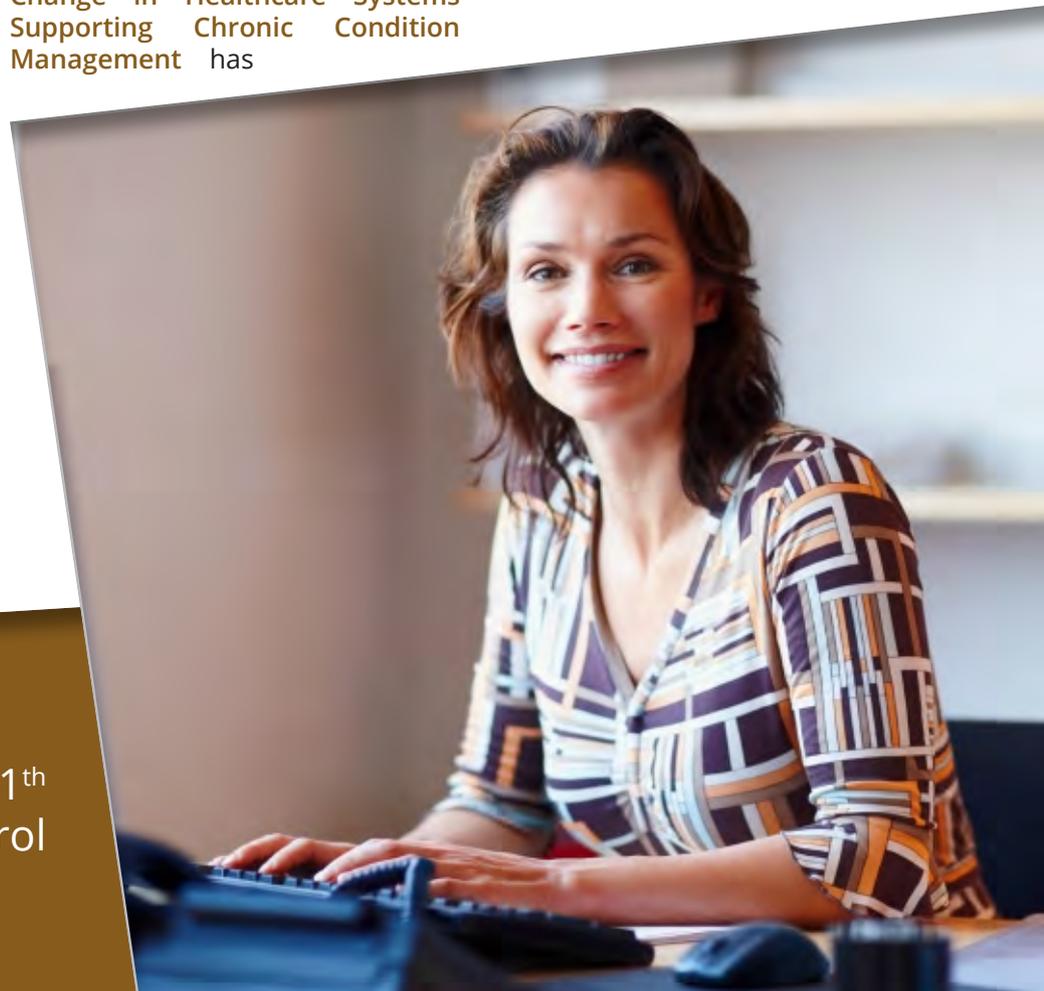
Topic **MHSC8112 - Implementing Change in Healthcare Systems Supporting Chronic Condition Management** has

been revised to incorporate Australian and international population and public health approaches, emphasising implementation of change strategies within health services. This topic aims to boost implementation capacity of health services, and to support embedding sustainable chronic condition management initiatives into clinical practice. This includes the application of a variety of models that frame organisational change initiatives, and understanding and acting on system level barriers and facilitators of sustainable up-to-date chronic condition care.

Postgraduate courses in MHSC are offered in external and internal modes and available full and part time. The closing date for Semester 1, 2016 is 11th January, 2016.

**Professor Sharon Lawn
/Paula Redpath**

Applications for 2016 Semester 1 close 11th January 2016, so enrol now at satac.edu.au





Exciting updates to the Flinders Program manuals and resources, incorporate adaptations of the program for specific populations and for supporting clients with chronic disease risk factors, to self-manage and reduce/delay development of chronic conditions.

Education and Training

The Flinders Program

There is ongoing demand for Flinders Program training and increasing demand for implementation support, which are offered as a fee for service to organisations across Australia. We are currently working with two organisations in northern NSW and with Country Health SA to deliver training and support implementation of the Flinders Closing the Gap Program. Andrea, Coral, Vee and Sue have

been busy updating Flinders Program manuals and resources, to incorporate adaptations of the program for specific populations and for supporting clients with chronic disease risk factors, to self-manage and reduce/delay development of chronic conditions. Examples of these adaptations include the [My Health Story](#) and the [Living Well, Keeping Strong](#) modifications developed for Aboriginal and Torres Strait Islander populations.

Online Training Modules

FHBHRU's Education and Training team have also been busy developing new content for our new online Implementation courses to be added to our existing courses.

There are ten modules available online that cover the Flinders Chronic Condition Management Program and the living Well, Smoke Free adaptation. An introduction to

Accredited Trainers biannual Forum 2015

The Accredited Flinders Program Trainers biannual Forum was held on Friday 25th September at Flinders at Victoria Square.

Accredited Trainers past and present joined together to discuss their experiences with the Flinders Program and to hear the latest national and international news, including from our NZ and USA colleagues. The focus of the forum was on implementation of the Flinders Program into practice and learning about the newly updated resources and website.

Markwick-Reece Trainer of Excellence Award

Our heartfelt congratulations goes to our two very deserving Markwick-Reece Award winners for 'Trainers of Excellence'. The Australian award went to Judy Murrells of Gold Coast Health, QLD, while the international award went to Dr. Krista Hirschmann of Lehigh Valley Health Network, PA, USA. Congratulations to you both.

Upcoming Accredited Trainers workshop

If you would like to train other clinicians and health care providers in the Flinders Chronic Condition Management program, the next Accredited Trainers two-day workshop will be held on the 11th/12th November, 2015 at Flinders University, Bedford Park. To register, visit <http://www.flinders.edu.au/medicine/sites/fhbhru/courses/become-a-flinders-program-accredited-trainer.cfm>



the courses can be previewed as a guest, and all courses count toward professional development and CPD. Visit the FlindersProgram.com website to access online training and find out more.

Coordinated Veterans' Care (CVC) Program

The DVA (Department of Veterans' Affairs) continues to provide services to eligible Gold Card holders with chronic conditions, complex care needs and those who are at risk of unplanned hospitalisation. The program also provides accredited online training for health professionals. FHBHRU provides two services for DVA in support of the CVC Program.

1. We continue to host the CVC Program website which can be found at cvcprogram.flinders.edu.au. This website contains current resources and guides for health professionals implementing the CVC Program within their practice.
2. To date almost 3,000 health professionals have accessed the DVA funded online training at <https://onlinetraining.cvcprogram.net.au>. The online training modules were extensively revised and since May 2015 are now accessible via an iPad or tablet.

Andrea Morello

Jan - Aug 2015 training statistics



PIH-Partners in Health scale

The Partners in Health (PIH) scale is a tool for health practitioners to use in a collaborative assessment and support for client's self-management of chronic conditions. It is used to measure self-management capability, is completed by the

client independently, contains 12 questions covering the principles of self-management, takes 5-10 minutes to complete and can be used to record changes over time.

The PIH can be used as a standalone

screening questionnaire, or as part of the Flinders Program.

More recently, FHBHRU has seen the tool being used internationally around the world.



2015 Publications

Book

Harvey PW, Smith D and Bertossa S. *Gambling, society and the evolution of risk taking*. New York: Nova Science Publishers Inc.

Refereed journal articles

Antezana G, Bidargaddi N, Blake V, Schrader G, Kaambwa B, Quinn S, Orlowski S, Winsall M and Battersby M. Development of an online wellbeing intervention for young people-evaluation protocol. *JMIR Research Protocols* 4(2): e48

Battersby M, Harris M, Smith D, Reed R and Woodman R. A pragmatic randomized controlled trial of the Flinders Program of chronic condition management in community health care services. Patient education and counseling (0)

Bidargaddi N, Bastiampillai T, Allison S, Jones GM, Furber G, Battersby M and Richards DA. Telephone-based low intensity therapy after crisis presentations to the emergency department is associated with improved outcomes. Original article. *Journal of Telemedicine and Telecare*

Chapple K, Kowanko I, Harvey P, Chong A and Battersby M. 'Imagine if I gave up smoking...': A qualitative exploration of Aboriginal participants' perspectives of a self-management pilot training intervention. *Research. Australian Journal of Primary Health*.

Dawson S, Gerace A, Muir-Cochrane E, O'Kane D, Henderson J, Lawn S and Fuller J. Carers' experiences of accessing and navigating mental health care for older people in a rural area in Australia. *Aging and Mental Health*

Drummond, A., Cromarty, P. and Battersby, M. *Privacy in the Digital Age: Implications for Clinical Practice*. *Clinical Psychology: Science and Practice*

Dham P, Larsen A and Baigent M. Exposure based therapy for problem gambling in a patient with Alzheimer's dementia. *Australasian Psychiatry*.

Fisher A, Lennon S, Lawn S and Bellon M. Family-directed behaviour management following Acquired Brain Injury (ABI) in community settings: A Systematic Review. *Review article. Brain Injury*: 1-15

Kemp V, Fisher C, Lawn S, Battersby M and Isaac MK. Small steps: physical health promotion for people living with mental illness. *Int. Journal of Mental Health Promotion* 17(2):97-112

Lavis TJ, Harvey PW, Battersby MW and Smith DP. Problem gambling, familial violence and alcohol misuse: exploring the triad for treatment-seekers. *Int. Gambling Studies*: 1-12

Lawn S. Integrating service user participation in mental health care: What will it take? *Perspectives. Int. Journal of Integrated Care* 15(Jan-March): 1-5.

Lawn S, Feng Y, Tsourtos G and Campion J. Mental health professionals' perspectives on the implementation of smoke-free policies in psychiatric units across England. Original article. *International Journal of Social Psychiatry* 61(5): 465-474

Lawn S, Fuller L and McNaughton D. What carers of family members with mental illness say, think and do about their relative's smoking and the implications for health promotion and service delivery: a qualitative study. *International Journal of Mental Health Promotion*.

Lawn S and McMahon J. Experiences of family carers of people diagnosed with Borderline Personality Disorder. *Journal of Psychiatric and Mental Health Nursing* 22: 234-243

Lawn S, Delany T, Sweet L, Battersby M and Skinner T. Barriers and enablers to good communication and information-sharing practices in care planning for chronic condition management. *Australian Journal of Primary Health* 21: 84-89

Orlowski KS, Lawn S, Venning A, Winsall M, Jones MG, Wyld K, Damarell AR, Antezana G, Schrader G, Smith D, Collin P and Bidargaddi N. Participatory Research as One Piece of the Puzzle: A Systematic Review of Consumer Involvement in Design of Technology-Based Youth Mental Health and Well-Being Interventions. Original Paper. *JMIR Human Factors* 2(2): e12

Orlowski S, Bidargaddi N, Jones G, Lawn S, Venning A and Collin P. Design Thinking: Consumer involvement in mental health intervention design. *JMIR Human Factors*

Riley B and Oakes J. Problem gambling among a group of male prisoners: Lifetime prevalence and association with incarceration. *Aus. and New Zealand Journal of Criminology* 48(1): 73-8

Riley BJ. The role of homework in exposure-based CBT outcome for problem gambling. *International Gambling Studies*: 1-14

Rowley D, Lawn S and Coveney J. 'Two heads are better than one': Tobacco control experts' and mental health change champions' consensus on addressing the problem of high smoking rates among people with mental illness. *Australian Health Review*.

Sahafi L, Bramwell D, Harris M, Krishnan J and Battersby M. A practice-focused overview of methods to assess obesity before arthroplasty. Short Report. *Musculoskeletal Care*

Sheppard DM, Gargett S, MacKenzie A, Jull G, Johnston V, Strong J, Battersby M and Ellis N. Implementing a self-management intervention for people with a chronic compensable musculoskeletal injury in a workers compensation context: A process evaluation. *Journal of Occupational Rehabilitation* 25(2)

Smith D, Battersby M and Harvey P. Does gender moderate the subjective measurement and structural paths in behavioural and cognitive aspects of gambling disorder in treatment-seeking adults? *Addictive Behaviors* 48: 12-18

Smith D, Harvey P, Humeniuk R, Battersby M and Pols R. Effects of Affective and Anxiety Disorders on Outcome in Problem Gamblers Attending Routine Cognitive-Behavioural Treatment in South Australia. Original paper. *Journal of Gambling Studies* 31(3): 1069-1083

Smith DP, Battersby MW, Harvey PW, Pols RG and Ladouceur R. Cognitive versus exposure therapy for problem gambling: Randomised controlled trial. *Behaviour Research and Therapy* 69(0): 100-110

Tsourtos G, Ward P, Lawn S, Winefield A, Hersh D and Coveney J. Is resilience relevant to smoking abstinence for Indigenous Australians? *Health Promotion International* 30(1): 64-76

Waddell E, Pulvirenti M and Lawn S. The Lived Experience of Caring for an Australian Military Veteran With Posttraumatic Stress Disorder. *Qualitative Health Research*

Zabeen S, Tsourtos G, Campion J and Lawn S. Type of unit and population served matters when implementing a smoke-free policy in mental health settings: Perceptions of unit managers across England. Article. *International Journal of Social Psychiatry*

Journal articles

Allison S, Bastiampillai T, Nance M and Roeger L. Where is the clinical professor within the

structure of regional mental health services? *Aus and New Zealand Journal of Psychiatry* 49(3): 294

Bastiampillai T, McGovern V, Lloyd B, Hittur Lingappa S and Nelson A. Treatment refractory chronic cataplexia responsive to zolpidem challenge. Letter. *Australian and New Zealand Journal of Psychiatry*

Dhillon R, Wu X, Bastiampillai T and Tibrewal P. Could modafinil be a drug of dependence? Letter. *Aus and New Zealand Journal of Psychiatry*

Goodall AH, Bastiampillai T, Nance M, Roeger L and Allison S. Expert leadership: Doctors versus managers for the executive leadership of Australian mental health. *Debate. Australian and New Zealand Journal of Psychiatry* 49(5): 409-41

Henderson S, Porter RJ, Basset D, Battersby M, Baune BT, Byrne GJ, Ellis PM, Everall I, Glue P, Hazell P, Hood SD, Kelly BJ, Kirkby KC, Kissane D, Luty SE, Mellsoy G, Mitchell PB, Mulder R, Raphael B, Tonge B and Malhi GS. Why academic psychiatry is endangered. Editorial Material. *Australian and New Zealand Journal of Psychiatry* 49(1): 9-12

Lawn S. Why banning smoking in prisons is a good idea. *The Conversation*

Nagesh O, Bastiampillai T, Fisher L and Mohan T. Cyclical suicidal ideation following natalizumab infusion for multiple sclerosis. Editorial. *Australian and New Zealand Journal of Psychiatry* 49(7): 668-669

Parry PI, Allison S and Bastiampillai T. Reification of the paediatric bipolar hypothesis in the USA. Comment. *The Lancet Psychiatry* 2(1): 14-15

Conference presentations

Abbott M, Battersby M and Hodgins D. Clinical trials. report on Think Tank updates and discussion. First North American Think Tank on Gambling Research, Policy and Practice, Ontario, Canada, 20 April

Battersby M. The application of the 'Flinders Model' of chronic condition self-management on patients with multiple comorbidities. Hospital Authority Convention 2015 Hong Kong, 18 May 2015.

Battersby M. Beating the odds: a pragmating approach to treating problem gambling. International Medicine in Addiction Conference IMIA15, Melbourne, VIC, 20-22 March.

Battersby M. A brief moment in time. Discovery Conference, Ontario, Canada, 21 April.

Battersby M. Cognitive versus exposure therapy for problem gambling: A randomised controlled trial. Annual Congress, The Royal Australian & New Zealand College of Psychiatrists, Brisbane, QLD, 3-7 May. Australian and New Zealand Journal of Psychiatry 49: 76-76.

Battersby M. Coordinated Care Programs and Veterans' Affairs. Remembering ANZAC: The Health Outcomes of Military Service Conference, Adelaide, SA, 15 July.

Battersby M. NewAccess: A new model of care in a primary health setting. The 2015 Primary Mental Health Care Symposium, ACT, 25 August

Battersby M. Engaging and supporting Clients to manage their condition and lives. Centenary of ANZAC, Veterans' Mental Health Symposium, Christchurch, NZ, 7-8 September.

Battersby M. Posttraumatic stress disorder and alcohol and drug problems: A focus on military veterans. The Grey Matters National Conference: Preventing and responding to alcohol & other drug problems among older Australians, National Centre for Education and Training on Addiction (NCETA), Hindmarsh, SA, 1 April 2014.

Battersby M. A review of chronic disease self-management models. Hospital Authority Convention 2015, Hong Kong, 18 May.

Dawson S, Oster C, Muir-Cochrane E, Lawn S, Henderson J, Gerace A, O'Kane D, Reed R and Fuller J. Together for the Mental health of Older People (TMOP): a case study of facilitated reflection to problem solve networked older people's mental health services in rural South Australia. The 6th ICCHNR Conference: Health Promotion Through Lifespan, Seoul, South Korea, 19-21 August.

Dawson S, Oster C, Muir-Cochrane E, Lawn S, Henderson J, Gerace A, O'Kane D, Reed R and Fuller J. Together for the Mental health of Older People (TMOP): a case study of facilitated reflection to problem solve networked older people's mental health services in rural South Australia. Primary Health Care Research Conference, Adelaide, Australia, 29-31 July.

Feng Hui, Fuller J, Xu Shuang, Li Huayan, Sun Mei, Lawn S and Parke S. Developing chronic disease management capacity in community health centres in Hunan Province, China. 6th ICCHNR Conference: Health Promotion Through Lifespan, Seoul, South Korea, 19-21 August.

Fuller J, Oster C, Dawson S, Lawn S, Reed R and Muir-Cochrane E. How Can We Manage Primary Care Networks: Mixed Methods Case Study in Rural Community Mental Health Care for Older People. 2015 NAPCRG Annual Meeting, Cancun, Mexico, 24-28 October.

Lawn S. How do we move the IPE research agenda beyond the limits of satisfaction? Victoria University's Interprofessional Health, Education and Practice International Conference (IHEP), Melbourne, VIC, 5-7 October

Lawn S, Fleurieu Cancer Network and Koczwara B. What is important to research: the cancer consumers' voice. Flinders Centre for Innovation in Cancer Survivorship Conference, Adelaide, SA, 6 February.

Lawn S. Is chronic condition self-management relevant for people with Parkinson's disease and the Parkinson's workforce? Parkinson's Australia National Conference, Adelaide, SA, 29 May.

Lawn S, Delany T, Pulvirenti M and McMillan J. Moral framing and community treatment orders. XXIVth International Association of Law and Mental Health, Vienna, Austria, 12-17 July.

Morello A and Lawn S. What role for primary health care nurses in cancer survivorship. Australian Practice Nurses Association National Conference 2015, Gold Coast, QLD, 14 May.

Oakes J, Pulvirenti M, Pols R and Lawn S. Relapse in electronic gaming machine gambling: "Gambling Sense". 4th Asian Pacific Problem Gambling and Addiction Conference, Hong Kong, 8-9 May.

Smith D. Growth of a treatment service for problem gamblers in South Australia. 4th Asian Pacific Problem Gambling and Addiction Conference, Hong Kong, 8-9 May.

Other public output

Fuller J, Muir-Cochrane E, Lawn S, Reed R, Dawson S, Oster C, O'Kane D, Henderson J, Gerace A, McPhail R, Sparkes D and Fuller M. Together for the mental health care of older people (TMOP): Improving the network planning and management of integrated primary mental health care for older people in rural regions, Report to the Australian Primary Health Care Research Institute. Report, University F, South Australia.

Kemp V, Mohan I, Fisher C, Lawn S and Battersby MW. Chronic Disease Self-management for people living with mental illness. SHRAC Research Translation Projects. Western Australian Department of Health, University of Western Australia, Perth, SA.

Lawn S. Story board and E-Collage for the Dignity in Mental Health Project. World Federation for Mental Health (WFMH). Lille, France

TheMHS Consumer LED Award

Congratulations to the winners of the 2015 TheMHS Consumer LED Award at the recent event held in Canberra on the 6th of August. The award, for Significant and sustained consumer and carer advocacy went to **Private Mental Health Consumer Carer Network (Australia)** and recognises best practice, excellence and innovation in mental health service delivery across Australia and New Zealand since 1992.

In the photo left to right are:

Norm Wotherspoon (QLD State Coordinator, PMHCCN), Janne McMahon OAM (National Independent Chair, PMHCCN), the Hon Kay Patterson (former Minister for Health now a Commissioner with the National MH Commission), Judy Bentley (ACT State Coordinator, PMHCCN), and Evan Bichara (Multicultural Advisor, PMHCCN).

Absent from the photo were:

Patrick Hardwick (Deputy Chair and WA State Coordinator), Darren Jiggins (TAS State Coordinator), De Backman-Hoyle (VIC State Coordinator), Kim Werner (PMHCCN Governance and Policy Officer), Simone Allan (NSW State Coordinator) and Sharon Lawn (SA State Coordinator)



Congratulations to Paula Redpath and Andrea Morello on receiving scholarships to undertake the Advanced and Accelerated Leadership Performance Programs respectively, through Women and Leadership Australia in 2016.

www.wla.com.au



Upcoming Conferences

National Telemedicine Summit



30-31 March 2016; Sydney, NSW
www.informa.com.au/conferences/health-care-conference/national-telemedicine-summit

International RANZCP Congress in Psychiatry



8-12 May 2016; Hong Kong
www.ranzcp2016.com
DEADLINE for abstracts Nov 2015

PCEHR: The Journey Towards National eHealth Adoption



19-20 May 2016; Sydney, NSW
www.informa.com.au/conferences/health-care-conference/pcehr-the-journey-towards-national-ehealth-adoption

8th World Congress of Behavioural & Cognitive Therapies



22-25 June 2016; Melbourne, VIC
www.wcbct2016.com.au
DEADLINE for abstracts 16 Oct 2015

4th Asia-Pacific Global Summit & Expo on Healthcare



18-20 July 2016; Brisbane, QLD
healthcare.global-summit.com/asia-pacific
Abstract submission OPEN Jun 2015

International Congress of Behavioural Medicine



7-10 December 2016; Melbourne, VIC
www.icbm2016.com
Abstract submission OPEN 1 Dec 2015



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