

Healthy Development Adelaide

A Research and Innovation Cluster in South Australia

Newsletter

Vol 13, Issue 4 – August 2017



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Upcoming

Scientific Meetings

27 - 30 August

Endocrine Society of Australia
& Society for Reproductive
Biology - Perth, Australia

29 August - 1 September

Early Childhood Education -
Bologna, Italy

16 - 19 September

International Society of Nutri-
genetics / Nutrigenomics - Los
Angeles, California, USA

27 - 29 September

Reproductive Biology Congress
- Okinawa, Japan

2 - 5 October

ComBio Annual Conference -
Adelaide, Australia

15 - 18 October

Developmental Origins of
Health and Disease (DOHaD) -
Rotterdam, Netherlands

15 - 18 October

Fertility Society of Australia -
Adelaide, Australia

For further event info go to
www.adelaide.edu.au/hda/events

To unsubscribe from event and
news notifications contact HDA.

www.adelaide.edu.au/hda

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LATEST NEWS

Past HDA Convenor Honoured!

Professor Rob Norman AO (Robinson Research Institute, University of Adelaide) has been honoured with life membership to the European Society for Human Reproduction and Embryology (ESHRE), the largest reproductive medicine society in the world. The society awards just two life memberships per year, one to a resident of the country in which its annual meeting is being held, the other to a high achiever in reproductive medicine and biology. Professor Norman received this accolade in Geneva on 1 July. Only eight people outside Europe have ever been awarded this honour.

PARTNER NEWS!

Novita is excited to announce we are growing up with our kids!

www.novita.org.au

From 1 July 2017, we will be expanding our services beyond children and teens, to include support for young adults living with disability. This means our kids and their families now have the opportunity to continue with their Novita therapists, supports and services beyond the age of 18.

We're able to do this because of the rollout of the National Disability Insurance Scheme (NDIS) to 18-64 years olds in South Australia from 1 July 2017. Novita will be developing new services in the future that cater to our teens' changing needs as they transition into adulthood.

If you're a young adult who wants to join, or come back to, Novita, contact our friendly Customer Service Team on **1300 NOVITA**

We're also launching a new brand!

Our new look logo celebrates our growing Novita family and the amazing things our kids, teens – and young adults – achieve every day. *Novita will continue its longstanding and passionate commitment to providing the best quality support and services to children. In fact, we offer support at every age and every stage.*

.... HDA Partners



Government of
South Australia

Department for Education and Child Development
Women's and Children's Health Network





MATERNAL HEALTH CARE AND WELLBEING

Wednesday 23 August, 5.30 - 7.30pm

{doors open from 5.00pm, networking with light refreshments from 6.30pm}

Rumours (6th floor), Union House, University of Adelaide (North Tce campus)

A/Professor Jane Warland:

Preventing and modifying risk for stillbirth

School of Nursing and Midwifery, University of South Australia

A/Professor Linda Sweet:

The birth of a clinic: First year outcomes of a bariatric obstetric clinic

College of Nursing and Health Science, Flinders University

Dr Charlene Thornton:

The big picture - The use of linked population data in the maternity setting

College of Nursing and Health Science, Flinders University

Dr Lois McKellar

Capture My Mood: A pilot study to develop and validate a visual scale for women to self-monitor their mental wellbeing following birth

School of Nursing and Midwifery, University of South Australia

**RSVPs required for seating and catering by Friday 18 August to
anne.jurisevic@adelaide.edu.au**

NATIONAL CHILD PROTECTION WEEK EVENT
SAVE THE DATE

WEDNESDAY 6 SEPTEMBER 2017 | 9.00AM-11.30AM



My name is Murray Drummond. I am a Professor and Director of the SHAPE Research Centre at Flinders University. It is interesting the way in which careers can evolve and are shaped by passion, interest and, in some cases, opportunity and good fortune. Originally coming from a Health Education and Physical Education background I completed a PhD 20 years ago based on men, sport and masculinities, which was my passion at the time. Within this PhD, in which I explored how sport played a role in developing a man's sense of identity, a number of significant issues around bodies and body image emerged. This finding piqued my interest and in the years following I embarked on series of studies on men and body image, couched within a broader men's health framework. The first study involved opportunistic research on men and eating disorders. I had come into a research project seeking to understand men's body image. Significantly a number of men responded to a call for participants who were eating disordered

including anorexia and bulimia nervosa. For the next 2 years I invested heavily in this research space and tried to "make it my own". There were very few people conducting research such as this in Australia and throughout the world. My work was quickly recognized and so began my pathway to a career based on masculinities and bodies. I was fortunate in so far as the area was broad enough that I could move back and forth from sport and physical activity to body image and eating disorders, all within the context of men's health. Given that I am a qualitative researcher the scope was wide and yet the focus could easily be justified. I always tell early career researchers to develop a strong narrative around what they do and why they do it.

Interestingly several of the men that were involved in my early men's bodies research were gay and/or bisexual, which is consistent with the literature that suggest gay men are more susceptible to body image concerns than straight men. This made me enthusiastic about exploring the issues that gay and bisexual men face with respect to body image. For the next four or five years I followed this opportunistic research path around aspects of gay men's bodies. Together with my previous health promotion research on men that included areas such as physical activity, prostate cancer and men's health promotion strategies in general, I was offered to research the unique area of gay men and prostate cancer from leading gay men's health advocates both Nationally and Internationally. This led me along another path for several years that helped me grow as an individual and as a researcher. What I have found, however, is that despite all of the opportunities that present themselves we often come back to our passions. Over the past 10 years I have been conducting a longitudinal research project on boys, sport, health and masculinities in which I have interviewed a group of 33 boys each year from Reception through to Year 8. There have been numerous publications to emerge from this research and I am currently writing a book based on the data collected, which will be published in 2018. Despite this research being unfunded and taking place around other funded research projects, it has been a research project based on interest and passion, and one that I hope will ultimately define my research career.

Meanwhile I am teaching Sport in Society to Health and Physical Education and Bachelor of Sport, Health and Physical Activity students at Flinders University. I have numerous PhD and Honours students with whom I mentor. I am also the Director of the SHAPE Research Centre, which is a multidisciplinary Centre with academics from Education, Health Sciences, Exercise Science, Nutrition and Physiotherapy. As researchers we are lucky to have the ability to research our passions. I am looking forward to navigating my academic research over the next 10 years and beyond to see where it will now take me.



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Youth Mental Health and Homelessness Report

Mission Australia has released its Youth Mental Health and Homelessness Report, revealing the impact of family breakdown on young Australians. The organisation has called for urgent action to address youth homelessness and youth mental illness after finding poor family functioning and serious mental illness were factors that impacted on the risks of homelessness for young Australians aged 15-19 years.

For more information go to <http://www.missionaustralia.com.au/news-blog/news-media/youth-mental-health-homelessness-report>



New Chair National Mental Health Commission

Distinguished businesswomen and psychologist Lucy Brogden will be the next Chair of the Australian Government's National Mental Health Commission. An additional \$2 million in funding has been allocated to the Commission for this financial year to ensure it has the staffing and skills needed to support a stronger mental health sector.

For further information go to <http://www.mentalhealthcommission.gov.au/about-us/our-people/mrs-lucinda-brogden.aspx>

HDA SCHOLAR PROFILE - VICTORIA BRANSON

SCHOOL OF PSYCHOLOGY, UNIVERSITY OF ADELAIDE

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Victoria was awarded a Channel 7 Children's Research Foundation top-up Scholarship in 2016. As part of her HDA Program, Victoria undertook her practicum placement at SAHMRI's Wellbeing and Resilience Centre where she achieved her major goal of examining her research within the broader context. Victoria has also been paired with a HDA Mentor for a unique and supportive relationship that has assisted her in her professional development, career trajectories and managing a PhD.

Victoria Branson is a combined PhD/Masters of Psychology (Clinical) candidate at the University of Adelaide. Victoria completed her undergraduate psychology degree part time while working as an out-of-school-hours educator in local primary schools.

Her primary areas of research and clinical interest are Positive Education and adolescent wellbeing. Currently, Victoria's research focusses on challenging assumptions about adolescent stress and its' effect on healthy adolescent development.

Extant literature describes stress as an unavoidable occurrence that can be delineated into both negative and positive aspects, known as distress and eustress. Despite this theoretical conceptualisation, there are only three adult measures that incorporate both distress and eustress and no adolescent measures. Victoria's current PhD project aims to rectify this oversight, designing and evaluating a holistic measure of adolescent stress that encompasses both the positive and negative aspects of the construct. This measure will be utilised to examine the role of both distress and eustress in adolescents' psychological success. This project develops upon her Honours paper, which investigated the role of stress in adolescent wellbeing.

HDA TRAVEL GRANT - RECIPIENT REPORT 2017

Kavita Panir, PhD Candidate: Robinson Research Institute, University of Adelaide

In May, I attended the 13th World Congress on Endometriosis (WCE) held in Vancouver, Canada with the support of Healthy Development Adelaide. The WCE conference brings together international researchers, clinicians and surgeons, providing an excellent opportunity to explore the latest developments in basic science, medical treatments and complementary therapies that aim to broaden our understanding of this disease, and ultimately, to improve the quality of life for women with endometriosis. Prior to the commencement of the congress, I was able to attend a satellite course, entitled "Empowering Patients and the Role of Allied Health Care". This session highlighted the importance of communication, clarity and consideration when translating scientific findings into accessible, useful information for patients, clinicians, and the community. I was also privileged to visit the BC Women's Hospital Center for Pelvic Pain and Endometriosis, and was well looked after by Dr Paul Yong and his team. I was able to discuss aspects of my PhD project, with particular focus on the different animal models used. I was able to tour the clinical facility and was given some insight into the rewards (and challenges) associated with establishing and running a clinical trial. I was also able to speak to fellow PhD students at the research center about their projects and the possibility of future collaboration.

At the congress, I gave an oral presentation on the work I had completed in the first two years of my PhD, entitled "An altered immune environment in microRNA-223 deficient mice may contribute to the development of endometriosis-like lesions". It was extremely exciting to be able to present data generated on the impact of microRNA-223 on the growth of endometriosis lesions, and to highlight the key role that epigenetic regulators play in regulating the immune system, with particular emphasis on the polarization and modulation of macrophage responses. My presentation was well attended, and I was able to receive several insightful questions and comments regarding my PhD work. Throughout the conference, I was able to meet with several leading international researchers and clinicians, and gained valuable feedback on the direction of my project, with interest towards broadening the scope of the project to look at systemic immune responses, and possible pain modulation pathways in this disease model. This conference also gave me the opportunity to learn about advancements within the endometriosis research field, by allowing me to listen to presentations and interact with multiple researchers about their work. In particular, there were excellent talks by Dr. Erin Greaves on the role of macrophage-derived insulin-like growth factor on the progression of endometriosis, and Ms Kelsi Dodds on spinal cord adaptations in endometriosis, and its impact on persistent pelvic pain complications. In addition, a prevailing theme from the conference was the necessity for early detection of endometriosis, and the importance of educating young women about their menstrual cycles and healthy reproductive development.

Overall, this experience was extremely worthwhile, both personally and professionally. I greatly appreciate the generous funding provided by HDA in supporting me to present and forge connections with many international researchers and clinicians.

HDA ASSOCIATE MEMBER PROFILE - DR JUDITH THOMAS

SCHOOL OF EDUCATION, UNIVERSITY OF ADELAIDE

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Judith Thomas holds a doctorate on the learning experiences of refugee secondary students and has taught secondary trainee teachers of EALD (English as an Additional Language/Dialect) and language students at the tertiary level. Her experience also covers a strong international background at both the secondary and tertiary levels. Judith is a dedicated educator and is passionate about helping students achieve success regardless of ability and background.

Her PhD thesis: "From Southern Sudan to Adelaide: Learning Journeys of Refugee Secondary Students" aimed to investigate the prior learning experiences and perspectives of nineteen South Sudanese refugee secondary students and two teachers. In open-ended interviews, they talked about learning in their homeland, compared to their mainstream schooling experiences in Adelaide.

Based on the theories of humanistic sociology and symbolic interactionism, the analysis was focused on cultural values and social relationships in these two learning contexts, and the third overlapping context of the South Sudanese community's adaptation to living in Adelaide. The family and its firm close-knit network of family members served as the core unit and provided nurturing and informal learning in southern Sudan. In Adelaide, the family was broken and the refugee students shifted their support base and role models to their extended families and members of the South Sudanese community.

The students sought a personalised relationship with their teachers, as they sought to master English literacy as well as subjects new to them, like mathematics and science, akin to their former reliance on their family as the source of learning in southern Sudan. In Adelaide, the learning of the Dinka language assisted their literacy in English and boosted their sense of personal and cultural identity and pride. The students became successful English learners, while extending their Dinka literacy and South Sudanese identity. Suggestions for educators are recommended.

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HDA RECENT EVENTS



On 21 June, HDA held two events.

HDA & Women's & Children's Hospital Grand Round 'Parenting as investments in children's health and development'

This grand round was presented by Dr Angela Gialamas a Postdoctoral Research Fellow within the School of Public Health at the University of Adelaide and one of our past HDA Scholars.

The grand round was chaired by HDA Co-Convenor, Professor Michael Sawyer.

HDA Thematic Evening on 'Multicultural Youth & Families: challenges and solutions'

The presenters and their topics included Ms Eugenia Tsoulis OAM (Australian Migrant Resource Centre) on The importance of belonging - young people and inclusivity; and Ms Rosie Antenucci (Department of Education and Child Development) on Multicultural youth and families in schools: supporting positive outcomes. The event was chaired by Professor Michael Sawyer, Head of Research and Evaluation unit, Women's and Children's Health Network.



On 26 July, HDA and the Robinson Research Institute (RRI), University of Adelaide co-hosted a public forum on **Good Sleep Matters** chaired by RRI Director, Professor Sarah Robertson. The speakers and presentations included Prof David Kennaway (RRI) on *Sleep, melatonin and children*; Dr Tamara Varcoe (RRI) on *Does working shifts during pregnancy impact upon the developing baby?*; Dr Mark Kohler (UniSA) on *The impact of sleep on daytime psychological performance in children*; and Dr Kate Bartel (Flinders University) on *Protective and risk factors for adolescent sleep*.

The talks can be viewed at www.adelaide.edu.au/hda/news

Dr Ryan Balzan, Vice-Chancellor's Early Career Research Fellow, School of Psychology, Flinders University

With the generous support from the Healthy Development Adelaide Travel Grant scheme, I was able to attend the *Beckfest 2017*, held in Vancouver, Canada. Beckfest is an annual international academic meeting for clinical researchers investigating novel psychotherapies for severe mental illness, particularly psychosis, and is named in honour of Dr Aaron T. Beck, founder of the cognitive behavioural therapy (CBT). The annual meeting started in 1999, when Dr Beck noted the advancements being made in the UK and Europe at adapting CBT for psychosis, and was eager to develop a collaborative network of clinical researchers who specialise in this approach. Since then, Beckfest has become the premier event to discover the latest theoretical and clinical advancements in CBT for psychosis, bringing together the leading researchers within the field.

One of the more unique aspects to Beckfest is its relatively small size; participation is by invite only, and is typically kept to within 50 attendees, which offers excellent opportunities to network with the 'experts' in the field. Despite being a little star struck by some of the other attendees, whose work has been hugely influential, I was able to do some excellent networking and was warmly welcomed into the 'Beckfest family'. Moreover, the 2017 Beckfest was particularly relevant to me, as it was hosted by Professor Todd Woodward from the University of British Columbia, who is one of my main international collaborators.

There were many standout presentations of relevance to HDA's focus on healthy development and early intervention. While too numerous to list each, one particular highlight came from Professor Anthony Morrison's presentation on the recently completed COMPARE pilot study (Cognitive behaviour therapy Or Medication for Psychosis:

A Randomised Evaluation), which compared the clinical and cost effectiveness of (i) psychological treatment alone, (ii) antipsychotic medication, and (iii) combined psychological treatment and medication, among young individuals with first episode psychosis.

Preliminary findings suggest that psychological treatment alone can be as effective as medication or the combination of treatments, and emphasise the importance of early intervention. Other highlights included Professor Paul Bebbington's talk on the detrimental role of bullying in the development of psychosis, and Professor Emmanuelle Peters' talk on how psychotherapy can literally change the brain's wiring by attenuating brain responses to threatening stimuli while strengthening connectivity between higher-order cognitive systems.

Against this backdrop, I was able to present my own post-doctoral work on novel psychotherapies for psychosis, including metacognitive therapy (MCT+) program, which has been designed to specifically target delusional beliefs. My talk presented data from my recently completed randomised-control-trial comparing MCT+ to a cognitive remediation control group, targeting the cognitive symptoms of psychosis (e.g., memory deficits). Preliminary analyses point towards to a double dissociation, whereby participants with psychosis allocated to the MCT+ program showed greater improvements in delusional symptoms, and participants in the cognitive remediation control condition demonstrate greater improvements in neuropsychological domains. My talk was well received, and I was provided with constructive and valuable feedback.

I would like to thank HDA for supporting me to attend and present my work at Beckfest 2017, which has not only raised my international research profile and fostered new collaborations, but has also helped shape the direction of my future research, based on the latest approaches and techniques from leading experts in the field.

Would you like to be eligible for HDA Travel Grants and PhD top-up Scholarships?

All PhD students and early career researchers from the University of Adelaide, UniSA and Flinders University can be eligible (you must be a member of HDA for at least 3 months before receiving any benefits)

Senior Researchers are also encouraged to join and encourage their current and new students to join HDA to receive the benefits

No cost to join. Visit the HDA website for further info and our background document or contact anne.jurisevic@adelaide.edu.au

Become a HDA Research Member today!!

Dr Carly Moores, Research Assistant, Discipline of Nutrition and Dietetics, Flinders University

With the support of a Healthy Development Adelaide travel grant, I was fortunate to attend the 24th European Congress on Obesity (ECO) held in Porto, Portugal from May 17 – 20, 2017.

My abstract The parent-led PEACH™ program for child weight management improved parenting and child diet, and was associated with reduced child adiposity when delivered at scale was selected for an oral presentation in the Day 2 Session on Child obesity management: from the lab to the community. On behalf of a team from Queensland University of Technology and Flinders University, I presented the final outcomes from the state-wide PEACH™ (Parenting, Eating and Activity for Child Health) Program which was delivered in Queensland from 2013 – 2016.

The European Congress on Obesity was a diverse meeting of scientists from all facets of obesity research and practice including basic and experimental science; health, behaviour and environment; and management and intervention studies. While the conference was not limited to obesity and its implications during development, there was a strong focus on child, adolescent, and young adult obesity. Researchers from across Europe and elsewhere around the world presented their efforts to address child obesity. A recurring theme in several presentations I attended was the challenge of long-term engagement of families most at need in child obesity programs or services. While it was encouraging to realise that this challenge we experienced in the PEACH™ QLD program was not unique, there is great

need for future research to improve reach and increase engagement of vulnerable and disadvantaged families who face greater burden of child obesity.

For me, the highlights of the meeting included the European Association for the Study of Obesity (EASO) Media Masterclass; a symposium on Young adult obesity: the transition from adolescence to emerging adulthood; and the conference dinner which was held in the historic Portuguese Ferreira Port Wine Cellar. The conference concluded on Saturday May 20 with European Obesity Day. Those interested can catch up on the meeting highlights on Twitter using #ECO2017.

Prior to the international meeting in Portugal, I visited researchers at the Centre for Diet and Activity Research (CEDAR) Hub at Addenbrooke's Hospital in Cambridge, UK. That week I also travelled by train to Norwich where Dr Narelle Berry hosted me at the University of East Anglia. Here I met with researchers and gave a presentation on Key outcomes and learnings from PEACH™ Queensland: An up-scaled, Australian community program to improve Parenting, Eating and Activity for Child Health.

I am extremely grateful for the financial support of the Healthy Development Adelaide and Flinders University which made this incredibly worthwhile trip possible. This travel grant made it possible to travel to Portugal and the United Kingdom to disseminate findings from the PEACH™ QLD Project to an international audience. I was also able to make professional connections in Cambridge, Norwich as well as at the meeting, which are invaluable to me as an early career researcher.

NEW HDA RESEARCH MEMBERS

Chang Gao, PhD student
FOODPlus Research Centre, University of Adelaide
Focus - neonatal nutrition

Gunay Aghayeva, PhD student
School of Education, Arts & Social Sciences, UniSA
Focus - early childhood education

Amanda Santamaria, PhD student
School of Education, Arts & Social Sciences, UniSA
Focus - cognitive neuroscience

Hannah Edwards, PhD student
School of Pharmacy & Medical Sciences, UniSA
Focus - infant health

RESEARCH MEMBER HIGHLIGHT

Congratulations to one of our members, **Renae Fernandez** who was recently awarded her PhD (17 July) and will be graduating in the upcoming September ceremonies. Renae's thesis was entitled *Consequences of female night shift work for fertility, assisted conception and fetal development*.

Renae is currently working as a Research Associate within the Life Course and Intergenerational Health Research Group, Robinson Research Institute at the University of Adelaide and plans to put in an application for an NHMRC Early Career Fellowship next year.

Good luck Renae!

Media Release - 22 June, Repromed (part of the Monash IVF Group) and RHS (Reproductive Health Science)

Highlights

- Following performance validation, Repromed are using DOPlify™ for non-invasive PGS in a clinical trial
- Potential revolutionary change to the IVF industry

RHS Limited (ASX: RHS) (“RHS”) and Monash IVF Group (“MVF”) are partnering to develop an accurate way to test for chromosome number in embryos without biopsy. Preimplantation Genetic Screening or PGS is usually performed on a small number of cells taken from the developing embryo. The embryo releases DNA from their chromosomes into the culture media that the embryo is growing in, so rather than biopsying the embryo, the approach uses this free DNA in the culture media. The companies are now conducting a prospective pilot clinical trial of non-invasive Preimplantation Genetic Screening (PGS) using this embryo culture media. RHS Managing Director Dr Michelle Fraser said “success in the clinical trial has the potential to change global practice”.

The culture media that IVF embryos are grown in is typically disposed of, but through protocols developed by Repromed, part of MVF, in conjunction with the Robinson Research Institute the quality and quantity of DNA has been shown to be a viable template for PGS without the need for embryo biopsy. PGS is used to identify embryos with the correct number of chromosomes, avoiding the transfer of non-viable embryos with the incorrect number of chromosomes. Embryos with the incorrect number of chromosomes typically lead to failed IVF transfers. By finding embryos with the correct number of chromosomes and selecting them for transfer, PGS can make IVF more efficient and therefore more successful.

Repromed have been developing their method for how and when to collect the culture media over the past 18 months under the leadership of Professor Michelle Lane, and chose to work with RHS on the final protocol due to “the performance of RHS product DOPlify™, its ease of use, the ready protocol automation as well as the opportunity to work locally”. DOPlify™ accurately copies small amounts of DNA so they can be analysed for genetic changes, such as additional or missing whole chromosomes in PGS.

The small clinical trial being conducted by Repromed Adelaide, follows joint validation between RHS and Repromed comparing spent (used) culture media to results from matched embryo biopsy samples. Patient recruitment has already been finalised and the end point of the trial is a comparison of pregnancy rates between non-invasive PGS and standard embryo biopsy-based PGS. Results will be available later in the year.

Dr Fraser said “By shifting away from embryo biopsy to using the spent culture media, PGS becomes non-invasive and the embryo that is transferred remains intact. The clinical trial is expected to show a positive impact on IVF success rates.

This is a great example of two South Australian globally competitive companies combining expertise to make a revolutionary change to the IVF industry.”

For further information please contact:

RHS Ltd

Dr Michelle Fraser, CEO and Managing Director

Tel: (+61 8) 8152 9348 / michelle.fraser@rhsc.com.au

Repromed

Dr Hamish Hamilton, General Manager

Tel: (+61 8) 8333 8111 / hhamilton@repromed.com.au

About Monash IVF Group/Repromed

Repromed is part of the Monash IVF Group and has one of the most active and successful Reproductive Medicine research and development programs in South Australia. Our scientists and doctors have made major contributions to global knowledge about the causes of and treatments for infertility, ensuring that our pregnancy success rates are world class

About RHS

RHS is a developer of advanced single cell genomic technologies focussed on improving health and research outcomes, with over 10 years of technical experience in the field. RHS recently released DOPlify™, a product that is a platform technology for whole genome amplification (WGA) of single or small numbers of cells. DOPlify™ is applicable to the global Next Generation Sequencing (NGS) market. EmbryoCollect™ is the Company's lead IVF specific product and is designed to increase the chance of a successful IVF cycle by selecting the most viable embryos for transfer by screening for aneuploidy. This is known as Pre-implantation Genetic Screening (PGS).

Human embryo CRISPR advances science but let's focus on ethics, not world firsts

3 August - The Conversation

Following early reports last week that scientists had edited the DNA of human embryos, American researchers have now published their much anticipated paper in the journal Nature.

Read more at <https://theconversation.com/human-embryo-crispr-advances-science-but-lets-focus-on-ethics-not-world-firsts-81956>

Parents have critical role in preventing teen drinking

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Media Release - 20 July, University of Adelaide



Fewer teenagers are drinking alcohol but more needs to be done to curb the drinking habits of Australian school students, based on the findings of the latest study by Adelaide researchers.

More than 2800 South Australian students aged 12-17 took part in a survey of drinking behaviour, conducted by researchers from the University of Adelaide's School of Psychology and the Population Health group at the South Australian Health and Medical Research Institute (SAHMRI).

The results of the study, now published in the journal *BMC Public Health*, provide a snapshot of the prevalence of alcohol consumption among students, and the factors that most influence their drinking behaviour. This research has been supported by Cancer Council SA and SA Government.

"Harmful alcohol use is a serious problem in Australia, and drinking patterns are often first set in adolescence," says lead author Jacqueline Bowden, behavioural scientist and Manager of Population Health Research at SAHMRI, and researcher with the School of Psychology, University of Adelaide. With alcohol contributing to four of the top five causes of death in young people, and a leading cause of cancer in our community, it's important for us to better understand drinking behaviour among young people so we can help to prevent or delay it. One of the major messages from our study is that parents have more influence on their teenagers' decisions regarding alcohol than they probably realise. Parental behaviour and attitudes towards alcohol really do make a difference, and can help prevent children from drinking at an early age."

The study found:

- By age 16, most students had tried alcohol
- A third of students reported that they drank alcohol at least occasionally
- Only 28% of students were aware of a link between alcohol and cancer
- Across all ages, students were less likely to drink if their parents showed disapproval of underage drinking
- Those aged 14-17 were less likely to drink if they knew about the link between alcohol and cancer
- Smoking and approval of drinking from friends were more likely to result in drinking
- Once young people have become regular drinkers, the main predictor for drinking is the perceived availability of alcohol
- Cashed up students are more likely to drink.

Lincoln Size, Chief Executive Cancer Council SA, says: "The evidence is clear that alcohol use is a cause of cancer. Any

level of alcohol consumption increases the risk of developing an alcohol-related cancer; the level of risk increases in line with the level of consumption.

"This latest evidence highlights the need to educate young people about the consequences of alcohol consumption and for parents to demonstrate responsible drinking behaviour. We need to get the message through that what may be considered harmless fun actually has lifelong consequences. We know that alcohol causes cancers of the mouth, pharynx, larynx, oesophagus, bowel in men and breast among women. There is also probable evidence that alcohol increases the risk of bowel cancer in women, and liver cancer. Cancer Council SA recommends that to reduce their risk of cancer, people limit their consumption of alcohol. For individuals who choose to drink alcohol, Cancer Council SA recommends that they drink only within the National Health and Medical Research Council (NHMRC) guidelines for alcohol consumption," he said.

Ms Bowden says we need to address the issue of supply to teenagers. "Many parents believe providing their children with alcohol in the safe environment of their home teaches them to drink responsibly. However, the weight of evidence suggests that this increases consumption, and is not recommended.

"Our results also found that those adolescents who thought they could buy alcohol easily were more likely to drink regularly. The issue of availability – including price – and marketing of alcohol in the community is a major hurdle to be overcome. Alcohol is more affordable in Australia than it has been in the past 30 years, and the number of premises selling alcohol in Australia has increased substantially in the past 15 years. Throw advertising and sports sponsorship into the mix and we have some very strong messages that alcohol is the norm," Ms Bowden says. Our evidence shows that that parents have a significant and substantial role to play, to help their kids develop a healthier relationship with alcohol early. Parents can set the boundaries and create clear expectations."

Ms Bowden says parents should:

- Discuss alcohol use with their children, and the fact that not everyone drinks
- Get to know upcoming activities, such as parties, and set expectations for behaviour
- Reconsider drinking in front of children, as most alcohol is consumed by adults at home
- Have alcohol-free events
- Avoid binge drinking
- Don't buy alcohol for adolescents or provide it at parties.

"We often forget that alcohol is the most widely used recreational drug in Australia and has an enormous cost on families. It is important that parents set the right example," Ms Bowden says.

\$1.8m for student wellbeing *Wellbeing and Engagement Report*

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Media Release - 20 July, Department for Education and Child Development



The State Government is investing \$1.8m towards student wellbeing programs, services and initiatives to support the needs of preschool and primary students at risk of disengagement.

Today's announcement comes as the Education Department releases its statewide *Wellbeing and Engagement Report* which captures student attitudes towards their experiences in and out of school.

More than 43,000 South Australian students ranging from years 6 to 9 across 500 government and non-government schools took part last year, and the survey is taking place in schools again in term 3.

The \$1.8m in funding will go towards 20 partnerships to benefit groups of preschools and schools which have been selected based on having the greatest need for wellbeing support as indicated by the data.

Projects include: staff training to engage students who experience trauma, targeted programs for Aboriginal families to build resilience and encourage student attendance and programs to build self-confidence among students.

The new projects will build on the existing work of preschools and schools to foster positive wellbeing among their children and young people.

The following is a snapshot of what young people have told us:

- 90% had a positive self-concept about school work, indicating they were confident that they could learn what was taught in the classroom.
- Around 25% of students identified having issues with regulating their emotions.
- More than 85% viewed their connection with their school teachers as being strong, indicating they believed staff cared about them, thought they would be successful and listened when they had something to say.
- Approximately 24% of year 6 and 7 students and 30% of year 8 and 9 students reported often being worried about things at home, at school and in general.
- 15% of year 8/9 students did not feel they belonged at school.
- Most young people reported positive views about their body image (93%) and general health (79%).
- Over 80% of primary students and 70% of secondary students reported adequate sleep in a typical week.
- Overall, 11% of students had less than three nights of good sleep a week and also ate breakfast less than three times a week.

The report comes from an 80 item self-report survey which asks students to answer questions about 4 key areas: social and emotional wellbeing, relationships and learning at school, physical health and lifestyle, and after school activities.

Participation is voluntary and schools receive an overall report of wellbeing data specific to their school.

The data collection created by the Education Department has been adopted by the Government of Dubai in the United Arab Emirates.

The *wellbeing and engagement report* is available to download at <https://www.decd.sa.gov.au/department/media-centre/news/1-8m-student-wellbeing?platform=hootsuite>

NATIONAL CHILD PROTECTION WEEK 2017

3rd September - 9th September

NAPCAN

PREVENT CHILD ABUSE & NEGLECT

"Don't wait until a child has been abused or neglected before you do something. We need to work together as a community to STOP this from happening in the first place."

Leesa Waters, Deputy CEO, NAPCAN

Get involved in National Child Protection Week and play your part in helping to prevent child abuse and neglect. **Remember...**

- We all have a part to play in protecting children
- Even small actions can help to improve a child's future
- By building stronger communities, we are creating safer environments for all children

CONTACT: Helen Fogarty, *Media and Communication Advisor*
0410 541 997 or helen.fogarty@napcan.org.au

Media Release - 27 July, UniSA



Understanding the benefits of child protection, police, and child and family advocates and therapists working together in local communities to respond to allegations of sexual and other severe child abuse has been

the focus of recent research led by the University of South Australia's Australian Centre for Child Protection (ACCP).

The research comprised an evaluation of the pilot *Multiagency Investigation and Response Team (MIST)* program, established as an innovative partnership between government and non-government agencies in Perth in 2015.

The approach aims to provide a victim-centred and holistic response to allegations of severe child abuse. This includes bringing professional multidisciplinary teams together in local communities in a more timely and effective way, and early connection of children and their families to support services.

The research findings released today show co-location of specialist child abuse detectives, interviewers, child protection officers alongside child advocates and therapeutic services in a purpose-built child friendly setting had significant benefits for children, families and the response teams.

Through the allocation of a dedicated child advocate, children and families were provided with an ongoing and central point of contact across all areas, who also ensured referrals to the most appropriate support services to best meet immediate and ongoing child and family needs.

With improved communication and coordination across the response teams, investigations were concluded in almost half of the time with MIST Detectives finalising investigations within an average 44 days, compared to 86 days in standard practice, with arrest rates for alleged perpetrators being maintained.

The research also found that the professionals in the MIST Pilot reported improved collaboration and saw the

MIST approach as offering real improvements on standard practice. Parents and carers of children involved were also highly satisfied with the services provided.

As lead researcher on the project from the Australian Centre for Child Protection, Dr James Herbert says the project came from the recognition that although all workers have the best interest of children at heart, coming from diverse backgrounds and having different objectives and responsibilities can sometimes put different agencies at cross-purposes.

"Our evaluation of the pilot has highlighted some of the advantages in a planned cross-agency response, where all the objectives of these different workers and agencies can be brought together for an improved overall response," he says.

"The research also highlighted the importance of a Child and Family Advocate role; a worker that acts as the primary supporter and contact point between the families and other agencies, actively helping to address some of the barriers children and families have to engaging with needed services."

Co- Director of the Australian Centre for Child Protection, Professor Leah Bromfield says the project is an example of the need for and value of thinking across systems to improve outcomes for vulnerable children and families.

"The research undertaken has explored comparable national and international responses and has shown that the MIST approach is leading practice internationally, for those types of very severe child abuse cases that require cross-agency approaches, which unfortunately our society sees on an all too frequent basis," Prof Bromfield says.

"Our approach to this project and the ongoing research of the ACCP is to work in collaboration with governments and non-government agencies to help to understand what needs to change at the policy, program and system level to make real and impactful changes to the lives of vulnerable children."

The MIST evaluation report is being released today alongside an announcement regarding the program from the Western Australian Police Commissioner.

For a copy of the MIST evaluation report go to <http://search.ror.unisa.edu.au/record/9916144911301831>

NAPLAN is ten years old – so how is the nation faring?

2 August – The Conversation

The NAPLAN 2017 summary results have been released with the usual mix of criticism, high hopes and panic that marks the yearly unveiling of data. This year's results will generate particular interest, as 2017 is the tenth time NAPLAN has been conducted since it was first introduced in 2008.

The final report is not due until December, but the summary results provide a useful opportunity to reflect not only on how young Australians have fared over the past year, but also over the past decade.

Read more at <https://theconversation.com/naplan-is-ten-years-old-so-how-is-the-nation-faring-81565>

Nature and Nurture in the 21st Century: *Infants, their parents, their brains, their traumas*

Vol 13, Issue 4 –
August 2017

Perinatal & Infant Mental Health Services (PIMHS) - Helen Mayo House Annual Conference 2017
Women's and Children's Health Network (WCHN)

Nature and Nurture in the 21st Century: infants, their parents, their brains, their traumas

The conference will feature topics such as:

Neglecting neglect; Muslim men – pregnancy and birth; Avoiding burnout; Mindfulness and DBT approaches to parenting; Beyond beer and sex: validating conversations with fathers; Working with Aboriginal families & working with shame in mother-infant relationships; and Playing games: why the brain prefers real games to the screen.

This is an exciting opportunity to hear from international expert Graham Music, author of *Nurturing Natures*, on Day 1 of the conference followed by his full-day workshop on Day 2.

Speakers include Femke Buisman-Pijlman, Shirley Young, Zakiyyah Muhammad and many staff of Perinatal and Infant Mental Health Services, Helen Mayo House.

Date: Thursday 16 November (full day conference) - Friday 17 November (full day workshop with international speaker, Graham Music)

Time: 8.30am – 4.45pm

Venue: University of South Australia (City West Campus)

Full Cost: Day 1: \$250; Day 2: \$200; Both days: \$405. Enquire about early bird prices (available until 31 August). Concession and group discounts available.

To register or for more information: phone (08) 7087 1047 or visit www.wch.sa.gov.au

Robinson Research Institute Seminar Series



Dr Annette Regan

Research Fellow, Curtin University & Honorary Fellow, The Wesfarmers Centre for Vaccine Research and Infectious Diseases, Telethon Kids Institute

Maternal vaccination and risk of fetal death – how linked data can help us measure vaccine safety

This talk aims to provide an overview of how linked data can be used in future to monitor the safety of vaccines given during pregnancy, with particular emphasis on outcomes at birth and throughout childhood.

Thursday 10 August, 3:30-4:30pm

Joe Verco Lecture Theatre (G033) Adelaide Health and Medical Sciences Building, North Terrace, West End

All welcome



THE UNIVERSITY
of ADELAIDE

2017 SA Population Health Conference

Save the date: Saturday 21 October 2017, 8.45am-5pm

We are Public Health: Hear us roar

Education Development Centre, Hindmarsh

The SA State Population Health Conference is the premier developmental opportunity for emerging public health researchers and practitioners to present their work to a local audience.

<http://www.sapophealth.com/>

Research Tuesdays Men's Health

Vol 13, Issue 4 –
August 2017

Men's Health

Tuesday 8 August, 5:30pm - 7:00pm

The Braggs lecture theatre, North Terrace campus

Men, we're often told, are their own worst enemies when it comes to health. Their poorer health outcomes, when compared to women, are often attributed to an apparent reluctance to seek help. Researchers at the University of Adelaide's Freemasons Foundation Centre for Men's Health (FFCMH), however, argue otherwise and set out to dispel the myths and re-shift the blame away from men and "masculinity" and back onto health services.

The Presenters

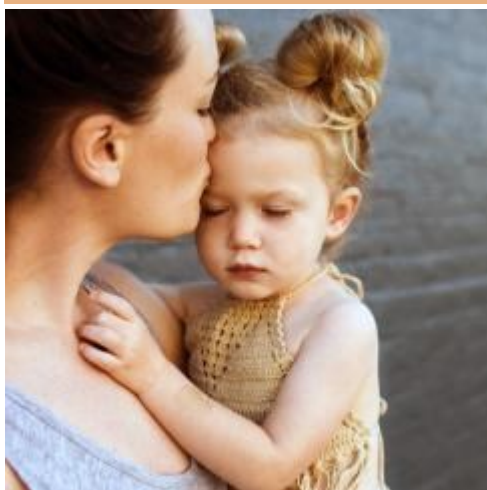
Professor Gary Wittert is the University of Adelaide Mortlock Professor of Medicine, and heads the University's Discipline of Medicine and the Freemasons Foundation Centre for Men's Health. He is also a senior consultant endocrinologist at the Royal Adelaide Hospital and is Independent Chair of the Weight Management Council of Australia.

Professor Robert Adams is a senior respiratory and general physician at the Queen Elizabeth Hospital and a member of the University of Adelaide's Discipline of Medicine. He directs the Basil Hetzel Research Institute's Health Observatory at the Queen Elizabeth Hospital and chairs the SA Health Literacy Alliance.

Dr Sean Martin is a National Health and Medical Research Council early-career research fellow in the Freemasons Foundation Centre for Men's Health. He is also project manager for the Florey Adelaide Male Ageing Study, one of Australia's largest and longest running cohort studies of men and their health and well-being as they age.

Register online at <https://www.eventbrite.com/e/research-tuesdays-mens-health-tickets-31959667225>

Learning from the experience of parents with children in care



Learning from the experiences of parents with children in care

Teegan Bain, Jessica Cocks, Felicity Kime and Lynette Stoker

23 August, 13:30 to 14:30 AEST

This webinar will explore the experiences of parents with children in care and outline emerging family inclusive practice strategies.

Webinar participants will gain an appreciation of parent perspectives, and practical strategies for family inclusion in the interests of children. The work of a parent and worker alliance in the Hunter Valley of New South Wales will also be discussed.

To register go to

<https://register.gotowebrinar.com/register/8530918689620283905>

RANZCP Faculty of Child & Adolescent Psychiatry Conference 2017

The Royal Australian and New Zealand College of Psychiatrists (RANZCP) invites you to attend the Faculty of Child & Adolescent Psychiatry Conference, to be held in Adelaide from 19 – 22 October 2017 at the Adelaide Convention Centre.

A stimulating scientific program has been developed around the conference theme, '*Growing Minds: The Early Origins of Mental Health and Disorder*' and will cover a diverse range of areas within the mental health of children and adolescents.

The International Keynote Speakers at this year's conference are:

- Professor Edward Melhuish (UK)
- Dr Peter Szatmari (Canada)
- Dr Richard Rose (UK)

A range of other invited speakers have also been confirmed and will represent a diverse range of areas within mental health.

Registrations are now open, and for more information please visit the conference website at <https://www.child2017.com>