



NEWSLETTER SUBMISSIONS

**GET YOUR RESEARCH,
NEWS, PAPERS, MEDIA
RELEASES,
RECRUITMENT TRIALS,
EVENTS OUT THERE!!**

*Submissions by end
November for our next
issue out in December*

**Social Media
submissions
(X, FB AND LINKEDIN):**

*Submissions open
anytime*

**Submissions must align
with HDA:**

We aim to promote, facilitate and enable multidisciplinary research to advance understanding of healthy development, ensuring the physical, psychological and social health of infants, children and adolescents.

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Children's Hospital
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BRONZE



HDA 20TH ANNIVERSARY CELEBRATION RESEARCH AFTERNOON + ORATION

Please join us for our **Healthy Development Adelaide (HDA) 20th Anniversary Celebration** showcasing our breadth of research, government and organisational members at our **Research Afternoon** followed by our **20th Anniversary Oration**.

Wednesday 16 October, 12.45-8.30pm

Allan Scott Auditorium (H2-16) and Bradley Forum (H5-02), Hawke Building, 55 North Terrace, UniSA City West Campus

HDA Research Afternoon: 12.45-5.00PM (12.15PM registration)

Our Research Afternoon will consist of 2 concurrent sessions including basic research and government and community focussed short presentations. Prizes will be awarded to the best presentations on the day in the PhD, Early Mid Career Researcher (EMCR) and Government/Organisational categories.

HDA 20th Anniversary Oration: 6.00-8.30PM (5.45PM registration)

Our 20th Anniversary Oration will be presented by the **Hon. Kate Ellis** on **Early Childhood in South Australia: Time for Doing The Doing**.



Kate Ellis is the CEO of Raising Literacy Australia and Chair of South Australia's Early Years Taskforce. Kate will unveil some of the newest research into early childhood development attitudes in South Australia and outline how we now have the evidence base and it is now the critical time for the actions that will transform the lives and futures of our youngest South Australians.

The full program can be viewed here: <https://health.adelaide.edu.au/healthy-development-adelaide/>

Registration is essential for catering purposes. Register here: <https://events.humanitix.com/healthy-development-adelaide-hda-20th-anniversary-celebration-research-afternoon-oration>

This event is free and everyone is welcome to attend – please share far and wide!

THANK YOU TO OUR SPONSORS - WE APPRECIATE YOUR SUPPORT

A huge thank you to our event sponsors for their financial support towards our 20th Anniversary Celebration. Our sponsors encompass some of the breadth and interest that aligns closely with Healthy development Adelaide.

The Commissioner for Children and Young People

The Hospital Research Foundation Group

The Kids Research Institute Australia

Gowrie SA

Emerging Minds

Kudos

HDA 20th Anniversary Research Afternoon + Oration - 16 October
::: event sponsor :::
Commissioner for Children and Young People

South Australia
needs an
overarching vision
for children's and
young people's
health



ccyp.com.au



Helen Connolly, South Australia's Commissioner for Children and Young People, is calling on the State government to provide leadership in relation to children and young people's health by providing an overarching vision and plan that focuses specifically on the underlying determinants of their health. Our future depends on investing in healthy children, families, and communities. This must start with provision of an overarching vision that can ensure policy and decision making prioritises investment in children and young people and which follows through with a plan that builds on existing evidence, policy, and partnerships to repeat, enhance and expand on what we know is working, and which remedies and reforms what isn't.

Setting a clear vision for South Australian children and young people's health will enable a joined-up approach to be taken – one that is focused specifically on reducing health inequities by improving the conditions in which all South Australian children and young people live. The range of policies, datasets and services covering different aspects of children's and young people's health in South Australia, do provide part of the picture of how children and young people are faring. But without an overarching vision and plan, there is no way to have oversight of or to measure effectively any improvement in the health of SA children and young people at the population level.

South Australian data shows that inequities start early in life and compound as children age, leading to adverse long-term health, education, and employment outcomes. We need to understand whether current investment in children's health is working. If we don't measure equity across the health system and health networks, we limit our understanding of the groups of children who are either missing out, hidden or overrepresented. We also miss picking up on patterns around the same children who are missing out across multiple indicators because these are children who need to be identified and supported in targeted ways.

The siloed and fragmented nature of SA health services means we currently operate a system which has competing agendas and priority areas, and where policy design is commonly separated from policy implementation.

We can do better. We must do better and an overarching vision for children and young people's health is the right place to start.

Download the Commissioner's Policy Position here:

[Why we need an overarching vision for children and young people's health in South Australia.](#)

HDA 20th Anniversary Research Afternoon + Oration - 16 October

::: event sponsor :::

The Hospital Research Foundation Group

Life-changing research and patient care

The Hospital Research Foundation Group funds life-changing medical research, patient care and healthcare services across more than 50 areas of disease and illness, from birth to end of life.

Giving kids the best start in life is paramount to overall health and wellbeing, as well as giving them the best treatments possible when faced with disease.

The Hospital Research Foundation Group funds extensive projects to improve health outcomes in early life, including pregnancy, birth, infancy, childhood and adolescence.



Prof Jordan Hansford, Hospital Research Foundation Group Paediatric Proton Oncology Fellow

Some examples include:

- Extensive support for research and clinical trials into childhood diseases including cancers, juvenile idiopathic arthritis, autism, cerebral palsy, glaucoma, juvenile diabetes, mental illness and more
- Extensive research, equipment and trials at the Women's & Children's Hospital, including in oncology and AI.
- Educating newly pregnant women to test for Omega-3 to prevent pre-term births
- Developing better treatments for low breast milk supply in mothers
- Investigating the causes of peanut and egg allergies in children
- Providing cinema experiences for children with chronic health conditions, disabilities or special needs through a program called KidsFlix
- Improving the triage of mental health services for young adults battling depression
- Providing funding for grassroots charity Treasure Boxes to provide essential items to disadvantaged mums, kids and teenagers
- And so much more!

The Hospital Research Foundation Group offers regular competitive grant rounds for researchers and clinicians to access funds across many healthcare areas. Visit www.hospitalresearch.org.au to learn more and sign up to our grants e-news.

The Hospital Research Foundation Group is reliant on generous donors, fundraisers, corporate partners and Home Lottery ticket buyers to make this support possible.

HDA 20th Anniversary Research Afternoon + Oration - 16 October
::: event sponsor :::
Gowrie SA



Since 1940, Gowrie SA has been dedicated to providing innovative early childhood and parenting programs that prioritise the wellbeing of children and families while fostering partnerships within the broader community.

Our services include integrated birth to three and three to five children's programs, learning and consultancy support for early childhood professionals as well as Out of School Hours Care and Family Day Care sectors, and parenting programs. We serve as the Inclusion Agency for South Australia, funded through the federal Inclusion Support Program (Department of Education).

We are proudly not-for-profit, reinvesting in our programs and people. Children's wellbeing and their place in society is considered holistically across all programs. We are committed to ensuring each child receives the best start in life by safeguarding their rights, including access to quality education and learning opportunities.

Through our efforts to provide and advocate for inclusive environments, we support children's learning, wellbeing and development while promoting understanding within the broader community. Our commitment to action research and quality improvement initiatives enable us to deliver evidence-based and community-driven programs, often in partnership with various agencies and sectors. This commitment aligns with our mission to offer exemplary programs that adapt to the changing needs of our diverse community.

We give respect to social justice, sustainability, Aboriginal and Zenadth Kes (formerly Torres Strait Islander) cultures and reconciliation. Gowrie SA was one of the first education and care sites in Australia to create a Reconciliation Action Plan in 2011, and is soon to launch our third Stretch Reconciliation Action Plan.

Gowrie SA specialises in designing responsive, localised, targeted and universal parenting intervention and support programs. Central to our initiatives is empowering parents and caregivers with knowledge about activities that support their child's development, aligning these activities with the developmental needs identified in the Australian Education Development Census.

An integral and unique feature of our unique Teach-Do-Learn program is transitioning families into a supported play-based learning environment and introducing them to allied health professionals who support learning about activities that can improve language, literacy, play and physical development – activities that can be easily replicated at home.

Please visit us here www.gowriesa.org.au

HDA 20th Anniversary Research Afternoon + Oration - 16 October

::: event sponsor :::
Telethon Kids Institute

The vision of the Telethon Kids Institute is simple – happy healthy kids

The Institute brings together community, researchers, practitioners, policy makers and funders, who share their mission to improve the health, development and lives of children and young people through excellence in research.

Importantly, the Institute wants knowledge applied so it makes a difference.

The Institute recognises and values collaboration to ensure research is informed by real-world contexts and can be more effectively translated into policy and practice outcomes that make a tangible difference.

The Early Years Systems Evidence team is focused on how children's life chances are shaped by their experiences and environments from pregnancy through to their school years, and how this differs across the contexts in which children are raised.

Team Leader Associate Professor Yasmin Harman-Smith said partnerships were at the core of the work the team did.

"Our team works in partnership with policy makers and service providers to develop pragmatic and robust research methodologies and evaluations to address their questions," Associate Professor Harman-Smith said.

"The work we do is strengthened by collaborating with others to ensure research outcomes help to shape the experiences and environments of children and families in Australia."

Associate Professor Harman-Smith said the team's research expertise spanned child development, well-being and learning support in school, and parenting support services and programs.

"Our breadth of experience supports us to advocate for cohesion across the system with a focus on improving the experiences of families. For example, as families progress through universal services - that is from antenatal services to maternal child health services to early education and care and into schooling – how can we ensure they have a really great experience. We're also interested in ways families can have a positive experience as they touch targeted aspects of the system, such as child protection, mental health services, relationship support, disability support."

Find out more about our work and opportunities to partner with us at www.telethonkids.org.au/eyse-team

Meet our Early Years Systems Evidence team (from back left): Adam Gavin, Tess Gregory, Trudy Crickmar, Zara Boulton, Maxine Gross, Honey Rahmanian, Ellen Harvey, Neida Sechague Monroy, Yasmin Harman-Smith. Alanna Sincovich, Tania Plueckhahn and Miriam Posselt (not pictured).



HDA 20th Anniversary Research Afternoon + Oration - 16 October

::: event sponsor :::
Emerging Minds

Emerging Minds – free, evidence-based resources to help you support child mental health

Emerging Minds develops a wide range of digital resources for practitioners and families to help support child mental health.

Working together with practitioners and families, and drawing on the latest research, Emerging Minds produces videos, animations, podcasts, webinars, practice papers, factsheets, online learning courses and more – all available for free on their website.

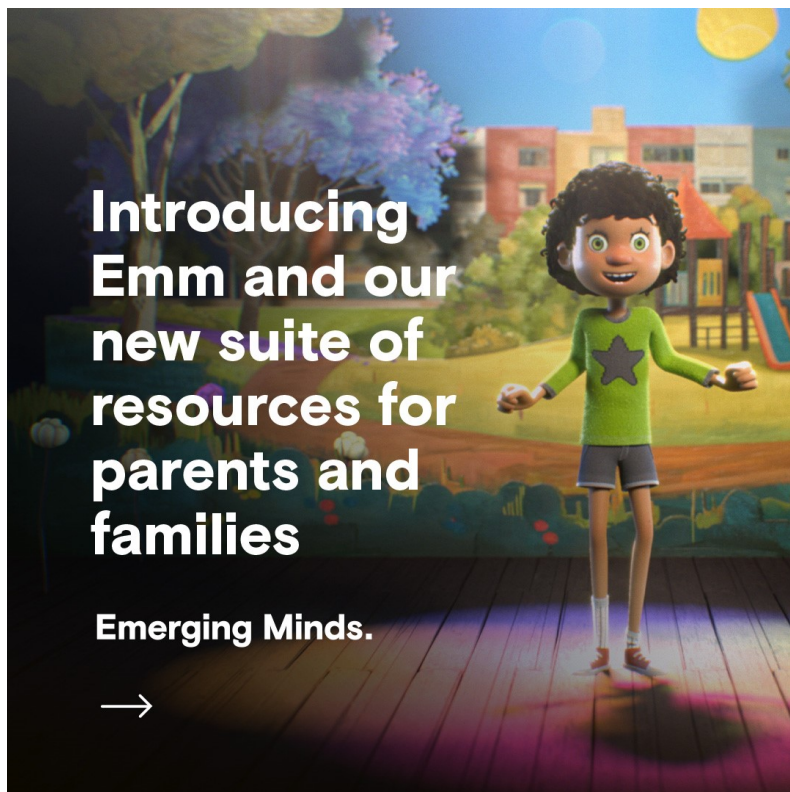
Topics include infant and child mental health, trauma, disasters (including bushfire, flood and drought), substance use, family domestic violence, bullying, anxiety and much more.

Their team of child mental health advisors also work with organisations across Australia to help support workplace policies and practices that champion positive mental health outcomes for infants and children.

Latest releases

Emerging Minds' most recent release is a suite of resources for parents and families, [Understanding and supporting child mental health](#).

Developed in collaboration with families and practitioners, the suite is an important tool for families and professionals alike. The resources aim to strengthen families' knowledge and confidence in talking about children's mental health with practitioners and educators by offering shared language and understanding.



The suite introduces Emm, the child character who leads Emerging Minds' [What is child mental health?](#) animation.

Emm's purpose is to bring key concepts about children's mental health to life in a way that is easy to understand and inspires further thought and actions.

Along with Emm, the suite includes a range of factsheets and videos as well as the PERCS of parenting – five key things parents can do to support key areas related to children's mental health: [Parent-child relationships](#); [Emotions and behaviours](#); [Routines](#); [Communication and meaning-making](#); and [Support networks](#)).

The PERCS concept provides a checklist to look at what's going well in a child's life, but also what areas might need support. These resources also provide parents with practical ways to support a child's mental health throughout their daily life.

For more resources, ways to get involved and to get in touch [visit the Emerging Minds website today](#).



Kudos Services: Holistic Supports, Lifelong Empowerment

Kudos Services, a South Australian allied health agency, offers a range of therapy services designed to enhance the quality of life for children, young people, and adults living with disabilities. The multidisciplinary agency provides hands-on therapy, positive behaviour support and support coordination services that foster independence, growth, and community integration.

Born out of Government in 2018, Kudos Services prides itself on a holistic approach to therapy, recognising that each individual's needs and goals are unique. The agency offers a diverse array of services, including occupational therapy, speech pathology, physiotherapy, social work, developmental education, positive behaviour support and psychology. This all-inclusive approach ensures that clients receive well-rounded support tailored to their specific circumstances, at all life stages.

Kudos employs a team of highly skilled and compassionate professionals who are dedicated to implementing the latest developments in disability therapy. By incorporating evidence-based practices and innovative therapeutic techniques, Kudos ensures that clients benefit from the most effective and up-to-date support available.

This team of 180 staff serves both metropolitan and rural South Australia. Participants and families can choose to receive support at home, at school, or at one of Kudos' three locations. Recognising the growing need for disability services in the southern suburbs, Kudos recently established an office within the Can:Do South Hub in Noarlunga. This new location offers south-based clients greater accessibility to a larger, dedicated space and state-of-the-art therapy rooms. The \$4 million facility also hosts other like-minded organisations serving the community. Rurally, Kudos extends its team and services to outreach locations in Whyalla, Pt Augusta, and Mt Gambier ensuring those in remote areas have access to high-quality care.

Kudos operates with strong community-centric values, emphasising the importance of collaboration and partnership. The agency works closely with families, caregivers, and other service providers to create a supportive network that empowers clients to achieve their full potential. By fostering strong relationships within these communities, Kudos helps to break down barriers and promote social inclusion for individuals with disabilities.

Kudos Services offers lifelong support, from early intervention for children to ongoing therapy for adults, ensuring continuity of care. Driven by a passion for positive change and disability advocacy, Kudos makes a significant impact through comprehensive therapy supports and community engagement, fostering a more inclusive and compassionate future.

HDA PAST EVENTS

Healthy Development Adelaide (HDA) forum on Development and Wellbeing in Early Childhood: Building a brighter future for our children. This forum was held in conjunction with our partner organisation the Department for Education. Chaired by **Prof Carol Maher** (HDA Co-Convenor), UniSA.

Speakers included **Kim Little** on *Investing in early childhood*; **A/Prof Yasmin Harman-Smith** on *Targeting impact to achieve change that matters for kids*; **Ben Rogers** on *Integrating Mental Health into the Early Childhood Development story*; and **Kylie Dankiw** on *Nature play for well-being in early childhood, the challenges and opportunities*.



Pic 1 to r: Kim Little, Kylie Dankiw, Ben Rogers, Yasmin Harman-Smith, Carol Maher

Healthy Development Adelaide (HDA) and Robinson Research Institute forum - From Insights to Impact: Pioneering Innovations for Thriving Families. Chaired by **A/Prof Zohra Lassi** (HDA Co-Convenor), University of Adelaide.

Speakers included **A/Prof Kylie Dunning** on *Unveiling embryo developmental potential with advanced photonics*; **A/Prof Zohra Lassi** on *Equal Access: Pioneering health equity in sexual and reproductive health for migrants and refugees in Australia through cutting-edge research*; **Prof Louise Hull** and **Dr Jodie Avery** on *IMAGENDO: Building a revolutionary diagnostic healthcare solution for women's health using AI*; and **A/Prof Martin Donnelley** on *Unveiling the Dynamics of Breathing: X-Ray velocimetry's breakthrough in Cystic Fibrosis lung imaging*.



Pic 1 to r: Martin Donnelley, Zohra Lassi, Jodie Avery, Kylie Dunning, Louise Hull

HDA PAST EVENTS

Healthy Development Adelaide (HDA) forum on Working in partnership to support children and families in the early years. This forum was held in conjunction with our partner organisation **Preventive Health SA**. Chaired by **Prof Rebecca Golley**, Interim Director and Dean of Research, Caring Futures Institute, Flinders University.

Speakers included **Prof Rebecca Golley** on *Evidence informed action to support health and wellbeing of all South Australian families: making a difference by connecting dots in a complex system*; **Dr Natasha Schranz** on *An overview of Preventive Health SA*; **Dr Brittany Johnson** on *Co-designing an evidence dashboard for planning child health behaviour programs and services*; **Konnie Kalompratsos** and **Dr Sarah Hunter** on *Caring for caregivers: implementing an evidence informed program to support caregiver wellbeing*.



Pic 1 to r: Brittany Johnson, Natasha Schranz, Sarah Hunter, Konnie Kalompratsos, Rebecca Golley

Healthy Development Adelaide (HDA) panel on Reimagining Child Protection and Family Support in South Australia – Panel Discussion. This event was held in conjunction with our partner organisation the **Department for Child Protection**. Facilitated by **Nancy Penna**, **Executive General Manager, Community Services, AnglicareSA**.

Opening speaker - **The Hon. Katrine Hildyard MP, Minister for Child Protection**;

Panel included **Fiona Endacott**, Chief Executive Officer, Connecting Foster & Kinship Carers – SA Inc; **Denis Yengi**, Chairperson, African Communities Council of South Australia; **Dan Mitchell**, Aboriginal Advocate; **Lucy Wade**, State Director, Children Youth & Families, Alcohol & Other Drugs, Life Without Barriers; and **Arabella Stravolemos**, Social Worker (BSW), Living Experience Advocate (LEA), Kinship Carer.



Pic 1 to r: Dan Mitchell, Nancy Penna, Lucy Wade, Hon Katrine Hildyard, Fiona Endacott, Denis Yengi, Arabella Stravolemos

HDA PARTNER NEWS THE WCH FOUNDATION

The WCH Foundation Cocoon Program

The first of its kind in South Australia, the Cocoon Program is the result of a partnership between the Women's & Children's Hospital Foundation and the Women's and Children's Health Network.



The Cocoon Program was designed to address an at-risk cohort of infants; those under 12 months with medical or developmental vulnerabilities, who also have interaction with the child protection system. This group of babies with complex psycho-social, developmental and medical needs have traditionally been at higher risk of 'falling through the gaps' resulting in a compounding of issues that could involve crisis hospital admissions and missed opportunity for early intervention.

The outpatient program provides early identification, assessment and intervention to infants, and swift referrals to connected services, if required. The 'wrap around' model provides consolidated multidisciplinary appointments, so infants see several clinicians together on a single occasion. This saves caregivers from having to make multiple visits to hospital to see different clinicians at different appointments, resulting in fewer visits to hospital overall and reduced time spent travelling to and from hospital.

Through the dedicated 90 minute appointment caregivers (including kinship carers) and baby are able to access a Paediatrician, an Infant Mental Health Clinician, Aboriginal Cultural Consultant, Social Worker and a Senior Physiotherapist. Caregivers receive coordinated and consistent messaging within the clinic, empowering them with the information they

need to care for the baby in their care.

The program puts the baby at the centre of care, supporting their social, emotional, developmental, and physical health and wellbeing in a highly personalised way. Early anecdotal evidence demonstrates that earlier intervention is resulting in better health and wellbeing outcomes, stronger baby-caregiver attachment, fewer hospital admissions, and higher caregiver satisfaction and confidence, without stigma.

Since launching in March 2023, more than 100 babies have been cared for by the Cocoon Program team.

For further information about the clinic, please email: Health.WCHNCocoonCoordinator@sa.gov.au



HDA Partner News Women's and Children's Health Network

The Women's and Children's Health Network (WCHN) is proud to celebrate the achievements of staff, volunteers and consumer advocates across our organisation with the annual Excellence Awards.

Over 10 categories. Sponsored by the Women's & Children's Hospital Foundation and University of Adelaide.

View the finalists and winners here

<https://www.wchn.sa.gov.au/about/wchn-excellence-awards>

HDA PARTNER NEWS DEPARTMENT OF HUMAN SERVICES

SA Youth Week 2025 will take place from 9 to 17 April 2025

The South Australian Government, through the Department of Human Services (DHS), is providing one-off grants of up to \$2,500 to support youth-led events and activities held during SA Youth Week.

The events should promote, acknowledge, recognise and celebrate the contributions of young people in our communities, and support the following SAYW objectives:

- provide opportunities for young people aged 12 to 25 years to be involved in the planning and delivery of events that celebrate young people and youth culture
- provide opportunities for young people to express their ideas and views, pursue their interests, showcase their skills and talents, raise issues of concern to them and/or act on issues that affect their lives
- provide opportunities for the wider community to listen to young people and acknowledge and celebrate the positive contributions that young people make to their local communities
- provide activities that are accessible for all young people.

Applications for this grant round are open from 1 October 2024 and close on 29 November 2024 at 3.00 pm.

Further info here: <https://dhs.sa.gov.au/how-we-help/grants/available-grants/sa-youth-week-2025-grants>

HDA Partner News Department for Child Protection



SOUTH AUSTRALIAN CHILD PROTECTION AWARDS 2024



Government of South Australia
Department for Child Protection

NAPCAN PREVENT
CHILD ABUSE
& NEGLECT



GOLD SPONSOR
hendecare
foundation

The awards celebrate the outstanding achievements of children and young people, carers, volunteers, staff and organisations from across the child protection sector.

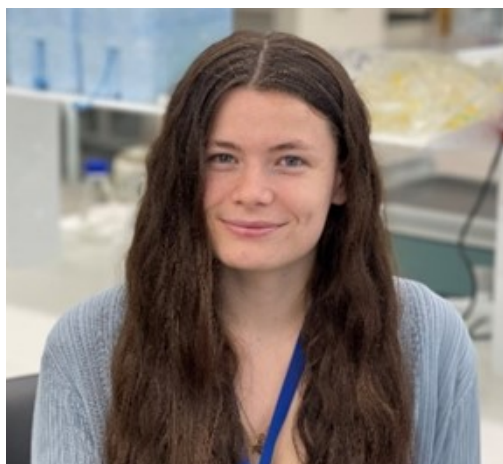
These Awards bring together our sector and community leaders and acknowledge the valuable contribution individuals, groups and organisations make to provide a safe and thriving environment for children and young people in care.

View the finalists and winners here

<https://www.childprotection.sa.gov.au/news-and-events/sa-child-protection-awards>

HDA MEMBER PROFILE - MELANIE BERTOSSA

UNIVERSITY OF SOUTH AUSTRALIA



Melanie Bertossa is a 3rd year PhD candidate at the University of South Australia and a part of the Early Origins of Adult Health Research Group.

She is passionate about the role of nutrition and its impact on the lifelong heart health of the mother and her baby throughout the life course. In 2021, she completed her Bachelor of Medical Science at the University of South Australia with an area of expertise in fetal and maternal pathophysiology, reproduction, and development. She combined these interests into her PhD titled "Maternal Nutrition during Pregnancy and the Impact on the Developing Fetal Heart: Identifying Targets for Intervention." This is being pursued under the supervision of Professor Janna Morrison, Dr Jack Darby, and A/Professor Michael Wiese. It utilises pre-clinical animal models exposed to over or undernutrition during different periods of

pregnancy to identify key molecular mechanisms in fetal life that may contribute to an increased risk of cardiovascular disease (CVD) in adulthood.

She recently published her first paper in the *Journal of Physiology*, showing that exposure to a high-fat, high-sugar diet before and throughout pregnancy in non-human primates (NHP) reduces critical cardiac thyroid hormone concentrations essential for normal fetal heart development. This study also showed markers associated with insulin resistance and increased CVD risk altered in these non-human primates' fetal hearts. This was despite babies having normal birth weights, a finding that should guide future clinical practice to focus on all babies born to these types of pregnancies. This work garnered Australian-wide media recognition, allowing the importance of good nutrition in the childbearing ages to be effectively communicated to a broader audience.

She is equally passionate about improving lifelong maternal heart health. She is currently involved in an ongoing collaboration between the Early Origins of Adult Health Research Group and ARENA at the University of South Australia and the Department of Cardiology at the Lyell McEwin Hospital that aims to evaluate the adherence to dietary guidelines in postpartum women attending the COFFEE (Cardiovascular assessment after obstetric complications: Follow-up For Education and Evaluation) clinic at NALHN who are at high risk for cardiometabolic disease. Ultimately, her overall goal is to improve the quality of healthcare advice given to women in this postpartum period and reduce the risk of cardiometabolic disease in this high-risk cohort.

BECOME A HDA MEMBER TODAY ...

Join us in fostering South Australian multidisciplinary research, policy and practice at basic, clinical, social and population levels to enhance the healthy development and wellbeing of Australia's future generations.

HDA membership is open to researchers, PhD students and professionals working in areas relevant to HDA's research.

Membership benefits

- Access to travel grants (PhD students and early career researchers)
- Access to PhD scholarships
- Eligibility to apply for HDA awards
- HDA event attendance certificates towards your continuing professional development points
- Build relationships with people working in areas relevant to the health and development of young children and adolescents
- Contribute your knowledge and expertise to make a difference
- Support HDA into the future

If you are not involved in research or are part of the general community not to worry as we also welcome your membership and support. We would love to have you be a part of our network!

1 year for \$30 or 3 years for \$60 (excluding GST).

<https://health.adelaide.edu.au/healthy-development-adelaide/get-involved>

PARTICIPANTS NEEDED! TACKLING CHILDHOOD PERFECTIONISM



PERFECTIONISM

Is the enemy of

progress

-Winston Churchill



Flinders
University

Institute for Mental Health &

wellbeing

This research has been reviewed by:

* The Human Research Ethics Committee Flinders University (HREC 5816)

* Curtin University Human Research Ethics Committee (HRE2023-0652)

* South Australian Department for Education

* Association of Independent Schools of South Australia

* Catholic Education South Australia

Funded by the Channel 7 Children's
Research Foundation



Are you the parent/carer of a child aged 7 to 12 who:

- Feels bad about themselves if they do not do very well at things (e.g., school, hobbies).
- Continually sets goals for themselves that seem difficult to reach.
- Tends to procrastinate, or put things off, even though they feel bad about it later.
- Spends a lot of time thinking about their mistakes or any errors in what they do.



What is the approach of the Guided Parent-Delivered Cognitive Behaviour Therapy for Perfectionism research study?

The program includes six modules, designed to be used by the caregiver with the child, in interactive learning activities, supported by an online guidance session once a week. Each of which contains:

- Information about perfectionism.
- Activities for the caregiver to complete independently.
- Handouts for the caregiver to give to the child and discuss with them and exercises that the caregiver and child can complete together.
- Questionnaires for you and your child to complete online over the course of the evaluation and 12-weeks after the intervention is completed.

In recognition of your time completing the assessments, you will receive a \$100 Coles voucher after completing the final assessment.

The program aims to help: (1) children pursue meaningful goals whilst reducing distress – not lowering their standards; (2) children explore new thoughts, behaviors, and less harmful avenues to achievement; (3) caregivers identify perfectionism in themselves, promoting joint learning.

To participate or see additional study details follow the QR code or email maya.jabs@flinders.edu.au



**PARTICIPANTS NEEDED!
POSTPARTUM PSYCHOSIS STUDY**

**ATTENTION PERINATAL
HEALTH PROFESSIONALS!**

We are seeking Health
Professionals with
experience in perinatal care
to participate in a research
study to share their
knowledge of Postpartum
Psychosis.

To participate please scan the QR code below



Involves:
30 - 45 minute survey

For more information please contact:
donna.mcmahon@flinders.edu.au

This study has been approved by the *Flinders
University Human Research Ethics Committee*
(Project ID: 7153)



Survey link here:

https://qualtrics.flinders.edu.au/jfe/form/SV_6PViCVR2ds2vpBA

PARTICIPANTS NEEDED!
**** FOR HEALTHCARE PROVIDERS ****

Relationship Satisfaction in Women from Migrant and Refugee Backgrounds



- Do you possess experience or expertise in offering sexual and reproductive healthcare services to women from migrant and refugee backgrounds?
- Whether you're a gynecologist, general practitioner, sexual health specialist, nurse, midwife or hold any other relevant role, we extend an invitation for you to join us.
- We welcome healthcare providers practicing in Adelaide, South Australia.

The healthcare provider will receive compensation for their participation in the study.

To take part, email
negin.mirzaeidamabi@adelaide.edu.au or
For more information click [HERE](#)

The project has been approved by the University of Adelaide's Human Research Ethics Committee
(Ethics approval number: H-2024-011)



PARTICIPANTS NEEDED!
**** UNPACKING THE WORK OF SCHOOL LUNCHES ****

UNPACKING THE WORK OF SCHOOL LUNCHES

Are you a **parent** interested in discussing your experiences **with** school lunches?



We are inviting parents from Adelaide to participate in a 60 minute virtual interview* to explore their experiences of providing school lunches - what it looks like, who's involved, and how they feel about it!

In appreciation of your time you will receive a \$25 e-gift card.

You may be eligible to participate if you:

- Live in Adelaide
- Are over 18 years of age
- Speak English
- Are the primary caregiver of at least one child aged between 5-11 years
- Have children that attend formal schooling outside of home

*Your video will need to be on during the interview and your eligibility confirmed.

CONTACT FOR MORE INFORMATION:

For more information, please visit the project registration page
https://qualtrics.flinders.edu.au/jfe/form/SV_bDTTbpvOjrlAdOm
or email seow0029@flinders.edu.au



This research has been approved by the Social and Behavioural Ethics Committee at Flinders University (7318)



PARTICIPANTS NEEDED! 'BALANCE GAMES' STUDY

The University of South Australia are inviting parents and children/youth aged 10-15 years to participate in a study about digital balance games.

Participants will receive \$50 for their time.

Interested? Visit the Research Volunteers Website to see what's involved!



'BALANCE GAMES' STUDY



This project has been approved by the University of South Australia's Human Research Ethics Committee. (Ethics protocol 206184)

Curious about digital balance games for children/youth?

The University of South Australia want to hear from you! Visit <https://www.unisa.edu.au/research/research-volunteers/exploring-the-biodex-bioswaytm-digital-balance-games-for-children-and-adolescents/> to find out if you and your child are eligible.

Commissioner for Children and Young People - snapshots



A 6-Point Plan to Make SA a Better Place for Kids...

as described by primary school children

Since 2019 I have received postcards from South Australian primary school children in every corner of the state, from Government, Catholic and Independent schools, special education schools, Aboriginal and Torres Strait Islander schools, and schools with less than 20 students.

While each postcard is unique, I also receive cards where children or young people, and some children get some help from teachers and support staff. Children are also asked to draw a picture and write what they are concerned with the other issues, get a print-out, and also have a drawing of the services they want.

Most want to be happy, healthy kids in which they can play and learn and have fun. They love their families and appreciate the love that parents and carers give them. Some children however have an experience of poverty, abuse and mental health issues. These children in the group have an opportunity to be heard their views and opinions on how to make their lives better, which is why the postcard initiative is so important.

The images children's postcard responses provide a snapshot of what children in primary schools and decision-makers also get some help from teachers and support staff. Children are also asked to draw a picture and write what they are concerned with the other issues, get a print-out, and also have a drawing of the services they want.

While the 6-Point Plan that follows is a snapshot of what children have said to make South Australia better from their point of view, this is a snapshot of practical and thoughtful ideas that politicians, government and civil leaders should hear.

Our youngest citizens have provided a roadmap for a better state. They are also the future leaders, so it is important that we listen to their views and support by acting on the things they say will make their 21st century lives better.



A 6-Point Plan to Make SA A Better Place for Kids

This snapshot summary provides 6 practical and thoughtful ideas on ways that kids want politicians, government policy makers and civics leaders to heed. South Australia's youngest citizens have provided a roadmap for ways they suggest building a better more child friendly state.

Read more here:

[A 6-Point Plan to Make SA a Better Place for Kids - Commissioner for Children and Young People \(ccyp.com.au\)](https://ccyp.com.au)

A Grownups' Guide to Providing Child Focused Help

Throughout their lives, children and young people will meet many adults in helping roles. This guide provides helpful tips for how to genuinely engage with children and young people to ensure organisations and individual adult helpers are providing truly child focused care.

Read more here:

[Grownups' Guide to Providing Child Focused Help - Commissioner for Children and Young People \(ccyp.com.au\)](https://ccyp.com.au)

Funding boost for autism research initiative

Media release - 12 September, Flinders University



The work of Flinders University's Autism Research Laboratory has been given a boost with funding of almost \$850,000 towards establishing a new 'Autism Research Initiative'.

A generous \$500,000 donation from an anonymous donor supported by funding from Flinders University will be delivered over five years and includes support for a new research role focused on autism.

The initiative will drive strategic collaboration between researchers and partners and build capacity for research and education on Autism Spectrum Disorder (ASD), or autism.

It will serve as a global hub for autism research, promoting worldwide collaboration between academia, healthcare systems, industry, funders and autistic organisations.

"This new initiative represents a significant step forward in helping support the autistic community, their families and the wider community," says Professor Robyn Young from the College of Education, Psychology and Social Work.

The new funding will help expedite innovative solutions for the 75 million people around the world living with autism through increased strategic research investment, capacity building, and research

translation into tangible support.

The work will advance early autism detection and better identification of autistic women. It will also expand understanding of co-occurring conditions such as eating disorders and trauma, and further help autistic people navigate the criminal justice system.

"Importantly, this initiative represents a significant step forward in allowing us to dive further into life-changing research and develop more evidence-based approaches that will improve outcomes for autism," says Professor Young.

"We are extremely grateful to the donor of \$500,000 which will have a large and lasting impact in improving the lives of autistic people.

"The generous donation along with Flinders' funding will allow us to coordinate our research, apply for grants for other projects and support our higher degree students to conduct their research."

Autism is one of the most prevalent, serious neuro-developmental disorders which affects the brain's growth and development.

It is a lifelong condition, with symptoms appearing in early childhood, and is increasingly being diagnosed. It can be characterised by difficulty in social communication; difficulty in social interaction; and restricted or repetitive behaviours and interests.

Professor Young leads Flinders' Autism Research Laboratory. Her interest in autism began while studying savants as part of her PhD in Savant Syndrome. This work became the subject of an ABC documentary titled *Uncommon Genius*.

She went on to develop a screening tool for Autistic Disorder suitable for use in children as young as 12 months of age. This tool, known as the Autism Detection in Early Childhood (ADEC; ACER, 2007), clearly operationalises early behaviours indicative of autism, and she also helped Flinders University colleagues develop an intervention program called SPECTRA in 2009.

Should parents be worried about social media? We asked 5 experts

The Conversation, 11 September

The Albanese government has announced it will introduce a social media ban for children.

The government has not yet nominated a minimum age but is trialling age-assurance mechanisms for those aged 13–16. Prime Minister Anthony Albanese says the legislation will be introduced this year.

This follows criticism from a range of experts, who argue it will be difficult to enforce and does not take account the positive impacts of social media for young people.

Read the full article at: <https://theconversation.com/au/education>

Federal funding for child mental health and wellbeing survey

Media Release - 16 September, University of Adelaide



The Federal Government has awarded \$8.1 million for the third National Child and Adolescent Survey of Mental Health and Wellbeing which University of Adelaide experts will play a key role in.

The Young Minds: Our Future survey will be led by Curtin University's Professor David Lawrence, with the University of Adelaide's Emeritus Professor Michael Sawyer a key contributor.

This survey will build on insights from previous

studies, which also involved Emeritus Professor Sawyer, and will require face-to-face interviews with 6,500 primary carers of children aged four to 17; children aged 11 to 17 will also be invited to complete a questionnaire.

The last survey revealed one in seven Australians aged four to 17 had a mental disorder, with only 56 per cent having received help in the year prior to the survey.

Emeritus Professor Sawyer said objectives of the survey were to update the prevalence rates of mental disorders amongst children and adolescents as well as obtaining information about the extent to which children and adolescents currently receive help for mental disorders.

It will also seek to assess how mental health symptoms and disorders affect quality of life, establish rates of suicidality and self-harm and examine changes in help-seeking behaviours and service use since the last survey.

Roy Morgan will collect the data for the study between 2025 and 2026, and the findings are expected to be delivered in 2027.

Research centre funded for global control of two serious infections in young people

University of Adelaide, 30 August

University of Adelaide researchers have received \$3 million for a new research centre set to determine the most effective immunisation program using one vaccine to protect against both meningococcal disease and gonorrhoea.

Funded by National Health and Medical Research Council (NHMRC), The Centre for Research Excellence (CRE) in Neisseria disease control will significantly drive down cases of meningococcal disease and gonorrhoea in Australia and globally. The centre will launch in early 2025.



Professor Helen Marshall, who will lead the centre, says: "The CRE will shape immunisation programs against meningococcal disease and gonorrhoea nationally and globally as this is one of the first times a vaccine has been used for cross-protection against two diseases. We will determine the most effective immunisation program to reduce both diseases which will have a huge impact, particularly for children and women."

Invasive meningococcal disease and gonorrhoea are bacterial diseases that cause an enormous health burden globally. Meningococcal manifests as meningitis or sepsis and has a case fatality rate of 5 to 10 per cent despite treatment. IMD mainly affects children aged under 5 years, and adolescents aged 15 to 19 years old in Australia. Approximately half of all cases are serogroup B IMD, with a four-fold higher incidence among Aboriginal children.

"Both diseases are caused by closely related bacteria (Neisseria species) with 90 per cent genetic homology. We have the opportunity to prevent both diseases with one vaccine," Professor Marshall says.

Obesity in mums doubles the risk of autism in babies

Media release - 25 September, UniSA



Children born to mothers with obesity both before and during pregnancy have an increased risk of neuropsychiatric and behavioural conditions, including autism spectrum disorder (ASD), and attention deficit hyperactivity disorder (ADHD), according to new research from the University of South Australia.

Funded by Centre of Research Excellence Health in Preconception & Pregnancy and conducted in partnership with Curtin University, Monash University, SAHMRI and a team of national institutions*, the systematic review and meta-analysis of more than 3.6 million mother-child pairs across 42 epidemiological studies found that obesity during pregnancy:

- increases the risk of ADHD in children by 32%.
- doubles the risk of developing ASD in children (by 2.23 times).
- increases the risk of conduct disorders by 16%

The study also found that maternal pre-conception obesity or overweight was linked with an increased risk of ADHD, ASD, conduct disorder and psychotic disorder as well as a 30% increased risk in both externalising symptoms, and peer relationship problems.

Lead researcher UniSA's Dr Bereket Duko says the study provides new insights into the long-term impact of maternal body weight on child mental health.

"Maternal obesity has long been associated with a range of adverse perinatal outcomes, including pre-term birth, low birthweight, stillbirth, and it is also linked with macrosomia, or high birthweight," Dr Duko says.

"In this study, we examined maternal overweight and obesity before and during pregnancy, finding that both are significantly linked with psychiatric and behavioural problems in children later in life, specifically ASD, ADHD and peer relationship problems.

"Given the rising global obesity rates among women of reproductive age, and the growing numbers of children identified with neurodiverse conditions, it's important that we acknowledge the potential long-term consequences of maternal adiposity on child mental health."

In Australia, about one in 150 people have ASD with more than 8% of children aged 4-11 diagnosed with ADHD. Globally, one in eight people live with obesity.

Dr Duko says the study's results underscore the need for interventions targeting maternal weight management before and during pregnancy.

"Public health efforts that target improving maternal health could help mitigate some of the risks of neuropsychiatric and behavioural disorders in children," Dr Duko says.

"While further research is needed to explore the biological mechanisms underlying these associations, the findings do stress the need for health interventions that promote healthy living and weight among parents to be."

I think my child's weight is affecting their health. How can I best support them?

The Conversation, 17 September

Weight fluctuation and change in body composition with growth is a normal part of development. Apart from the first year of life, teenage years experience the most rapid increase in growth and development.

Your health-care provider will consider your child's weight status as part of a holistic assessment considering age, sex, and stage of growth. Not all children with high weight will have health consequences. However, as children get older excess body fat may have health complications including sleep apnoea (where breathing stops and starts during sleep), bone or joint problems, liver disease, high blood pressure or cholesterol, or insulin resistance (pre-diabetes).

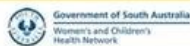
Read the full article at: <https://theconversation.com/au/health>

Helen Mayo House Perinatal & Infant Mental Health Conference

THE 2024 HELEN MAYO HOUSE PERINATAL & INFANT MENTAL HEALTH CONFERENCE

21 – 22 November 2024

Adelaide Convention Centre



Government of South Australia
Women's and Children's
Health Network



Enriching
Outcomes
in the
Early Years



We would like to make you aware of the Workshops on offer at our Annual Conference on Day 2, Friday 22nd November.

In the morning, our Keynote speaker Professor Megan Galbally will give a Masterclass entitled **“Improving the management of perinatal obsessive-compulsive disorder and eating disorders: the overlooked perinatal disorders”**, and in the afternoon, Dr Jacqui Amos and Dr Liz Coventry from Centacare, Adelaide will build on past Helen Mayo House conference workshops with a session entitled **“How radical compassion enriches therapeutic outcomes in the early years”**.

More information on the program and speakers can be found here: <https://www.wch.sa.gov.au/professionals/workforce-development/hmh-annual-conference-2024>

Register now at: <https://pecbookings.eventsair.com/2024hmhconference/registration/Site/Register>

Women's and Children's Health Network Research Week



Research Week 2024

6-8 November 2024

It begins with research

Research Week 2024 will be held from Wednesday, 6 November until Friday, 8 November, with the theme “It begins with research”, emphasising the first 1,000 days of life.

Research Week will commence with an immersive Community Day on Wednesday, 6 November at the Women's and Children's Hospital, followed by a two-day Research Symposium on Thursday, 7 and Friday, 8 November at the Adelaide Convention Centre. As well as an opening by the SA Minister for Health and Wellbeing Chris Picton, two interstate speakers will set the scene for what will be a jam-packed two-days of collaboration, information sharing and networking.

Thank you to the WCH Foundation for their generous support of this event and for their ongoing support of research at WCHN.

To register for the Research Symposium, visit:

<https://events.humanitix.com/2024-wchn-research-symposium>

To register for the Community Day Trainee Workshop, visit:

<https://events.humanitix.com/wchn-trainee-workshop>

2024 Lloyd Cox Memorial lecture

Robinson Research Institute



The 10th annual Lloyd Cox Memorial lecture "Research with Impact: Translating Women's Health Research in to Practice and Policy" is presented by Professor Helena Teede AM and hosted by the Robinson Research Institute, the University of Adelaide.



Professor Helena Teede MBBS FRACP FAAHMS FRANZCOG FRCOG PhD AM is a clinician academic and reproductive endocrinologist at Monash University in Australia. She holds an L3 NHMRC Investigator Fellowship in women's health. Professor Teede is Director Monash Centre for Health Research and implementation, and lead on the Centre for Research Excellence for Women's Health in Reproductive Life. She has over 700 publications and \$65M in career grant funding, mostly as CIA. She is incoming President of the International Society of Endocrinology, is on the Council of the Australian Academy of Health and Medical Sciences and chairs a WHO task force. She has a large research program and has led International Guidelines and translation programs on PCOS, infertility, early menopause and healthy pregnancy with major impacts on policy and practice.

Wednesday 23 October, 5.30-7pm ACDT

Further details and registration:

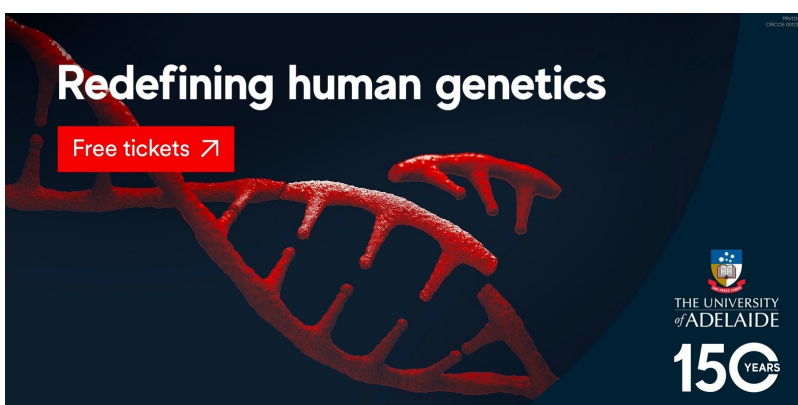
<https://events.humanitix.com/research-with-impact-translating-women-s-health-research-into-practice-and-policy-2024-lloyd-cox-memorial-lecture>

Redefining Human Genetics Research Tuesday - University of Adelaide

Imagine a world where advanced gene editing was commonplace: would there be designer babies, fewer genetic diseases? This may sound like science fiction, but researchers are rapidly advancing toward these possibilities.

Professor Paul Thomas uses CRISPR technology to develop precision therapies for various inherited diseases and genetic tools for suppressing invasive pests—and he's speaking out about the possible risks of gene editing.

Join us in October to learn the impacts—both positive and negative—gene modification could have on our health, environment, and society.



Event: Research Tuesdays - Redefining human genetics

When: Tuesday, 8 October 2024, 5.30 pm start
For in-person, the doors will open at 5.15 pm

Where: The Braggs Lecture Theatre, University of Adelaide, North Terrace

Webinar registration:

https://adelaide.zoom.us/webinar/register/WN_TkaBuzOeQb6Fv05jE078pg#/registration

in-person registration:

<https://events.humanitix.com/research-tuesdays-redefining-human-genetics>