



Updates from Growing Minds Australia

Here is a snapshot of what the GMA team has been up to in early 2023



Early-Mid Career Researcher Network

Growing Minds Australia is launching an Early-Mid Career Researcher Network with the first meeting on Monday 5th April 2023, to grow opportunities for researchers just getting started in the child mental health research field to collaborate and integrate their efforts with each other's projects and interests. You can be part of the foundation team, with opportunities for leadership roles.

For more information, see details here: [Early Mid Career Researcher Network - Growing Minds Australia](#)

For further information please contact us at [growing-minds-](#)

GMA Flagship Trial 1 update: Growing Minds Check-In for parents (GMCI-P)

The Growing Minds Check-In (GMCI-P) seeks to transform early identification and intervention approaches by asking parents/caregivers of children from birth to 18 years to respond to a set of questions about their child's mental health (MH), in order to identify children at risk of MH problems and to increase access to evidence-based services. The GMCI-P will provide automated feedback based on parents'/caregivers' responses to the questions, and recommendations for evidence-based programs matched to need. Therefore, this check-in will increase the likelihood that children at risk of MH problems will be identified, and ensure they get access to evidence-based services, ultimately reducing the prevalence of children's MH problems.

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**GMA IMPACT's Innovation Grant
(WA Department of Health)
Update**

Growing Minds Australia IMPACT and Western Australian Multisystemic Therapy (MST) Child and Youth Mental Health Service (CAMHS) collaborated on this project, with Stage 1 finishing up at the end of 2022.

MST CAMHS delivers a high intensity program for youth (aged 10-16) with disruptive behavioural problems. In this collaboration, parents of 20 youth waitlisted for MST CAMHS were offered a *lower intensity clinician assisted intervention*, consisting of an existing online parenting program (Teen Triple P online - evidence based for youth with disruptive behavioural problems) as well as four brief fortnightly zoom sessions with a psychologist. Parents also completed brief, session by session outcome measures including the Pediatric Symptom Checklist (PSC-17) and a session by session engagement measure to monitor treatment progress and the therapeutic process.

We are excited to share that we have been working hard with the team from Action Lab at Monash University developing a GMCI-P prototype ready for user testing later this month. After the user-testing phase, we will conduct a 12-month RCT to compare the relative efficacy of the GMCI-P in improving parents'/caregivers' help-seeking behaviour and child mental health. The trial will compare the use of the GMCI-P by parents/caregivers to a waitlist control group, who will wait 12 weeks before accessing the GMCI-P. We are also examining the cost-effectiveness and acceptability of the GMCI-P. We are currently finalising the protocol and ethics application ready for submission later this month. Stay tuned!

ICEPS ANNOUNCEMENT

GMA is excited to be an official supporter of this years ICEPS (International Congress on Evidence-based Parenting Support) conference presented by PAFRA. GMA members will be presenting over the 3 day conference to run online from the 6th-8th June, 2023.

If you would like further information, or to sign up for registration please click the link:

<https://i-ceps.pafra.org/registration>

We evaluated the feasibility, acceptability and effectiveness of the GMA IMPACT model to referred youth, their families and staff.

Here are some preliminary results from Stage 1:

- The adapted IMPACT model, which incorporated stepped care and routine outcome monitoring, was feasible to implement in the CAMHS service within the 6 month timeframe.
- Our findings suggest that the IMPACT model was acceptable to parents. For example, on average parents attended **75% of zoom sessions** offered and rated themselves as **'fully engaged'** in these sessions. Qualitative feedback provided by parents on the model also supports these acceptability findings.
- Our findings also indicate that parents who accessed the IMPACT model experienced significant reductions in the mental health symptoms of their youth, with large effect sizes. See figures here [-https://growingmindsaustralia.org/gma-impacts-innovation-grant-wa-department-of-health-update-figures/](https://growingmindsaustralia.org/gma-impacts-innovation-grant-wa-department-of-health-update-figures/)

For further information on this project please contact Lindsay, at growing-minds-australia@sydney.edu.au

Opportunities to join GMA have now opened

Postgraduate Scholarship –
Aboriginal and Torres Strait Islander
PhD Candidate

Please click the link for more information:

<https://growingmindsaustralia.org/postgraduate-research-fellowships/>

We are here to Help

GMA members who wish to work with GMA, when looking to share and connect with a wider network particularly for research jobs or seeking promotion are free to contact us through social media, we are on twitter and linked in.

Twitter link

- <https://twitter.com/growingmindsau>

Linked In -

<https://www.linkedin.com/company/growing-minds-australia/>

or contact our admin officer at growing-minds-australia@sydney.edu.au



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