



Updates from Growing Minds Australia

Here is a snapshot of what the GMA team has been up to this Spring



[GMA Annual Scientific Meeting - Meeting of the Minds 2024](#)

GMA is excited to announce that after conducting our project virtually since our project commenced in 2021, our Scientific Investigators, Early and Mid Career researchers and Operations team will finally be able to collaborate and meet in person. The event will be held waterside in beautiful Sydney in February/March of 2024. The two day event will include workshop, research presentations and a key note speech from honoured guest Peter Fonagy.

We are hoping this in person meeting will be informative and help drive collaborations and move our project forward, key project updates and announcements will be shared



[GMA Flagship Trial Update: Growing Minds Feeling Good Study](#)

The Growing Minds Feeling Good study aims to develop a digital family-focused intervention for families with children and young people (4-24 years old) taking antipsychotic medications. The intervention incorporates physical activity, diet, sleep, and smoking habit components to promote healthy lifestyles and boost the youngsters' physical and overall well-being. The team is currently in the co-design phase of the intervention, collaborating with intervention experts and parents of children with neurodevelopmental conditions.

The data from the initial workshops

with all our members.

Early-Mid Career Researcher Network

Growing Minds successfully launched the EMCR Network in April of this year. Following a successful first meeting, the second meeting was held on the 11th of September, where members had the opportunity to introduce the dedicated leadership team and discuss planned activities for the coming months.

For those interested in joining the upcoming activities, please see the calendar below. These are all free for EMCR members to attend and we encourage newcomers to join!

GMA EMCR Research Fund

Workshop 1 (11am, 11th October 2023) – Consultation on the criteria above – help us develop a supportive review process!

GMA EMCR Virtual Coffee

Connection (Friday 13 October 2023 1pm AEST/ 2pm AEDT)

GMA EMCR Research Fund

Workshop 2 (1:30pm, 30 October 2023)– Bring some seed ideas to generate shared insights on feasibility

GMA EMCR Power Writing

Session (Thursday 23 November 2023 9am AEST/10am AEDT)

is currently being analysed, and some emerging themes indicate that the intervention should be individualised and adaptive. Additionally, regular, but not overly frequent, follow-ups with the families during the intervention would be beneficial. The team is very excited to see where it will take them.

GMA Postgraduate Research Position

GMA is excited to announce that a new role has opened with us! The **Postdoctoral Research Fellow** who will contribute to the development and publication of clinical and longitudinal research concerning child mental health and externalising disorders, as part of the Growing Minds Australia Externalising Group project.

For more information and how to apply click the link [here](#)

Lived Experience Resource Call out

As GMA develops we are looking to gather information and resources related to people with lived experience in Child Youth Mental Health.

We are looking for organisations, groups or individuals who have specific structures dedicated to diversity (eg ATSI, CALD, Disability,

GMA EMCR Webinar: How to think about, and develop, a career in child and youth mental health that you love (i.e., a reinforcing career) with Professor Matt Sanders (28 November 2023 1.30-3.00pm AEST)

GMA EMCR Research Fund Workshop 3 (Early February 2024)
– (By invitation) Support for shaping up to present the proposal(s) to the GMA Annual Scientific Meeting in March 2024.

GMA Meeting of the Minds: In-person GMA Scientific Meeting
(Thursday 29th February - Friday 1st March 2024)

We are setting up a Slack for the General Members to communicate and stay up to date with us, especially as we have so many upcoming social events, workshops, and a webinar before the end of the year.

If you wish to be part of our vibrant EMCR Network and attend our curated events, first ensure you are signed up as a GMA member. Then, simply email us at growing-minds-australia@sydney.edu.au expressing your interest in joining the EMCR Network.

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

LGBTQIA+) and lived experience, who focus on children and youth, especially involving scientific practice.

If you have any knowledge please do not hesitate to contact us,

growing-minds-australia@sydney.edu.au

ACTA conference

As a member of ACTA, GMA is happy to share details of the upcoming 2023 ACTA International Clinical Trials Symposium, and encourage submissions.

For more information please click [here](#)

We are here to Help

Members who wish to work with GMA, 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 - <https://twitter.com/growingmindsau>

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

Opportunities to join GMA have now opened

Postgraduate Scholarship – Aboriginal and Torres Strait Islander PhD Candidate

Please click the link for more information click [here](#).



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growing-minds-australia@sydney.edu.au

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