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## **GMA Network Updates**

### **The Growing Minds Check in is online!**

A reminder to GMA readers that the Growing Minds Check-In for Parents study is now live!

The Growing Minds Check-In is GMA's first flagship trial and has been designed by Dr Jaimie Northam and the team, to be a mental health and wellbeing check-in tool for parents of children 0 - 17 years. The Check-In is brief and combines subjective reports of mental health and wellbeing concerns with some established measures of child development and wellbeing. Participants receive feedback about their concerns and how their child compares to others of a similar age, in age-relevant domains of wellbeing. Recommendations are then provided for free or low-cost programs, and with information that is available to them to access instantly online.

The Check-In is currently only available to the public via the research trial, with participants randomised to the Check-In or waitlist groups. We hope to reach study target numbers quickly, to be able to use the results to enhance the tool and then make it freely available.

We would greatly appreciate you sharing the Growing Minds Check-In study with your networks!

You can see the Check-In here: <https://growingmindscheckin.au/>

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## **GMA Scientific Advisory Committee**

### **Welcome to our New Scientific Advisory Co Chairs**

GMA is very pleased to announce the Co-Chairs of the GMA Scientific Advisory

Committee for the next two year period are Professors [Marie Yap](#) and [Mark Bellgrove](#), both from Monash University. GMA couldn't ask for two more experienced people in Child Youth Mental Health research, particularly as they will take a major role in overseeing the GMA Endorsement process. We look forward to working with them over this time.

We would also like to thank our previous Co-Chair, Prof. [Frank Oberklaid](#) for his amazing contributions, and who is continuing his valuable input through the Steering Committee and our newly formed Sustainability Working Group, which you GMA readers will be able to hear more about in October.

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## **EMCR Network**

### **Webinar**

The GMA EMCR Network would like to thank [A/Prof Stephen Herps](#) from the Murdoch Children's Institute for his talk on "Tips to Manage Clinical Data" on Friday 6<sup>th</sup> September. This talk proved invaluable to all attendees and is free to rewatch for all EMCR members

### **EMCR Membership**

If you would like to sign up to be a part of our EMCR Network click [here](#) or if you are an existing EMCR Network member and would like to watch the recording of this or any of our previous webinars contact us at [growing-minds-australia@sydney.edu.au](mailto:growing-minds-australia@sydney.edu.au)

### **EMCR Leadership**

We would like to thank Tsz Ying Wong (Sylvia), Patrick Hawker, Emma Harkness, Carys Chainey, Melissa Salvagio, Talia Carl and Jaimie Northam for completing their terms on the GMA EMCR Leadership Committee. We look forward to announcing the GMA EMCR Leaders for the 2024-25 term soon.

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## **Congratulations**

### **DECRA Award**

Congratulations to GMA CI and chair of the GMA EMCR network, Dr Frances Doyle, for receiving a Discovery Early Career Researcher Award (DECRA) award. We would like to congratulate her for this amazing accomplishment. For more information on the DECRA fellowship please see the link [here](#).

### **NSW Young Tall Poppy Award**

On behalf of GMA, we wanted to congratulate one of GMA's Associate Investigators, A/Prof. [Simon Rosenbaum](#), from the School of Clinical Medicine at UNSW, who was recognised for his research in the integration of non-pharmacological treatments for people experiencing poor mental health, and his commitment to strengthening research capacity in low-income and conflict-affected countries.

To see more about the Award recipients, click [here](#).



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