



Executive Officer Yearly Wrap Up

Holidays are almost here, and we thought we would update you all before the break!

We're thrilled to announce that our membership has reached 326 members, reflecting a growing awareness of how GMA can **support collaborative and innovative child and youth mental health research!**

We have had a very active year. More recently we shared some of the high quality and impactful research at the Australian Association for Cognitive Behaviour Therapy Conference in Brisbane (AACBT), and at the Society for Mental Health Research Conference (SMHR), in Sydney.

I would like to congratulate all our successfully funded GMA researchers, across 16 projects, on another year of hard work making innovative contributions in child and youth mental health research.

Researchers from the University of Melbourne presented the findings from their GMA funded research at SMHR on Child and Youth Mental Health Research Priorities (which sought input from a Lived Experience and a Professional Expert panel). *Stay tuned to find out more in the publications, and our GMA launch in early 2025.*

We are excited to announce **two key initiatives we are undertaking to build towards GMA's sustainability and realise our strategic aims and objectives.** Partnering with Murdoch Children's Research Institute's team of experts, we are aiming to establish a 1) Lived Experience Research Network (led by Amanda Wood, Ken Knight and Shona Louis) and 2) GMA's Advocacy and Communications Strategy (led by Rachel Whiffen and Inga Feitsma). A survey will come from these groups to gather your insights and input help inform these two initiatives early next year – please keep an eye out and be sure to have your say.

As next year's funding rounds approach, a friendly reminder to consider applying for GMA Endorsement of your grant prior to submission in next year's funding rounds.

Please email growing-minds-australia@sydney.edu.au for more information about the process and benefits. **GMA Endorsement** signals to funders that the application has already undergone a peer review to ensure that it (1) is aligned with key priorities in child and youth mental health research; and (2) incorporates appropriate plans for what we refer to as the GMA core methods for trial development and implementation, including stakeholder consultation (e.g., lived experience; co-design), a clear statistical analysis plan, a strategy for translation, and health economics (along with appropriate budgeting where relevant).

I would like to thank all members of our Committees, for their continued efforts, in helping to drive GMA's mission and objectives.

Happy Holidays and I hope you all have a much deserved break,
Talía and the GMA leadership team

GMA Publications

GMA Practitioner Survey

The first article from the GMA child and youth practitioner survey has been published in Australian Journal of Psychology. In a survey with 200 Australian practitioners about the use of measures in clinical practice, Dr Lucy Tully and colleagues and found few practitioners use measures every session, which is a key characteristic of Measurement-Based Care (MBC), and MBC has been shown to improve treatment engagement and outcomes. In addition, about one in seven practitioners did not use measures at all in their practice. The survey also identified several easy to implement facilitators that can increase measure use by practitioners. Read more here:

<https://www.tandfonline.com/doi/full/10.1080/00049530.2024.2426662>

Stay tuned for other findings from this survey in future publications.

EMCR Network

Wrap Up

The GMA EMCR Network would like to thank all its network members for a successful 2024. With rapid growth in the network, it's been wonderful to have contributions from Early and Mid Career Researchers in various aspects of GMA.

EMCR Network members were able to come together in person for the first time at the GMA Annual Scientific Meeting and various online social events including 'shut up and write' and Coffee Catchups as well as attend multiple online webinars led by various experts in Child and Youth mental Health from around Australia. We look forward to hosting many more events, webinars and announcing exciting updates for EMCR Network members in 2025!

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

EMCR Leadership

We would like to welcome our new cohort of GMA EMCR leaders for 2024/2025! Congratulations to Nikki Boswell, Leda Sivak, Talia Carl, Jaimie Northam, Melissa Salvaglio, Shawna Campbell, Laura Wilkie, Alex O'Donnell and Clare Bellhouse for their appointments, we look forward to all their amazing contributions to the network this upcoming year.

Study Recruitment for Positive Choices

Teachers and School Staff

Teachers and school staff: *Positive Choices* need your feedback to help improve their website. Tell them what resources you find most useful, improved, and what you want to see more of

Positive Choices (positivechoices.org.au) are looking for teachers & school staff to complete an online survey and provide input on their online evidence-based Australian drug education portal. Your input will help them to provide more relevant and trustworthy resources, so that you can deliver more effective drug education to your students.

If you decide to participate in the survey, you will be asked to give us your feedback about the layout, design and content of the portal. The survey will take between 20 to 30 minutes and for participating, you'll receive a \$20 Prezzy gift voucher! Survey link here:

<https://positivechoices.org.au/questionnaire/2024/site-evaluation>

Parents and Caregivers of Teenagers

Are you a parent or carer of a teenager? *Positive Choices* need your feedback to help improve their website. Tell them what resources you find most useful, improved, and what you want to see more of

Positive Choices (positivechoices.org.au) are looking for parents of teenagers to complete an online survey and provide input on their online evidence-based Australian drug education portal. Your input will help them provide more relevant and trustworthy resources to better help you talk to your children about drugs and alcohol.

If you decide to participate in the survey, you will be asked to give us your feedback about the layout, design and content of the portal. The survey will take between 20 to 30 minutes and for participating, you'll receive a \$20 Prezzy gift voucher! Survey Link Here:

<https://positivechoices.org.au/questionnaire/2024/site-evaluation>

If you have any questions about the surveys, please contact the researchers on info@positivechoices.org.au

Assistance Requested

One of our GMA members has requested assistance from any member who has had had experience with submitting a National Application Form for Human Research Ethics approval to the Australian Association for Research in Education. If you are able to help with this request, please contact Laura Hart at the University of Melbourne at lhart@unimelb.edu.au

Happy Holidays

As the year draws to a close we want to thank you all for making 2024 such a fantastic year for GMA. We wish you all happy holidays and look forward to working together on exciting initiatives again next year.

Close Down Period

GMA will be closed from **Monday 23rd December - Reopening for business on Monday 13th January.**



[Click here](#) to learn how GMA is supporting collaboration and innovation in child and youth mental health research. If you are not already a member or know people in your network who would like to become members, please reach out. Membership is free.

Copyright © 2022, Growing Minds Australia All rights reserved.



Our mailing address is:

growing-minds-australia@sydney.edu.au

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).