



Black Dog
Institute

Celebrating
20
YEARS

Mental Health and Suicide Prevention in NSW

Black Dog Institute
presentation to MHCC CEO Forum

Executive Director & Chief Scientist
Professor Samuel Harvey

Our impact

- Only independent medical research institute in NSW focused on mental health.
- Celebrating 20 years of impact in mental health science.
- We've grown from a team of 30 to over 300.
- Combination of science, compassion and action.
- Lived experience is at the heart of everything we do.
- Medical research institute – science and research findings guide us.
- We're creating real world impact.

Our impact in 2020/21

Extending our reach and providing access to mental health support during the pandemic



1,895,979
visits to website

3,770,214
website page views

68,240

people accessed our Online Clinic with a 97% satisfaction rate



71,858

registrations to mental health apps



1,539

patients treated in our clinics



88 lived experience volunteer presenters in 6 states

65 volunteers helping to deliver Future Proofing Study activities

Confirming Black Dog Institute as the voice of mental health science



150+ journal articles published



Media coverage

1,577

pieces of coverage with a reach of more than 150 million people

30%

were in Tier 1 media with a reach of 97 million people

80%

of coverage mentioned COVID-19, coronavirus, or the pandemic as well as Black Dog Institute



Social

50,000+

new followers across social media

20,000+

new LinkedIn followers



40%

increase in LinkedIn engagements

75%

increase in Instagram engagements

Highly engaged clients and stakeholders



Revenue

\$2.3+ million

generated in fee-for-service activities across online interactive workplace programs



Interactive webinars

121,326

community webinar participants

192

community webinars



Digital workplace training

7,996

managers trained in managing for team wellbeing across 514 programs

778

workplace online interactive programs delivered

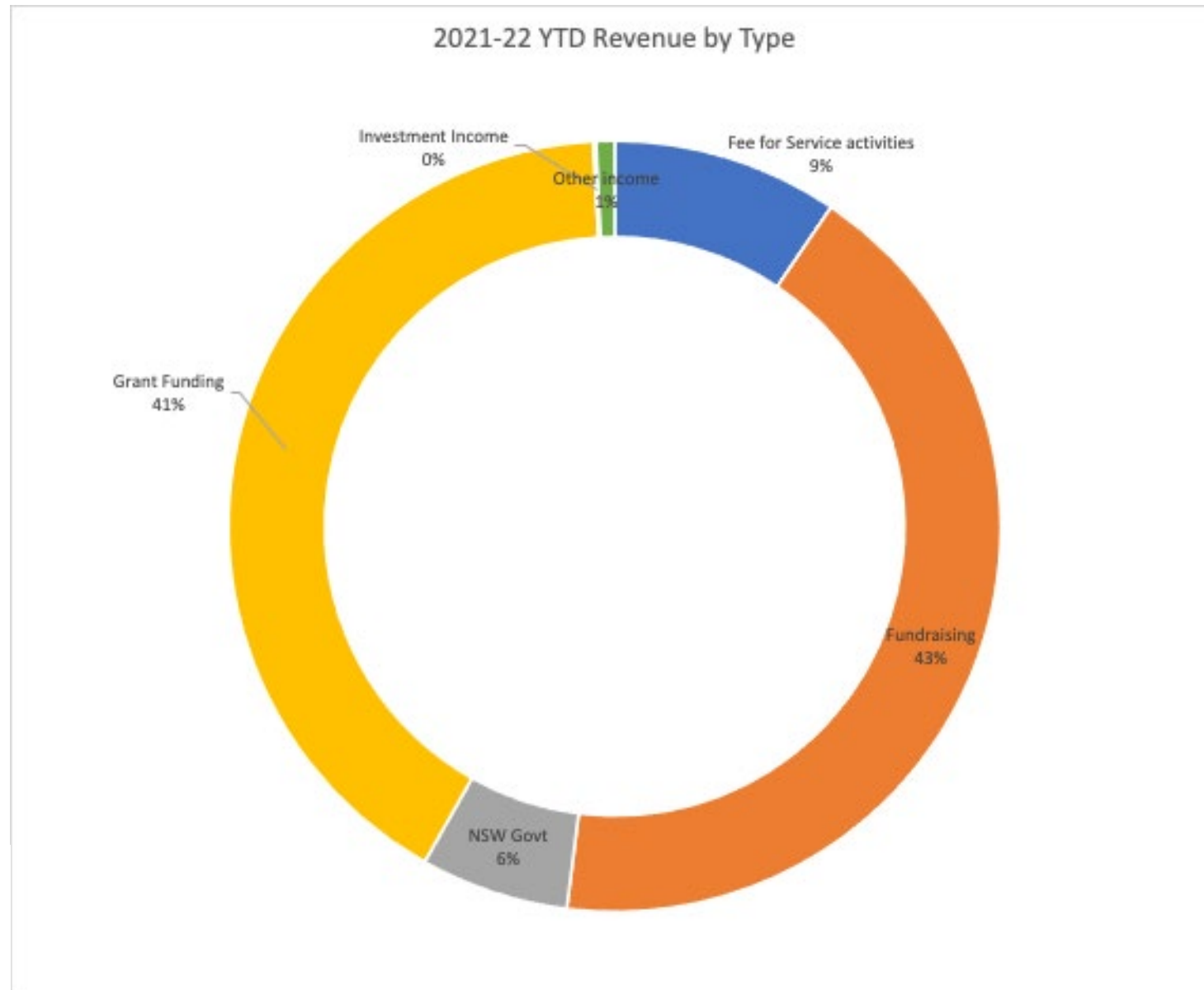
18,138 workplace participants in our online interactive programs



**Black Dog
Institute**

Celebrating
20
YEARS

Where does our funding come from?



Our future focus

- 1. Lead Australia's population mental health and suicide prevention response** through science, compassion, and action.
- 2. Transform clinical care for depression and anxiety** through our expertise in digital mental health, novel treatments, and new models of clinical care.
- 3. Be a trusted partner to Aboriginal and Torres Strait Islander leaders** and their communities to improve social and emotional wellbeing.
- 4. Be a sustainable, fit-for-purpose, workplace of choice** committed to employee development and diversity, with a mentally healthy, purpose-driven, and values-based culture.



Black Dog
Institute

Celebrating
20
YEARS

Key challenges for mental health in NSW



Black Dog
Institute

Celebrating
20
YEARS



Key challenges for mental health in NSW

- Mental ill-health and suicide are estimated to cost Australia \$220 billion every year.
- New South Wales as the largest economy bears a significant proportion of this.
- Recent estimates suggest 16.7% of people aged 16 or older in NSW had high or very high levels of psychological distress.
- In 2020, 876 people died by suicide in NSW.
- Mental Health Commission of NSW survey indicates that 55% of NSW adults thought their mental health was negatively impacted by the pandemic.
- Mental ill-health now the number 1 reason for presenting to a GP in Australia.



Black Dog
Institute

Celebrating
20
YEARS

What is needed?

- A strategic recovery from COVID-19 must be one which focuses on the future productivity and mental health of NSW's young people. This must begin in schools, universities and TAFEs.
- NSW businesses and organisations must have mentally healthy workforces to power our economic recovery.
- Significant reform is needed to improve the mental health system – workforce is a key issue, but also efficiency and levels of integration.
- Research must guide these changes – need to focus on doing what works.



Celebrating
20
YEARS

Workplace mental health

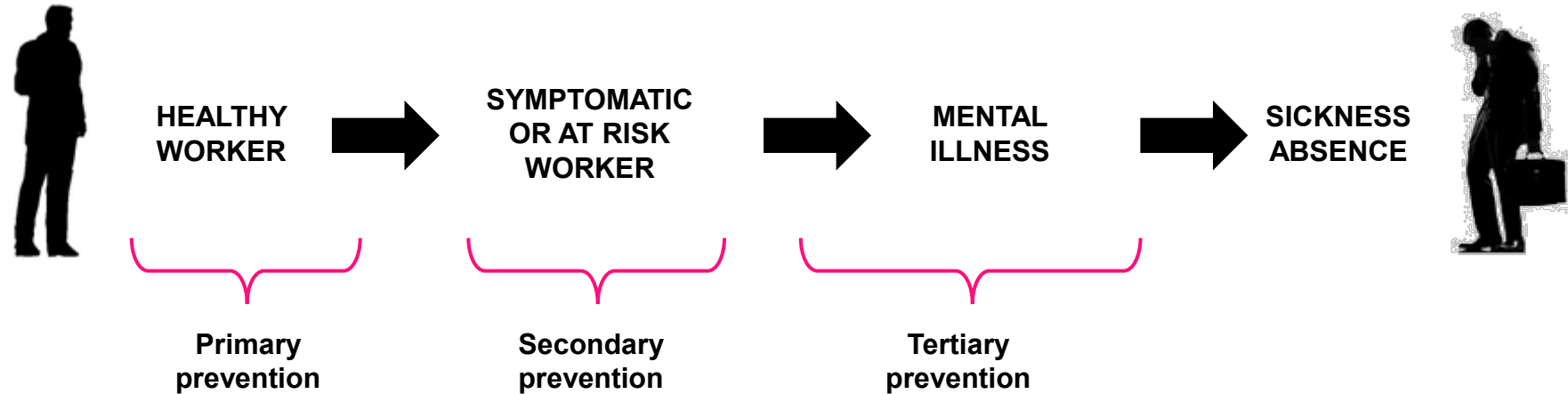


Black Dog
Institute

Celebrating
20
YEARS



The role workplaces can play in population mental health



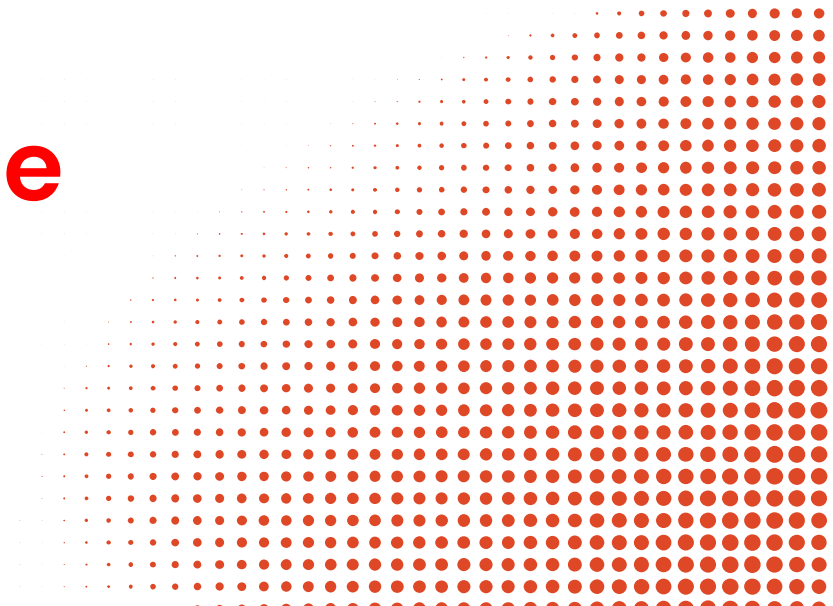
Prevention

Reactive



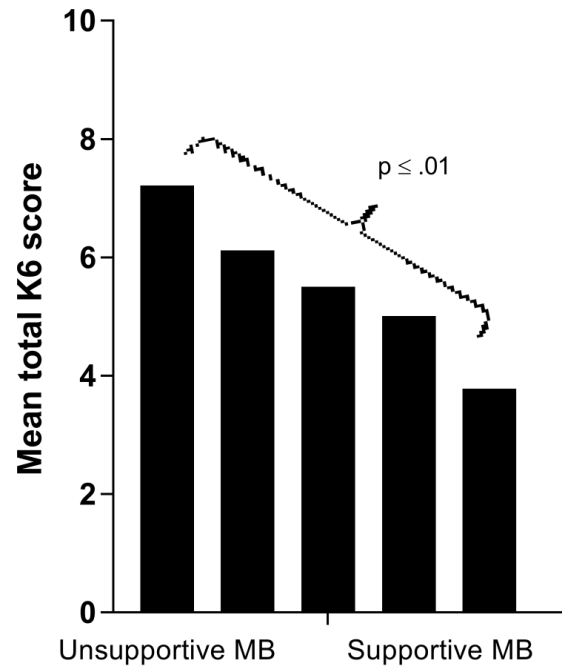
**Black Dog
Institute**

Celebrating
20
YEARS



The importance of manager support for the mental health and well-being of ambulance personnel

Katherine Petrie¹, Aimée Gayed², Bridget T. Bryan^{1,2}, Mark Deady^{1,2}, Ira Madan^{3,4}, Anita Savic⁵, Zoe Wooldridge⁶, Isabelle Counson^{1,2}, Rafael A. Calvo⁷, Nicholas Glozier⁸, Samuel B. Harvey^{1,2*}

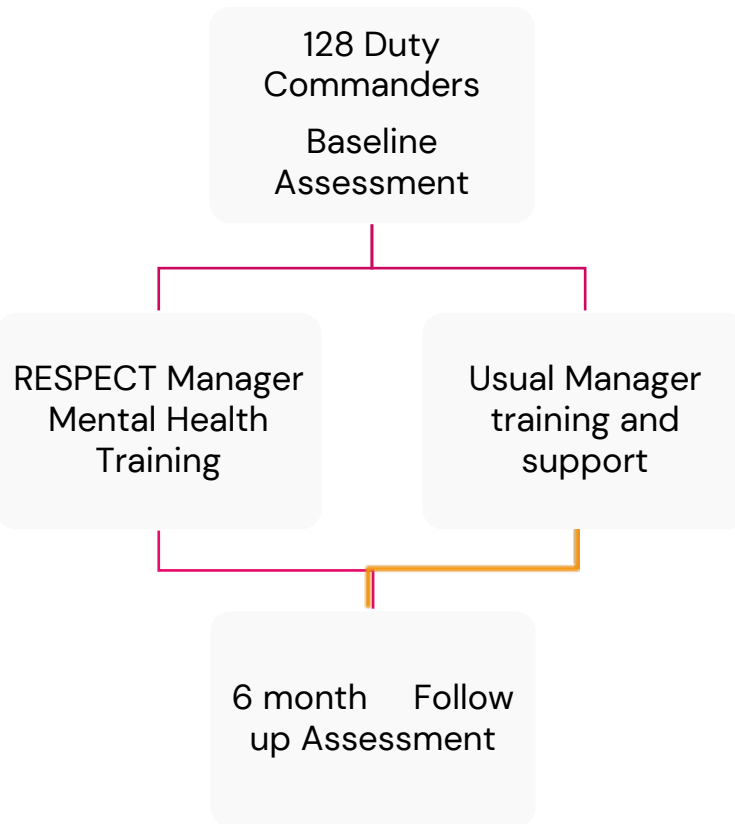


Can you train managers to do this better?
If so, what should you be trying to change?



If you're worried about someone's mental health, start a conversation.

NSW Fire & Rescue RESPECT Study



Evaluated:

- **Confidence** in dealing with stress or mental health matters amongst staff
- **Behaviour** towards staff
- **Sickness absence rates** amongst those they manage



Black Dog
Institute

Celebrating
20
YEARS

NSW Fire & Rescue RESPECT Study

18% reduction in work-related sickness absence amongst workers whose manager was in the intervention group

Return on Investment: \$10 for each \$1 spent

Workplace mental health training for managers and its effect on sick leave in employees: a cluster randomised controlled trial

Josie S Milligan-Saville, Leona Tan, Aimée Gayed, Caryl Barnes, Ira Madan, Mark Dobson, Richard A Bryant, Helen Christensen, Arnstein Mykletun, Samuel B Harvey

THE LANCET
Psychiatry

Evaluated:



Confidence in dealing with stress or mental health matters amongst staff



Behaviour towards staff



Sickness absence rates amongst those they manage



Black Dog
Institute

Celebrating
20
YEARS



Delivering better mental health to NSW workplaces

Since 2019, we've been delivering our evidence-based workplace mental health training to small and medium-sized businesses in NSW as part of the NSW Government's Mentally Healthy Workplaces strategy.

"The training was useful for our leaders to better understand our people and provided real-world tips on supporting them at work. Moreover, as an employee myself, the training made me feel better seen, understood, and supported."

- Robert, Wisr



25,000+ people trained
with 99% of participants recommending training



3 training programs available
for staff, managers, and leaders



Tailored programs for key focus areas
including regional businesses,
high-risk industries, and small businesses



**Black Dog
Institute**

Celebrating
20
YEARS

Bush Fire Support Service



Free mental health support for emergency service workers, volunteers, and their loved ones affected by all natural disasters.

This service is for Fire Fighters, State Emergency Services, Forest Fire Management, Animal Rescue, Marine Rescue, Police, Paramedics, other Emergency Service Workers, and Volunteers.

[TAKE OUR QUICK AND EASY MENTAL HEALTH CHECK](#)

4 in 5 Emergency Service Workers who completed PTSD treatment through the **Bush Fire Support Service** have reported no longer having clinical symptoms.

As of July, this will become the National Emergency Worker Support Service and available to all emergency service workers, not just those affected by natural disasters.

Youth mental health



Black Dog
Institute

Celebrating
20
YEARS



Future Proofing Study

5-year mental health study involving ~6,400 students in Australian high schools, that aims to:

1. Build a comprehensive picture about adolescent mental health risk factors, protective factors, trajectories and outcomes.
2. Evaluate if digital programs delivered in schools can prevent depression and anxiety at scale.
3. Explore how smartphone data like text/speech/GPS can be used to predict mental health symptoms.



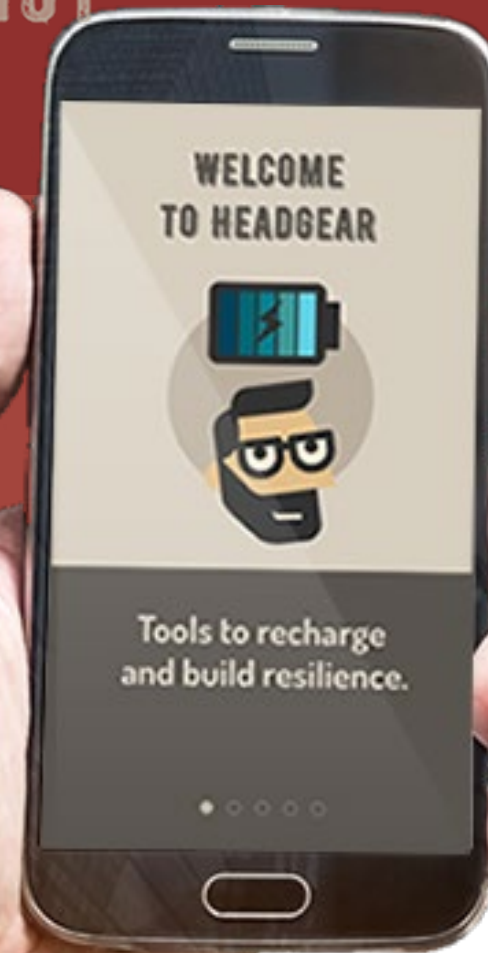
Black Dog
Institute

Celebrating
20
YEARS

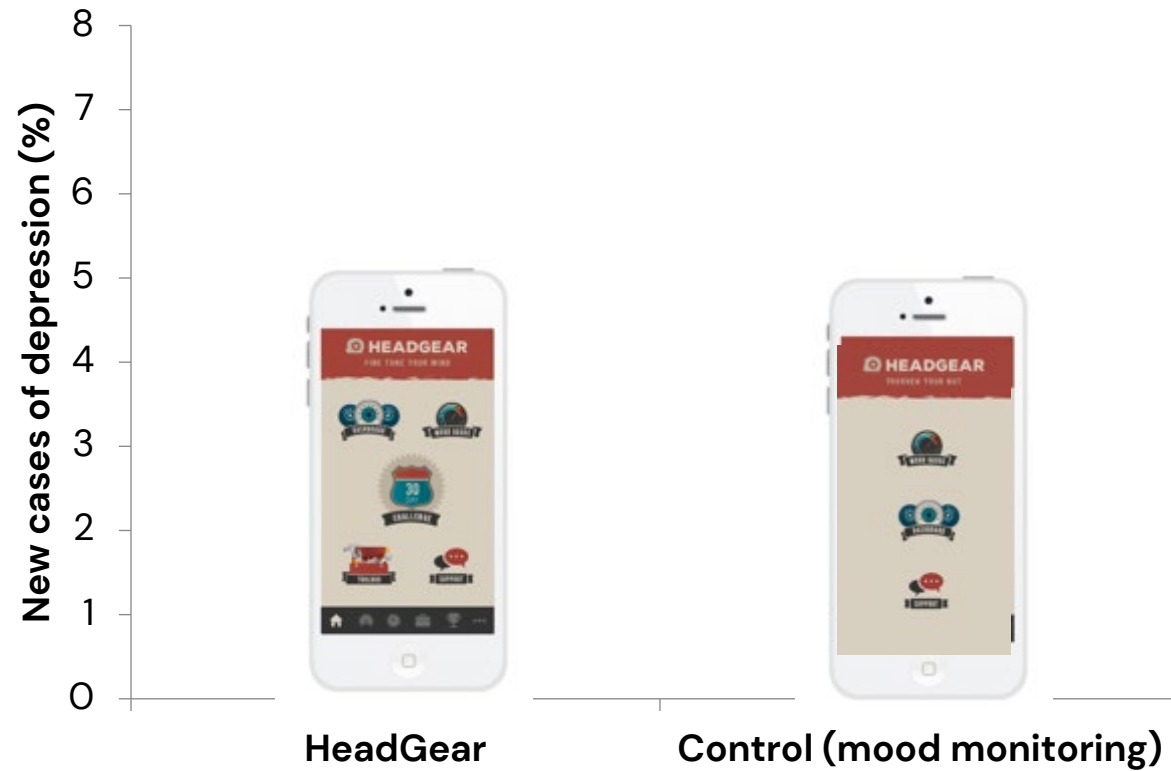


HEADGEAR

TOUGHEN YOUR NUT



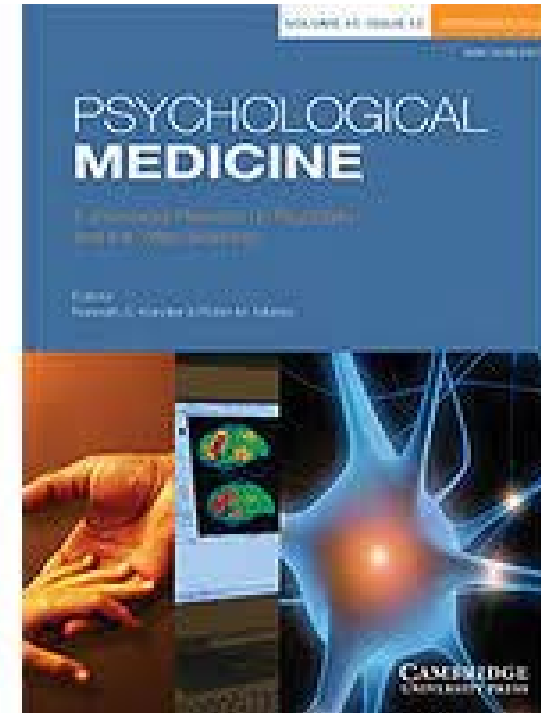
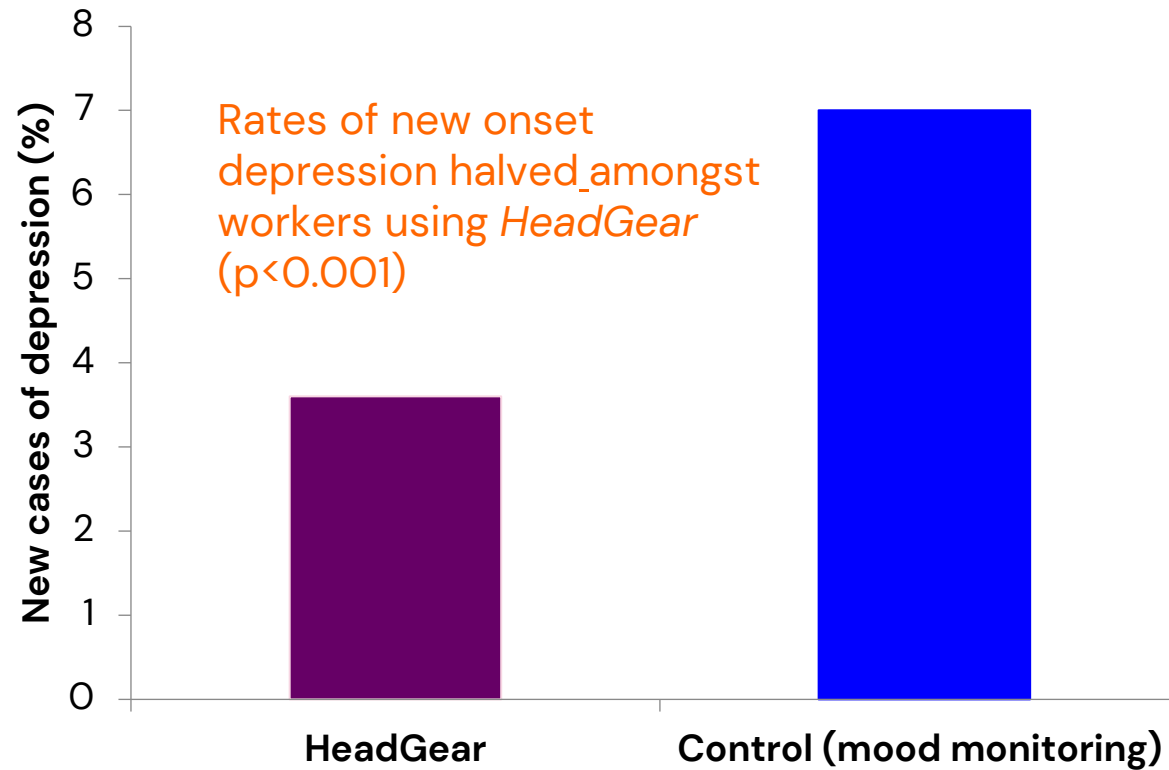
Does it work? Can an app help prevent depression?



**Black Dog
Institute**

Celebrating
20
YEARS

Does it work? Can an app help prevent depression?



Black Dog
Institute

Celebrating
20
YEARS

Digital Interventions



School & Student Recruitment (2019-2021)

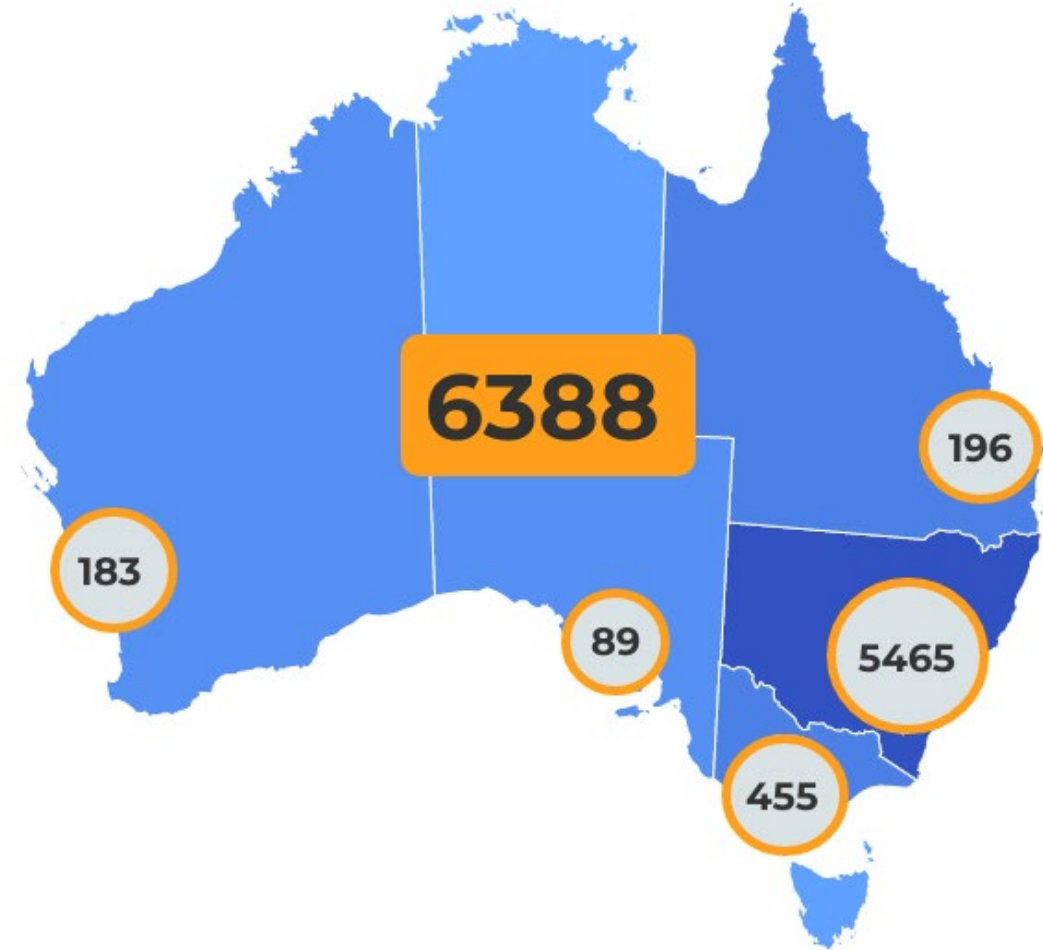
Schools

Schools approached to participate	1,036
Schools signed up	210 (20%)
Schools completed baseline	144* (14%)

* 66 schools decided not to proceed with the study due to COVID-related challenges

Students

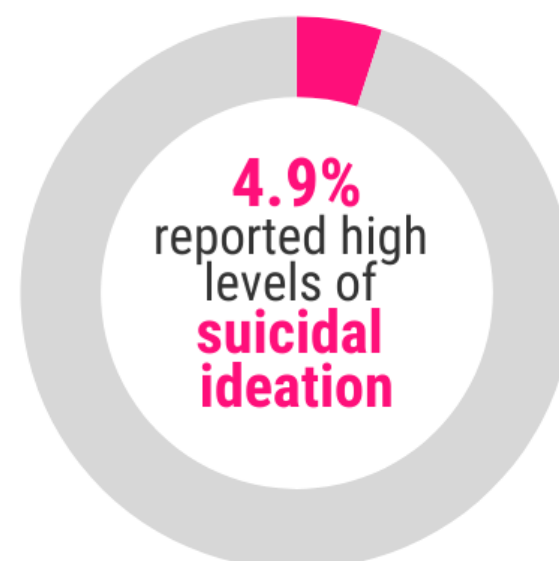
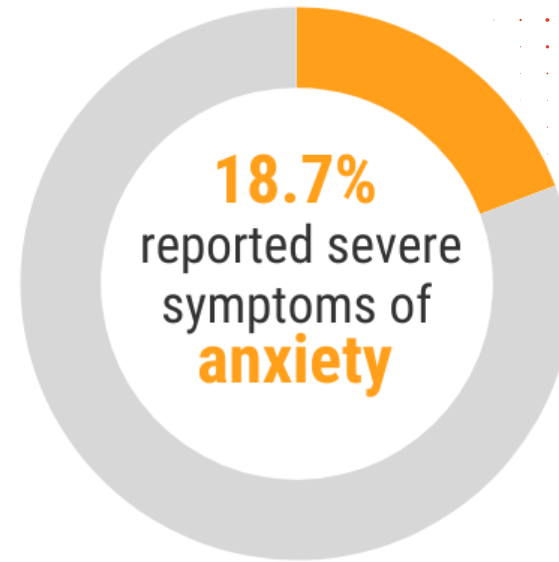
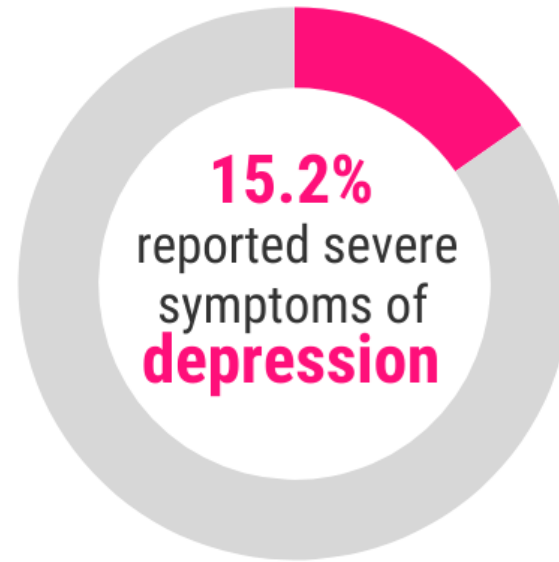
Students invited to participate	20,533
Students signed up	7,577 (37%)
Students completed baseline	6,388 (31%)



Black Dog
Institute

Celebrating
20
YEARS

Baseline Mental Health

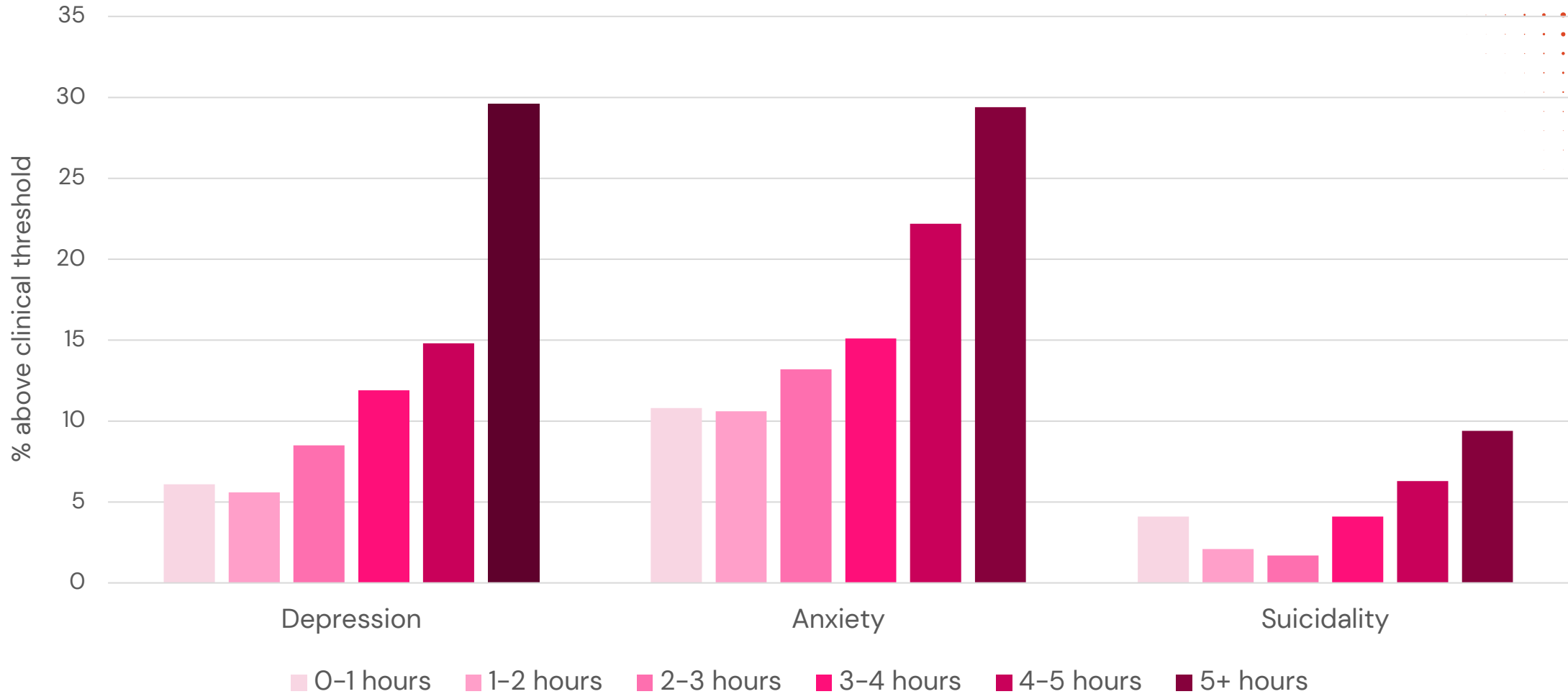


**Black Dog
Institute**

Celebrating
20
YEARS

Data collected in 2019-2021 from 6,388 Year 8 students at baseline survey

Screen time and mental health



Community Mental Health



Black Dog
Institute

Celebrating
20
YEARS



Role of Community Mental Health Services

- Community mental health teams are over-stretched, meaning they often spend time managing crises rather than facilitating recovery.
- 'Missing middle' – patients stuck between primary care and specialist care.
- Many of the current initiatives unlikely to address these two key issues and risk causing further fragmentation.
- Workforce and funding are key issues.

Advice we have been providing to policy makers....

1. Elevate population mental health to be a Government priority.
2. Address workforce shortages.
3. Increase investment in community mental health services.
4. Prioritize student and teacher wellbeing in schools.
5. Support at-risk workforces (healthcare workers, first responders, etc).
6. Establish a stronger research, data and evaluation culture – be guided by the available science and invest in answering key questions.



Celebrating
20
YEARS



Black Dog
Institute

Celebrating
20
YEARS

Creating a mentally healthier world for everyone.

