

Science.
Compassion.
Action.



Black Dog
Institute



Turning Science
into Action

We acknowledge the Aboriginal and Torres Strait Islander peoples as the first inhabitants of this nation and the traditional custodians of the lands where we live, learn and work. We pay respects to all Aboriginal and Torres Strait Islander Elders past, present and emerging from all nations across this country.



Message of thanks from the Chief Scientist and Director Professor Helen Christensen AO

It is always a privilege to write the foreword for our annual Impact Report. All of us here at Black Dog Institute are forever grateful to wonderful supporters like you, who make our work possible. Your ongoing trust in us to achieve a mentally healthier world is inspiring and motivates us to do our very best.

Research translation is central to our work. It consists of taking our research findings and turning them into practical and effective programs in the community, in schools, in families, in workplaces and in health settings. Important to this process is ensuring we work in collaboration with end users, people who understand what it is like to face the challenges presented by mental-ill health.

In this Impact Report, we showcase one example of how we turn our research into action – iBobbly app. Co-designed with First Nations communities, iBobbly is a world first culturally sensitive program to help young Aboriginal and Torres Strait Islander people manage their suicidal thoughts. What we began as a small pilot

trial in 2014 in the Kimberley region of WA, is now a national freely downloadable app.

Youth mental health remains a strategic priority for the Institute, especially as we know young people have been particularly affected by the loneliness and disruption caused by COVID measures. Over the past year we've continued to rollout our Future Proofing Trial. This world-first study tracks high school students from Year 8 over a 5-year period, to determine how we can prevent the development of mental illness in young people, harnessing technologies that young people use, such as the smartphone.

We couldn't continue our work without the support of people just like you and I trust you'll find this year's Impact Report informative.

The past year has continued to be one of challenges for so many and I hope you are staying well. Wishing you and your loved ones all the very best and thank you again for your wonderful support.

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1 in 5 of us will experience symptoms of mental illness in any given year. In Australia that's around 5 million people. And roughly 50% of these people won't seek help.

As the only medical research institute in Australia to investigate mental health across the lifespan, our aim is to create a mentally healthier world for everyone.

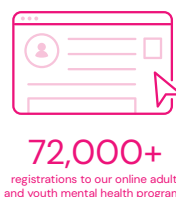
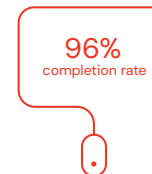
We do this through translational research. Integrating our research studies, education programs, digital tools and apps, clinical services, and public resources to discover new solutions,

foster connections and create real-world change.

Our partnerships with people with lived experience, federal, state and local governments, communities, schools, corporate Australia and others in the mental health sector enables us to drive evidence-informed change in mental health where it's needed most.



Here's what you helped us do this year



- > Over **15,000** people across NSW have completed our free **workplace mental health training**.
- > **98%** of attendees reported they would **recommend the training** to others.
- > **Launched LifeBuoy trial** a smartphone application designed to help young people manage suicidal thoughts and negative feelings in daily life.
- > **Launched a trial of ClearlyMe**, a CBT-based smartphone app, with over 80 teenagers, parents and mental health professionals.
- > **Hosted a series of virtual events** with the Young Mind Labs, involving over **150 young people** across the country.
- > **Developed Healthy Mind**, a website that uses Easy Read tools to help people with intellectual disability recognise and regulate their thoughts and feelings.
- > **The Essential Network (TEN)** serviced over **35,000** healthcare workers. Over **8,000** healthcare workers completed a mental health assessment and received a personalised referral.



Improving Aboriginal and Torres Strait Islander Wellbeing

Black Dog Institute is committed to improving the mental health of all people in Australia. As part of our new five-year strategy, we are focusing even more attention on working closely with Aboriginal and Torres Strait Islander leaders and their communities, to improve the social and emotional wellbeing of our First Nations people.

Aboriginal and Torres Strait Islanders have among the highest suicide rates in the world, with young people in particular being **four times more at risk** of suicide than non-Indigenous populations. We are working with Aboriginal and Torres Strait Islander communities to change this unacceptable reality.

With the help from supporters just like you, Black Dog Institute in 2014 collaborated with Aboriginal communities to develop iBobbly, a world first suicide prevention app to help Aboriginal and Torres Strait Islander young people manage their suicidal thoughts. The app delivers therapy in a culturally sensitive and relevant way, and results from an initial pilot trial in the Kimberly showed:

- > **30% reduction** in suicidal thinking
- > **42% reduction** in depression
- > **28% reduction** in distress

A subsequent large-scale national trial that we have since conducted confirmed iBobbly's effectiveness. With your support, we've now refined and launched iBobbly as a freely available app on iTunes and Google Play, enabling us to reach many more young Aboriginal and Torres Strait Islander peoples around Australia.

More recently, we've established the Aboriginal and Torres Strait Islander Lived Experience Network. We know it is critical to have the voices and views of Aboriginal and Torres Strait Islanders to inform, enable and deliver better mental health services, care and programs. This important network will help guide our work and enable us to improve the social and emotional wellbeing of our First Nations people, ultimately saving lives.

Your help will enable us to develop and deliver culturally sensitive suicide prevention activities and mental health services for Aboriginal and Torres Strait Islander peoples.

Prevention of depression in Teenagers

Here at the Black Dog Institute we are committed to making impact early in someone's life. Our research shows that **50% of all mental health problems** emerge during adolescence and that these can have lifelong consequences. We also know that we can prevent depression in **22% of young people** at risk. Reaching young people before mental health problems emerge is critical.

The major challenge we face is providing appropriate prevention interventions easily and universally. With your help we're undertaking the Future Proofing Study – a ground-breaking **5-year longitudinal study** in collaboration with the University

of NSW. The study uses anonymous data collected from thousands of adolescents in Australian high schools to build a comprehensive picture of youth mental health in Australia. The study also endeavours to put young peoples' smartphones to positive use by providing students in Years 8 and 9 with our evidence-based mental health apps, designed to identify and prevent symptoms of mental illness.

This world first research study will track participants over a 5-year period, and help us determine why mental health problems develop during adolescence, and how best to identify and support young people at risk through evidence-based programs.

Thanks to your generosity over the past year, we have expanded the trial to an additional **93 high schools**, bringing our total participating schools to **151** and reaching an additional **3,529 students**. We currently have almost 6,300 students enrolled in the trial and are continuing our roll-out, reaching students in high schools across Australia, including metropolitan and regional areas. With your support, we're changing the mental health landscape for young people, ensuring vulnerable and at-risk teenagers can access the support they need early and avoid long term mental health problems in the future.

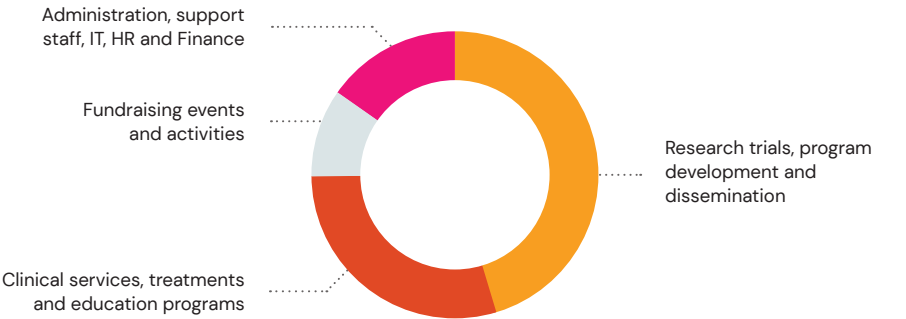


How funds are used

Black Dog Institute understands it is important for you to know how donations contribute to our work. We appreciate all financial contributions and strive to ensure funds are used wisely, efficiently and in line with our finance, expenditure and governance policies.

In FY20, 74.4 cents of every dollar donated to us directly funds our innovative mental health research, clinical treatments and education programs, while the remainder enables us to make sure we’re operating as efficiently as possible and sustainably planning for the future. Your donations contribute to ensuring we can continue to scale our programs and create a mentally healthier world for everyone.

Breakdown of our expenditure*



FY20		
Research trials, program development and dissemination	\$13,438,343	46.94%
Clinical services, online treatments and education programs	\$7,861,190	27.46%
Fundraising events and activities	\$2,592,535	9.06%
Administration, support staff, IT, HR and Finance	\$4,734,351	16.54%
Total	\$28,626,419	100%

*FY20 are the latest available audited financials

Black Dog Institute is a registered non-profit organisation with deductible gift recipient status, and all donations over \$2 are tax deductible. We are independently audited. For our full audited financial statements, please refer to our records on our website.

Thank You

By supporting us, you are helping us turn research into action by allowing us to plan ahead. These donations allow us to continue to support mental health by helping us plan and invest for the future. It is only because of you that we know we can continue to support our vital work.



During this challenging time if you, a family member or a friend are in immediate danger or psychological distress, we strongly encourage you to get in contact with the following crisis services:

- > Emergency: 000
- > Lifeline: 13 11 14
- > Kids Helpline: 1800 55 1800
- > MensLine: 1300 78 99 78
- > Suicide Call Back Service: 1300 659 467

We are the voice of mental health science

To find out more about the
Black Dog Institute or any of
our programs please visit:

blackdoginstitute.org.au



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