

## HELP-SEEKING INTERVENTIONS AND IMPACT

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### School-based interventions and research

From 2003-2004, Coralie was employed by the then, Illawarra Division of General Practice to write and trial the nationally regarded *Building Bridges to General Practice* GPs in Schools Program (headspace SPET Needs Analysis 2007). *Building Bridges* was the first known Australian or international help-seeking promotion program to apply known models of behaviour change to specific program content, delivery and evaluation. Collaborating with a raft of local agencies and schools in the Illawarra and Riverina (NSW, Australia), as well as academics and students in the UOW clinical psychology training program, Coralie designed and led a controlled pilot trial of *Building Bridges* across 10 schools in two regional and several rural locations. Trial results were positive [1,2,3] and led to Coralie writing the national *headspace PASS! (Promoting Access and Support Seeking)* help-seeking promotion program in 2008 [4], as well as joining the National Reference Group for the *Makingthelink* project. *Makingthelink* is a school-based intervention that initially focussed on improving adolescent gate-keeping and help-seeking skills for cannabis use. The first iteration of the program was funded by the National Cannabis Prevention and Information Centre, and developed by a team led by Professor Dan Lubman and Dr Bonnie Berridge (then at ORYGEN Youth Health, The University of Melbourne).

In 2010, Coralie joined Dr Berridge and Professor Lubman (Turningpoint Alcohol and Drug Centre and Monash University), Professor Tony Jorm (The University of Melbourne) and Professor Terrance McCann (Victoria University) as a chief investigator on a second iteration and trial of *Makingthelink*. The second program iteration was focused on risky drinking, and funded by the Victorian State Government (over \$300K). In Nov 2012, the team won over \$620K in new National Health and Medical Research Council funds to conduct a cluster randomised controlled trial of the third iteration of *MakingtheLink*. The third iteration focuses on risky drinking and depression (Lubman, Jorm, Allen, Wilson, Proimos, 2013-2015). For the first time in Australia's history, in this iteration of *Makingthelink*, this team brings together content from paediatrics, neuroscience, psychiatry, psychology, and processes of behaviour change in a rigorous evidence-based, strength-based and educationally sound format to promote help-seeking for depression and risky drinking among high school students. If from this third trial, *Makingthelink* is shown to be effective, the program will be rapidly disseminated and incorporated within a national school curriculum. As such, *Makingthelink* will complement existing health promotion activities in schools and bolster early intervention approaches for reducing adolescent depression and risky alcohol and other drug use.

### Telephone and web-based interventions and research

In 2004, Coralie provided the academic support for the national *readthesigns* poster and website campaign [5]. *readthesigns* was the **Gold Winner** in the 2005 Conference of Major Superannuation Fund Communication Awards, and the 2007 **Winner** of The Suicide Prevention Australia LiFe Business and Industry Award for outstanding suicide prevention work by different organizations, programs and individuals.

In 2011, Coralie was appointed to the Expert Advisory Group for the Lifeline Australia Foundation for Suicide Prevention. Results from her research program have informed the Lifeline Educational Suite for over a decade and can be downloaded at <http://www.lifeline.org.au/>

In Dec 2012, Coralie joined an internationally renowned team of academics from The Melbourne University – Professor Helen Herman, Professor George Patton, Associate Professor Lena Sancı – to collaborate with the Inspire Foundation for a prospective cohort study that will examine whether *ReachOut.com* facilitates help-seeking in adolescents. This project is part of an ongoing evaluation of the *Reachout!* website, which is planned by the team.

## Policy, innovation and impact

Coralie's 50 peer-reviewed help-seeking publications have been cited over 900 times – over 800 citations have been in peer-reviewed academic journals since 2007. Over 90% are first authored and, in the past 5 years, over 80% have been published in peer-reviewed academic Journals that are in the top 10% of Journals in the area.

In 2009, Coralie was recognised as the international leader in help-negation research (Editor-in-Chief, *Encyclopaedia of Adolescence*, 2009), and in 2010, as an international leader in suicide prevention research, with two of her first-authored help-seeking articles [6,7] selected from thousands for inclusion in the 30-article *Journal of Youth and Adolescence Special Edition on Youth Suicide and Self Harm*.

In 2010, two of Coralie's first-authored articles on adolescent mental health help-seeking barriers [8,9] were cited as providing key directions for policy in both the USA and UK, and together, have been cited over 100 times in academic publications and policy documents. Also in 2010, a systematic literature review of international studies of perceived barriers and facilitators to mental health help-seeking among youth identified 49 articles that met the set selection criteria (Gulliver et al. 2010) – 7 of the 49 articles selected for the review were authored by Coralie.

In February 2011, Coralie was invited by the Commonwealth to testify as an Expert Witness in mental health help-seeking and suicide prevention to the Australian Commonwealth Government, House of Representatives Standing Committee, Inquiry into Youth Suicide. In July 2011, the Standing Committee tabled its report on early intervention to prevent youth suicide ("*Before it's too late*"). Evidence provided by Coralie as an Expert Witness received 3 citations in the report, 17 of the 49 Exhibits that were tabled with the report were research articles authored by Coralie, mostly as first author, and requested by the Committee Chair.

In January 2012, a summary of results from Coralie's then 13 year help-seeking research program was published in hard copy and online in the *Encyclopedia of Adolescence* (Springer, 2012). The EoA is currently held in over 100 libraries internationally.

In January 2013, the Digital Commons Network, an international open access database for academic publications in 11 research domains, placed Coralie in the "Most Popular Author" category for Social and Behavioural Sciences and Medicine and Health Sciences for the third consecutive month. Social and Behavioural Sciences is one domain and lists 67,133 academic works. Medicine and Health Sciences is a second domain and lists 24,006 academic works. From June 2012-January 2013, Coralie's peer-reviewed journal articles were downloaded around the world at rates higher than for most academics in the Digital Commons Network, and higher than for any other UOW academic in the Social and Behavioural Sciences or Medicine and Health Sciences domains – 368 times, 59 in the last month. Lead authorship on downloaded articles was shared between Coralie and Professor Debra Rickwood (University of Canberra), with Coralie lead on most.

In March 2012, the Psychology Progress team identified Coralie's research program as being "of special interest to the progress in the Psychology field". Psychology Progress alerts the scientific community to breaking journal articles considered to represent the best in Psychology research. The website is viewed almost 40,000 times each month and has an audience of academic and clinical personnel from the top 20 major academic institutions. By request, Coralie's research was featured in an April 2013 edition of the Psychology Progress series found at <http://www.PsychologyProgress.com>

### References

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