CMHDARN
Community Mental Health, Drug & Alcohol
RESEARCH NETWORK

CMHDARN CONNECT

It's been a busy few weeks for CMHDARN, with Community Research Mentoring Program applications, Requests for Ethical Consultation from the CMHDARN Research Ethics Consultation Committee and the planning of a webinar series (amongst other things).

Before the end of the year, CMHDARN will be launching it's new webinar series on research skills in the mental health and alcohol and other drugs sectors! Please look out for the promotional material and distribute to your broader networks. The first topic will examine and discuss why we do research and what research actually is. The webinar will be recorded live and everyone will be welcome to attend and ask questions.

We are also in the very beginning stages of planning the annual CMHDARN Symposium and a research connections event for those service delivery organisations conducting research in their services. If you have an idea of a pertinent topic for the Symposium or would like to connect with other service delivery organisations conducting research, please get in contact.

Warm regards,
Jo
CMHDARN Coordinator

COMMUNITY RESEARCH MENTORING PROGRAM
Applications are open!!
Click HERE for more information and HERE for the application form

Jarrah House - Research Initiatives

Jarrah House in Little Bay provides a ten-week residential drug and alcohol treatment program for women with substance use issues, with or without children. Aboriginal women are prioritised into treatment and account for approximately 25% of bed occupancy. A medicated detoxification service is initially provided for both women and infants with Neonatal Abstinence Syndrome. This is followed by an evidenced-based, trauma-informed treatment program integrating 1) dialectical behaviour therapy (DBT), 2) a domestic violence program, 3) a circle of security-based parenting group intervention 4) neurocognitive remediation training 5) yoga, poetry and relaxation sessions and 6) various medical assessments and treatment clinics (dental, optometry, audiology, speech pathology, hepatitis C screening, antenatal and postnatal check-ups).

The Jarrah House team are currently in the process of reviewing and strengthening their capacity to deliver high quality clinical standards of care across their evidenced-based drug and alcohol treatment program. In conjunction with this, they have hired a Research Psychologist to facilitate in-house evaluations of the various program components, and to collaborate with academics from Universities in the undertaking of new research studies. To read brief descriptions of the current studies and evaluations in progress CLICK HERE, and to get involved with potential research collaborations contact their Research Psychologist Stacey McCraw stacey@jarrahhouse.com.au

CMHDARN RESEARCH SHOWCASE

Have you published recently?

CMHDARN maintains a bibliography of published research by the members of NADA / MHCC / CMHDARN to showcase the important work that is happening in our sectors.

Please email info@cmhdaresearchnetwork.com.au if you have published recently and would like your work to be included in this great resource.

RESEARCH CONNECTIONS

CMHDARN is working to connect research and researchers in the MH and AOD sectors to increase collaboration.

If you are conducting research (including evaluations) that you'd like others to know about, no matter what stage the project is in, please get in touch!

Useful Resources from across the sectors

Research papers / books

Close to home: young people and the impact of alcohol and drug use by family and peers

This REPORT offers an insight not only into the scale of young people in Australia who are affected by the alcohol and drug use of their family and peers, but importantly, it provides a better understanding of the personal impacts that this has on a young person's individual concerns, aspirations and wellbeing.

Adam B, Petrakis M (2019) Ethics, Values and Recovery in Mental Health Social Work Practice in: Ow, R., Cheong Poon A. (eds) Mental Health Social Work. Springer, Singapore. (link)

This book showcases current thinking on social work in the field of mental health and illness from a bio-ecological and spiritual framework reflecting the transition in mental health care from institution to community. The book presents a valuable tool for understanding theories on aetiology and social work interventions in mental health from varying socio-cultural, economic and political contexts.

Experiences of Functional Neurological Disorder

This report summarises the findings of a research project on the experiences of people diagnosed with Functional Neurological Disorder (FND) and their carers in Australia. The research was undertaken by FND Australia Support Services Inc for the National Mental Health Commission.

People with FND experience a variety of disabling motor, sensory and cognitive neurological symptoms, and often face significant challenges in accessing the treatment and support they need. They also confront high levels of stigma and discrimination by both clinicians and people in the community. This report aims to highlight areas that are in need of improvement to enhance the quality of life experienced by people living with and affected by FND.

Read the Experiences of Functional Neurological Disorder Summary Report here.

Read the full Consumer and Carer Experiences of FND/CD in Australia Report here.

Suicide Attempts: How Does the Acute Use of Alcohol Affect Suicide Intent? Suicide & life-threatening behavior

Salles, Tiret, Gallini, Gandia, Arbus, Mathur, Bougon (2019)

Abstract: Very few studies have specifically addressed the role of the acute use of alcohol (AUA) in suicide attempts. Our study compared the suicide intent scores of self-poisoning patients with and without AUA in order to examine the role of alcohol in attempted suicides. We recruited 516 patients admitted to the emergency department for self-poisoning. We screened blood alcohol concentrations (BACs) to determine whether these were positive or negative in the two groups. We collected data about covariates such as psychiatric disorders and sociodemographic and suicide characteristics. We then compared suicide intent between the groups, adjusted according to the covariates. The patients with AUA had lower scores for suicide intent, but this factor only reduced the self-reporting score, with the scores for objective circumstances and risk similar between the groups. There was a correlation between BACs and self-reported suicide intentionality, but this was not significant. Acute use of alcohol patients presented with lower suicide intent, as particularly explained by the self-report

scores, but there were no differences between the groups in terms of risk and/or the objective circumstances. The role of alcohol in the self-reporting of suicide attempts must be addressed in future studies. © 2019 The American Association of Suicidology.

Links: http://www.ncbi.nlm.nih.gov/pubmed/31532854 / http://dx.doi.org/10.1111/sltb.12586

Avoidable waste in the production and report of research evidence
Chalmers and Glasziou 2009 (link)

An efficient system of research should address health problems of importance to populations and the interventions and outcomes considered important by patients and clinicians. However, public funding of research is correlated only modestly with disease burden, if at all. Within specific health problems there is little research on the extent to which questions addressed by researchers match questions of relevance to patients and clinicians. In an analysis of 334 studies, only nine compared researchers' priorities with those of patients or clinicians. The findings of these studies have revealed some dramatic mismatches...

Making research relevant: If it is an evidence-based practice, where's the practice evidence?
Green 2008

The usual search for explanations and solutions for the research-practice gap tends to analyze ways to communicate evidence-based practice guidelines to practitioners more efficiently and effectively from the end of a scientific pipeline. This examination of the pipeline looks upstream for ways in which the research itself is rendered increasingly irrelevant to the circumstances of practice by the process of vetting the research before it can qualify for inclusion in systematic reviews and the practice guidelines derived from them. It suggests a 'fallacy of the pipeline' implicit in one-way conceptualizations of translation, dissemination and delivery of research to practitioners. Secondly, it identifies a 'fallacy of the empty vessel' implicit in the assumptions underlying common characterizations of the practitioner as a recipient of evidence-based guidelines. Remedies are proposed that put emphasis on participatory approaches and more practice-based production of the research and more attention to external validity in the peer review, funding, publication and systematic reviews of research in producing evidence-based guidelines.

SHARE WHAT YOU READ: If you read a research paper / article or visit a website that you think is relevant to share with other CMHDARN members, send it to the CMHDARN Coordinator at info@cmhdaresearchnetwork.com.au. We are looking for papers / articles and websites that cover co-occuring mental health and alcohol and other drugs and also mental health and alcohol and other drugs sectors separately. I will collate the articles and develop a series of categories, to develop a resource that will sit alongside and complement the "CMHDARN Research Showcase".

Webinars

Working with Aboriginal People: Enhancing Clinical Practice in Mental Health Care e-toolkit

Understanding the significance of culture, family, community and spirituality in the healing journey for Aboriginal people is important. It can assist services in designing, delivering and evaluating care that improves mental health and wellbeing outcomes for Aboriginal children, youth and their families.

The video [Working with Aboriginal People: Enhancing Clinical Practice in Mental Health Care](#) and the [Discussion Guide](#) is designed to assist your service in gaining knowledge and skills in working with Aboriginal people.

Useful websites / resources

Peer Workforce Capacity Building Training Framework: Peer processes among injecting drug users - Indicators of best practice in peer based and mainstream organisations

"Peer processes are acknowledged globally as a successful method of harnessing the organic and natural communication networks and structures that exist among injecting drug using communities. Peer processes enable the diffusion of education/prevention messages into parts of the community that mainstream organisations struggle to interact with." This [RESOURCE](#) examines the indicators for best practice when involving peers in mainstream and peer based organisations

[Trauma-informed Care and Practice Organisational Toolkit (TICPOT)](#)

A FREE quality improvement audit and implementation resource for developing a trauma-informed organisational and practice culture

Statement on Consumer and Community Involvement in Health and Medical Research

([LINK](#)) ...NHMRC recognises that involving consumers and community members can add value to health and medical research and they have a right and responsibility to do so. The Australian Code for the Responsible Conduct of Research (2007),1 the primary guidance for institutions and researchers in responsible research practices, states: Appropriate consumer involvement in research should be encouraged and facilitated by research institutions and researchers. In addition, NHMRC encourages researchers to consider the benefits of actively involving consumers in their proposed research, when they apply to NHMRC for research funding...

Other publications you might want to check out

NADA Advocate

Published quarterly, the Advocate raises significant issues relating to the non government AOD sector in NSW. Subscribe to develop your knowledge about, and be connected to, the sector. Click [HERE](#) for the latest issue and to hear from MHCC's Corinne Henderson on Patient Reported Experience Measures in Mental Health

Newsletter from the Mental Health Commission of NSW

Updates from the Mental Health Commission. Click [HERE](#) for the latest issue

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Miscellaneous Sector News

Translational Research Funds

The Commonwealth Government has announced a $32 million to support translational healthcare research through the Medical Research Future Fund, open to mid-career researchers with a focus on primary, preventative and public health, including a focus on mental health. More

Get involved - the Framework for Mental Health in Multicultural Australia

The Framework for Mental Health in Multicultural Australia (the Framework) is a free, nationally available online resource which allows organisations and individual practitioners to evaluate and enhance their cultural responsiveness. It has been mapped against national standards to help you meet your existing requirements, with access to a wide range of support and resources.

Embrace Multicultural Mental Health (the Embrace Project) will be holding free webinars and workshops around Australia across 2019-2020 to support implementation of the Framework by mental health services, Primary Health Networks, individual practitioners and others. The webinars and workshops will provide an overview of the Framework and explore how it can be tailored to best meet your needs and the needs of your local community. See upcoming dates and register to attend below.

Workshops: Tentative dates are listed below (to be confirmed with all states and territories). Please click here to register for a workshop.

Hobart, TAS: 14 October 2019

Melbourne, VIC: 23 October 2019

Sydney, NSW: 6 November 2019

Adelaide, SA: 19 November 2019

Brisbane, QLD: Early December 2019

Perth, WA: TBC February/March 2020

Darwin, NT: TBC February/March 2020

Canberra, ACT: TBC

The Community Mental Health Drug and Alcohol Research Network (CMHDARN) is a collaborative project between Network of Alcohol and Other Drugs Agencies (NADA), Mental Health Coordinating Council (MHCC) and the Mental Health Commission of NSW.

Visit the CMHDARN website here