

community mental health drug and alcohol

RESEARCH NETWORK

CMHDA



HIGHER DEGREE RESEARCH KICK-START

Friday 20th November 2015

The Community Mental Health Drug and Alcohol Research Network (CMHDARN) is a collaborative project between NADA and MHCC, in partnership with Mental Health Commission of NSW.



HIGHER DEGREE RESEARCH KICK-START



Welcome to Country
Angela Phillips

HIGHER DEGREE RESEARCH KICK-START



UTS supporting community research

Prof. Elizabeth Sullivan - Assoc. Dean Research
UTS

- Mental health and substance use disorders account for more years of life lost due to disability than any other disorders.
- Community organizations are at the coalface of delivering MH&DA services
- Capacity building is an essential part of

service development

Program maintenance and sustainability

Problem solving capability of organisations

RESEARCH IS ESSENTIAL TO BUILDING THE CAPACITY OF COMMUNITY ORGANIZATIONS

- Health research capacity is the ability to define problems, set objectives and priorities, build sustainable institutions and organisations that are adaptive and responsive, and identify solutions to key national health problems. <http://www.pubmedcentral.nih.gov>
- Investment in people and organisations to improve health

ROLE OF THE UNIVERSITY IN BUILDING RESEARCH CAPACITY

To support community organizations to integrate or initiate research into their programmatic agenda through genuine partnership and a shared commitment to deliver evidence based health care that best meets the needs of consumers

RESEARCH CAPACITY: WHAT UNIVERSITIES CAN CONTRIBUTE

- Research degree supervision
- Support the assessment of research needs and strategic planning within organizations
- Research mentoring of staff
- Building research leadership within community organizations
- Contribution of methodological expertise
- Connect organizations to research networks
- Provide field work support
- Grant writing expertise
- Paper writing expertise
- Ethics support and link to approval processes
- Knowledge dissemination at local, regional, national and international fora
- Input into policy options and development

HIGHER DEGREE RESEARCH KICK-START



CMHDARN and the need for community research
Dr Angela Argent (CMHDARN) &
Rob Stirling (NADA)

HIGHER DEGREE RESEARCH KICK-START



- CMHDARN supports the community mental health and alcohol and other drugs sectors to build a research culture, develop research capacity and contribute to knowledge creation and sharing.
- CMHDARN facilitates the development of a research culture by providing opportunities and context for the exchange of ideas, the sharing of resources, support and collaboration among community organisations and between community organisations and research bodies, including universities and research institutes. The Network shares information via its website, workshops, forums, reflective practice webinars/webcasts, E-communications and other activities.
- CMHDARN supports the development of communities of practice. These help foster continuous learning, shape critical thinking and enable innovative practices and approaches.
- CMHDARN listens to our members and we seek your engagement.

JOIN ONLINE TODAY AT www.cmhdaresearchnetwork.com.au



HIGHER DEGREE RESEARCH KICK-START



Session 1 - Panel Discussion

HIGHER DEGREE RESEARCH KICK-START



When do you know it's time to go down the
research path?

Dr Nicola Hancock - USYD

HIGHER DEGREE RESEARCH KICK-START



Why supervision?
Choosing the best for you
Dr Angela Dawson – UTS

WHICH SUPERVISOR? CHOOSING THE BEST FOR YOU

- Start by choosing a problem that interests you
- Experienced – have a record of completion
- Well read, well written well known in the field – read their work
- Currently working in the field and passionate about it

UTS:

HEALTH



The screenshot shows a Google Scholar search for "alcohol adolescents australia prevention". The search results are as follows:

- Result 1:** A computerized harm minimization **prevention** program for **alcohol** misuse and related harms: randomized controlled trial. Vogt M, Teesson G, Andrews K, Rait G, Stoddman. 2009. Wiley Online Library. ... Student's expectations with regard to the consumption of **alcohol** were assessed using scale 2 of the **Alcohol** Expectancy Questionnaire—**adolescent** form (AEQ-A) [31]. **alcohol** ... However, previous research has demonstrated self-reported **alcohol** use by **adolescents** to be ... Cited by 62. Related articles. All 5 versions. Cite. Save. Full text @ UTS
- Result 2:** Internet-based **prevention** for **alcohol** and cannabis use: final results of the Climate Schools COURSE. HC Davison, M Teesson, LE Vogt, G Andrews. Addiction. 2010. Wiley Online Library. ... expectancies were measured using Scale 2 from the **Alcohol** Expectancy Questionnaire **Adolescent** form (AEQ-A ... Finally, the Climate Schools **Alcohol** and Cannabis course is a universal programme designed to ... of binge drinking and illicit drug use in high-risk **adolescents** [45] ... Cited by 75. Related articles. All 7 versions. Cite. Save. Full text @ UTS
- Result 3:** Australian school-based **prevention** programs for **alcohol** and other drugs: A systematic review. M Teesson, HC Davison, EI Barnett. Drug and Alcohol Review. 2012. Wiley Online Library. ... Unfortunately information on the effect sizes obtained in high-risk **adolescents** was not available for us to ... [46] Davison HC, Connor P, Teesson M, Figgans F. School-based **alcohol** and drug ... interventions and survival as a non-drug user over a 2-year period during **adolescence** ... Cited by 32. Related articles. All 6 versions. Cite. Save. PDF from researchgate.net. Full text @ UTS
- Result 4:** Delivering **prevention** for **alcohol** and cannabis using the internet: A cluster randomised controlled trial. HC Davison, G Andrews, M Teesson, LE Vogt. Preventive medicine. 2009. Elsevier. ... of an internet based **prevention** program to reduce **alcohol** and cannabis use in **adolescents** ... enhance or impede social behaviour' from the **Alcohol** Expectancy Questionnaire **Adolescent** form (AEQ-A ... standard errors) for each follow-up occasion for student **alcohol** and cannabis ... Cited by 61. Related articles. All 10 versions. Cite. Save. PDF from ncpc.org.au. Full text @ UTS
- Result 5:** A systematic review of school-based marijuana and **alcohol** **prevention** programs targeting **adolescents** aged 10–15. M Lemastra, N Bennett, U Hamdani, et al. Addiction Research & ... 2010. Taylor & Francis. ... **Alcohol** Induced Disorders, Fatal **Alcohol** Syndrome, **Alcoholism**, **Alcoholic** Intoxication, **Alcoholic** Beverages, Drugs ... of 7 days of marijuana usage per month among **adolescents** aged 10–15 ... WHO) review of school-based **adolescent** drug and **alcohol** **prevention** programs found ... Cited by 55. Related articles. All 2 versions. Cite. Save. Full text @ UTS
- Result 6:** Interventions to reduce harm associated with **adolescent** substance use. JW Trumborno, T Stoccolpi, C Steinhilber, GA Marshall. The Lancet. 2007. Elsevier. ... a range of targets, including reduction of parental substance use, delaying the age of first substance use, and reducing the frequency and amount of substance use in **adolescence** ... Among **adolescents**, zero-tolerance approaches to drug and **alcohol** **prevention** are ineffective ... PDF from aracy.org.au. Full text @ UTS

UTS:

HEALTH



The screenshot displays the UTS Health website interface. At the top, there's a blue navigation bar with the UTS logo and links for Future Students, Current Students, Research and Teaching, and Partners and Community. Below this is a secondary navigation bar with links for Overview, Our research, Teaching and Learning, Future researchers, and Industry partnerships. The main content area is titled 'Find an expert' and includes a search bar and a list of links: Contract research, Funding schemes, Sponsored positions, Industry Hub, Consulting services, and Find an expert. The footer contains information about the University of Technology Sydney, including contact details and social media links.

UTS

FUTURE STUDENTS CURRENT STUDENTS RESEARCH AND TEACHING PARTNERS AND COMMUNITY

Overview Our research Teaching and Learning Future researchers Industry partnerships

UTS > Research and teaching > Industry partnerships > Ways to engage > Find an expert

WAYS TO ENGAGE

- Contract research
- Funding schemes
- Sponsored positions
- Industry Hub
- Consulting services
- Find an expert

Find an expert

Search the UTS Find an Expert database of over 450 experts. If you can't find what you are looking for please feel free to get in touch with the Research Engagement Team for assistance.

ABOUT UTS
The University
Facilities and maps
UTS governance
Faculties
Privacy statement
Disclaimer

LIBRARY
Search catalogue
What's on
Help and resources

NEWSROOM
Events
Find an expert
Media centre

STAFF
Staff Connect
Webmail
Staff Directory
Jobs at UTS

University of Technology Sydney
City campus
15 Broadway
Ultimo NSW 2007
Kuring-gai campus
Elton Road
Lindfield NSW 2070

Telephone
+61 2 9514 2000

Student inquiries
ask.uts.edu.au

See all contacts

© Copyright UTS - CRICOS Provider No. 00099F - 27 February 2014 10:38 PM. This page is maintained by Deputy Vice-Chancellor and Vice-President (Corporate Services)

UTS:

HEALTH



UTS

FUTURE STUDENTS CURRENT STUDENTS RESEARCH AND TEACHING PARTNERS AND COMMUNITY

The University Maps and facilities Faculties UTS Governance

UTS > About UTS > Faculty of Health > Academic staff

Academic staff

SEARCH STAFF

NAME	UNIT	POSITION
Adams, Jon	Faculty of Health	Professor of Public Health
Al-Sheyab, Nihaya	Faculty of Health	Associate of the Faculty
Altmann, Nicole	Faculty of Health	Associate of the Faculty
Atsalos, Christine	Faculty of Health	Associate of the Faculty
Axam, Anne	Faculty of Health	Associate of the Faculty
Axsa, Carmen	Faculty of Health	Associate Lecturer
Bichei-Findlay, Jen	Faculty of Health	Director, Health Services Management
Botma, Janine	Faculty of Health	Associate of the Faculty
Bower, Rob	Faculty of Health	Director, Sport and Exercise Studies
Brodie, Patricia	Faculty of Health	WHO CC Midwifery Coordinator/Advisor
Brooks, Fiona	Centre for Midwifery, Child and Family Health	Professor
Buchan, James	Faculty of Health	Professor
Canning-Mitchell, Gineen	Faculty of Health	Adjunct Professor

WHAT SUPERVISOR? CHOOSING THE BEST FOR YOU

- Is around, stable, employment not too busy, responsive
- Intellectually generous, has integrity, can mentor you – believes in you
- Approachable, friendly, fair and an effective communicator
- Ask other students, shop around and “interview” potentials
- Think about both primary and co-supervisors- a team

UTS:

HEALTH



SELECTION SHOULD BE PURPOSEFUL NOT RANDOM!



HIGHER DEGREE RESEARCH KICK-START



Grand ideas, possible pitfalls and creative solutions
Assoc. Prof. Carolyn Day - USYD

Grand ideas, possible pitfalls and creative solutions

A/Professor Carolyn Day
Discipline of Addiction Medicine
Central Clinical School
University of Sydney



THE UNIVERSITY OF
SYDNEY



Grand ideas...

an original contribution
and...research training

Develop a research question

- Defining and refining

Has it been done?

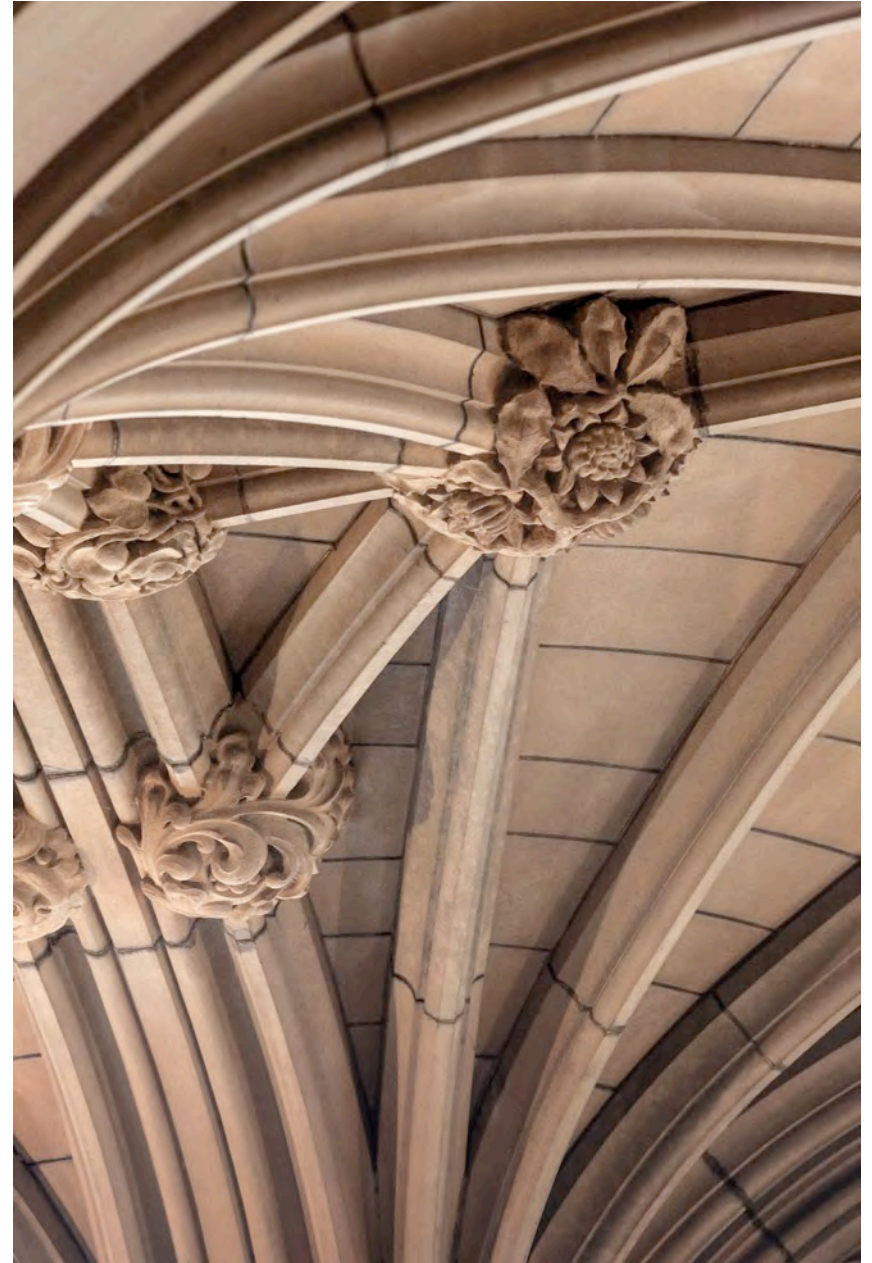
- Know the literature

Can it be done?

- Understand your research question, your resources and methodological limitations



THE UNIVERSITY OF
SYDNEY



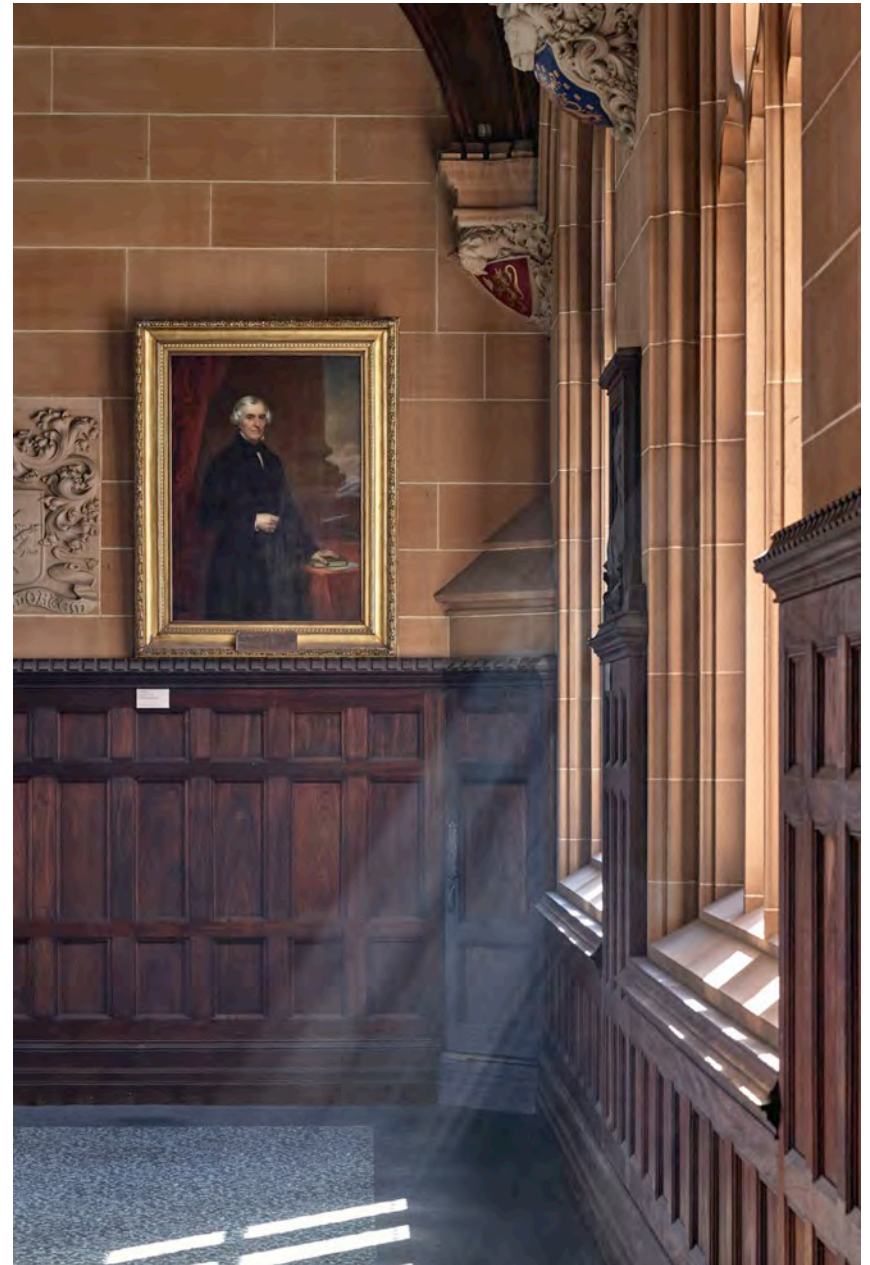
Possible pitfalls

All projects have problems

- Sometimes they can be anticipated, often they cannot

Key issues – unrealistic expectations

- Resources and collaborations
- Time (full-time vs part-time, work flexibility, study leave, personal issues)
- Tenacity and dedication

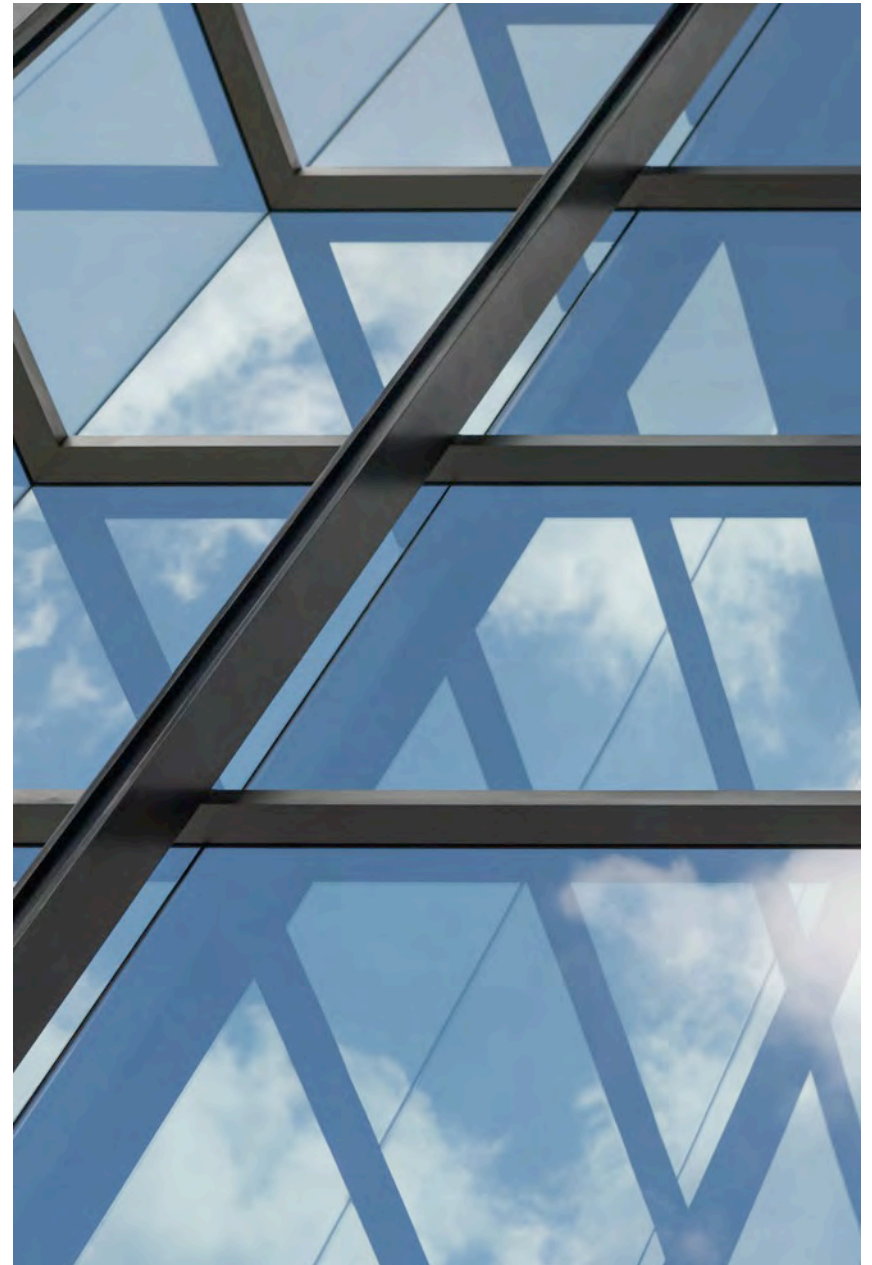


Creative solutions

- Good supervision
- Clear and realistic timelines (contracted with all parties)
- Appropriate support and training
- Flexibility
- Know thine-self! (and those around you)
- Compare but don't compete
- Fluid research questions
- PhD alternatives...MPhil



THE UNIVERSITY OF
SYDNEY



HIGHER DEGREE RESEARCH KICK-START




Mixed-methods research and the possibilities of
using study time for
developing skills in different methods

Prof. Carla Treloar – UNSW

What do you
want to do?



What do you
want to do?



Who do you
want to
employ you?



What do you
want to do?

Who do you
want to
employ you?

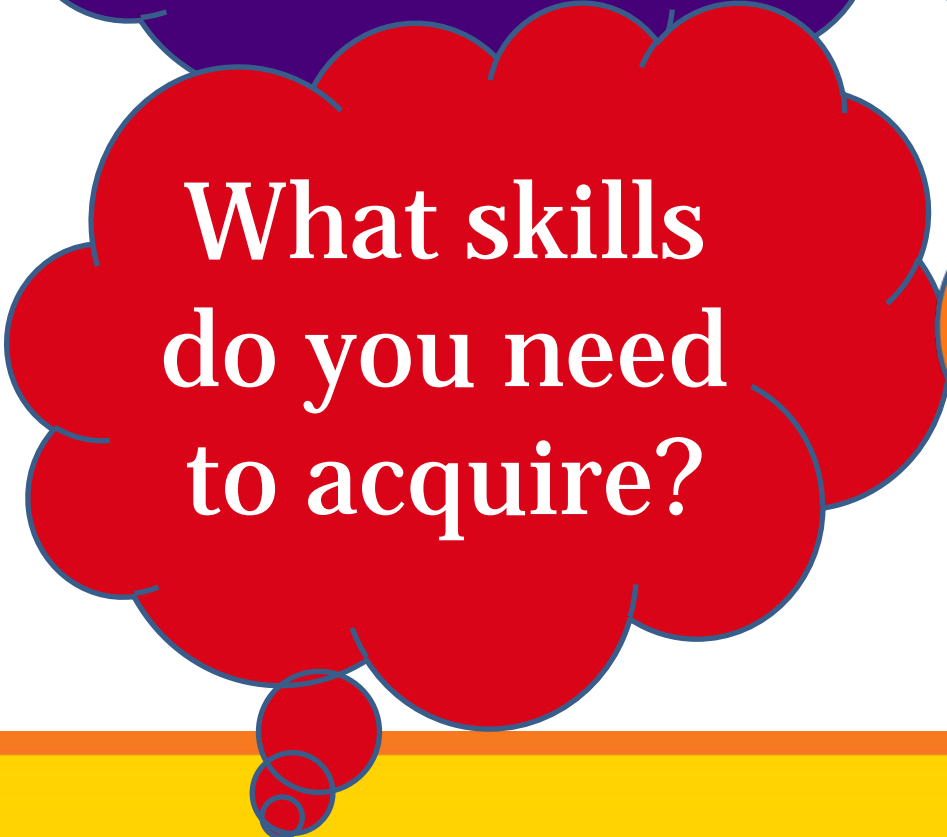
What skills
do you need
to acquire?



What do you
want to do?



Who do you
want to
employ you?



What skills
do you need
to acquire?



What skills
are you
interested
in
acquiring?











Many types of

- Qual designs
- Quant designs
- Method has to match question

Order?

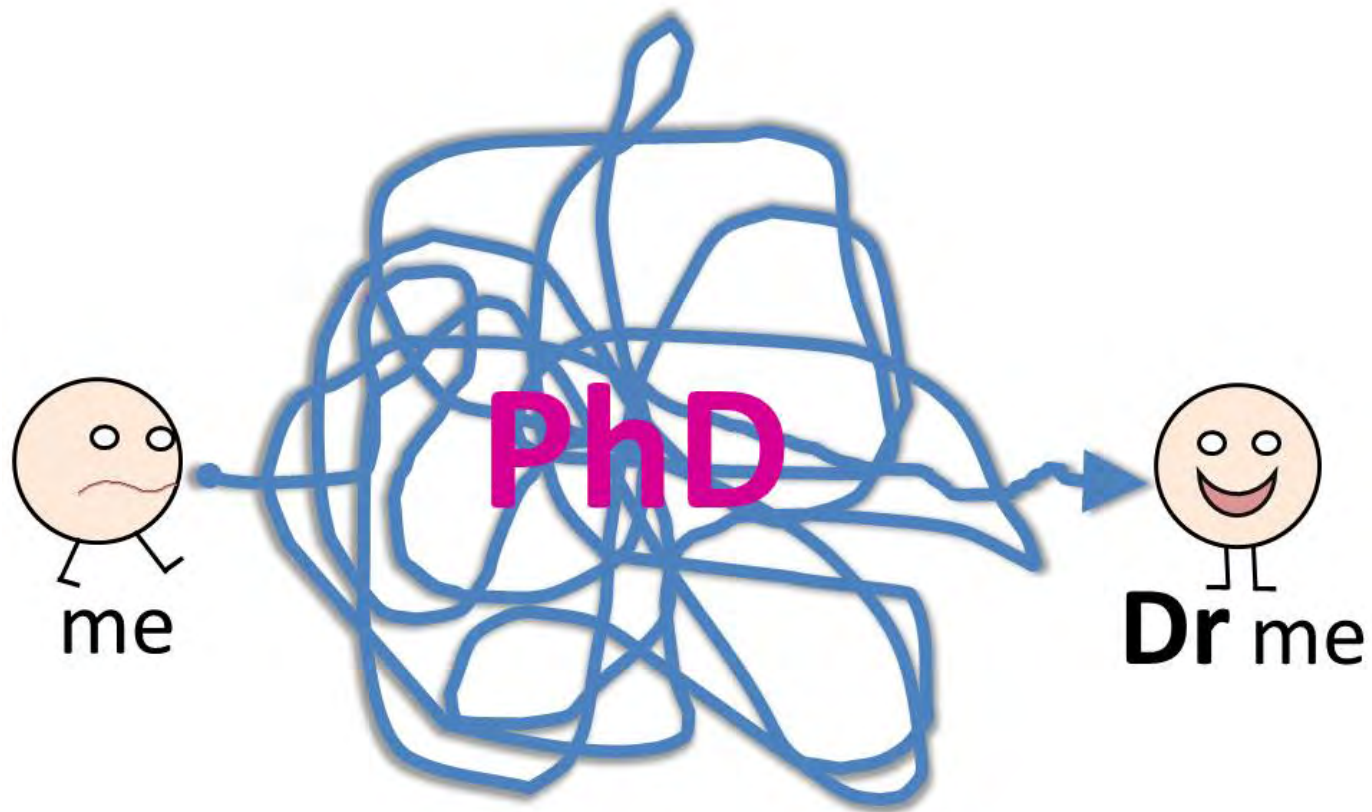
- Which comes first?
- What informs what?

Extent of skill development?

- Expert practitioners?
- Competent consumer?

Supervisors?

- Who can give you what you need?
- Who can you work with?



Social Research
Conference on
HIV, Viral Hepatitis
& Related Diseases

31 March - 1 April 2016
UNSW Kensington

Call for abstracts close
16 November 2015

Visit
hhard.arts.unsw.edu.au
for more details

General Enquiries

Academic Enquiries



UNSW
UNIVERSITY OF NEW SOUTH WALES

margins & belonging

marginalised people building community



CSRH

Centre for Social Research in Health

HIGHER DEGREE RESEARCH KICK-START



How community research questions change
research practices

Dr Scott Fitzpatrick - Centre for Rural and
Remote Mental Health (CRRMH)

University of Newcastle

HIGHER DEGREE RESEARCH KICK-START



Research –
the excitement of contributing to better practice
Prof. Jane Stein-Parbury - UTS

HIGHER DEGREE RESEARCH KICK-START



Session 2 – Student Experiences & Pathways

HIGHER DEGREE RESEARCH KICK-START



I didn't know I had a PhD in me
Dr Lexine Stapinski – CREMS



I didn't know I had a PhD in me..

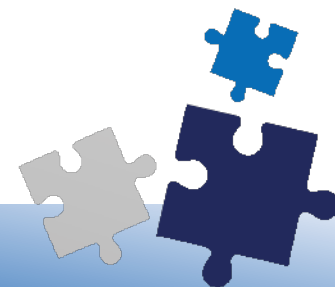
Dr Lexine Stapinski
Centre of Research Excellence in
Mental Health & Substance Use, UNSW



UNSW
AUSTRALIA

NDARC

National Drug &
Alcohol Research Centre



I'll be a Clinical psychologist



UNSW
AUSTRALIA

Undergraduate +
Hons (Psych)



I'll be a
Zoologist

Centre for Emotional Health



MACQUARIE
University
SYDNEY • AUSTRALIA

Research Assistant



PhD
Masters of Clinical
Psychology

Postdoctoral Fellowship



University of
BRISTOL



Research Associate



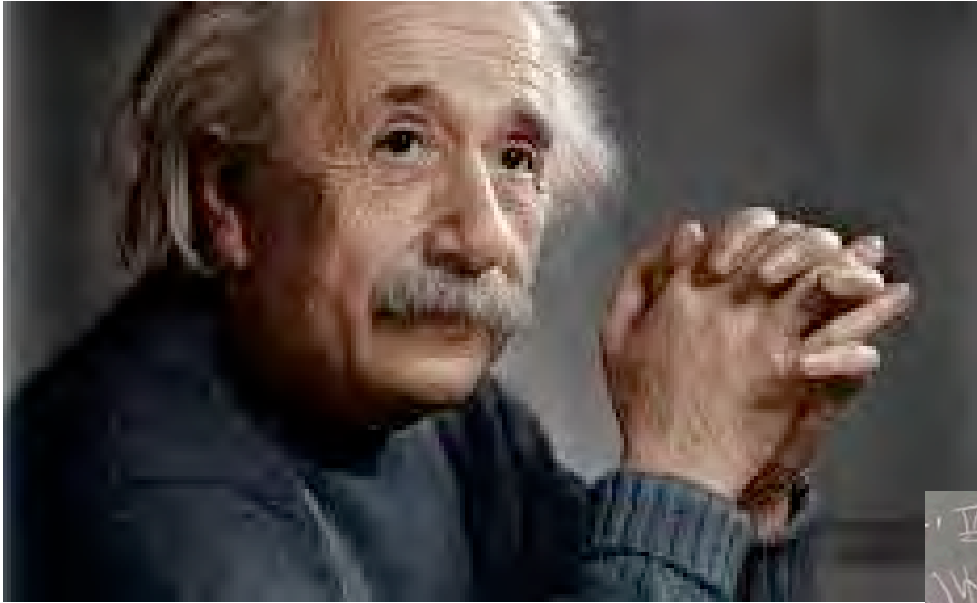
UNSW
AUSTRALIA

NDARC

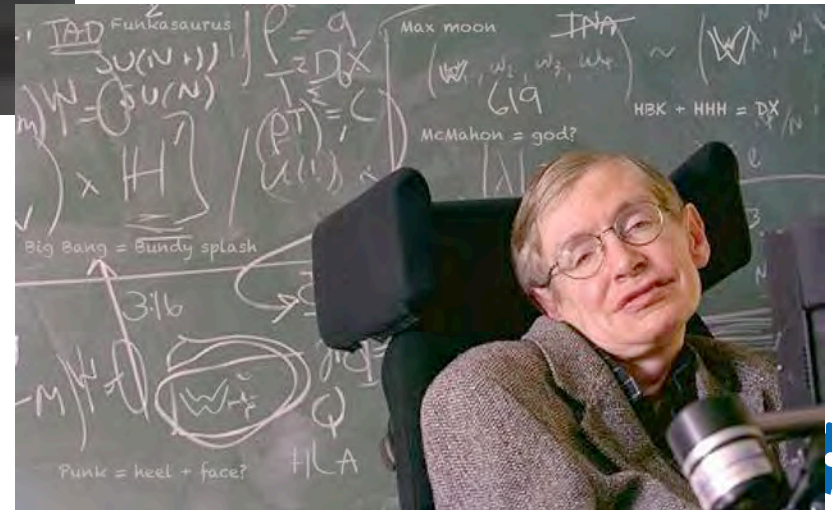
National Drug &
Alcohol Research Centre

My Pathway

Pre-conceptions..



There's no way I
could do a Phd...



New Perspectives..



PhD Student =
Coffee & yellow post-it enthusiast

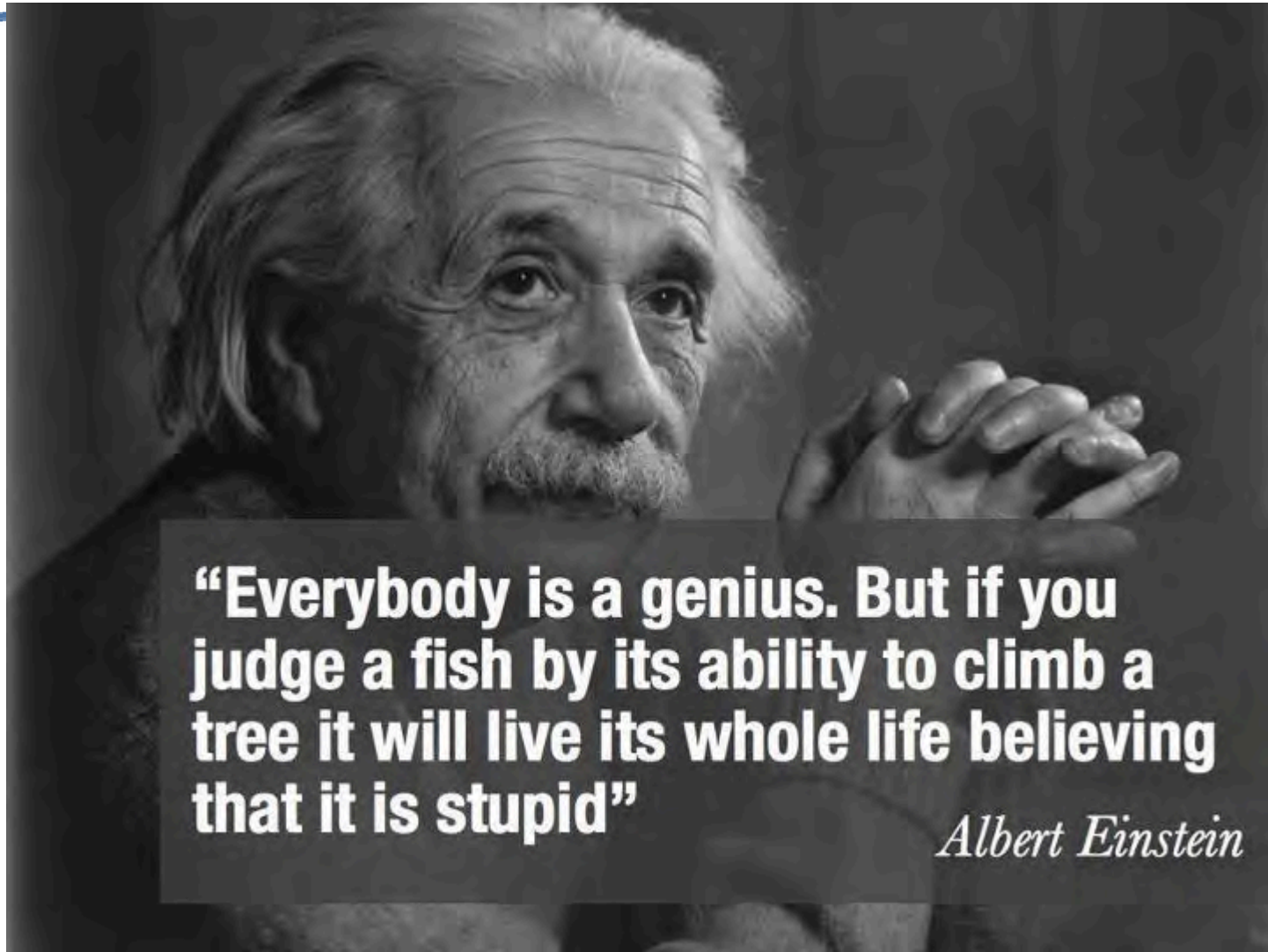


New Perspectives..



- ❖ Normal people..
- ❖ People who were curious, seeking to understand, enjoyed the process of finding out
- ❖ Wanted to make an impact – bigger picture
- ❖ Perseverance





"Everybody is a genius. But if you judge a fish by its ability to climb a tree it will live its whole life believing that it is stupid"

Albert Einstein

Why did I change my mind?



- ❖ Loved the process of clinical research: running experimental studies to work out what keeps people stuck in cycle of anxiety
- ❖ Drawing from research findings to improve treatments, then testing whether it was more effective – can we improve quality of life?
- ❖ Scientific method – using rigorous evaluation to help people get access to the best possible treatments
- ❖ Talking with mentors, confidence in me even if I didn't



Challenges...



- Masters of Clinical Psych + PhD
- Clinical work + PhD
- Life + PhD

But, there were benefits –
combination of clinical + research
had advantages, made me unique



Why I am glad I did..



- ❖ Diversity, being able to combine clinical plus research work – mutually beneficial
- ❖ Individual level vs Big picture
- ❖ Team environment, working collaboratively to develop new ideas, methods, directions
- ❖ Always new challenges – research role is very diverse, always learning, new problems to solve
- ❖ Added perks: Work flexibility, travel, live abroad, meet new people, share ideas



To find out more about developing your research ideas, choosing a supervisor and HDR opportunities within CREMS, help yourself to a copy of our booklet:

Or email:

l.stapinski@unsw.edu.au

For an electronic copy



Thank you



Happy to
answer
questions...

Dr Lexine Stapinski

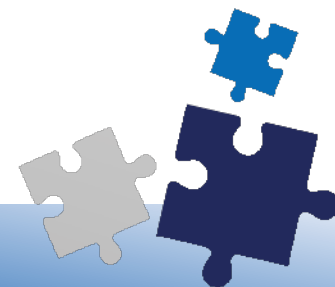
Email: l.stapinski@unsw.edu.au

CREMS website: www.comorbidity.edu.au



NHMRC CENTRE OF RESEARCH EXCELLENCE
in MENTAL HEALTH and SUBSTANCE USE

WHAT TO DO WHEN YOU'RE OVERWHELMED WITH WORK



HIGHER DEGREE RESEARCH KICK-START



Best of both worlds
Adrian Webber – UNE

HIGHER DEGREE RESEARCH KICK-START



Balancing work and study
Mark Goodhew - UTS

HIGHER DEGREE RESEARCH KICK-START



‘What’s in it for us?’

How to get your organisation in love with your
ideas for research so that you both benefit

Dr Suzie Hudson - NADA

HIGHER DEGREE RESEARCH KICK-START



Pathways and scholarships
Bianca Azar- UTS

PATHWAYS AND SCHOLARSHIPS - UTS

UTS:
GRADUATE
RESEARCH
SCHOOL

PATHWAYS TO RESEARCH DEGREES

UTS:
GRADUATE
RESEARCH
SCHOOL



HDR STUDENTS AT UTS (2014)

- 36% of all HDR students are **international students**
- 2.4% HDR students self-identified with a **disability**
- 46.5% HDR students are **female** (2014)

(with significant variations between faculties and disciplines, ranging from 27% -FEIT to 68% - Pharmacy)

- 39 Masters students and 15 PhD students enrolled at UTS identify as **Aboriginal/Torres Strait Islanders** (2014). (This figure includes master's coursework students). Indigenous HDR student numbers increased from 3 – 14 over past few years.

THREE CASE STUDIES FROM THE FACULTY OF HEALTH



Student 1

- Completed a Bachelor degree with First Class Honours
- Obtained admission to a PhD at UTS under industry funded project

THREE CASE STUDIES FROM THE FACULTY OF HEALTH



Student 2

- Completed Bachelor degree
- Registered Nurse for 7 years
- Completed Masters, moved into mental health nursing for 9 years
- Gained entry to PhD at UTS

THREE CASE STUDIES FROM THE FACULTY OF HEALTH



Student 3

- Registered Nurse for 11 years (general nursing, palliative care)
- Bachelor of Laws
- Solicitor for 12 years in private practice, volunteered at NGOs
- Director of medical billing service provider
- Admitted to PhD at UTS on part time basis

PATHWAYS

Student 1 –

Scholarship funded from Supervisor's industry grant

Student 2 –

APA Scholarship, casual tutor

Student 3 –

Studied part time and continued employment as Director of company

UTS RESEARCH SCHOLARSHIPS



Chancellor's Research Scholarship (CRS)	\$35k pa for 3 years
Research Excellence Scholarship (RES)	\$30k pa for 3 years
Australian Postgraduate Award (APA)	Approx \$26k pa for 3 years
UTS Doctoral Scholarship (UTSD)	Approx \$26k pa for 3 years
Jumbunna Postgraduate Research Scholarship	Up to \$50k pa for 3 years

EXTERNAL SCHOLARSHIP OPPORTUNITIES

NHMRC Scholarship	Approx \$26k pa for 3 years
Student Grants	\$5k - \$15k
Industry Funded Scholarships	Up to \$50k pa for 3 years

DIFFERENT MODELS OF INDUSTRY DOCTORATES AT UTS



1. **Employee** – candidate continues in employment and receives salary
2. **Industry sponsored** – scholarship funded by industry partner
3. **UTS - Industry Partnership scholarship** – scholarship jointly funded by UTS and partner
4. **Internship** – shorter term industry placements (4-6 months)

HOW DO I APPLY?



STEP 1:

Find a supervisor:

<http://cfsites1.uts.edu.au/find/uts-research/find-a-supervisor/index.cfm>

STEP 2:

Develop your research proposal

STEP 3:

Submit your application and certified documents to the Graduate Research School

WHO TO CONTACT



The Graduate Research School

Email: grs@uts.edu.au

Phone: +61 2 9514 1336

Website: <https://www.uts.edu.au/research-and-teaching/future-researchers>

HIGHER DEGREE RESEARCH KICK-START



Alternative pathways
Joanna McCarthy - MQ

Macquarie University Master of Research

Your path into higher degree research

Joanna McCarthy
HDR Co-ordinator
joanna.mccarthy@mq.edu.au

Macquarie @ a glance

- 38,747 Students – 1,334 Academic Staff – 1,434 Professional Staff
- \$1 billion invested in infrastructure and facilities in recent years
- **Five faculties** – Arts, Business and Economics, Human Sciences, Science and Engineering, Medicine and Health Sciences (ASAM, AIHI) and business school MGSM. – 21 research areas
- 5★ Ranking – world class in a broad range of areas, enjoys a high reputation and has cutting edge facilities and internationally renowned research and teaching faculty. One of only 5 Australian Universities to receive 5 stars in all of the categories. (QS 2014)

World-Leading Research: World-Changing Impact

Strategic Research framework 2015-2024



- Macquarie Strategic Research Framework 2015-2024 has established the University commitment to world leading research with world changing impact.
- Our framework outlines **five future shaping research priorities**.
- Healthy People, Resilient societies, Prosperous economies, Secure planet and Innovative technologies
- Key Research Objectives: Accelerate world-leading research performance, **prepare world-ready higher degree research candidates**, engage as a world-recognised research collaborator of choice, deliver research with world changing impact

Research Training @ MQ

Our HDR Candidates develop the skills and competencies to succeed in the dynamic and changing world of work

HDR Candidates statistics (2014, approx.)

- 2,000 Higher Degree Research Candidates
- 500-600 Master of Research Candidates
- 35% International Candidates
- MQ aims to provide you with a research culture, climate and community that supports your research journey.

The Master of Research MRes Program

The Master of Research program made us the first Australian university to fully align with Asian, European and North American higher degree research qualification. - Bologna Model.

Introduced in 2013 to replace Honours program.

- Provides intensive research preparation before you begin doctoral study
- Research Training Skills – Research Methodology, Planning, Project Management
- International Portability – PhD completion overseas
- **Two year program** – in year one you undertake advanced coursework units (2 Semesters)
- Can exit year one with a Bachelor of Philosophy
- Second year is a masters level postgraduate training program, focus on a research topic and submit a thesis of 20,000 for external examination
- You must hold a bachelor degree (differing admission requirements across Faculties)
- If you hold an honours degree may qualify for RPL for Year 1 of the program
- Upon successful completion can progress to a 3 Year PhD program – know exactly what to do and how to approach it

MRes Domestic Candidate Fees



-
- Commonwealth supported places are available for the first year of the program. If you continue to the second year you will be supported by the Australian Government through the Research Training Scheme.
 - Scholarship Opportunities are available for full time completion of the program – part time awards may be considered due to significant career responsibilities or medical grounds. 2015 Stipend rate is \$25,849 tax free
 - Annual Domestic Application Round closed on 30 September 2015
 - Mid Year Admission Opportunities for 1 July 2016 commencement possible within some Faculties
 - Master of Research Exchange Opportunities also available with our partner universities
 - http://hdr.mq.edu.au/information_about/research_training_degrees/student_testimonials

Candidature environment

Faculty HDR contacts (Managers):

- Faculty of Business & Economics – **Agnieszka Baginska**
- Faculty of Human Sciences – **Robyn Bishop**
- Faculty of Arts – **Maryanne Hozijan**
- Faculty of Science and Engineering – **Jane Yang**
- Faculty of Medicine and Health Sciences – **Prof Roger Chung (ASAM), Denise Tsiros (AIHI)**
- MGSM – **Kerry Daniel**

Thank You
www.hdr.mq.edu.au

HIGHER DEGREE RESEARCH KICK-START



CREMS/CMHDARN Community Mentoring Project Dr Lexine Stapinski – CREMS



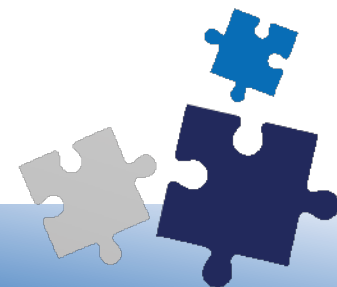
The CMHDARN - CREMS Community Research Mentoring Project

Dr Lexine Stapinski
Centre of Research Excellence in
Mental Health & Substance Use, UNSW



UNSW
AUSTRALIA

NDARC
National Drug &
Alcohol Research Centre



What is CREMS?



UNIVERSITY OF
BIRMINGHAM



UNSW
AUSTRALIA



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA



NORTHWESTERN
UNIVERSITY



THE UNIVERSITY OF
SYDNEY



MUSC
MEDICAL UNIVERSITY
of SOUTH CAROLINA



MACQUARIE
UNIVERSITY



70 members across 7 universities



Directed by Prof Maree Teesson



NHMRC Centre of Research Excellence in Mental
Health and Substance Use (CREMS)



Why?



- ❖ Mental health and substance use disorders
 - Among health's greatest challenges
 - Often co-occur (i.e. are comorbid)
- ❖ Yet, we don't have good prevention and treatment approaches for comorbidity, single disorder models dominate
- ❖ CREMS aims to break down the single disorder silos



Aims



CREMS aims to significantly improve

- **understanding**
- **prevention**
- **treatment**



of comorbid mental health disorders and substance use

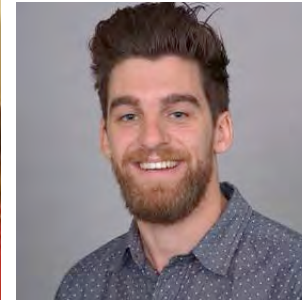
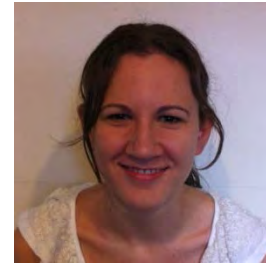


The CREMS ECR Training Program



- ❁ *To provide Early Career Researchers (ECRs) with the necessary training, skills and support to develop as the future leaders of mental health and substance use research*

12 members in 2015



CMHDARN-CREMS Community Mentoring Program

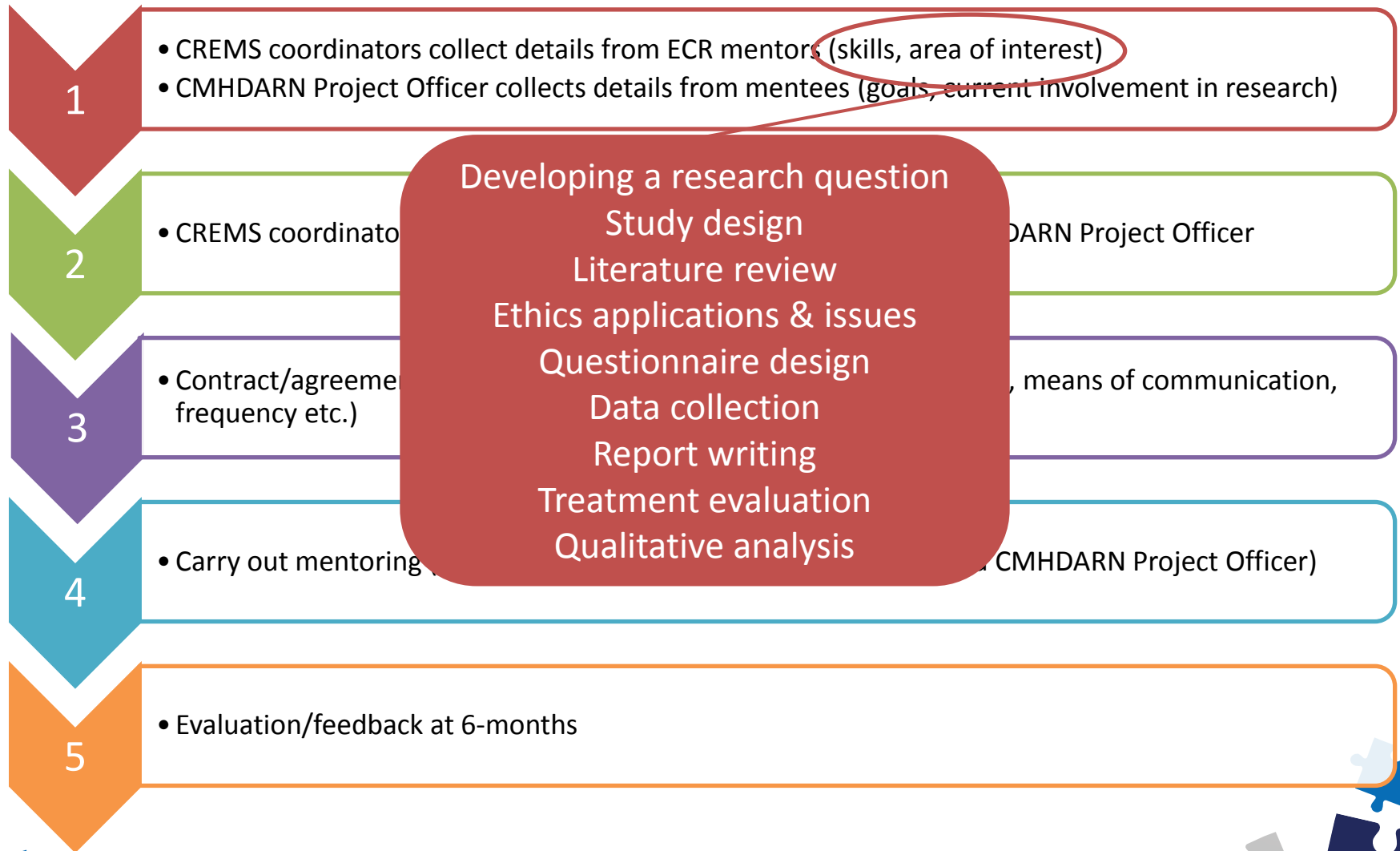


Launched in 2014

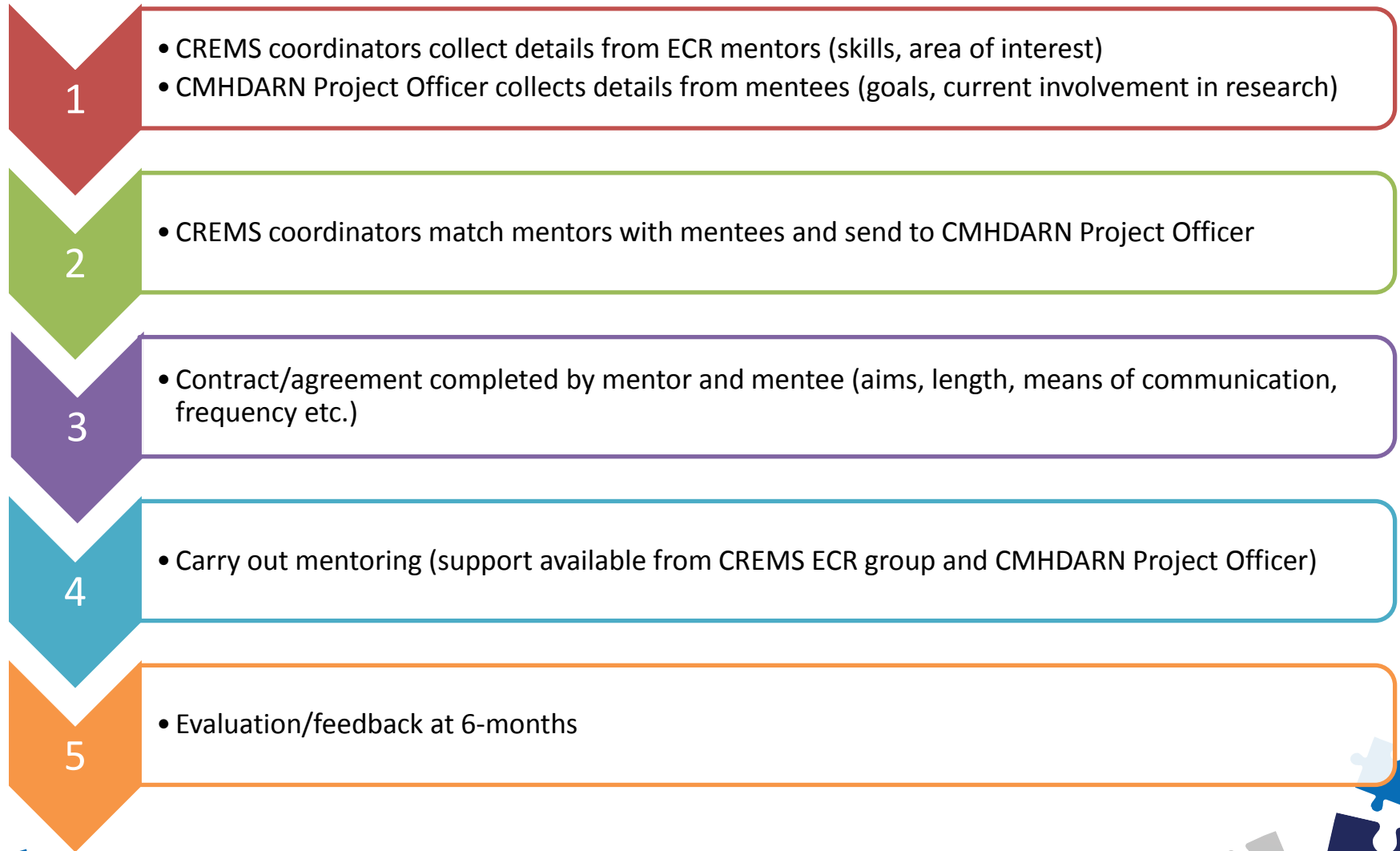
- Recognises a shared interest in *optimising and impact* of research
- Aims to provide drug and alcohol and mental health workers in the field with *academic mentor support*
- Increase worker *confidence, knowledge and skills* in the area of research and evaluation
- Further *develop a research culture* within community managed organisations
- CREMS ECRs gain valuable *mentoring experience*, increase *knowledge and understanding of organisations, engage with workers* in the field, which may in turn impact on conduct and implementation of research



The process



The process



Areas of Practice for Mentoring

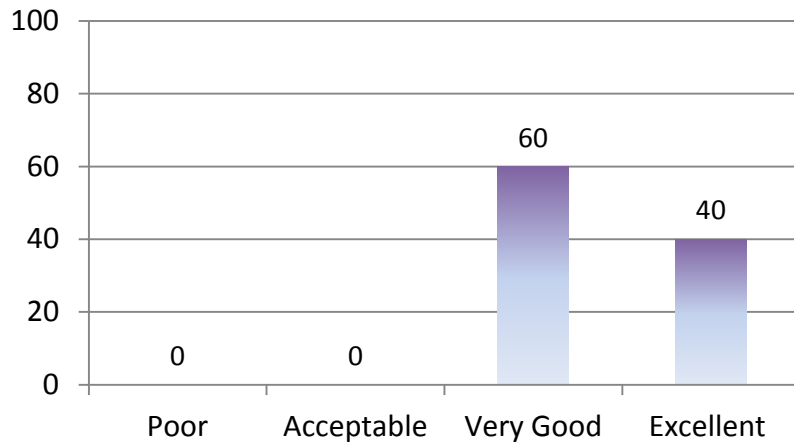
- **DATA ISSUES:** appropriate methods of gathering and relevant data to match outcomes; data interpretation
- **RESEARCH PROCESSES:** Developing research question & model; relevant statistical analysis; development of research & interview process; questionnaires; appropriate ethical base; compiling results; writing results.
- **EVALUATION:** Support and guidance to evaluate new program/ impact of practice; matching process & tools with outcomes.
- **NATURE OF WORK:** Mixture of MH/ AOD; transgender; Aboriginal people; young People; women's services, residential; telephone counselling

Feedback from 2014: Mentors

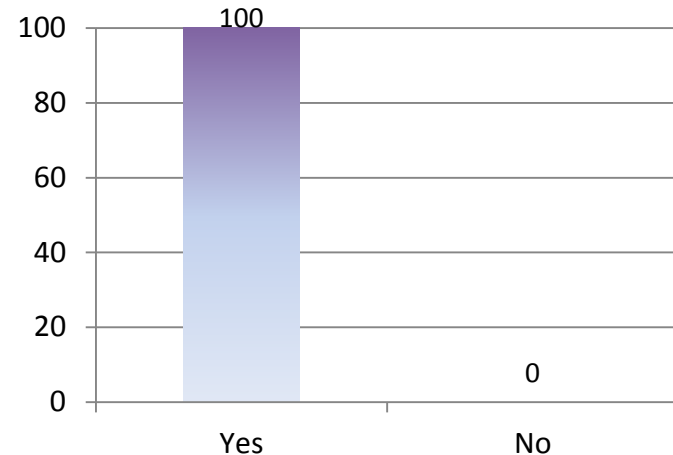


- 8 CREMS ECRs linked with 11 community D&A/mental health workers

How would you generally rate the program?



Would you be interested in mentoring again?



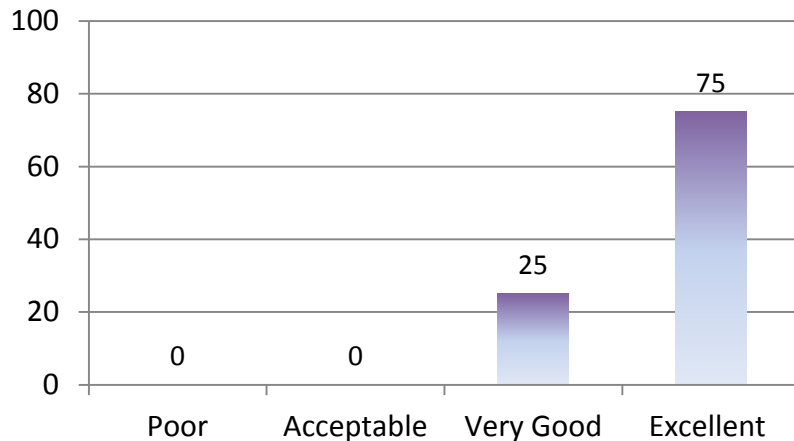
- 100% said they enjoyed the program
- 80% said
 - they had gained something from the relationship
 - their understanding of community organisations was enhanced



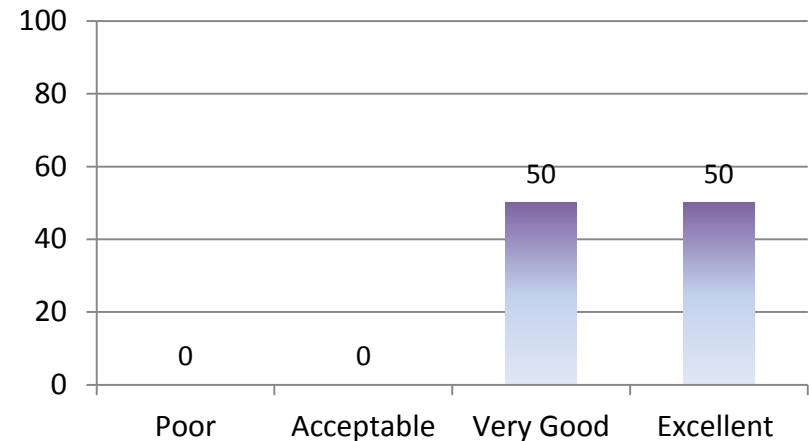
Feedback from 2014: Mentees



How would you generally rate the program?



Quality of mentoring experience?



- ❦ All mentees describe their relationship with their mentor as “Excellent”
- ❦ All mentees reported feeling more informed and knowledgeable about research and evaluation



Feedback from 2014: Mentees



Way/s mentor helped you to improve your research knowledge and skills?

- My mentor has been excellent in guiding my research design. It has also given me an understanding of how to select the right psychometric tools.
- My mentor has been able to give me good advice re survey monkey, survey design, questions to ask and to link me with other similar studies so this has been really helpful
- My mentor directed me to research articles and websites which were extremely helpful.
- Better knowledge of what research and evaluation tools are available



Feedback from 2014: Mentees



Key things you learned from your mentor?

- It is important to select respected psychometric tools. They also need to have been used in similar conditions to the ones in which you plan to use them.
- Mainly around research techniques and how to access articles
- Understanding better the contexts and rigors of research



Want to get involved?



CMHDARN 2016 Community Research Mentoring Project APPLICATIONS INVITED NOW!

APPLICATIONS CLOSE
MARCH 1ST 2016

WOULD YOU LIKE SUPPORT WITH YOUR RESEARCH?

WOULD YOU LIKE TO DEVELOP NEW RESEARCH SKILLS?

Initial support is available for up to 6 months with potential for extension. There is no cost involved, but you will need to make time for your research and working with your mentor.

To read more about the Mentoring Project visit:

<http://www.cmhdaresearchnetwork.com.au/research-network-activities/mentoring-program/>



Want to get involved?



To find out more about HDR opportunities within CREMS, help yourself to a copy of our booklet:

Or email

l.stapinski@unsw.edu.au

For an electronic copy.



Thank you



And special thanks to Emma Barrett and Deb Tipper (former coordinators) for establishing the CMHDARN-CREMS mentoring program and putting together these slides.

Dr Lexine Stapinski

Email: l.stapinski@unsw.edu.au

CRFMS website: www.comorbidity.edu.au



NHMRC CENTRE OF RESEARCH EXCELLENCE
in MENTAL HEALTH and SUBSTANCE USE



Have you thought about becoming a
CMHDARN, MHCC or NADA member?



Visit www.cmhdaresearchnetwork.net.au
for more information

Visit www.nada.org.au
for more information

Visit www.mhcc.org.au
for more information

