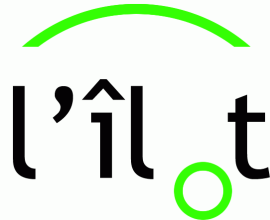


MEETING
FOR
MINDS

NEWSLETTER

Newsletter Two-May 2015



A GLOBAL QUEST FOR A BRIGHTER FUTURE

The **Meeting for Minds** vision lays out a significant challenge: to be a unified, global catalyst for ground breaking change in mental health.

The international approach is a key component of **M4M's** work and founder Maria Halphen is committed to forging the global links capable of building a platform for change.

Maria believes that this not only brings together people and groups who have a shared interest in mental health, but will be a highly valuable resource as we strive to link new mental health research projects in a similar way.

On a recent trip to Europe, Maria formed an alliance between **M4M** and support group called L'ilot in Switzerland. L'ilot had been established by Mr. and Mrs. Leroy after their son, Nicholas who had schizophrenia, passed away from a heart condition in 2008.

L'ilot founder, Anne Leroy said the group had grown very quickly and now provided help for about 500 families.

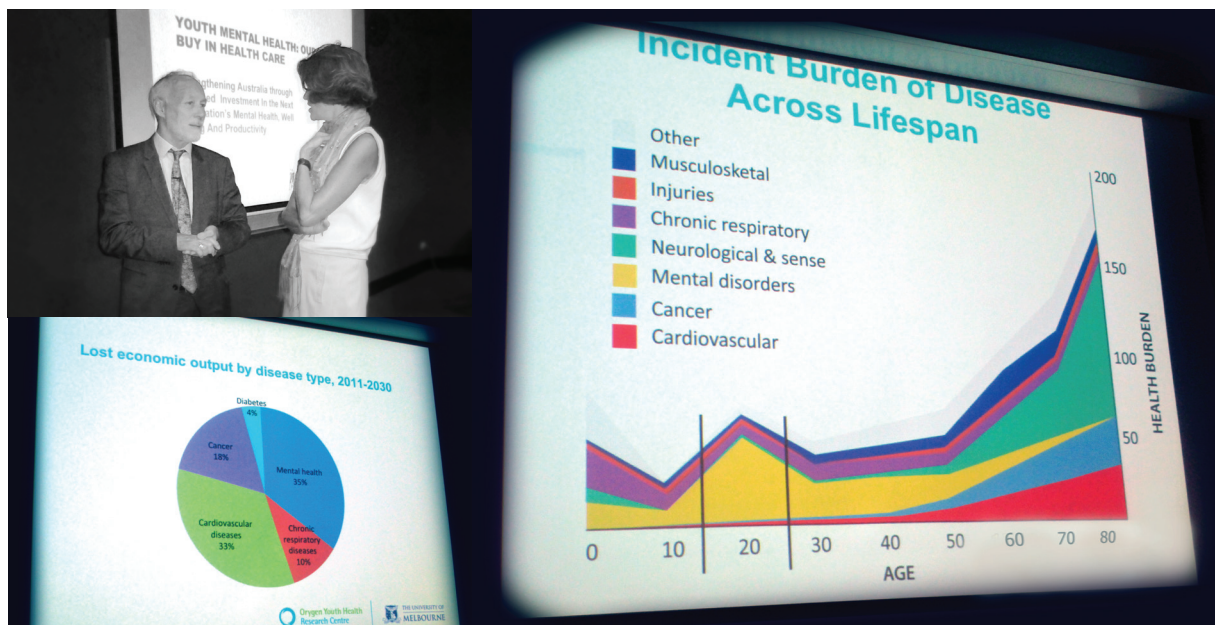
involving families, carers and those with lived experience and the pool of knowledge and experience this provided was the key to the success of L'ilot.

Mrs. Leroy said there was an Australian connection with their major project for this year, the TIPP program which was based on Professor Pat McGorry AO's work on the acute management of schizophrenia and anti-psychotic medications for young people.

Maria said it was encouraging for **M4M** to discover other organizations around the world who had similar aims and objectives.

She emphasised the need to create an on-going dialogue between researchers, families and those who have experienced mental illness to improve understanding to lead to new treatments and a better quality of life for all those concerned.

Mrs. Leroy said the positive influence of



THE CASE FOR EARLY INTERVENTION

One of Australia's leading mental health figures, Professor Pat McGorry AO, kicked off this year's series of **Meeting for Minds** public lectures in February.

Professor McGorry spoke at the Central Institute of Technology and Christ Church Grammar School and presented the results of the latest research in youth mental health.

He said the impact on young people is highlighted by the fact that mental health disorders peak between the ages of 14 and 25 in terms of burden of disease across the lifespan.

Professor McGorry said this was also the age group where support and services were least available and said there were enormous long term social and economic impacts from such neglect.

He called for a major community wide campaign to lobby for political support for new youth mental health programs.

THE PUBLIC LECTURE SERIES

will continue in May with events features

Professor Assen Jablensky, Director of the Centre for Clinical Research in Neuropsychiatry and Hon Keith Wilson AM, former Minister for Health (WA), Mental Health Carer and a Director of **M4M**.

Then in August, you can hear Professor Cyndi Shannon Weickert, Macquarie Group Foundation Chair of Schizophrenia and Neuroscience Research at the University of NSW.

You may like to have a preview by watching Professor Shannon Weickert's TED talk *"Freedom from Schizophrenia, A Twin's Test"* online.

PUBLIC LECTURE: IS SCHIZOPHRENIA INHERITED?

SPEAKERS | **May 26th**



Professor Assen Jablensky

What do we know from
Research?

**“Mental Health 2020:
Challenges and Opportunities”**



Hon Keith Wilson AM

What do we know from
Lived Experience ?

“What I know about my Family”

VENUE:

CHRIST CHURCH GRAMMAR SCHOOL, CLAREMONT
- **Senior Staff Common Room**

TIME: **7.00 PM**
ADMISSION: **\$10**

BOOKINGS: Go to **meetingforminds.com.au** and click on **EVENTS**

ENQUIRIES: **admin@meetingforminds.com.au**



FISH OIL: A POSSIBLE SOLUTION?

There is growing evidence that fish oil tablets may be able to prevent the onset of psychotic illnesses in some young people.

Professor Pat McGorry's Orygen Youth Health Research Centre at the University of Melbourne has been involved in a long-running international project testing the effects of concentrated fish oil.

The study was based on a group of young people who were identified at risk of developing psychotic disorder.

Professor McGorry said the results appeared to show that the omega-3 fatty acids in fish oil could prevent the onset of schizophrenia and psychosis.

He said it could ultimately be a valuable replacement for anti-psychotic drugs during early intervention, but stressed that omega-3 did not seem to have significant impact in the latter stages of mental illness.

Prior to these trials, researchers had established that people with schizophrenia had low levels of

omega-3 fatty acids in their cells.

Professor McGorry said there was yet more evidence needed to confirm the results of the trial.

Omega-3 fatty acids are polyunsaturated fats that can be found in a range of foods, especially in fish such as sardines, mackerel, salmon and tuna.

While the research is inconclusive, one theory on omega-3 fatty acids suggests it might increase a key antioxidant in the brain as well as interacting with dopamine and serotonin, which are associated with mood.

Two replication trials were completed earlier this year and results which could determine the efficacy of the trial are expected to be available soon.

A/Professor Paul Amminger, Lead Investigator in the Trial said this could be an important finding that should facilitate early detection and intervention in psychosis for the benefit of young people and their families.



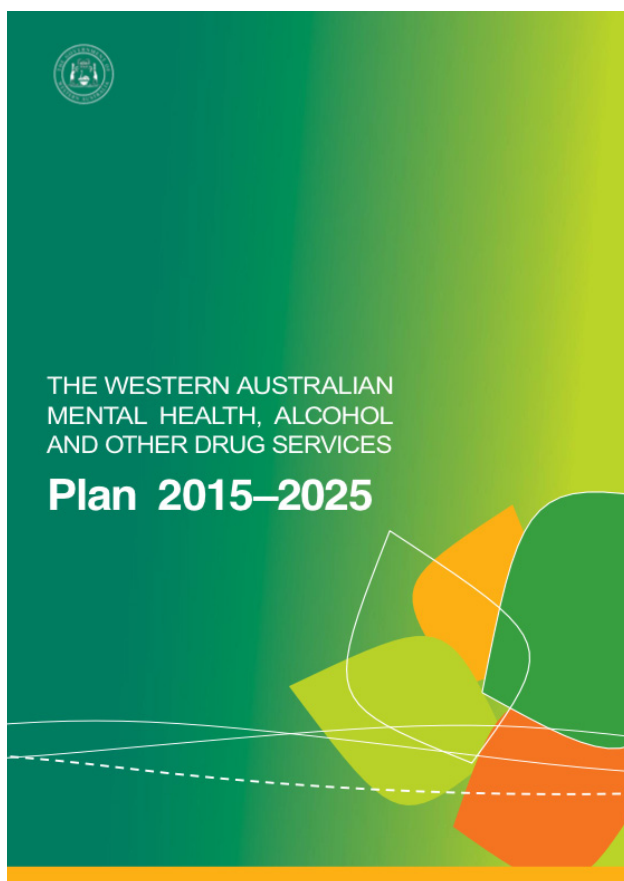
SUPPORTING MEETING FOR MINDS

Plans are taking shape for our next forum in 2016 and we are finalising our involvement in a number of research and community mental health programs that reflect the aims and objectives of **M4M**.

Donations to support our work are always welcome and we would like to point out a website called *Give Now* that urges potential donors to “give more, give smarter, give better, give now”.

M4M has now been registered as a charity by the Australian Charities and Not For Profits Commission so all donations are tax deductible.

Go to the “**DONATE**” button on our website and click “give now” and you can also see a summary of our activities and projects.



LEADING A NEW ERA FOR MENTAL HEALTH IN WA

Western Australia has just started out on its 10 year plan to change the way we deal with mental illness and the impact it has on those who experience it.

This new deal for mental health will be implemented by the Mental Health Commission and the man who leads it, Tim Marney.

The Mental Health Commissioner has just taken part in his first on camera interview and spoke exclusively to **Meeting for Minds**.

In a wide ranging discussion, Tim Marney reveals his personal thoughts about the road ahead, what needs to change to make lives better for the mentally ill and the impact of the Government's new deal for mental health.

He also reveals his convictions about the future of mental health research and who we should be listening to in our efforts to break effective new ground and make serious progress in outcomes for mentally ill people.

You can see Tim Marney speaking frankly about mental health on the **M4M** website right now.

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