



Annual Newsletter to Supporters

August 2009

The Year in Brief

Since June 2008 the Anika Foundation has expanded its programs for research into adolescent depression and suicide and now funds scholarships totalling \$65,000 p.a.

Our latest research initiative is the Macquarie Group Foundation (in conjunction with the Anika Foundation) PhD Scholarship in Adolescent Depression and Suicide to be undertaken at the University of NSW.

As in previous years, the Foundation has also maintained its support for the NSW Premier's Teachers Scholarships, providing two scholarships to teachers and school counsellors to research issues related to the prevention and awareness of youth depression and suicide.

Because of its prudent financial management the Foundation has weathered the recent economic turmoil very well. This, together with continuing donor support, has allowed the Foundation to grow its corpus to c\$1.1 million.

Once again, the Foundation has had no administrative expenses throughout the year.

The Premier's Anika Foundation Youth Depression Awareness Scholarships

Following discussions with the NSW Department of Education and Training (DET), it was agreed that The Foundation would increase the value of the Premier's Anika Foundation Youth Depression Awareness Scholarships to \$15,000 each in order to bring them into line with most of the other scholarships. In order to retain our funding commitment at \$30,000 p.a., the Board decided to reduce the number of scholarships to two.

DET and the Foundation have just completed the selection process for the third set of teacher scholarships for research travel abroad. Danae Blundell-Wignall and Jeff White once again represented the Foundation on the panel. The scholarships were recently awarded by the NSW Premier at Government House.

Feedback (such as from the past scholar – see below) has been so positive, that the Board has decided to renew its commitment to the program for a number of years.



Scholarship presentations at Government House August 2009

Macquarie Group Foundation PhD Scholarship in Adolescent Depression and Suicide

Interviews were held early in March 2009, to select the first PhD research scholarship in adolescent depression and suicide at the University of NSW. The interview panel consisted of Professor Phil Mitchell, Head of Psychiatry UNSW and board member of the Anika Foundation, Professor Denis Wakefield (the Assoc. Dean for Research in the Medicine faculty), and Prof Margaret Harding, the Head of the Graduate Research School.

The scholarship was awarded to **Mona Taouk** from Melbourne. Mona is a very bright, articulate and energetic young woman who completed her honours year in 2008. She has developed a questionnaire for identifying depression in adolescents. The PhD will involve the further development of this scale. This is very important work, as there are no existing questionnaires specifically for identifying depression in adolescents.

The supervisors will be: Professor Mitchell; Dr Michael Dudley (psychiatrist and director of the adolescent service at Prince of Wales Hospital, and Chair of Suicide Prevention Australia); and Mr Dusan Hadzi-Pavlovic, a research



statistician psychologist in the UNSW School of Psychiatry, who has expertise in the development of questionnaires and rating scales. Mona will be based in the Black Dog Institute.

Raising Community Awareness

In the past year the Foundation once again focussed on raising awareness about adolescent depression in the wider community.

Depression, self harm and the risk of suicide are major issues for our young people, both in Australia and all around the world. Mission Australia's National Youth Survey results have once again shown that body image and depression are amongst the most pressing issues for young Australians.

The Board made contact with DET to achieve a closer working relationship between the Foundation, returning scholars and work in the schools. As an interim step we are setting up a "face-book-style" interaction between current and past scholars and the Board to share ideas and findings.

Our past scholars have already begun to contribute to the community upon their return from abroad. Here is a recent quotation from one past scholar:

"I am delivering full day workshops in every state and some regional areas this year on Understanding Mood Disorders. These workshops are not necessarily for teachers but for any interested person and participants tend to come from a range of backgrounds. I am also delivering Youth Depression/Positive Psychology training to staff in number of schools including Canberra Girls Grammar School, Hornsby Girls High School, Model Farms High School, James Ruse High School, Mereweather High School, The King's Prep School & The ACT Catholic Education Office, Selective Principals Association, Northern Sydney Regional Principals Association, Selective Deputies Association, Western Sydney Principals Association, Illawarra School Counselling Association and the AIS. I have also done a series on 'Surviving the HSC' presentations to parents of a number of schools, including Randwick Girls High School, Penrith High School, and Sydney Boys High School. It touches on supporting their children through the pressures of their final year. So, it has been a busy time! I never fail to mention your foundation and I hope this feedback

provides you with a sense that the Foundation is doing good things!"

The Anika Foundation was chosen by Windsor House of Ravenswood School for Girls in early 2009, to be the beneficiary of its fund raising throughout the year. In early March the Chairman went to the school to talk to the students from years 7 to 12 about the work of the Foundation.

Finally, the Chairman had a 15 minute interview on 5 August 2009 with Sheryle Bagwell and Fran Kelly on the ABC Radio National Breakfast Show, touching on the effects on families of suicide, the work of the Anika Foundation, as well as commenting on the economic situation.

This interview can be replayed by following the link:

<http://www.abc.net.au/rn/breakfast/stories/2009/2646332.htm>

Fund Raising Activities

The Foundation would like to acknowledge the generous and continuing support from two of our most valued supporters, the Tudor & Macquarie Foundations. These institutions donated funds to help pay for our teachers' scholarships and our new PhD scholarship (respectively) while we continue to build our corpus to fully fund these activities for the future. We are extremely appreciative of their efforts.

Glenn Stevens' Speech on the Conduct of Monetary Policy

The Anika Foundation held the fourth annual fund raiser at which Glenn Stevens spoke to financial market participants. The event was another great success and was again co-hosted by Macquarie Group and the Australian Business Economists (ABE).

The event was preceded by a short speech from Danae Blundell-Wignall, Anika's sister, about the work of the Foundation. Glenn's speech was again entitled "*Challenges for Economic Policy*". The highly-relevant topic in the midst of a global financial crisis ensured that attendance was strong, notwithstanding cost containment efforts in most institutions. Most of Australia's major financial institutions were present, and contributed to the funds raised. Glenn's interesting speech can be



found with the following link:
<http://www.rba.gov.au/Speeches/2009/sp-gov-280709.html>

Once again, I would like to thank Glenn for his fantastic support for the Foundation

Citigroup also arranged a novel approach to fundraising: a system for the Chairman to talk to clients in exchange for 'tag' donations directly to the Anika Foundation from fund managers.¹ ASIC made a donation as an appreciation of the Chairman's keynote address at their annual conference, and similar marks of appreciation resulted from other director's speeches to community groups. Finally, donations from the broader community continued - in the past year personal donations for amounts in the \$100 - \$1,000 range were received from individuals, and also repeat donations from people who feel very strongly about youth depression issue.²

www.anikafoundation.com

The website is proving to be a valuable tool in raising the profile of the Foundation. In mid 2006 the site was averaging approximately 50 sessions per day. By June 2009 this rate had more than doubled to 105. The Anika Foundation continues to rise sharply in its search engine rankings for key words and individual names.

Foundation Goals

The scholarship program currently commits us to \$65,000 of funding annually. Our main near-term goal is to achieve full funding of the current activities as quickly as possible and to then extend the teachers program to other states. Full funding of current outlays is estimated to require around \$1.6million. The current corpus is around \$1.1million. We hope to raise more money and, by so doing, enable our programs to be funded in a sustainable way.

¹ Tags are where an equity order is given to a broker in recognition of services provided. The only benefit to Citigroup in this process is goodwill from clients in recognition of their supporting social issues in this way. Thanks are due to Grant Eshuys for thinking this through for us.

² A few individual netbank donations did not leave the details required to send receipts, and they are encouraged to contact us via the administrator link on the website.

Outside of funding issues, we intend to leverage the expertise accumulating with our returning scholars by increasing their interaction amongst themselves, with other schools and with the broader community. As our PhD scholar progresses in her research we hope to integrate her findings into this process.

Zero Administrative Costs

Some charities absorb a very large amount of funds donated in salaries for staff and administrative costs. I am pleased to confirm that once again the Foundation has incurred no expenses throughout the year. This is a result of generous support by our auditor KPMG, our lawyer, DET, Macquarie Bank and our Directors who collectively meet whatever administrative costs have arisen. This ensures that every dollar raised for the Foundation goes towards the funding of our core research programs.

Thank you for your support, without which our work would not have been possible.

Best Regards

Adrian Blundell-Wignall
Chairman



'Self Portrait', from Anika's Art Portfolio