

CONVERSATIONS WITH APHCRI

DELIVERING EFFECTIVE MENTAL HEALTH CARE

Professor Helen Christensen

Director - Centre for Mental Health Research
The Australian National University

Wednesday 26 August 2009, 11am-12pm
Level 1, Conference Rooms 3 and 4, Scarborough House

One in five Australians suffer from significant episodes of anxiety, depression or substance abuse disorders during the course of their lives. Despite efforts to reduce the prevalence of these disorders and their impact through awareness raising and service reform, recent national survey data indicate this grim picture has not changed over the past decade.

Professor Helen Christensen's presentation will look at ways of delivering population-based early intervention and prevention programs that target youth anxiety and depression to help overcome barriers such as the high cost of treatment and shortages in the primary care workforce. In particular, she will discuss the critical role E-health technology could play and draw on lessons learned from international models such as the Netherlands, UK and Sweden.

Professor Christensen is Director of the Centre for Mental Health Research at The Australian National University (ANU) and an NHMRC Senior Principal Research Fellow. She is the author of over 250 refereed journal articles, seven books for the general public and four self-help websites. Her areas of interest include: the evaluation of internet programs for the prevention and treatment of mental disorders, the integration of new technologies into health care, the development of evidence-informed health policy and methods to measure the impact and dissemination of prevention programs.

The Australian Primary Health Care Research Institute (APHCRI) is an independent organisation based at ANU which aims to provide leadership in improving the quality and effectiveness of primary health care through the conduct of high quality, priority-driven research.



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APHCRI full reports:

www.anu.edu.au/aphcri/Domain/MentalHealth/approved_final_25_christensen.pdf

www.anu.edu.au/aphcri/Spokes_Research_Program/Documents/APHCRI%20Report040408%20-%20FR.pdf

APHCRI key findings:

www.anu.edu.au/aphcri/Domain/MentalHealth/approved_final_1_christensen.pdf

www.anu.edu.au/aphcri/Spokes_Research_Program/Documents/Christensen_final_bookextract.pdf