

Impact Report

2024



RANZCP
Foundation

Transforming mental health care,
creating a world of potential

Acknowledgement of Country

We acknowledge Aboriginal and Torres Strait Islander Peoples as the First Nations and the traditional custodians of the lands and waters now known as Australia, and Māori as tangata whenua in Aotearoa, also known as New Zealand. We recognise and value the traditional knowledge held by Aboriginal and Torres Strait Islander Peoples and Māori. We honour and respect the Elders past and present, who weave their wisdom into all realms of life—spiritual, cultural, social, emotional, and physical.

Acknowledgement of Lived Experience

We recognise those with lived and living experience of a mental health condition, including community members and all RANZCP members. We affirm their ongoing contribution to the improvement of mental healthcare for all people.



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Associate Professor John Allan

The Foundation is in a strong position, with fundraising income nearly doubling in 2024. We raised \$376,035, and the sustainability of our work is secured with a corpus nearing \$1.5 million.



From the Foundation Chair

Thank you

2024 has been a significant year for the RANZCP Foundation. We were excited to launch the Foundation Partners Program, and thanks to the incredible support of our inaugural partners—and the continued generosity of the Trisno Family—we awarded PhD scholarships to two exceptionally deserving recipients conducting invaluable research.

We received 23 PhD scholarship applications, and the quality of the candidates and the diversity of their research were truly outstanding. I am very optimistic that the future of psychiatry is in excellent hands, and I would have gladly awarded scholarships to nearly all of them—if only we had more to give!

The Foundation is in a strong position, with fundraising income nearly doubling in 2024. We raised \$376,035, and the sustainability of our work is secured with a corpus nearing \$1.5 million.

A key pillar of our fundraising efforts is our Masterclasses. I would like to extend special thanks to Associate Professor Soumya Basu, Professor Richard Porter, and Professor Peter Nestor for presenting the Masterclass “Cognition across the Lifespan.” I also sincerely thank Professor Jayashri Kulkarni AM, Dr Michelle Smith, and Professor Anne Buist for their outstanding women’s mental health Masterclass, “Hormones, Bumps, and Bubs.”

Philanthropy, when executed effectively, is a powerful catalyst for change. It inspires us to think bigger and take greater action. Since 2018, we have awarded over 100 grants and scholarships across five key areas: support for new researchers, PhD scholarships, proof of concept grants, Indigenous support, and sub-specialty grants and scholarships. The RANZCP Foundation offers donors a unique and impactful partnership. With this momentum and support, the future is looking bright.

I hope you enjoy reading about the difference your donations have made in the stories on the following pages. Thank you for making all of this possible.

Associate Professor John Allan

CHAIR, RANZCP FOUNDATION COMMITTEE

Snapshot of 2024

Fundraising income: \$376,035



Fundraising income grew

94% to \$376,035

Donations are
tax-deductible
in Australia



Sustainable grants program
underpinned with corpus

\$1,491,286

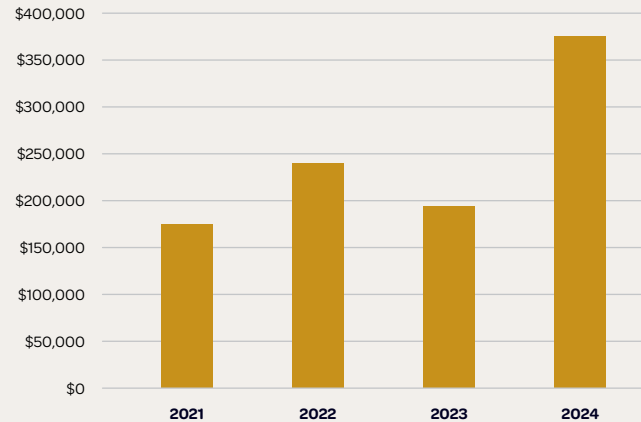
The RANZCP covers all overheads
100% of donations
support our programs



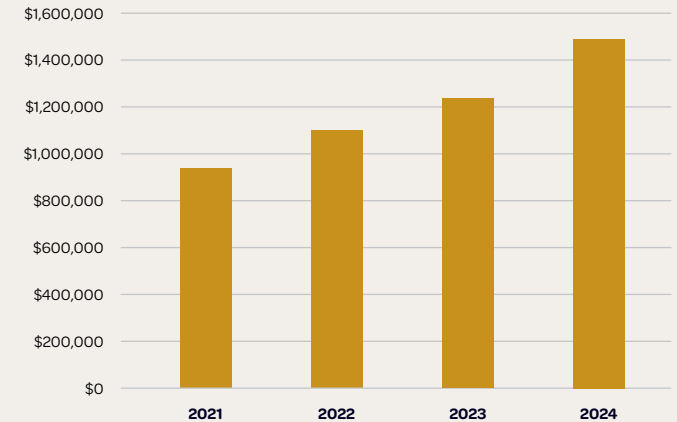
New projects you funded: \$245K

- **PhD scholarships:** Dr Sean Halstead and Dr Jacqueline Huber received PhD scholarships.
- **New researchers:** Five promising young researchers received the Beverley Raphael New Investigator Grant.
- **Emerging researchers:** Dr Ruwanthi De Alwis Seneviratne received the Early Research Career Grant and Dr Lillian Ng was awarded the Catalyst Grant.
- **Indigenous support:** Five Aboriginal and Torres Strait Islander doctors received leadership scholarships, and Māori psychiatrists and trainees gathered for the annual Wānanga.
- **Sub-specialty grants:** Dr Luba Sominsky received the Kinsman Scholarship for research into postnatal depression and Dr V. Lakmi Seneviratne received the Psychotherapy Research Award.

FUNDRAISING INCOME



FOUNDATION CORPUS



FOOTNOTES

1. Fundraising income includes \$123,959 Foundation Masterclass registration fees and \$28,903 in bank interest.
2. Total grants awarded of \$245,000 will be paid over the next two years.
3. The balance of Foundation funds includes \$368,817 from the Kinsman Family Bequest Fund.

Championing the next generation

The Foundation Partners PhD Scholarship and the Trisno Family PhD Scholarship

We must invest in the research leaders of the future. Currently, there are few financial incentives for pursuing PhD research, and without intervention, we risk losing an entire generation of talent to alternative career paths within psychiatry.

The Foundation is delighted to share that thanks to the generosity and vision of our inaugural Foundation Partners and the Trisno family, we were able to award two PhD scholarships in 2024.

These scholarships reflect our commitment to empowering the next generation of research leaders and supporting the ongoing advancement of psychiatry. They are also a crucial catalyst for opening doors and securing greater funding. This is just the beginning, and we are excited for the future as we continue to support emerging research leaders.



Dr Sean Halstead is a trainee and is studying at the University of Queensland.

Exploration of the health burden of multiple chronic physical conditions in people living with severe mental illness

Dr Halstead was awarded the inaugural Foundation Partners PhD scholarship.

The hypothesis of Dr Halstead's PhD project is that people with severe mental illness, such as schizophrenia-spectrum disorders and bipolar disorder, face an increased burden of multiple chronic physical conditions, or 'physical multimorbidity', at relatively younger ages. These individuals experience significant health disparities, often facing a reduced life expectancy—ranging from ten to twenty years—and higher rates of disability.

The presence of additional conditions alongside severe mental illness has traditionally been studied through the binary construct of comorbidity. Much of the existing literature on physical health deficits in people living with severe mental illness has focused on specific disease pairings.

Given the significant health inequities, a more comprehensive clinical framework is needed. Dr Halstead's project proposes that physical multimorbidity, as both a concept and a measure of cumulative physical disease, is a more effective model to understand and address this issue.

The project aims to explore the epidemiology and impact of multimorbidity by using statewide databases and working with national and international experts.

Ultimately, this project aims to highlight and advocate why people living with severe mental illness as a cohort require universal access to holistic rather than siloed care that addresses both mental and physical health simultaneously.

Dr Halstead's recent publications on this topic:

Making meaning of multimorbidity and severe mental illness: A viewpoint. Halstead S, Siskind D, Warren N. ANZJP 2024

Dr Halstead and colleagues set out a framework for how the concept of multimorbidity can be applied in psychiatry. Aspects concerning clinical translation are discussed, highlighting the link between multimorbidity and the necessity for multidisciplinary, holistic healthcare models.



Dr Jacqueline Huber is a Senior Staff Specialist Psychiatrist at St Vincent's Hospital and is studying at the University of Sydney.

Physical multimorbidity and mental illness: A global challenge. Halstead S, Sartorius N, Every-Palmer S, et al. ANZJP 2024

Dr Halstead and colleagues expanded upon the concepts in the Viewpoint and highlighted the challenge of multimorbidity from a global perspective requiring collaboration between psychiatry and the other disciplines of medicine. This publication involved international collaboration with the leads of the Section of Multimorbidity as part of the World Psychiatric Association.

Prevalence of multimorbidity in people with and without severe mental illness: a systematic review and meta-analysis. Halstead S, Cao C, Høgnason Mohr G, Ebdrup BH, Pillinger T, McCutcheon RA, Firth J, Siskind D, Warren N. Lancet Psychiatry 2024

This systematic review estimated how common physical multimorbidity is amongst people with and without severe mental illness. Through showing that one in four people with severe mental illness have physical multimorbidity, Dr Halstead and colleagues highlighted why multimorbidity is a relevant phenomenon that requires the attention of further research.

Psychiatric Emergency Care Centres: what are they good for?

Dr Huber was awarded the 2024 Trisno Family PhD scholarship.

The growing demand for mental health services in Australia highlights the critical role of Psychiatric Emergency Care Centres (PECCs), introduced in New South Wales in 2005 to alleviate pressure on Emergency Departments.

Providing up to 48 hours of inpatient care for individuals with low aggression risk, PECCs are integral to mental health crisis responses. However, their effectiveness remains under-researched. The PECC Model of Care, developed a decade ago, acknowledged the lack of conclusive evidence for a single “best practice” framework. As a result, PECCs lack a standardised clinical model, resulting in significant variability in treatment approaches.

Establishing best practice guidelines is essential to reduce care inconsistencies and support evidence-based decisions. However, this is challenging due to the complexity of crisis presentations and PECCs’ symptom-focused approach. This issue is global, with only one evidence-based intervention in Sweden showing potential

to reduce readmission rates—however this is specific to borderline personality disorder and lacks a transdiagnostic approach for broader crisis populations.

To address these critical gaps in understanding, Dr Huber is engaging in a multi-phase co-designed project to eventually produce a non-pharmacological PECC intervention for people in crisis.

A systematic review and a qualitative analysis of PECC staff experiences are complete, with the next steps to include a qualitative analysis of service users, families, and carer participants, and development of standardised outcome measures through international collaboration across six countries.

This project aims to co-design and test a novel non-pharmacological intervention, building an evidence base for standardised inpatient crisis care.

The research is expected to result in the development of the world’s first Core Outcome Set for crisis units supporting individuals experiencing suicidality.

In collaboration with clinicians across six countries, this initiative will establish a global benchmark for crisis care outcomes and produce Australia's first evidence-based, co-designed intervention for inpatient crisis units.

Dr Huber and her team also plan to build on this groundwork by seeking additional funding for a hybrid type II trial—assessing both feasibility and efficacy across multiple sites and states, with the potential for national and international scalability.

Ultimately, Dr Huber's work aims to enhance immediate care for individuals in mental health crises, improving recovery and resilience, and transforming emergency psychiatric care.

Dr Huber's recent publications on this topic:

What is the purpose of Psychiatric Emergency Care Centres? A qualitative study of health care staff. Huber J, Milton A, Brewer M, et al. ANZJP 2025

A multidisciplinary sample of clinicians and administrators working in, or overseeing, PECCs were interviewed. While 'harm minimisation' was often cited as important, this meant conflicting, superimposed notions to different people, including minimising self-harm, reducing iatrogenic harm from unnecessary or coercive intervention and limiting harm to a resource-constrained system. There was notable ambivalence as to the role of PECCs in suicide prevention. Participants reported significant clinical practice variation and confidence in their practice.

The effectiveness of brief non-pharmacological interventions in emergency departments and psychiatric

inpatient units for people in crisis: A systematic review and narrative synthesis. Huber JP, Milton A, Brewer MC, Norrie LM, Hartog SM, Glozier N. ANZJP 2023

A systematic review of non-pharmacological interventions used in emergency departments and crisis units internationally found minimal evidence supporting their effectiveness in these environments.

Meta-analysis of clinical risk factors for suicide among people presenting to emergency departments and general hospitals with suicidal thoughts and behaviours.

C Grover, J Huber, M Brewer, A Basu, M Large. Acta Psychiatrica Scandinavica 2023

A meta-analysis of risk factors for suicide among people discharged from non-psychiatric settings found that 'violent means' was the only risk factor more associated with death than the others.

Months of May: Mental health presentations and the impact of a psychiatric emergency care centre on an inner-city emergency department. Huber JP, Wilhelm K, Landstra JM. Emerg Med Australas. 2021

A review of emergency department (ED) data for the first 200 mental health presentations in May of 2005–2007 and 2015–2017 found that the opening of a PECCs led to an 80% reduction in extended ED admissions (over 24 hours) and halved the average length of stay.

The NSW Emergency Psychiatry Network. Huber J, Ryan CJ, Gupta R, et al. ANZJP 2023

A call to action regarding the care of people with psychiatric complaints in emergency departments.



Reflecting on the past two years, I am incredibly grateful for the support of Dr Roth Trisno, the Trisno Family and the RANZCP Foundation, which has enabled me to advance my research on late-life depression, mentor trainees, and share new insights through over 20 publications and presentations.

This scholarship has allowed me to follow in the footsteps of pioneering Australian psychiatrists, pursuing answers to critical questions that matter to both our patients and the profession. It has significantly enriched my PhD journey and, I hope, will contribute to improving care for older adults everywhere. I look forward to continuing to contribute to ongoing scientific advances in old age psychiatry.

DR MALCOLM FORBES
2022 TRISNO FAMILY PHD
SCHOLARSHIP RECIPIENT

Funding for new ideas

The Catalyst Grant



Dr Lillian Ng is a RANZCP Fellow, and Senior Lecturer and Forensic Psychiatrist at The University of Auckland.

I am most grateful to the RANZCP Foundation for receiving a Catalyst Grant. The catalyst funding will help our team of psychiatrists, registrars and research students in the next tranche of data collection and analysis. Each careful step in research makes a difference to its outcome. The grant will help us realise our vision to extend the 100-women study and contribute to developing more compassionate, collaborative ways to care for women with mental illness.

DR LILLIAN NG

Compassionate and collaborative care for women

Catalyst Grants provide seed funding for researchers to upscale new projects and proposals beyond the idea stage, enabling them to apply for additional competitive funding.

Dr Ng was awarded a Catalyst Grant for her research project, The 100-women study: health characteristics of women with severe mental illness.

The 100-women study examines health characteristics of women with severe mental illness under the care of community mental health services. It identifies features of their mental and physical health that foreshadow their presentations to mental health services. Women with a severe mental illness who are mothers carry additional

burdens of illness as intergenerational effects of poor maternal mental health influence and shape the lives of children.

This exploratory study will provide evidence to understand health determinants, outcomes, and interventions linked to mental illness, adverse childhood experiences, socio-economic status and barriers to accessing health care in Aotearoa New Zealand. It yields important information about women's life experiences, context, and treatment preferences, in providing trauma-informed care.



Helping others reach their full potential

The Beverley Raphael New Investigator Grant

Professor Beverley Raphael AM FASSA was an inspirational and pioneering psychiatrist, and a remarkable mentor. She was deeply committed to helping others find self-belief and reach their full potential. It is fitting that this grant, named in her honour, encourages and supports those who are new to the field of psychiatry research.

In 2024, the Beverley Raphael New Investigator Grant was awarded to five promising new researchers.



Dr Joanna Blades is a Child and Adolescent Psychiatry Advanced Trainee at NSW Health, South West Sydney Local Health District and a Health and Education Institute (HETI) Fellow.

Understanding consumer experiences of perinatal mental health outcomes

Maternal psychological distress during pregnancy is not only common but linked to poor physical and physiological outcomes for women and infants. Perinatal women and infants have unique needs, and generalised outcome measures used to assess mental health outcomes may not accurately reflect these or capture the clinical complexity of this group.

This qualitative study will analyse focus groups with patients and clinicians regarding their experience of perinatal mental health services and the relevance and accessibility of outcome measures. Results will guide the development and trial of new outcome measures identified as appropriate for use in the perinatal mental health settings.

By involving patients and clinicians in the co-design of potential outcome measures, this study aims to enable more meaningful assessments of perinatal mental health services, ultimately improving the quality of care tailored to the unique needs of this population.

DR JOANNA BLADES





Dr Yoon Kwon Choi is a Psychiatry Registrar at the Queensland Centre of Excellence for Autism and Intellectual Disability at Mater Hospital.

Barriers in accessing health care and support for Korean speaking people in Australia with intellectual disability or autism spectrum disorder: A qualitative analysis.

A 2022 scoping review highlighted the challenges faced by culturally and linguistically diverse (CALD) populations at individual, community, and systemic levels within Australia’s universal healthcare system. More than 100,000 people in Australia were born in the Republic of Korea, yet no studies have explored the healthcare access experiences of Korean Australians with intellectual disabilities or autism spectrum disorder (ASD).

The National Disability Insurance Scheme (NDIS) recently released its CALD Strategy for 2024-2028, but Korean-speaking communities were not engaged in its development. This project seeks to address this gap by exploring the experiences of Korean Australians who support individuals with intellectual disabilities or ASD in accessing healthcare and related services. Dr Choi will conduct a qualitative analysis of interviews with Korean-speaking caregivers and families.

It is a great privilege to be awarded the RANZCP Beverly Raphael New Investigator Grant. It is very exciting to be provided the opportunity and position to give back to the community that I have grown up in.

I greatly look forward to bridging the gap in knowledge on how to better support people with disability in our multicultural society.

DR YOON KWON CHOI



Dr Hannah Suh is a Psychiatry Registrar at Health New Zealand | Te Whatu Ora, and Lead Investigator of the research at the University of Auckland.

Parents’ experiences of family based treatment for anorexia nervosa in east Asian adolescents in New Zealand.

Current evidence and College guidelines recommend family-based treatment (FBT) or alternative family therapies as the treatment of choice for anorexia nervosa (AN) in children and adolescents.

However, few studies have explored the effectiveness of family-based treatments in Asian adolescents with AN.

This qualitative research is designed to explore the experiences of East-Asian

parents whose adolescent children received or are receiving family based treatment for anorexia nervosa- the first-line treatment in Aotearoa New Zealand.

Using semi-structured interviews, this project will explore barriers to treatment engagement, which is important given the growing East Asian population in Aotearoa New Zealand and their increasing use of Eating Disorder Services compared to other ethnic groups.

This is an underserved population in research in Aotearoa New Zealand, particularly eating disorder research. We want to identify knowledge gaps regarding the cultural factors that may either facilitate or hinder engagement with treatment.

DR HANNAH SUH





Dr Yun Ming Yong is an Advanced Trainee in Old Age Psychiatry at NSW Health, Sydney Local Health District.

Evaluation of a novel intervention for people with hoarding and squalor

Hoarding and squalor are common but complex conditions. Approximately 1% of the general population live in domestic squalor, while 2% have hoarding disorder. These conditions are often linked to mental health, physical health, and cognitive challenges. Interventions are critical, as hoarding and squalor can lead to eviction, fire hazards and medical issues. Despite their prevalence and associated risks, evidence-based interventions for hoarding and squalor remain limited.

Sydney Local Health District (SLHD) has established a novel hoarding and squalor consultancy service to support referrers who work with people with hoarding and squalor issues. This grant will support a qualitative evaluation of this intervention by interviewing referrers and consumers about their experiences of engaging with the service. This study is part of Dr Yong's PhD, a mixed methods evaluation of the SLHD Hoarding and Squalor Consultancy Service, an intervention not previously described in the literature.

I am very thankful to the RANZCP Foundation for offering me a Beverley Raphael New Investigator Grant. With the support of this grant, I hope to contribute to an important area of psychiatry where there is currently very little evidence for effective and resource-efficient interventions.

DR YUN MING YONG



Dr Kelsey Josling is an RANZCP Advanced Trainee in Consultation-Liaison Psychiatry and Psychotherapy.

Psychotherapeutic treatment of functional neurological disorder (FND)

Adults with functional neurological disorder (FND) experience complex phenomena that are significantly disabling and stigmatising. Psychodynamic interpersonal therapy (PIT) is a short-term, trauma-informed approach that emphasises the therapeutic alliance and hypothesises that neuropsychiatric symptoms stem from disorders of self-regulation, attachment, and unresolved trauma. It has been applied and has evidence across psychosomatic disorders.

This project is a multi-site, mixed-methods study that builds on existing FND research, including the shared individual formulation therapy (SIFT). It aims to investigate the effectiveness of PIT in managing FND, focusing specifically on quality of life, depression, anxiety, and dissociation. The study will also explore trends in attachment, early life experience, loss and trauma, as well as experiences with FND.

Dr Josling aims to contribute to the emerging evidence base for the treatment of FND, ultimately providing hope and improving access to treatment for this vulnerable cohort of people.

It is a privilege to receive a grant from the RANZCP Foundation. Alongside my team, we are excited to contribute to the emerging evidence base for psychotherapy in FND and provide hope and support for those living with this condition.

DR KELSEY JOSLING



Encouraging innovative research

The Early Career Grant



Dr Ruwanthi De Alwis Seneviratne, RANZCP Fellow and Clinical Academic Psychiatrist at Monash Health.

Timely intervention for those with early psychosis is of great importance as it can significantly help reduce long-term disability and improve quality of life, particularly for those at risk of experiencing a more severe and debilitating form of illness. I am sincerely thankful to the RANZCP Foundation for supporting this research which explores the complexities of early psychosis and treatment resistance. This work holds the potential to profoundly impact the lives of individuals with severe mental illness and their families, offering renewed hope for improved treatment and recovery outcomes.

DR RUWANTHI DE ALWIS SENEVIRATNE



Identification of a novel biomarker to predict future treatment resistance in early psychosis

The Early Research Career Grants are designed to encourage innovative research in psychiatry and to support those who are new to research or intend to have a career in research.

Dr Seneviratne was awarded the Early Research Career Grant for her project: Identification of a novel biomarker to predict future treatment resistance in early psychosis.

Schizophrenia is a severe mental illness and is associated with significant disability.

About one-third of patients have treatment resistant schizophrenia (TRS), a more debilitating form of the illness with poorer outcomes.

Betacellulin (BTC), a protein ligand of the epidermal growth factor (EGF) system has been shown to be significantly reduced in blood (plasma) in patients with treatment resistant schizophrenia, compared to treatment responsive schizophrenia and other psychiatric disorders.

The aim of this study is to evaluate if a simple blood test measuring plasma betacellulin levels in people with first episode psychosis combined with clinical features already associated with TRS improves detection to a clinically useful level.

Developing a simple predictive tool for TRS will transform the clinical care and outcomes for young people with TRS by enabling early access to clozapine treatment and supportive interventions.

Furthering the advancement of the psychotherapies

Psychotherapy Research Award



Dr V. Lakmi Seneviratne is a RANZCP Fellow and Consultant Psychiatrist at the Gold Coast Mental Health and Specialist Service.

Psychotherapy is a vital component of comprehensive care which unfortunately is not readily available. I have witnessed the positive impact intensive short term dynamic psychotherapy (ISTDP) has had in patients with treatment resistant depression. There is a significant improvement in quality of life through symptom reduction and functional gain. Therefore, the aim of this pilot study was to evaluate the feasibility of carrying out ISTDP for this cohort of patients, with significant disability, through a public mental health service. I am grateful to the RANZCP Foundation for its support in making this study a reality.

DR V. LAKMI SENEVIRATNE

Psychotherapy for out-patients with treatment resistant depression

The RANZCP Psychotherapy Research Award was established in 2009, to encourage and advance research in psychotherapy, and contribute to the highest standards of clinical practice.

In 2024, the award was presented to Dr V. Lakmi Seneviratne for her research on *"Pilot feasibility study on intensive short term dynamic psychotherapy for out-patients with treatment resistant depression"*. The study aims to assess the feasibility of carrying out intensive short-term dynamic psychotherapy (ISTDP) for community patients with treatment-resistant depression (TRD).

ISTDP is an evidence-based, emotion-focused psychotherapy which addresses the driving forces behind the symptoms of depression. The feasibility of implementing ISTDP will be assessed through recruitment, retention, and acceptability of the intervention.

Prospective participants will be referred by the mood disorder clinic and community mental health teams. Ten eligible participants will be enrolled in this study with their informed consent. They will be allocated to a senior psychotherapist and will undergo an initial trial therapy session to assess suitability for ISTDP. Following this, they will receive 20 sessions of weekly psychotherapy.

Improvement in depression, quality of life and interpersonal relationships will also be assessed. This study hopes to pave the way for implementing ISTDP as a viable treatment option for TRD and for future research.

Advancing research on postnatal depression

The Pat, Toni and Peter Kinsman Research Scholarship



Dr Luba Sominsky, Senior Scientist at Deakin University is working on this project with Professor Alison Yung, NHMRC Principal Research Fellow and Professor, Institute for Mental and Physical Health and Clinical Translation (IMPACT), Deakin University.

I'm excited for the opportunity to contribute to better understanding of perinatal mental health, and ultimately help to improve the wellbeing of mothers, their children and families.

DR LUBA SOMINSKY

Understanding the biology of perinatal depression

The Pat, Toni and Peter Kinsman Research Scholarship, supported by a bequest from the Kinsman family, supports and encourages research into post-natal depression in women in Australia and Aotearoa New Zealand.

This prestigious scholarship has been awarded every second year since 1998. In 2024 the scholarship was presented to Dr Luba Sominsky, a Senior Scientist at Deakin University for her research project: Identifying biological mechanisms and targets for prevention of perinatal depression.

Dr Sominsky is working on this project with Professor Alison Yung, NHMRC Principal Research Fellow and Professor, Institute for Mental and Physical Health and Clinical Translation (IMPACT), at Deakin University.

Perinatal depression is experienced during pregnancy and/or after birth by as many as one in five Australian mothers. Unfortunately, we still do not fully understand what puts women at risk to develop perinatal depression.

This project aims to help us understand how and why perinatal depression develops by addressing two critical evidence gaps: the absence of biologically-based tools to identify women at increased risk of perinatal depression, and the absence of biological targets for novel primary prevention strategies.

This knowledge will be critical for future development of effective ways to intervene and prevent mental health conditions in mothers and improve the health of their children.

Thanks to the support we received from the Pat, Toni, and Peter Kinsman Research Scholarship, our research is making significant progress. We are currently analysing novel potential biomarkers of post-natal depression using cord blood. These biomarkers include 48 different cell types—representing an advance from previous studies, which only covered a limited number. Our research will help identify mothers most at risk and could potentially inform the development of hypothesis-driven treatments.

PROFESSOR ALISON YUNG

Backing First Nations doctors

The RANZCP recognises that First Nations doctors are underrepresented in the psychiatry specialisation and, for many years, has been steadily rolling out a range of initiatives and programs to bridge the gap. The RANZCP provides support, assistance, visibility, and cultural safety for Aboriginal and Torres Strait Islander people to join the field of psychiatry, and the Foundation is proud to support this work.



Dr Edjoni Blackledge is a proud Arrernte man, and a forensic psychiatry Advanced Trainee with South Australia Forensic Mental Health.

gamadji nanggiti Scholarship

Gamadji nanggiti means ‘emerging leader’ in Woi Wurrung, the language of the Wurundjeri people. This name was provided with the guidance and permission of Wurundjeri Elders, the Traditional Owners of the lands where Dr Alagappa Arumugam AM and Dr Banu Arumugam—the sponsors of the scholarship—and the RANZCP head office are located.

The gamadji nanggiti Scholarship is designed to support the development of leadership skills in the next generation of Aboriginal and Torres Strait Islander psychiatrists. This scholarship provides access to the AMA Victoria Emerging Leader Program and individual coaching.

In 2024, the scholarship was awarded to five very deserving young leaders—Dr Edjoni Blackledge, Dr Daniela Sabbioni, Dr James Eather, Dr Megan Shuttleworth and Dr Sophie Heath.

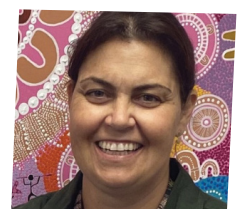
ADDITIONAL GRANT RECIPIENTS



Dr James Eather



Dr Sophie Heath



Dr Daniela Sabbioni

My decision to pursue psychiatry was driven by a deep curiosity about the profound impact mental illness has on society. As a proud Arrernte man nearing the completion of my psychiatry training, I’ve come to understand the crucial role that leadership plays in healthcare.

This program has been invaluable. It prompted me to reflect on my own values and, more broadly, to reconsider what it means to be a leader—and the type of leader I aspire to be as a future

psychiatrist. The program has provided me with a clearer understanding of the responsibilities of senior healthcare providers and a deeper appreciation for team dynamics in the workplace.

Since completing the course, I’ve been inspired to reflect more deeply on leadership and have enrolled in additional courses to keep developing my skills—ultimately, to better serve my community.”

DR EDJONI BLACKLEDGE



This artwork was created by Mark Kopua. A unique wood carving and artwork visually represents Tu Te Akaaka Roa. It is reproduced with the artists' permission.



This artwork was created by Jordan Lovegrove of the Ngarrindjeri people of the lower Murray River, the Eastern Fleurieu Peninsula and the Coorong Lands. It depicts neurons communicating, healthy brain function, wellbeing, and positive thought. Reproduced with the artist's permission.

Wānanga for Māori psychiatrists

“HE AHA TE MEA NUI O TE AO? HE TANGATA, HE TANGATA, HE TANGATA.”

“WHAT IS THE MOST IMPORTANT THING IN THE WORLD? IT IS PEOPLE, IT IS PEOPLE, IT IS PEOPLE.”

In September 2024, the RANZCP Foundation supported a two-day Wānanga for fifteen Māori psychiatrists at the Horouta Marae, Porirua.

The academic pursuit of psychiatry is filled with intersectoral challenges, including cultural in its broadest sense. This Wānanga serves as a safe space for Māori students and trainees to gather, connect, and support one another as they undertake their psychiatric careers.

The forum is facilitated and led by Kaumatua (elders) senior Māori psychiatrists and community providers who provide role modelling, scholarly rigour and guidance through whānaungatanga (connection) and manaakitanga (caring).

The RANZCP promotes the importance of a holistic and culturally informed framework which is very aligned with the Māori perspective. Māori healthcare professionals are being empowered to provide care that respects the traditions, language, and needs of whānau and Tangata whaiora (patients). By embracing tikanga (customs) and mātauranga Māori (Māori knowledge), these practitioners can foster a deeper sense of connection and trust with the communities they serve.

This Wānanga is one of many initiatives aimed at promoting the development of culturally informed psychiatrists.

Foundation leadership

Established in 2019, the RANZCP Foundation is the charitable arm of the Royal Australian and New Zealand College of Psychiatrists.

The Foundation works to advance mental health through three key areas of focus:

- Preventing and treating mental illness:
Enhancing both primary and secondary care at the individual level.
- Supporting community mental health:
Addressing the systemic needs of identified and vulnerable populations.
- Promoting mental health across the lifespan:
Taking an intergenerational approach to achieving long-term wellbeing.

The Foundation operates under the leadership of a senior advisory committee comprising 12 experienced Fellows, including the current President and two past Presidents of the RANZCP.

The Foundation Committee is responsible for fundraising, managing an annual program of grants, scholarships, and awards, and ensuring that all funds are used in accordance with donors' wishes. The Foundation Committee reports directly to the RANZCP Board.

The Committee for Research provides additional expert advice on the development, scope, and selection of grants. Independent assessors are engaged to evaluate applications, supporting a fair, transparent, and impactful grants program.

All operational costs are covered by the RANZCP, ensuring that 100% of donations go directly to grants and scholarships. Donations are tax-deductible in Australia.

RANZCP Foundation Committee

Associate Professor John Allan, Chair

Professor Gerard Byrne

Professor Valsamma Eapen

Professor Hinemoa Elder MNZM

Professor Anthony Harris, AM

Dr Rory Hutchinson

Dr Michael Keem

Associate Professor Vinay Lakra

Dr Elizabeth Moore

Associate Professor Louise Nash

Professor Shuichi Suetani

Associate Professor Nicola Warren

Creating a world of potential

Your generosity is driving pioneering research and helping a new generation reach their full potential.

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Thank you

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