

Research Newsletter

Eastern Health Mental Health and Wellbeing Program

A reminder to refer to CADET.

If you know anyone - a family member, a friend, a neighbour who has unipolar or bipolar depression, who is currently depressed. Send your queries to CADET research assistant selin.hikmet@easternhealth.org.au or 0481 911 601

CLINICAL TRIAL SEEKING PARTICIPANTS

Do you have bipolar depression or major depressive disorder?
Are you interested in a new potential treatment?

Phone: 03 5227 8077

Email: cadet-trial@deakin.edu.au

Website: <http://deakinresearch.ch/cadet-trial>



CONGRATULATIONS

To Becca Allchin on her recent publication:
“Sustaining efforts to improve family well-being with parents with mental ill health and substance (mis) use



DON'T FORGET

***The Mental Health Research network meeting will be held on Wednesday 10th April at 4.30pm
Everyone is welcome. Join online @ <https://monash.zoom.us/j/2138028384?pwd=TkZMWG5QdjdOUW9lZORvNENiM2laUT09>**

***The Academic Forum is now open to all staff. It is held fortnightly on Tuesdays from 1.30-4.30pm at Federation Estate, Ringwood or join on line <https://monash.zoom.us/j/88694250257?pwd=MjZOTkpYK000Tk0wNWlldnlEWDFNUT09>**

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Meet a researcher: Jaz Chisholm

What is your role at Eastern Health?

Senior social work mental health clinician

How can you assist people?

I am interested in qualitative research methodologies such as Qualtrics surveys and focus groups. I can also assist with systematic literature reviews and writing for success

How long have you been involved with research? 8 years

What are your main research interest areas?

I am passionate about Recovery-oriented Practice (ROP), its history and looking at peer workers and clinicians' attitudes to ROP. I am interested in Lived experience workers and what they stand for and Clinicians and what they stand for.

What helped to get you started?

I began doing a Master's in Mental Health Science. I was getting high distinctions so I was invited to do a minor research Master's for my final 2 years. This turned into a PhD post the Master's as I had too much data for the minor thesis!

What are you most proud of?

Nearly completing and submitting my PhD. I have 6 published articles in my PhD and I only need 2 published papers so I have well exceeded the requirements. This means I am able to apply for a Post Graduate Award and I hope to get it.

What are some of the challenges?

Feedback I don't always agree with... but supervisors know best so I need to be able to listen and learn. Maintaining tenacity.

What would be your advice to new researchers?

Be passionate about your topic is the main advice. Find something that really interests you to ensure your commitment to it on a long-term basis.

