



Centre for Youth
Substance Abuse Research

2017

ANNUAL REPORT



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA



Queensland University
of Technology

INTRODUCTION

The Centre for Youth Substance Abuse Research (CYSAR) is located in The University of Queensland Faculty of Health and Behavioural Sciences.

It is one of four Commonwealth funded alcohol and other drug research centres in Australia and the only such centre dedicated to youth-focused research. The Centre is led by returning Inaugural Director Professor Jason Connor (UQ) and Deputy Director Professor David Kavanagh (QUT) and was established with philanthropic funding from prominent business identities concerned about the complex challenges posed by youth substance abuse in Australia.

Founded in 2008 through the vision of the Graeme Wood Foundation in partnership with the Institute of Health and Biomedical Innovation, Queensland University of Technology, this initiative seeks to reduce the prevalence and severity of drug and/or alcohol misuse in Australian communities; enhance research capacity informing national efforts to address substance misuse; and enhance our knowledge on treatment approaches for emerging drugs of concern and innovative treatment models.

2017 HIGHLIGHTS

109 

Peer reviewed
PUBLICATIONS



REPORTS



\$4,063,509

NEW FUNDS
as Chief Investigator



NEW GRANTS

18 

Invited
TALKS

19

AVERAGE PAPERS
per staff member

21

Conference
PRESENTATIONS



BOOKS
14 book chapters

13 

RHD
STUDENTS



MISSION

Finding solutions,
improving futures,
partnering with
young people.

We aim to promote the health and wellbeing of young people by increasing Australia's capacity to respond effectively to any harm arising from substance use.

AIMS

- Understand the pathways by which young people engage in substance misuse
- Be at the cutting edge of research into new and innovative ways of preventing and treating substance misuse among young people
- Make significant and tangible improvements to youth service provision
- Positively influence state and national approaches to youth substance misuse prevention and treatment through information dissemination, policy refinement and public advocacy, and
- Ensure youth have a voice and input into the research directions of the Centre

We have a strong track record of delivering high quality research, with translatable outcomes.

These outcomes are aimed at reducing the impact of substance use on young people, their families and the wider community – thereby resulting in significant national health and social economic benefits.

Strategic guidance and support is provided by an Advisory Board that has a diverse wealth of experience in health, clinical and youth research, advocacy, media and government and non-government youth alcohol and drug service provision.

EXECUTIVE SUMMARY

In 2017, CYSAR strengthened its commitment to improving youth alcohol and other drug service provision and treatment, prevention and harm minimisation. The Centre further strengthened relationships with its external partners and collaborators, and continued to show high productivity in high-impact research, student supervision and community and professional contributions.

CYSAR's policy and analytical expertise was sought after by Australian state and federal governments and United Nations and European Union drug agencies via invited tenders, consultancies, reviews, acting as meeting rapporteurs and producing reports.

CYSAR PhD students presented their work at a major international conference and published their research as lead authors in highly ranked journals.

Inaugural Director Professor Jason Connor returned to the Director role in 2017 following Professor Wayne Hall's three year tenure as CYSAR Director; Professor Hall took up a fractional role at CYSAR in 2017. As Director during 2013-2016, Professor Hall made major contributions to CYSAR's success in publishing in high impact journals, mentoring junior researchers, and recruiting high quality PhD students. He led by example in representing the Centre in accordance with the highest standards for evidence-based advocacy.

In October, Professor Hall was honoured with a Festschrift celebrating his distinguished career in research and policy over three decades. The UQ/UNSW event saw the world's best addiction scientists come together to reflect on Professor Hall's achievements. The recurring theme from this memorable event was Professor Hall's kind and generous approach to mentorship and collaboration, as attested by former students, colleagues and friends.

Professor and NHMRC Senior Research Fellow Leanne Hides, former QUT Deputy Director of CYSAR, took up an appointment as the UQ Lives Lived Well Professor of Alcohol, Drugs and Mental Health, which has a strong relationship and formal affiliation with CYSAR. Long-serving Advisory Board member David Kavanagh, Research Capacity Building Professor at QUT, was appointed to the CYSAR Deputy role in 2017.

After nine years at CYSAR, A/Professor Adrian Kelly took up an appointment at QUT in the School of Psychology and Counselling. In this position A/Professor Kelly will continue his internationally regarded work in adolescent alcohol misuse prevention, community approaches to prevention, and complex risk profiles amongst adolescents.

In early 2017, Professor Connor and Professor Hides collaborated on a successful \$2.3M grant for competitive funding from the Commonwealth Department of Health under the Federal Drug and Alcohol Program.

CYSAR is now Australia's fourth national alcohol and drug research centre directly funded by the Commonwealth to conduct policy-relevant research.

Professors Connor and Hides were invited to join the federal government's Centres of Excellence Strategic Reference Group. Research funding from the Department of Health continued the Centre's innovative and transformative program of work, generously supported by Graeme Wood and Andrew Brice via The University of Queensland Endowment Fund (UQef).

Looking forward to 2018, and with renewed funding, CYSAR will take full advantage of its relocation to new quarters in Upland Road, St Lucia and continue to deliver excellence in youth substance use research.



Professor Jason Connor
Director (UQ)



Professor David Kavanagh
Deputy Director (QUT)



CENTRE HIGHLIGHTS

CYSAR is now Australia's
fourth national alcohol
and drug research centre.

DEPARTMENT OF HEALTH FUNDING



Professor Leanne Hides

CYSAR's place as a major contributor to drug and alcohol research in Australia was confirmed in 2017 when the Commonwealth Department of Health awarded Professor Jason Connor from CYSAR and Professor Leanne Hides, The Lives Lived Well-funded Chair from The University of Queensland School of Psychology (LLW) \$2.3 million in funding under the Drug and Alcohol Program as part of its Alcohol and Other Drug Research Strategy. CYSAR in alliance with the LLW is now one of four Commonwealth-funded alcohol and other drug research centres in Australia, and the only one focused specifically on youth substance use and misuse issues.

Consequently, the Director of CYSAR and the LLW Chair were invited to join the Federal Government Centres of Excellence Strategic Reference Group for the Department of Health.

As leaders of CYSAR and the LLW-funded group at UQ School of Psychology, Professor Connor and Professor Hides attended a roundtable discussion with Department of Health officials, along with Directors of the National Drug and Alcohol Research Centre, the National Drug Research Institute, and the National Centre for Education and Training on Addiction in October. The roundtable focused on research topics of concern to the Commonwealth and States.

CYSAR and the LLW funded group at UQ are now focused on completing a series of projects for the Department of Health by mid-2019, which includes secondary analysis of the National Drug Strategy Household Surveys, policy reviews, and randomised controlled trial studies.

MOVE TO UPLAND ROAD

As part of The University of Queensland's development of a therapies precinct in St Lucia, a series of properties in Upland Road have been redeveloped with new clinical and laboratory space now in use by the UQ Psychology Clinic and the Parenting and Family Support Centre, home to the Triple P - Positive Parenting Program system of family support interventions. CYSAR moved from its previous office space at the Royal Brisbane and Women's Hospital to the therapies precinct in September. The move allows for greater collaboration between other academics and clinicians at UQ and puts the staff at CYSAR and LLW in closer proximity to each other.

COLLABORATION BETWEEN CYSAR AND UQ LLW GROUP

The former Deputy Director of CYSAR, Professor Leanne Hides, moved to the UQ School of Psychology in 2017 to become the Inaugural Lives Lived Well funded Chair in Alcohol, Drugs and Mental Health. Professor Hides' role as the LLW Professor is to focus on treatment of comorbid substance use and mental health issues, while also continuing to work with the team at the UQ and QUT nodes of CYSAR to address youth substance misuse. Postdoctoral researchers at CYSAR QUT, Dr Catherine Quinn and Dr Dominique de Andrade also commenced positions as Research Fellows while maintaining Affiliate Research positions at CYSAR. Their research also focuses on the delivery of best practice drug and alcohol abuse treatment in residential settings. The collaboration between CYSAR and UQ LLW group maximises the potential to produce real-world impact on treatment delivery using rigorous evidence-based research.

CYSAR DEPUTY DIRECTOR AT THE FOREFRONT OF MENTAL HEALTH AND DIGITAL HEALTH



Professor David Kavanagh

Following the appointment of former CYSAR Deputy Director Leanne Hides (2010-2016) as the Lives Lived Well Professor based at UQ School of Psychology, foundational CYSAR Scientific Advisory Board member Professor David Kavanagh became the QUT-based Deputy Director of CYSAR in 2017.

Professor Kavanagh is a Research Professor at QUT's Institute of Health and Biomedical Innovation and its School of Psychology and Counselling, and is head of the ePsych research team at the Centre for Children's Health Research. He leads the Australian government's e-Mental Health in Practice project, which promotes the use of digital mental health in primary care across Australia and advises the Australian Department of Health on digital mental health. As part of this role, he was a member of the Digital Mental Health Advisory Committee, and assisted in the development of Head to Health, the Australian government's digital mental health gateway site, which was launched in October.

Professor Kavanagh was a member and the Acting Chair of the Queensland Mental Health and Drug Advisory Council in 2017.

A focus of Professor Kavanagh's own research is the development and testing of web programs and phone apps to support self-management of addictive and mental disorders, and to strengthen motivation for functional behaviour change more broadly.

The continued development of e-Mental Health initiatives in Australia is a strength of the QUT node of CYSAR, and leads to direct impact on Australian mental health outcomes through the delivery of accessible web- and mobile-based support programs.

Current and future projects at CYSAR will continue creating resources for child and youth mental health, while making use of CYSAR's expertise in conducting evaluations on the effectiveness of these resources.

REAL-WORLD IMPACTS

We seek to reduce
the prevalence and
severity of drug
and alcohol misuse.

UN CONSULTATION ON DATA COLLECTION



Dr Gary Chan at the UNODC entrance, Vienna

In 2017, CYSAR research fellow Dr Gary Chan was appointed as a consultant to the United Nations Office of Drugs and Crimes (UNODC) to review the collection and use of drug use data across the United Nations member states.

The recommendations and input Dr Chan provided is testament to Dr Chan's expertise in substance use epidemiology. His work leads to direct, real-world impacts on how the UNODC collects and analyses its data. Here, Gary talks about his experience in Vienna.

What was the purpose of the trip?

The purpose of my consultancy at the UN is to review the existing methods for collecting drug use data in all 193 UN member states, identify strengths and weaknesses in the Annual Review Questionnaire (a questionnaire used by the United Nations Office of Drugs and Crimes to collect data from country experts in each member states), and provide recommendations for future improvements.

Who did you work with?

I worked with the Data Development and Dissemination Unit at the UNODC.

What did the work involve?

The work mainly involved evaluating the quality of data collected by existing methodologies (e.g. data validity and reliability), identifying data gaps and weaknesses in the current methods, and providing recommendations for future implementation. I was involved in drafting two background papers for a meeting, which representatives from all member states were invited to attend and discuss future developments on data collection based on the recommendations in the background papers. I was also involved in the drafting of the report summarising conclusions from the meeting.


What does your work with the UN mean for global drug policy and practice?

Currently discussion on future developments on data collection methodologies is still underway, as any change on the current methodologies requires consensus from all member states.

Recommendations made in my background papers have been used as a basis for discussion on future improvements. The last revision was made nearly a decade ago, and an update of the current methodology will enable the UN to collect timely data to tackle new challenges around the world, such as the rise of non-medical use of opioids and new synthetic psychoactive substances.

Are there opportunities for future work with the UN?

There is always work to be done at the UN. I was offered a longer term contract to work on other projects at the end of my consultancy. Though my time at the UN was very enjoyable and I had lots of fun, I love my work at CYSAR and decided to return.

The background of the slide is a dark, textured surface, likely a wooden table. On the left side, there are several cannabis buds. In the center, there is a metal grinder filled with ground cannabis. In the bottom left corner, a hand with a red-painted nail is visible, holding a small amount of ground cannabis. In the top right corner, there is a glass jar.

ADVISORY ROLES ON MEDICAL USES OF CANNABIS

In 2017, the Australian Federal Government Department of Health, as well as individual states and territories in Australia, continued their discussion on how medicinal cannabis policies are to be implemented across the country.

Professor Wayne Hall was invited to join the National Advisory Council on the Medicinal Use of Cannabis which is advising the Federal Health Minister, Mr Hunt, on the implementation of medicinal cannabis policies. Professor Hall also advised the Queensland Health Department in developing guidelines for the medical use of cannabis. Both roles required an extensive understanding of both the clinical evidence for the efficacy of medicinal cannabis, as well as consideration of the ethics and national and international policy levers that will influence how access to medicinal cannabis is implemented in Australia.

Professor Hall was also a member of the research team led by the National Drug and Alcohol Research Centre (NDARC), which was contracted by the Therapeutic Goods Administration and Office of Drug Control to conduct an evidence review of the available literature on the effectiveness of medicinal uses of cannabis across a variety of conditions. This evidence review led to the development of a [series of documents](#) published by the TGA that provide guidance to health practitioners on the current state of knowledge of the use of medicinal cannabis and cannabinoids for the symptomatic treatment of conditions such as epilepsy, Multiple Sclerosis, chronic non-cancer pain, nausea and vomiting, and palliative care.

Professor Hall also made a submission and provided expert testimony to the Queensland Government inquiry into the Public Health Amendment Bill addressing medicinal cannabis affordability.

In September, Professor Hall and collaborator Associate Professor Coral Gartner at the UQ School of Public Health gave evidence at the public hearing before the House of Representatives Standing Committee on Health Aged Care and Sport Inquiry into the [Use and Marketing of Electronic Cigarettes and Personal Vaporisers in Australia](#). Their input argued for a policy that would allow cigarette smokers to purchase nicotine vaporisers under tight regulatory control.

EUROPEAN GUIDE TO DRUG PROBLEMS

The European Monitoring Centre for Drugs and Drug Addiction (EMCDDA) is one of the leading bodies providing information on the epidemiology of drug use, addiction and its related health complications and the most effective policies to reduce drug-related harm. In 2017, Professor Wayne Hall was contracted to review and edit the EMCDDA's report: *Health and Social Responses to Drug Problems: a European Guide*. The guide provides an overview of interventions that are used to address the negative consequences that can be associated with illicit drug use.

The guide has a series of associated online materials that provide a reference point for health practitioners who are planning or delivering health and social responses to drug-associated problems. The resource will be revised every three years to ensure that the most up-to-date information in health care and policy responses are compiled in the same location. Professor Hall chaired a session based on the report at the EMCDDA-sponsored Lisbon Addictions conference in October.



RESEARCH INSIGHTS

Our staff are dedicated to enhancing our knowledge on treatment approaches.

RESEARCHER HIGHLIGHT: MATTHEW GULLO



Dr Matthew Gullo

Dr Matthew Gullo has been a member of the CYSAR research staff since 2012, and in that time has developed a highly innovative and successful research program. Matthew's Early Career Research Fellowship, funded by the National Health and Medical Research Council (NHMRC), focused on developing a laboratory model of adolescent impulsivity and alcohol use to determine key causal mechanisms. Preclinical laboratory findings were used to inform a school-based randomised controlled trial to improve regulation of impulsivity and reduce alcohol use. The project resulted in a number of publications in top journals, including *Behaviour Research and Therapy*.

Dr Gullo has been a strong advocate for student mentorship, and currently supervises 8 PhD students. He has encouraged his students to promote their PhD work, and his students have presented at major international and national conferences, as well as publishing their thesis projects in top addiction journals.

Dr Gullo is currently working on a bioSocial Cognitive Theory (bSCT) that will accelerate translation of research findings on impulsivity and cognition into clinical practice. Dr Gullo maintains his connection to drug and alcohol treatment by working as a clinical psychologist for the Alcohol and Drug Assessment Unit (ADAU) at the Princess Alexandra Hospital.

VIRTUAL REALITY EDUCATION ROLL-OUT

Postdoctoral Research Fellow Dr Timo Dietrich has continued to contribute to the development and roll-out of virtual reality education programs with the aim of teaching school students to make better decisions about alcohol. Funded by an Australian Research Council Linkage Grant to Griffith University and UQ and developed in partnership with Social Marketing @ Griffith and Queensland Catholic Education, the *Blurred Minds* program features a suite of interactive games and activities including a virtual house party that students interact with using VR headsets.

Students make decisions as they interact with the game, and the program illustrates some of the possible outcomes based on those decisions, while also simulating the effects of alcohol consumption to demonstrate how alcohol can impair decision making abilities. The program was rolled out to 20 schools across Queensland in 2017.

Students participated in the experience, and their responses were measured to explore whether the program helps reduce peer pressure susceptibilities and positive expectations around alcohol, while encouraging teenagers to look out for their mates.

Blurred Minds was a finalist for 'Best Education App or EBook' at the Australian Teachers of Media Awards, and received extensive coverage in the media, including ABC TV news, Triple J, Channel 9, Channel 7, the Australian Education Reporter, as well as local news outlets such as the Mount Isa North West Star. Blurred Minds resources are now incorporated into the Queensland Department of Education, Training and Employment's Alcohol and Other Drugs Education Program for Year 10 and are available to more than 180 QLD high schools. Additionally, schools are able to access the [teacher kit resource](#) online through the project website. Schools are also able to freely access the [project gaming resources](#).

CELEBRATING A CAREER OF DRUG POLICY, ETHICS AND MENTORSHIP

Past CYSAR Director, and continuing professorial fellow, Professor Wayne Hall, was celebrated in October 2017 at a Festschrift hosted by CYSAR and the National Drug and Alcohol Research Centre, where Professor Hall was Director between 1994 and 2001. The event was an opportunity to pay tribute to Professor Hall's career of mentorship, research leadership in the field of ethical and evidence-based drug policy, and his role in shaping both national and international drug policy.

The event was attended by past and current colleagues and students, as well as leaders in the addictions field. UQ Faculty of Health and Behavioural Sciences Executive Dean Professor Bruce Abernethy, CYSAR Director Professor Jason Connor, Lives Lived Well Professor Leanne Hides, and QAEHS Theme Leader for Emerging Environmental Health Risks Professor Jochen Mueller of UQ travelled to Sydney to celebrate Professor Hall's legacy for the alcohol and other drugs field.



Professor Wayne Hall, Festschrift

Invited overseas speakers included Professor Sir John Strang (National Addiction Centre and Institute of Psychiatry, Kings College London), Professor Beau Kilmer (RAND Drug Policy Research Centre), and Paul Griffiths (European Monitoring Centre on Drugs and Drug Addiction, Lisbon). Former colleagues and students who also spoke included: Professors Richard Mattick and Louisa Degenhardt (NDARC), Professor Lisa Maher (Kirby Institute) and Professor Jason Connor (CYSAR).

In the audience were Professor Hall's former PhD students, postdocs and junior staff members, now NHMRC postdoctoral fellows, ARC DECRA fellows, NHMRC Career Development Fellows, Professors and Centre Directors. Other leading colleagues in attendance included University of Sydney Emeritus Professor Simon Chapman and NSW Bureau of Crime Statistics and Research Director Don Weatherburn.

At the event, Professor Sir John Strang launched the online publication of the Addiction Lives Interview with Professor Hall, that reflected on his career in research and policy since the mid-1980s, when addiction was a young research field not highly regarded within the health field.



(L to R) CYSAR Director Professor Jason Connor, Sarah Yeates, Professor Wayne Hall, Pat Hall, and NDARC Director Professor Michael Farrell

Under Professor Hall's leadership as Director (1994 – 2001), NDARC researchers working on community concern about heroin established international collaborations that spearheaded the development of a broader harm-minimisation perspective within Australia on how best to respond to drug problems.

In 2002, the year Professor Hall became a Fellow of the Academy of the Social Sciences in Australia, he moved to UQ to establish an interdisciplinary research program on the public policy and ethical implications arising from scientific advances such as the sequencing of the human genome. This work led to the award of his NHMRC Australia Fellowship (2009-2013) on addiction neuroethics, the public policy and ethical implications of genetic and neuroscience research on addiction. Professor Hall was the director of CYSAR from 2014-2016, and his focus was on establishing new working research relationships to increase collaboration and funding opportunities within the Centre. The success of CYSAR in obtaining Department of Health funding in 2017 is testament to the leadership and expertise Wayne brings to the Centre.

DIGITAL MENTAL HEALTH

Digital and telehealth innovations provide scope for improved access to mental health and substance misuse treatment services for people in rural or remote areas, as well as offering a lower-cost alternative treatment that can be delivered at a population level. CYSAR has been involved in the development of a number of mobile phone and virtual reality programs designed for reducing harms from adolescent alcohol consumption, and continues to work in this space.

During 2017, CYSAR Deputy Director Professor David Kavanagh continued testing phone-based delivery of a motivational treatment for alcohol misuse, which is supported by a phone app. He also started the development of a phone app, supported by CYSAR, which will deliver a similar intervention in a stand-alone or therapist-supported format.

It is planned to test that app in adolescents who are being treated for mental health problems and whose use of alcohol or other drugs is impeding their recovery.

In December of 2017, The Centre of Research Excellence in Telehealth Translational Research Institute, which is based at the Princess Alexandra Hospital, hosted *Digital mental health: recent developments and potential for the future*. The event featured Professor Kavanagh's work and demonstrates his contribution to the e-mental health space. Professor Kavanagh currently leads the Australian Government's e-Mental Health in Practice project, which promotes the use of digital mental health in primary care and treatment across Australia, and advises the Department of Health on the further development of digital mental health resources.



STUDENT SUCCESSES

Cutting edge
research
translating into
clinical practice.

DOUBLE PHD SUBMISSIONS IN 2017

CYSAR has seen exponential growth in the number of PhD students, and two students reached the milestone of thesis submission in late 2017.

Kiri Patton and Jason Coates were enrolled in a dual PhD-Clinical Masters of Psychology. Supervised by Dr Matthew Gullo and Professor Jason Connor, Kiri and Jason managed the impressive feat of completing their Masters coursework and supervised practice, while also conducting intervention trials and writing journal articles. Jason briefly speaks about his experience doing the combined PhD/Masters here:

What's the title of your thesis? Can you tell me what it's about in 2 or three sentences?


My thesis title is 'Personalised treatment for Alcohol Use Disorder: Identification and intervention of target mechanisms.'

The aim of my thesis was to progress understanding of potential treatment targets within personalised psychosocial treatments for Alcohol Use Disorder (AUD). The thesis comprised a series of studies examining clinical applications of alcohol craving, outcome expectancies, and rash impulsivity within AUD interventions. These culminated in a clinical randomised control trial comparing standard cognitive behavioural therapy (CBT) to a CBT intervention personalised based on the aforementioned constructs.

What were the main take away messages from your research? Were they what you expected?

As expected, we found alcohol craving, outcome expectancies, and rash impulsivity were useful predictors of AUD treatment outcome. However, personalising CBT based on these constructs did not improve treatment outcomes. Some support for an indirect effect of the personalised intervention targeting craving was found, suggesting craving is an important construct for consideration within future research of personalised interventions.

Ultimately, the thesis highlighted the complexity of the processes which dictate treatment response and emphasised the need for equally sophisticated procedures to adapt treatment to individuals.

A close-up photograph of a person's hands pouring whisky from a bottle into a glass. The bottle is labeled 'SOUTHERN BREEZE WHISKY' and 'THIRTEEN COLONY DISTILLERIES'. The person is wearing a grey apron. The background is blurred, showing a kitchen setting with a wooden cutting board and some herbs.

Alcohol craving, outcome expectancies, and rash impulsivity are useful predictors of treatment outcomes.

How was the experience of doing a combined Clinical Masters and PhD?

I enjoyed the combination of the Master of Clinical Psychology and PhD as I found them to be complimentary in many ways. I found the masters was helpful in breaking up the constant grind of a PhD in a constructive manner. I felt it also protected me from the isolation which can occur when doing a PhD as I was able to develop close relationships with my peers in the Masters cohort. Perhaps the greatest benefit of the combined program was the insight into clinical processes afforded by the Masters. This helped me maintain my focus upon the clinical interpretations and applications of my research. On the other hand, the knowledge and skills I have developed through the PhD have informed my clinical practice as I endeavor to identify and implement interventions supported by the highest levels of evidence.

Top memory from doing your PhD?

This would have to be a conference I was able to attend in Montreal. Given that I had never been overseas before, being able to present at a conference overseas was very exciting for me. Perhaps a little too exciting, as I was uncharacteristically anxious for the entire conference before presenting on the last day.

What did you like about being at CYSAR for your PhD?

The diversity in knowledge, skills, and experience of the CYSAR team made it an excellent place to learn and develop as a researcher. It was particularly helpful that several of the staff within the centre are also senior clinical psychologists, and they were great mentors for a career balancing clinical practice and research.

What's next for you?

I'm currently working part time as a psychologist within an outpatient alcohol and drug unit. I hope to keep this going and potentially secure some part time work in a postdoctoral position.

CPDD ATTENDANCE

In June, there was a strong showing by CYSAR at the College on Problems of Drug Dependence (CPDD, founded 1929), a prestigious North American scientific conference in the drug and alcohol field, held in Montreal.

Originally associated with the US National Academy of Sciences, National Research Council, the now independent organisation serves as an interface among governmental, industrial and academic communities maintaining liaisons with regulatory and research agencies as well as educational, treatment, and prevention facilities in the drug abuse field.

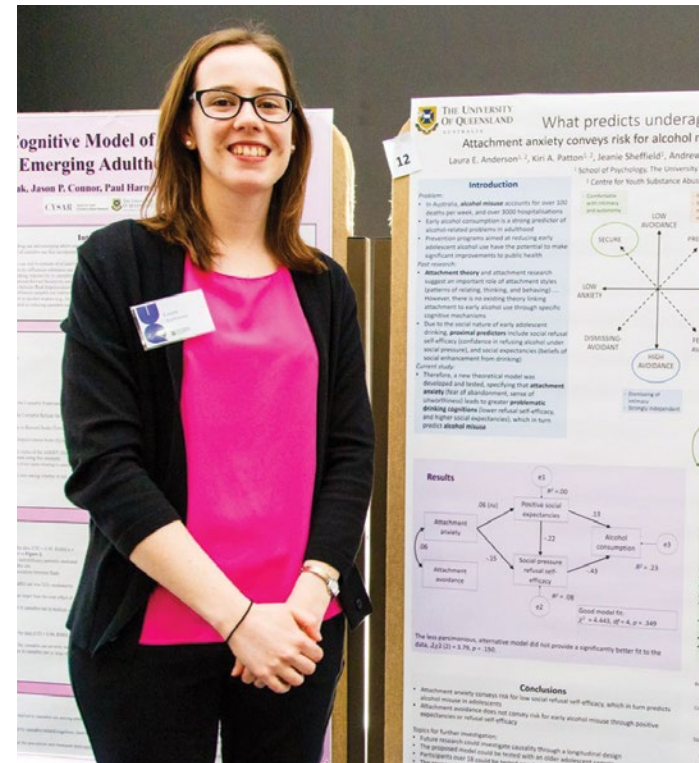
The CYSAR contingent presenting papers and posters at this international annual meeting included Dr Matthew Gullo and Dr Gary Chan. There was also a strong showing of CYSAR PhD students Laura Anderson, Anna Ralph, Kiri Patton, Jason Coates, and Nina Pocuca, who were able to present their PhD research to an international audience.




(L to R) Laura Anderson, Kiri Patton, Jason Coates, Anna Ralph, Dr Matthew Gullo and Nina Pocuca

LINKING RISK BEHAVIOURS IN YOUTH AND YOUNG ADULthood

In May 2017 CYSAR PhD student Laura Anderson was awarded a \$30k PhD top-up scholarship from the Children's Hospital Foundation to support her work on adolescent risk taking: specifically, unsafe sexual behaviours and alcohol misuse. Under the supervision of Dr Matthew Gullo and CYSAR affiliate staff member Dr Genevieve Dingle, Laura is investigating predictors of sexual risk-taking, including alcohol use and impulsivity, to help inform targets for prevention. Currently, sexually transmitted infection (STI) rates among adolescents are high, and there is a strong link between alcohol misuse and risk of contracting an STI.



PhD student Laura Anderson



Care providers were concerned about factors that can lead to alcohol misuse and sexual risk taking.

In the early stages of the project, Laura conducted a qualitative analysis of university care providers' perspectives on adolescent risk taking. Results for this study showed that care providers (university general practitioners, nurses, college staff, and counsellors) are concerned about the following four factors in predicting sexual risk-taking: transition to university, media influence, communication difficulties, and impulsivity. These factors are also closely related to risk for alcohol misuse, which is a key factor in sexual risk taking.

In the second study in this program of research, a new theoretical model of risk will be tested to identify key targets for prevention, which includes the role of alcohol consumption and how it may affect engagement in safe sex practices. The final aim of this PhD program will be to develop and test a new intervention to reduce sexual risk-taking and alcohol misuse among adolescents.

JOHN'S PAGE



Professor John Saunders

Professor John Saunders, honorary staff member of CYSAR, has an extensive history of contributing to internal medicine and substance use research. John continues to be a leader in his field of research, and *John's page* aims to continue to recognise the scope and high calibre of work John has contributed to. This year, John provides an overview of his career, and offers an insight into the contribution he has made to the field of addiction psychiatry.

A feature of my professional career has been my work for the World Health Organization. This has added an extra dimension to my life and I would strongly encourage colleagues in addiction studies to seek out (and if offered – accept!) such opportunities.

WHO is an international organisation and is perhaps best understood as the health arm of the United Nations. I first became involved in WHO work at the age of 32, when I was a lecturer in medicine in London.

I had earlier contacted one of the great luminaries of addiction studies, Professor Griffith Edwards, who amongst other contributions had developed the concept of alcohol and drug dependence and had undertaken the first-ever randomised control trial of addiction treatment.

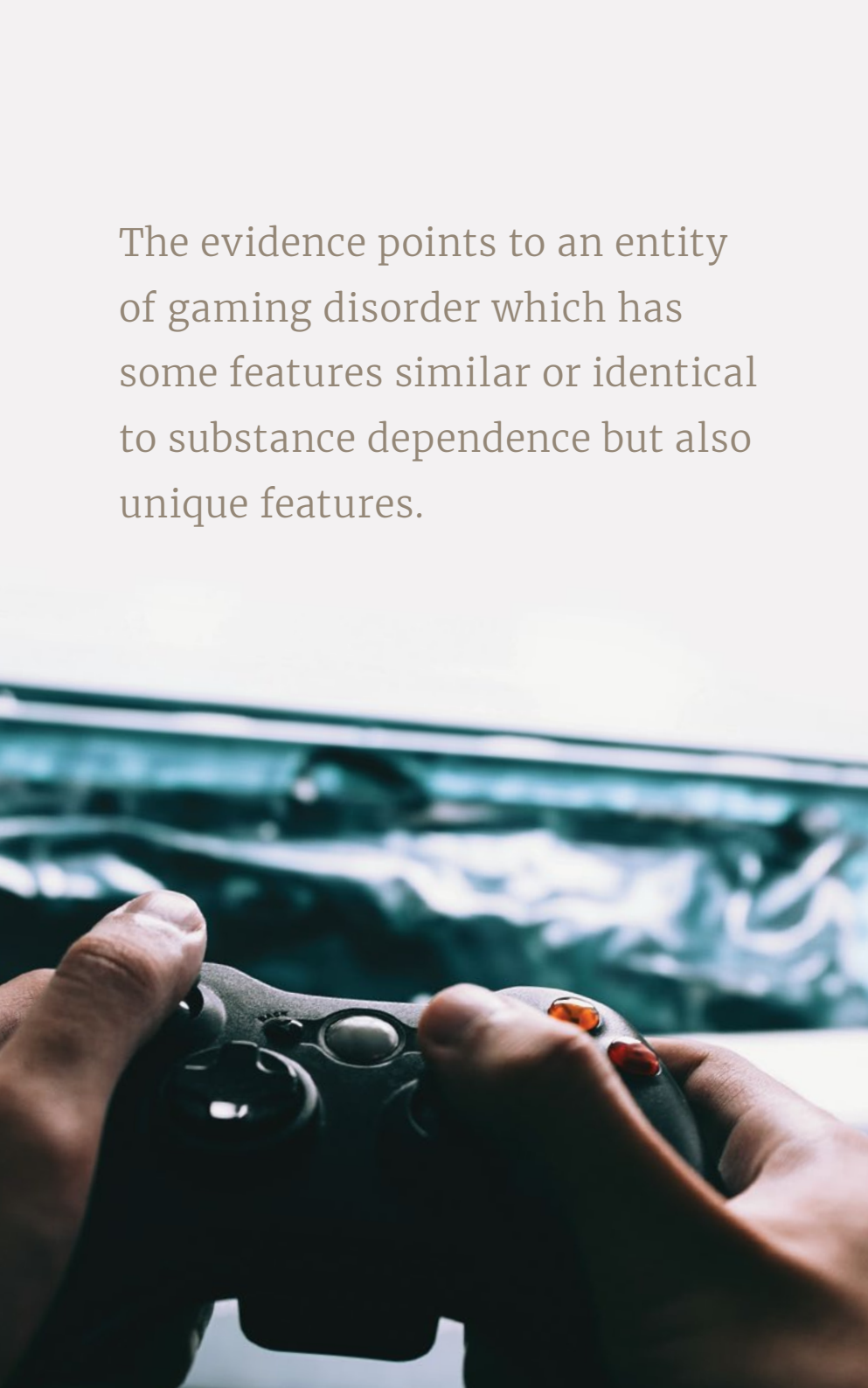
He had himself worked for several years as a WHO advisor and invited me to contribute to a monograph on national alcohol policies which was being prepared for WHO.

I joined enthusiastically, not thinking much about the time involved, and this led to my being sounded out a couple of years later about involvement in a planned WHO collaborative study on early detection and intervention for hazardous and harmful alcohol consumption.

At that time I was preparing to migrate to Australia. So began my longstanding involvement with WHO, which has seen my participating in and sometimes coordinating a series of its initiatives. Most importantly in terms of my personal portfolio, I was responsible for the development of the AUDIT questionnaire which was designed as a screening and brief assessment instrument for harmful alcohol consumption. Other work has included cross-cultural epidemiological studies, controlled trials, and the development of the International Classification of Diseases, which is the international manual of diseases, disorders, and causes of morbidity and mortality published under the auspices of WHO since its foundation.

Gaming disorder has been a particular focus of WHO's work in addictive disorders over the past 4-5 years. This reflects widespread concern in many countries, particularly in Asia, of the amount of time that young people spend playing on-line games. It has raised the question as to whether on-line gaming can become an addiction – similar to gambling or psychoactive substances.

Noteworthy is that in the American Psychiatric Association's DSM-5 internet gaming disorder was included as a candidate diagnosis and a condition requiring further study. As a member of WHO's gaming disorder advisory group I have participated in four consultation meetings in Japan, Hong Kong, South Korea and Turkey respectively. These meetings have examined the evidence for the existence of a syndrome of gaming disorder and whether it is an addictive disorder or more related to obsessive-compulsive disorders or impulse control disorders, or even does not exist!



The evidence points to an entity of gaming disorder which has some features similar or identical to substance dependence but also unique features.

The second area has been an examination of the prevalence and impact of gaming disorder and an examination of those particularly at risk of developing the condition. The third area of work has been to examine the response of the health care and educational systems and also of government policy designed to address excessive gaming.

Most recently in the meeting in Istanbul, Turkey, in December 2017, work towards developing a screening and brief assessment instrument commenced. Possibly this is work that CYSAR would like to take on – there are very few researchers in gaming disorder in Australia and it is undoubtedly a growing problem.

Continuing my theme of international involvement, if anyone asked me (!), I would also strongly encourage becoming engaged with a professional scientific society. I have been involved with several in the fields of alcohol and drug research and practice.

As an example, I have attended all but one of the biennial congresses of the International Society for Biomedical Research on Alcoholism (ISBRA), which despite the 'alcoholism' term is a broad-ranging society of laboratory scientists, social and behavioural psychologists, epidemiologists, psychiatrists, and specialists in various medical disciplines.

The first congress was in 1982, before I migrated to Australia, and it has been fascinating to see progress in so many areas of alcohol research – but also being able to witness the struggles in understanding (for example) the genetics of alcohol (and drug) use disorders, in my view an area where a lot was promised but rather little delivered.

Over time, colleagues have become friends and almost family. We share a lot about our efforts to get and maintain research funding, but also speculate on the prevailing political trends and how our colleagues and family are getting on.



Professor John Saunders and Dr Norharlina Bahar at WHO Istanbul Gaming Disorder Meeting, December 2017

So, if anyone in an early stage of their career is listening, identify two or three relevant international societies, ask around as to whether anyone is a member and what their experience is – and jump in. International societies tend not to get ensnared in local political issues. A big advantage of membership and attending their conferences are the scientific and career-advancing opportunities such as invitations to join collaborative research. And on that note of encouragement, I'll leave it for another year!

OUR PEOPLE

A wealth of experience in health, clinical and youth research, advocacy, and youth alcohol and drug service provision.



STAFF PROFILES

JASON CONNOR, DIRECTOR



Professor Jason Connor is the Director of the Centre for Youth Substance Abuse Research as of 2017.

Jason is a clinical psychologist by training and a Fellow of the Australian Psychological Society (APS). He has specialist membership in the APS Health and Clinical Colleges. Jason commenced his academic career after being awarded a National Health and Medical Research Council (NH&MRC) doctoral scholarship (PhD, 2002) for research into substance use disorders.

Since moving from full-time clinical practice to academia, he has successfully combined teaching responsibilities with research, publishing over 170 peer reviewed papers and receiving \$10 million in research funding as Chief Investigator. He currently leads or co-leads \$4.3 million in external research funding.

His main research focus is substance use disorders. Research areas include substance use assessment and treatment, novel psychological models of problem drinking, addiction epidemiology and the prevention of youth substance abuse.

Jason has received awards for his research (NH&MRC Career Development Fellow; Australian Psychological Society Early Career Research Award), teaching (National Carrick Institute Citation for Excellence in Teaching and Learning) and service to the profession of psychology (Australian Psychological Society Health College Award of Distinction). In addition to his academic roles, he has an appointment with Queensland Health and continues to offer clinical services.

EMAIL Jason.Connor@uq.edu.au

DAVID KAVANAGH, DEPUTY DIRECTOR



Professor David Kavanagh is a Research Capacity Building Professor in the School of Psychology and Counselling at QUT, and an Honorary Professor at UQ and Plymouth University, UK. He is a clinical psychologist with a PhD from Stanford University, a Fellow of the Australian Academy of Social Sciences and the Australian Psychological Society, and an Honorary Fellow of the Australian Association of Cognitive-Behaviour Therapy.

Professor Kavanagh has over 300 scientific publications, including 230 peer-reviewed papers and 9 books.

In 2017, Professor Kavanagh was a member and the Acting Chair of the Queensland Mental Health and Drug Advisory Council.

New research funding since 2013 includes \$15.1m in government tenders and \$1.9m from NH&MRC. He sits on the editorial boards of several journals including *Addiction*. His awards for research include a Senior Scientist Award from the Australasian Professional Society on Alcohol and other Drugs, a Distinguished Career Award from the Australian Association of Cognitive-Behaviour Therapy, and a Distinguished Contribution to Psychological Science and Ian Mathew Campbell Award for Clinical Psychology from the Australian Psychological Society.

EMAIL david.kavanagh@qut.edu.au

GARY CHAN



Gary is a UQ Early Career Research Fellow. Gary joined CYSAR in 2010 as a PhD student with Associate Professor Adrian Kelly as the primary supervisor. Gary has a background in both psychology and statistics, and has a strong desire to make a meaningful contribution in preventing problematic and risky drinking during adolescence. His PhD project focused on the developmental trajectories of alcohol use, and examined how risk and protective factors in family, peers and school contributed to the initiation and escalation of alcohol use.

In 2014, following the awarding of his PhD Dr Chan was appointed as a Postdoctoral Research fellow in CYSAR. His current projects focus on the epidemiology of polydrug use, and its development over the course of adolescence and young adulthood.

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TIMO DIETRICH



Timo has a joint position with Griffith University and The University of Queensland as a Lecturer and Postdoctoral Research Fellow respectively. Timo is a digital and social marketing expert who uses a suite of behavioural theories to engage and move consumers along the behaviour change funnel. He works with a diverse range of industry partners from the finance, technology, and health sector and has attracted more than \$1,350,000 in research and consulting income. Timo has published his research in more than 65 refereed books, journals and conference papers.

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MATTHEW GULLO



Matthew is a Senior Research Fellow and Clinical Psychologist who conducts research on impulsivity and substance use. His research focuses on the cognitive and neuropsychological mechanisms that convey risk for substance abuse and how they can best be targeted in treatment. Recently, Matthew has been leading research that is investigating the application of the first human laboratory model of impulsive drinking in adolescents, to delineate key therapeutic mechanisms in cognitive-behavioural treatments. The model helps identify better ways to target early intervention and prevention efforts. Matthew is supported by an NHMRC Early Career Fellowship (Tier 2, Clinical).

He maintains his clinical practice as a Visiting Senior Clinical Psychologist at the Alcohol and Drug Assessment Unit, Princess Alexandra Hospital, and holds an Honorary Research Fellowship at the School of Psychology at The University of Queensland. He has published over 50 peer-reviewed scientific papers and received over \$2 million in research funding. He is the recipient of the Early Career Researcher Award from both the Australian Psychological Society (APS) and the Australasian Professional Society on Alcohol and other Drugs (APSAD). Matthew has collaborations and partnerships with international organisations such as Yale University (USA), University of Liverpool (UK), Goldsmiths College (UK), and Plymouth University (UK).

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WAYNE HALL



Wayne is Professorial Fellow and a Visiting Professor at the National Addiction Centre, Institute of Psychiatry, Kings College London; The London School of Hygiene and Tropical Medicine; and National Drug and Alcohol Research Centre at UNSW. He was formerly Director of CYSAR (2013-2016), an NHMRC Australia Fellow in addiction neuroethics at The University of Queensland Centre for Clinical Research (UQCCR) and The Queensland Brain Institute (QBI) (2009-14); Professor of Public Health Policy in the UQ School of Population Health (2005-09); Director of the Office of Public Policy and Ethics at the Institute for Molecular Bioscience (2001-05) at UQ; and Director of NDARC at UNSW (1994-2001).

Over the past 20 years Wayne has worked in the fields of addiction, mental health and public health, addressing socially important and intellectually challenging scientific and policy questions that lie at the intersection between human biology and history.

In 2001, he moved to UQ to work on the public policy and ethics of new biotechnologies arising from the sequencing of the human genome. He has advised the World Health Organization on: the health effects of cannabis use; the effectiveness of drug substitution treatment; the scientific quality of the Swiss heroin trials; the contribution of illicit drug use to the global burden of disease; and the ethical implications of genetic and neuroscience research on addiction.

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ADRIAN KELLY



Adrian is a clinical psychologist with expertise in the development, prevention and treatment of youth substance abuse and related problems. His primary interest is in how family interactions and emotional climate contribute to and protect young people from alcohol and drug-related harm. Adrian is also examining how the characteristics of communities, schools and families interact to predict substance use experimentation. Adrian has received approximately \$4 million in first or senior authored nationally competitive research grants, including several Australian Research Council (ARC) Discovery Projects, National Health & Medical Research Council (NHMRC) Projects, and NHMRC Fellowship funding (Career Development Award). His ARC funded research programs highlight key windows of risk for the development of substance use, and the role of parents and family environments in protecting children through high-risk transitions.

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SARAH YEATES



Sarah is a senior research assistant and executive assistant to the director at the Centre. Sarah's background in Library and Information Science assists in the publication and dissemination of research findings from the Centre. Sarah is also a PhD candidate through UQ School of Communication and Arts, focusing on alcohol promotion and policy.

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STUDENTS

LAURA ANDERSON



Laura is a PhD candidate at The University of Queensland, and holds a Research Training Program Scholarship and a Children's Hospital Foundation top-up scholarship. Her PhD research investigates the psychological factors that convey risk for unsafe sexual behaviours during adolescence, particularly impulsivity and social cognition. Laura is passionate about translating research into practical efforts, and hopes to evaluate a prevention program to reduce rates of unsafe sex during adolescence. Laura is also a tutor at UQ.

CYSAR ADVISORS Dr Matthew Gullo and Dr Genevieve Dingle

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NICOLE GUSE

Nicole is a Senior Psychologist in the Mental Health, Alcohol, Tobacco and Other Drugs Service (MHATODS) and Forensic Adolescent Mental Health, Alcohol and Other Drugs Service (FAMHAODS). She is a registered psychologist and, in 2014, was awarded a Masters in Criminology from Griffith University. Nicole is completing an MPhil (part-time) at CYSAR in which she will investigate the role of impulsivity and social cognition in methamphetamine use among adolescents involved in the juvenile justice system. Her research seeks to develop and evaluate a new treatment program designed specifically for this population.

CYSAR ADVISORS Dr Matthew Gullo, Professor Jason Connor

EMAIL nguse1@hotmail.com

JASON COATES



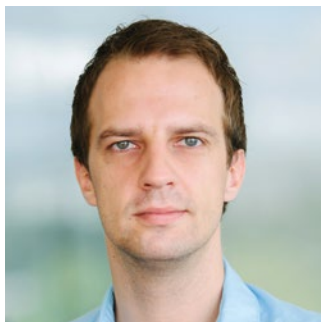
Jason has completed a combined Masters (Clinical Psychology) and PhD at The University of Queensland. Jason's PhD research examined psychological mechanisms which perpetuate alcohol dependence and may consequently be targeted by psychological interventions. The project focused on mechanisms such as craving, impulsivity, and expectancies related to alcohol consumption. In his PhD, Jason collaborated with the Alcohol and Drug Assessment Unit at the Princess Alexandra Hospital where he was able to collect information pertaining to these mechanisms and how they relate to treatment outcome.

Ultimately the intention of Jason's work is to facilitate personally tailored interventions for the patient based on the most influential psychological mechanisms maintaining alcohol misuse.

CYSAR ADVISORS Professor Jason Connor, Dr Matthew Gullo, Dr Genevieve Dingle

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DANIEL DEMANT



Daniel has been a PhD candidate with Queensland University of Technology (QUT) since September 2014 and holds a CYSAR PhD Scholarship. Daniel possesses an undergraduate degree in Social Work and Applied Social Sciences as well as a Master in Public Health with a major in Epidemiology and Research Methods. Daniel's PhD project, 'Substance Use among Lesbians, Bisexuals, and Gays: The Influence of Social Identities and Community Attitudes,' focuses on substance use among lesbian, gay, bisexual and transgender (LGBT) people with a focus on social identities and communities. Daniel will conduct three studies for his PhD. In the first study, he will undertake a thematic analysis of qualitative interviews with LGBT adolescents and young adults, to gain a deeper insight into interactions between different social identities and crowd affiliations and substance use and abuse in LGBT young people.

His second study will focus on stakeholders of the LGBT community such as health care workers, LGBT venue owners/operators and political activists to identify the potential relationship between the different subgroups of the community and their influence on substance use. These studies were used to develop research hypotheses for a third quantitative study in the form of an online questionnaire. Daniel's study also compares the frequency of use of 17 different types of drugs between LGBT young people with their heterosexual counterparts worldwide using data from the Global Drug Survey. Daniel also works as a research assistant and tutor for QUT.

CYSAR ADVISORS Professor Leanne Hides and Professor David Kavanagh

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CHARMAINE JENSEN



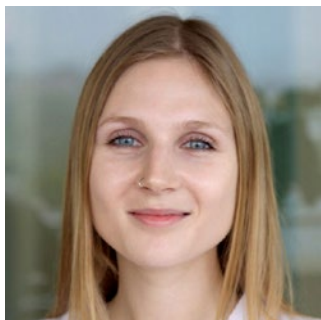
The term 'pharmaceutical cognitive enhancement (PCE)' is generally defined as the non-medical use of prescription stimulants (e.g. Ritalin) by healthy people, in an attempt to enhance alertness, focus, memory, mood and other cognitive functions. Charmaine is doing her PhD as part of an ARC-funded research study that aims to describe the extent and nature of PCE among Australian university students. The studies that make up this research project are designed to provide an understanding of how common PCE is in student populations, who engages in it, with what frequency, in what circumstances, and with what effects. Three studies will be conducted in this project in an attempt to reduce the dearth of knowledge regarding PCE amongst Australian tertiary students.

It will do this by: interviewing tertiary students with the objective of describing the student context within which PCE takes place; conducting an online survey of tertiary students to estimate the prevalence of PCE and explanatory factors associated with PCE behaviours; and having in-depth semi-structured interviews with student PCE users to understand the patterns and consequences of their use, their attitudes towards PCE and motivations for use.

CYSAR ADVISORS Professor Wayne Hall

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ZOË PAPINCZAK



Zoë is a PhD candidate at The University of Queensland. She commenced her research program in January 2016, and holds a Research Training Program Scholarship and a CYSAR Top-Up Scholarship. Zoë has previously completed a Bachelor of Psychological Science (Honours) at The University of Queensland and works as an undergraduate psychology tutor and consultant.

Zoë's PhD thesis is entitled "A Biosocial Cognitive Model of Youth Cannabis Dependence". Her research explores the role of biological and psychosocial risk mechanisms involved in cannabis dependence and identifies how they work to influence treatment outcomes.

Zoë's research involves a collaboration with the Alcohol and Drug Assessment Unit (ADAU), Princess Alexandra Hospital, where she is able to collect clinical data from cannabis users in treatment. Zoë has also developed a brief adjunct intervention that aims to improve the effectiveness and efficiency of a cannabis assessment and education session that is routinely delivered to cannabis users across Queensland. This initiative is supported by Department of Health funding. Her PhD will evaluate this new intervention in a randomised controlled trial at the ADAU.

CYSAR ADVISORS Dr Matthew Gullo and Professor Jason Connor

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KIRI PATTON



Kiri Patton completed a concurrent Masters of Clinical Psychology and PhD program at The University of Queensland which she started in 2014. Her PhD furthers previous work by the Centre on the impact of impulsivity and alcohol-related cognitions in youth on their current and future alcohol use. As a component of her PhD, Kiri has developed and implemented a school-based intervention targeting these factors and evaluate potential effects on adolescent alcohol misuse. Kiri hopes that the combination of her clinical and research skills will help her PhD project to facilitate positive real-world outcomes for teenagers by reducing possible alcohol-related harm.

CYSAR ADVISORS Dr Matthew Gullo and Professor Jason Connor

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TIMOTHY PIATKOWSKI

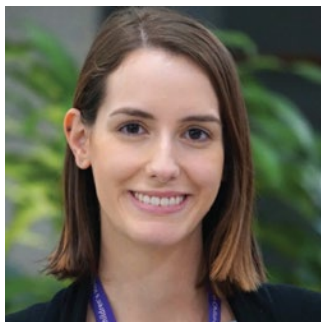


Timothy Piatkowski completed a Bachelor of Exercise Science, and Bachelor of Applied Science (Honours) at Queensland University of Technology. He has worked in a number of research assistant roles for several years – including neurological disease based research, muscular injury and rehabilitation research, and alcohol and drug abuse treatment projects. This has eventuated in publications, conference presentations, continued education program (CEP) workshop management, and specialised rehabilitation training and research with sporting teams ranging from Queensland Reds, to Carlton Football Club, and the Brisbane Roar. He is currently undertaking a PhD entitled: *Understanding what motivates young men's lifestyle choices for enhancing their appearance including steroid use.*

CYSAR ADVISORS Professor Leanne Hides

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NINA POCUCA



Nina is a PhD candidate at Queensland University of Technology (QUT) and holds an Australian Postgraduate Award and CYSAR top-up PhD scholarship. Nina previously completed a Bachelor of Behavioural Science (Honours Psychology) at QUT. Nina's PhD project 'Examination of Personality Substance Use Risk Profiles and Alcohol Use Trajectories from Early to Late Adolescence' focuses on the role of personality and other demographic and environmental factors on alcohol uptake and trajectories, throughout adolescence. This PhD comprises of four studies. Study one will cross-sectionally examine the moderating effect of environmental factors on the relationship between personality and alcohol use, and explore the relative influence of anxiety sensitivity vs. social anxiety proneness on alcohol use, in early adolescence.

The second study will utilise self-report and behavioural assessments in order to create a new personality risk profile scale for substance use in young people. The third study will examine the reliability and validity of the scale developed in study two, within an adolescent cohort. Finally, study four will utilise longitudinal data to examine the effects of the interaction between personality and environmental variables on alcohol use trajectories throughout adolescence. Nina is currently also employed as a Research Assistant and Tutor at QUT.

CYSAR ADVISORS Professor Leanne Hides,
Dr Catherine Quinn

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ANNAKETURAH RALPH



Anna is a PhD candidate at The University of Queensland. Anna is based at and supported by CYSAR, and is under the joint supervision of Dr Matthew Gullo, Dr Paul Harnett and Professor Jason Connor. Anna is looking at the pathways from adverse childhood experiences to problematic substance use in adolescents, specifically looking at the role of emotional dysregulation and impulsivity - constructs known to be influential in the development and maintenance of problematic substance use.

The overall aim of Anna's PhD is to investigate a potential adjunct treatment for problematic substance use that may improve impulsivity and emotional regulation in at risk populations. Anna is collaborating with Queensland Health Metro North Alcohol and Drug Services to examine these potential mechanisms of action and intervention in treatment-seeking adolescents.

CYSAR ADVISORS Dr Matthew Gullo

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REBEKAH THOMAS



Rebekah Thomas is a PhD candidate at The University of Queensland. Her PhD project is titled 'Socio-emotional contexts and the development of eating disorders throughout adolescence'. Her research aims to examine how emotional and familial factors are associated with early signs of eating disorders, in particular, preoccupations with weight, weight control and diet. Rebekah's research also examines the links between EWAs and other health risk behaviours, particularly substance use. Rebekah hopes to further the understanding on the development of eating and weight loss attitudes in adolescence, and the associated relationships with substance use and mental health.

CYSAR ADVISORS Associate Professor Adrian Kelly and Dr Gary Chan

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FREYA YOUNG



Freya is a PhD candidate and Clinical Psychology Masters student at The University of Queensland, and holds a Research Training Program Scholarship. Her PhD research investigates the social-cognitive factors that affect treatment outcomes in patients with alcohol use disorders. Freya is particularly interested in improving treatment outcomes by tailoring interventions to fit patients' needs. Freya is also a tutor at UQ.

CYSAR ADVISORS Dr Matthew Gullo and Dr Jason Connor

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LIVES LIVED WELL AFFILIATED GROUP

LEANNE HIDES



Leanne is clinical psychologist, NHMRC Senior Research Fellow and the industry-supported Lives Lived Well Chair in Alcohol, Drugs and Mental Health at the University of Queensland. Her expertise is in the assessment and treatment of primary and co-occurring substance

use disorders in young people. Leanne's main areas of research interest include the efficacy of early interventions for primary and comorbid substance misuse, including the development of web- and mobile phone-based interventions.

Professor Hides has been a chief investigator on 8 NHMRC project grants including two as the lead investigator. She has over 120 publications.

EMAIL l.hides@uq.edu.au

DOMINIQUE DE ANDRADE



Dr Dominique de Andrade is a justice-health researcher with a particular focus on substance misuse in high risk populations and in high risk settings. Dominique has continued her research on substance misuse in young prisoners. She has also been working with a multi-university research team on the Queensland Alcohol-related Violence and Night-Time Economy Monitoring (QUANTEM) project. Headed by Professor Peter Miller (Deakin University) and Dr Jason Ferris (The University of Queensland), the team is conducting a comprehensive evaluation of the impact of the Queensland Government's Tackling Alcohol-fuelled Violence Policy on alcohol-related harms and alcohol consumption patterns in Queensland. Dominique's contribution is specifically related to examining the impact and utilisation of police banning orders and premise-based ID scanners.

EMAIL d.deandrade@uq.edu.au

CATHERINE QUINN



Catherine recently completed her Ph.D. in Psychology at Macquarie University, where she received the Macquarie University Research Excellence Scholarship. Her PhD focused on two social cognitive processes (moral disengagement and anticipated social outcomes) and how they relate to adolescents' engagement in underage drinking and experience of alcohol-related harm.

Catherine also recently completed her Clinical Masters in psychology. Through her clinical training Catherine worked with younger and older adults who have abused alcohol and other drugs at St John of God Hospital.

She also worked in community health placements and acute adolescent units with high-risk youth, who were often disengaged from school, depressed, and engaging in risky behaviours including self-harming and substance misuse.

Past experiences include working as a Youth Officer at Juniperina Juvenile Justice Centre and working at Ltyentye Apurte Community Education Centre, Northern Territory, re-engaging a group of young aboriginal girls in education. Catherine is also actively involved in the Mitchell Youth Leadership Forum, an annual forum for student leadership groups. In addition to building leadership skills, this forum provides mediation between the students and key school staff, enhancing communication and advocating for student ideas on ways to improve their school environment.

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SCIENTIFIC ADVISORY BOARD

Professor Christina Lee, *Chair*

Associate Dean, Research, Faculty of Health
& Behavioural Sciences, UQ

Professor Jason Connor

Director, Centre for Youth Substance
Abuse Research, UQ

Professor David Kavanagh

Deputy Director, Centre for Youth Substance
Abuse Research; Institute of Health and
Biomedical Innovation, QUT

Professor Doune Macdonald

Pro-Vice-Chancellor for Teaching & Learning, UQ

Professor Ross Young

Executive Dean, Faculty of Health, QUT

Dr Nicholas Carah

Senior Lecturer, School of Communication
and Arts, UQ

Ms Carrie Fowlie

Executive Officer, Alcohol Tobacco and
Other Drug Association, ACT

Ms Rebecca Lang

Chief Executive Officer, Qld Network
of Alcohol & Other Drug Agencies

Mr Cameron Francis

Principal Consultant, Dovetail Youth Alcohol
& Drug Support, Queensland Health

Ms Liz Minchin

Australian Editor, *The Conversation*

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Dr Natalie Loxton

Dr Megan Weier

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Professor Annemaree Carroll

Dr Louise McCuaig

Dr Genevieve Dingle

Dr Catherine Quinn (LLW)

Dr Dominique de Andrade (LLW)

Dr Carla Meurk

ADJUNCT

Ms Carrie Fowlie

Mr Cameron Francis

Mr John Kelly

Dr Andrew Wood

Dr Janni Leung



MAJOR PARTNERS & COLLABORATIONS

Our ties are extensive across the drug and alcohol, mental health, emergency, housing and social support sectors.

RESEARCH

CYSAR has extensive collaborations and links with other national and international researchers in the alcohol and other drug field.

Australia

Commonwealth Department of Health and Ageing (ACT)

Griffith University (Qld)

National Drug and Alcohol Research Centre (NDARC) (NSW)

Deakin University (Vic)

Turning Point Alcohol and Drug Centre (Vic)

Centre for Adolescent Health, Murdoch Children's Research Institute (Vic)

Orygen Youth Health Research Centre (Vic)

International

European Monitoring Centre on Drugs and Drug Addiction

Kings College London, National Addiction Centre, Institute of Psychiatry

London School of Hygiene & Tropical Medicine

RAND Corporation Drug Policy Research Centre, Santa Monica, California

United Nations Office on Drugs and Crime

University of California, Los Angeles

University of Otago

University of Plymouth

University of Strathclyde

University of Vienna

University of Washington – Alcohol and Drug Abuse Institute

World Bank

World Health Organization (Expert Committee on Drug Dependence)

INDUSTRY AND CLINICAL

CYSAR has a number of well-established industry and clinical partners across the drug and alcohol, mental health, emergency, housing and social support sectors. Representatives of many of these services are represented on the CYSAR Advisory Board and have formal UQ affiliate joint appointments with the Centre.

Alcohol and Drug Assessment Unit (ADAU)

ADAU in the Princess Alexandra Hospital, with outreach to QEII Hospital is a small multidisciplinary Liaison Clinical Service consisting of doctors, nurses, social workers and psychologists. The ADAU offers assessment and management of substance misuse and problems related to addiction treatment programs for alcohol, tobacco, cannabis, and stimulants. ADAU clinicians are committed to pursuing best practice in alcohol and drug treatment, education and research. Over the past decade there have been considerable advances in addiction medicine and these have been incorporated into ADAU programs.

Brisbane Catholic Education

CYSAR partners with BCE to deliver innovative social marketing programs in schools to combat alcohol-related problems. Key components of ARC Linkage Grant funded programs are now embedded in the curriculum of 183 schools in QLD.

Brisbane Youth Services (BYS)

BYS supports homeless and disadvantaged young people (aged 12-25 years) and their children, to secure and maintain housing. They provide emergency support and other services to assist young people to address physical and mental health issues, establish successful relationships and support networks, and access education and long term employment.

ChaplainWatch Inc.

ChaplainWatch is an independent Brisbane-based charity, focused on public safety in public spaces. It provides a unique, non-authoritarian service, which encompasses crisis intervention, conflict resolution, front-line first aid, counselling and guidance, secondary victim support, and welfare assistance. This rapid response service works in partnership with other official services. ChaplainWatch are a key partner in the Quikfix early intervention project.

CHQ Children & Youth Mental Health Services (CYMHS)

CYMHS at Children's Health Queensland specialises in helping infants, children and young people up to the age of 18 years who have complex mental health and drug and alcohol needs. CYMHS are a key partner on the Quikfix early intervention research program.

Dovetail

Dovetail is the auspicing body that provides clinical advice and professional support to workers, services and communities across Queensland who engage with young people affected by alcohol and other drug use.

Drug & Alcohol Brief Intervention Team (DABIT; Queensland Health)

Based at key QLD hospitals, the DABIT service model is based on successful services overseas, and targets people with alcohol and drug problems not currently in treatment. Young people attending emergency departments often have substance use problems. For example, road trauma, assaults and injuries are often associated with high risk drinking and other drug usage. By providing targeted brief interventions, DABIT can reduce the likelihood of patients progressing from substance use to substance dependence. Professor Hides will implement and evaluate the evidence-based Quikfix early intervention model in these services.

Lives Lived Well (LLW)

LLW is the body that auspices the non-government drug and alcohol treatment sector in Queensland. It has a strong focus on young people, Aboriginal and Torres Strait Islander people, and families.

Mater Health Adolescent Drug & Alcohol Withdrawal Service (ADAWS)

ADAWS supports young people through individualised and group support, brief interventions, relapse prevention planning and alternative drug-free activities. The service also aims to reduce drug-related harm by utilising harm reduction strategies that take into account personal goals and choices. ADAWS are a key implementation site of the Quikfix early intervention program and are involved in a number of other treatment studies.

Queensland Alcohol & Drug Information Service (ADIS; Queensland Health)

ADIS provides people with a range of interventions that influence and support the decision to reduce or cease harmful substance use. Referrals to alcohol and other drugs services can come from the individual experiencing the problem, family and friends, community services, Hospital and Health Services, GPs, Police, Courts and Corrective Services.

Queensland Injury Surveillance Unit (QISU; Queensland Health/Mater Health)

Since 1988, Queensland Injury Surveillance Unit (QISU) continuously collects urban injury data from Brisbane's major hospitals, as well as periodically collecting rural data. It has strong collaborations with CYSAR and Professor Hides in her work on preventable youth alcohol and drug injuries.

RESEARCH GRANTS & CONTRACTS

Awarded in 2017

SOURCE	CHIEF INVESTIGATORS	TITLE	AMOUNT
CIHR (Canadian Institutes of Health Research)	Hammond, Hall , Pacula, George, Rehm, Werb, Boudreau, Wadsworth, Leos-Toro, Porath-Waller, Elliot	Cannabis legalization: impact on prevalence and risk behaviours among young people in Canada	CAD \$1,514,700
Wellcome Trust, UK	Berridge, Hall , Fairchild, Bayer	Electronic cigarettes: history, evidence and policy	GBP 29,414

Commencing in 2017

YEARS	SOURCE	CHIEF INVESTIGATORS	TITLE	AMOUNT
2017-2019	Drug and Alcohol Program, Commonwealth Department of Health	Connor, Hides	Understanding, preventing and treating youth substance abuse	\$2,315,000
2017-2018	Queensland Department of Education and Training Education	Hides, Quinn, Kavanagh, Adsett	The RAW Wellbeing Program for adolescents at risk of disengaging from education and training	\$179,815
2017-2018	UQ Early Career Researcher	Chan	Informing future policies on cannabis in Australia. Lessons from new trends in the USA and from the history of tobacco control	\$33,000

Continuing in 2017

YEARS	SOURCE	CHIEF INVESTIGATORS	TITLE	AMOUNT
2012-2017	NHMRC Career Development Fellowship Level 2: Clinical	Connor	Revolutionising alcohol dependence treatment: targeting individual genetic and psychological risk through Clinical Decision Support Systems	\$432,568
2014-2018	The University of Queensland Endowment Fund	Connor , on behalf of CYSAR	Gift to the Centre for Youth Substance Abuse Research from Graeme Wood and Andrew Brice	\$2,000,000
2012-2018	NHMRC Centre of Research Excellence	Whiteford, Degenhardt, Pirkis, Eagar, Andrews, Head, Gunn, Mihalopoulis, Hall , Patton	Evidence-based Mental Health Planning: Translating Evidence into Policy and Services	\$2,442,370
2015-2019	NHMRC Project	Toumbourou, Kelly , Rowland, Williams, Kremer, Carter, Abraham	Estimating the contribution of adolescent alcohol misuse prevention to the reduction of alcohol-related harm in Australia	\$1,789,104
2016-2020	NHMRC Project	Borland, Gartner, Hall , Yong, Mundy, Courtney	Understanding the impacts of Vaporised Nicotine Products on smoking in Australia	\$1,603,155

YEARS	SOURCE	CHIEF INVESTIGATORS	TITLE	AMOUNT
2016-2019	NHMRC Project	Kavanagh , Graves, Connor , Hides , Gullo , Connolly, Andrade, May	A new, low-cost e-health treatment for Alcohol Use Disorder using mental imagery	\$895,032
2012-2017	NHMRC Targeted Call for Mental Health Research	Hides , Kavanagh , Connor , Daglish, Cotton, Barendregt, Witkiewitz, Young, White	Brief telephone interventions for reducing future alcohol use and related harm in young people accessing emergency departments	\$702,461
2016-2018	ARC Linkage Project in Partnership with Catholic Education	Rundle-Thiele, Arli, Kubacki, Connor , Gullo , Percy	Changing Australian drinking: A comprehensive social marketing program	\$234,000 plus \$162,000 to partner Catholic Education
2015-2020	ARC Linkage Project	Mueller, Thai, Gartner, Prichard, Hall , Lai, Jiang, Kirkbride, Bruno, Ort, Covaci, Carter, Lubman	Estimating per capita use and release of chemicals by wastewater analysis	\$988,798
2016-2019	ARC Linkage Project in Partnership with Queensland Health	Gallagher, Connor , Loveday, Ballantyne	Active and interactive analysis of prescription data for harm minimisation	\$191,000 plus \$200,000 to partner Queensland health

YEARS	SOURCE	CHIEF INVESTIGATORS	TITLE	AMOUNT
2016-2019	UQ Fellowship- Early Career Researcher	Chan	Pathways to multiple substance use: informing the next generation of prevention science (mentored by A/ Professor Kelly)	\$197,818
2016-2017	2016-2017 University of the Sunshine Coast	Wood, Scott-Parker, Gullo	Time for Change: Understanding the mechanisms of treatment effectiveness in a community intervention program through the application of a biosocial cognitive model of problematic alcohol and cannabis use	\$13,400
2016-2018	NHMRC Project	Dingwall, Nagel, Hughes, Kavanagh , Cass, Howard, Sweet	Wellbeing Intervention for Chronic Kidney Disease (WICKD): A Trial of the Aboriginal and Islander Mental Health Initiative (AIMhi) Stay Strong App.	\$1,031,561.90
2016-2017	Commonwealth Dept Veteran's Affairs Tender	Kavanagh, Quinn , Young, Hides , White, Stoyanov, Shakespeare-Finch, Zelenko	Evaluation of the PTSD Coach Australia Mobile Application	\$219,836
2016-2017	Commonwealth Dept Veteran's Affairs Tender	Healthcare Management Advisors Consortium, Kinkade, Gibbs, Hides , Kavanagh , Redback Conferencing	Services to implement a 12 month webinar/podcast pilot series targeted at mental health providers providing services to veterans	\$356,037

2017 RESEARCH PUBLICATIONS

Full Peer Reviewed Manuscripts

1. Adewumi A, Hollingworth S, Maravilla J, **Connor JP**, Alati R. (2017). Prescribed dose of opioids and overdose: a systematic review and meta-analysis of unintentional prescription opioid overdose. *CNS Drugs*, submitted December 22, 10.1007/s40263-40018-40499-40263.
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A photograph of three people working on laptops at a wooden table in a modern office setting. A woman with long dark hair and glasses is on the left, typing on her laptop. A man with short dark hair and glasses is in the foreground, also typing. In the background, another man with a beard and glasses is looking at his laptop. The table has a water bottle and a small potted plant. The background is a wooden wall with a window.

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