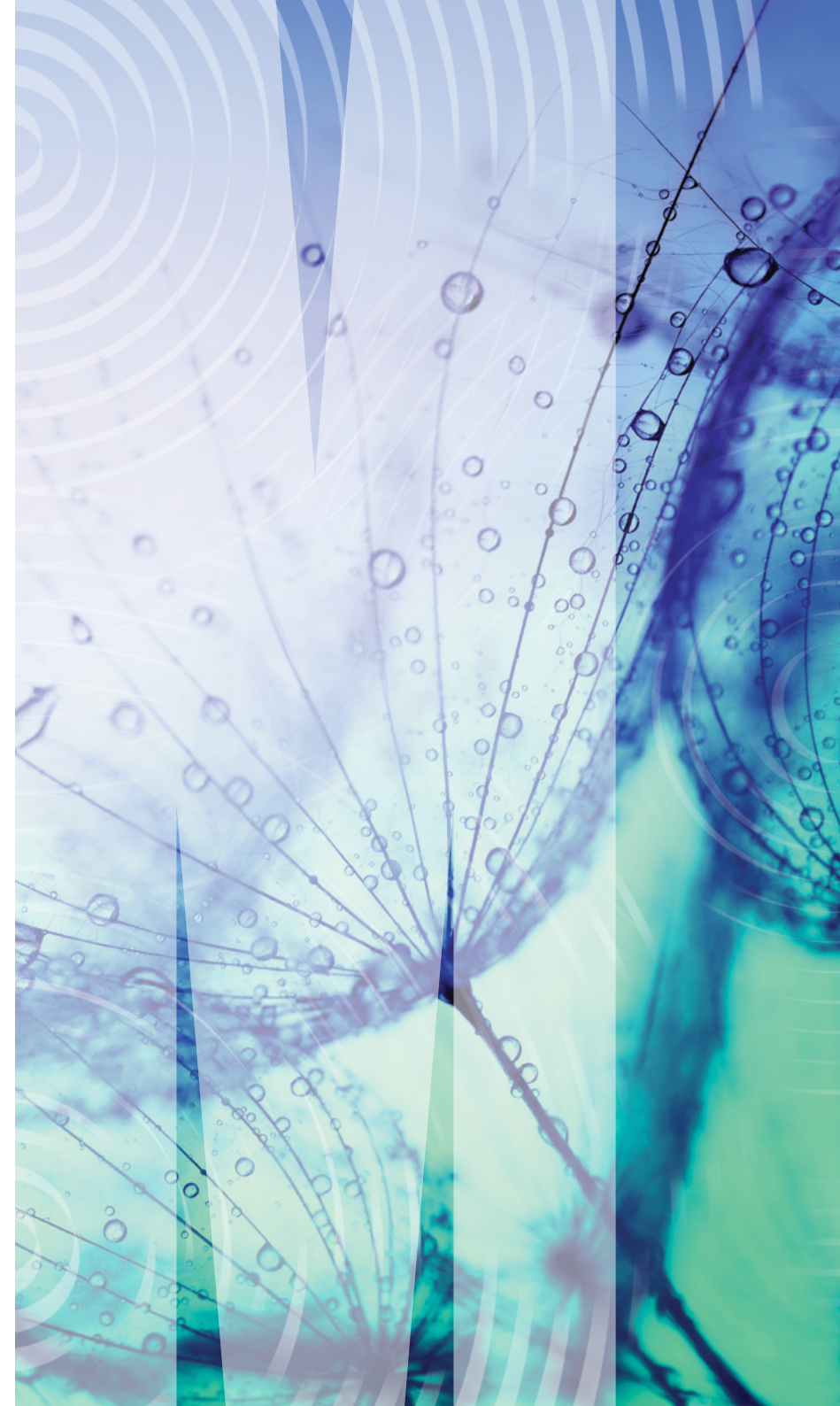


IMPACT STATEMENT

2023–2025

Thriving Communities



ACKNOWLEDGMENT OF COUNTRY

MONASH UNIVERSITY recognises that its Australian campuses are located on the unceded lands of the people of the Kulin Nations, and pays its respects to their Elders, past and present.

Monash University is committed to supporting and contributing to:

- the Uluru Statement from the Heart process for a First Nations Voice to the Commonwealth Parliament of Australia; and
 - Treaty discussions in the state of Victoria and the Yoo-rrook Justice Commission.
-



Working in the community, with the community, to drive solutions for the brain and mental health challenges of our time.”

The Turner Institute, within the School of Psychological Sciences is part of Monash University's Faculty of Medicine, Nursing and Health Sciences.





Professor Kim Cornish

MESSAGE FROM THE DIRECTOR

At the Turner, we embrace the grand challenges of our times. This is what makes us unique. Our gaze is global but our concerns begin in our local communities, hence our three pillars: how we develop well, live and work well, and how we age well.

We have a greater understanding of mental health and its precursors and triggers, as well as the human brain. But this knowledge is only valuable if we can translate it into effective interventions that reach all corners of the community.

We have unprecedented access to evidence-based tools and community engagement strategies that have a meaningful impact on people's lives.

We need to rethink our solutions to brain and mental health conditions and consider them across the lifespan. We must be innovative and develop solutions that can be delivered at scale and personalised.

It is time to embrace change and go beyond what we already know, leveraging the digital world we live in to deliver services and interventions to communities everywhere in Australia. This includes developing a new mental health workforce ready to work in community sectors such as disability, aged care, and schools.

As a leader in the field, we want to drive the development of a new mental health workforce and explore new models of early intervention that begin in early life and across the lifespan.

We are proud to have received the biggest endowment ever given in Australia to brain and mental health prevention and detection through the David Winston Turner Endowment Fund.

At the Turner, we are committed to driving innovation, challenging the status quo, and pushing the boundaries of what is possible.

As we move forward, I would like to thank our staff, researchers, and supporters for their hard work and dedication, and I look forward to continuing to work together to make a positive impact in the world.

A handwritten signature in black ink, appearing to read 'KME R'.

Professor Kim Cornish

Director, Turner Institute for Brain and Mental Health
Sir John Monash Distinguished Professor

MESSAGE FROM THE CHAIR

The Turner's Mission is simple: to help people stay mentally well, to regain their brain and mental health where they have lost it or to manage their brain and mental health where there are ongoing challenges.

Brain and mental health problems can strike at any time. None of us is immune. Every year four million Australians face some form of mental health issue and over our lives almost half of us will face a mental health challenge. One in six of us will be affected by a brain disease or disorder in our lifetime.

The Turner is helping to meet this national challenge through their fusion of practical research and clinical care. The Turner clinics are a world leading model of prevention, treatment and applied brain and mental health research.

At the same time the Turner is also developing carers, clinicians and researchers to help address the individual and national brain and mental health challenges. We are fortunate to have such capable and dedicated leaders as Professor Kim Cornish and Professor Shantha Rajaratnam.

Ultimately, the Turner's mission is ongoing – to help Australians have better access to support and achieve better outcomes for anyone impacted by brain and mental health issues.

I am confident that we will continue to make a real difference and help Australians to lead better lives.



Professor The Honourable Greg Hunt

Chair, Turner Institute Advisory Council



Professor The Honourable Greg Hunt

ABOUT DAVID WINSTON TURNER

In 2022, Monash University received Australia's largest philanthropic gift for preventative brain and mental health from the David Winston Turner Endowment Fund.

David was one of the first graduates from Monash University in the 1960s. Ahead of his time, David recognised the critical importance of mental health for living well and productively.

As a result of David's generous gift, the Turner Institute was established to accelerate ground-breaking research, training and treatment solutions for brain and mental health challenges beginning in early life and continuing across the lifespan.



MILESTONES



2018

Turner Institute Conception

The Turner Institute is conceived and a purpose-built facility, BrainPark, is established on the Monash University campus.



2019

Launch of the Turner

President and Vice-Chancellor Professor Margaret Gardner AC says early intervention and prevention are central to creating thriving communities.



2020

Turner Clinics

Our community clinics are renamed the Turner Clinics to emphasise our commitment to research-driven clinical treatment and services.



2021

Our Response to COVID-19

We rapidly expand large-scale monitoring of mental health. We ramp up professional training worldwide for the rapid transition to telehealth.



2022

Philanthropic Gift

In August 2022, Monash University receives the remaining David Winston Turner Endowment funds.



2023

Advisory Council

In February, the inaugural meeting of the Turner Institute Advisory Council is held with Professor The Hon Greg Hunt as Chair.

BRINGING THE VISION AND MISSION TO LIFE

Across the lifespan, we take an inclusive approach that recognises diversity in the cultural, neural and social domains.

The Turner Institute's mission is to embed community-based research to build a world of mentally healthy communities. We collaborate with the community, industry and government to co-design adaptable and scalable solutions to enhance brain and mental health.



Developing Well

We support children and their families for the best possible start in life from birth to early adulthood



Living Well

We promote brain and mental health so that people can live well and productively



Ageing Well

We believe that people can be empowered to maintain robust brain and mental health into old age



Advancing Discovery Science

We conduct world class research that is innovation driven, grounded in neuroscience and translates to community impact.

A snapshot of our achievements:



Over \$100m* in external funding from a diverse income stream including government, industry, philanthropy and international sources.



130+ PhD students across research, clinical and clinical neuropsychology pathways.



500+ scientific publications annually.



10+ innovative discovery platforms from genes to behaviour to populations.

* 2020–2023

Delivering Clinical Impact

We believe everyone should have access to timely and personalised interventions to develop well, live well and age well. We create real impact through:



10 specialist Turner Clinics servicing 1.4m people in the south-east corridor of Melbourne and beyond.



Over **2,500** client appointments per year across face-to-face and telehealth with increased growth across all clinics.



103 trainees in clinical psychology and clinical neuropsychology programs.



Clinical expertise in the delivery of contemporary treatment and intervention approaches across the lifespan, including cognitive behavioural therapies, sleep interventions, neurological assessment and rehabilitation, trauma-focused therapies and parenting strategies.





Collaborations

We foster enduring partnerships that deliver impact through scalable solutions to address immediate and long term community needs.

The breadth and depth of our research partnerships offer outstanding collaborative research and mobility opportunities for our researchers, particularly those in the early stages of their career.



18 industry/community partners to establish the ARC Industry Translational Training Centre (ITTC) in Optimal Ageing.



Over **140** industry and community organisation collaborations (2012–22).



6 Memoranda of Understanding covering **4** continents.

We are working with the Donders Institute for Brain, Cognition and Behaviour (Netherlands) on transcranial-focused ultrasound stimulation, a ground-breaking technique that allows us to investigate the function of deep structures of the brain in ways not previously possible.

We are members of the Adults born Preterm International Collaboration (APIC). This consortium of leading researchers from around the globe collaborates on research that addresses critically important questions relating to the long-term consequences of being born preterm.

We maintain an ongoing collaboration and partnership with the Gukwonderuk Indigenous Health Unit, the William Cooper Institute, and contribute actively to Indigenous education and community engagement initiatives across the university.

Our researchers continue to build relationships with Indigenous community organisations, such as Willum Warrain Aboriginal Association and First Peoples Health and Wellbeing.

Developing Our People

We have 280+ researchers and prioritise recruitment of world-class research talent from diverse social and cultural backgrounds.



27 fellowships since the beginning of 2022.



10 newly established Turner fellows (breakthrough science, clinical impact and industry engagement).



Establishment of the Turner early and mid-career mentorship framework.



Laying the groundwork for a **new mental health workforce** from the psychology discipline to fill an unmet need in the community.



TURNER INSTITUTE INITIATIVES THAT BENEFIT THE COMMUNITY

We collaborate with communities to create transformative change. We identify, co-design and co-build solutions for immediate uptake by the community.



Living Lab

The Turner Institute Living Lab is a unique, large-scale research and prevention initiative aiming to address key brain and mental health challenges of our time.

Our mission is to work with the community and for the community, to build capabilities and resources that foster developing, living, and aging well. We translate world-class discovery and prevention research into practice where people live, work, and go to school. Hard to reach and vulnerable communities get additional focus to ensure the best solutions are in their reach.

The geographical focus of the Turner Living Lab is the south-eastern corridor of Melbourne, a unique catchment of nearly 2 million people who are a microcosm of Australia.

The Turner will work strategically with existing programs and stakeholders to identify gaps and opportunities where the best practices of psychological science can add value and impact. The Living Lab will be a testbed for programs that can be evaluated, refined and then elaborated, to be delivered at scale across Victoria, Australia and beyond. These include:

- new strategies for known and emerging wide-scale brain and mental health challenges
- a new workforce of community connectors that link people to opportunities and feedback ongoing readouts to enable continuous improvement
- novel digital systems to support thriving, socially connected communities
- culturally adapted technology-based interventions that can be delivered at scale
- data-driven opportunities to provide essential analytics that can inform and sustain impact into the future

Using co-design methodologies, we will embed a sustainable, collaborative model of working within the community, with continuous feedback and feedforward strategies that maintain and adapt to changing needs in the community. By applying a range of strategies from prevention to detection to treatment, and working with community leaders and members, government decision makers and industry partners, we enhance the potential for brain and mental health for every Australian. Our vision is an inclusive, community-embedded lifespan approach to empower all members of society to live well and productively for longer.

Turner Clinics

One in five Australians will experience a mental health crisis in any year. This has been further exacerbated by the devastating blow of the COVID-19 pandemic, which has left a profound impact on the collective mental health of Australia. Never before has there been such an urgent need to revolutionise how we recognise and treat mental health issues as they arise – in children through to seniors, in metropolitan, regional and remote areas, and in our most vulnerable communities.

Our approach at the Turner Clinics is to use our research discoveries and innovative digital health technologies to forge new treatment approaches and methodologies to be delivered to scale, whether at home via telehealth or in the clinic. This means that our leading-edge resources and interventions are relevant and accessible to those who need them most.

The Clinics are led by a team of expert clinical psychologists and clinical neuropsychologists, alongside researchers and clinical PhD trainees. We have close partnerships with health services across Victoria and we share our advances in mental health treatments and approaches at national and international forums to expand the skills of the entire mental health community.

Our interventions draw on the most current approaches to mental wellbeing and psychological distress by adopting an agile approach to new developments in clinical science.

This clinical knowledge base is translated to the community through our clinical footprint, while our discoveries inform the global impact that mental health challenges can bring. By accelerating the discovery to practice timeframe, we are ensuring that the community receives the most current and effective treatments.





Danny Frawley Centre for Health and Wellbeing

Since 2019, the Turner has formed strong connections with the St Kilda Football Club. Senior Research Fellow Dr Elise Facer-Childs has been based at the club and established the Saints Sleep Program across the men's and women's football teams. This close collaboration has resulted in a new research partnership with the Danny Frawley Centre for Health and Wellbeing (DFC), which opened in March 2022. We have been an integral partner with the DFC since inception, providing access to world-class expertise in mental health.

The DFC provides the community in Melbourne's south-eastern suburbs with access to state-of-the-art physical and mental fitness facilities.

The DFC flagship collaborative research project *Eye on the Ball, Mind on the Game*, involves developing a tailored, mindfulness-based mental fitness program for elite performance. By 2024, the goal is to evaluate the effectiveness and efficacy of this program in order to scale across sporting groups and communities throughout Australia.

The Turner's research capabilities have allowed St Kilda Football Club and the Danny Frawley Centre to conduct high quality research that is contributing to the development of prevention strategies for mental health in sport. The outward community-facing element of the Danny Frawley Centre allows us to rapidly translate our research findings into tangible benefit, something that is often difficult in traditional research settings.



Murrup Bung-allambee Indigenous Psychology Group

The Turner Strategic Projects Grants scheme has supported Indigenous-led research that is co-designed with Indigenous students and communities exploring how Monash can increase a sense of belonging for Indigenous students using Photovoice, a visual research methodology. Our Indigenous researchers have been invited to deliver keynote presentations at a number of national forums, increasing awareness about a need to understand Aboriginal psychology and wellbeing and improve the cultural safety of mental health services.

We have one of the largest student cohorts in the country. This offers opportunities for our undergraduate and postgraduate students to have a significant impact on policy and practice regarding reconciliation, respect and recognition of the world's longest continuous living cultures. In order to achieve maximum impact, our curriculum aims to elevate the visibility of Indigenous expertise and unpack themes of racism, implicit biases, disparities, colonialism, privilege, partnership, engagement, reconciliation, Native Title and Treaty, in order to shift views and attitudes.

Our Indigenous alumni are demonstrating great impact in the community, with Indigenous graduates now working with Queensland Health, the Telethon Institute, the Dame Phyllis Frost Centre, Boorndawan Willam Aboriginal Healing Service, and Orygen, among others.

Woka (Country), 2020. Moorina Bonini. Photographic scan with acrylic paint Moorina is a PhD Candidate at the Wominjeka Djeembana Research Lab, Monash University.



In order to achieve maximum impact our curriculum aims to elevate the visibility of Indigenous expertise...”



Diverse Populations

Neurodiversity

We have established the Monash Autism ADHD Genetics and Neurodevelopment (MAGNET) project, to better understand the unique and diverse needs and challenges faced by neurodiverse children. Through comprehensive assessments of 1000 Victorian families, outcomes of the MAGNET project will ensure that we can improve methods of diagnosis, and develop targeted interventions and therapies that can improve the quality of life for these children and their families. By capturing the breadth and diversity of the autistic and ADHD community, our research will help to reduce stigma and promote acceptance of neurodiversity within the broader community. This will inform policymakers and educators, through the establishment of the National ADHD Guideline to better support the needs of neurodiverse children in a range of settings.



LGBTQIA and Youth

The Turner is committed to reducing the mental health disparities that underserved and underrepresented communities experience, including gender-, sex- and sexual-diverse (LGBTIQA+) youth. Compared to cisgender and heterosexual peers, Australian gender- and sexual-diverse youth experience three times as much psychological distress and five times as much suicidal ideation and suicide attempts. Half of transgender and gender-diverse youth have been diagnosed with depression.

The Monash Adolescent Neurodevelopmental team, based at the Turner, is conducting research that identifies individual risk factors for depression in LGBTIQA+ youth, such as neurobiological reactivity to social stress. We are also investigating protective factors that LGBTIQA+ youth draw strength from, such as social support from family, peers, school, and online communities. Our research goals focus on external change from society rather than pathologising individuals. We believe that the target for change and prevention should lie with the social structures that produce stress from discrimination, harassment, and stigma in the first place.

We are working with LGBTIQA+ communities and allies in a co-design framework to provide evidence that informs public policy and education, and will motivate our society to function in a more inclusive way, allowing all youth to thrive.

Refugees

We are undertaking cutting-edge translational research exploring the influence of culture on current understandings and treatment of trauma and mental health. For decades, psychology has predominantly focused on Western understandings of mental health. Current understandings and treatment approaches prioritise Western cultural values, beliefs, and norms. Tailoring mental health interventions for culturally and linguistically diverse communities has been found to significantly improve treatment outcomes. However, to date, there is very little evidence to assist clinicians in tailoring treatments. The Turner is working to address this concerning gap in the research. We work alongside communities (particularly the Asian Australian, Arab-Australian, Indian Australian communities and those with refugee backgrounds) to ensure our research is meaningful and has real-world impact.



THRIVE

Monash University makes health and wellbeing a priority for all its students and staff and the COVID-19 pandemic has made this vision even sharper. Led by the Turner, the THRIVE initiative develops and delivers digital mental health resources, drawing from the wealth of expertise across Monash faculties and services and staff and student volunteers from across all campuses and locations.

Using our THRIVE@Monash staff and student survey findings, the Monash THRIVE team assisted in the development of the Health and Wellbeing Strategic Action Plan (2021–2025) and in 2023, developed and launched a suite of new digital, evidence-based tools to promote mental health, coping strategies and help-seeking behaviours for our staff community. This website encompasses the core pillars of a respectful, inclusive, and healthy workplace: mind, body, work, place and nutrition.

Unparalleled in Australia, this website embeds the wealth of Monash expertise and the latest scientific evidence to ensure our staff have the most accurate and valuable information at their fingertips.

For our students, THRIVE focuses on developing evidence-based adaptable and digital mental health resources, with and for our own diverse and expansive student community, with additional focus on our international and post-graduate (research) students. Our multidisciplinary team consists of both students and staff. Our work with our community has expanded in 2023 into our four delivery arms: Research, Community Outreach, Digital Solutions, and Teaching.



INTERNATIONAL PARTNERSHIPS

The Turner's mission is to create global networks that have sustained partnerships and lasting impact. We seek partners that extend our reach and share our vision to transform our discoveries so all people can thrive.



Mapping the Brain

Our brain is composed of 86 billion cells linked by trillions of synapses. Unravelling the complexity of this intricate network is one of the greatest scientific challenges of the 21st century, and is essential for understanding the origins of our thoughts, feelings, and behaviour, and how brain dysfunction can give rise to mental and neurological illness.

Rapid technological advances have revolutionised our capacity to map the structure and function of the brain in living humans. Researchers at the Turner form part of an extensive network of international collaborators who are driving these advances. Our team has led the world in developing new techniques for mapping and modelling the brain in health and disease that are used around the world. Supported by Monash's High-Performance Computing Facility, we are analysing brain imaging data acquired in tens of thousands of people to clarify the biological basis of behaviour and optimal mental health. This work is leading to breakthroughs in our understanding of genetic and environmental constraints, brain development and aging, biological risk mechanisms of mental illness and neurodegeneration, and the fundamental basis of consciousness.



Sleep and Depression in Young People

Early intervention and prevention of depression and anxiety are urgently needed in young people. The Turner is leading an international task force, funded by the Wellcome Trust UK, to create novel solutions to understand the relationship between sleep, circadian rhythms, and youth depression and anxiety. This international research program cuts across five continents – Australia, Asia, Africa, Europe (UK) and North America (USA).

Young people under 25 are at greater risk for developing depression and anxiety than at any other time in their life, with three quarters of lifetime mental health conditions developed by age 24. This is also coupled with significant sleep and circadian rhythm disturbances during this time. This program will identify biological, environmental, cognitive-behavioural, social, and cultural factors associated with sleep and circadian rhythm disturbances to inform effective depression and anxiety prevention and intervention approaches as early in development as possible.

The program will use existing unique datasets from over 105,000 participants in Australia, UK and USA, and collect new data in a world-first longitudinal cohort study in Australia.



Mental Health in Humanitarian Settings

The understanding and treatment of mental health disorders in humanitarian contexts in low and middle-income countries has not received sufficient attention in psychology and psychiatry. People in humanitarian settings have often been exposed to social injustices, poverty and conflict, which can significantly impact mental health. Concerningly, very few people in humanitarian contexts in low and middle-income countries receive evidence-based psychological interventions, due to costs, limited services, and a shortage of professionals. There is a need for evidence-based psychological interventions that can be readily implemented. We have been partnering with organisations in Iran (Kharazmi University, Institute for Cognitive Science Studies, University of Isfahan), Afghanistan (Behrawan Research and Psychological Services) and Iraq (National Institute for Human Rights) to further understanding of mental health and develop low-intensity interventions for these regions.

DEVELOPING A NEW MENTAL HEALTH WORKFORCE



Supporting Australians to be mentally well covers prevention and early intervention to promote mental wellbeing and assist people at risk. In keeping with the core vision of the Turner the mental health workforce supports wellbeing, from conception through to older life.

Training the next generation of Psychology students

The Turner, through Monash University's School of Psychological Sciences, has one of the largest cohorts of Psychology graduates in Australia. Informed by our research program, we are training the next generation of the mental health workforce with work-ready competencies, founded on psychological science in the growing areas of community need.

Innovative solutions – training a graduate mental health workforce

Mental health services play a critical role in addressing Australia's current and emerging mental health challenges. We are experiencing workforce shortages and difficulties with recruitment and retention of qualified professionals.

At the Turner we are developing innovative solutions to grow the mental health workforce

We have devised the Turner model, which integrates education alongside workplace learning similar to teaching, nursing, social work, and occupational therapy training programs. This would see graduates gain skills and knowledge in psychology to be used in prevention, promotion and early intervention mental health programs. The graduates would transition into public sector organisations to fill gaps in areas of critical need, such as disability, education, aged care, family, child and youth services.

BUILDING THE NEXT GENERATION OF TURNER RESEARCHERS AND CLINICIANS

At the Turner, building and mentoring the next generation of discovery scientists, clinical researchers and clinicians is at the core of who we are. We want our researchers and clinicians to change the world. Our reach is global and we seek diversity in all we do.

Research



HUW JARVIS
(PhD Researcher)

Huw's research examines the brain signals that shape decision-making and learning. When we choose between different courses of action,

we typically weigh up the potential rewards against the costs required to obtain them, including time and effort. Once we've made a choice, we can then evaluate how successful it was, which helps us learn for next time. These processes are underpinned by dopamine signals in the brain, which sometimes go awry in psychiatric and neurological disorders such as Parkinson's disease, schizophrenia, and ADHD. The goal of Huw's PhD has been to build mathematical models of these cognitive processes, and the dopamine signals that drive them, so that we can improve diagnosis and treatment for people with these disorders.



DR KYLIE KING
(Early Career Researcher)

Kylie's research focuses on interventions in suicide prevention with a focus on men and boys. Working alongside community,

industry, and people with lived experience, her research seeks to understand how interventions can work to reduce risk factors, promote protective factors, and respond to suicide risk in construction industry workplaces, schools, among older people, and in the community. Kylie is also working to develop new ways of embedding suicide prevention education into university courses so that our graduates, across various mental health careers, are better equipped to respond to and prevent suicide. Kylie's research has informed Commonwealth government policy in primary health suicide prevention and she has contributed to male suicide position papers for Suicide Prevention Australia and the Australian Men's Health Forum.



DR DANIEL BENNETT (Early Career Researcher)

Daniel's research aims to improve our understanding of how emotions and cognitive processes interact. A particular focus of Daniel's

research is understanding the psychological factors that drive gambling behaviours. This is particularly important given the significant negative impacts that gambling can have on individuals, families, and communities. In his research, Daniel seeks to harness cutting-edge computational methods to identify and explain the factors that predict individual gambling behaviours. His overarching aim is to work with policymakers to deliver regulatory policy that reduces gambling-related harm in the community. By collaborating with key clinical and regulatory stakeholders, his research has the potential to make a significant impact on reducing the harm of gambling on individuals, families, and the community.



PROFESSOR MARIE YAP (Mid Career Researcher)

Marie's Parenting and Youth Mental Health Research Group undertakes impact-focused research in child and youth mental health, and a

specific focus on empowering parents in their vital role in reducing the risk and impact of common mental health problems in children and adolescents. Marie is founder of the *Parenting Strategies Program*, which translates research evidence into accessible and practical parenting resources. These include Parenting Guidelines for child and youth mental health that are supported by research evidence and endorsed through the consensus of international experts and interactive, individually tailored digital parenting interventions that have been co-designed with key stakeholders including parents, young people, educators, and health services/practitioners.



REGINE LAU (PhD Clinical Training)

Cognitive training, also known as Brain Training, is used widely by parents and schools to help children with learning difficulties.

Regine's PhD research is attempting to unravel the features of cognitive training programs that result in enduring and practical improvements for children. Specifically, Regine is evaluating whether performance during cognitive training is influenced by the approach used to increase the difficulty of the training games. For example, the difficulty of the games can be adjusted according to the child's performance, the number of sessions playing the game or the child's preference. Findings from Regine's PhD have the potential to influence how cognitive training programs are designed in the future to make them more effective in improving learning and behaviour in children.



DR ERIN MCKAY (Turner Clinical Impact Fellow)

Erin's research focuses on improving functional outcomes for adolescents with attention deficit hyperactivity disorder (ADHD). She aims to bridge the gap between clinical practice and research by incorporating clinical experience and lived experience perspectives into research design, and embedding research within clinical practice to reduce the burden of research participation on families. Erin's research is focused on improving assessments and treatment of emotional and social difficulties in order to better inform and extend current treatment guidelines, and ultimately, to provide greater clarity to families living with ADHD.



DR SALLY RICHMOND (Clinical Lecturer)

Sally's research and clinical work aims to develop a deeper understanding of children's mental health, and the contribution of family environments. She is investigating the potential of Artificial Intelligence (AI) through social robots and voice technology to support children with mental health challenges and their families. Sally's research is also focused on understanding environmental factors in children with vulnerable brains, such as those with ADHD and autism. For example, the role of parenting, the learning environment and the influence of cognitive training in the primary school years.



A/PROF BEI BEI (Mid Career Clinical Researcher)


Bei Bei's research and clinical work focus on the individual differences in sleep-wake behaviours, the relationship between sleep and mental health, and making evidence-based psychological interventions for better sleep more widely available to the community. Her work focuses on new parents, adolescents, and individuals with insomnia as vulnerable populations with significant sleep challenges. Bei's research has led to changes in practice in clinical care; sleep interventions she developed and tested have been adopted by international institutions; and research and training programs she developed have become a go-to template for clinical services.

GET INVOLVED WITH THE TURNER INSTITUTE



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By making a gift today you are joining our community of donors who are making a lasting impact.

Whether you choose to support individual projects or general research to better understand the brain and mental health, your gift will positively impact communities locally and worldwide. Together, you and our Monash community have the power to make a huge difference in people's lives.

<https://alumni-friends.monash.edu/ascendportal/s/mnhs>

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Thank you very much.





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