

Visiting Speaker Series

hosted by the Prevention Science Institute and the Center for Digital Mental Health

Professor Dan Lubman

June 7, 2018, Noon – 1:30

Diamond Lake Room, EMU

Drugs, Mental Health, and Young People: Building Effective Early Intervention Approaches

Adolescence is a high-risk time for the development of mental health and substance use disorders, which highlights the importance of effective early intervention approaches. Despite significant investments in growing youth mental health services worldwide, a range of barriers has been identified that influence young peoples' help-seeking behavior, with research consistently indicating that adolescents have a preference for informal sources of support. However, friends, peers, and family members have frequently been found to demonstrate poor mental health literacy, including a limited ability to recognize specific mental disorders, poor knowledge of how to seek mental health information, and attitudes and beliefs that do not facilitate professional help-seeking. Improving the mental health literacy skills of adolescents is therefore key to ensuring that they know when and how to assist their peers. This presentation will discuss a number of Australian health promotion programs aimed at improving adolescent help-seeking, including a recent trial of MAKINGtheLINK, a school-based intervention that teaches young people how to support their peers to seek professional help.

**Professor Dan Lubman BSc (Hons), MB ChB, PhD,
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Professor Dan Lubman is a psychiatrist and addiction medicine specialist. He has worked across mental health and drug treatment settings in the UK and Australia. He is director of Turning Point, Australia's national addiction treatment, training, and research center, and professor of addiction studies and services at Monash University.

Dr Lubman's research is wide ranging and includes investigating the impact of alcohol and drug use on brain function, the relationship between substance use, gambling and mental disorder, the development of targeted intervention programs in school, primary care, online, telephone, mental health and drug treatment settings, and building effective help-seeking and recovery responses.

