



## RESEARCHER PROFILE

# Dr Jane Burns

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### Dr Jane Burns of ORYGEN Youth Health and the Inspire Foundation is investigating effective public health strategies for young people experiencing mental health difficulties.

Jane's work focuses on understanding how effective public health and social interventions in mental health promotion for young people can be achieved across a variety of settings, including the community, schools and the internet. This work explores innovative approaches to translate evidence-based research into practice and uses a range of research methodologies to evaluate promising and innovative partnership models with government, corporate, philanthropic, not for profit and community sectors.

Jane holds a joint appointment at ORYGEN Youth Health (with Professor Helen Herrman) and at the Inspire Foundation as Director of Research and Policy. ORYGEN is a world class, youth mental health service that combines holistic clinical service delivery, research and mental health promotion and awareness activities. The Inspire Foundation uses technology to create opportunities for young people to change their lives.

Although one in five young people experience a mental health difficulty, 70% do not seek help from a mental health professional. Jane's work engages all sectors in mutual collaboration and looks to build the capacity of young people by providing them with meaningful opportunities to participate in, and feel connected with, their communities. Her dream is that every young person, regardless of their abilities or social circumstances, will feel valued and able to contribute to making the world a better place.

Jane believes that VicHealth allows academia to be interesting by providing its' Fellows with the freedom to think outside of the square. Innovation is encouraged, allowing the translation of research into meaningful practice. By embracing partnerships and promoting collaboration locally, nationally and internationally.

Jane says VicHealth has great capacity to improve the wellbeing of all people and make a real difference.