**E1 PROPOSAL TITLE**
The difficult return: arts-based approaches to mental health literacy and building resilience with recently returned military personnel and their families.

**E2 AIMS AND BACKGROUND**
18.5 percent of military personnel returning from war zones to ‘normal’ civilian life suffer mental health issues, which can lead to family breakdown, homelessness and other problems (Kang & Hyams, 2005; Hoge, Auchterlonie, & Milliken 2006). Almost 4000 Australian soldiers have returned home from active service in the last decade suffering from combat stress and mental health conditions (Parnell, 2010). A 2009 Australian independent government review warned a new generation of veterans with posttraumatic stress disorder (PTSD) and severe mental health disorders will emerge in the next five years (Dunt, 2009), with as many as 1 in 4 likely to need mental health treatment (Parnell, 2010). Mental health issues in the Australian Defence Force (ADF) exist “within a culture of stigmatisation” with veterans often reluctant to admit to having a problem (Dunt, 2009, p.14). The independent review identified poor mental health literacy rates in the ADF, coupled with low help-seeking motivation, and reluctance to draw on traditional forms of support e.g. counselling services offered by the Department of Veteran Affairs (DVA). The review identified a significant gap in our knowledge of educational interventions for veterans and their families (Dunt, 2009).

Through a new arts-based approaches and intervention methods, the CIs will address how veterans seek and gain support for mental health issues. Further, they will build on their substantial record in designing and implementing innovative interdisciplinary arts-based interventions to support people with mental health issues. The aims of the proposed research are to:

- Develop, implement and evaluate the impact of digital stories in helping veterans and their families acquire mental health knowledge and challenge “cultures of stigmatisation” (Dunt, 2009, p.14).
- Increase engagement of veteran population with mental health literacy initiatives leading to improved help-seeking motivation.
- Create, implement and evaluate three arts-based resilience programs to support post-deployment serving and ex-serving military personnel and their families. These action research projects will contribute to new professional knowledge-building in the field of applied theatre, arts and health and veterans’ affairs more generally, about the potential efficacy of arts-based practice.
- Identify and compare the factors involved in the efficacy of arts-based work, by testing programs in two different cultural and military contexts, Australia and the United States.
- Synthesise an approach to effective interventions in arts-based practice with returning veterans and their families.
- Engage in consultation with relevant stakeholders involved with the care of veterans and their families and develop policy recommendations for further support.

Arts and health is an emerging inter- and multi-disciplinary area of research, policy and practice. It includes a variety of ways in which the arts contribute to health, wellbeing and healthcare practice across a range of contexts (Camic, Clift, & Daykin, 2009). Arts-based work covers visual and digital art, performance (music, theatre, and dance) and creative literature. In this proposal it is aligned with concepts drawn from applied theatre (Balfour, 2009; Nicholson, 2005; Thompson, 2003) and community cultural development (Adams & Goldbard, 2005) as a practice to initiate change, with a community, through culture.

There is a considerable history of arts-based practice with military personnel, dating back to the First World War (Balfour, 2010). For example, James and Johnson (1996) developed drama-based programs with Vietnam veterans in a Veteran Affairs Medical Centre in the US. Johnson’s (1987) approach was underpinned by developmental transformations through which patients are encouraged to develop trust in an improvisational playspace (Dintino & Johnson, 1996; James & Johnson, 1996). Arts-based practice in
the current research refers to an appropriate adaption of different forms of aesthetic engagement (Bundy, 2003). The research will explore the benefits of integrating different creative approaches, as demonstrated by earlier arts practice with Vietnam veterans that integrated drama and theatre with visual arts, music, and poetry (Blake & Bishop, 1994; Dintino & Johnson, 1996). Each of the applied research projects will engage veterans and their families, veteran group stakeholders, and arts practitioners in generating effective arts-based mental health and resilience programs in order to generate a framework for ‘exemplary’ practice.

The approach to resilience will draw on Masten (1994) who defined it as “a pattern over time, characterized by good eventual adaptation despite developmental risk, acute stressors, or chronic adversities.” The resilient person is characterized as one with various internal strengths or assets coupled with access to environmental resources such as supportive adults. The potential for positive change following trauma and adversity, appears to be determined by subjective interpretations of the event (e.g., helplessness, controllability, life threat), rather than the event itself. Linley and Joseph’s (2004) review identified personality variables such as self-efficacy, optimism and hardiness, along with social support satisfaction (rather than simply having access to social support), acceptance, rumination and positive reinterpretation, emotional and problem-focused coping, and using religion for meaningful reinterpretation of events, all of which are consistent with the classification of resilience protective factors.

The research will aim to develop new insights into addressing the problem of a difficult return by building on the investigators’ previous research record in creating and implementing arts-based practice that connects with mental health resilience and the wellbeing of participants:

• Performance in contexts of war; developing arts-based projects to enhance resilience with refugees (CI Balfour)
• The relationship between arts, health and wellbeing (CI Fuery)
• The health of veterans and their families (CI Nasveld)
• Post-deployment and women’s health (CI Treloar)
• Strategies for measuring resilience in public health contexts (CI Stewart)

The CIs track record demonstrates the necessary experience and assurance to assert that the ambitious aims of the proposed research are significant, innovative and operationally effective.

E3 SIGNIFICANCE AND INNOVATION

Significance

The research identifies a process for better detection and early intervention strategies to prevent chronic mental illness.

The ADF has recently introduced resilience training for pre-deployment personnel. However, the 2009 Dunt review identified a strong need to extend this training to other parts of a member’s life as part of “a continuum of resilience training and mental health literacy” (p.16). While Dunt’s review identified a need to increase the allocation of resources for better detection and early intervention strategies, there is a gap in the literature and practice about how this may be implemented.

The research will be the first international project of its kind to address this gap by using arts-based methods integrated with concepts drawn from resilience, public health, and military and veteran health studies. This will further extend the use of resilience as a core concept with serving and ex-serving military personnel and their families, and directly respond to the Dunt review’s recommendation.

While the digital stories program will target and enhance early detection and recognition of mental health issues, the CIs aim to provide further support by designing and evaluating arts-based resilience programs to
provide veterans and their families with the strategies and motivation to manage their problems. Three resilience programs will be created (2 in Australia, 1 in the US) with the aim of testing the potential of different arts-based strategies to prevent and reduce the risk of chronic mental health issues.

The research aims to improve the mental health literacy of veterans and their families.
Recent research in the US identifies that the current generation of military service members and veterans are often reluctant to seek mental health care (Burnam, Meredith, Tanielian & Jaycox, 2009). Surveys uncovered widely held attitudes that can inhibit the use of mental health services, for example concern that admitting a mental health problem is a sign of weakness, and fear that use of mental health services will have negative career repercussions.

The research will address a gap in the literature on how to work with veterans and their families to effectively aid the recognition, management or prevention of mental disorders. The CIs, in partnership with veterans and other stakeholders (Department of Veteran Affairs, veteran support groups, etc), will design, implement and evaluate online digital stories combined with an integrated web-based mental health education program. Building on a pilot project (Balfour, 2010), the CIs will work with existing ‘veteran welfare’ organisations who have a strong online presence and a large membership base, such as Young Diggers, Picking up the Peaces (Australia) and Dry Hootch (US). Digital story telling has strong ideological links with applied theatre, and radical community participation. Digital storytelling is a workshop-based process that works with individuals as ‘co-creators’ in short autobiographical films that can be streamed online. It is both a new media form and an established field of cultural practice, with a strong emphasis on the importance of participation in cultural production and the concern for access, self-representation, and literacy (Balfour, 2010). The digital stories will be supported with links, information and interactive forums which will enhance the ability of veterans and their families to recognise specific disorders; knowledge of how to seek mental health information; and awareness of risk factors, causes, self-treatments and professional help available; and will improve attitudes which promote recognition and appropriate help-seeking.

By adopting a multi-faceted approach, the research will make a significant contribution to improving the health and wellbeing of veterans and their families (Research Priority 2: Promoting and Maintaining Good Health – Strengthening Australia’s social and economic fabric).

The research improves the understanding of good mental health in the Defence Forces.
The research will have a significant impact on addressing policy and practice issues by engaging key veteran stakeholder members as part of the research process not only to reinforce the kinds of support and systems available but also to be part of a consultation process with the ‘end-users’ of the system. In a previous AHRC study, In Place of War (CI Balfour), a range of projects enabled participants to share their experiences through theatre, but were limited in their effects on systemic or policy change/development. Responding to this limitation, the proposed research partnership will develop strong strategic coalitions with government and veteran organisations at the local level, to secure both engagement and active collaboration with the project. This innovative approach to stakeholder representation extends the reach and potential of arts-based interventions. The research team has expertise in designing arts projects that address broad institutional or system-wide models of communication (Balfour, 2004). This approach will provide assurance that the research team will be able to deepen understandings of veteran experience, generate policy considerations, and help suggest better practice.

It develops new insights by researching arts-based approaches to veteran and family mental health across two cultural contexts (Australia and US).
Comparative research is an important asset and basis for trans-national research and collaboration. The CIs will be able to produce relevant information and data for each country, from which separate projects can
easily be built and developed. More importantly, the method will enable the comparison of certain information with similar information generated for another country, thus enhancing the outputs that can be drawn from the analysis. It will also draw attention to differences, as well as to the specificity of each country.

For the purposes of this project, the relevance of cross-national and comparative research is to enable the CIs to examine veteran mental health and resilience with the intention of comparing their manifestations in different socio-cultural settings (institutions, customs, traditions, value systems, lifestyle, language, thought patterns). The aim is to shift away from ‘culture-free’ approaches, and to seek explanations for similarities and differences, to generalise from them and to gain a greater awareness and a deeper understanding of veteran health in different national contexts. The selection of the US as a comparison site was determined by aligned recent military histories (Iraq, Afghanistan) and veteran support groups operating in similar ways (online as well as local and regional), and also by the distinct characteristics offered in terms of military and personnel cultures and socio-political contexts.

Innovation
There have been a number of noteworthy arts-based projects nationally and internationally that have attempted to respond to the experiences of veterans and their families (Balfour, 2010; Blake & Bishop, 1994; Dintino & Johnson, 1996; Feldman, Johnson, & Ollayos, 1994; James & Johnson, 1996). However, there have been very few projects that have attempted to deploy innovative strategies to address the poor mental health literacy and resilience strategies of veterans and their families, and minimal levels of research into the efficacy or impact of the arts with these individuals and groups.

The research will use innovative arts-based methods to address low mental health literacy and resilience in the veteran population.

Through the preliminary field work of a pilot project, the researchers have begun to address the gap between policy, best practice and the reality of veterans and their families in a new way. A pilot project with Young Diggers, an online support network for serving and ex-personnel, was developed in 2009. Young Diggers is an independent veteran group who set up a ‘welfare’ website in recognition that the current generation of military personnel were not connecting with RSLs or DVA support networks. To enhance the service, digital stories were introduced to help generate greater awareness of the kinds of effects post-deployment has on military personnel and their families. The proposed research will build on the pilot by enabling an extended representation and analysis of the efficacy of innovative digital arts technologies. The CIs will develop the range of themes used in the digital stories and include related mental health education resources. The aim of the online digital stories will be to evaluate innovative methods to break down negative attitudes towards mental health problems, which can lead to veterans not seeking help and support at an early stage.

Informed by the relevant literature in arts and health, resilience, and military and veteran health studies, the CIs will work with the veteran support partner organisations (Young Diggers, Picking up the Peaces, Dry Hootch) to develop three action research projects over two cycles. Preliminary consultation with the support organisation suggests that the arts might be employed in a number of ways:

1. Documentary project in which interviews are conducted with individual veterans and family members, and then re-developed into a multi-arts presentation. A similar project was created by the National Theatre of Scotland in 2008 called Black Watch, which was based on interviews with former soldiers who served in Iraq. The proposed research would specifically address post-deployment mental health and would also be designed for a target audience (veterans and their families, veteran stakeholders).
2. **Arts-based resilience training** for groups of veterans and their families, in which concepts of resilience are taught and delivered through drama-based workshops. CI Balfour has extensive experience in designing and implementing educational programs, e.g. anger management, anti-bullying, challenging violence (Balfour 2003, 2004).

3. **Veteran- and artist-curated installations** containing visual art, writing and other self-created artefacts related to representations of resilience.

The exact nature of the action research projects will be informed by the veteran and family individuals and groups, and the veteran support organisation in discussion with the CIs.

**The research brings together an international team of interdisciplinary experts who will work together to develop a highly unique comparative study in Australia and the US.**

The research will build upon expertise developed in other highly innovative landmark studies by the CIs in the field of applied theatre, public health literacy, and the arts and health field, such as the AHRC 3.5-year research project, In Place of War (2004-2008), the ARC-funded Developing refugee resilience and effective resettlement through drama-based interventions (CI Balfour), the ARC-funded Sexual health promotion in Papua New Guinea: a community capacity-building approach using drama-based experiential learning methods (CI Stewart), and research expertise in the conduct of large post-deployment health studies, in women’s health (CI Treloar) and personal army experience and clinical research in the military (CI Nasveld).

The research will provide an example of innovative practice for interdisciplinary collaboration between university researchers (theatre, arts and health, public health, military and veteran studies), veterans and their families and veteran support groups. The interdisciplinary nature of the research team, and the ability to document and analyse data sets using methodologies from a range of disciplines and interpretative frameworks will warrant both a greater degree of confidence being placed in the trustworthiness and a wider acceptance of the published results and outcomes.

The research will provide new insights into arts-based mental health literacy and resilience training, develop innovative applied practices and have a direct impact on developing original knowledge in the field of veteran and family health. It will do this in two stages. The first stage will design and apply arts-based practice to increase help-seeking motivation and mental health literacy in the veteran population. The second stage will build on the recommendations of the Dunt review, through implementing and evaluating three arts-based resilience projects with military personnel and their families in Australia and the US.

**The research aims to improve the mental health literacy of veterans and their families.**

Recent research in the US identifies that the current generation of military service members and veterans are often reluctant to seek mental health care (Burnam, Meredith, Tanielian & Jaycox, 2009). Surveys uncovered widely held attitudes that can inhibit the use of mental health services, for example concern that admitting a mental health problem is a sign of weakness, and fear that use of mental health services will have negative career repercussions.

The research will address a gap in the literature on how to work with veterans and their families to effectively aid the recognition, management or prevention of mental disorders. The CIs, in partnership with veterans and other stakeholders (Department of Veteran Affairs, veteran support groups, etc), will design, implement and evaluate online digital stories combined with an integrated web-based mental health education program. Building on a pilot project (Balfour, 2010), the CIs will work with existing ‘veteran welfare’ organisations who have a strong online presence and a large membership base, such as Young Diggers, Picking up the Peaces (Australia) and Dry Hootch (US). Digital story telling has strong ideological links with applied theatre, and radical community participation. Digital storytelling is a
workshop-based process that works with individuals as ‘co-creators’ in short autobiographical films that can be streamed online. It is both a new media form and an established field of cultural practice, with a strong emphasis on the importance of participation in cultural production and the concern for access, self-representation, and literacy (Balfour, 2010). The digital stories will be supported with links, information and interactive forums which will enhance the ability of veterans and their families to recognise specific disorders; knowledge of how to seek mental health information; and awareness of risk factors, causes, self-treatments and professional help available; and will improve attitudes which promote recognition and appropriate help-seeking.

By adopting a multi-faceted approach, the research will make a significant contribution to improving the health and wellbeing of veterans and their families (Research Priority 2: Promoting and Maintaining Good Health – Strengthening Australia’s social and economic fabric).

E4 APPROACH AND METHODOLOGY

Overall, the proposed research seeks to understand how the arts can build capacity in veteran mental health through developing innovative online literacy projects and then engaging veterans in arts-based resilience work in order to produce positive mental health outcomes, such as encouraging a sense of control over situations, developing relevant skills, and maintaining optimism and confidence to undertake positive challenges (Sarig, 2001). The concept of control is particularly important because control is considered to be a major determinant of the way a person copes with the significant changes that occur in life. It is our contention that the sense of control may represent as a pathway to broad health outcomes, including cognitive and social health. Action is taken to be an important aspect of mastering our environment, and a means of self-expression as well as self-fulfilment. It provides status and achievement. Meaningful and active participation is therefore critical to mental and physical well-being.

Design and method - digital stories and mental health literacy

The approach to mental health literacy will involve the creation of online digital stories promoted on veteran-hosted welfare websites such as www.youngdiggers.com, www.pickingupthepeace.com (Australia) and www.dryhootch.com (US), as well as websites such as the DVAs. These activities will be classified in a number of different ways, and examined in terms of scope, mode of delivery, scale, and setting. The approach to researching the digital stories will be guided by the question: What are the most effective digital communication strategies and tools to improve mental health literacy among the target audience of veterans and their families in the Australian and US population?

Literature relating to digital communication and mental health literacy programs will be maintained and developed through database searches using relevant search terms. The CIs will work in partnership with veteran stakeholders (veteran support groups, DVA, Veteran Affairs (VA)) to determine specific mental health themes. As part of this process, volunteers from the veteran community will be invited to participate in the creation of a digital story. Specific members of the research team will travel to key locations in Australia (Canberra, Melbourne, Townsville, Brisbane) and in the US (Milwaukee) in order to facilitate the creation of the digital stories with veterans and their families. The choice of locations is based on indications from the pilot project about where the volunteers were most likely to be based. Approximately 20 digital stories will be created in Australia and 10 in the US. The stories will be supported by interactive educational resources and links, created by the research team in consultation with the veteran stakeholder groups.

The digital stories will be enhanced and supported through the administering of the World Health Organization Quality of Life–BREF (WHOQOL-BREF) survey administered to users who access the digital stories. The WHOQOL-BREF is a relatively brief generic instrument developed for cross-cultural comparison of quality of life relevant to global wellbeing. It consists of 26 items: 24 relate to 4 subscales
(physical, psychological, social relationships and environmental facets of a person’s life), 1 item relates to overall health and 1 item measures overall quality of life. This instrument has been found to provide an excellent measure of a broad range of perceptions of life, including perceptions of personal health, access to health care and social services, social network, spirituality and safety of the personal environment (Huang, Wu and Frangakis, 2006). It provides a global quality-of-life measure similar to sociological and psychological measures of wellbeing. In addition to the survey of users, there will be follow-up interviews with the digital story participants, as well as focus group interviews with members of the three veteran support groups. The research will assess to what extent the digital stories helped veterans and their families acquire mental health knowledge and what factors motivated the audience to attend to any mental health issues.

**Design and method – arts-based resilience projects**

The approach to the design, implementation and evaluation of the three arts-based resilience projects will be action research (Kemmis & McTaggart, 2005). Action research methodology is particularly appropriate as it has a well established evidence base for empowering participants to be active agents in the research process (Kemmis & McTaggart, 2005). The research team will implement two action research cycles (plan, implement, review, re-plan) with veteran individuals and families to identify and respond to resilience indicators, such as loss of social roles, family cohesion, and educational and work self-efficacy (Davidson, Murray, & Schweitzer, 2008). The three projects will be created in partnership with the veteran support organisations, and each will recruit a voluntary group of veteran and/or family members. The three locations will be Brisbane, Melbourne and Milwaukee. Each group will employ different arts-based approaches, determined by the researchers, veteran support group, and the needs of the individual group members. Each of the projects within the action research cycle will use a wide range of data-gathering methods, including pre-post survey, observation notes, focus group interviews, and pre-post- interviews with participants and stakeholders. The data sets from each action research project will be used for qualitative analyses of, and reflection on, each phase of the cycle.

In addition a number of previously validated questionnaires will be used to survey participants, pre and post intervention. Instruments have been chosen on the basis of their ability to measure change within the domains outlined in our framework. They will include: 1. SF12 v2 is measured at baseline, 12 and 24 months. The SF12 is a valid and reliable instrument for measuring physical and mental components of health related quality of life (Ware, Kosinski, Keller, 1996). 2. Revised UCLA Loneliness Scale and Social Capital Integrated Questionnaire, as a measure of the social environment. 3. Internal External Locus of Control Scale (I-E Scale), to measure the perceived level of participation in the community.

**Timetable**

The research will be undertaken in 4 years with the work being carried out in Australia and the US, as follows:

**Year 1 – 2011: Preparation**

- Recruit RAs/PhD (CIs)
- Update and maintain literature and practice review relating to digital communication and mental health literacy programs (RA)
- Design of semi-structured focus group questions for veteran support organisations (CIs, PI and RA)
- Ethics approval sought (CIs, PI and RA)
- Create and implement digital stories with veteran and family groups from Canberra, Melbourne, Brisbane, Townsville and in the US: Milwaukie (CIs, PI and RA)
- Pre-post Wold Health Organization Quality of Life–BREF (WHOQOL-BREF) survey administered to users of veteran websites (CIs, PI and RA)
Year 2 – 2012: Establish action research framework and base-line

- Update of current literature and practice relating to digital communication and mental health literacy programs (RA).
- Focus group interviews with digital story participants and veteran organisations in Canberra, Melbourne, Brisbane, Townsville and in the US: Milwaukie (RA, PI, CI).
- Analyses of survey and focus group interviews (RA, CIs, PI).
- Review of current literature and practice relating to arts-based practice with and by veterans and their families (RA).
- Identification of 3 action research project groups (2 in Australia, 1 in US) (RA, CIs, PI).
- Validated questionnaires administered with pre-project participants (CIs and RA) and control group (e.g. service personnel who have not been overseas).
- Preparation of 3 action research projects in negotiation with key organisations (Young Diggers, Dry Hooch).

Year 3 – 2013: Project implementation and evaluation

- 3 action research projects implemented. Each project will be defined by previous research, the needs of the participants and the context of the research (CIs, RA, PI).
- Validated questionnaires administered with post-project participants and control group (e.g. service personnel who have not been overseas) (CIs and RA).
- Data collection, comparisons and analyses (CIs, RA, PI).
- 3 action research projects redesigned/refined in response to action research cycle 1 (CIs, RA, PI).
- 3 revised action research projects implemented (CIs, RA, PIs).
- Validated questionnaires administered with pre-post project participants (CIs and RA) and control group (e.g. service personnel who have not been overseas).
- 3-month follow-up interviews with participants from action research project 1.
- Data collection from 3 action research projects (CIs, RA).

Year 4 – 2014 (Jan-July): Finalise process, impact and outcome evaluation

- 3-month follow-up interviews with participants from action research project 2 (RA).
- Analyses of data from action research projects, questionnaires (CIs, RA, PIs).
- Compile industry/sector report for all relevant stakeholders, to include ‘showcases’ (where applicable) to demonstrate impact of research in Australia and US (CIs, RA, PI).
- Completion of edited and A1 book drafts (CIs, RA, PIs).
- Present research findings at relevant conferences, seminars (CIs, RA, PIs).
- Promote findings to National and International government and non-governmental organizations (PI, CIs, RA).

E5 NATIONAL BENEFIT

A decade of armed conflict has left Australian troops battle-scarred and traumatised, with almost 4000 personnel – the equivalent of the country’s current overseas deployment – recording injuries and illnesses attributable to their time in East Timor, Afghanistan and Iraq (Parnell, 2010). In Australia there have been 80 PTSD and/or mental health related suicides in the Australian Defence Force (ADF) for the period 1997-2007 (Dunt, 2009). In the US there are 1000 attempted suicides by ex-military personnel every month (British Broadcasting Corporation, 2009). The rates of suicide, PTSD, psychiatric disorders, and diverse impairment of social adjustment (Kulka, 1988), combined with the possible implications of trans-generational effects of war-related trauma (Rosenheck and Fontana, 1998), further highlight the critical national and international benefit of early intervention work with serving and recently returned military personnel. The proposed research will deliver high-impact interventions with strong social and economic ramifications as it seeks to address a national and international problem of poor veteran mental health literacy and intervention practice. This will be achieved through developing innovative arts-based strategies.
to enhance the mental health literacy and resilience of military veterans and their families. The social benefits of an effective approach to working with veterans and their families will be the empowerment of participants to make choices that lead to positive pathways, and thus help individuals and groups to live healthy, productive and fulfilling lives (Research Priority 2: Promoting and Maintaining Good Health – Strengthening Australia’s social and economic fabric).

The research will impact on Government priorities, derived from the recommendations of the Dunt review, to assist veterans and their families to better negotiate the transition experience, combat feelings of isolation, develop self-sufficiency and resilience, and engage and interact fully with mainstream society. The research addresses the significant emotional, psychological, and experiential impacts of combat on serving and ex-military personnel, and the consequences of these impacts on broader society (such as the associated economic costs) and on the health and wellbeing of Australia’s Defence Forces. Kessler (2000) has identified the effects on defence force personnel as work impairment, physical and mental health issues, and reduced life course opportunities (marital instability and earning capacity). Significantly, the research will also construct creative frameworks for stakeholder consultation, which will engage veteran stakeholders involved in veteran support from two countries not only to inform the design and implementation of the research, but also to be engaged in a dialogue for policy development and practical changes to elements of service delivery. The interdisciplinary background of the team and their proven track record in related arts and health areas ensure that they are uniquely positioned to undertake this important applied research to effect change in an area of acute social need.

E6 COMMUNICATION OF RESULTS
CIs and PIs have a demonstrated track record in the presentation and publication of research findings at national and international levels. Single and co-authored articles will be produced for peer-reviewed journals and be published in publicly accessible forums e.g. Journal of Arts and Health, Research in Drama Education, Applied Theatre Researcher. CIs and PIs will produce a collaborative book. CI Balfour will produce one single authored book. Results will also be communicated on the project website, and presentations of research will occur throughout the life of the project at national and international conferences. The results will also be communicated to government agencies and sector stakeholders in order to inform practice and policy regarding post-deployment issues.

E7 ROLE OF PERSONNEL
The research team has particular strengths in its diversity. It represents significant research and cultural management expertise and combines the scientific rigour of health researchers with experienced qualitative researchers who understand the value of artistic practice as research and the role of online media in the capture, analysis and presentation of research. The CIs will jointly manage and implement the research process. CI Balfour will take on the role of project leader, ensuring that the overall stages of the project are reached. Balfour will also lead the design of the data collection and analysis. CI Fuery (Chapman University, California), working with RA (.5) will facilitate the US research in partnership with the CIs and RA, undertaking the US mental health literacy project, liaising with partner organisations and veteran stakeholders, and designing, implementing and evaluating 1 action research project. CI Stewart (GU) will contribute to data collection and analysis, and apply his expertise in public health literacy and resilience. CI Nasveld (Centre for Military and Veteran Health, UQ) will contribute to the design, implementation and analysis of data generated by the mental health literacy and action research projects. CI Treloar will contribute to data design, collection and analysis, developing her focus on post-deployment wellbeing of women military personnel compared with men. The RA (1.0) will contribute to the mapping and literature review, and the design, implementation, and evaluation of action research projects; undertake data collection and analysis; and assist with each of the international partners’ websites. The project requires a US-based RA (.25) to support the design, implementation and evaluation of the digital stories and one action research project. The RA will undertake pre-post and focus-group interviews, data collection and analysis in the US. A specialist RA (0.1) will be necessary to
administer pre/post WHOQoL surveys, enter data sets from Australia and US, and analyse and undertake a (draft) write-up of the findings. The PhD student will focus specifically on the two Australian action research projects, participating in the design, implementation, and evaluation of the projects in partnership with the CIs.

E8 REFERENCES


