

1336th Ordinary General Meeting of the Royal Society of NSW

Minutes

The 1336th Ordinary General Meeting of the Royal Society of NSW took place at 6:00 pm on Wednesday 12 September 2025 via Zoom webinar, followed by an open lecture.

1. **WELCOME AND APOLOGIES**
The President, Em Prof Christina Slade FRSN presided at the meeting. She welcomed members and guests.
2. **MINUTES OF THE 1335th ORDINARY GENERAL MEETING**
Minutes of the 1335th Ordinary General Meeting were reviewed and approved. There were no matters arising.
3. **ANNOUNCEMENT OF NAMES OF CANDIDATES FOR FELLOWSHIP AND MEMBERSHIP**
As Council has not met since the last Ordinary General Meeting, there were no new candidates to be presented for members' consideration at this meeting.
4. **PRESENTATION OF FELLOWSHIP AND MEMBERSHIP CERTIFICATES**
No certificates were presented at this meeting.
5. **REPORT FROM COUNCIL AND COMMITTEES OF COUNCIL**
The President provided a brief report highlighting the Forum at Government House, Al The Hope and the Hype, the status of the RSNSW Library and the NENW Branch meeting in October.
6. **OPEN LECTURE**

"Arts-based Community Interventions for Youth Mental Health"

Professor Katherine Boydell FASSA

Professor of Mental Health and
Director, Arts-based Knowledge Translation Lab
Black Dog Institute

Summary: The mental health of young people has decreased significantly in recent years, worsened by global challenges like COVID-19 and climate change. In Australia, approximately 40% of 16–24-year-olds are experiencing mental health conditions. One-half of mental disorders begin by age 14, and 75% by age 24. Young people with mental ill-health face increased risks of social exclusion, discrimination, educational challenges, and human rights violations.

Recent policy documents have advocated for a person-centred system that prioritises prevention and early intervention via 'whole of community' approaches. This requires diverse, age-appropriate, innovative solutions that extend beyond formal mental health services to include informal support networks and local context. In this vein, there is growing evidence to support community-based social interventions, particularly creative and arts activities. Research shows arts engagement positively impacts self-esteem, confidence, relationship building, and belonging—all linked to resilience and wellbeing. Arts-based interventions offer inclusive, non-stigmatising mental health support.

While traditionally studied in clinical settings, research increasingly demonstrates arts benefits in community contexts. Our arts-based knowledge translation Lab at the Black Dog Institute develops and evaluates creative, community-based responses to youth mental health crises. Art represents an effective research tool across project stages and a direct intervention for young people to alleviate distress and enhance wellbeing through meaning-making, skill-building, and community

connection. This presentation will describe, via three exemplars, the use of the arts in mental health research with young people.

About the speaker

Katherine Boydell is the founder and director of the world's first multidisciplinary Arts-based Knowledge Translation (AKT) Lab, based at the Black Dog Institute, UNSW Sydney, that uses art forms to produce and disseminate knowledge, evaluate its impact and make research accessible beyond academia. Her lab received the Tom Trauer Research and Evaluation award from The Mental Health Service (TheMHS) in 2024. She is a Fellow of the Academy of Social Sciences Australia and the inaugural recipient of the Milner Interdisciplinary prize from the Royal Society of New South Wales. She is Executive Editor of the journal Arts and Health, Editor of British Journal of Psychiatry Open, and Associate Editor of Early Intervention in Psychiatry, and has published more than 300 articles, book chapters and books.

The Q&A at the end of the lecture was facilitated by Vice-President, Em Prof Lindsay Botten FRSN

7. VOTE OF THANKS

A vote of thanks was given by Em Prof Christina Slade FRSN.

8. OTHER BUSINESS

There was no other business.

9. CLOSE

The President closed the meeting at 7:30 pm.

The minutes were recorded by the Secretary, Em Prof Trevor Brown FRSN.

Signed as a true record
Em Prof Christina Slade FRSN
President

RSNSW YouTube link: [Arts-based Community Interventions for Youth Mental Health - YouTube](#)