

Séminaire de Santé publique - 7 octobre 2025

Isped, BPH, département SP

Title: **Youth Mental Health Literacy in Action: Empowering Youth, Parents, and Teachers to Build Mentally Healthy Communities**



CHRISTINE GROVÉ

BIO

Dr Christine Grove is an Associate Professor in Educational and Developmental Psychology, Vice-Chancellor's Advanced Research Fellow at RMIT University, and Adjunct Associate Professor at Monash University. She holds a PhD in Psychology and is a previous Fulbright Scholar (2021–22). Her research bridges psychology, education, and health promotion, with a particular focus on prevention and early intervention in child and adolescent mental health.

Dr Grove is internationally recognised for her contributions to mental health literacy (MHL), particularly in developing conceptual models and psychometric tools that advance understanding of how children and young people perceive, communicate about, and seek help for mental health difficulties. Her research has resulted in validated MHL scales and programs tailored for children and adolescents. These contributions have been influential in shaping early intervention strategies and informing policy in the EU.

Her current projects span mental health education programs, digital health, and inclusive wellbeing promotion, often involving co-design with young people, families, educators, and health professionals. She collaborates with local and international partners, including WHO, VicHealth, attracting competitive research funding from Australia's peak government bodies. She leads international initiatives such as the Child, Parent & Family Mental Health Worldwide Communications Network. As a visiting researcher at the University of Bordeaux, Dr Grove and research fellow Dr Marrinuci will collaborate on the development and validation of mental health scale and program for primary-aged children. Their expertise in psychometrics, child-centred research, and cross-cultural adaptation of tools will strengthen shared international efforts to improve child mental health outcomes.

LINK: <https://research.monash.edu/en/persons/christine-grove>

ALEXANDRA MARINUCCI

BIO

Dr Alexandra Marinucci is a research fellow at RMIT University, and an Educational and Developmental psychologist. She holds a PhD in Psychology, and her work focuses on youth mental health with a preventative and promotional lens. Topics of interest include those that involve mental health education, including key stakeholders in research, and mental health promotion. As part of her research, she adapted a school-based mental health literacy program for Australian young people and evaluated this using a mixed-methods approach. Dr Marinucci has worked on a number of projects and grants, including with government agencies and not-for-profit organisations.

Dr Marinucci has published widely in peer-reviewed journals, contributing to the evidence base for mental health literacy interventions and school-based mental health support. She has also co-authored book chapters and contributed to public-facing articles, reflecting her commitment to bridging research and practice. Alongside her research, Dr Marinucci supervises higher degree students in psychology, has taught in postgraduate programs, and has presented at national and international conferences.

As a practicing psychologist, Dr Marinucci works with children, adolescents and young people to support mental health, neurodiversity, education, and improve developmental trajectories. Her research and professional practice converge on promoting resilience, wellbeing, and mental health literacy, with a strong focus on interventions that empower young people and key stakeholders.