Dr. Melinda Goodyear
School of Rural Health
Email: melinda.goodyear@monash.edu

Biography

Melinda's research area focuses on understanding vulnerability and resilience in children's mental health. The central aim is to find ways to promote resilience and reduce the intergenerational effects of vulnerability in families. She has a strong focus on workforce development and system change to help children and their families get the care they need, particularly in low resource and rural settings.

Melinda has a PhD in Neuroscience and Psychology and MBSc in Behavioural Science from La Trobe University, Melbourne, Australia. I have been a lecturer in Psychology and currently is the unit co-ordinator of a research methods postgraduate course, Designing and Conducting Health Research (SRH5003). She works as a Senior Lecturer in the School of Rural Health at Monash University, part-time, alongside a translational research and policy role in workforce development at Emerging Minds, delivering the National Workforce Centre for Child Mental Health. She has an established track record and demonstrable research impacts in the field of workforce development supporting families facing adversities and child mental health issues. She translates research into practice by working with industry partners to facilitate the translation of new evidence that addresses gaps in systems of care for both for vulnerable families and for children at risk of mental health difficulties.

Melinda brings over 15 years of experience in policy formation, research and evaluation, workforce development and strategic advisory roles that aim to improve the mental health of Australians, especially in supporting the workforce in promoting the mental health of families and children.

Read more about her work: Monash Lens and her latest publication.

Employment

Senior Lecturer
School of Rural Health
MONASH UNIVERSITY
1 Jan 2025 → present

Research outputs

Mental Health Family Carer Coresearchers: Coproduction Principles to Elevate Lived-Expertise in Research
Walters, C., Lawn, S., Maghidman, M., Solich, H., McDonald, E., Stevenson, T., Sheers, C., Simic, N., Harms, J., Petrakis, M. & Goodyear, M., Jul 2026, In: Research on Social Work Practice. 36, 5, p. 588-597 10 p.

International perspectives on implementation of system change in family mental health
Goodyear, M., Allchin, B., Skogøy, B. E., Grant, A., Stavnes, K., Weimand, B., Isobel, S., Biebel, K., Nicholson, J., Yates, S., Hine, R., Gatsou, L., Söderblom, B., van Doesum, K., Falkov, A., Shor, R., Collins, J., Hosman, C. & Laletas, S., 2026, In: Frontiers in Psychiatry. 17, 16 p., 1705868.

Visualization of the Fetal Corpus Callosum in Routine Second Trimester Screening Ultrasound Examinations
Fernando, S., Lavender, I., Coombs, P., Van Haltren, K., Lombardo, P., Goodyear, M. & Rolnik, D. L., Oct 2025, In: Journal of Ultrasound in Medicine. 44, 10, p. 1809-1817 9 p.

Knowledge Families Hold: Co-Production and Co-Research With Mental Health Family Carers in Understanding Experiences During the COVID-19 Pandemic
Walters, C., McDonald, E., Sheers, C., Hawkins, K., Solich, H., Anderson, J. A., Simic, N., Moore, D., Stevenson, T., Lawn, S., Goodyear, M., Maghidman, M. & Petrakis, M., Dec 2024, In: Health Expectations. 27, 6, 15 p., e70093.

Acceptability, engagement and exploratory outcomes and costs of a co-designed intervention to support children of parents with a mental illness: Mixed-methods evaluation and descriptive analysis
Bauer, A., Cartagena-Farias, J., Christiansen, H., Goodyear, M., Schamschula, M., Zechmeister-Koss, I. & Paul, J., Oct 2024, In: International Journal of Mental Health Nursing. 33, 5, p. 1289-1302 14 p.

Assessment of the liver with two-dimensional shear wave elastography following COVID-19 infection: A pilot study
Lau, J. Y. S., O'Hara, S., Lombardo, P. & Goodyear, M., Aug 2024, In: Australasian Journal of Ultrasound in Medicine. 27, 3, p. 167-173 7 p.

Ambient light intensity affecting ultrasound operator detection of liver lesions in cine-clips
Lee, P. Y. C., Mohamed Afif, A., Anthony, A., Goodyear, M. & Lombardo, P., Jul 2024, In: Radiography. 30, 4, p. 1151-1157 7 p.

Online peer support for children with a family member experiencing mental health challenges: perspectives from children and young people during the COVID-19 pandemic
McKenzie, J., Goodyear, M., O'Dea, L., Cuff, R. & Morgan, B., 2024, In: Advances in Mental Health. 22, 3, p. 510-523 14 p.

Accuracy of first trimester sonographic features in diagnosing caesarean scar pregnancy
Chew, L. E., Chua, C. P. E., Lombardo, P., Goodyear, M. & Teo, S. Y., Dec 2023, In: Sonography. 10, 4, p. 155-165 11 p.

Unterstützung von Kindern psychisch erkrankter Eltern durch ihr soziales Umfeld: Ergebnisse aus dem Tiroler „Village" Projekt
Zechmeister-Koss, I., Bauer, A., Christiansen, H., Goodyear, M. & Paul, J., Oct 2023, In: Gesundheitswesen. 85, S04, p. S237 1 p.

Medullary pyramid thickness: The optimal cut-off value associated with the need for pyeloplasty in infants
Neilson, M., Lombardo, P., Goodyear, M., McLean, G. & Taghavi, K., Aug 2023, In: Journal of Pediatric Urology. 19, 4, p. 428.E1-428.E6 6 p.

Economic Evaluation of Family-Focused Programs When Parents Have a Mental Health Problem: Methodological Considerations
Zechmeister-Koss, I., Strohmaier, C., Hölzle, L., Bauer, A., Goodyear, M., Christiansen, H. & Paul, J. L., May 2023, In: Value in Health. 26, 5, p. 704-711 8 p.

Practices to support co-design processes: A case-study of co-designing a program for children with parents with a mental health problem in the Austrian region of Tyrol
Zechmeister-Koss, I., Aufhammer, S., Bachler, H., Bauer, A., Bechter, P., Buchheim, A., Christiansen, H., Fischer, M., Franz, M., Fuchs, M., Goodyear, M., Gruber, N., Hofer, A., Hölzle, L., Juen, E., Papanthimou, F., Prokop, M. & Paul, J. L., Feb 2023, In: International Journal of Mental Health Nursing. 32, 1, p. 223-235 13 p.

Peer support for children of parents with mental illness (COPMI) in Australia: responses from children, parents and facilitators of the CHAMPS peer support program
von Doussa, H., Hegarty, M., Sanders, B., Cuff, R., Tivendale, K., McLean, S. A. & Goodyear, M., 2 Jan 2023, In: Advances in Mental Health. 21, 1, p. 55-56 12 p.

"Raising the Village to Raise the Child": The Village Approach - Supporting Children of Parents with a Mental Illness
Goodyear, M., 2023, 124 p. Australia : Monash University.

Promoting Self-Determination in Parents With Mental Illness in Adult Mental Health Settings
Goodyear, M. J., Allchin, B., Burn, M., von Doussa, H., Reupert, A., Tchernegovski, P., Sheen, J., Cuff, R., Obradovic, A., Solantaus, T. & Maybery, D., May 2022, In: Journal of Family Nursing. 28, 2, p. 129-141 13 p.

Editorial perspective: Prato Research Collaborative for change in parent and child mental health – principles and recommendations for working with children and parents living with parental mental illness
Reupert, A., Bee, P., Hosman, C., van Doesum, K., Drost, L. M., Falkov, A., Foster, K., Gatsou, L., Gladstone, B., Goodyear, M., Grant, A., Grove, C., Isobel, S., Kowalenko, N., Lauritzen, C., Maybery, D., Mordoch, E., Nicholson, J.,

Reedtz, C. & Solantaus, T. & 4 others, Stavnes, K., Weimand, B. M., Yates, S. & Ruud, T., Mar 2022, In: Journal of Child Psychology and Psychiatry. 63, 3, p. 350-353 4 p.

Integrating home treatment into the Austrian child and adolescent mental health care system: an implementation science perspective
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Development of an Evidence-Informed and Codesigned Model of Support for Children of Parents With a Mental Illness—"It Takes a Village" Approach
Goodyear, M., Zechmeister-Koss, I., Bauer, A., Christiansen, H., Glatz-Grugger, M. & Paul, J. L., 31 Jan 2022, In: Frontiers in Psychiatry. 12, 16 p., 806884.

A Sustainability Model for Family-Focused Practice in Adult Mental Health Services
Allchin, B., Weimand, B. M., O'Hanlon, B. & Goodyear, M., 18 Jan 2022, In: Frontiers in Psychiatry. 12, 8 p., 761889.

Exploring the experiences of preschool teachers working with children living with parental mental illness
Laletas, S., Reupert, A. & Goodyear, M., Jan 2022, In: Early Childhood Education Journal. 50, 1, p. 33-47 15 p.

Experimenting with Open Innovation in Science (OIS) practices: A novel approach to co-developing research proposals
Beck, S., Bercovitz, J., Bergenholtz, C., Brasseur, T. M., D'Este, P., Dorn, A., Doser, M., Dosi, C., Effert, A., Furtuna, R., Goodyear, M., Grimpe, C., Haeussler, C., Hans, F., Heinisch, B., Katona, N., Kleinberger-Pierer, H., Kokshagina, O., LaFlamme, M. & Lawson, C. & 22 others, Lehner, P., Lifshitz-Assaf, H., Lukas, W., Marchini, S., Mitterhauser, M., Moscato, F., Nordberg, M., Norn, M. T., Poetz, M., Ponti, M., Pruschak, G., Rafner, J. F., Romasanta, A. K., Ruser, A., Sameed, M., Sauermann, H., Suess-Reyes, J., Tucci, C. L., Tuertscher, P., Sáez, R. V., Vignoli, M. & Zyontz, S., 21 Dec 2021, In: CERN IdeaSquare Journal of Experimental Innovation. 5, 2, p. 28-49 22 p.

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Towards a Program Theory for Family-Focused Practice in Adult Mental Health Care Settings: An International Interview Study With Program Leaders
Bauer, A., Best, S., Malley, J., Christiansen, H., Goodyear, M., Zechmeister-Koss, I. & Paul, J., 22 Oct 2021, In: Frontiers in Psychiatry. 12, 12 p., 741225.

Intergenerational Trauma and Its Relationship to Mental Health Care: A Qualitative Inquiry
Isobel, S., McCloughen, A., Goodyear, M. & Foster, K., May 2021, In: Community Mental Health Journal. 57, 4, p. 631-643 13 p.

Continued capacity: Factors of importance for organizations to support continued Let's Talk practice – a mixed-methods study
Allchin, B., Weimand, B. M., O'Hanlon, B. & Goodyear, M., Dec 2020, In: International Journal of Mental Health Nursing. 29, 6, p. 1131-1143 13 p.

Leadership perspectives on key elements influencing implementing a family-focused intervention in mental health services
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An exploration of whether mental health nurses practice in accordance with The Family Model
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An explanatory model of factors enabling sustainability of let's talk in an adult mental health service: A participatory case study
Allchin, B., O'Hanlon, B., Weimand, B. M., Boyer, F., Cripps, G., Gill, L., Paisley, B., Pietsch, S., Wynne, B. & Goodyear, M., 9 Jul 2020, In: International Journal of Mental Health Systems. 14, 1, 16 p., 48.

Familien, in denen Eltern psychisch erkrankt sind, erreichen: Nutzung von ‚big data' für die Planung von Präventionsansätzen
Zechmeister-Koss, I., Tüchler, H., Goodyear, M., Lund, I. O. & Paul, J. L., Jun 2020, In: Neuropsychiatrie. 34, 2, p. 39-47 9 p.

Supporting children who have a parent with a mental illness in Tyrol: A situational analysis for informing co-development and implementation of practice changes
Zechmeister-Koss, I., Goodyear, M., Tüchler, H. & Paul, J. L., 19 Apr 2020, In: BMC Health Services Research. 20, 1, 15 p., 326.

Building research capacity in clinical practice for social workers: a training and mentorship approach
Withington, T., Alcorn, N., Maybery, D. & Goodyear, M., 2 Jan 2020, In: Advances in Mental Health. 18, 1, p. 73-90 18 p.

Developing research and evaluation skills in a family, parent or child health workforce
Goodyear, M., Maybery, D., Withington, T. & Krause, J., 2 Jan 2020, In: Advances in Mental Health. 18, 1, 5 p.

A mixed method evaluation of an intervention for parents with mental illness
Maybery, D., Goodyear, M., Reupert, A., Sheen, J., Cann, W., O'Hanlon, B. & Cuff, R., 1 Oct 2019, In: Clinical Child Psychology and Psychiatry. 24, 4, p. 717-727 11 p.

A pilot efficacy study of Parents Building Solutions: A universal parenting program using co-design and strength-based approaches
Morris, H., O'Connor, A., Cummins, J., Valentine, C., Dwyer, A., Goodyear, M. & Skouteris, H., 1 Oct 2019, In: Children and Youth Services Review. 105, 6 p., 104447.

Psychological trauma in the context of familial relationships: A concept analysis
Isobel, S., Goodyear, M. & Foster, K., 1 Oct 2019, In: Trauma, Violence & Abuse. 20, 4, p. 549-559 11 p.

Impact of parental mental illness on children's HoNOSCA results in a regional child and adolescent mental health service
Naughton, M. F. A., Maybery, D., Sutton, K. & Goodyear, M., Oct 2019, In: International Journal of Mental Health Nursing. 28, 5, p. 1053-1064 12 p.

A narrative inquiry into global systems change to support families when a parent has a mental illness
Isobel, S., Allchin, B., Goodyear, M. & Gladstone, B. M., 8 May 2019, In: Frontiers in Psychiatry. 10, 9 p., 310.

Improving identification and child-focused collaborative care for children of parents with a mental illness in Tyrol, Austria
Christiansen, H., Bauer, A., Fatima, B., Goodyear, M., Lund, I. O., Zechmeister-Koss, I. & Paul, J. L., 17 Apr 2019, In: Frontiers in Psychiatry. 10, 13 p., 233.

Preventing intergenerational trauma transmission: A critical interpretive synthesis
Isobel, S., Goodyear, M., Furness, T. & Foster, K., Apr 2019, In: Journal of Clinical Nursing. 28, 7-8, p. 1100-1113 14 p.

Identity in personal recovery for mothers with a mental illness
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Predictors and enablers of mental health nurses' family-focused practice
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Family-focused practice with EASE: A practice framework for strengthening recovery when mental health consumers are parents
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Meeting the Intergenerational Needs of Families Where a Parent Has a Mental Illness
Goodyear, M., McDonald, M., von Doussa, H., Cuff, R. & Dunlop, B., 12 Oct 2018, In: Journal of Parent and Family Mental Health. 3, 2, p. 1-3 3 p., 1.

Resourcefulness and resilience: The experience of personal recovery for mothers with a mental illness
Hine, R., Maybery, D. & Goodyear, M., 1 Jul 2018, In: The British Journal of Social Work. 48, 5, p. 1257-1276 20 p.

Parental mental illness: Cross-sectional analysis of family focused practice within the early childhood sector
Laletas, S., Goodyear, M. J. & Reupert, A. E., May 2018, In: Journal of Child and Family Studies. 27, 5, p. 1650-1660 11 p.

Prevalence of mental illness within families in a regional child-focussed mental health service
Naughton, M. F. A., Maybery, D. J. & Goodyear, M., 1 Apr 2018, In: International Journal of Mental Health Nursing. 27, 2, p. 901-910 10 p.

Challenges of connectedness in personal recovery for rural mothers with mental illness
Hine, R. H., Maybery, D. & Goodyear, M. J., Apr 2018, In: International Journal of Mental Health Nursing. 27, 2, p. 672-682 11 p.

Identity in Recovery for Mothers With a Mental Illness: A Literature Review
Hine, R. H., Maybery, D. J. & Goodyear, M. J., Mar 2018, In: Psychiatric Rehabilitation Journal. 41, 1, p. 16-28 13 p.

'Let's Talk About Children': Investigating the Use of a Family-focused Intervention in the Gambling Support Services Sector
von Doussa, H., Sundbery, J., Cuff, R., Jones, S. & Goodyear, M., 1 Sept 2017, In: Australian and New Zealand Journal of Family Therapy. 38, 3, p. 482-495 14 p.

Thinking families: A study of the characteristics of the workforce that delivers family-focussed practice
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Developing an Australian-first recovery model for parents in Victorian mental health and family services: A study protocol for a randomised controlled trial
Maybery, D. J., Goodyear, M. J., Reupert, A. E., Sheen, J. A., Cann, W., Dalziel, K. M., Tchernegovski, P., O'Hanlon, B. & Von Doussa, H. G., 26 May 2017, In: BMC Psychiatry. 17, 1, 198.

"What do we do? This is not our area". Child care providers' experiences when working with families and preschool children living with parental mental illness
Laletas, S., Reupert, A. E. & Goodyear, M. J., 1 Mar 2017, In: Children and Youth Services Review. 74, p. 71-79 9 p.

Improving Service Supports and Models – the Let's Talk About Children Program and Principles Unite Local Services Assisting Recovery
Maybery, D., Goodyear, M. & Meadows, G., 2017, In: Australian and New Zealand Journal of Psychiatry. 51, S1, p. 50 1 p.

A systems approach to enhance global efforts to implement family-focused mental health interventions
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Differences between Irish and Australian psychiatric nurses' family-focused practice in adult mental health services
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Goal setting in recovery: families where a parent has a mental illness or a dual diagnosis
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Osmoregulation in the retina and during the induction of refractive errors
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CHAMPS: A peer support program for children of parents with a mental illness
Goodyear, M. J., Cuff, R., Maybery, J. D. & Reupert, A. E., 2009, In: Australian e-Journal for the Advancement of Mental Health. 8, 3, p. 1 - 9 9 p.

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Prevalence of parental mental illness in Australian families
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Taking a closer look: A cross-sector audit of families where a parent has a mental illness
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Maybery, J. D., Steer, S., Reupert, A. E. & Goodyear, M. J., 2009, In: Stress and Health. 25, 1, p. 31 - 40 10 p.

A role for aquaporin-4 during induction of form deprivation myopia in chick
Goodyear, M. J., Junghans, B., Giummarra, L., Murphy, M. J., Crewther, D. P. & Crewther, S. G., 2008, In: Molecular Vision. 14, p. 298 - 307 10 p.

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The magnitude and encephalogenic potential of autoimmune response to MOG is enhanced in MOG deficient mice
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Bungy-jumping through life: What young people say promotes well-being and resilience
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Projects

Developing an Australian-first recovery model for parents in Victorian mental health and family services
Maybery, D. (Primary Chief Investigator (PCI)), Cann, W. G. (Chief Investigator (CI)), Cuff, R. (Chief Investigator (CI)), Dalziel, K. (Chief Investigator (CI)), Goodyear, M. (Chief Investigator (CI)), Mildon, R. (Chief Investigator (CI)), O'Hanlon, B. (Chief Investigator (CI)), Reupert, A. (Chief Investigator (CI)) & Sheen, J. (Chief Investigator (CI))
Department of Health (DH) (Victoria)
7/06/13 → 6/06/17

“Educational engagement for young people who care for parents with mental ill health” research project
Goodyear, M. (Primary Chief Investigator (PCI))
1/12/19 → 30/06/21

Embedding Core Functions of Family Focused interventions into practice
Goodyear, M. (Primary Chief Investigator (PCI)), Allchin, B. (Chief Investigator (CI)) & Hine, R. (Chief Investigator (CI))
7/11/22 → 30/04/24

Evaluation Support for the National Workforce Centre for Child Mental Health
Goodyear, M. (Primary Chief Investigator (PCI)), Maybery, D. (Chief Investigator (CI)), Beauchamp, A. (Chief Investigator (CI)) & Allchin, B. (Chief Investigator (CI))
Emerging Minds
1/06/21 → 30/06/22

How to raise the village to raise the child
Paul, J. L. (Primary Chief Investigator (PCI)), Zechmeister-Koss, I. (Chief Investigator (CI)), Bauer, A. (Chief Investigator (CI)), Goodyear, M. (Chief Investigator (CI)), Fatima, B. (Chief Investigator (CI)), Lund, I. O. (Chief Investigator (CI)) & Christiansen, H. (Chief Investigator (CI))
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Impacts

Development of a Practice Manual for the "It Takes A Village" Practice Approach
Goodyear, M. J. (Participant)

Program Evaluation training and mentoring
Goodyear, M. J. (Participant)

Standards of Practice for adult mental health services in working with families where a parent has a mental illness
Goodyear, M. J. (Participant)