

# AIMhi

# Stay Strong Team



A/Prof Tricia Nagel is a consultant psychiatrist who has lived and worked in the Top End of the Northern Territory for 26 years. Tricia is an associate professor at both Flinders University and the Menzies School of Health Research where she leads the Healing and Resilience Theme. Dr Nagel has a particular interest in comorbid disorders and integration of treatment approaches for improved wellbeing outcomes in primary care.

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“It’s something that is **diagrammatic and helps the participant involve themselves in the process**”

Dr Kylie Dingwall is a Post Doctoral Research Fellow at Menzies in Alice Springs. She has lived and worked in Alice Springs for nine years in various roles including child protection and Indigenous health research. Kylie’s previous research has involved investigating the neuropsychological effects of substance misuse. She has a strong interest in developing innovative, culturally relevant assessments and interventions for Aboriginal people with mental health or substance misuse issues.



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Stef has a background in economic anthropology and has completed an Honours thesis exploring the implementation of income management in an Arnhem Land outstation and a Graduate Certificate in Yolngu Studies, a Yolngu language course. Stef has worked on research projects in the areas of Indigenous mental health, alcohol and other drugs and healthcare systems.

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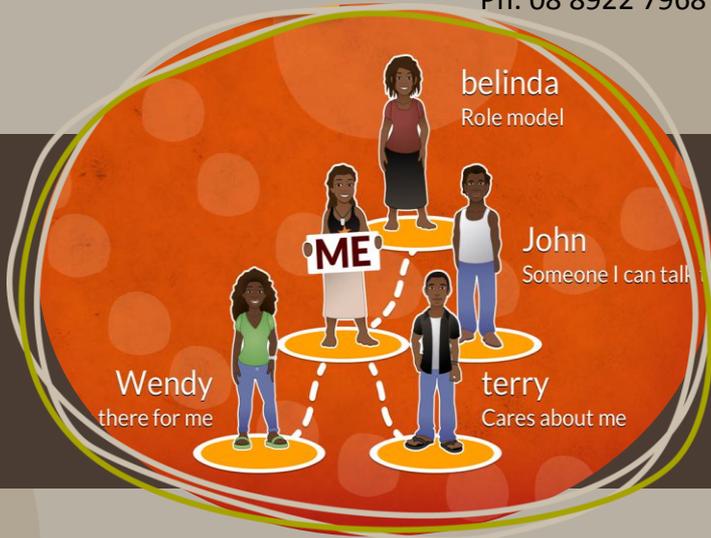


Dr Michelle Sweet has worked for the past 8 years predominately with Aboriginal controlled organizations in Alice Springs both as a Consultant and Manager. Her passions lie with advocating, exploring and developing innovative strategies to address health issues.

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The Stay Strong App is soon to be released on the App Store.

Menzies is part of a collaborative project led by QUT looking at e-Mental Health in Practice (eMHPrac). It incorporates implementation and evaluation of the AIMhi Stay Strong App, including the development and delivery of a training and support package for health providers in primary care working with Aboriginal and Torres Strait Islander people.

Below are some ways we are gathering information.

- Interviews with key organizations to gain an understanding of perceived enablers and barriers to uptake of e-mental health strategies, such as the Stay Strong App, in practice.
- Surveying health providers to gain awareness of what people know of e-mental health tools, strategies and how accessible they are for different groups.
- An evaluation of the training (pre & post) to understand the knowledge, competence and confidence gained in use of e-resources before and after the training is delivered.
- Practitioner self assessments to measure adherence to core training principles.
- Follow-up assessments to inform the research as to knowledge, competence and confidence gained in using e-resources after training and implementation.
- Follow-up interviews with key organizations to understand actual enablers and barriers following uptake of e-mental health strategies, such as the Stay Strong App, in practice.