UCRH Project Team

- Darlene Rotumah
  Tweed Aboriginal Coordinator
- Liz Lewis
  Lismore Aboriginal Coordinator
- Judy Singer
  Research Fellow
- James Bennett-Levy
  Project Director
- Shawn Wilson
  Aboriginal Health Research Advisor
Getting with the program!

Skilling up the Aboriginal workforce in the use of e-Wellbeing apps & online technologies
Northern Rivers - Bundjalung Nation


• Aboriginal population – nearly double the state average (13,660 = 4.7%)
Consulting with the Community

First step - **Need for extensive community/stakeholder consultations:**

- Limited prior exposure to e-MH
- Introduce project and rationale
- Build awareness about ‘e-tools’
- Address concerns/mis-conceptions
- Build rapport and trust with community and stakeholders
- Develop community participation/ownership of project
- Establish dynamic Advisory Groups
Community Participation in the Aboriginal E-Social & Emotional Wellbeing Project (Year 1)

ADVISORY GROUPS

AM Ses, Community and Health Services, Community Members

ABORIGINAL E-MENTAL HEALTH PROJECT

LEARNING CIRCLES: COMMUNITY MEMBERS

LEARNING CIRCLES: ABORIGINAL HEALTH PROFESSIONALS

Aboriginal Coordinators

Project Director

Research Officer
Advisory Groups
Role of Advisory Groups: Lismore and Tweed

Ensure active participation in the project:

- Dialogue between local community and research team;
- Ensure relevance of the project
- Awareness and ownership of the project
- Develop appropriate research protocols
- Cultural guidance
- ‘Reality check on the ground’
- Facilitate community endorsement
Advisory Group members

Mix of community members and stakeholders from a wide range of sectors and ages:

- Elders
- Aboriginal Medical Services
- Local Health District – senior management and health providers
- Medicare Local
- NGOs
- Aboriginal-specific counselling services
- Lismore Council
- Community members

- Lismore and Tweed c. 20 members
Community Learning Circle
Learning Circles: Who? Where”?

4 Learning Circles – met 5x, 3x

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<tr>
<th>Aboriginal Health Professionals*</th>
<th>Community Members</th>
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* Aboriginal Health Professionals = AHW, DaA counsellors, family support workers, case workers, AHEO
Key Questions for Learning Circle Participants

• What is the value of these programs for clients?
• What is the value for workers?
• How can we best set up training for workers to use online programs and apps?
Results: E-MH – Valuable?

• Unanimous endorsement of the potential value of e-mental health strategies (apps and online programs)
Aboriginal Apps

- Stay Strong and iBobbly were regarded very favourably; engaging, inviting.

“The art work I found that calming, it was good” (40 yr male)
“It’s communicating to you in an indigenous way” (32 yr male)
Online MH programs

• Recognised as having greater capacity than apps to deliver a full program of psycho-education/treatment

• Less accessible than apps
Caucasian online programs
Poor cultural relatedness, major barrier to engagement

• “I think all the information is useful and valuable, it’s just how it’s put across, how it’s delivered” (22 yr female)
• “I found that it was quite dull and kind of not very stimulating as in there is not much colour, pictures, inspirational sayings ... It wasn’t very inviting, it was drab to read, like you might as well have read a government website or something, that’s how drab it was” (30yr female)
• “Put it in language they we relate to” (56yr male)
• “Rather than getting those stories of white middle class people, actually bring out a black fella story that we can relate to” (30yr male)
Recommendations

1. Development of Aboriginal-adapted online programs
2. Write to e-MH online program developers
3. Bring to Department of Health’s attention
Health Professionals Learning Circle
What dinosaur?
Emerging Issues: “Dinosaurs!”

Service Dinosaurs as well as People Dinosaurs
Emerging Issues: Organizational support

• Will employers allow HPs to access new technologies as part of their work?
• Do employers consider e-tools to be part of the health professionals’ job description/scope of practice (e.g. within the framework of their awards)?
• Will employers release workers to attend training in e-mental health approaches?
• Is there organisational support for including e-mental health approaches into the workplace?
Using technologies safely and effectively to promote young people’s wellbeing

A Better Practice Guide for Services
Dr Andrew J Campbell
Fiona Robards

NSW Youth Mental Health Policy

Printed copies are available from:
NSW Better Health Centre
phone: 02 9887 5450
Invitation

- E-MHPrac
- NSW Health
- Young & Well
- Mindspot

NNSW Showcase
Lismore
Oct 2nd