eMHPrac
E-MENTAL HEALTH IN PRACTICE
E-Mental Health Promotion, Training & Integration

Indigenous Health Workers
Menzies, UCRH & QUT

General Practitioners
Black Dog Institute

Allied Health Practitioners
ANU

E-Mental Health Programs & Services

eMHPrac
QUT
Far North Queensland

Aims

• Increase in e-mental health:
  • Awareness
  • Knowledge
  • Utilisation + Attitude
  • Confidence
  • Self efficacy

Service providers working with Aboriginal and Torres Strait Islander Health Workers

• Fly in/fly out (RFDS)
• Local health & support workers –
  • Wellbeing Centre
  • Aboriginal Controlled Health Services
  • Medicare Locals
  • QHealth

Project issues/learnings:

• Funding uncertainty in the Indigenous health community controlled sector
• Importance of community linkages and key stakeholder engagement
Far North Queensland

Key Stakeholders

• Royal Flying Doctor Service
• Wuchopperen Health Service
• Apunipima Cape York Health Council

Project Activities

• Aboriginal & Torres Strait Islander Stakeholder
  - Consultation & Engagement
• E-Mental Health Promotion – Resources, Materials etc
• Training
• Evaluation
Far North Queensland Consultation & Engagement

- Ethics approval for all stages of the eMHPPrac project
- Letters of Support – lead agencies
- On the ground support & collaboration – building relationships, trust, & interest
- Unique FNQ considerations – service foci; cultural, political & community environs; staffing makeup & structure
Far North Queensland

Royal Flying Doctor Service

- MH & community-focused SEWB services to 4 discrete Aboriginal communities through Federally-funded Wellbeing Centres:
  - Aurukun
    - 200km+ from Weipa.
    - 5 family groups
    - Reputation for uncontrolled behaviour, abuse & neglect,
    - Dry community but has serious drug & alcohol problems.
  - Coen
    - Situated on a major access road.
    - Small town - pub & shops.
    - Comparatively little unrest or reported distress.
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Royal Flying Doctor Service cont’

- Hopevale
  - Larger Cape communities
  - Close to Cooktown
  - Issues with drugs & alcohol & associated behaviours
- Mossman
  - 60km north of Cairns
  - Similar problems to Hopevale
  - Issues of itinerant family members

RFDS also provides wellbeing service (resilience & communication) to regional clients in the Tablelands and surrounding farming communities.
Apunipima Health Service

- Primary care to 11 Cape communities + 6 advocacy only
- Expanding - assuming control of all health services in the region
- Recently employed a SEWB worker - MH service model where SEWB is integrated into primary health
- Do not intend developing a dedicated SEWB/MH team.

Wuchopperen Health Service

- Cairns’ Aboriginal Medical Service
- Provide primary care, chronic disease management, & social and emotional wellbeing support
- Central clinic & a comprehensive outreach service
- 150 frontline staff members
- Run 9 adult & young person groups - DV, Drug & Alcohol, parenting, & networking
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Challenges & Enablers

- Technology availability, support integration with existing IT systems & service delivery modes
- Staffing MH skills & turnover
- E-Mental health - availability of relevant programs
  - uptake & acceptance
- Funding uncertainty & co-payment issues
- See relevance & engagement potential of Stay Strong app - confident in uptake
- Utility – portability – interactivity – visual
- ++potential!

Summary

Strong support from all services but Wuchopperen very excited to work with apps & introduce their clients to what’s out there.