

# AIMhi Stay Strong Digital Mental Health Training Program (2017 – 2019)

## Who are we?

- The Menzies AIMhi research program has been developing resources and delivering training to service providers working in Aboriginal and Torres Strait Islander mental health and wellbeing services for over ten years. Australian Indigenous Health InfoNet [Australian Integrated Mental Health Initiative - NT \(AIMHi-NT\)](#)
- Menzies AIMhi is funded by the Australian Government through the national [eMental Health in Practice \(eMHPrac\)](#) support service to provide training to primary care service providers working with Aboriginal and Torres Strait Islander people in the use of e-mental health tools.
- We train in Digital Mental Health resources designed for Aboriginal and Torres Strait Islander people such as the AIMhi Stay Strong App.



### Our e-Mental Health training will continue in 2017-2019.

Extended Australian Government funding allows us to continue to train service providers working with Aboriginal and Torres Strait Islander clients in the use of Digital Mental Health approaches such as the Stay Strong App.

### Training and Train the Trainer Program

As previously, we are offering a Training and Train the Trainer program that includes post-training follow up support.

## Our experience training organisations in Digital Mental Health

- We have trained over 400 health professionals in the NT and shown significant improvements in trainees' perceived skill and knowledge in Digital Mental Health following the training programs [3].
- Service providers are enthusiastic about using new approaches but organisational barriers limit the changes they can make to their own practice.
- Providing tailored implementation support to organisations to address challenges faced in shifting from one style of practice to another raises awareness of implementation challenges [4].

## How does Digital Mental Health training benefit services?

- Improved access to evidence based services – especially in rural and remote areas.
- Resources such as the Stay Strong App support clinicians step by step in brief intervention delivery.
- Treatment conducted via Digital Mental Health offer engaging, interesting and easy to use alternatives.
- There is increasing evidence of improved patient outcomes and patient satisfaction following treatment with various Digital Mental Health services [1, 2].
- Training and support is available without cost during this extension phase 2017-2019.

## References

1. Hedman, E., B. Ljotsson, and N. Lindefors, *Cognitive behavioural therapy via the internet: a systematic review of applications, clinical efficacy and cost-effectiveness*. Expert Rev Pharmacoecon Outcomes Res, 2012a. **12**(6): p. 745-764
2. Meurk, C., et al., *Establishing and Governing e-Mental Health Care in Australia: A Systematic Review of Challenges and a Call for Policy-Focussed Research*. Journal of Medical Internet Research, 2015. **18**(1): e10).



# Training Programs

## Three options

Funding is available for training workshops (1-2 days 25 participants) in NT and WA.

Three options are available to services

1. **Training workshop only**
2. **Train the Trainer Course**
3. **Extended Implementation Support**

## 1. Training Workshops

These training workshops raise awareness of Digital Mental Health resources and provide skills in delivering brief interventions with Aboriginal and Torres Strait Islander clients, with a focus on the Stay Strong App.

## 2. Train the Trainer Course

The Train the Trainer course provides training workshop content, but also builds participants skills in delivering independent Digital Mental Health training within their organisation. This will enable organisations to train their own staff beyond the life of this project.



**For further information or to be involved contact:**

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## Extended Implementation Support

### 3. Extended Implementation Support

This program has been developed through analysis of our learnings over the last four years. It adopts a holistic approach to implementation and provides greater support for organisations to integrate Digital Mental Health approaches within their usual practice.

We invite organisations to register for the Extended Implementation Support program. The 12 month program offers six month planning support pre-training involving executive level discussions and six months follow up support

The package includes 3 elements:

- A. Pre-training implementation activity
- B. Training
- C. Post-training implementation activity

#### A. Pre-training implementation activity

- Identification of barriers and opportunities.
- Follow up executive consultations to move identified implementation issues forward.
- Identification of staff to be trained and potential trainer/s within the organisation.
- Identification of preferred training modules.

#### B. Training

- Delivery of training and train the trainer course comprising preferred training modules.

#### C. Post-training implementation activity

- Support of identified trainer/s for delivery of further internal training or support sessions conducted by the identified trainer/s.
- Post-training follow up executive consultations to move identified implementation issues forward

## References cont.

3. Dingwall, K., et al., *Evaluation of a culturally adapted training course in Indigenous e-mental health*. Australasian Psychiatry, 2015. 23(6): p. 630-635.
4. Puszka, S., et al., *Service implementation of e-mental health innovations for Aboriginal and Torres Strait Islander Australians: A qualitative study 2016*, Menzies School of Health Research: in submission