AIMhi Stay Strong e-Mental Health Extension (2016 – 2017)

e-Mental Health Training and Implementation in the NT

- e-Mental health services offer treatment and support to people with mental illness and wellbeing concerns through telephone, mobile phone, computer and online applications.

- There is increasing evidence of improved patient outcomes and patient satisfaction following treatment with various e-mental health services [1, 2].

- e-Mental health is a key component of current health policy and our team at Menzies is funded by the Australian Government through the national eMental Health in Practice (eMHPrac) support service to provide training and support to service providers working with Aboriginal and Torres Strait Islander people in the NT in the use of e-mental health tools.

- Our focus in the NT has been use of evidence-based e-mental health resources designed for Aboriginal and Torres Strait Islanders such as the AIMhi Stay Strong App.

- We have trained over 200 health professionals in the NT with significant improvements in trainees' skill and knowledge in e-mental health demonstrated following training [3].

- However, we recognise there are challenges in implementing e-mental health approaches into practice, so support for organisations is needed [4].

e-Mental Health Training and Support Extended into 2016-17

Our e-Mental Health training will continue in 2016-17
Extended Australian Government funding allows us to continue to train service providers working with Aboriginal and Torres Strait Islander clients in the use of e-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.

Extended Implementation Support Package
In addition we would like to offer 2- 4 NT health services an extended, tailored implementation support package that will be delivered over 6-8 months free of charge to assist organisations in implementing e-mental health services such as the Stay Strong App into their programs and services.

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).

Extended Implementation Package

This package has been developed through analysis of our learnings over the last three years. It adopts a whole-of-organisation approach to implementation and provides greater support for organisations, both *before* and *after* training, to integrate e-mental health approaches within their usual practice. The detail of the package will be determined through consultation and agreement between the study team and the organisation. Interested organisations are invited to submit an expression of interest.

The package includes:

- Pre-training implementation support activity
- Follow up 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
- Delivery of training and train the trainer course comprising preferred training modules
- Post-training follow up support of staff adapted to organisational preference
- Support of identified trainer/s for delivery of further internal training or support session conducted by the identified trainer/s
- Post-training implementation support activity
- Post-training follow up consultations to move identified implementation issues forward

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Training and Train the Trainer Programs

Training Course

Organisations may also choose to only be involved in training without the extended implementation support. The training workshops share strategies and e-mental health resources for understanding mental health, promoting wellbeing and delivering brief interventions with Aboriginal and Torres Strait Islander clients, with a focus on the Stay Strong App. Training modules cover the following topics but can be adapted to organisation needs:

- You and technology
- Introduction to e-mental health
- Examples of e-Mental health resources
- Aboriginal and Torres Strait Islander e-mental health resources
- Using e-mental health resources in practice
- A Stay Strong conversation using the Stay Strong App

Train the Trainer Course

The Train the Trainer course builds trainers' skills in delivering e-mental health training and will enable organisations to train their own staff beyond the life of this project. Train the trainer modules cover the following topics:

- Building motivation and engagement
- Designing and delivering training workshops
- Post workshop support
- Facilitation skills

Follow up Support

All trainees will have access to follow-up support for up to 6 months post-training to continue to build their knowledge and skills.

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.

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E-MENTAL HEALTH IN PRACTICE

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