

# Stay Strong News

June 2015

Welcome to the June edition! We have a number of events planned for the coming months including our forum on electronic media and health, new training dates and the launch of our Train the Trainer course. Future training dates may be limited as the project enters its final year, so if you're thinking about registering don't delay!

## Alice Springs Electronic Media and Health Alice Springs Forum 4 September 2015



### Electronic Media and Health

4<sup>th</sup> September 2015

9am to 1pm

Can electronic media improve  
equity in health service delivery?



Centre for Remote Health, Alice Springs  
RSVP [michelle.sweet@menzies.edu.au](mailto:michelle.sweet@menzies.edu.au) or 8951 4745



discovery for a healthy tomorrow

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# New Training Dates Announced

## Tennant Creek

Stay Strong training  
Catholic Care  
21 July

## Alice Springs

Stay Strong Training & Train the Trainer  
Centre for Remote Health  
11-12 August

To register contact:

[Michelle.Sweet@menzies.edu.au](mailto:Michelle.Sweet@menzies.edu.au)

## Darwin

Stay Strong training  
Danila Dilba Wellbeing Centre, Malak  
15 July

## Katherine

Stay Strong training  
Venue TBC  
7 August or 24 August (TBC)

To register contact:

[Stefanie.Puszka@menzies.edu.au](mailto:Stefanie.Puszka@menzies.edu.au)

## MindSpot Indigenous Wellbeing Course

Carlie Schofield from Mindspot came to visit Alice Springs on the 16<sup>th</sup> June to gather input and feedback for their new Indigenous Wellbeing Course. The Indigenous Wellbeing course aims to empower Indigenous Australians in order to manage their core symptoms of stress, anxiety, worry and low mood. It contains easy to read information, practical skills, and stories about how other people have learned to overcome their symptoms. Thank you to all who attended and provided excellent input into the further development of this new e-mental health research. Your suggestions were greatly appreciated by Carlie and may assist in making the resource more relevant and accessible for remote Indigenous clients.



## Train the Trainer Course Launch

This course is for staff and educators who wish to become trainers within their workplace in the AIMhi Stay Strong App approach. Train the trainer models of education and skill transfer are identified as an economic and sustainable way for a maximum number of people to gain access to training. We will be offering our Train the Trainer course in Alice Springs and Darwin to ensure that there is ongoing training and support for the Stay Strong approach beyond the life of our research project.

The 'train the trainer' package contains:

- A facilitator's guide,
- PowerPoint presentation;
- Participant materials and assessment items
- An evaluation feedback form

Completion of the 1 day Stay Strong App Training is a prerequisite for the Train the Trainer course. This course is provided free of charge to those who register.

