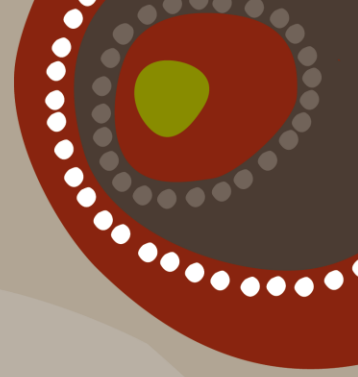


# AIMhi Stay Strong News



September 2016

## New findings: e-mental health implementation in the Indigenous context



There is potential for e-mental health approaches to address mental illness and social and emotional wellbeing amongst Indigenous people and to advance their quality of care. Health service stakeholders reported that e-mental health interventions are likely to be most effective when used to support or extend existing health services, including elements of client-driven and practitioner-supported use. The following were thought to be key factors in successful implementation:

- Staff training
- Appropriate tool design
- Internal organizational directives and support structures
- Adaptations to existing systems and policies
- Implementation planning
- Organisational and government investment

Learn more [here](#).

## Where to download the app?



## Welcome to the team!

Megan Whitty is an anthropologist and is in her final year of her PhD. She has published five papers, each relating to the implementation of culturally specific interventions for Indigenous clients in the Northern Territory. Her research interests extend to mental health and wellbeing, as well as substance misuse. Megan will be working alongside the team in Alice Springs, as a research project manager. Welcome to the team Megan!



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# Interested in training?

The 12 month extension to e-Mental Health in Practice project allows us to continue to offer training and work with organisations to implement e-mental health approaches in practice.

Training modules include:

- Introduction to e-mental health.
- Examples of e-mental health resources
- Aboriginal and Torres Strait Islander e-mental health resource
- Using e-mental health resources in practice
- Stay Strong conversation using the Stay Strong App

## Upcoming training workshops

### Stay Strong Training and Train the Trainer Workshop

Darwin

Tue 18 and Wed 19 October 2016

9:00am – 3:30pm

Menzies School of Health Research training rooms, Building Red 9, Charles Darwin University

To register contact Stef Puszka:

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

Ph. 08 8946 8422

### Stay Strong Training Workshop

Alice Springs

Mon 24 October 2016

9:00am – 3:30pm

Centre for Remote Health Seminar Rooms

To register contact Michelle Sweet:

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

Ph. 08 8951 4753



## Tips for getting started

- Connect to Wi-Fi.
- Set up iTunes store/Google Play account.
- Purchase the app (link above). If you have multiple devices, you can use the same account to download the app on each device.
- Set up a user account for each staff member in the app
- Set up an email account on the device (if you would like to email clients summaries).
- If you have multiple devices and users, label devices and record login and password information in a safe place.

You are now ready to use the app !

*The app does not require Wi-Fi once it has been downloaded and accounts have been set-up. However, you will need to be connected to the Wi-Fi to initially download the app and to send client summaries.*

For more tips, download the **user guide** [here](#)

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**eMHPrac**  
E-MENTAL HEALTH IN PRACTICE

