

Stay Strong training in Alice Springs

April 2019

Tangentyere Council are offering a half day introductory workshop on digital mental health and the Stay Strong App.

Date: April 23, 2019

Times: 12:00 – 4:00pm

Location: Lecture Room1&2 Centre for Remote Health,
Skinner Street, AliceSprings

Contact: Shona Smith or Michelle Sweet

Shona.Smith@tangentyere.org.au

Michelle.Sweet@menzies.edu.au



L-R: AIMhi team members Shona Smith, Michelle Sweet and Jana (Robert) Mills in Murray Bridge, SA to provide training to local health services

Training Update

We have now expanded our training program into Queensland, West Australia and South Australia. Several service providers including community controlled organisations, government service providers and primary health networks are participating in our extended implementation package, to help organisations get ready to implement digital mental health tools and resources. Participating service providers nominate executive implementation teams, which take part in workshops facilitated by Menzies.

Key contact

Michelle Sweet
Menzies School of Health Research
Email: Michelle.Sweet@menzies.edu.au
www.menzies.edu.au

Welcome to new Stay Strong team members, Bua and Karen!



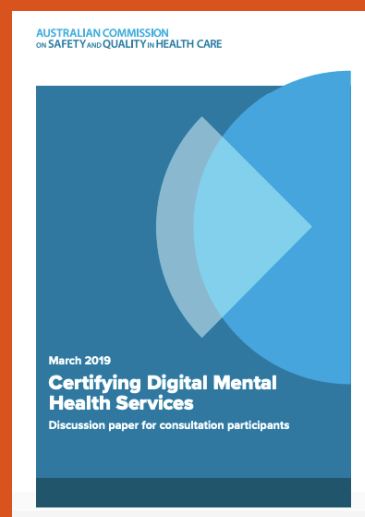
L-R: Bua Raphiphatthana and Karen Black

Buaphrao Raphiphatthana has recently moved to Darwin to join the Stay Strong team to take up a post-doctoral fellowship. Bua completed her PhD at Victoria University of Wellington, NZ. She is passionate about researching ways to enhance wellbeing through strength-based practice. She will be working alongside the team to learn more about e-mental health approaches and its implementation within Indigenous Australian contexts. Karen has re-joined the Stay Strong team as an administrative officer, having previously worked with us several years ago. Karen has also worked at the Aboriginal Areas Protection Authority and runs her own transcribing business. Welcome, Bua and Karen!

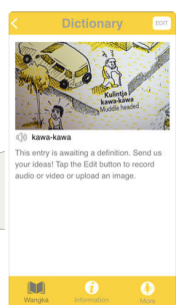
Certification Framework for Digital Mental Health Services

The Australian Commission on Quality and Safety in Healthcare is developing a certification framework and national standards for digital mental health services. The certification framework will support ongoing safety and quality assurance for digital mental health services, including those listed on the Australian Government's digital mental health gateway [Head to Health](#). Certification of services also has the potential to build user confidence, increase adoption rates, and increase consumer choice in digital mental health services.

More information is available [here](#), and a stakeholder survey can be accessed [here](#).



Two new free Aboriginal and Torres Strait Islander wellbeing apps



We encourage users to make their own assessments about the appropriateness of any new digital mental health tools for their

clients. We recommend considering the following when assessing a tool: evidence base, privacy and security settings, community-driven approach, culturally appropriate development and design.

The Kulila! app catalogues key mental health words and phrases, and translates them into Pitjantjatjara with a recording to

demonstrate correct pronunciation. The app was created by NPY Women's Council by bringing together ngangkari (traditional healers), senior Indigenous women, interpreters, and mental health workers. The aim of the app is to create a shared language for Indigenous people and non-Indigenous health workers that enables families and communities to make sense of how they feel, talk about their emotional state, and ask for help if they need it. Download Kulila! [here](#) or find more information [here](#).

'Kurdiji' is the Warlpiri word for 'shield'. 'Kurdiji' is also the name of certain initiation ceremonies for young women and men that teach young people about skin names, ceremony, language and law. The basic principle of Kurdiji is that if

ceremony, skin name, language and law are strong, then the individual is also strong. The Kurdiji app is designed to provide a shield that keeps young Indigenous people safe from the problems of living in and around non-Indigenous society. Kurdiji connects people to their culture, their community, and country. Warlpiri have decided to share

this knowledge so that other people can also find protection from mental illness and build resilience. Download Kurdiji [here](#) or find more information [here](#).

