Stay Strong News

menzies school of health research

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End of Year Edition 2019

New Indigemoji have landed!

Australia's first set of First Nations emoji made on Arrernte land in Mparntwe/Alice Springs have just been launched and include ngangkere (healer), urtakerte (heart) and impatye (footprints). They were made by hundreds of young people with senior Arrernte cultural advisors to decolonise the internet. You can download the free sticker set app on Google Play and the App Store.

Tips for Cybersafety

One in five Australian young people aged 8-17 experiences cyberbullying each year (Katz et al 2014). The Australian e-Safety Commission recommends addressing online abuse through the following steps:

1. **Don't feed the trolls.** Resist the urge to respond.
2. **Block and report** the user to the online platform.
3. **Report to eSafety i**f it's getting serious. The Commission can help take any abusive content down and point you in the right direction if you need other help.
4. **Talk to someone or get help.** Talk to someone you trust. There are also many online counselling services with trained professionals who are ready to hear you out.

Katz I et al (2014) *Research on youth exposure to, and management of, cyberbullying incidents in Australia: synthesis report* (SPRC Report 16/2014), Social Policy Research Centre UNSW, Sydney.

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eMHprac E-MENTAL HEALTH IN PRACTICE

Head to Health

Available on the App Store

Google play

AIMhi for youth: the AIMhi-Y app

What have we done in 2019?

The Aboriginal and Islander Mental Health Initiative for youth (AIMhi-Y) project is co-designing a new mental health app that integrates Indigenous youth worldviews into a preventative mental health treatment on a mobile phone for youth aged 10-18 years. In 2018 we talked with 45 young people about what functions, features and information the app should include. We developed some prototypes and collected more feedback. Two trainee Indigenous Research Officers are assisting with data collection, analysis and app development. All app content has been reviewed by experts, including a psychiatrist, two psychologists, two e-mental health experts and a senior Indigenous Research Officer, to ensure we are delivering the best possible resource.

Where will we be going in 2020?

In 2020 we will be completing development work on the AIMhi-Y app version 1.0 and conducting a feasibility study funded by Suicide Prevention Australia.
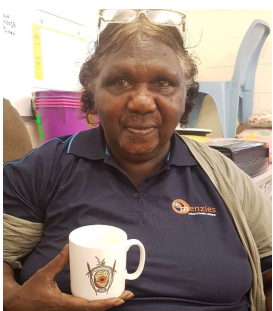
L-R: AIMhi-Y team members Anne Marie Puruntatameri; Josie Povie and Jana Mills; Anne Marie Puruntatameri, Cathy Stassi, Alison Fitzgerald and Josie Povey

Health Apps in Indigenous Languages:CommDoc and Rumbalpuy Dhäwu

Languages can influence how we think and how we see ourselves, impacting our wellbeing in myriad ways. In 2019, the International Year of Indigenous Languages, renewed celebration of First Nations languages is accompanied with acknowledgement of the conceptual and communication differences that may be experienced by First Nations people who do not speak English as a first language when accessing healthcare. In this edition we are featuring two new apps that address language differences between First Nations people and their health professionals.

CommDoc provides audio translations of words and phrases frequently used in medical consultations in 16 First Nations languages spoken in the Northern Territory. Words and phrases are categorised into four major sections: common terms, history, examination and body parts. The language tool was developed by NTGPE in 2015 for health professionals and designed to enhance interactions with First Nations patients. The app can be used as an alternative resource to assist with a consultation when an Aboriginal Health Practitioner or interpreter service is unavailable. Further development of Commdoc is underway to improve the design of the app and increase the content across various medical specialties.

Rumbalpuy Dhäwu app

NTGPE encourage all users and health care providers interested in providing feedback or suggesting new content for this app to email commdoc@ntgpe.org.

Rumbalpuy Dhäwu ('Stories of the Body') is a dictionary of anatomy app containing extended definitions of anatomical terms, pathologies and procedures in three Yolŋu languages and Plain English. Rumbalpuy Dhäwu features text, audio recordings and images and includes password-protected men's health and women's health sections. It contains picture search, alphabetical and category search features to aid users of diverse backgrounds to find information. The app can be used by medical professionals, interpreters, patients, and friends of those trying to understand and access healthcare. ARDS welcomes feedback about this recently launched app, including suggestions for new entries. Feedback and enquiries can be sent to feedback@ards.com.au.

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