R U Appy - 5-year review

Kelly Hyde & Darleen Rotumah

David Edward, Judy Singer, Sasha Harrington, James Bennett-Levy

Simon Dubois & Sasha Harrington
DoH - National digital mental health initiative 2013 – 2019

• Train **primary health workforce** to utilize digital mental health resources

• **Aboriginal and Torres Strait Islander workforce**

• GPs, Allied Health Professionals
Cycles of Learning

Phase 1
2013-16

Phase 2
2016-17

Phase 3
2017-19
Our young people spend too much time online already!

We need more counsellors, not an App!

Introduced d-Mental Health
Ngayundi Aboriginal Health Council
Advisory Groups and Ngayundi Council & Learning Circles guided the process of developing d-MH training program
LESSON 1: d-Mental Health Resources

Indigenous-specific Mental Health App

Online therapy programs
## Feedback from the Community

<table>
<thead>
<tr>
<th>Lack of culturally appropriate d-MH resources</th>
<th>They were just white fella stories, I would have related to an Indigenous 20 year old telling me how she dealt with her depression</th>
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| Workforce need more technology skills        | I’m one of those dinosaurs … It’s the first time I’ve used one of these iPads  
It’s mind-boggling what the youth can do with technology, it’s second nature to them; it’s time for me to catch up |
| Connecting with young people                 | I am definitely a face-to-face person but I can see [apps] being a part of the work I do with young ones and they are the hardest to engage. |
R U Appy 3-day training program
Monthly booster sessions for 6 months in workers’ organisations
LESSON 2:
Workforce roles & scope of practice

- Case worker
- Indigenous services worker
- Youth worker
- Drug and Alcohol worker
- Closing the gap worker
- Support worker
- Aboriginal Health Education Officer
- Healthy lifestyles worker
- Health worker
- Family development worker
Lesson 3

d-resources for different work roles and contexts

[Need] d-resources that actually support [workers] in the work they are doing with clients (Facilitator)

There’s a quit smoking [App] and it’s Indigenous-specific (Worker)
[Workers] have gone from hardly knowing anything to ‘wow’, [all the] You Tube clips and Apps and websites ... (Aboriginal Facilitator)
Lesson 5
Different kinds of mobile devices

It’s a great app, but we’re not going to be able to do it because management’s just not going to give us the [iPad] (Worker)
Aboriginal people are so visual that having those You Tubes, we can actually connect to [the] visual and go, oh that’s what you’re talking about, we know that feeling (Aboriginal Facilitator)
Phase 2

- Work with community
- Design and deliver training
- Evaluate and reflect
How to build a d-SEWB toolkit in your mobile device

- Culturally appealing resources
- SEWB d-resources**
- Health promotion/education
- Device of choice
- ***Skills to building library of d-resources specific to work/role context
Phase 3

- Work with community
- Design and deliver training
- Evaluate and reflect
Lessons 7: ‘Getting Tech Savvy’

• Need more ‘tech savvy’ skills
R U APPY Workshops 2018

1. ‘Getting tech savvy’
2. Building a d-SEWB library
3. Stay Strong
In Summary …

• Reframed d-mental health to d-Social & Emotional Wellbeing

• Aboriginal workforce, d-SEWB fits for diverse roles and contexts