



R U Appy: Building an e-SEWB Resource Toolkit

for Aboriginal and Torres Strait Islander Health and Community Workers



Project Information Sheet

What we learned from Aboriginal health and community workers in Northern NSW over the last 3 years:

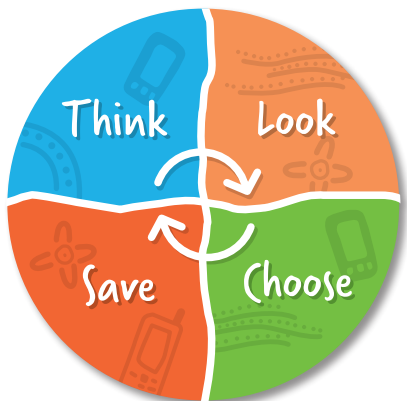
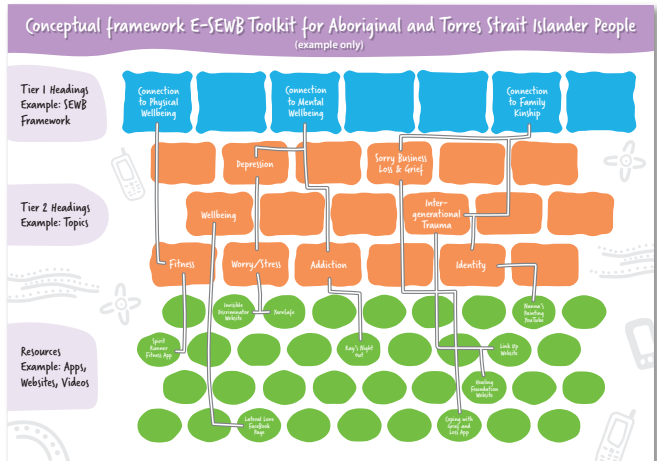
1. The importance of working within a SEWB Framework that includes mental health (not vice versa).
2. Many mainstream e-mental health programs are unsuitable as they don't fit the technology preferences of Aboriginal people, especially young people (mobile phones are most popular).
3. e-SEWB resources need to fit the wide-ranging and complex roles of Aboriginal health and community workers (crisis driven, on-the-go, mental health first aid, health information/education/promotion).
4. Aboriginal health and community workers like to use a range of e-SEWB resources including culturally relevant health information/education/promotion, YouTube clips, mobile applications and low intensity treatment interventions.

Our goals for 2016/17

As a direct result of what we have learned over the last three years, we have designed the 2016/17 project with the following goals:

Goal 1: Create an e-SEWB Resource Toolkit for Aboriginal and Torres Strait Islander health and community workers

Identified need: Whilst there are a number of e-SEWB resource collections available online or in print there is no 'one stop shop' for Aboriginal people to access good quality culturally relevant e-SEWB resources.



Goal 2: Teach Aboriginal and Torres Strait Islander health and community workers and other service providers the skills they need to build their own e-SEWB Resource Toolkits in their mobile devices

Identified need: Aboriginal health and community workers need to learn skills that will enable them to build their own e-SEWB Resource Toolkits within their mobile or desktop devices. Resources can then be accessed quickly and easily and matched to meet the needs of clients.





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Our activities for 2016/17

Aboriginal health and community workers

Reference Group

We have established a Reference Group of experienced Aboriginal health and community workers from the Northern Rivers of NSW and Tweed Shire. We will consult with them over the next 12 months as our 'brains trust'. Their first task is to develop the conceptual framework for the e-SEWB Resource Toolkit for Aboriginal and Torres Strait Islander health and community workers.

Learning Circles

We will be facilitating two community-based learning circles of six sessions each: one general community learning circle and one with residents at Namatjira Haven Drug and Alcohol Rehabilitation Centre. One Aboriginal health educator and one non-Aboriginal psychologist will be facilitating each learning circle.

Evaluate Learning Circles

We will be evaluating the learning circles to determine the cultural appropriateness of this methodology.

Train Aboriginal health and community workers to build their own e-SEWB Resource Toolkits

Based on what we learn in the learning circles we will design and facilitate training workshops for Aboriginal health and community workers in the Northern Rivers and Tweed Heads.

Develop the criteria of 'cultural relevance' as it applies to e-SEWB resources

We know anecdotally that many e-MH resources are not appealing to Aboriginal and Torres Strait Islander people. On the plus side, we know that across Australia e-SEWB resources are being developed specifically for Aboriginal and Torres Strait Islander people. In our learning circles we will explore what it is exactly that makes an e-SEWB resource relevant and useful to Aboriginal and Torres Strait Islander people.

'I've got a resource library in my pocket.'

- Aboriginal healthworker

Contribute training materials to eMHPrac's National Train the Trainer Package

Based on our learning circles and our training workshop feedback we will design and write training materials for inclusion in eMHPrac's *E-Mental Health Training Manual for Service Providers Working with Aboriginal and Torres Strait Islander People*.

Engage in health promotion activities in the community

We will be responding to requests to engage in health promotion activities related to e-SEWB across the Northern Rivers and Tweed regions.

Contact

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