

A new interdisciplinary online community supporting mental healthcare professionals

Spotlight on Black Dog Institutes Health Professionals Education and Resources Hub

Tania McMahon

Welcome to digital mental health musings, a podcast series from the e-mental health in practice Initiative providing health practitioners with the latest news and developments in digital mental health services and resources. eMHPrac acknowledges the Turrbul and Yuggera people the traditional custodians of the land on which we bring you this conversation, we acknowledge elders past and present, and honour their continuing connection to land, culture and community, and that it's these connections that are intertwined in indigenous mental health and social and emotional wellbeing. We acknowledge the strength and resilience of all First Nations people and communities since colonisation of their unceded lands.

Hello and welcome to this episode of Digital Mental Health Musings. So, keeping on top of emerging trends and exciting new research developments in, in mental health and increasingly across digital mental health, can be pretty overwhelming. There's, there's quite a lot happening in the the mental health space, you know, from new understandings around trauma informed care to treating anxiety around climate change and social media, to the rise of digital mental health, artificial intelligence and virtual reality in clinical settings as a few examples. The last few years have seen some significant breakthroughs across the discipline. So as a health practitioner, where do you go to keep informed and across it all? And how do you separate the evidence based credible information from the rest?

In this episode we're looking at a new online education and resource hub designed for health professionals and developed by Black Dog Institute covering education around the most significant developments in mental health over the last few years. So, our guest today is Dr Phoebe Holdenson-Kimura. Dr Holdenson-Kimura is a GP with an interest in mental health based in Sydney. She's worked in rural Far North Queensland and Cambodia and is a health professional educator for the Black Dog Institute. Phoebe, thank you so much for being here. Welcome to the podcast!

Phoebe Holdenson-Kimura

Yeah. Thanks so much for having me, Tania.

Tania McMahon

So Phoebe, Black Dog Institutes' Health Professional Resource and Education Hub launched back in March was it?

Phoebe Holdenson-Kimura

Yeah, that's right.

Tania McMahon

It's been described as pretty much a one stop shop where health professionals can access things like accredited CPD modules. They can hear expert insights across a range of mental health disciplines through the regular webinars and podcasts. And there's also an online forum where health professionals can connect with each other. This is called the community of practice and it sounds like a really great initiative.

So, I wonder if we could actually just talk about that element of, element of the hub first. Can you tell us about the community of practice? So, what it what it is, how it works? And also, what kind of health professionals it's for?

Phoebe Holdenson-Kimura

Yeah, sure. So, I love the community of practice. I think of it a bit like a virtual tearoom. For me as a GP it's the tearoom that keeps me going. So, you know, obviously at lunchtime, hopefully have a proper break, and, you know, you sit down with your colleagues, whether it's other GP's, nurses, psychologists within the practice. And it's an opportunity sometimes just to talk about the weekend, but also often to debrief about what's happened in the session before, and, you know, and just feel validated because I think what we do in our work is actually really, really challenging a lot of the time, you know the work that we do with our patients and clients.

And so the tearoom has been, you know, something that's really important for doctors, and I think other health professionals as well, to connect. But I guess, so what we're trying to do with the community of practice is to try and create a similar type of space where people can share ideas. People can think about different ways of approaching problems. People can bring challenges or issues that they've been grappling with. It's not clinical supervision so it's not that one-on-one sort of idea, but it is a safe place with other health professionals that those conversations can be had around, around practice, but also to keep up up to date with what's been happening in the mental health space. Also, what's been happening in the e-mental health space and, and to receive support as well around that sort of intercollegial learning.

So that's what, that's how I think of, you know, the community of practice. And I think when we think about community of practices more broadly, I mean the idea of them is that they're very flat in structure so that everybody is an equal participant. They're not necessarily experts in the room, but you know, in order to make sure that we keep it a safe place where discussion is respectful of, you know, of one another, I think. You know, we do have 4 moderators, of which I'm one of those and we just keep an eye on what's happening in the discussion. But I have to say honestly it it, it almost always is, is that very respectful and collaborative style of discussion.

So, in terms of how it actually works, there are 9 tiles around all sorts of different topics and and then underneath those tiles anybody is able to start a discussion thread. So that might be around a particular topic or a particular issue. And then there's the opportunity for anybody else on the forum to either put a thumbs up and you know and like that or contribute to the conversation by responding to that initial thread. So, it is, it is really like a

moderated forum where, where people are able to come and talk to one another. And the other thing around the safety is that, you know, it does require a login and so I think that is part of you know, that same tearoom idea but you know that this isn't necessarily something that we'd be talking about in an open cafe, but but that we, you know, we can feel that, that we're all all on the same page because it is just for health professionals. And it's AHPRA registered health professionals at this stage.

Tania McMahon

OK. Yeah, that that was something I was wondering, which particular health professionals is it open to? So, you you've got to have an AHPRA registration at the moment?

Phoebe Holdenson-Kimura

Correct. Yeah. We are looking at some other options just to be a bit more inclusive, but really the idea being that it is for health professionals as opposed to you know, including other other members of the public.

Tania McMahon

Yeah, sure. So it sounds like a really nice space that's bringing together lots of different expertise because people, you know, of different, you know, different health professions will have their own insights from their, their particular work, all kind of gathering to, to chat about challenges we're facing and, and situations, different situations and get that get that kind of informal, informal peer support, yeah.

Phoebe Holdenson-Kimura

Correct.

Tania McMahon

Yeah, the same way we would, we do when we, we go and make the tea in the you know the, the hospital break room, or the private practice break room, or you know wherever, whatever context we're working in. Taking advantage of the the virtual world to to do the same thing.

Phoebe Holdenson-Kimura

To try and create a similar thing. And, and that's because we know that you know people are isolated in their clinical work overall, I think. Not all but I think, what I'm hearing from health professionals is that, you know, they might not have somebody within their practice or within their hospital that they necessarily feel that they can share these things with, or or they might feel isolated for other reasons. And so it's just to provide another space where those conversations could be had.

But Tania, I think you touched on a really important point there around the interprofessional learning aspect of it is that that's probably what I like most about it actually. Is to say you know, so we have these case scenarios, so fictional patients that we put up about once a month, and a particular sort of scenario that's puzzling or or or challenging or just interesting. And, and what I love is hearing what my psychologist colleagues, or my social work colleagues, or my nursing colleagues have to add to that and just seeing that

situation from a different perspective. Because it's quite easy just to get, you know, stuck like in a certain way of thinking and doing.

Tania McMahon

Absolutely. It's very easy to see things through the lens that we all all come with, through our our, you know, varying professions. And it's really refreshing and and great for our professional development to hear perspectives from different, different roles.

Are there any other kinds of benefits, you know, in terms of, you know, why, you know what, what should drive us as health professionals to want to enter and engage in a space like this? You know, obviously we're all time poor and there's, you know, you know, groups on facebook. There's, you know, a lot of online spaces that we we kind of online, you know, virtual spaces that we we engage with you know in our everyday lives. Why is a space like this really important for health professionals? What other things can they gain from interacting through a community like this?

Phoebe Holdenson-Kimura

I mean, I think a lot of it is just around the support. I can't talk enough about how collegial support is so enabling for us to continue to be able to, you know, practice sustainably. And I think it protects against burnout, and we do know that is feeling heard and feeling validated in the challenges that we experience is very powerful. Again, that concept around, around learning and thinking about approaching situations in different ways.

I would also say that I think that this is a unique space where it's health professionals talking about mental health and it is protected. And so I certainly belong to quite a number of other online forums, most of them are Facebook based and with health professionals in, yeah, in general practice, but also in in broader areas. And I think sometimes the ethos is a little bit different and it might not necessarily be quite the same group of like minded people who are interested in mental health.

And I think with this particular community of practice, as I said before like I find that overwhelmingly everybody's just so respectful and supportive of one another, and I think that's because everybody wants to be there. So I, I do think that it is, It is a special place.

And you know, we also post up a fair bit of information in addition to what we've already talked about about some e-mental health things and, and new research that's coming out. New platforms that are being developed and things, and interweave that within discussion as well. So for people who are wanting to learn more about e-mental health in a way that's interactive and conversational. So for example, you know we have threads around... You know, I think that, you know, somebody will say I think that this is a great idea, but I've tried using it with with a few of my patients and nobody seems interested. What am I doing wrong, you know? And then you sort of brainstorm well, what could be going wrong there? What are some of the strategies to overcome those challenges? And so yeah, I think I think it it, it does serve another purpose for people who are wanting to upskill or develop their interest in using e-mental health tools within their practice.

Tania McMahon

Fantastic! And I think, I really agree with that that point you've made there. You know we do, you know, gravitate towards online social groups. A lot of them are on Facebook these days too. You know, kind of like minded people and there's certain kind of you know guard rails built around them. But this sounds like a really great specific space for this kind of, you know, specific area of working within mental health. Bringing all these professionals together and their knowledge and insights together in a way that's kind of safe and, you know, moderated and where everyone's there for the same reason it. And and it sounds like you know from and from what I've seen on the forums as well, it's really translated into this really nice yeah, college, collegial and, you know, helpful, supportive space.

Phoebe Holdenson-Kimura

Yeah, that's all we're aiming for is really that that flat structure, as I said, yeah.

Tania McMahon

Yeah, yeah. And so, can you, just out of, you know, out of interest, say, can you tell us about some of the, you know, the kinds of topics and conversations you know being covered across the forum? I know there's there's kind of nine or ten different threads with different conversations, you know, from tips for using digital mental health up to, you know, clinical challenges, practitioner self-care. Yeah, talk us through what kinds of issues are being discussed and kind of, what what kind of learnings are coming out of those conversations?

Phoebe Holdenson-Kimura

So definitely one of my favorite areas is is the clinical scenario, which is you know around once a month we'll put up a clinical scenario starting with, you know, what, what this person's background is and, and what they're presented with, like they're presenting complaint or concern, and and how you'd go about starting that conversation. And it's sort of like choose your own adventure. You know, somebody will then ask a, will say ohh put it out to the group and we'll say well, what are your, how would, what would you ask next or or what would you want to know about this situation? And then somebody will say ohh how's their sleep or how their relationships? Tell me about their, their, their their anxiety symptoms, or more detail around there's anxiety symptoms, or something like that. And then, and then the the moderator who's posted it will provide more information and it sort of simulates what might happen in the in the clinical setting. And and some people will be you know drawn towards particular part of the presentation and others will be more interested in other aspects.

And at the moment we've got, you know, the the current scenario, which is a really interesting one around support, supporting a struggling colleague. And I'm sure we've all been in that situation where you, you know, you notice that there's somebody that you work with who just doesn't seem to be themselves. And you ask yourself do you, do I do something about this? You know? What do I say? How do I say it? Is it really my role? All those sorts of questions that we have and so there's that conversation playing out at the moment about, well, what does that person say? And and and where does, where does that lead us?

And so there's a bit of modelling that goes on there as well as you sort of observe what some of your colleagues might do or how they might phrase certain questions. It's quite interesting and we do know that there are a lot of people who might not actively post on the forums but are watching and I think that that's a very, you know, valuable way to participate as well. But obviously you know, if people feel comfortable to post then that's fantastic also.

So that's the current clinical scenario, but you know the previous one is around a patient who's got long standing, sort of low grade psychotic symptoms who doesn't want to go on antipsychotics, and you know whether there's a role for therapy? You know what, what, what's the role of a psychologist in and, and the GP, I guess, and other health professionals in managing, you know, paranoid thoughts or delusions in the context of not actually being able to use medication? I think that that's a really thorny issue, but I think most of us have been there at some point. And then the previous one is around, one of the previous ones, which is really good is around, you know, unexplained physical symptoms. And that that's a really good one for interprofessional learning because, you know the psychologist get a sense of, oh, well, what would a GP do to try and rule out the physical symptoms? And the GP's get a sense of well what would the psychologist or the nurse say to, you know, to try and help the patient make sense of of the symptoms that they're experiencing?

So, so anyway, yeah, like, those are some of the clinical scenarios that we've had recently. But you know, we've got a whole tile on practitioner self-care and there's a good discussion going on there about what what different practitioners do to try and look at after each other, after themselves, sorry. So you know that's, that's an interesting one. Another sort of area that I find really interesting is the research of interest section. And you know there's been discussion there recently around some systems modelling in mental health and service provision. Some new research coming out about PTSD. Research around safety, planning and suicide risk assessment, which, as you know, probably know, there's lots changing in that space at the moment.

So, you know, there's there's just, there's people can pick and choose I guess what they're interested in and and just go and have a read or if if they're interested, then they can actually start to participate in that conversation as well. And we we very much welcome that. So yeah, I think those are the sorts of issues. And yeah, I think. What we're aiming to do as well is to interweave, you know, discussions around mental health when when that's, when there are discussions that, that have, have relevant mental health tools or angles there. e-mental health tools, sorry.

Tania McMahon

Yeah, yeah, I've actually. I saw the, there's a great thread about tips for using digital mental health tools, a specific thread on that. And there was some really interesting conversation about just even like the experience and the process of of integrating digital mental health tools into care and misunderstandings. Really simple misunderstandings that that patients and clients have. I think that kind of discussion is really helpful and it, yeah, it sounds like there's just a lot there to pick and choose from. Different ways to interact with the forums.

Whether you kind of go on and read through past discussions to see what you know or participating, presenting your own kind of questions for for, for input. And yeah, I I really, I really love that that interdisciplinary learning aspect. Being, being able ,because also we're really siloed off, you know.

Phoebe Holdenson-Kimura

That's right, yeah.

Tania McMahon

Working in our different environments and sometimes you you don't necessarily know what the you know how a a different profession could contribute to a case that you're seeing. And so what a great space for that learning to take place.

Phoebe Holdenson-Kimura

That's right. And you know, as you were saying earlier, we're all busy and we've got a lot on our plates. But I think one of the strengths of something like this as it is, is asynchronous, you know? Like its, we'd all love to be going to monthly barlit groups and you know, group supervision and things like that. And they are amazing, but I think for a lot of people now that sort of asynchronous model of coming in and out and contributing that way sort of suits their rhythm of work better or is just more realistic in terms of their their competing priorities. Uh, but you know, I'd say sometimes, you know, there'll be a thread from two years ago because we did have a a forum hosted on a on a different platform previously to this. And from two years ago and somebody will revive that, you know? So somebody's gone through and read it and then thought ohh yeah I I wanna kick start this conversation again and there we go. And so yeah. Yeah, yeah.

Tania McMahon

So, I wanted to I wanted to ask a bit of a a bigger picture question about digital mental health because we we've been talking a lot about and we we hear spoken a lot this idea of blended care, blended models of care, you know where digital programs and services are used in combination with face to face care. And a lot of people would say, you know, we're really not quite there yet with blended care. So in your work at at Black Black Dog Institute, what do you see as some of the major challenges to incorporating digital mental health into practice in more of a systemic way?

Phoebe Holdenson-Kimura

Right. Yeah, yeah. So, I would agree with you. I think there's lots of persistent misunderstandings about what digital programs are as well as what we really mean by blended care. I think there's still lots of people out there who are saying that e-mental health tools, resources, programs can never replace the therapeutic alliance and what what's happening between the health professional and the patient in the room and you know, all of that sort of the the the care that goes on in that interpersonal space. And I would 100% agree! You know, we we never got when we're not pretending we're, you know, we're not claiming that any of these tools can function in that in that capacity. What we're saying is that it really if if blended care has done well that it can actually free clinicians up to do more of that. To do more of the deeper work, the relational work, whilst the patients have the opportunity to do more of the structured CBT or other sort of manualized skills based programs in a in another space.

And so I think I think the reframing there is really important and I'm not sure that it's that that message has gotten out to everybody quite yet. But I do see that over time that people are seeing more and more, health professionals are seeing more and more the value of using these models not as a alternative, so not not in to replace face to face therapy, but to to, you know, as a adjunct therapy.

So I think I think that's the biggest issue is is, is around actually getting your head around well, what are we actually talking about here? But I would also say that I think that a lot of health professionals feel so like overwhelmed but by just how much there is available. And you know, there's a lot now available, but health professionals might feel uncertain as to which one is the best or which one will be most suitable for a particular person's needs. And it all just gets a bit difficult and confusing. And you know for me as a GP, I know that I have a sense of the psychologist that work in my area and who might be suitable might be a good fit in terms of their skills, but also their personality for any particular person I'm referring to them. It's a bit like that. Isn't it? Like, you know, you really want to set things up, to succeed and, and I think the confidence around that is still lacking for a lot of health professionals.

So, so what we're finding then is that people are still probably fairly reluctant to prescribe e-mental health in the way that we'd consider a prescription to work in any other, for any other, you know, for a drug perhaps or some other sort of intervention. And so rather than, you know, being quite specific in those instructions, we're sort of saying, ah, you know, there's this app that you might benefit from, and I'm just going to write down a piece of paper, see, see how you go with it. And that's really not what we're describing with blended careers is it? You know, what we're wanting to say is this is a resource, this is a program that I think you're going to really benefit from because of, you know, the diagnosis or the problems that you're facing. And this is this is what it's going to equip you with and let me show it to you. And can you give it a go and then we'll review it in two, we'll review you in two weeks time and see how you're going with that as well as your overall mental health and well-being and. So yeah, I think, I think there's still a lot of work to be done in that space. Really getting clinicians and and their patients along understanding what that picture really looks like.

Tania McMahon

Yeah, yeah, the the kind of the, the, the big hurdles are are really around getting people to, you know, not just the clients, the patients, but the health practitioners themselves to understand what the role of digital mental health is and and kind of busting the myths to start with. You know, and we we still experiencing a lot of people you know, thinking that it's here to replace us, that it's an either or kind of scenario.

Phoebe Holdenson-Kimura

Yes, yes, yeah.

Tania McMahon

When no when no it's it's it's no it's it's both and. It's using it's taking advantage of what of the benefits of digital mental health to make our our jobs easier so that we can, you know, devote our energy and our time to to you know, the things that we need to in our in our work.

Phoebe Holdenson-Kimura

Yeah. And I think, and I think with that I mean you you only just need to have one positive experience of it as a clinician, I think. Yeah, to develop confidence and to feel motivated to keep doing it more and more.. And I, so I trained as a red GP registrar up in Far North Queensland and I started using This Way Up there actually because I've been exposed to it as a medical student in my studies. And I, you know, there wasn't access to psychology, local psychology services so I just had to start using it because I wasn't able to provide CBT for my patients. And I had one patient with just very severe agoraphobia and and social anxiety and and you know, I with him, I I started doing blended care before that word was even around you know? I I I said I'd like you to, I'm gonna prescribe it and I'd like you to do the first module, and then after that, can we can we, you know, touch base in two weeks time to see how you're going with that. And we did that for the whole 6 modules and at the end of it he was, it was just incredible. His quality of life was amazing. He was able to pick up his children from school again. He was considering going back to work and it was just so dramatic and it's something that I just couldn't have achieved by myself. And I think that seeing, seeing how blended care works so powerfully there really motivated me to keep sort of trying it with with with other people, with other patients. And certainly it doesn't, it doesn't work for everybody, and you know there are lots of legitimate barriers there I think as well. But I think having it on the table as part of the toolkit is really valuable.

Tania McMahon

Absolutely. And realizing that it can work really well for for some people. And I, you know something we hear, hear a lot from people who, you know, like you said, you know, it just takes that one good experience.

We we hear people say things a lot like 'ohh I just didn't realize that this was, it was so good! That, you know, these treat, that you know that there was this this treatment program provided all that that that person needed.' And that they, you know, become almost champions of digital mental health going this stuff is really amazing. Yeah. You know, not for everyone, of course, but for the people that it's a, you know, it really suits it's, I'm so glad I have this option here. And I draw on it all the time now. Now that I know how well it works. Now that I know.

Yeah. Yeah, so I think I think that's that's one of the big, you know that messaging is really one of the biggest hurdles we face. As well as, yes, the overwhelm. Just knowing where all the different services and products fit and what they do. And I really agree with the, the the analogy there to say face to face referrals. We kind of touched on this in the last episode with a with another GP going, we can vouch, you know, when we're making referrals to colleagues, we can really vouch for them. I know that you know that person will really, you know, suit working with you. You know, I like her style or his style and their approach, I think that'll really fit with you. And we're trying to do the same at the moment with hundreds of digital services and it's really hard to know like which one's gonna fit for the right person and the right scenario. So, we there's still a lot of a lot of work to be done to, to get there.

So, with the the education hub, the resource and education hub, we've obviously talked about the community of practice as one of the tools available, but there there's a lot more in there. Can you tell us a bit more about some of the other ways that health professionals can interact with the hub to help bridge that gap between you know, what we know works and how we actually use it in practice?

Phoebe Holdenson-Kimura

So yes, there's a whole host of other resources that are sitting inside the hub now. So there is the e-mental health and practice webinar series and all of the 60 previous webinars are available for on demand viewing. We've also distilled the content from that into 30 to 40 minute podcasts and so people can access that there if that's something that they, you know, that they prefer, yeah, you know, do these things while they're driving or gardening or something like that.

Tania McMahon

Different options. It's all about the different options, isn't it?

Phoebe Holdenson-Kimura

Yeah, that's right. We also have a fantastic blog series where we have health professionals and researchers contribute blog posts about e-mental health tools and more broadly, just mental health topics of topical relevance. And then we have other material, like we've got a much shorter webinar, 30 minute webinar series that we've just started up recently as well as the expert insights webinar series up there.

There's a lot of written information resources that we can be printing out to use with our patients, so both health and patient practitioner factsheets, and, and just, there's just a lot there I would say, but it's all very nicely sort of categorized and very user friendly in terms of being able to navigate how to get to what you need.

Just, just as an example with the Black Dog Institutes recently launched Sleep Ninja, which is an app, an iCBT app for young people, and there's a lot of material on the hub, for example to help practitioners gain familiarity with Sleep Ninja and gain confidence with how to actually use it in their clinical practice. So just a bit of background around Sleep Ninja. It's a free evidence-based smartphone app that's got good efficacy in helping young people with sleep problems and was designed in consultation with young people, their parents and carers, psychologists, counselors and sleep experts here at the Black Dog Institute. And and I think many of us will be familiar with iCBT or yeah CBT for insomnia and Sleep Ninja teachers. It's a manualized way of teaching young people strategies to help develop, you know, better sleeping habits and improve their sleep quality. But what's cool is that it's sort of packaged up a, not not doesn't feel manualized. It's designed in such a way that each of those sessions is like a ninja training session and you, you know, you work towards getting your black belt and it's very, very interactive. So the whole delivery of the education with, with the client or the patient is actually appears to be via text message. So so it's it's in a format that I think really would resonate and speak to how young people are sort of interacting with the world and consuming information now. So each of those activities is, you know, 5 to 10 minutes to complete and is designed to be used during the day rather than at night.

And, but, you know again, you know, we don't necessarily want clinicians just to say, hey, we've have you heard about Sleep Ninja? Just download it and give it a go, you know? We want, you know, we want in the same way that when you go to prescribe a new medication that you've never prescribed before, you actually need a bit of knowledge about it and and you need to be able to talk to people about how to use it. And so to do that and to, you know, bridge that gap between theory and clinical practice for health professionals we've got a digital communications pack to help help health professionals get started with knowing how to use or recommend Sleep Ninja and you can register your interest on the hub. There's also a short on demand webinar that explores how to use and introduce Sleep Ninja in clinical practice. And then, and then there's also some discussion in the community of practice around Sleep Ninja and and how to, you know, with, you know, and and canvassing whether people have started using it with their patients and how that's been going and things like that.

So I guess we're really wanting to support the, the whole idea is that we're wanting to support health professionals in using these tools rather than just simply providing, you know, a list and saying go off and, you know, good luck.

Tania McMahon

Yes, yes. No, that's great. I think that's something that's missing from a lot of digital services and products. Not, there's, there's a lot out there that have that kind of, I guess, yeah, content for health professionals like, you know, a guide, but not all. You know, definitely it's it's the exception rather than the rule. So that's that's great that it's being designed with help you know with the health practitioners in mind. That, you know, that in order for health practitioners to really be motivated and confident in integrating this into their practice they need that knowledge and that that that's available for them. Yes. Excellent.

Phoebe Holdenson-Kimura

Well, I mean, we need confidence, don't we?

Tania McMahon

Yes. Yeah. And like you said with you know, again the analogy to other prescriptions, we wouldn't just go just take this medication, you try this medication, see how it goes.

Phoebe Holdenson-Kimura

Yeah, I heard about it last week from a friend. Don't really know much about it, but apparently it's good.

Tania McMahon

Just give it a go. We we need to be well educated about it and, and and really understand it and and be able to communicate all of that to our, to our patients with confidence. So there's also just coming back to other other tools in the hub, there's also some online short courses and CPD modules available.

Phoebe Holdenson-Kimura

That's right.

Tania McMahon

I think people we're excited to hear about those. There's quite an extensive catalogue to draw on. Can you tell us briefly about some of the programs that are offered? What kind of content they cover? Who they're for?

Phoebe Holdenson-Kimura

Yeah, yeah. So look, most of it is designed with health professionals in mind, other than those fact sheets and resources that you can print out or use with your clients. But just to highlight, perhaps some of those webinar materials that people can go and watch on demand. So for example, there's a recent one on using e-mental health to manage complexity, anxiety and bipolar disorder. That's a tricky one for us all I think in clinical practice and helping people to navigate that with some e-mental health tools.

There's another one around diversity and providing psychological support for LGBTIQ+ people. And then we had a recent webinar with, in collaboration with Beyond Blue around digital safety planning for suicide prevention, which was really great. It was very, very practical and I think I've certainly come away from that with a lot more confidence as to how to use the Beyond Now app and, you know, to use that, yeah, in a way that's detailed and really tailored to that person's preferences.

The one that we had just a few weeks ago was around climate change and mental health. And that's a really, really topical discussion. So interesting, and I think we're seeing it more and more, particularly in young people and I think you know, we never learned about that when we studied medicine or psychology or social work at university. And so I think, you know, we're really aiming to keep people abreast of changes in research, changes in therapeutics, but also those digital tools, but also sort of new emerging mental health issues.

Tania McMahon

Yes. Yeah, really topical stuff.

Phoebe Holdenson-Kimura

Yeah, yeah. And, you know, we've got some excellent content coming up around anxiety disorders in women. We're going to be doing a collaboration with WellMob looking at resources for Aboriginal and Torres Strait Islander peoples. A whole host. So yeah, I guess just shining a spotlight on those in particular, but look at what I'd encourage everybody to do is just to hop on the hub. It's very easy to sign up and you can just have a look around and I'm sure that there'll be something there that suits your learning needs.

Tania McMahon

Excellent. And the CPD modules, can you tell us briefly who those are, who those are for? What's available there?

Phoebe Holdenson-Kimura

Yeah, yeah. So look, these are fantastic. Very, very high quality learning modules and really act as like a primer I think. You know, building blocks for understand, for getting you know, just getting your head around what is e-mental health? What are we talking about when we say e-mental health? You know, what are we talking about when we say blended care? And really that very, very clear introduction to both the concepts and also some of the key resources available at the moment in Australia and then the practicalities of how to use this. How do you talk to patients about these? How do you build it into your workflow and consultation style?

And so those learning, online learning modules have been previously available and so some of the listeners will have already done those before. But we've updated the material and so we'll be re-releasing that series with with much more up-to-date content over the next few months, with the first being, you know, an introduction to e-mental health and how to harness e-mental health to help with common mental health conditions in the mild to moderate range. Which is really what we're talking about aren't we? And, and then the second online module is, yeah, translating therapy to the online environment and and you know very, you know, yeah, taking a deep dive there. Yes.

Tania McMahon

Ah, excellent. Well, there's definitely a lot to look forward to and a lot for practitioners to explore. So, well, thank you, you know so much for your time, Phoebe. This new space feels very exciting, and it's really been great to hear what's, hear about what's happening in it. And I really think that in time, a lot of health practitioners working in mental health who, you know, come to be familiar with the hub are going to come to see it as, you know, quite a vital tool in their work. Yeah. So thank you so much for coming on the podcast.

Phoebe Holdenson-Kimura

Yeah, no worries. Thanks so much for having me, Tania.

Tania McMahon

Cheers