

AIMhi Stay Strong News

September 2017

New Stay Strong eMental Health training workshops announced

Darwin

Monday 9th October 2017 8:30 – 12:30
Menzies School of Health Research training rooms,
Building Red 9, Charles Darwin University

To register contact Stef Puszka:

Stefanie.Puszka@menzies.edu.au

Ph. 08 8946 8422

Alice Springs

Thursday 19th October, 10-2pm
Centre for Remote Health Lecture Rooms

To register contact Michelle Sweet:

Michelle.Sweet@menzies.edu.au

Ph. 08 8951 4745



Newsflash: 2 year extension e-Mental to Health in Practice project extends our work to mid 2019

New video launched

<https://vimeo.com/221699315>



Menzies School of Health Research
www.menzies.edu.au
Phone: 08 8946 8422 (Darwin)
Phone: 08 8951 4745 (Alice Springs)

eMHPrac
E-MENTAL HEALTH IN PRACTICE



The eMental Health Implementation Support Program continued 2017 - 2019

We are again offering a limited number of organisations an opportunity to participate in an extended, tailored implementation support program that will be delivered over 12 months free of charge to assist organisations in implementing e-mental health services such as the Stay Strong App into their programs and services.

This package has been developed through analysis of our learnings over the last four years. It adopts a whole-of-organisation approach to implementation and provides greater support for organisations, both *before* and *after* training, to integrate e-mental health approaches within their usual practice. It involves a commitment from an organisation to work towards the implementation of e-

mental health approaches into practice. This is matched by extensive implementation support provided by the eMHprac program through Menzies School of Health Research. Interested organisations are invited to submit an expression of interest. The detail of the package will be determined through consultation and agreement between the study team and the organisation.

To find out more about the implementation support program contact:

Stef Puszka: Top End
Stefanie.Puszka@menzies.edu.au
Ph. 08 8946 8422

Michelle Sweet: Central Australia
Michelle.sweet@menzies.edu.au
Ph. 0889514745

Introducing Michelle McGuirk



After working 16 years with the NT Department of Health it is great have a change of direction with AIMhi Stay Strong projects. I am a long term resident of Alice Springs, having worked in the alcohol and drug sector, mental health and more recently as the Clinical Manager for TeleHealth NT, I bring with me experience from both a clinical and technical perspective. My qualifications include Bachelor of Nursing

(CDU), Masters in Public Health (Flinders), Graduate Certificate in Business (QUT), Certified Health Informatician Australasia (CHIA) and I am also an executive member of the Australasian Telehealth Society. I have had significant experience in adapting technologies into clinical practice and working with Menzies and eMHPrac will be an excellent opportunity to increase evidence for the use of mHealth tools. I look forward to meeting you all in person over the next few months.

Stay Strong – Useful Links

[Stay Strong App User Guide](#)
[Stay Strong App Demo](#)

