

**MHPN Webinar: Working collaboratively to support the social and emotional well-being of Aboriginal and Torres Strait Islander youth in crisis**

**List of Panel Suggested Supporting Resources**



**Books:**

Working Together: Aboriginal and Torres Strait Islander Mental Health & Wellbeing principles and practice (2014) by Schultz, C., Walker, R., Bessarab, D., McMillan, F., MacLeod, J., and Marriott, R.  
[http://aboriginal.telethonkids.org.au/kulunga-research-network/working-together-2nd-edition-\(1\)/](http://aboriginal.telethonkids.org.au/kulunga-research-network/working-together-2nd-edition-(1)/)

Chapter 13 Interdisciplinary Care to Enhance Mental Health and Social and Emotional Wellbeing  
<http://aboriginal.telethonkids.org.au/media/673982/wt-part-3-chapt-13-final.pdf>

Chapter 15 Communicating and Engaging with Diverse Communities  
<http://aboriginal.telethonkids.org.au/media/673984/wt-part-3-chapt-15-final.pdf>

Chapter 10 Cultural Continuity as a Moderator of Suicide risk among Canada's first nations by Michael J. Chandler and Christopher E. Lalonde  
<http://web.uvic.ca/~lalonde/manuscripts/2008HealingTraditions.pdf>

**Websites:**

Social and Emotional Well-being Workers links to suicide and self-harm information from Australian Indigenous HealthInfoNet  
<http://www.healthinfo.net.ecu.edu.au/other-health-conditions/sewbworkers/self-harm-and-suicide>

Menzies School of Health Research – Mental Health and Wellbeing Resources  
<http://www.menzies.edu.au/page/Resources/>

**ibobbly: An app to save Indigenous lives**

ibobbly delivers treatment based on psychological therapies that target suicidal thoughts. The app draws heavily on Indigenous metaphors, images, and stories and is culturally relevant. The app works through a self-assessment of the user's mood, teaches them how to be aware and manage their thoughts, and to create an action plan to increase their wellbeing. For more information, or to participate in a trial examining the effectiveness of the app.

<http://www.blackdoginstitute.org.au/public/research/ROVERibobbly.cfm>

The Australian Psychological Association provide a range of ATAPS training and resources/tools available at:

<https://www.psychology.org.au/ATAPS/resources/>

**Radio Interviews:**

Interview with Prof. Pat Dudgeon 10 September 2014 (52 minutes) on 98.9fm

<http://www.989fm.com.au/podcasts/lets-talk/professor-pat-dudgeon/>

Cultural Continuity as a Moderator of Suicide risk among Canada's first nations by Michael J. Chandler and Christopher E. Lalonde

<http://web.uvic.ca/~lalonde/manuscripts/2008HealingTraditions.pdf>

**Journals:**

Westerman, T. (2004) Engagement of Indigenous clients in mental health services: What role do cultural differences play? Australian e-Journal for the Advancement of Mental Health Vol 3, Issue 3, ISSN: 1446-7984

<http://www.tandfonline.com/doi/abs/10.5172/jamh.3.3.88?journalCode=ramh19> accessed 21/12/16

Dingwall, K.M., Lindeman, M.A. and Cairney, S. (2014) You've got to make it relevant: barriers and ways forward for assessing cognition in Aboriginal clients at

<https://bmcpyschology.biomedcentral.com/articles/10.1186/2050-7283-2-13> accessed 21/12/16

Johanson, R.P. and Hill, P. (2011) Indigenous health: A role for private general practice. Australian Family Physician. Volume 40. No. 1. January/February

<http://www.racgp.org.au/afp/2011/januaryfebruary/indigenous-health/>

Abbott, P., Dave, D., Gordon, E. & Reath, J. (2014) What do GPs need to work more effectively with Aboriginal patients? Views of Aboriginal cultural mentors and health workers. Australian Family Physician. Volume 43, No. 1 January/February

<http://www.racgp.org.au/afp/2014/januaryfebruary/aboriginal-cultural-mentors/>

### Assessment Tools:

Australian Institute for Suicide Research and Prevention have developed a semi-structured interview that facilitates therapeutic conversation

<https://www.griffith.edu.au/health/australian-institute-suicide-research-prevention/publications/stars>

National guide to a preventive health assessment for Aboriginal and Torres Strait Islander people 2<sup>nd</sup> edition

<http://www.racgp.org.au/your-practice/guidelines/national-guide/>

### Training:

The Royal Australian and New Zealand College of Psychiatrists has e-learning modules at <https://www.ranzcp.org/Publications/E-learning.aspx> for supporting health professionals in improving knowledge and understanding of Aboriginal and Torres Strait Islander mental health care to achieve better outcomes.

- **Module 1: Interviewing an Aboriginal or Torres Strait Islander patient**  
Engagement and communication with Aboriginal and Torres Strait Islander peoples in a culturally appropriate and safe way.
- **Module 2: Developing a mental health management plan for an Aboriginal or Torres Strait Islander patient**  
Importance of collaboration in the development of a culturally appropriate and suitable management plan for Aboriginal and Torres Strait Islander peoples.
- **Module 3: Formulation of a case involving an Aboriginal or Torres Strait Islander patient**  
The important factors and information to consider when formulating a case involving an Aboriginal or Torres Strait Islander patient.
- **Module 4: Review a model of mental health service delivery in an Aboriginal or Torres Strait Islander community**  
Understanding the barriers to accessing mental health service delivery along with strategies to improve access for Aboriginal and Torres Strait Islander peoples.