

## Australian Integrated Mental Health Initiative (AIMHI) Northern Territory

### Overview

#### History

AIMHI NT, in partnership with the Department of Health and Community Services, is the Northern Territory site of this major National Health and Medical Research Council (NHMRC) Strategic Partnership initiative. AIMHI began its research activities in mid 2003 and has been consulting with Indigenous organisations since this time.

AIMHI NT is comprised of a number of key components including

- Relapse prevention;
- Mental health promotion and outcome measures;
- Service delivery;
- Research; and
- Data collection

#### Aims

AIMHI NT's overall aim is to improve mental health outcomes for Aboriginal and Torres Strait Islander people in the Northern Territory, with a particular focus on relapse prevention and co-morbidity.

#### Focus

The initiative operates on many levels but is primarily a mental health promotion activity.

#### Target group

The project is aimed at Aboriginal and Torres Strait Islander people living in remote areas in the NT who have a mental illness, their carers, families and service providers. An additional focus targets those who have co-morbid substance abuse and mental health problems.

### Project structure

#### Lead agency

The overall lead agency for the AIMHI initiative is the University of Queensland

#### Partnerships,

In the Northern Territory the project partners are:

- Co-operative Research Centre for Aboriginal Health (CRCAH);
- Menzies School of Health Research;
- Department of Health and Community Services (DHCS); and
- Top End Division of General Practice (TEDGP).

The project works with three participating communities – Milikapiti, Nguiu and Groote Eyland, and is guided by an Indigenous Reference Group.

#### Funding

The initiative has received funding from:

- National Health and Medical Research Council
- Co-operative Research Centre for Aboriginal Health
- Department of Health and Community Services
- Alcohol Education and Research Foundation
- FIMHR
- Community Benefit Fund

## Project description

The AIMHI NT project has a multi level approach involving:

- Service delivery: development and delivery of training packages and materials for service providers;
- Relapse prevention: trials of relapse prevention interventions in 3 communities;
- Health promotion: on going development of culturally appropriate multi media resources;
- Data collection and outcome measures: via surveys, audits and outcomes papers; and
- Project promotion and research transfer: consultations and seminars held, publications distributed.

## Additional readings and resources

The Need for Relapse Prevention Strategies in Top End Remote Indigenous Mental Health.  
Nagel T. 2006.

Australian e-Journal for the Advancement of Mental Health Vol. 5, no.1.

[www.auseinet.com/journal/vol5iss1/nagel.pdf](http://www.auseinet.com/journal/vol5iss1/nagel.pdf)

AIMHI Update.

Auseinetter 2005, Vol.23 no.1.

<http://www.auseinet.com/resources/auseinet/netter23/>

AIMHI Base Line Measures. Discussion Paper One.

Nagel T. 2003.

[http://appserv.menzies.edu.au/pls/portal30/docs/FOLDER/RESEARCH/ESP/COPY\\_OF\\_PROJECTS/HRSS/P/RELAPSEPREVENTION/AIMHI\\_2003\\_DISCUSSION\\_PAPER\\_1.PDF](http://appserv.menzies.edu.au/pls/portal30/docs/FOLDER/RESEARCH/ESP/COPY_OF_PROJECTS/HRSS/P/RELAPSEPREVENTION/AIMHI_2003_DISCUSSION_PAPER_1.PDF)

AIMHI NT Learning about Indigenous Mental Health Promotion. Discussion Paper Four.

Nagel T. & Judd J. 2004

[http://appserv.menzies.edu.au/pls/portal30/docs/FOLDER/RESEARCH/ESP/COPY\\_OF\\_PROJECTS/HRSS/P/RELAPSEPREVENTION/AIMHI\\_DISCUSSION\\_PAPER\\_4.PDF](http://appserv.menzies.edu.au/pls/portal30/docs/FOLDER/RESEARCH/ESP/COPY_OF_PROJECTS/HRSS/P/RELAPSEPREVENTION/AIMHI_DISCUSSION_PAPER_4.PDF)

AIMHI NT Integrating Mental Health into Primary Care. Discussion Paper Two.

Nagel T. 2004.

[http://appserv.menzies.edu.au/pls/portal30/docs/FOLDER/RESEARCH/ESP/COPY\\_OF\\_PROJECTS/HRSS/P/RELAPSEPREVENTION/AIMHI\\_DISCUSSION\\_PAPER\\_2.PDF](http://appserv.menzies.edu.au/pls/portal30/docs/FOLDER/RESEARCH/ESP/COPY_OF_PROJECTS/HRSS/P/RELAPSEPREVENTION/AIMHI_DISCUSSION_PAPER_2.PDF)

Mental Health Stay Strong Care Plan Package.

Nagel T. & Thompson C. 2006

[http://www.auseinet.com/files/recovery/3aimhi\\_careplans.pdf](http://www.auseinet.com/files/recovery/3aimhi_careplans.pdf)

5 minute therapy? No worries! (Flip chart).

AIMHI NT 2004.

[http://appserv.menzies.edu.au/pls/portal30/docs/FOLDER/RESEARCH/ESP/COPY\\_OF\\_PROJECTS/HRSS/P/RELAPSEPREVENTION/5\\_MINUTE\\_POWER\\_POINT.PDF](http://appserv.menzies.edu.au/pls/portal30/docs/FOLDER/RESEARCH/ESP/COPY_OF_PROJECTS/HRSS/P/RELAPSEPREVENTION/5_MINUTE_POWER_POINT.PDF)

Strong Tree. (Poster).

[http://appserv.menzies.edu.au/pls/portal30/docs/FOLDER/RESEARCH/ESP/COPY\\_OF\\_PROJECTS/HRSS/P/RELAPSEPREVENTION/BRIEFER+STRONG+TREE.PPT.PDF](http://appserv.menzies.edu.au/pls/portal30/docs/FOLDER/RESEARCH/ESP/COPY_OF_PROJECTS/HRSS/P/RELAPSEPREVENTION/BRIEFER+STRONG+TREE.PPT.PDF)

Other publications may be made available via the AIMHI publications page:

<http://www.uq.edu.au/health/index.html?page=36344&pid=20333>

## Contact details

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