

Innovative Models of Care (IMOC) Program – YArnhem stepped model of care

Flinders University will deliver the YArnhem stepped model of care: a digital Stepped-care Mental Health Platform aimed at supporting young Yolŋu to access Social and Emotional Wellbeing (SEWB) Care.

Round 5: Flinders University An implementation trial for the co-designed digital YArnhem stepped model of care for young Yolŋu in East Arnhem

Location: NT - Nhulunbuy, Galiwin'ku, Gapuwiyak, Garrthulala, Gäṅgaṅ (MM7)

Funding: \$1.5 million over 4 years from 2024

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The activity will fund a digital Stepped-care Mental Health Platform aimed at supporting young Yolŋu access Social and Emotional Wellbeing (SEWB) Care. This project proposes to conduct an implementation trial to embed the YArnhem digital model of care (app) within the service provision of community-controlled health services in East Arnhem. This would be delivered through partnership and collaboration with Flinders University, Miwatj Health, Laynhapuy Homelands and young people in East Arnhem connected to schools, youth programs, health services and other agencies.

The YArnhem Model aims to increase access to SEWB care in an under-served and very remote Aboriginal population. The trial will promote and monitor YArnhem Model as used by organisations and agencies as part of their resource pool and service delivery models.

The grant funding will allow the recruitment of various positions that will facilitate the adaption of the YArnhem model to the Laynhapuy Homelands and two additional Miwatj sites, the design of the engagement strategy for the trial, the refining of internal processes and practices, and the trial evaluation. Funding will allow the purchase of key IT assets, and the development of the digital app and website. It will also facilitate workshops, incentivise participants, and fund further engagement activities and associated travel between sites.

The trial will be implemented in 3 pillars:

- Pillar 1: adapt the YArnhem model to the Laynhapuy homeland of Gäṅgaṅ and Garrthulala and the Miwatj communities of Gapuwiyak and Galiwin'ku.
- Pillar 2: co-designing the health engagement strategy for the current East Arnhem climate, refining key messaging, communications, evaluation processes and health service approaches to young Yolŋu people accessing care.
- Pillar 3: taking information from Pillars 1 and 2 to establish key trial processes. The trial implementation will then commence in August 2026 (dry season) for 12 months.

Evaluation will be supported through workshops, interviews with young people, service providers and families in the community settings to understand and shape the progression of trial activities and the nature of the implementation, determining how best to support the social and emotional wellbeing of young Yolŋu.