

The Lighthouse Program: Evaluating the effectiveness of a stakeholder-informed online training programme for parents, carers and supporters of 10–13-year-olds with unmet mental health needs in rural, regional and remote settings.

Are you a teacher or mental health clinician from a rural, regional, or remote setting working with children aged 10-13 with unmet mental health needs?

If so, would you be willing to participate in our focus groups run in late July, 2024, and help co-design an education programme? The programme aims to better enable parents, carers, and supporters in rural, regional, and remote communities to respond therapeutically to the unmet mental health needs of children aged 10-13 in their care.

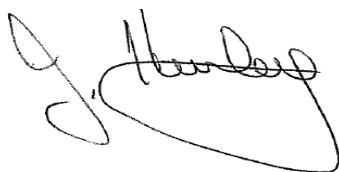
I am Professor John Hurley in the Faculty of Health at Southern Cross University (SCU). I am working with Professor Marie Hutchinson, Professor Brenda Happell, and Associate Professor Jacqui Yoxall, all from SCU, as well as with Professor Bindi Bennet of Federation University. Along with leading children's General Practitioners and mental health therapists from our region, we are conducting a research project funded by the Rural Mental Health Partnership grant fund. This research will evaluate the reach and effectiveness of an education programme for parents, carers, and supporters of children (aged 10-13 years) residing in rural, regional, and remote communities during the critical wait period for a specialist mental health service. The research also aims to understand what factors enable or negate such a programme's effectiveness.

We are currently seeking teachers and clinicians from a rural, regional, or remote setting who are working with or have recently worked with children aged 10-13 with unmet mental health needs. You would be participating in an online focus group with other teachers and clinicians, which will run for approximately 60 -90 minutes.

An experienced mental health clinician, educator and researcher will facilitate the focus group. The focus group will refine the previous programme used for youth for digital delivery to parents of a younger cohort. We are offering a \$50.00 grocery voucher to all those who participate.

If you are interested in being involved with this research project or would like further information, please email me at john.hurley@scu.edu.au

Kind regards,



Professor John Hurley