



Be Your Best



Online support & counselling.

Anywhere. Anytime.

Mindstar is an innovative new health and wellbeing platform connecting adults & children with internet-based support programs & counselling. The Mindstar website provides a choice of online wellbeing programs, or individual online counselling by professional, qualified therapists.

mindstar wellbeing

Personalised, interactive
self- guided program



mindstar one on one

Choose your own
individual therapist



Launching in December 2014!

For further information:

www.mindstar.com.au

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Mindstar Wellbeing – Interactive Self-Guided Programs

The *Mindstar Wellbeing Programs* are self-guided wellbeing programs that are available for individuals to complete online on any electronic device with internet access (e.g. PC, laptop, iPad or smartphone). The wellbeing programs consist of three 20 minute sessions that can be completed anywhere, anytime and at the individual's own pace. Based on a range of evidence-based psychological therapies, including Acceptance and Commitment Therapy (ACT), Cognitive Behaviour Therapy (CBT) and Solutions Focused Therapy, the programs introduce the user to interactive, experiential psychoeducation and evidence-based strategies to deal with psychological distress.

A clinical evaluation of the f2f Mindstar Program conducted by the University of the Sunshine Coast found that completion of the program resulted in significant symptom reduction in anxiety, depression and psychological distress (Birch, 2014).

Features:

- *Personalised* – individual wellbeing programs available for: primary (6-11yrs); youth (12-18yrs); parents; adult women; blokes.
- *Accessible* – available to be completed online at any time day or night on any device
- *Anonymous* – access through website overcomes stigma or embarrassment of accessing support
- *Enjoyable* – positive, interactive exercises provides users with a unique, highly engaging counselling experience
- *Effective* – ACT-based experiential psychoeducation builds psychological strength, helps individuals identify their values, and sets positive goals to encourage the living of a fulfilled life through the connection between personal values and daily actions.
- *Engaging* – individuals receive regular contact between sessions from Mindstar providing reminders, feedback & support to enhance continued engagement and effectiveness.
- *Psychological Strategies* – at completion individuals receive their individual *Mindstar Action Plan* linking their values with committed actions. Individuals are then able to reconnect with Mindstar Wellbeing Program whenever they may require extra support.
- *Ongoing support* – clear pathways will be identified for clients requiring additional support via the group or individual counselling option

Mindstar One on One - Individual Counselling

The *Mindstar One on One* individual counselling provides clients with the opportunity for individuals to connect online with a counsellor or therapist.



Features:

- Individuals do not need to download any software or join any provider to connect with a counsellor online. Connection is as simple as clicking on a link sent by email.
- Online counselling can be conducted from a central location and provided to participants in multiple geographic locations. This overcomes multiple barriers for service providers (including issues with regional, rural and remote service delivery) and travel, transport and accessibility barriers for clients.
- The Mindstar website includes a clinician database where users can search for the type of professional they are looking for (e.g. gender, expertise, experience) and can look at a photo of the therapist and read through bio information regarding the clinician's experience and qualifications. This process introduces new features of choice for the user and encourages a better match between clinician and client, with the aim of improved levels of initial and ongoing engagement.

Testimonials for the Mindstar Program:

Mindstar is a beautifully simple, exceptionally easy to deliver, and highly effective program for use with young people. The interactive and electronic delivery style, coupled with youth-friendly strategies designed to raise emotional intelligence and resilience facilitates positive rapport with participants and good uptake of strategies. Several strategies in particular ('whatever brain' and controlled breathing) proved to be immensely helpful to students experiencing study anxiety, and general low mood.

**Christina Johnstone
Psychologist**

"I worked with a 14yr old male that had been placed in the "too hard basket" by numerous health professionals, his school and his family. He was a young man that had significant anxiety that had contributed to him disengaging from school and was causing major conflict with his parents. He struggled with "traditional" face to face therapy so I decided to use the Mindstar program to engage him in a different and interactive way. After only one session using the program he was engaged and enjoying the therapeutic process – on completing the program he had returned to school, was enjoying much improved family relationships and was able to employ the strategies taught in Mindstar effectively for his anxiety."

I have used the Mindstar program as an early intervention and treatment program with both male and female students across a variety of ages. My experience of the Mindstar program is that it provides students with the opportunity to learn evidence based strategies to manage distress in a fun and non-confronting manner. Mindstar is a new and exciting program that has great potential across all age groups!"

**Dr Cassandra Osborne
Mindful Therapy**

"Mindstar really resonates with young people and speaks their language. I used it with a severely depressed 17 year old young man who thanks to the program, developed the confidence required to look for a job and become significantly more sociable. Mindstar is definitely one of a kind"

**Ana Catton
Psychologist
Child and Youth Mental Health Service**

Since going through the training for Mindstar last term I have had the opportunity to use it with a number of students. One year 10 boy who completed the program a few weeks ago had been refusing to attend classes due to acute anxiety. After learning and applying some of the Mindstar strategies he found that he was able to stay in class and begin to engage with the work. In fact, when I asked him how often he had used the strategies during a particular week, he answered "Every day. In every class." When I asked him how often it had helped him his response was "Every time."

For other students, learning about the brain's behaviour and practical ways to reset the brain has been a light-bulb moment.

Mindstar is straightforward, easy to understand, and practical for adolescents. It gives them real strategies to use straight away that help develop mental health.

After 8 years of working one on one with teenagers I was introduced to Mindstar. Now it is becoming one of the most important tools I have at my disposal to create real change.

Stuart White
Chaplain- Caloundra State High School

I have worked in child and youth mental health area for 15 years. Mindstar is paving the way for this generation of young people to have the knowledge and expertise to improve and enhance their mental health and positive well-being. I'm very excited about this program being a part of a young person's daily life so they can cope better and bounce back when life tries to knock them down!

Fiona Cuskelly
Mental Health Social Worker

Mindstar provides young people with skills to learn how to stop and breathe and think about how they are reacting to certain situations.

Mindstar provides participants with the opportunity for self-reflection across a range of areas in their lives and to evaluate what is really important to them and what their goals and aspirations are.

The Mindstar program is very easy for young people to engage with and understand.

Nathan Andrews
Intensive Support Worker
Circles of Support - Youth (COSY)

"I am so pleased to be able to offer "Mindstar" program to students who seek my support as a School Based Youth Health Nurse. It offers tangible, realistic tools that students can integrate into their daily lives both at home and at school. These tools help them to overcome anxiety, which in turn leads to a better education and feeling good about themselves and school".

Kay Thompson C.N.
School Based Youth Health Nurse

"Mindstar is an effective program for students in schools to use as it is user friendly, and has activities/tools that they can relate to."

Tendai Dawkins
Service Leader - Health & Wellbeing Services

I facilitated Mindstar with an indigenous teenage girl who was carrying anxiety. The techniques learned through the program are still be utilised by this young person six months later, and she has reported noticeable positive changes. I would recommend this program to any young person who wants to take control of their anxiety.

Matthew Hood
Intake / Outreach Worker
Circles of Support - Youth (COSY)

I used Mindstar with four students from a high school who presented with low to moderate levels of anxiety who were not engaged with a registered mental health practitioner. Three out of the four students following pre and post-test assessments were found to have made significant improvements in reducing their anxiety levels.

In addition, another student from another high school reported using some of the strategies (mainly the "whatever brain" and the music strategy) that they learned on regular basis to help them to manage their social anxiety. As a result the student increased their attendance at school and is now engaged in part time employment.

As a school youth support practitioner, I have found Mindstar to be an easy to administer given it is so prescriptive.

Regards, your biggest Mindstar fan!!!

Marie Kelleher
School Based Youth Health Nurse

I used Mindstar last week with a 15 year old lad who had some thinking that he was not worthy of love , after 2 session with mindstar he said "miss you have turned my life up the right way".

Mindstar gets my practice up and running. It cuts through old processes to deliver clever treatment

Judy Jasinski
Allied Health Mental Health Clinician
Child and Youth Mental Health Services

Anxiety is one of the highest referred issue among teenagers today at school and the Mindstar program looks at skilling the students to deal with this issue. We look forward to the possibility of implementing this program into the middle schooling years to help students achieve the school vision of 'success for all'.

Derek Ranclaud
A/Head of Department – Student Services
Beerwah State High School

Pacific Lutheran College is looking forward to introducing Mindstar to support our student community. The program aligns closely with our key values of supporting the individual in a relational way. Our aim would be to involve our whole school community, teachers, parents and to have all students complete the course. We see Mindstar as playing a key role and linking with positive psychology as we develop our school culture.

Brendan Delaney Director of Students
Pacific Lutheran College

In my 20 years of working in schools, I think that Mindstar is the most exciting program that I have seen with the most potential to not only change the lives of individual students, but to change the very culture of the school.

Robyn Wyatt
Nurse Unit Manager
Child, Youth and Family Health Services
Women and Families Service Group
Noosa Community Health Centre
Sunshine Coast Hospital and Health Service