



Newsletter

Alcohol and Other Drugs Youth Capacity Building

April 2011

This Newsletter is part of the regional AOD Youth Capacity Building Role funded by Department of Health, Mental Health, Drugs and Regions. If you have any comment, events, information that you would like included in future newsletters or feedback please don't hesitate in contacting me at shickford@barwon youth.org.au

Notice board

The Mental Health Services Navigation Tool – Introducing an online guide for service users and providers.

The development of web based technology to provide better mental health services will be on the agenda at this month's Talking Point seminar. Hosted by Turning Point Alcohol & Drug Centre, the guest speaker will be Gavin Foster. Gavin is manager of the Eastern Health Primary Mental Health Team and Eastern Dual Diagnosis Service. A registered psychiatric nurse with 23 years experience, Gavin will be talking about the collaboration between the Primary Health Team and Greater Eastern Primary Health in the development of the web based Eastern Metropolitan Region Public and Private Mental Health Services Navigation Tool. The purpose of the Mental Health Navigation Tool is to provide primary care providers with a speedier way of navigating the broader mental health system. This will enable the decision making process in selecting the right mental health service provider at the right time. A seminar will be held on Wednesday 30th March 2011, 1-2 pm, 54 – 62 Gertrude St Fitzroy. The seminar is free. All welcome, bookings essential, ring 8413 8413 or email info@turningpoint.org.au

National Indigenous Drug and Alcohol Committee's (NIDAC's) first online consultation.

Dear Colleagues, I am writing to invite you to take part in the National Indigenous Drug and Alcohol Committee's (NIDAC's) first online consultation.

The consultation is in the form of an electronic survey and takes approximately 10 to 15 minutes to complete. This consultation is seeking the views of persons working to address the harms caused by alcohol in Indigenous communities and among Indigenous Australians. NIDAC is seeking views about possible interventions and resources that can help address alcohol problems and their harms in Indigenous communities around Australia. Keeping with its focus on consultation with the Indigenous alcohol and other drug (AOD) and related sectors, NIDAC is commencing this process of online consultation to complement NIDAC's ongoing community consultation forums and ensure the voices of the Indigenous AOD sector are heard.

Following discussions at the inaugural National Indigenous Drug and Alcohol Conference in Adelaide in June 2010 and the Government's focus on reducing the harms caused by alcohol in Indigenous communities, NIDAC is committed to gaining a better understanding on the views of the sectors working to address AOD problems among Indigenous communities.

The results of the consultation survey will be used to provide specific policy advice to governments and other bodies about measures to address the harms caused by alcohol in Indigenous Communities. This consultation survey presents a real opportunity for you to have your voice heard on these issues. A summary of the findings will be posted on the NIDAC website after the consultation has been completed.

For further information about the survey and to take part, please visit: [NIDAC Online Consultation 1: Alcohol](#). Closing date for the survey is Friday 29 April and participation is confidential. We appreciate your valuable support and we look forward to hearing your valuable input on this issue. Assoc Prof Ted Wilkes, Chair, National Indigenous Drug and Alcohol Committee

The Office for the Community Sector's 2011 Summit

The OCS has begun preparations for its Annual Not-For-Profit Summit, and wants to hear your ideas to help us make the day as relevant and useful as possible.

The Summit is designed for not-for-profit community organisations so it's important that we hear back from people working in the sector about what they want to see on the agenda.

The theme of the day will focus on building capacity – practical and useful ways that community sector organisations can take full advantage of ICT, mentoring, the better utilisation of workforce resources and engaging with philanthropy.

What topics would you like the OCS to focus on? We would love to hear your ideas. Please send your suggestions to us at communitysector@dpcd.vic.gov.au

Resources

Ground Up Comix: Grass roots comics changing the world.

'Ground Up Comix' are a handy resource for any organisation working with drug and alcohol users. Check out the website <http://www.groundupcomix.org/>

National Drug Strategy 2010 – 2015

The Ministerial Council on Drug Strategy approved the final draft of the National Drug Strategy 2010 - 2015 at its meeting held in Perth on 25 February 2011.

The Strategy maintains the cooperative venture between the Commonwealth and State and Territory Governments, as well as the non-government sector, to build safe and healthy communities by minimising alcohol, tobacco and other drug-related harms among individuals, families and communities.

It maintains the balanced approach between demand reduction, supply reduction and harm reduction that has underpinned the Strategy since its inception in 1985. The Strategy also continues the key partnership between health and law enforcement whilst acknowledging the importance of working with other sectors to address the complex causes and consequences of drug use. The Strategy renews commitments to building workforce capacity and evidence-based and evidence-informed practice. For the first time, it includes performance measures to provide broad measures of progress. Go to [National Drug Strategy 2010 - 2015 \(PDF 215 KB\)](#)

Links to Severe Substance Dependence Treatment Act & Regulations

The Severe Substance Dependence Treatment Act is available at: <http://www.health.vic.gov.au/ssdta/> The Severe Substance Dependence Treatment Regulations 2011 can be found at: http://www.legislation.vic.gov.au/Domino/Web_Notes/LDMS/PubS tatbook.nsf/b05145073fa2a882ca256da4001bc4e7/1e6b656e39a877d9ca25783f0011cae8!OpenDocument

NSP - Treatment service users (TSU) project: phase two

This project implemented consumer participation demonstration projects in a variety of drug treatment settings in Australia. It followed the phase one research project which recommended a series of priority actions to support education and training in relation to consumer participation. To download the report please follow the link: <http://www.health.gov.au/internet/main/publishing.nsf/Content/n eedle-tsu2>

Of Substance Magazine: Suicide in Australia

The latest edition of Of Substance features a detailed article on role of alcohol and other drugs in suicide in Australia. Of Substance is available for download free of charge at www.ofsubstance.org.au/



Newsletter - Alcohol and Other Drugs Youth Capacity Building

VAADA Submissions - Now Available

The following VAADA Submissions are now available from the VAADA website at <http://www.vaada.org.au/>

- VAADA Submission - Review of the Mental Health Act 1986 Response to Exposure Draft Mental Health Bill 2010
- VAADA Discussion Paper on Governance and Functions of Medicare Locals
- VAADA Submission Consultation on the implementation of model schedules for Commonwealth serious drug offences
- VAADA Submission to the NHMRC consultation on: The draft consensus-based clinical practice guideline for the management of volatile substance use

National Drug Strategy

The National Drug Strategy (NDS) and its forerunner, the National Campaign Against Drug Abuse (NCADA), have been operating since 1985. Both NCADA and NDS were created with strong bipartisan political support and involve a cooperative venture between the Commonwealth and state/territory governments as well as the non-government sector. The National Drug Strategy can be downloaded at :<http://www.nationaldrugstrategy.gov.au/>



Newsletter - Alcohol and Other Drugs Youth Capacity Building

Professional Development Opportunities

Highlighted Training is NEW to Newsletter

Boxed Training is training run in the Barwon South West region.

Qualifications

AOD Competencies delivered by YSAS

The following individual units, or a combination of units packaged to suit the needs of different workforces, are available:

CHCAOD408A	Assess the needs of clients with AOD issues
CHCAOD406D	Work with clients who are intoxicated
CHCAOD510A	Work effectively with clients with complex alcohol and/or other drug issues
CHCAOD402A	Work effectively in the alcohol and other drugs sector

For more information go to: <http://www.ysas.org.au/education-and-training/units>

Certificate IV Training and Assessment (TAE40110)

Odessey House currently has training places available in the Certificate IV Training and Assessment (TAE40110) qualification. Certificate IV Training and Assessment (TAE40110) is priced at \$1,275.

The Certificate IV in Training and Assessment course is conveniently delivered with online flexible learning which means you can study at a time and place that suits your needs. For eligibility and enrolment details call or visit us online, and payment plans are available.

Enquiries and registration contact Fiona on 03 9420 7644 or email studentadmin@odyssey.org.au For Details & Enrolments: http://www.workskillsweb.net/taq_info.html

CHC50208 Diploma in Community Services (Alcohol and Other Drugs) 2011 - \$550

For eligibility and enrolment details visit us online: www.workskillsweb.net/SkillsVicFund09.html. Enrolments: Online [here](#) and click apply now. Further information online at www.workskillsweb.net/dip_info.html. Contact Sarah on 03 9420 7644 or email studentadmin@odyssey.org.au.

Odyssey House Victoria AOD - Training Update

We also provide Recognition of Prior Learning pathways through interview and assessment.

Diploma in Community Services (Alcohol and Other Drugs)

This qualification is aimed at AOD clinicians, nurses and other AOD sector workers who are working in or aspire to work as coordinators or other management roles and those who wish to enhance their practitioner skills.

Alcohol & Other Drugs / Mental Health Skill Set For Health Professionals

The AOD Skill Set equips individuals who hold a Certificate IV AOD/MH or a tertiary health, social or behavioural science qualification with the entry level requirement for the AOD sector. Completion of this skill set ensures new practitioners have the skills and knowledge required to work in the AOD and MH sectors

Dual Diagnosis / Co-occurring AOD / Mental Health

This course is intended for individuals who have been working in the AOD or MH sector for two years or more. Units include an orientation to each sectors, assessing client needs and treatment planning. Delivery is online blended with live assessment tasks. The units are accredited and nationally recognised. The Skill Set units include:

Working with Clients with Amphetamine Type Stimulant Issues

The accredited course is designed for workers in health, justice, youth, employment, housing and other sectors where ATS users are likely to

present without necessarily wanting to consult an AOD service. It provides essential knowledge and information about the drug type and skill training. The content, learning activities and assessment tasks provided ensure participants acquire a proficient understanding of forms of ATS used, patterns and prevalence of misuse, pharmacology, signs and symptoms of ATS use, withdrawal and toxicity

Certificate IV Alcohol & Other Drugs

This qualification is aimed at AOD service practitioners working with clients whose lives may be affected by alcohol or other drugs use. This is the minimum qualification standard required for practitioners working in the Alcohol and other Drugs Sector.

Enrolments: Our courses are conveniently delivered with online flexible learning which means you can study at a time and place that suits your needs. For eligibility and enrolment details visit us online: <http://www.workskillsweb.net/courses.html>

Other Training

Caraniche Training - February to June 2011

If you have any questions please contact on 8412 7111 or training@caraniche.com.au Also refer to our website www.caraniche.com.au for more details about the content of these and other trainings.

April 2011

5th April

Working with complex and demanding clients

The Australasian Housing Institute presents the workshop Working with complex and demanding clients. This one-day workshop is aimed at client services staff. The workshop will enable staff to develop strategies and communication skills to work more effectively in demanding client situations. This training involves:

- the assessment of complex situations
- the introduction of de-fusing and de-escalation skills
- the use of assertiveness skills
- self-management, and
- sharing local knowledge of appropriate agencies which may be available for additional expertise and referral.

Cost: AHI member - \$220, non-members - \$275. Training starts at 9.30am until 4.30pm and will be held at Saxons Training Facilities, Level 8, 500 Collins St, Melbourne. To register go to: <http://www.housinginstitute.org/events/register/register.php>

6th April

Understanding Addiction & Working with Clients who use Alcohol and Other Drugs.

Whether working in the housing, disability, youth, or any health and welfare setting, substance use is a major complicating factor for many clients accessing services and so this workshop has been designed for workers, counsellors and case managers with no formal training around addiction. The session explores the biological, social and psychological causes and perpetuating factors that drive problematic substance use and the process of change. Medical, psychotherapeutic and peer-based interventions are described, enabling workers to understand the often paradoxical nature of their clients, maintain realistic expectations, and more accurately plan around their treatment needs. If you have any questions please contact on 8412 7111 or training@caraniche.com.au Also refer to our website www.caraniche.com.au for more details about the content of these and other trainings.

6 & 7 April 2011

Reconnexion National Anxiety and Depression Conference 2011: The Puzzle of Wellbeing: an integrated approach to psychological health

Reconnexion's annual conference has the reputation of delivering world class, diverse and inspiring presentations. The planned 2011 conference is no exception.

Clinicians and researchers will provide thought provoking and informative presentations which will add to your understanding and foster new ideas and approaches to your practice.

Additional One Day Workshops

- Cognitive Therapy for Self Esteem: A Transdiagnostic Approach to Anxiety and Depression presented by Dr Melanie Fennell
- 'The Black Family' presented by Moshe Lang

Both workshops will be presented at the conference venue on Friday 8 April 2011. The Conference will be held at Hilton on the Park, Melbourne [Click here for the conference website](#) or Email janet@reconnexion.org.au for more information

7 April 2011

Recognise & Respond to Family Violence Training - Barwon Sub Region

The one day course covers -

- * Definition,
- * Statistics,
- * Common beliefs about FV,
- * What makes it difficult to leave a violent partner?,
- * Indicators, responding to disclosures,
- * Risk assessment and
- * Safety planning

Cost is \$22.00 which includes GST plus lunch will be provided

To be held at Community Connections (Vic) Ltd, 89 Bromfield Street, Colac, 3250 from 9.30am – 4.00pm For further information please email Annie Ferrari IFV Project Support Worker at aferrari@comconnect.com.au fax: 5223 2313 or telephone: 1300 361 680

11-15 April 2011

Alcohol Epidemiology Symposium

The 37th Annual Alcohol Epidemiology Symposium of the Kettl Bruun Society is to be held in Melbourne, 11th-15th April, 2011. Details about the conference are available at <http://www.kbs2011.theconferencemanager.com.au/>

For this series of annual international research meetings, "epidemiology" is interpreted broadly to include social science, policy and historical research. The main focus is on alcohol, but there are usually a few drug papers. For further details about the conference please direct questions to the conference manager at info@theconferencemanager.com.au

12th - 13th April 2011

Motivational Interviewing – Foundation Skills

Facilitating respectful & productive conversations about change in community and health settings presented by Inner East Community Health Centre. MI is a dynamic, constantly evolving approach to working effectively with ambivalence to increase the likelihood of clients engaging in positive behaviour change. Aims of the workshop include:

- Gain a clear understanding of MI what it is and how it works
- Increase understanding of the change process from resistance to action
- Review and practice the core skills
- Apply the skills to the change process
- Increase ability to work effectively with resistance and ambivalence
- Develop strategies to continue learning MI after the workshop is over.

The training will be held at 9:30am – 4:30pm at the Van Raay Centre, Ceres Environment Park, 8 Lee St Brunswick East, Melbourne and Costs \$385. Places are limited. For further details go to www.iechs.org.au

13th April 2011

CMY Good Practice Forum: Successful sports programs involving young refugees and migrants

Successful Sports Programs involving young refugees and migrants. Come and hear about:

- * Sports programs for young people in the Geelong Region
- * Combining Sports and real life for Refugee minors
- * Newly arrived young men playing cricket in Sunshine.
- * Coaching and Umpiring programs for newly arrived youth
- * And more

The session will be run at the Captain's Room, Level 3, Premiership Stand, Skilled Stadium, Kardinia Park (enter off Kilgour Street), Geelong from 6.30 – 9.30pm. RSVP - Tuesday 5th April 2011 ash@leisurenetworks.org or phone 5224 9121. (As there are limited numbers please book early) Light supper provided. This forum is free! Book now to avoid disappointment

Making sense of financial statements

This one-day workshop, presented by Matrix on Board, is suitable for staff and boards of community organisations. The content explains accounting concepts in plain English and demonstrates financial management and training in practical and relevant examples. The aim is to assist staff, boards and committees to understand:

- The difference between accrual versus cash accounting
- How accrual accounting impacts on revenue and expenditure
- The role of provisions and their impact on expenditure, liabilities and financial viability
- Basics of budget development and monitoring
- How to prepare and read financial reports, including the balance sheet and income and expenditure statement
- Terminology and elements of a financial statement (e.g. assets, liabilities, equity, income and expenditure)
- Legal obligations of staff and boards when making financial decisions, and the role of financial statements
- Accountabilities of the board and manager
- Terminology used in the auditor's reports, and how best to work with the auditor
- Implications of taxes for not-for-profits, e.g. GST, FBT, PAYG

The workshop will encourage questions and active participation around a range of practical and relevant scenarios.

Previous participants have said the training helps them in their roles as decision makers, and takes the mystery out of financial management.

The Training will be run in Port Fairy. To register visit: www.vcross.org.au/clearinghouse/resources/R&R2011.html

For more information please contact hayley.peck@vcross.org.au or call VCOSS on (03) 9654 5050.

May 2011

2-3 May 2011

Counselling Training for AOD Workers: Acceptance & Commitment Therapy Training

Training is designed to offer workers the opportunity to orient, refresh as well as build on existing counselling skills and knowledge. Skill development will form a critical component of the training.

Acceptance and Commitment Therapy (ACT) is one of the new 3rd generation behaviour therapies and takes an unconventional stance on some westernised concepts of health and wellbeing. ACT focuses on an individual's behaviour and its context but does not emphasise symptom reduction. The goal of ACT is greater psychological flexibility through mindful, values guided action.

This training will explore the six interrelated core processes of ACT and the core intervention strategies that have been shown to be useful with a range of clinical concerns.

For more info or to enrol go to:
[http://www.turningpoint.org.au/e&t/Flyer%20ACT%202011%20\(Final\).pdf](http://www.turningpoint.org.au/e&t/Flyer%20ACT%202011%20(Final).pdf)

2-4 May 2011

6th International Drugs and Young People Conference

Our theme "Making the Connections" reflects a number of important issues: understanding the complexity and interaction of factors which influence and impact on young people lives; the opportunity for diverse sectors to meet and exchange knowledge and expertise; and translating research into practice. The theme also refers to the growing importance of social media and technology in young peoples' lives today and its potential role. Another focus will be on recognising and celebrating the role that young people themselves are playing in addressing drug use in the community.

For more information: <http://117.55.235.172/in-the-community/6th-international-drugs-and-young-people-conference>. To register your interest:

<https://wsm.com.au/ei/getdemo.ei?id=535&s=3580PE73W>

4 May 2011 (OR August 17)

Presentation Skills

Build your confidence and skill in making stimulating presentations. Are you daunted by the prospect of speaking in front of an audience? Few people are naturals at making presentations. Learn

- Techniques to engage your audience
- Structure your presentation
- how to get your message across
- use appropriate body language
- manage those 'public speaking nerves'.

Cost: \$215 (Includes GST). 9.00 – 4.30. (Lunch and notes provided)
To register: www.teamtraining.com.au/courses1.htm or contact Tony @ The Training Team 0418 134 709 or Email: info@teamtraining.com.au

5th May

Working with Forensic & Anti-Social Clients

This workshop is targeted at clinicians, workers and case-managers working with clients with current or past histories of offending behaviour. The session provides participants with a greater understanding of the psychology of offending and anti-social behaviour, an overview of personality, a description around the different ways that offending and substance use can interact, assessment indicators around risk, and practical strategies for working with this client group with an emphasis on boundaries and worker self-care. Information about the prison experience is also provided assist in understanding prison culture and any trauma that may have resulted. If you have any questions please contact on 8412 7111 or training@caraniche.com.au Also refer to our website www.caraniche.com.au for more details about the content of these and other trainings.

7 & 14 May 2011

BEST Plus training for youth and family clinicians

Two day clinical training program in Behaviour Exchange Systems Training (BEST Plus). This 2 day training program enables clinicians to run the BEST Plus program with parents and families -to assist them to better manage their young persons' drug and alcohol abuse, mental health problems and/or challenging behaviours. Cost is \$195 or early bird \$155 (book before 7/2/11), students with current student card \$95. Cost includes a copy of the manual, with resources for clients and therapist for each session of the 8 week BEST Program. The training runs over two consecutive Saturdays (7th and 14th May 2010) to suit working clinicians, and includes a manual for the program as part of

the fee. It will be held in Carlton, Melbourne. Please contact Melanie for enquires or a registration form on Phone 5227 8415 or email melanieb@deakin.edu.au

10 May

Mind Matters Training for all education staff - Staff Wellbeing

Staff wellbeing can impact on student mental health and wellbeing. This module explores beliefs about the role of the school as well as a range of strategies to improve staff wellbeing. The role of professional development and how to authentically engage all staff in the whole school approach to mental health and wellbeing. Schools plan their implementation and reflect on how they evaluate their progress in this area. Time: 9am – 4pm at Geelong Conference Centre (GCC), Adams Court, Eastern Park, Geelong. Please register online at: www.mindmatters.edu.au

11 May 2011 (OR August 24)

Professional Supervision Skills

Theoretical frameworks and practical skills for health and community service professionals who are required to provide supervision of professional practice.

- What is it and why do it?
- Alfred Kadushin's model explained
- Six essential supervisory skills – when and how to use them
- Preparing yourself and your supervisee
- Establishing a supervision agreement
- Giving feedback
- Case studies
- Dilemmas and how to deal with them
- Self care

Cost: \$215 (Includes GST). 9.00 - 4.30. (Lunch & manual included). To register: www.teamtraining.com.au/courses1.htm or contact Tony @ The Training Team 0418 134 709 or Email: info@teamtraining.com.au

19 May 2011

Pharmacotherapy Training

The pharmacotherapy training is designed to provide alcohol and other drug workers a greater understanding of the pharmacotherapies available for the treatment of drug dependence in particular opioid/heroin dependence. It will update workers with the latest developments of pharmacotherapy treatment including new medications and guidelines. Some of the topics covered in the one-day training include the following:

- Opioid use and dependence
- Treatment options available for opioid dependence including aims, advantages and disadvantages
- Pharmacology of medications for treatment of opioid dependence
- Basic regulatory frameworks around administration of pharmacotherapy treatments
- Starting, maintaining and withdrawing from pharmacotherapy treatment
- Withdrawal treatment for opioid dependence
- Future treatments for opioid dependence
- Brief outline of pharmacotherapies for treatment of alcohol, nicotine and psychostimulants.

This training is free to Department of Health funded AOD Workers. For more info or to Enrol go to: [http://www.turningpoint.org.au/e&t/Flyer%20Pharmacotherapies%202011%20Early%20\(Final\).pdf](http://www.turningpoint.org.au/e&t/Flyer%20Pharmacotherapies%202011%20Early%20(Final).pdf)

25 May 2011

THE POWER OF POSITIVE PSYCHOLOGY: Practical Strategies for Maximizing Clients' Resilience and Strength

Delivered by TATRA Corporate & Allied Health Training Services and presented by David Nowell, PhD. This high energy seminar will highlight what we've learned from a decade of positive psychology, as it applies to:

- mental health and substance abuse disorders
- trauma-related disorders
- challenging behaviours in young people (including classroom behaviours)
- intellectual and physical disability

Cost \$295. Venue Darebin Arts & Entertainment Centre. To register go to [Registration Form](http://www.tatratraining.com/files/POPRegForm.pdf) or www.tatratraining.com/files/POPRegForm.pdf

23-24 May 2011

The Fifth Annual Conference of the International Society for the Study of Drug Policy

Utrecht, Netherlands; hosted by the Trimbos Institute

Further information is available at <http://www.trimbos.org/trimbos-international/agenda/issdp-conference-2011>

23-24 May 2011

Working with Groups Training for Alcohol and Other Drug Workers

This two-day workshop is designed to introduce workers to the planning, coordinating and running of groups for clients across a range of settings. Areas to be covered include: the practicalities of running groups, the stages of group development, awareness of group dynamics and the roles of group members. The emphasis will be on psycho-educational groups utilising an experiential approach. Issues related to running psychotherapeutic or insight-oriented groups will NOT be addressed. A generic national competency, "Plan and conduct group activities", informs the content of this two-day workshop. This workshop targets workers with little or no background in group interventions or prior group training, but assumes prior knowledge and skills in counselling, interviewing and assessment.

To register or more info go to: [http://www.turningpoint.org.au/e&t/Flyer%20Working%20with%20Groups%202011%20Early%20\(Final\).pdf](http://www.turningpoint.org.au/e&t/Flyer%20Working%20with%20Groups%202011%20Early%20(Final).pdf)

26-27 May

Clinical Placements Summit

It is my pleasure to inform you that the Department of Health will be hosting the inaugural Clinical Placements Summit at the MCG, 26-27 May 2011. The Summit will focus on ways of building the Victorian health system's capacity for high-quality clinical placements through partnerships, best practice, innovation, research, governance and planning. Victorian stakeholders, from health and education providers, with an interest in clinical placements are invited to attend the summit and I would like to strongly encourage all of you to do so. Attendance at the summit is free, with catering provided for the two days, including an official launch to be held at the conclusion of the first day of the summit to formally launch the Clinical Placement Networks and the Victorian Clinical Placements Council.

A call for abstracts is currently open for those interested in presenting at the summit. I encourage anyone who is doing interesting and innovative work in the area of clinical placements to consider submitting an abstract to share their knowledge and experiences with other summit attendees. Full details on abstracts and their submission can be found on the summit website. I wholeheartedly encourage everyone to register to attend the summit and to consider contributing to the program of this exciting event by submitting an abstract. For all details on the Clinical Placements Summit, go to the website, <http://www.health.vic.gov.au/vcpsummit>

27 – 28 May 2011

Mental Health Nurses in Primary Care: Exhibiting, Owning and Evaluating our Practice

Mental health nursing is asserting its rightful place in primary care. Mental health nurses are providing an array of services across a diversity of practice settings. At this conference we are aiming to learn more about this broad scope of practice, what currently exists and the likely future directions. However, that is not enough: We know what we do is important – that it makes a difference; it is time to start proving it.

Pre-conference workshops will be held on the afternoon of **Thursday 26 May:**

- Research Workshop convened by Professor Michael Hazelton. At this workshop you will learn how to evaluate the impact of your practice for your clients.
- Credentialing Workshop run by the ACMHN Credentialing team. At this workshop you will learn what is needed to become credentialed and get advice and tips on how to prepare your credentialing application.

More details on how to register:

<http://www.acmhn.org/component/content/article/1-latest-news/281-primary-mental-health-care-conference.html>

30 May – 1st June 2011

NATIONAL YOUTH CONFERENCE 2011

AYAC (Australian Youth Affairs Coalition) is excited to announce that our national conference will be held at the Sydney Convention and Exhibition Centre in Darling Harbour from Monday May 30th to Wednesday June 1st 2011.

This will be the first national youth affairs conference in Australia in 4 years. The conference will bring together young people, youth workers, government representatives, researchers and others with an interest in youth to discuss current issues and emerging trends amongst Australia's young people.

Details of the conference will be available shortly, (on <http://www.ayac.org.au/about/>) but please put the dates in your diary for what will undoubtedly be one of the highlights of 2011!

June 2011

June 1 (OR August 29 OR November 24)

Team Leaders' Workshop

A 'hands on' day for people in a team leadership role:

- Tools to assess your team's functioning
- Strategies for creating effective teamwork
- Leading in an environment of change
- Dealing with difficulties.

Cost: \$235 (Includes GST). 9.00 - 5.00. (Lunch & manual included). To

register: www.teamtraining.com.au/courses1.htm or contact Tony @ The Training Team 0418 134 709 or Email: info@teamtraining.com.au

2nd June

Child Sexual Behaviours and Development: How to Assess and Understand

For those who work with children it can often be difficult to determine if sexual behaviours are a normal part of development or a sign of potential issues that need further exploration. This training will help you to understand the difference between normal and concerning sexual behaviours in children and assist you to develop skills in responding appropriately. Topics Covered include:

- Understanding children's sexual behaviour
- Normal and inappropriate sexual behaviour
- Responding to children's sexual behaviour, including mandatory reporting guidelines.

Training will be held at Lifeline, 1 McKillop St Geelong from 9.30am-3.30pm. For More Information or to register please go to www.casa.org.au or Email admin@barwoncasa.org

2nd June

Motivational Interviewing

This interactive and very popular workshop introduces the foundations of Motivational Interviewing, a useful technique for assisting case managers and counsellor workers with clients who are ambivalent about changing harmful or self-defeating behaviours. The session assists non-clinicians and clinicians alike to practice some of the key principles of M.I., and to incorporate them into any setting where behaviour change is a treatment goal, especially with so-called 'resistant' clients. A critique of the Stages of Change model is also included, to assist workers in matching treatment goals to the client's presentation. If you have any questions please contact on 8412 7111 or training@caraniche.com.au Also refer to our website www.caraniche.com.au for more details about the content of these and other trainings

8 June 2011

Time and Workload Management

Get yourself better organized:

- Understand and develop your natural style
- Set and negotiate changing priorities
- Deal with the unexpected
- Lessen stress
- Use Planning tools and strategies
- Practical tips for saving time
- Suggestions for managing Email.

Cost: \$215 (Includes GST). 9.00 – 4.30. (Lunch & manual included). To register: www.teamtraining.com.au/courses1.htm or contact Tony @ The Training Team 0418 134 709 or Email: info@teamtraining.com.au

9-10th June 2011

2011 Australian Winter School Conference - Concurrent Disorders – Current Discourses.

This year's Australian Winter School will run over two days on 9 and 10 June, 2011 at the Gold Coast International Hotel in Surfers Paradise.

Plenary speakers include:

Dr Ken Minkov, one of the nation's leading experts on integrated treatment of individuals with co-occurring psychiatric and substance disorders, and on the development of integrated systems of care for such individuals.

Dr Christie Cline, who developed the design and format of the CCISC Change Agent Approach and the CCISC Change Agent Curriculum and is a co-author of the CCISC Co-occurring disorder system and services development and written book chapters on the ethics of co-occurring treatment.

And many prominent local and interstate speakers.

The conference will be preceded by a one-day workshop on Wednesday, 8 June entitled:

Integrated Strength Based Assessment, Intervention, and Recovery Planning for Individuals and Families with Co-occurring Mental Health and Substance Use Conditions run by Dr Ken Minkov and Dr Christie Cline.

Full details on both the conference and workshop, including a registration form and conference program can be accessed on our web site at: www.winterschool.info. For more details email: winterschool@adfg.org or phone: 07 3834 0214

10 June

Mind Matters Training for all education staff - Staff Matters

Staff wellbeing can impact on student mental health and wellbeing. This module explores beliefs about the role of the school as well as a range of strategies to improve staff wellbeing. The role of professional development and how to authentically engage all staff in the whole school approach to mental health and wellbeing. Schools plan their implementation and reflect on how they evaluate their progress in this area. Training is free and runs from 9am – 4pm held

at Regal Cafe, 163 Timor Street, and Warrnambool. Please register online at: www.mindmatters.edu.au

14 June 2011

Psychostimulant Training for Health Professionals

This one-day course will assist alcohol and drug workers to manage and treat opiate dependency. Topics covered include:

- Why are substitution therapies prescribed?
- What pharmacotherapies are available?
- What is the successful formula for treatment?
- What's on the horizon?

To register or more information go to:

[http://www.turningpoint.org.au/e&t/Flyer%20Psychostimulant%202011%20Early%20%20\(Final\).pdf](http://www.turningpoint.org.au/e&t/Flyer%20Psychostimulant%202011%20Early%20%20(Final).pdf)

10th June

Managing Challenging & Aggressive Behaviours

This practical workshop is designed for administrative, welfare and clinical staff whose clients present with aggressive and emotionally-driven behaviours.

Using the 'Predisposing, Precipitating, Perpetuating and Protective' factors model as a framework, participants will get to explore the worker, client and context-related factors behind this behaviour. Participant will be able to apply five core principles around de-escalation and use of the 'LASSO' technique for managing challenging situations, and apply Assertive Closure when all else fails. If you have any questions please contact on 8412 7111 or training@caraniche.com.au Also refer to our website www.caraniche.com.au for more details about the content of these and other trainings.

June 21 & 22 (OR November 16 & 17)

Group Facilitation Skills

An action packed two-day program:

- Enliven and improve the effectiveness of your group programs
- New ideas and activities
- Four keys for effective planning
- Group theory
- Strategies for dealing with difficult dynamics.

Cost: \$395 (Includes GST). 9.00 - 5.00 each day.(Lunches & manual included). Run at Hawthorn Campus, The University of Melbourne, 442 Auburn Rd. Hawthorn

To register: <http://www.teamtraining.com.au/courses1.htm>

August 2011

3 & 4 August

Mind Matters Training for all education staff - Level 2 Planning for Student Wellbeing

MindMatters can support your school wellbeing team to lead, plan and evaluate an authentic whole school approach for the mental health and wellbeing needs of all your students - keeping students connected to school and learning. MindMatters tools and models based on ten years of successful implementation and evaluation will streamline your support for all students, including those experiencing high needs in mental health. Explore processes that will help you engage all staff and let you know the difference you are making. School wellbeing teams of 3 or more (including a member of the executive team) are invited to register on line. If your team has relevant school data on wellbeing please bring this to the PD as it will inform your plans and allow you to monitor your progress. Training is free and runs from 9am – 4pm held at Regal Cafe, 163 Timor Street, and Warrnambool. Please register online at: www.mindmatters.edu.au

17 August 2011

Presentation Skills



Newsletter - Alcohol and Other Drugs Youth Capacity Building

Build your confidence and skill in making stimulating presentations. Are you daunted by the prospect of speaking in front of an audience? Few people are naturals at making presentations. Learn

- Techniques to engage your audience
- Structure your presentation
- how to get your message across
- use appropriate body language
- manage those 'public speaking nerves'.

Cost: \$215 (Includes GST). 9.00 – 4.30. (Lunch and notes provided)
To register: www.teamtraining.com.au/courses1.htm or contact Tony @ The Training Team 0418 134 709 or Email: info@teamtraining.com.au

24 – 26 August 2011

12th International Mental Health Conference 'Personality Disorders: Out of the Darkness'

Gold Coast Queensland .The Australian and New Zealand Mental Health Association invites you to submit an abstract at http://www.anznmh.asn.au/conference2011/call_papers.html. The conference will explore different types of Personality Disorders and their effects from Childhood to the Aged with a specific focus on Schizophrenia, Eating Disorders, the Effects of Drugs and Alcohol and Bipolar Disorder. It presents a unique opportunity to bring together Australia's and New Zealand's leading academics, practitioners and other mental health professionals. The focus will be on new clinical developments, treatments, programs and studies in meeting the challenges faced by people with personality disorders.

24 August 2011

Professional Supervision Skills

Theoretical frameworks and practical skills for health and community service professionals who are required to provide supervision of professional practice.

- What is it and why do it?
- Alfred Kadushin's model explained
- Six essential supervisory skills – when and how to use them
- Preparing yourself and your supervisee
- Establishing a supervision agreement
- Giving feedback
- Case studies
- Dilemmas and how to deal with them • Self care

Cost: \$215 (Includes GST). 9.00 - 4.30. (Lunch & manual included). To register: www.teamtraining.com.au/courses1.htm or contact Tony @ The Training Team 0418 134 709 or Email: info@teamtraining.com.au

29 August 2011 (OR November 24)

Team Leaders' Workshop

A 'hands on' day for people in a team leadership role:

- Tools to assess your team's functioning
- Strategies for creating effective teamwork
- Leading in an environment of change
- Dealing with difficulties.

Cost: \$235 (Includes GST). 9.00 - 5.00. (Lunch & manual included). To register: www.teamtraining.com.au/courses1.htm or contact Tony @ The Training Team 0418 134 709 or Email: info@teamtraining.com.au

September 2011

8th September

Sexual Development and Sexually Abusive Behaviours in Adolescents: How to Assess and Understand

Working with adolescents can often present challenging situations, especially in relation to sexual relationships and behaviours. In this training we will look at what is normal sexual behaviour for adolescents and discuss sexual behaviours that require a response. This training will also explore a range of sexually abusive behaviours

that adolescents may engage in including use of technology such as through "sexting" and the internet. Topics Covered Include:

- Understanding adolescent sexual development
- Normal sexual behaviour and concerning or abusive behaviours
- Responding to needs, risk and safety issues for adolescents, their families and others
- Sexually abusive behaviours, consent and the law including mandatory reporting
- Constructing an intervention plan

Training will be held at Lifeline, 1 McKillop St Geelong from 9.30am-3.30pm. For More Information or to register please go to www.casa.org.au or Email admin@barwoncasa.org

9 September

Mind Matters Training for all education staff - Staff Wellbeing

Transitions are a part of life and yet they are times when school staff and students can lose their connection with school. This module explores a range of transitions for students and school staff including between schools, regions, cultures, health agencies, work, training and care facilities Participants will use a set of principles to successfully plan for successful transitions for school community members. Time: 9am – 4pm at Geelong Conference Centre (GCC), Adams Court, Eastern Park, Geelong. Please register online at: www.mindmatters.edu.au

November 2011

16 & 17 November

Group Facilitation Skills

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Cost: \$395 (Includes GST). 9.00 - 5.00 each day.(Lunches & manual included). Run at Hawthorn Campus, The University of Melbourne, 442 Auburn Rd. Hawthorn

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24 November 2011

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