



# Newsletter

## Alcohol and Other Drugs Youth Capacity Building

February 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](mailto:shickford@barwon youth.org.au)

### Notice board

#### FebFast – Put a pause on your drinking

Hi all, Yes it is that time of the year again. After all the festivities of the Christmas New Year it might be time to think about becoming alcohol free for February (and raise money to reduce the impact of substance use on young people) Don't worry if you have a special event planned you can always buy a timeout. Barwon Youth would like to encourage all staff, Agency partners and friends and family to join the Friends of Barwon youth team. Join our team by using the password **barwon youth** or set up your own fundraising team. ([www.febfast.org.au](http://www.febfast.org.au)) You will still have your individual page and separate fundraising goal. I encourage you to get on board for yourself and the young people's whose lives have been affected by the funds made through Febfast. And remember that Barwon Youth's First Response program was initially established by a Febfast grant. I look forward to participating with you all. Please visit Friends of Barwon Youth's Fundraising Page at [www.febfastfundraising.com.au/friends\\_of\\_barwon\\_youth](http://www.febfastfundraising.com.au/friends_of_barwon_youth)

#### IMPORTANT: Statewide Homelessness Assistance Funded Sector Training Needs Survey

Please find a link below to an online 'Survey Monkey' developed by the Regional Homelessness Networkers to assess the Homelessness Assistance Funded Sector Practitioner Training Needs across the state. <https://www.surveymonkey.com/s/bswhn>

This is the first time a training survey has been designed/distributed by the (State-wide) Regional Homelessness Networker's, and will assist us as a group to collect and analyse information from housing, homelessness and support service-providers on practitioner training needs across the state. This information will also be used to assess the training needs of practitioners region by region, to assist/ensure the Homelessness Networkers are better able to advocate/represent members views to the DHS/OoH on specific regional training needs. The survey only takes 5 mins to complete and will be open from Monday 24 January closing on Friday 11 February 2011. If you have any queries or suggestions in regards to this Training Needs survey, please contact Andrew Edgar on 5232 5176 or [ajedgar.cah@swarh.vic.gov.au](mailto:ajedgar.cah@swarh.vic.gov.au). Your participation in this survey is greatly appreciated.

#### CMY e-News now available

The January 2011 edition of the Centre for Multicultural Youth's online newsletter, CMY e-News, is now available. This month's edition of e-News features CMY's Youth Advisory Group - a new initiative that gives young people from refugee and migrant backgrounds the chance to have direct input into CMY's planning and program management processes. Also featured:

- The launch of the Multicultural Youth Advocacy Network (Australia) website
- New CMY publications available for download
- Reports on the pARTicipation Forum, CMY's End of Year Event, and a young refugees' forum, 'Tell It Like It Is'
- Project RED, a new initiative that aims to get young people from diverse backgrounds involved with volunteering and the emergency services

- Sector news round-up, plus new resources and upcoming sector events in the CMY Digest
- In the Media

You can check it out by clicking the link below. [Read the January 2011 edition of CMY e-News](#)

#### Invitation: Visit by the Chief Commissioner of Police. "The Way Ahead 2008 – 2013"

It has been more than two years since "The Way Ahead 2008-2013" was launched and as such, we have reached the half way point in its strategic cycle. The Chief Commissioner Simon OVERLAND is undertaking a series of meetings in the local communities across Victoria as part of 'The Way Ahead' Refresh 2010. The purpose of these meetings is

- To inform the public on our achievement thus far
- Inform and explain our new service deliver strategy; and
- Obtain feedback from the community that will influence future policing activities

You are therefore cordially invited to attend a 90 min presentation including questions by the Chief Commissioner Simon OVERLAND and have input into this important process on: Wednesday 9th February 2011 Commencing at 7pm City of Greater Geelong Town Hall, Gheringhap Street

#### UPDATE ON THE NATIONAL DRUG STRATEGY

The Ministerial Council on Drug Strategy is developing the next phase of the National Drug Strategy and is seeking input from expert stakeholders and the broader community on the draft strategy 2010-2015. Each State and Territory peak body is involved in this process. The NDS is still in draft format and is expected to be released early 2011. You can access the supporting information and documentation through the National Drug Strategy website: [www.nationaldrugstrategy.gov.au](http://www.nationaldrugstrategy.gov.au).

#### Funding Available

**Motion: Arts, Physicality and Connection Program**  
The Victorian Health Promotion Foundation (VicHealth) is inviting expressions of interest from organisations who wish to undertake arts activities that build social connection and increase physical activity within the community. Grants of up to \$75,000 are available to support initiatives by arts and cultural organisations, and their partners, for projects taking place over a period of up to 18 months commencing 1 April 2011. Expressions of interest applications close Monday 20th December. For more information visit [www.vichealth.vic.gov.au/motion](http://www.vichealth.vic.gov.au/motion)

#### Resources

#### New Website for Parents: Parenting Strategies: Preventing Adolescent Alcohol Misuse

Turning Point Alcohol & Drug Centre and Orygen Youth Health have launched the site, which includes a range of appropriate parenting strategies endorsed by experts in the field.

Parents can have a big influence on their adolescent child's decisions about drinking. It's never too early or too late to learn some strategies to help protect your child from alcohol problems. The website can be viewed at: <http://www.parentingstrategies.net/>

#### 'A Youth Workers' Guide to Nutrition for Young People'

FREE resource developed by the Victorian Youth Justice Program 'A Youth Workers' Guide to Nutrition for Young People'. The guide can be obtained from <http://www.cyf.vic.gov.au/youth-justice>.

### **Mental State Examination and Risk Assessment & Management Plan Cards for AOD Workers**

The Victorian Improved Services Initiative Network, funded by the Department of Health and Ageing, is proud to present the Mental State Examination and Risk Assessment & Management Plan cards for AOD workers. These cards were developed specifically for AOD workers based on the more generic World Health Organisation model of MSE cards.

The resource consists of two business card-sized, laminated cards, hole punched to be attached to ID /emergency procedure passes/lanyards for easy reference when an AOD worker needs to complete a mental state examination and risk assessment. The cards provide a list of prompts that the worker should pay attention to when assessing a client for mental illness, as well as the language to describe particular aspects when referring a client to a mental health professional.

After having received an overwhelmingly positive feedback from workers who have had the opportunity to use the cards in their everyday work, we have prepared another print run in order to be able to distribute the resource more widely across the Victorian AOD treatment sector.

If you are interested in obtaining the cards for your organisation, please e-mail [ekennedy@vaada.org.au](mailto:ekennedy@vaada.org.au) with the following information: Name and address of the organisation, your name and the number of workers

The cards are supplied free of charge.

### **New Report: Drinking patterns in Australia, 2001-2007**

This report uses data from the three most recent National Drug Household Surveys to look at trends in alcohol consumption, alcohol-related harm, alcohol beverage of choice, and under-age drinking. Using the 2007 data, the report also explores factors that are associated with short-term risky or high-risk drinking behaviour. Link to publications: [www.aihw.gov.au/publications/index.cfm/title/11895](http://www.aihw.gov.au/publications/index.cfm/title/11895)

### **The Improved Services Initiative National Newsletter - Summer 2010/2011**

The National Newsletter for the Improved Services Initiative is created in collaboration between AOD peak bodies from all Australian states and territories.

The Newsletter is available at <http://www.comorbidity.org.au/sites/default/files/ISINewsletterDec2010.pdf>

### **VAADA's submission to the National Drug Strategy**

VAADA's submission to the National Drug Strategy 'Response to the National Drug Strategy 2010 – 2015. A framework for action on alcohol, tobacco, illegal and other drugs' is now available at: [www.vaada.org.au](http://www.vaada.org.au)

### **National Needle and Syringe Program Strategic Framework**

The aim of the National Needle and Syringe Programs Strategic Framework 2010-2014(the Framework) is to articulate what the Australian Needle and Syringe Program (the Program) offers as a public health program and what it aspires to achieve nationally.

The Framework aims to provide guidance to governments and administrators planning the future development of the Program by setting policy directions and identifying program goals as appropriate for respective jurisdictions.

[www.health.gov.au/internet/main/publishing.nsf/Content/0CF549E9268148FCCA257800008F55B/\\$File/frame.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/0CF549E9268148FCCA257800008F55B/$File/frame.pdf)

### **THE COST BENEFIT OF INTEGRATED SERVICES**

The All Party Parliamentary Group (APPG) on People with Complex Needs and Dual Diagnosis in UK was established in 2007 in recognition of the fact that people seeking help often have a number of over-lapping needs including problems around access to housing, unemployment services, mental health facilities or substance misuse support. At its meeting on 9 December 2010 the APPG focused on the

cost benefit of integrated services for people with complex needs. Of particular interest is the Turning Point UK cost benefit analysis. Minutes and presentations can be downloaded at [www.turning-point.co.uk/whoarewe/appg/Pages/MeetingMinutes.aspx](http://www.turning-point.co.uk/whoarewe/appg/Pages/MeetingMinutes.aspx) [1].

### **Help your team communicate better with the best resources from Video Arts**

It is essential that team members share trust in their relationships within the group, as well as feel confident and understand one another clearly. So... how do we facilitate harmonious teamwork? By developing effective team communication skills.

Inspire confidence and a positive culture for your organisation, with some of the best communication resources produced by the international favourite Video Arts. Click on the program titles to preview.

**Assert Yourself:** Assertive behaviour means saying what we want, need, feel, think or believe in, in ways which are direct, honest and appropriate, but also respects the rights of those we are addressing - treating ourselves and those we work with as professional adults. It's the balance between passive and aggressive behaviour. Being assertive, on the other hand, is much more advantageous. Assertiveness does not conflict with listening and accepting the views of others, such as a colleagues or customers, and is more likely to lead to a satisfactory solution to any problem. By behaving more assertively your staff can be more positive, more creative and better equipped to get their job done effectively.

**Presentation is Everything - Brand New:** We've all sat through presentations that have left us shell-shocked, bored or baffled. A poorly delivered presentation can leave us feeling confused, and the presenter feeling dejected. A well thought through presentation can fill the presenter with confidence that they've got the message across in an interesting and engaging way. Alan (Matthew Horne) is an old hand at presentations. He's given more than he cares to mention: and more than his audiences care to remember! Cue Christine (Sally Philips) to help him reflect on his less glorious efforts and help him think through his preparation, structure and style to ensure that everyone leaves his presentations understanding what he was trying to tell them. This humorous programme looks at the fundamentals of good presentation skills: structure, slides and delivery.

### **Australian secondary school students' use of tobacco, alcohol, and over-the-counter and illicit substances in 2008**

This is the 9th survey in a series assessing use of tobacco and alcohol, and the 5th to include questions on use of over-the-counter and illicit substances, by secondary students aged between 12 and 17 years.

[www.nationaldrugstrategy.gov.au/internet/drugstrategy/publishing.nsf/Content/school08](http://www.nationaldrugstrategy.gov.au/internet/drugstrategy/publishing.nsf/Content/school08)

### **Information for Young People**

#### **Street Shot 2011**

Hepatitis C Victoria's Street Shot photo competition is back for 2011! Street Shot is a health promotion initiative which uses photography as a medium to educate young people about hepatitis C-related issues. Hepatitis C Victoria, youth services and alternative schools will provide young people with support to learn about hepatitis C and take photos to reflect these issues. Entries are welcome from individuals and teams from across Victoria, and the winner of the competition could walk away with up to \$1000!

If your service or school would like to get involved with this year's competition please contact me on (03) 9385 9105 or email [lauren@hepcvic.org.au](mailto:lauren@hepcvic.org.au) to receive your Expression of Interest form and Information Pack. Expressions of Interest close on the 23rd of February 2011.



## 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

##### NEW BACHELOR OF COMMUNITY MENTAL HEALTH, ALCOHOL AND OTHER DRUGS

Chisholm Institute has developed the first Bachelor of Community, Mental Health, Alcohol and Other Drugs. The course is available in Melbourne's Southern Metropolitan Region. For further information follow this link:

<http://www.chisholm.vic.edu.au/Admission/HigherEducation/Pages/default.aspx>

##### 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](mailto:studentadmin@odyssey.org.au) For Details & Enrolments: [http://www.workskillsweb.net/taa\\_info.html](http://www.workskillsweb.net/taa_info.html)

##### Dual Diagnosis - An on-line course for staff working with clients with both mental health and substance use problems.

Comprising 7 competencies within the Community Services Training Package - The course is structured with two levels – a basic level and an advanced level. The basic level component has two streams, a MH stream and an AOD stream. At this level, students must satisfy the requirements for all competencies – by direct credit, recognition of prior learning, or as a participant. In general, those with a mental health background (clinical MH and PDRSS) will complete the AOD stream, and those with an AOD background will complete the MH stream. Both groups then combine and complete the dual diagnosis subject. The advanced level component consists of two extra competencies – one relating to AOD and one relating to mental health. Students electing to undertake this level of study must satisfy the requirements for both competencies– by direct credit, recognition of prior learning, or as a participant. Communication with students may occur via a number of pathways:

- Regular emails using participants' nominated email addresses
- Emails within the TAFE Virtual Campus
- Discussion board postings
- TAFE Virtual Campus announcements
- Phone calls
- Mail

Expression of Interest (EOI) by clicking on the following link:

<http://www.surveymethods.com/EndUser.aspx?B99DF1EBBBF2E8E2BE>

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

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

### Odyssey House Victoria AOD - Training Update

Have you planned your training for 2011 as yet? You can still catch our 2010 prices til the 31 January 2011, before the price change. Our enrolments for 2010 are coming to a close as we approach the end of the year, so if you have been wondering about when to enrol this might be the right time for you now. We also provide Recognition of Prior Learning pathways through interview and assessment.

##### Diploma in Community Services (Alcohol and Other Drugs) CHC50208 \$2,800, \$550 funded\*

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.

Key Subjects include:

- Advocate for clients
- Work effectively with clients with complex AOD issues
- Provide advanced interventions for clients with AOD issues
- Provide relapse prevention strategies
- Provide services to clients with complex needs
- Reflect and improve own professional practice
- Provide behaviour support in the context of individualised plans
- Provide a range of services to people with mental health issues
- Assess evidence and apply in practice
- Provide community focused promotion & prevention strategies

##### Alcohol & Other Drugs / Mental Health Skill Set For Health Professionals \$175 per unit

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. The Skill Set units include:

- CHCMH401A Work effectively in mental health settings
- CHCAOD402A Work effectively in the AOD sector
- CHCAOD408A Assess the needs of clients with AOD issues
- CHCMH504D Provide services to people with mental health issues
- CHCAOD406D Work with clients who are intoxicated
- CHCAOD510A Work effectively with clients with complex alcohol and/or other drug issues

##### Dual Diagnosis / Co-occurring AOD / Mental Health CHC50208 \$175 per unit

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:

- CHCAODMH401A Work effectively in the mental health settings
- CHCAOD402A Work effectively in the AOD sector
- CHCAOD408A Assess the needs of clients with AOD issues
- CHCMH504D Provide services to people with MH issues
- CHCCS504A Provide services to clients with complex needs

##### Working with Clients with Amphetamine Type Stimulant Issues 22037VIC \$280

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. The course also covers mental health and ATS, harm reduction, and easy to use screening tools based on a Motivational Interviewing framework.

Unit 1 VU20063 Respond to clients in crisis with amphetamine type stimulant issues.

Unit 2 VU20064 Provide brief opportunistic intervention for clients with amphetamine type stimulant issues

### Certificate IV Alcohol & Other Drugs

CHC40408 \$2,275 or \$550 funded\*

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.

Key Subjects include:

- Orientation to the AOD sector
- Assessing client needs
- Providing interventions for people with AOD issues
- Case management for clients with complex needs
- Legal and ethical frameworks
- Provide Brief interventions
- Working with Intoxicated clients
- Provide withdrawal services
- Provide Brief Intervention
- Orientation to the mental health 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: [www.workskillsweb.net/SkillsVicFund09.html](http://www.workskillsweb.net/SkillsVicFund09.html)

### Other Training

#### Caraniche Training - February to June 2011

**Supporting team leaders, supervisors and managers** : now comprising of five topics - Orientation to the role of a health or welfare sector manager or team leader, Foundations of Supervision 1: Developing Performance, Foundations of Supervision 2: Clinical Supervision, Intermediate Supervision Skills, Supporting & Leading Teams Through times of Stress & Crises.

New in 2011 as part of this series is Intermediate Supervision Skills on Wednesday June 15. This workshop aims to build on skills learnt through supervision and we would recommend this (pre-requisite) for those who practice supervision and have previously attended training in Supervision.

Register for 4 of the 5 workshops together and receive a 16% discount (\$995 for all 4 otherwise \$295 each).

Please remember to register early to ensure your place.

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

#### DVRCV Training Calendar 2011

Our January to June Calendar of training events, and the Registration Form for training are available now online – just go to Training-registrations page on our website...

[www.dvrcv.org.au/training/registration/](http://www.dvrcv.org.au/training/registration/)

Domestic Violence Resource Centre Victoria (DVRCV) Phone: 9486 9866 or Fax 9486 9744 or Email: [dvrcv@dvrcv.org.au](mailto:dvrcv@dvrcv.org.au)

#### Equal opportunity and human rights training for service providers and employers

The Victorian Equal Opportunity and Human Rights Commission's 2011 training calendar is now available online. With the new Equal Opportunity Act 2010 coming into effect on 1 August 2011, the Commission has scheduled a number of free briefings, in regional

centres and in Melbourne, to help service providers and employers prepare.

For those of you already well acquainted with equal opportunity legislation, the Commission has developed an implementation workshop to help you consider your current practice and identify opportunities to become more proactive around equal opportunity.

Non-government sector providers will want to learn more about Victoria's Charter of Human Rights and Responsibilities and how our training can support your work and service delivery. For more details and to register online visit [humanrightscommission.vic.gov.au/training](http://humanrightscommission.vic.gov.au/training). For a hard copy of the calendar, email [kellye.hartman@veohrc.vic.gov.au](mailto:kellye.hartman@veohrc.vic.gov.au).

#### 2011 Rural and Regional Training Programs

VCOSS will deliver 40 face to face training sessions across the state for staff and volunteers from the Victorian community sector.

The program includes:

- \*Roles, Responsibilities, Liabilities&Protections of Committees and Board Members - PilchConnect
- \*Grant Writing presented - Philanthropy Australia
- \*Strategic Planning - Matrix on Board
- \*Disagreements, disputes and all-out war: Strategies for dealing with conflict in boards and committees - Pathways Australia
- \*Making sense of financial statements - Matrix on Board
- \*Getting to Know Philanthropy – Philanthropy Australia

Cost: \$40 per participant or \$20 for VCOSS members  
Fees can be waived for organisations unable to pay.

Visit our website to [REGISTER ONLINE TODAY](#).

For more information or to receive our calendar in an alternative format, contact [hayley.peck@vcoss.org.au](mailto:hayley.peck@vcoss.org.au) or call (03) 9654 5050.

#### New Course in Amphetamine-Type Stimulants (ATS) Issues:

This course in working with clients with amphetamine type stimulant issues is aimed at workers in the Community sector. It provides essential knowledge and information about the drug type and hands-on 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. The course also covers mental health and ATS, harm reduction, and easy to use screening tools based on a Motivational Interviewing framework. Participants receive a nationally recognised and accredited certificate in the qualification 22037VIC, Course in Working with clients with Amphetamine Type Stimulant Issues.

Registrations are made online: [Click here to register](#). Enquires: [click here for further details](#) Contact: Sariah at [studentadmin@odyssey.org.au](mailto:studentadmin@odyssey.org.au) Course Fee: \$280

#### Turning Point Training for AOD workers - January 2011 to June 2011

##### SKILLS DEVELOPMENT

- Working With Groups
- Psychostimulant Training
- Pharmacotherapy Training
- Cognitive Behaviour Therapy Training
- Advanced Counselling Training for AOD Workers
- Solution Focused Counselling
- Acceptance & Commitment Therapy Training

#### VCOSS Clearinghouse Rural & Regional Training-Coming to a town near you in 2011!

The VCOSS Clearinghouse is proud to present our 2011 Rural and Regional Training Program.

The Rural and Regional Training program will be delivered across the state with sessions run in Hume, Loddon Mallee, Gippsland, **Barwon South West**, Grampians and Melbourne. The program will deliver 40

face to face training sessions for staff and volunteers from the Victorian community sector.

This is a not to be missed opportunity to access training by highly qualified trainers who have extensive experience working with community organisations.

The program includes:

**Roles, Responsibilities, Liabilities & Protections of Committees and Board Members** presented by Pilch Connect

**Grant Writing** presented by Philanthropy Australia

**Strategic Planning** presented by Matrix on Board

**Disagreements, disputes and all-out war: Strategies for dealing with conflict in boards and committees** presented by Pathways Australia

**Making sense of financial statements** presented by Matrix on Board

**Getting to Know Philanthropy** coordinated by Philanthropy Australia

Cost: \$40 per participant or \$20 for VCOSS members

*Fees can be waived for organisations unable to pay.*

Become a VCOSS Member today to receive your discount,

visit: <http://www.vcss.org.au/membership/index.htm>

For information on session locations and dates, download the [Rural and Regional Training Calendar](#) or print the [A3 Poster](#) version for your wall. Registrations for all training sessions open in January 2011.

To register your interest, for more information or to receive our calendar in an alternative format, contact [hayley.peck@vcss.org.au](mailto:hayley.peck@vcss.org.au) or call (03) 9654 5050.

### February 2011

#### 2<sup>nd</sup> February 2011

##### **Top down, bottom up: Active involvement of AOD service users**

As part of VAADA's Sector Development project we will be facilitating a series of professional development forums on consumer participation in Victorian AOD services. The forums are being held in November 2010 and February 2011 and will bring together AOD managers, AOD practitioners, consumer advocates and experts from a range of health and community service settings.

The events are based on feedback from a sector-wide survey undertaken in March 2010 and will explore the opportunities and challenges in a wide range of service types. These forums will be useful for both frontline staff and managers from drug treatment organisations, Needle & Syringe Programs, Pharmacotherapy programs, community health and hospital based services.

The core aim of these forums is to support AOD services to strengthen consumer input into service planning and development. Highlights include:

- A presentation from Beth Wilson, Victorian Health Services Commissioner
- An opportunity to meet with key people promoting consumer involvement across various health and community services
- A practical workshop targeting consumer participation in AOD services
- Concise, accessible and current information provided by senior AOD service managers

The forum runs from 10.00am – 3.00pm and includes morning tea, lunch and resource materials and will be held at the Sunshine Golf Club

Register for the forums by email to [skerwick@vaada.org.au](mailto:skerwick@vaada.org.au) or fax to (03) 9416 2085. Include your full name, position, organisation, contact phone number, email address and dietary or other requirements, and indicate which session you wish to attend. Places are limited. Please direct enquiries to Brad Pearce at the contact details below.

Access the promotional flyer at [www.vaada.org.au/sectordevelopment.shtml](http://www.vaada.org.au/sectordevelopment.shtml)

#### 2-3 February 2011

#### **APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)**

The Department of Health and Aging is providing ASIST Training for Secondary School Teachers and Welfare Staff. ASIST is a two-day skills-based workshop that helps equip people for suicide first-aid. The training helps increase people's ability to recognize when someone may be at risk of suicide and reach out in a supportive way that links them with further resources.

Time: 8.15 am for a 8.30 am start. The day ends at 4.30pm.

Lunch will be provided:

Registration: Places are limited so early registration is essential Phone Lifeline Geelong (03) 5222 2255 or Email: [geelonglifeline@bigpond.com](mailto:geelonglifeline@bigpond.com).

#### 4th February

##### **Getting Started with Narrative Therapy**

How do you start to use narrative approaches? How do you run a narrative session? How do you do narrative questions? Is it similar or different, harder or easier than other models? What are its principles and philosophies? Are they practical? Can you do it only as technique? Explore these questions; get a grounded intro to narrative. Learning Outcomes:

CORE BELIEFS - Narrative theory philosophy -what makes a session a narrative one, 'the problem is the problem not the person', narrative politics / ethics regarding the client, narrative politics / ethics for the worker, promoting persons preferred stories.

Understand, learn and practice the two threads of Narrative Practice:

- a) EXTERNALISING - What it is and how to do it
- b) RE-AUTHORING - Detect unique outcomes, build them into preferred stories.

Develop questions to enrich this process by exploring identity and action.

Workshops are at the Bouverie Centre, 8 Gardiner Street, Brunswick, Cost \$185 and run from 9.15 am to 4.30 pm

To register email [Bouverie.Training@latrobe.edu.au](mailto:Bouverie.Training@latrobe.edu.au) or go to [www.bouverie.org.au/courses/continuing-education/workshops-courses](http://www.bouverie.org.au/courses/continuing-education/workshops-courses)

#### 4th, 5th and 18th February

##### **Introduction to Counselling skills – Turning Point AOD Centre**

This training provides an opportunity for workers to develop or refresh their basic counselling skills and knowledge, and is also a forerunner to additional counselling skills workshops.

Topics covered include:

- Basic counselling skills such as active listening, questioning, empathy and non verbal communication.
- Barriers to effective communication.
- Student values and attitudes and their potential impact on the counselling relationship.
- Egan's model of counselling is introduced and demonstrated.
- Opportunities to practice skills
- A brief outline of different theoretical approaches to counselling

Students are required to role-play a counselling scenario according to Egan's model as part of their assessment.

The Training cost \$300 and will be held at Turning Point Alcohol and Drug Centre, 142 Gertrude Street, Fitzroy 3065. Hours: 9-5pm. To register go to <http://www.turningpoint.org.au/e&t/Flyer%20Introduction%20to%20Counselling%20Skills%20Feb%202011%20%20Final.pdf> or for other enquires contact Margret on (03) 8413 8700 or via email to [margretp@turningpoint.org.au](mailto:margretp@turningpoint.org.au).

#### 8th February 2011

##### **Overview of current counselling approaches in AOD – Turning Point Training**

The aim of the training is to provide an opportunity for alcohol and drug workers within the Victorian AOD sector to develop or refresh their skills in a range of counselling approaches that are contemporary, evidence-based and appropriate to working with alcohol and drug clients.

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

### 16 February

#### Sustained engagement with CALD

Meaningful engagement is essential for service planning, provision and evaluation. It requires more than a multicultural lunch or annual community consultation.

This workshop makes a strong case for sustained engagement with your target communities, and shows you how issues of culture and language affect your engagement strategy

The workshop covers:

- Why engagement is essential from a community perspective, a service perspective and a funding perspective
- Strategies that lead to long-term engagement with CALD communities

• Systems and processes to track and measure engagement venue

Venue: Centre for Culture, Ethnicity & Health | 81-85 Barry Street, Carlton 3053 from 9am - 1.30pm. Cost \$150.00

To register: Visit [www.ceh.org.au](http://www.ceh.org.au) to register online or call (03) 9342 9700. Places are limited!

### 15th Feb 2011

#### Governance Training in Geelong

Board Members: Roles, responsibilities, liabilities and protections VCOSS Clearinghouse and PILCHConnect are proud to present the Governance Training Program for Victorian Community organisations. This 'back to basics' training is suitable for new not-for-profit board / committee of management members or existing boards or committees that want a refresher on the role and legal responsibilities that come with running an effective community organisation in Victoria. The Geelong seminar will be presented by PILCH Connect and supported by the City of Greater Geelong.

Venue: City Hall, Gheringhap Street, Geelong @1-4pm (includes afternoon tea) Cost: \$40 (\$20 VCOSS members), fee may be waived or reduced for organisations unable to pay, contact [emma.richardson@vcoss.org.au](mailto:emma.richardson@vcoss.org.au). To register go to [http://www.vcoss.org.au/clearinghouse/clearinghouse%20docs/FLY\\_100401\\_Governance.doc](http://www.vcoss.org.au/clearinghouse/clearinghouse%20docs/FLY_100401_Governance.doc)

### 17 – 18 February

#### 2011 VAADA Conference - Transitions: people, policy, practice

The Conference theme Transitions: people, policy, practice implies change and moving forward and the program will focus on the transitions and movements within the alcohol and other drug (AOD) field as we move towards 2020.

What does the next decade hold for alcohol and other drug treatment? What are the current strengths and weaknesses of drug treatment? How can we reshape public debate about alcohol and drugs? How do we build a drug treatment system for the future? These are some of the questions that will be tackled at the 2011 Conference.

The conference will bring together those working directly in AOD including alcohol and drug treatment service providers with those working in related sectors including prevention, health promotion and harm reduction and those involved in justice, child and family services and mental health. We also look forward to the contribution of researchers and policy makers. The 2011 VAADA Conference program will focus on the following topics:

- Transitions in clinical practice
- Transitions in drug use patterns and harms

February 2011

- Cultural transitions and diverse populations
- Transitions and intersections between AOD and other services
- Policy and research transitions

Cost from \$235 - \$460. Held at the Jasper Hotel, Melbourne.

For further information about the 2011 VAADA Conference, please go to <http://conference.vaada.org.au/> or contact Chris McDonnell via email [cmcdonnell@vaada.org.au](mailto:cmcdonnell@vaada.org.au)

### 18<sup>th</sup> February

#### Trauma & Narrative Therapy

The Narrative Approach has specific concepts and techniques for working with people who suffer trauma (often different to other models). The theory and core narrative techniques will be explained and debated to assist your work with these particular clients.

Learning Outcome: To familiarise and / or practise:

- psychological pain and suffering as testimony and legacy, suffering as a sign of strength of beliefs, not as flaws of recovery or character
- doubly listening and re-authoring of the person's struggle against the trauma
- the 'restoration' of a sense of continual 'self, identity and memory' as opposed to the trauma's 'fragmenting' effects
- a touch on remembering and outsider witnessing as techniques to help the above.

Workshops are at the Bouverie Centre, 8 Gardiner Street, Brunswick, Cost \$185 and run from 9.15 am to 4.30 pm

To register email [Bouverie.Training@latrobe.edu.au](mailto:Bouverie.Training@latrobe.edu.au) or go to [www.bouverie.org.au/courses/continuing-education/workshops-courses](http://www.bouverie.org.au/courses/continuing-education/workshops-courses)

### 21st – 22nd February 2011

#### SINGLE SESSION WORK (SSW): Making the most of every encounter

To introduce the aims, practice principles, techniques and strategies of SSW. Learn the 'nuts and bolts' of SSW practice and explore implementation strategies for various service settings.

Learning Outcomes:

- Describe the history and philosophy of a SSW approach
- Describe what SSW is and what it is not
- Discuss indications and contra-indications for SSW
- Identify and practise particular skills associated with SSW
- Practice via role play intake, session and follow-up phone call, including the micro skills of SSW paperwork
- Describe various applications of the SSW ideas
- Outline a process for implementing SSW in a service setting
- Develop an implementation plan.

Workshops are at the Bouverie Centre, 8 Gardiner Street, Brunswick, Cost \$185 and run from 9.15 am to 4.30 pm

To register email [Bouverie.Training@latrobe.edu.au](mailto:Bouverie.Training@latrobe.edu.au) or go to [www.bouverie.org.au/courses/continuing-education/workshops-courses](http://www.bouverie.org.au/courses/continuing-education/workshops-courses)

### 24 February 2011

#### Counselling Skills for Welfare Workers and Case Managers

Basic counselling skills enable workers and case managers to build stronger rapport with clients, and can result in considerably improved outcomes. This session explores some of the tools and micro-skills that are essential to good counselling. During this interactive workshop, participants will gain an understanding of what counselling is, and what it is not; articulate differences between counselling and normal listening/advising; identify the difference between verbal and non-verbal communication; and demonstrate five skills that enhance rapport-building.

Please remember to register early to ensure your place.

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

### 24 February 2011

#### Social and Community Services Members Conference 2011

The SACS industry conference aims to take stock of industrial and campaign activities and developments since the last industry conference and plan for the next 12 months. There are many imminent workforce challenges facing the industry, including those related to changes imposed by the Modern Award, funding associated with a successful Equal Pay claim and workplace representation.

The Conference will focus on a number of these issues and aims to provide participants with the information they need to meet the challenges ahead. The conference will be held at Jasper Hotel 489 Elizabeth St Melb. Workshops will include:

1. The Modern Award classification structure - preparing for the impending transition;
2. Workplace Leadership Development - building our capacity in the workplace;
3. Enterprise bargaining - dealing with 2011 and beyond;
4. The Respect campaign - planning the next steps;
5. Spotlight on Occupational Health and Safety - responding to key challenges for our sector;
6. Media - training.

For more information go to:

[http://asuvic.asn.au/15663\\_46359.6796.html](http://asuvic.asn.au/15663_46359.6796.html)

### March 2011

#### March 4th 2011

##### Victorian Addiction Medicine Nurses Education Forum (VAMNEF)

- This is the very first year this Forum is being held.
- The steering committee is in the process of planning the March 4th 2011 agenda.
- This is a meeting for AOD nurses by AOD nurses.
- The format for the day will relate to a variety of topics suited for a number of nursing accolades

If you would like to contribute any feedback or recommendations for topics and sessions, please feel free to contact any of the steering committee members –

Niki on [niki.earls@RB.com](mailto:niki.earls@RB.com),

Ros at [Rosalyn.Burnett@southernhealth.org.au](mailto:Rosalyn.Burnett@southernhealth.org.au),

Helen at [Helen.O'NEILL@svhm.org.au](mailto:Helen.O'NEILL@svhm.org.au)

or Esther at [Esther.Freeman@southernhealth.org.au](mailto:Esther.Freeman@southernhealth.org.au)

Where? The MCG, Gate 3 Yarra Park Jolimont St, East Melbourne Vic 3002. Time 9:00am to 4:00 pm

#### 7-8 March 2011

##### Young people, risk and resilience: The challenges of alcohol, drugs and violence conference

Young people who experiment with alcohol and other drugs, whether legally or illegally obtained, may unwittingly compromise their safety and wellbeing or the safety and wellbeing of others. Evidence suggests that young people who use alcohol and other drugs are more likely to participate in other high-risk activities, and to be involved in violent and traumatic incidents such as assaults. Inexperience and peer influence undoubtedly contribute to these harms. In addition, use of alcohol and other drugs can increase young people's risk of committing crimes and lead to early involvement in the criminal justice system.

Major themes for the conference include:

- Understanding the nature and extent of young people's involvement in alcohol and other drug use, and the motivations for their use

- Understanding the nature and extent of young people's involvement in violence
- Identifying effective programs and initiatives to reduce young people's risk and increase their resilience, including:
  - Early intervention programs
  - Harm minimisation
  - Policy and legislative responses
  - Mentoring programs
  - The role of family, school, employment and the community
  - Diversion programs for young offenders
  - The use of restorative justice for young offenders who use alcohol and other drugs
- Sharing experiences
- Case studies from practitioners and young people on outcomes achieved

The conference will be held at: Level 17, Melbourne RACV Club, 501 Bourke Street Melbourne. For more information: [Download conference brochure](#) or register go to <http://www.aic.gov.au/events/aic%20upcoming%20events/2011/vs.cn.aspx>

#### 8 March 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)

#### March 9 & 10 (OR 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> or contact Tony @ The Training Team 0418 134 709 or Email: [info@teamtraining.com.au](mailto:info@teamtraining.com.au)

#### 10 March 2011

##### Engaging Disadvantaged Young People in Leadership: A Workshop by Professor Barbara Ferman, Temple University, Philadelphia

Leadership Development for Disadvantaged Young People: What is youth leadership development; how do we support it; how do we know it when we see it; how do we reward it. What does it mean to have "authentic" youth participation? Why do we want it? What is the role of adults, of youth? When does guidance become imposition? How do we manage perceptions and expectations? How do we communicate? How do adults "learn to unlearn"? What does success look like?

This workshop is aimed at people working in and with schools, including University staff, community development programs, not for profit organisations, local government and other government agencies who work with young people.

The Facilitator is Professor Ferman is Director, University Community Collaborative of Philadelphia and Professor in the Department of Political Science at Temple University. This workshop will be held in the Gallery at Deakin University's Waterfront Campus, Geelong @ 10am – 3pm  
 RSVP by 1st March 2011 to Jannah Wright on 03 5563 3086 or Email: [jannah.wright@deakin.edu.au](mailto:jannah.wright@deakin.edu.au)

### 10-11<sup>th</sup> March Counselling Training for AOD Workers: Solution Focused Counselling

Training is designed to offer workers the opportunity to orient, refresh as well as advance existing counselling skills and knowledge. The primary aim of this training is for participants to gain an understanding of core concepts and interventions in Solution Focused Counselling, a strengths-based approach that explores and builds on client possibilities. Skill development will form a critical component of the training. For more info or to enroll go to:

<http://www.turningpoint.org.au/e&t/Flyer%20Solution%20Focussed%202011%20Final.pdf>

### 13-16<sup>th</sup> March 2011

#### 11th National Rural Health Conference Rural and remote Australia: the heart of a healthy nation

It's been a dynamic and critical time for the rural and remote health sector over the past two years. People are now involved in implementing changes proposed in the Government's three major health reviews and wondering what it all means for people in rural, regional and remote areas.

This will be the background for discussions on a wide range of issues at the 11th National Rural Health Conference. Everything from the social and economic determinants, chronic disease, and electronic health records, to the rural and remote health research agenda will be discussed at the Conference. When: 13-16<sup>th</sup> March 2011, Where: Perth Convention Centre WA. For more information go to: <http://11nrhc.ruralhealth.org.au/>

### 16 March 2011

#### Leadership Skills and understanding the role of a Manager

This one-day workshop forms the first part of Cananiche's Core Skills for Health & Welfare Sector Managers and Team Leaders, and runs as part of our public training calendar, or can be customised and delivered in-house to your own staff.

The program was developed to support and educate new team leaders and managers around the challenges that occur during the transition into management, and assists participants to develop new avenues for self-reflection, self-care and support whilst renegotiating boundaries and relationships with former peers.

Principles of leadership and management are also discussed, along with strategies for project planning, managing groups and chairing meetings. Held at Ryges Hotel, Flemington Rd, Melbourne. Cost \$295 per day or for 4 sessions.

<http://www.caraniche.com.au/images/stories/pdfs/feb%20to%20june%202011%20caraniche%20training%20calendar.pdf>

### 17 March 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, 18 Myers Street, Geelong, 3220 from 9.30am – 4.00pm

For further information please email Annie Ferrari IFV Project Support Worker at [aferrari@comconnect.com.au](mailto:aferrari@comconnect.com.au) fax: 5223 2313 or telephone: 1300 361 680

### 17-18 March 2011

#### The Appreciative Manager: Leading & Mentoring Your Team for Success

Funded by Department of Health  
 Appreciative Managers draw on and amplify the strengths of themselves, their staff, clients, organisation and community.

New ways of managing are emerging which focus on 'what works', rather than on 'what doesn't'.

An ancient proverb says that whatever we pay attention to grows; paying attention to something invests it with more energy. So why not focus on our strengths?

Appreciative Managers pay attention to what they value and bring out the best in people. This requires a shift from a mindset that looks for problems or deficits to one which builds on strengths, celebrates success and leverages learning and performing to the highest level. This two day workshop will:

- \* Introduce you to Appreciative Inquiry and Reflective Practice
- \* Clarify your role as Manager and/or Leader in your organisation
- \* Provide you with practical tools and skills as a mentor to your team
- \* Challenge you to work positively through change

Training to be held in Hamilton. To Register: go to [www.mentoringworks.com.au](http://www.mentoringworks.com.au)

### March 18 (OR 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](http://www.teamtraining.com.au/courses1.htm) or contact Tony @ The Training Team 0418 134 709 or Email: [info@teamtraining.com.au](mailto:info@teamtraining.com.au)

### 18-20 March 2011

#### Inaugural Medicine in Addiction Conference

The RANZCP Section of Addiction Psychiatry is delighted to present this first time event.

The conference will be run in association with The Royal Australian College of General Practitioners (RACGP) and the Australasian Chapter of Addiction Medicine (AChAM) and will take place at the Citiclub Hotel, 113 Queen Street, Melbourne from Friday 18 – Sunday 20 March 2011.

An exciting and diverse scientific program promises to provide clinical updates on addiction practices and will include keynote presentations from Prof Paul Haber, Prof Dan Lubman, A/Prof Nick Lintzeris, Prof Andrew Lawrence, Prof Jason White and A/Prof Kate Conigrave to name but a few. A thought provoking and lively debate will also feature.

Registration will open in early 2011, stay tuned for further updates or contact [addiction2011@ranzcp.org](mailto:addiction2011@ranzcp.org) to register your interest now!

### 28-29 March 2011

#### Counselling Training for AOD Workers: Cognitive Behaviour 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. Cognitive Behaviour Therapy (CBT) underpins much of the counselling provided in the AOD sector and provides valuable day to day strategies for clients.



## Newsletter - Alcohol and Other Drugs Youth Capacity Building

The approach we take in this training is on understanding your client understanding CBT to manage substance use and mental health problems.

This workshop involves skills development in core CBT interventions aimed at increasing counsellor effectiveness.

Day 1 provides a brief overview of the basic theory, developments and current status of CBT, plus distinctive characteristics of CBT; the therapeutic relationship; assessment and formulation from an AOD and mental health perspective.

Day 2 will look at techniques used to help clients become their own therapists.

For more info or to Enroll go to: <http://www.turningpoint.org.au/e&t/Flyer%20CBT%20March%202011%20Final.pdf>

### April 2011

#### 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](mailto:training@caraniche.com.au) Also refer to our website [www.caraniche.com.au](http://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](mailto: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](mailto: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 Kettil 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](mailto:info@theconferencemanager.com.au)

### 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](http://www.teamtraining.com.au/courses1.htm) or contact Tony

@ The Training Team 0418 134 709 or Email: [info@teamtraining.com.au](mailto: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](mailto:training@caraniche.com.au) Also refer to our website [www.caraniche.com.au](http://www.caraniche.com.au) for more details about the content of these and other trainings.

**8 – 11 March**

**Managing and Measuring Health Outcomes - Short Course**

Presented by the Education and Training Division, Menzies School of Health Research at Menzies Seminar Room, RDH Campus, Darwin  
The course will provide an overview of both the Australian and international focus on health outcomes. Definitions and frameworks to evaluate health outcomes at the individual, community, clinical and population health levels will be explored. Participants will be given an overview of concepts related to psychological measurement (reliability, validity, sensitivity, specificity) and discuss a range of qualitative and quantitative research designs and strategies that would be relevant to a health outcomes project in their field of interest. The consumer/client focus of health outcomes will be discussed as will the constructs of well-being, quality of life and health-related quality of life.

For more information and to register please see the short course schedule, flyer and registration forms available at: <http://www.menzies.edu.au/education-and-training/short-courses/workshops>

**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  
Phone 5227 8415 or email [melanieb@deakin.edu.au](mailto:melanieb@deakin.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](http://www.teamtraining.com.au/courses1.htm) or contact Tony @ The Training Team 0418 134 709 or Email: [info@teamtraining.com.au](mailto: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%20\(Final\).pdf](http://www.turningpoint.org.au/e&t/Flyer%20Pharmacotherapies%202011%20Early%20%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

Learn dozens of positive psychology techniques that can be immediately integrated into your current skill set and style. Move beyond pathology and access client's strengths and coping history. Learn to identify techniques to:

- promote hope
- nurture emotional regulation
- identify clients' capacity for resilience, creativity and optimism
- collaborate with clients to clarify core motivations
- recognize the essential function of problem behavior
- support authentic self-esteem
- utilize "laser questions" to elicit your clients' highest visions of themselves and best hopes for treatment outcome
- expand case formulation - including personal and social strengths and assets



## Newsletter - Alcohol and Other Drugs Youth Capacity Building

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

**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](http://www.teamtraining.com.au/courses1.htm) or contact Tony @ The Training Team 0418 134 709 or Email: [info@teamtraining.com.au](mailto:info@teamtraining.com.au)

**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](mailto:training@caraniche.com.au) Also refer to our website [www.caraniche.com.au](http://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](http://www.teamtraining.com.au/courses1.htm) or contact Tony @ The Training Team 0418 134 709 or Email: [info@teamtraining.com.au](mailto: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](http://www.winterschool.info) For more details email: [winterschool@adfg.org](mailto:winterschool@adfg.org) or phone: 07 3834 0214

**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\(Final\).pdf](http://www.turningpoint.org.au/e&t/Flyer%20Psychostimulant%202011%20Early%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](mailto:training@caraniche.com.au) Also refer to our website [www.caraniche.com.au](http://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:



## Newsletter - Alcohol and Other Drugs Youth Capacity Building

- 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

#### 17 August 2011

##### 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](http://www.teamtraining.com.au/courses1.htm) or contact Tony @ The Training Team 0418 134 709 or Email: [info@teamtraining.com.au](mailto: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.anzmmh.asn.au/conference2011/call\\_papers.html](http://www.anzmmh.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](http://www.teamtraining.com.au/courses1.htm) or contact Tony @ The Training Team 0418 134 709 or Email: [info@teamtraining.com.au](mailto:info@teamtraining.com.au)

#### 29 August 2011 (OR November 24)

##### Team Leaders' Workshop

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- Dealing with difficulties.

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### November 2011

#### 16 & 17 November

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