

VICSERV Training & Professional Development Calendar

June 2011- March 2012

Psychiatric Disability Services of Victoria (VICSERV) is pleased to present our tailored training and professional development calendar for Semester Two 2011 through to early 2012

JUNE

Mental Illness Awareness

Monday 6th June 2011

Facilitator: VICSERV training team

Our Mental Illness Awareness Workshop is designed for people who do not need to be experts in psychiatric treatment, but need to know basic information about mental illness and how it affects people's lives. This workshop will give participants a better understanding of mental illness and the confidence to communicate effectively and refer people to appropriate services.



Challenging Behaviours: Strategies for De-escalating, Understanding and Recovery

Friday 10th June 2011

Facilitator: Sheree McDonald

This workshop provides participants with strategies to deal more effectively with aggression and intense emotional expressions, and will increase understanding of typical factors contributing to hostility and explore appropriate interventions.

Living Skills: A Guide to Assessment and Intervention with People at Risk of Homelessness

Thursday 16th June 2011

Facilitator: Western Region Health Centre in partnership with the VICSERV training team

This half-day workshop introduces participants to the basic principles and practices of living skills assessments and intervention. The participants will be introduced to the Guide to Living Skills Assessment and Intervention developed by the Western Region Health Centre. This Guide helps staff working with people at risk of homelessness, assess their living skills (such as tenancy, community mobility, cooking, meal planning, shopping, cleaning, personal care, budgeting, banking and money handling, bill paying, medication, appointments, communication, emergencies and first aid) and provide appropriate interventions for independent living.

Dual Diagnosis Training for the PDRS sector

Thursday 23rd and Friday 24th June 2011

Facilitator: VICSERV Training Team

The aim of this two-day workshop is to assist the participants to achieve a basic dual diagnosis capability. By the end of this workshop the participants should be able to: describe the various legislative and philosophical frameworks, describe and apply the six Stages of Change, use appropriate screening tools, negotiate appropriate interventions with clients and significant others, including referral pathways and develop relapse prevention plans with clients with dual diagnosis in the community managed mental health sector.

JULY

Spirituality and Mental Health

Monday 18th and Monday 25th July 2011

Facilitator: Rosalind Cairns, Coordinator of Mental Healthcare Chaplaincy.

This two-day workshop will introduce participants to the relationship between spirituality and mental wellbeing. Participants will gain an awareness and understanding of the nature of mental illness, issues relating to the inherent dignity of the person and the spiritual dimensions of mental illness. The workshop will help participants develop skills in assessing the spiritual needs of the person and ways to work with these issues.

Certificate IV in Training and Assessment (TAE40110)

Wednesday 20th and Thursday 21st July 2011 (14 days over 6 months)

Facilitator: Jenny Vibert - Wodonga TAFE

The Certificate IV in Training and Assessment (TAE40110) is a nationally recognised and accredited training program. It covers the skills and abilities required to deliver training in a particular industry area and conduct competency-based assessment in a range of contexts. This course will enable participants to optimise training outcomes in their workplaces, gain national recognition for their workplace training role, and allow them to work as a trainer and assessor in a Registered Training Organisation.

AUGUST

Introduction to Motivational Interviewing

Friday 5th and Friday 12th August 2011

Facilitator: Victorian Dual Diagnosis - Education & Training Unit.

This two-day workshop introduces participants to the basic principles and practices of motivational interviewing. The participants will gain an awareness and understanding of the principles of motivational interviewing, practise some of the techniques and build upon their current level of counselling skills. The main topics include:

- History and theory of motivational interviewing
- Stages of change
- Five principles of motivational interviewing
- Importance and function of "change talk" and dealing with ambivalence and resistance.

Applied Suicide Intervention Skills (ASIST)

Monday 22nd and Tuesday 23rd August 2011

Facilitator: Kerry Dawson & Alexandra Babaras - Living Works

The emphasis of this workshop is on suicide first aid - helping a person at imminent risk stay safe and seek further help. Participants reflect on their attitudes and beliefs about suicide and how these may affect their intervention role. They learn how to notice invitations for help and ask directly about suicide. An intervention framework is provided and modelled, followed by extensive opportunities to practise skills needed to implement the model.

OCTOBER

Group Facilitation

Monday 3rd and Tuesday 4th October 2011

Facilitator: Indigo Daya

This highly interactive workshop builds a strong understanding of group work issues and practice, and develops skills in planning, delivery and evaluation. This workshop provides plenty of time for practice and consolidation of skills and knowledge, as well as a strong emphasis on consumer engagement and continuous improvement.



Being a Community Mental Health Worker-Recovery Practice

Wednesday 5th, Thursday 6th, Tuesday 11th and Wednesday 12th October 2011

Facilitator: Sue Harrison and the VICSERV training team

This four-day workshop will provide an overview of how workers in the community managed mental health sector may facilitate recovery in an effective, respectful, and person-centred way. There will be a focus on how communication and relationships may impact on the recovery process, and how workers assist in a process of identifying needs and strengths, goal setting, and review. Together with 'Orientation to community managed mental health' this training program provides a foundation for all VICSERV training.



Problem Gambling and Mental Health

Friday 7th October 2011

Facilitator: Mick Field, Senior Clinician, Karen Harrison, Education and Training Officer and local Gambler's Help clinicians.

The aim of this half-day workshop is to provide mental health clinicians in direct care and those within support service roles with a comprehensive introduction to problem gambling and psychiatric co-morbidity.



Interactive Member Forums

VICSERV will continue to coordinate and deliver member forums around areas of interest to the sector. Previous forums have been held on Models of Recovery, The Charter of Human Rights, The Justice System and Mental Health and 2011 State Budget Review.

The next interactive member forums are planned for Thursday 25th August and Thursday 27th October 2011. These will be advertised via Factsline, member bulletins and our website <http://www.vicserv.org.au/media-news-events/events-calendar.html> as details and venues are confirmed.

OCTOBER

Borderline Personality Disorder- Introduction

Monday 24th October 2011

Facilitator: Robert Trett- Spectrum

This workshop provides a comprehensive introduction to concepts and interventions relevant to treatment and support for individuals with a diagnosis of borderline personality disorder. Community managed mental health workers, mental health service clinicians and others working with clients with a borderline personality diagnosis would benefit from this workshop.

Gender Sensitivity in Mental Health Services

Friday 28th October 2011

Facilitator: Staff and consumers from the Victorian Women's Mental Health Network

As a result of this workshop participants will gain a greater understanding of the particular needs of women when consumers of mental health services, and have heard and spoken of current cultural / gender experiences when accessing services. Participants will also be able to identify practices and procedures to introduce gender sensitive practices into services, and identify a proposed action plan for meeting the needs of women consumers who access services.



NOVEMBER

Family Sensitive Practice Competencies in Mental Health

Monday 7th November and Monday 5th December 2011

Facilitator: Trainers from the Mental Health Program, the Bouverie Centre, Victoria's Family Institute

This program introduces participants to the core competencies of Family Sensitive Practice within a mental health context. These include negotiating the involvement of the family in working with an individual consumer, responding effectively to families coping with acute mental illness or other crises involving their relative, understanding the impact of mental illness on family members, conducting productive meetings with families including the consumer, sharing information about mental illness between the consumer, family members and the worker and documenting family contact in consumer files.



Professional Supervision

Thursday 10th and Friday 11th November 2011

Facilitator: Sheree McDonald

This workshop gives participants the opportunity to understand the key roles of an effective supervisor and develop the capabilities and skills required. Participants will experience the relief and joy of having a flexible supervision methodology, and develop confidence in assessing performance, building an effective relationship, maximising learning and achieving real change.

Mental Health First Aid

Monday 28th and Tuesday 29th November 2011

Facilitator: Joe Zammit - Norwood Association

The Mental Health First Aid workshop was developed in 2001 at the Centre for Mental Health Research at the Australian National University by Betty Kitchener and Professor Tony Jorm. In 2001 the program moved to Orygen Youth Health Research Centre at the University of Melbourne and the program is now delivered in every state and territory in Australia and internationally. The workshop teaches adults how to provide initial support to adults experiencing a mental health crisis or developing a mental health problem. Participants will learn the signs and symptoms of major mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Customised Training

- Dates don't suit? Need something else?
- VICSERV can deliver customised training in your workplace or region, at a time that suits you.
- For more information you can email: training@vicserv.org.au or call (03) 9519 7000
- To register on our training programs, go to <http://www.vicserv.org.au/training2/training-calendar.html>

FEBRUARY - 2012

Mental Illness Awareness

Friday 10th February 2012

Facilitator: VICSERV training team

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Self Care

Friday 17th February 2012

Facilitator: Sheree McDonald

As members of our clients' healing communities, we are personally affected by their challenges, triumphs and traumas. We all recognise the importance of self care to remain alert, compassionate and balanced. This workshop is designed to be self caring, looking at ways to care for our whole self: our mind, body, spirit and emotions. Taking into account individual core values and beliefs, we will develop plans that are both realistic and attractive.



Living Skills: A Guide to Assessment and Intervention with People at Risk of Homelessness

Thursday 23rd February 2012

Facilitator: Western Region Health Centre in partnership with the VICSERV training team

This half-day workshop introduces participants to the basic principles and practices of living skills assessments and intervention. The participants will be introduced to the Guide to Living Skills Assessment and Intervention developed by the Western Region Health Centre. This Guide helps staff working with people at risk of homelessness, assess their living skills (such as tenancy, community mobility, cooking, meal planning, shopping, cleaning, personal care, budgeting, banking and money handling, bill paying, medication, appointments, communication, emergencies and first aid) and provide appropriate interventions for independent living.

Dual Diagnosis Training for the PDRS sector

Wednesday 29th February and Thursday 1st March 2012

Facilitator: VICSERV Training Team

The aim of this two-day workshop is to assist the participants to achieve a basic dual diagnosis capability. By the end of this workshop the participants should be able to: describe the various legislative and philosophical frameworks, describe and apply the six Stages of Change, use appropriate screening tools, negotiate appropriate interventions with clients and significant others, including referral pathways and develop relapse prevention plans with clients with dual diagnosis in the community managed mental health sector.

MARCH - 2012

Certificate IV in Mental Health (CHC40508)

Thursday 22nd and Friday 23rd March 2012

(18 days over a 9 month period)

Facilitator: Sue Harrison and the VICSERV training team

Certificate IV in Mental Health (CHC40508) is a nationally recognised qualification that has been developed and tailored by VICSERV and is specifically designed for people currently working in the community managed mental health sector. The qualification consists of three core modules of training, these include: Orientation to community mental health, Being a community mental health worker - recovery practice and Working effectively in the community mental health environment plus an elective unit; Working & advocating effectively with consumers, carers and families.

JULY - 2012

Diploma of Management (BSB51107)

Friday 6th July 2012

(11 days over an 11 month period)

Facilitator: Adam Le Good (Fundamental Training and Development) and Bill Stubbs (W.D Stubbs & Associates)

The Diploma of Management is a unique opportunity for participants to undertake a formal, nationally-recognised, tertiary qualification in management that can also be used as credits towards future qualifications. The content is targeted at team leaders, program managers and / or first-line supervisors, encompassing a broad range of the people, planning and technical skills (competencies). It is tailored to those working in the mental health and / or community support sector.

Psychiatric Disability Services of Victoria (VICSERV)

Psychiatric Disability Services of Victoria (VICSERV) is a peak body for community managed mental health services in Victoria. These services include housing support, home-based outreach, psychosocial and pre-vocational day programs, residential rehabilitation, mutual support, peer support and Prevention and Recovery Care (PARC) services. The VICSERV Learning & Development (L&D) Unit delivers training, training brokerage services, advice and consultancy services to the Community Managed Mental Health Sector of Victoria. The VICSERV L&D Unit offers the following training programs to support and develop staff in the sector: Certificate IV in Mental Health (CHC40508), Diploma of Management (BSB51107), Orientation to Community Managed Mental Health, Being a Community Mental Health Worker- Recovery Practice, Mental Illness Awareness, Borderline Personality Disorder Introduction, Mental Health First Aid, Applied Suicide Intervention Skills (ASIST), Professional Supervision, Dual Diagnosis Training for the PDRS sector, Spirituality and Mental Health and Self Care.