

CHILD & YOUTH MENTAL HEALTH TRAINING CALENDAR 2020

26 FEB	11 MAR	18 MAR	25 MAR	27 MAY	17 JUN	7 OCT	22 APR	29 APR	3 JUN	15 JUL	29 JUL	26 AUG	8 SEP	16 SEP	14 OCT	11 NOV
Opening the doors	Understanding psychosis	Understanding borderline personality disorder	Understanding autism spectrum disorders	Understanding anxiety	Understanding depression	Understanding the impact of trauma	Mental health first aid 2 day workshop DAY 1	Mental health first aid 2 day workshop DAY 2	Working with school refusal	Opening the doors	Brief interventions toolkit	Coping skills 101	Behaviours of concern	Responding to self-harm and suicide risk	Talking with families about young people's mental health	Opening the doors

Opening the doors

Wednesday 26 February
9.30am – 12.30pm / FREE

In this workshop you will learn about referral pathways to mental health services. Clinicians from the Royal Children's Hospital Mental Health, headspace and Orygen will provide an overview of child and youth mental health services in the western and north-western region, in particular, how and when to refer a child or young person. This workshop is also offered on 15 July and 11 November.

UNDERSTANDING MENTAL ILL-HEALTH

In these workshops, you will learn about particular mental disorders, or the impacts of particular experiences on mental ill-health in children and young people.

Understanding psychosis

Wednesday 11 March
9.30am – 12.30pm / \$30

Understanding borderline personality disorder

Wednesday 18 March
9.30am – 12.30pm / \$30

Understanding autism spectrum disorders

Wednesday 25 March
9.30am – 12.30pm / \$30

Understanding anxiety

Wednesday 27 May
9.30am – 12.30pm / \$30

Understanding depression

Wednesday 17 June
9.30am – 12.30pm / \$30

Understanding the impact of trauma

Wednesday 7 October
9.30am – 12.30pm / \$30

Mental health first aid 2 day workshop NEW

Day 1 – Wednesday 22 April
Day 2 – Wednesday 29 April
9.30am – 4.30pm / \$280

Mental health first aid is the help given to someone developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves. This two day workshop is designed to train adults to assist young people in mental health crisis situations and/or in the early stages of mental health problems. Cost includes provision of a course manual. Participants are required to attend both days.

Working with school refusal

Wednesday 3 June
9.30am – 4.30pm / \$140

In this workshop we will explore factors underlying school refusal. You will learn about the importance of a therapeutic and educational alliance, and evidence-based techniques to assist children and young people to maintain schooling or return to school.

Opening the doors

Wednesday 15 July
9.30am – 12.30pm / FREE

This workshop is also available on 26 February and 11 November.

Brief interventions toolkit

Wednesday 29 July
9.30am – 4.30pm / \$140

In this workshop you will learn about various brief skill-building and behavioural intervention modules that we have developed over the last five years in collaboration with young people using headspace centers. The 'toolkit' offers a tailored, youth-specific approach and language that has been shown to be highly engaging and to significantly improve the emotional health and wellbeing of young people with mild to moderate mental health needs. We will provide a rationale for the delivery and efficacy of the various brief intervention modules. We will provide time for skill practice and conversation about implementation in your work context.

Coping skills 101

Wednesday 26 August
9.30am – 4.30pm / \$140

Within this workshop you will develop skills to help young people to safely and effectively manage challenging emotions, and to problem solve issues that impact on their wellbeing. You will learn a wide range of strategies that can be used in your work with young people. You will have an opportunity to practice these skills throughout the day.

Behaviours of concern NEW

Tuesday 8 September
9.30am – 4.30pm / \$140

Children and young people can present with a variety of behaviours that cause them challenges such as; oppositional behaviour, inattention, aggression and hyperactivity. These behaviours can have an impact in a range of settings including; at home, school and in their relationships with others. In this workshop, you will learn about factors that contribute to these behaviours, and develop strategies to support young people. This workshop will be particularly useful to staff working in school settings.

Responding to self-harm and suicide risk

Wednesday 16 September
9.30am – 4.30pm / \$140

This workshop provides participants with an understanding of deliberate self-harm and suicide risk in young people. You will develop skills in assessing risk, responding to risk, and collaborative safety planning.

Talking with families about young people's mental health

Wednesday 14 October
9.30am – 12.30pm / \$70

In this workshop you will learn more about the rationale for involving families in discussions about young people's mental health. You will learn strategies for getting the conversation started, developing a shared understanding of the problem, and thinking about ways forward. Issues of confidentiality and duty of care will also be discussed.

Opening the doors

Wednesday 11 November
9.30am – 12.30pm / FREE

This workshop is also available on 26 February and 15 July.

TIME TO REFLECT (TTR)

Time to Reflect (TTR) is a five session professional development series for school wellbeing staff working in the north-west area of Melbourne. It aims to enhance staff confidence and competence in recognising and responding to the mental health needs of students, and teaches a model for continued reflective practice. Sessions will be held fortnightly and participants are required to attend all sessions.

This series of workshops can be run for primary and secondary schools.

Cost

\$66 (GST incl.) to cover catering and materials for all sessions.

Enquiries

Judy Ring – Travancore School
Ph: 9345 6053
Email: ring.judy.l@edumail.vic.gov.au

REGISTRATION AND ATTENDANCE INFORMATION

Registration and payment

Please note that all registrations and payments are made online at Eventbrite via www.oyh.org.au/training-community

For Time to Reflect contact Judy Ring - Travancore School Ph: 9345 6053 or email: ring.judy.l@edumail.vic.gov.au.

Please note that costs for all workshops include the Goods and Services Tax (GST).

We encourage prompt registration as some workshops reach capacity early. Preference will be given to professionals within the RCH MHS and Orygen catchment areas in the West and North West metropolitan area of Melbourne.

Group discount

Group discounts may apply. Please phone (03) 9966 9100 to discuss (ask for Community Development).

Cancellation policy

Cancellations made at least seven days prior to the workshop will be eligible for a refund, less an administration fee of 50% of the workshop cost. Cancellations made less than seven days prior to the workshop will be charged at full price for the workshop.

Contact and enquiries

To find out more about a workshop and if it suits your learning needs you can contact us on (03) 9966 9100 (ask for Community Development) or email training@oyh.org.au.

Who can attend

Workshops are specifically designed for staff working in community-based settings with children and young people in the North Western area of Melbourne, who may not have specialist mental health training. This may include staff working in education, youth services, child protection, alcohol and other drugs services, settlement services and family support agencies.

Attendance

A certificate of attendance will be provided upon request.

Times and Venue

Registration commences 15 minutes prior to the advertised time e.g. 9.15am for a prompt 9.30am commencement.

All workshops are being held at

Orygen, 35 Poplar Road, Parkville, VIC 3052
Colonial Foundation Innovation Centre-Innovation Space 2

Getting to Orygen by public transport

Upfield line train stops at Royal Park Station (Zoo).

Tram 58 stops at Royal Park Station (stop 27). Orygen is a short stroll down the hill (away from the zoo).

Bus route 505 travels between Moonee Ponds bus interchange and Royal pde, Melbourne University via Parkville Gardens. The bus travels along Poplar rd, with a stop just before or just after the Orygen main entrance.

Parking

There is limited paid parking available onsite (coins or credit card).

For further travel info visit www.ptv.vic.gov.au or download the **ptv app** from your phone's app store.

Disclaimer At the time of printing, all information in this calendar was correct. Orygen reserves the right to make changes to the training calendar or any other general or specific information published in this calendar. Orygen reserves the right to cancel courses that do not meet minimum participation, in which case, all fees will be refunded.

GIVE US A CALL

Do you need support, advice or an opportunity to reflect about a specific child or young person you're working with?

For secondary consultation of a child aged 0 – 14 years call Royal Children's Hospital Mental Health Service on 1800 44 55 11.

For a young person aged 15 – 24 years call Orygen on 9966 9100 and request a secondary consultation.

CHILD & YOUTH MENTAL HEALTH TRAINING CALENDAR 2020



ORYGEN
LOCKED BAG 10,
PARKVILLE VIC 3052
AUSTRALIA

POSTAGE
PAID
AUSTRALIA

TRAINING
2020

TO REGISTER, VISIT
www.oyh.org.au/training-community

PARTNER ORGANISATIONS

Our agencies provide mental health consultation, training and mental health promotion to community-based services across the youth, health, education and welfare sectors.

Our aim is to strengthen the capacity of individuals and organisations to identify and respond to the mental health needs of children and young people.

We aim to work collaboratively with individuals and organisations in order to identify gaps in the community sector and provide appropriate responses to these needs. This may include training, specialist consultation, help with identifying referral pathways and resources, and support to develop and implement strategies to improve mental health amongst children and young people.

Orygen is a youth mental health service for young people aged 15 – 24 years. As well as direct service delivery to young people and families in the northwestern and western metropolitan region of Melbourne, Orygen provides training, secondary consultation and partnership activities.
www.oyh.org.au

Travancore School is a Department of Education and Training facility that services the educational needs of children and young people who are clients of Royal Children's Hospital Mental Health (RCH MH) or Orygen Specialist Services.
www.travancoresch.vic.edu.au

Royal Children's Hospital Mental Health provides a specialist community-based child and adolescent mental health service. RCH MH has three community teams located at Wyndham, Sunshine and Flemington for clients aged 0-15 years, and an adolescent Inpatient Unit.
www.rch.org.au

headspace Sunshine, headspace Glenroy, headspace Craigieburn & headspace Werribee are a one-stop-shop model of care (covering general health, drug and alcohol support, vocational and educational assistance, mental health counselling and support) designed to make it easier for young people 12-25 to get help.
www.headspace.org.au

headspace National Youth Mental Health Foundation Ltd is funded by the Australian Government Department of Health and Ageing under the Youth Mental Health Initiative Program.

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