

CHILD & YOUTH MENTAL HEALTH

ONLINE TRAINING CALENDAR JANUARY-JUNE 2021

KEEP AN EYE OUT FOR OUR JULY-DECEMBER CALENDAR!

Wednesday
3 February

Opening
the doors

9:30am – 11:30am **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. You will learn how and when to refer a child or young person.

Understanding
mental
ill-health

Wednesday 17 February
9:30am – 11:30am/\$30

Understanding
anxiety

Wednesday 24 February
9:30am – 11:30am/\$30

Understanding
depression

Wednesday 28 April
9:30am – 11:30am/\$30

Understanding the mental
health of children and
young people with Autism
Spectrum Disorder

Wednesday
3 March,
17 March,
31 March

Working
with school
refusal

9:30am – 11.30am/\$90

In this three part series 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.

Wednesday
16 June

Coping
skills 101

9.30am-11.30am/\$30

In this workshop you will learn skills in assisting young people to recognise their emotions, and to cope with difficult emotions. These skills can be used to promote mental health, and to support young people experiencing problems with their mental health. You can attend this workshop on its own, or alongside Coping Skills 102.

Wednesday
23 June

Coping
skills 102

9.30am-11.30am/\$30

In this workshop you will learn skills in assisting young people to solve problems that they are experiencing. These skills can be used to promote mental health, and to support young people experiencing problems with their mental health. You can attend this workshop on its own, or alongside Coping Skills 101.

REGISTRATION AND ATTENDANCE INFORMATION

Registration and payment

Please note that all registrations and payments are made online at Eventbrite via <https://www.orygen.org.au/Training/Face-to-Face-Training/Community-Professionals>

Costs for all workshops include the Goods and Services Tax (GST).

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.

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.

REGISTRATION AND ATTENDANCE INFORMATION



Contact and enquiries

To find out more about a workshop and if it suits your learning needs you can contact us on (03) 99669100 (ask for Community Development) or email training@oyh.org.au.

Attendance

A certificate of attendance will be provided upon request.

Who can attend

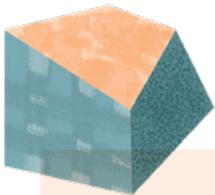
Workshops are specifically designed for staff working in community-based settings with children and young people in the northwestern and western area of Melbourne, who may not have specialist mental health training. This may include staff working in education, youth services, Child Protection, alcohol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

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 training@oyh.org.au.

Times and platform

All workshops on the January - June 2021 calendar will be conducted online via the Zoom Platform. A link and instructions will be emailed to you 1 week prior to the workshop. Please log in 10 minutes prior to the advertised time to allow time to trouble shoot any issues prior to commencement time.

PARTNER ORGANISATIONS



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** or for a young person aged 15 – 24 years call Orygen's community development team on **9966 9100**.

Our agencies provide mental health consultation, training and mental health promotion to community-based services across the child, 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, such as training, specialist consultation, access to youth mental health resources, help with identifying referral pathways for children and young people, and to support, 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

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

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

headspace Sunshine, headspace Glenroy, headspace Craigieburn, headspace Werribee and headspace Melton 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 under the Youth Mental Health Initiative Program.