

CHILD & YOUTH COMMUNITY DEVELOPMENT TRAINING

2017

www.oyh.org.au/training-community

22 FEB Opening the Doors	1 MAR Understanding ADHD	15 MAR Understanding Psychosis	19 APR Understanding Anxiety in Adolescents and Young Adults	26 APR Understanding Autism Spectrum Disorders	17 MAY Understanding Borderline Personality Disorder	31 MAY Understanding Depression	21 JUN Self-Harm and Suicide	28 JUN Working with the <i>SAFEMinds</i> Resource Package in Schools	19 JUL Brief Interventions Module 1	19 JUL Brief Interventions Module 2	26 JUL Brief Interventions Module 3	26 JUL Brief Interventions Module 4	23 AUG Opening the Doors	18 OCT Working with Young People with Borderline Personality Disorder	20 OCT Working with School Refusal	22 NOV Reflective Practice
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FEBRUARY

Opening the Doors

Wednesday 22 February
9:30am – 12:30pm / FREE

 Royal Children's Hospital Mental Health, Travancore Campus


Clinicians from Royal Children's Hospital Mental Health, headspace and Orygen Youth Health will facilitate this session, which aims to provide participants with a greater understanding 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.

MARCH – MAY

FREE

AUTUMN FORUM

This series of FREE seminars is aimed at providing an understanding of different mental health diagnoses affecting the 0-25 year-old population.

 All autumn forum sessions will be held in the Health Education and Learning Precinct (H.E.L.P.) at the Royal Children's Hospital, Parkville

Understanding ADHD

Wednesday 1 March
9:30am – 12:30pm / FREE

Understanding Psychosis

Wednesday 15 March
9:30am – 12:30pm / FREE

Understanding Anxiety in Adolescents and Young Adults

Wednesday 19 April
9:30am – 12:30pm / FREE

Understanding Autism Spectrum Disorders

Wednesday 26 April
9:30am – 12:30pm / FREE

Understanding Borderline Personality Disorder

Wednesday 17 May
9:30am – 12:30pm / FREE


Understanding Depression

Wednesday 31 May
9:30am – 12:30pm / FREE

JUNE

Self-Harm and Suicide

Wednesday 21 June
9:30am – 4:30pm / \$140

 Health Education and Learning Precinct (H.E.L.P.), Royal Children's Hospital, Parkville

This workshop provides participants with an understanding of self-harm and suicide risk in young people; as well as an opportunity to develop skills in assessing risk and safety planning.

Working with the *SAFEMinds* Resource Package in Schools

Wednesday 28 June
9:30am – 4:30pm / \$40

 Royal Children's Hospital Mental Health, Travancore Campus

SAFEMinds is a learning and resource package developed by the Department of Education and Training and headspace, that aims to enhance the capacity of school communities to identify and respond to the mental health needs of children and young people.

This workshop will support participants to incorporate *SAFEMinds* into their school's existing professional learning and student wellbeing policies and initiatives. Participants will develop the skills to apply the *SAFEMinds* early intervention approach and use the resource toolkit and online materials in their schools.

JULY

BRIEF INTERVENTIONS WORKSHOP SERIES

This series of workshops provides participants with opportunities to learn and practice evidence-based brief intervention skills, suitable for supporting young people with a range of mental health problems. Participants can register for one or all modules. A discount is available for participants attending all four modules – attend all four for only \$200.

 All of the Brief Interventions Workshops will be held at Royal Children's Hospital Mental Health, Travancore Campus.

1. Emotion Management and Problem Solving

Wednesday 19 July
9:30am – 12:30pm / \$70

This workshop provides participants with skills to help young people effectively manage distressing emotions, and to problem-solve.

2. Lifestyle Interventions for Improved Mental Health

Wednesday 19 July
1:30pm – 4:30pm / \$70

This workshop provides the latest evidence-base in supporting young people to make lifestyle choices that improve their mental health. This workshop teaches specific skills including behavioral activation and engaging young people in conversations about lifestyle change.

3. Body Image & Self Esteem

Wednesday 26 July
9:30am – 12:30pm / \$70

This workshop provides participants with an understanding of both body-image and self-esteem issues, and some strategies for effectively working with young people experiencing these difficulties.

4. Talking with Families about Young People's Mental Health

Wednesday 26 July
1:30pm – 4:30pm / \$70

This workshop provides a rationale for involving families in children and young people's mental health, and equips participants with the skills to do so. There will be an emphasis on 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.

AUGUST – NOVEMBER


Opening the Doors

Wednesday 23 August
9:30am – 12:30pm / FREE

 Royal Children's Hospital Mental Health, Travancore Campus

Working with Young People with Borderline Personality Disorder

Wednesday 18 October
9:30am – 4:30pm / \$140

 Health Education and Learning Precinct (H.E.L.P.), Royal Children's Hospital, Parkville

This workshop aims to provide participants with an understanding of Borderline Personality Disorder, principles of practice and strategies for working with young people with Borderline Personality Disorder.

Working with School Refusal

Friday 20 October
9:30- 4:30pm / \$140

 Royal Children's Hospital Mental Health, Travancore Campus

This workshop will explore factors underlying school refusal. Participants 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.

Reflective Practice

Wednesday 22 November
9:30am – 12:30pm / \$70

 Royal Children's Hospital Mental Health, Travancore Campus

This workshop is for both frontline staff and managers. The role of reflective practice in supporting worker skill development and self-care will be described, and skills in specific reflective practices will be taught.

Who can attend

Workshops are specifically targeted at staff working in community-based settings with young people in the western and north-western regions of Melbourne, who may not have specialist mental health training.

This may include staff working in education settings, health and welfare agencies, youth services and workers in Accommodation, Drug and Alcohol, Migration and Family Support agencies.

To find out more about a workshop and if it suits your learning needs, you can contact us on (03) 9342 3744 or training@oyh.org.au

TIME TO REFLECT (TTR)

Time to Reflect is a five session professional development series for school wellbeing staff working in the western and north-western regions of Melbourne.

The series 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 are held fortnightly and participants are required to attend all sessions.

TTR for Primary Schools

Facilitated by Travancore School and RCH Mental Health

Wyndham/Hobson's Bay area

Friday 28 April 9am – 12pm

Friday 12 May 9am – 12pm


Friday 26 May 9am – 12pm

Friday 9 June 9am – 12pm

Friday 23 June 9am – 12pm

TTR for Secondary Schools

Facilitated by Travancore School and Orygen Youth Health

 Royal Children's Hospital Mental Health, Travancore Campus

Friday 21 July 9am – 12pm

Friday 4 August 9am – 12pm

Friday 18 August 9am – 12pm

Friday 1 September 9am – 12pm

Friday 15 September 9am – 12pm

Cost

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

Enquiries

For all enquiries or to register for either TTR series, contact Travancore School on (03) 9345 6053

Registration and attendance information

Registration

Register online at www.oyh.org.au/training-community

We encourage prompt registration as some workshops reach their capacity early.

Preference will be given to professionals within the OYH catchment.

Payment

Please register and pay online.

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

Group Discount

Group discounts may apply. Please phone (03) 9342 3744 to arrange this.

Attendance

A Certificate of Attendance will be provided.

Times

Registration is from 9.15am. Workshops commence promptly at 9.30am and will finish by 4.30pm (unless otherwise indicated).

Disclaimer

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

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

For further information about this calendar, please phone (03) 9342 3744 or email training@oyh.org.au



Got an idea?
GIVE US A CALL

WE CAN COME TO
YOUR SCHOOL OR
WORKPLACE

Community development aims to strengthen the capacity of individuals and organisations to improve mental health and wellbeing in their communities, and to understand, identify and respond to child and young people's mental health needs.

TRAINING VENUE LOCATIONS

Please refer to information regarding each workshop to confirm which training venue you need to attend.

SEE DETAILED
TRAVEL INFO BELOW



T Royal Children's Hospital Mental Health, Travancore Campus

50 FLEMINGTON STREET, TRAVANCORE, 3032

Training will be held in the RCH Mental Health Conference Room, Building A. Entry is via the car park at Gate 2.

- The **Upfield line train** stops at Flemington Station, which is a 15-minute walk.
- Tram 59** runs between Elizabeth Street (City) and Airport West and it is a 3-minute walk from stop 25 on Mt Alexander Road.
- There is parking available at the Travancore site, enter via gate 2. There is also on street parking on Flemington Street.

P Health Education and Learning Precinct (H.E.L.P.), Royal Children's Hospital, Parkville

50 FLEMINGTON ROAD, PARKVILLE, 3052

Training will be held in the Health Education and Learning Precinct (H.E.L.P.), on Level 1 up the Yellow Lifts.

- Trams 59 and 55** stop outside the main entrance to the hospital at Stop 19, Flemington Road. **Tram 57** stops in Abbotsford Street, which intersects with Flemington Road just west of the hospital. For further details see: rch.org.au/info/az_guide/Public_transport/
- There is paid parking available beneath the hospital, with entry via Flemington Road. Please note that parking rates are \$27 for a half-day, with a \$34 daily maximum. For further information see: rch.org.au/info/az_guide/Car_parking/

CHILD & YOUTH COMMUNITY DEVELOPMENT TRAINING

2017



Orygen Youth Health
Locked Bag 10, Parkville VIC 3052 Australia
www.oyh.org.au

POSTAGE
PAID
AUSTRALIA

2017
TRAINING

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

Information for workshop participants

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 understand, 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 young people, and to support, develop and implement strategies to improve mental health amongst young people.

Orygen Youth Health (OYH) is a world-leading youth mental health organisation based in Melbourne, Australia. OYH has two main components: a specialised youth mental health clinical service; and an integrated training and communications program. 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 Youth Health. www.travancoresch.vic.edu.au

Royal Children's Hospital Mental Health Service 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 aged 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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