

# CHILD & YOUTH COMMUNITY DEVELOPMENT TRAINING

2016

[www.oyh.org.au/training-community](http://www.oyh.org.au/training-community)

24 FEB	9 MAR	23 MAR	20 APR	27 APR	11 MAY	25 MAY	8 JUN	8 JUN	22 JUN	22 JUN	27 JUL	19 AUG	31 AUG	12 OCT	26 OCT	9 NOV
Opening the Doors	Understanding ADHD	Understanding Psychosis	Understanding Anxiety in Adolescents and Young Adults	Understanding Autism Spectrum Disorders	Understanding Depression	Understanding Borderline Personality Disorder	Brief Interventions Module 1	Brief Interventions Module 2	Brief Interventions Module 3	Brief Interventions Module 4	Self Harm and Suicide	Working with School Refusal	Opening the Doors	Working with Young People with Borderline Personality Disorder	Working with the SAFEMinds Resource Package in Schools	Reflective Practice

## FEBRUARY

### Opening the Doors

Wednesday 24 February  
9:30am – 12pm / FREE

Clinicians from the Royal Children's Hospital Mental Health Service, 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, and 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.

### Understanding ADHD

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

### Understanding Psychosis

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

### Understanding Anxiety in Adolescents and Young Adults

Wednesday 20 April  
9:30am – 12pm / FREE

### Understanding Autism Spectrum Disorders

Wednesday 27 April  
9:30am – 12pm / FREE

### Understanding Depression

Wednesday 11 May  
9:30am – 12pm / FREE

### Understanding Borderline Personality Disorder

Wednesday 25 May  
9:30am – 12pm / FREE

## JUNE

### 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 common 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.

#### 1 Lifestyle Interventions for Improved Mental Health

Wednesday 8 June  
9:30am – 12:30pm / \$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 physical activity.

#### 2 Emotion Management and Problem Solving

Wednesday 8 June  
1:30pm – 4:30pm / \$70

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

#### 3 Body Image & Self Esteem

Wednesday 22 June  
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 22 June  
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.

## JULY – NOVEMBER

### Self Harm and Suicide

Wednesday 27 July  
9:30am – 4:30pm / \$140

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

### Working with School Refusal

Friday 19 August  
9:30am – 4:30pm / \$140

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.

### Opening the Doors

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

### Working with Young People with Borderline Personality Disorder

Wednesday 12 October  
9:30am – 4:30pm / \$140

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

### Working with the SAFEMinds Resource Package in Schools

Wednesday 26 October  
9:30- 4:30pm / \$40

SAFEMinds is a learning and resource package developed by the Department of Education 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.

### Reflective Practice

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

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.

All workshop training days will be held at the **Poplar Learning Centre**, NWMH Parkville Campus, Orygen Youth Health, 35 Poplar Rd, Parkville VIC.

Registrations will commence 15 minutes prior to the start of each workshop.

Workshops are specifically targeted at community professionals working with young people in the north- western area of Melbourne.

All workshops are designed to meet specific learning objectives and are based on current evidence-based literature. Workshops may be used to meet professional development needs and a certificate of completion will be provided.

No prior training or expertise is required to attend these workshops.

### 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. The series is jointly provided by Travancore School and Orygen Youth Health, and aims to enhance staff confidence and competence in recognizing and responding to mental health needs of students. Sessions will be held fortnightly on Tuesdays in term 3, and participants are required to attend all sessions:

Tuesday 12 July	9am – 12pm
Tuesday 26 July	9am – 12pm
Tuesday 9 August	9am – 12pm
Tuesday 23 August	9am – 12pm
Tuesday 6 September	9am – 12pm

#### Where

Royal Children's Hospital Mental Health, Travancore Campus, 50 Flemington St, Travancore 3032

#### Cost

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

#### Enquiries

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

Rachel Grant  
Orygen Youth Health  
Ph: 9342 3744  
Email: Rachel.Grant@mh.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.

WORKING WITH  
SPECIFIC POPULATIONS  
NEEDING SUPPORT

NEED SOME  
ADVICE REGARDING  
A YOUNG PERSON?

IDEAS TO SUPPORT  
MENTAL HEALTH IN  
YOUR WORKPLACE

CUSTOMISED TRAINING

MENTAL HEALTH  
PROMOTION ACTIVITIES

RESOURCES

PARTNERSHIP  
PROJECTS

### Registration and attendance information

#### Registration

Register online at  
[www.oyh.org.au/training-community](http://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.

#### Refund Policy

If workshop participants cancel their attendance for any reason and have already paid their registration, they will be eligible for a refund of payment minus an administration fee.

#### Contact

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

[www.oyh.org.au/training-community](http://www.oyh.org.au/training-community)

PARTNER  
ORGANISATIONS

Orygen  
YOUTH Health



Travancore  
SCHOOL





## TRAINING VENUE LOCATION

Orygen Youth Health  
Poplar Learning Centre  
NWMH Parkville Campus  
35 Poplar Road  
Parkville VIC 3052  
Ph: (03) 9342 3744

SEE DETAILED  
TRAVEL INFO BELOW



35 Poplar Road, Parkville VIC 3052

### How to get to Orygen Youth Health (OYH) in Parkville



**Please note: car parking is limited on the OYH site so we encourage you to use public transport if possible.**

#### To Parkville by train or tram:

The **Upfield line Train** stops at Royal Park Station (Zoo). **Tram 55** also stops at the Royal Park Station (stop 26). OYH is then a short walk (200m) down the hill (away from the zoo).

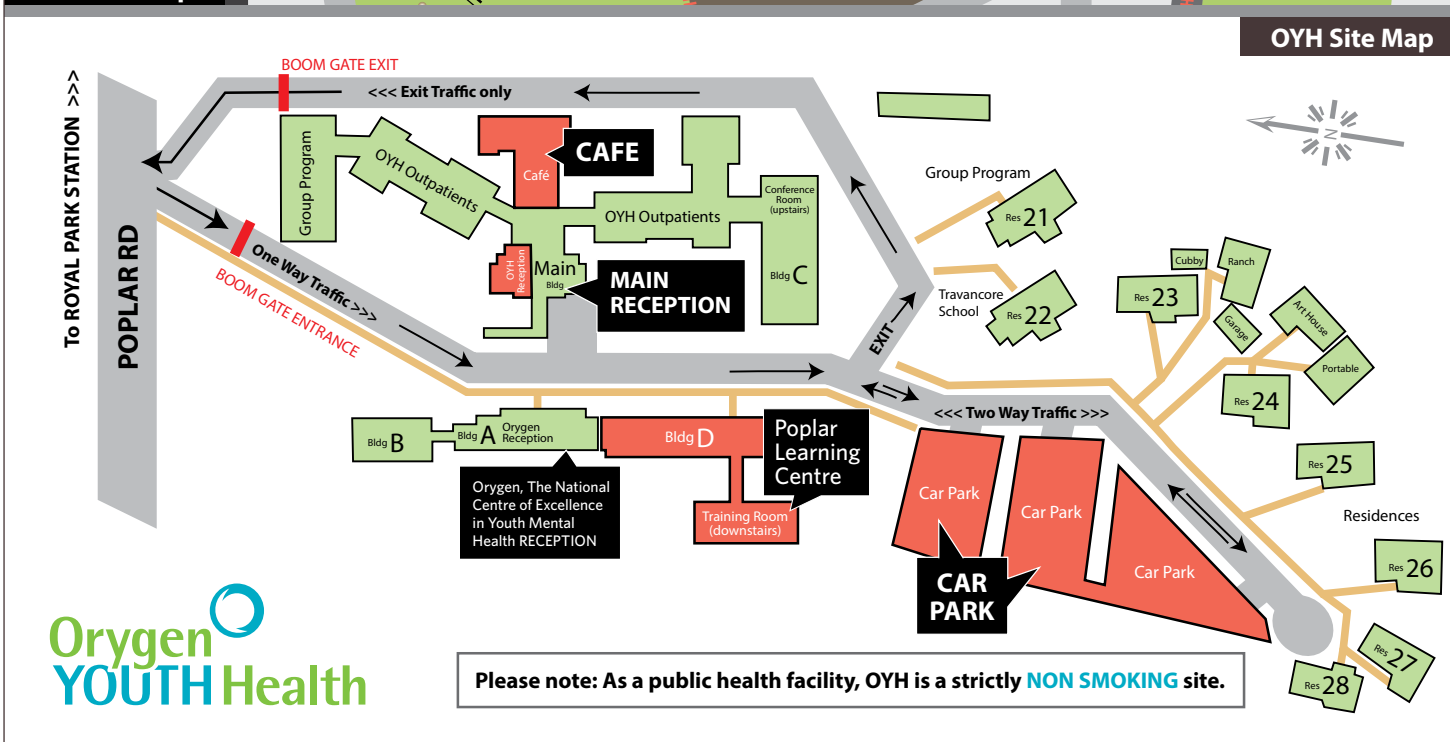
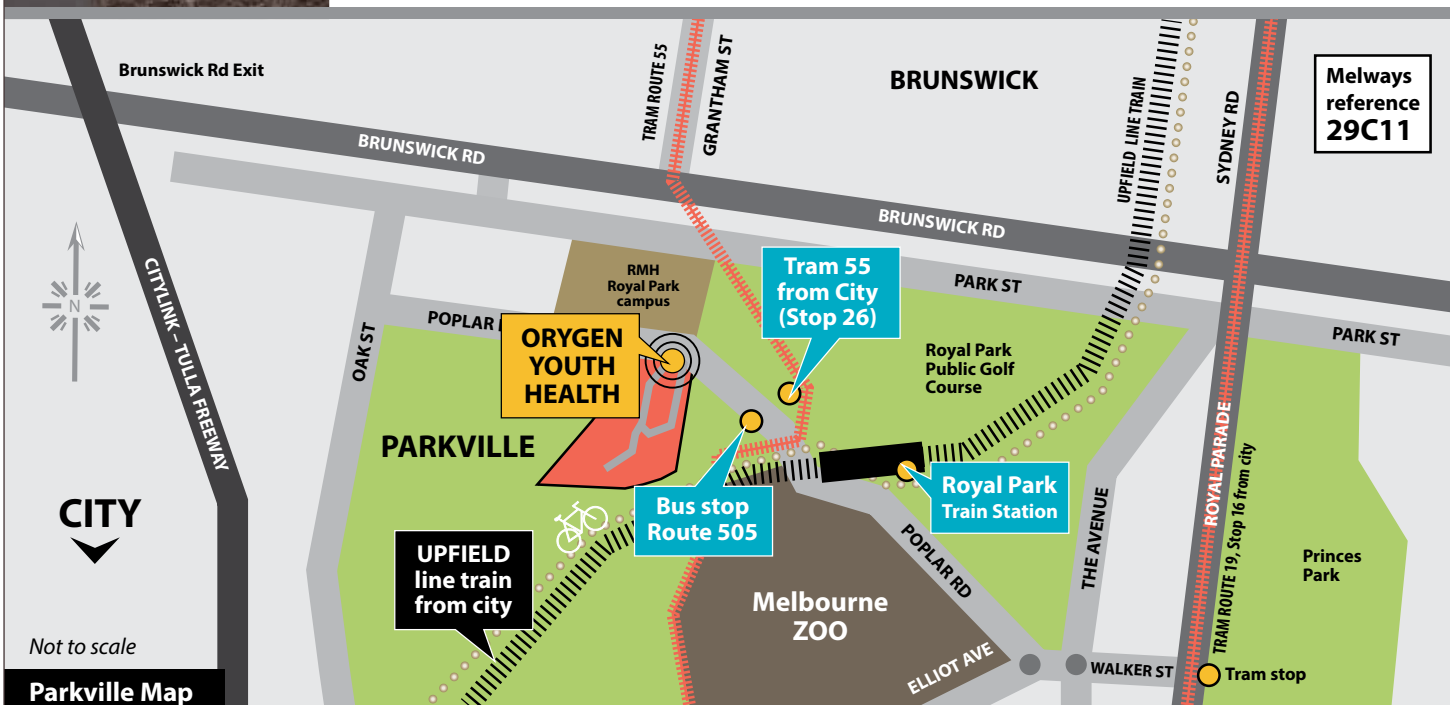
#### To Parkville by bus:

**Bus route 505** travels between Moonee Ponds Bus Interchange and Royal Pde, Melbourne University via Parkville Gardens. The bus travels along Poplar Rd, with bus stops just before and after the OYH main entrance.

#### To Parkville by car:

There is paid parking available at the Parkville site for \$7 (exact coins or credit card only).

For further travel info visit [www.metlinkmelbourne.com.au](http://www.metlinkmelbourne.com.au) or download the Metlink app from your phone's app store.



Please note: As a public health facility, OYH is a strictly **NON SMOKING** site.

## CHILD & YOUTH COMMUNITY DEVELOPMENT TRAINING

2016

Orygen  
YOUTH Health

Orygen Youth Health  
Locked Bag 10, Parkville VIC 3052 Australia  
[www.oym.org.au](http://www.oym.org.au)

*Opening minds to a brighter future*

POSTAGE  
PAID  
AUSTRALIA

2016  
TRAINING

VISIT  
[www.oym.org.au/training-community](http://www.oym.org.au/training-community)  
TO REGISTER

### Information for workshop participants

We provide mental health consultation training and mental health promotion services to the community, education and health organisations and groups.

Our aim is to strengthen the capacity of individuals and organisations to understand, identify and respond to the mental health needs of 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.oym.org.au](http://www.oym.org.au)

**Travancore School** is a Department of Education and Early Childhood Development (DEECD) facility which services the educational needs of children and young people who are clients of the Royal Children's Hospital Mental Health Service (RCH MHS) or Orygen Youth Health. [www.travancore.sch.vic.edu.au](http://www.travancore.sch.vic.edu.au)

**Royal Children's Hospital Mental Health Service** provides a specialist community-based child and adolescent mental health service. The RCH MHS have three community teams sited at Wyndham, Sunshine and Flemington for clients aged 0–15 years, and an adolescent Inpatient Unit. [www.rch.org.au](http://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](http://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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