

# CHILD & YOUTH 2018

## COMMUNITY DEVELOPMENT TRAINING

<b>21 FEBRUARY</b> Opening the doors	<b>7 MARCH</b> Understanding attention-deficit/hyperactivity disorder	<b>21 MARCH</b> Understanding psychosis	<b>4 APRIL</b> Understanding anxiety	<b>18 APRIL</b> Understanding autism spectrum disorders	<b>2 MAY</b> Understanding borderline personality disorder	<b>16 MAY</b> Understanding depression	<b>30 MAY</b> Understanding eating disorders	<b>27 JUNE</b> Substance use and mental health
<b>18 JULY</b> Emotion management and problem solving	<b>18 JULY</b> Body and mind: improving mental health through lifestyle	<b>25 JULY</b> Body image and self-esteem	<b>25 JULY</b> Talking with families about young people's mental health	<b>15 AUGUST</b> Recharge with e-mental health	<b>5 SEPTEMBER</b> Opening the doors	<b>10 OCTOBER</b> Self-harm and suicide	<b>31 OCTOBER</b> Working with young people with borderline personality disorder	<b>14 NOVEMBER</b> Working with school refusal

### FEBRUARY

#### Opening the doors

**Wednesday 21 February**  
9:30am – 12:30pm / FREE

Clinicians from the Royal Children's Hospital Mental Health, headspace and Orygen Youth Health will 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

#### AUTUMN FORUM

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

#### Understanding attention-deficit/hyperactivity disorder

**Wednesday 7 March**  
9:30am – 12:30pm / \$30

#### Understanding psychosis

**Wednesday 21 March**  
9:30am – 12:30pm / \$30

#### Understanding anxiety

**Wednesday 4 April**  
9:30am – 12:30pm / \$30

#### Understanding autism spectrum disorders

**Wednesday 18 April**  
9:30am – 12:30pm / \$30

#### Understanding borderline personality disorder

**Wednesday 2 May**  
9:30am – 12:30pm / \$30

#### Understanding depression

**Wednesday 16 May**  
9:30am – 12:30pm / \$30

#### Understanding eating disorders

**Wednesday 30 May**  
9:30am – 12:30pm / \$30

NEW

NEW

### JUNE

#### Substance use and mental health

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

This workshop aims to provide participants with an understanding of co-presenting substance use and mental health difficulties. It will explore evidence-based strategies for intervention, with an emphasis on motivation to make change, and highlight ways to assist young people address their substance use and mental health issues.

### JULY – AUGUST

#### BRIEF INTERVENTIONS WORKSHOP SERIES

This series of workshops provides participants with opportunities to learn and practice evidence-based brief psychological intervention skills, suitable for supporting young people with common mental health problems. Participants can register for one or all modules.

#### Emotion management and problem solving

**Wednesday 18 July**  
9:30am – 12:30pm / \$70

This workshop provides participants with skills to help young people effectively manage distressing emotions, and to problem solve issues in their lives that trigger and sustain difficulties with their emotional health and wellbeing.

#### Body and mind: improving mental health through lifestyle

**Wednesday 18 July**  
1:30pm – 4:30pm / \$70

This workshop provides the latest evidence-base in supporting young people to make choices that improve their mental health. This workshop teaches specific skills including behavioural activation, sleep hygiene and engaging young people in physical activity. The workshop equips participants to implement the strategies in their work with young people.

#### Body image and self-esteem

**Wednesday 25 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.

#### Talking with families about young people's mental health

**Wednesday 25 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.

NEW

#### Recharge with e-mental health

**Wednesday 15 August**  
9:30am – 12:30pm / \$70

This workshop will provide an introduction to the most effective e-mental health applications for young people and will provide an opportunity to develop skills in the selection and utilisation of e-mental health resources based on young people's emotional health and wellbeing needs. Participants will bring and use their own smart device to become familiar with the resources recommended.

### SEPTEMBER – OCTOBER

#### Opening the doors

**Wednesday 5 September**  
9:30am – 12:30pm / FREE

Clinicians from the Royal Children's Hospital Mental Health, headspace and Orygen Youth Health will 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.

#### Self-harm and suicide

**Wednesday 10 October**  
9:30am – 4:30pm / \$140

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

#### Working with young people with borderline personality disorder

**Wednesday 31 October**  
9:30am – 4:30pm / \$140

This workshop aims to provide participants with an understanding of borderline personality disorder, and to explore strategies for working with young people with borderline personality disorder.

#### Working with school refusal

**Wednesday 14 November**  
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.

### TIME TO REFLECT (TTR)

Time to Reflect (TTR) is a five session professional development series for school wellbeing staff working in the western and north-western metropolitan regions. 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.

#### TTR for primary schools

Facilitated by Travancore School and RCH Mental Health

**Friday 27 April** 9am – 12pm

**Friday 11 May** 9am – 12pm

**Friday 25 May** 9am – 12pm

**Friday 8 June** 9am – 12pm

**Friday 22 June** 9am – 12pm

#### TTR for secondary schools

Facilitated by Travancore School and Orygen Youth Health

**Friday 20 July** 9am – 12pm

**Friday 3 August** 9am – 12pm

**Friday 17 August** 9am – 12pm

**Friday 31 August** 9am – 12pm

**Friday 14 September** 9am – 12pm

#### Cost

\$66 (GST incl.)

#### Enquiries

Judy Ring – Travancore School  
Phone: (03) 9345 6053  
Email: ring.judy@edumail.vic.gov.au

## REGISTRATION AND ATTENDANCE INFORMATION

#### Registration

Please register and pay online at [www.oyh.org.au/training-community](http://www.oyh.org.au/training-community)

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

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 discuss.

#### Who can attend

Workshops are specifically targeted at staff working in community-based settings with young people in the North Western area 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.

#### Venue and times

All workshops are held at Royal Children's Hospital Mental Health, Travancore Campus, 50 Flemington St, Travancore 3032

Registration commences 15 minutes prior to the advertised time. e.g. 9:15am for a prompt 9:30am commencement.

#### Attendance

A certificate of attendance will be provided upon request.

#### 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

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](mailto:training@oyh.org.au).

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.

## GIVE US A CALL

We can come to your school or workplace + ideas to promote mental health in young people + in-house training + working with specific populations needing support + advice regarding a young person + resources + partnership projects

# TRAINING VENUE LOCATION

## Royal Children's Hospital Mental Health, Travancore Campus

50 Flemington Street, Travancore | T: 93456011

NOTE This is different to the Royal Children's Hospital Melbourne, Flemington Road.


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

### Getting to Travancore by public transport

 The **Upfield line train** stops at Flemington Bridge Station, which is a 15-minute walk.

 **Tram 59 (stop 26)** runs between Elizabeth Street (City) and Airport West and it is a 3-minute walk from stop 25 on Mt Alexander Road.

### Parking

 There is parking available at the Travancore site, enter via gate 2. There is also on street parking on Flemington Street but restrictions vary, so please check the relevant signs.



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

POSTAGE PAID AUSTRALIA



## 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](http://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](http://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](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.

<b>21 FEBRUARY</b> Opening the doors	<b>7 MARCH</b> Understanding attention-deficit/hyperactivity disorder	<b>21 MARCH</b> Understanding psychosis	<b>4 APRIL</b> Understanding anxiety	<b>18 APRIL</b> Understanding autism spectrum disorders
<b>2 MAY</b> Understanding borderline personality disorder	<b>16 MAY</b> Understanding depression	<b>30 MAY</b> Understanding eating disorders	<b>27 JUNE</b> Substance use and mental health	
<b>18 JULY</b> Emotion management and problem solving	<b>18 JULY</b> Body and mind: improving mental health through lifestyle	<b>25 JULY</b> Body image and self-esteem	<b>25 JULY</b> Talking with families about young people's mental health	<b>15 AUGUST</b> Recharge with e-mental health
<b>5 SEPTEMBER</b> Opening the doors	<b>10 OCTOBER</b> Self-harm and suicide	<b>31 OCTOBER</b> Working with young people with borderline personality disorder	<b>14 NOVEMBER</b> Working with school refusal	