

MEDIA RELEASE

20 August 2014

Mental health services ready to shine

A collaborative online approach to learning about mental health is poised to re-invent the way employers conduct and complete staff inductions to working in mental health.

Western Australia's peak body for mental health, the WA Association for Mental Health (WAAMH) will launch its eLearning package, *Shine* at The Mental Health Services Conference (TheMHS) next week.

Shine is an online learning resource primarily designed for staff new to the mental health sector to gain an understanding of recovery-focused mental health service delivery.

TheMHS is the largest mental health conference in the Southern Hemisphere and brings together a unique combination of speakers from a diverse range of backgrounds, including academics, researchers, doctors, consumers, carers, community organisations, private sector and government departments.

"We thought the magnitude and prestige of TheMHS conference offered the perfect setting to launch our new program, *Shine*," WAAMH executive director Rod Astbury said.

"We recognised a gap in the sector for organisations to effectively induct new staff to the community mental health sector. *Shine* is the only program to offer this type of orientation in an online setting, which can be completed flexibly around a busy work schedule."

Shine was the result of a collaborative effort among community and public mental health services. The modules were written by leading mental health service teams and WA's Mental Health Commission kindly funded the program's development.

This innovative and informative guide is also useful for government departments and corporates where mental health falls into an employees' scope of work and for those hoping to improve their understanding of mental health and recovery.

"Managers, HR departments and especially small organisations are now busier than ever, so this program allows people to be brought up to speed on mental health in an efficient, time effective and structured manner," Mr Astbury said.

"It's also a useful refresher course for existing mental health staff, and can complement university students' course material when studying community mental health.

"Anyone in a position where mental health is part of their work will find *Shine* helpful."

This mental health eLearning program is especially suited to remote and regional worksites that may be limited, in terms of their access to centrally-based mental health training facilities.

Topics in *Shine* include Understanding recovery, Person-centred approach, Mental health within the community, Supporting Aboriginal and Torres Strait Islander people, their families and communities, Youth mental health, Community inclusion, Mental health carers, Children of parents with a mental



WAAMH

Western Australian Association
for Mental Health

illness, Applying lived experience in mental health peer work, Co-occurring issues, and National standards for mental health services

All modules contain up to date information, an activity, electronic media, and are presented in a user-friendly format. Importantly, *Shine* also includes a knowledge check, ensuring participants will complete the session with a solid understanding of each component.

The content shaping *Shine* was sourced from a collaboration between WAAMH, Holyoake, Mental Illness Fellowship of WA, Wheatbelt Mental Health Service, Ruah, Arafmi, Perth Home Care Services, Consumers of Mental Health WA, Inclusion WA, Richmond Fellowship WA and Youth Reach South.

Shine will be officially launched and showcased at TheMHS conference on Thursday, August 28. Users are invited to test out the program on iPads at WAAMH's display in the Perth Convention Centre foyer.

To learn more about *Shine*, sign up for an organisational license or complete the program, go to: www.waamh.org.au/shine

About TheMHS

The Mental Health Services (TheMHS) Conference will be running in Perth from July 27-29 at the Perth Convention and Exhibition Centre. Minister for Mental Health and Disabilities Hon. Helen Morton will officially open the conference on Wednesday, July 27.

Media are welcome to attend and catch a first glimpse into ground breaking initiatives occurring in the mental health sector in WA.

About WAAMH

The Western Australian Association for Mental Health (WAAMH) is the peak body representing the community-managed mental health sector in WA. Through our members, our vision is to lead the way in supporting and promoting the human rights of people with mental illness and their families and carers, with inclusive, well-governed community-based services focused on recovery. More at <http://www.waamh.org.au>

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