MENTAL HEALTH TRAINING & EDUCATION for schools & youth organisations

Affordable, evidence-based training services for students, parents, teachers and youth workers

WAAMH
Western Australian Association for Mental Health
Youth Mental Health

Being young can be tough!

Around 75 per cent of all severe mental illness starts before the age of 24.

By age 21, just over half of young people will have experienced a diagnosable psychiatric disorder.

Suicide accounts for 17.8 per cent of deaths in the 15-19 year age group and nearly a quarter of all deaths in the 20-24 year age group.*

And yet, more optimistically, when appropriate support and services are provided while a person is still young, rates of recovery are often much higher than for older people.

Early intervention can prevent or reduce the impact of issues which might otherwise become a debilitating, life long condition.

Mentally healthy habits and outlooks, developed while young, can equip a person for life.


About WAAMH

The WA Association for Mental Health (WAAMH) is the peak body and premier training provider for WA’s community-managed mental health sector.

Engaged in the sector for more than 50 years, WAAMH is a non-profit organisation who advocate for effective public policy on mental health issues, deliver sector support and training services and promote positive attitudes to mental health and wellbeing.
Training Services

WAAMH’s range of training services for schools and youth organisations was developed in response to enquiries from parents, teachers and youth workers seeking support to respond appropriately to a range of youth mental health issues and to implement preventative programs.

Our suite of services include:

**Professional Development for Teachers and Youth Workers**
- On-site seminars at your school or workplace
- Year-round calendar of public courses

**Student Presentations**
- Large group seminars for unlimited numbers
- Wellbeing workshops for class groups

**Parent Seminars**

Our Training Team

WAAMH’s training department is led by Manager of Training and Development, Katrina Bercov.

WAAMH has a team of fully-qualified, highly skilled specialist mental health educators from a variety of professional backgrounds including Psychology, Social Work, Mental Health Nursing, Health Promotion and Tertiary Education.

Our training team have:
- Extensive experience in the mental health sector
- University level mental health qualifications. A majority of our trainers have post-graduate qualifications.
- Formal qualifications in adult education and training
- Extensive training experience and outstanding delivery skills

Those presenting to young audiences are especially selected for their ability to engage and connect with teenagers.
Training Methodology

WAAMH’s training methodology utilises our PREPARED© quality framework which integrates and emphasises:

- Participation and interactive learning
- Rigorous evaluation
- Engaging, stimulating delivery
- Principals of Adult / Adolescent Learning
- Aids for retention
- Real world examples and case studies
- Evidence driven, up to date content
- Diverse teaching methodologies

‘Fantastic course which kept me engaged for the whole day. The trainer was so engaging and experienced and the resources were the best I have ever seen at this type of course.

- Annie, participant
# Professional Development

**Topics for Teachers, Parents and Youth Workers**

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<thead>
<tr>
<th>Youth Mental Health</th>
<th>Youth Suicide Prevention</th>
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<tr>
<td>1 in 2 young people will experience a mental illness</td>
<td>Learn to save a life!</td>
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<td>- Common disorders</td>
<td>- Causes and risk factors</td>
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<td>- Developmental issues</td>
<td>- Preventative measures</td>
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<td>- Preventative measures</td>
<td>- The power of positive communication</td>
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<td>- Encourage help seeking</td>
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<tr>
<th>Coaching Skills</th>
<th>De-escalation Tools</th>
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<td>Skills and techniques to coach youth to be their best</td>
<td>Addressing volatile situations safely and effectively</td>
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<tr>
<td>- Questioning skills</td>
<td>- Establish rapport</td>
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<td>- Structured feedback</td>
<td>- Recognise triggers / risks</td>
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<td>- Emotional intelligence</td>
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<td>- Using diplomacy</td>
<td>- Assess behaviours</td>
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<td>- Constructive challenging</td>
<td>- Defusing techniques</td>
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<th>Mindfulness</th>
<th>Stamp out Stigma!</th>
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<td>Finding calm in a frantic world</td>
<td>Establishing positive mental health cultures</td>
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<td>- Benefits of mindfulness</td>
<td>- Mental health myth-busting</td>
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<td>- Tools for beginners</td>
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<td>- Managing stress</td>
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<td>- Establishing practice</td>
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<td>- Techniques to use with students</td>
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<tr>
<td>Understanding Depression &amp; Anxiety</td>
<td>Gender, Sexuality &amp; Mental Health</td>
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<tr>
<td>Recognise and respond to depression in young people</td>
<td>Working with diverse young people</td>
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<td>- Types of depression</td>
<td>- Gender diversity</td>
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<td>- Signs and symptoms</td>
<td>- Sexuality and mental health</td>
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<td>- Types of treatment</td>
<td>- Links with suicide</td>
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<td>- Talking about depression</td>
<td>- Providing support</td>
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<td>- Positive cultures</td>
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<th>Youth Drug &amp; Alcohol issues</th>
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<td>Responding to youth at risk</td>
<td>Warning signs and what to do</td>
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<td>- Forms of self-harm</td>
<td>- Typical drug use patterns</td>
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<td>- Harm minimisation</td>
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<th>Positive Psychology</th>
<th>Establishing Support Groups</th>
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<td>Tools and resources for working with youth</td>
<td>Creating and facilitating youth support groups on campus</td>
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<td>- Youth mental health activities</td>
<td>- Benefits of support groups</td>
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<td>- Classroom materials</td>
<td>- Getting established</td>
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<td>- Pastoral care tools</td>
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<td>- Facilitate mental health activities</td>
<td>- Tools and techniques</td>
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<td>- Prevention resources</td>
<td>- Guiding discussion</td>
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### Student Seminars

#### Mental Myth-busters
An introduction to mental health

How much do you really know about your mental health?

This is a fast paced and interactive presentation exploring truth and myths about mental illness. It is the ideal short introduction to understanding mental health issues.

#### Stress Less!
Staying on top when life speeds up

Discover where stress comes from and how we can reduce and manage it, while still dealing with life’s demands.

Learn to recognise and respond to the signs of stress and gain tools and tips for a less stressful life.

#### Stamping Out Stigma
Combat misconceptions

Many people facing mental health issues have said that their experience of stigma was worse than the condition itself.

This is an important presentation about the impacts of stigma and what we can all do to correct misconceptions and reduce its effects.

#### Substance Savvy
Drugs, alcohol and your brain!

This insightful presentation looks at some of the lesser known facts about the impact of substance use.

Free of judgement but big on information it empowers attendees with savvy substance information.
Support a Mate
Offering support when times are tough

Many of us don’t know what to say or do when a friend is facing a mental health issue. This workshop looks at how we can all reach out and offer support when a mate is doing it tough, and offers some communication tools and tips.

Breaking Cycles
Understanding what makes a habit

What bad habit would you love to change? This insightful workshop explores the nature of habits and provides handy tools and resources to help transform unwanted behaviours.

What is Anxiety?
Our most common mental health disorder

Anxiety is the most common mental health disorder in Australia, affecting 14% of us.

This helpful workshop looks at the signs, causes and facts about anxiety, as well as discussing evidence based treatments and helpful strategies for dealing with it.

What is Depression?
One in Five

Depression affects one in five people over a lifetime but you are not alone in dealing with it.

This accessible workshop explores the causes, types and symptoms and provides evidence based information about the types of treatments available and where to get help.
Internationally Recognised Courses

Two day options for all adults

**Applied Suicide Intervention Skills Training (ASIST)**
Learn to apply the suicide intervention model which has saved hundreds of thousands of lives around the world.

ASIST is an interactive two day workshop which will qualify you as an ASIST-trained caregiver able to intervene and help prevent the immediate risk of suicide.

The ASIST workshop is divided into five sections that follow in a logical progression to gradually build comfort and understanding around suicide and suicide intervention.

**Two day course with two trained facilitators for up to 30 participants.**
$4200 WAAMH members $4800 non-members
Plus $50 resource fee per person

**Youth Mental Health First Aid**
Internationally recognised two day crisis response course.
Mental Health First Aid is the internationally acclaimed equivalent of standard first aid, delivered around the world.

The Youth Course teaches adults how to assist adolescents who are experiencing a mental health problem.

Content includes:
- Adolescent development
- Signs and symptoms of the common and disabling mental health problems in young people
- Where and how to get help when a young person is developing a mental illness
- How to provide first aid in a crisis situation.

$4400 / $3600 Members for up to 20 participants
(+ $30 per manual) for two days

Individual places via www.waamh.org.au/events.aspx
School specials customised for your group at your school or workplace

Parents and Teachers
All of our Professional Development Topics are available as:

**Short Seminar**
$550 Members / $650 Non-Members
Anywhere in the Perth metro area
Unlimited audience numbers
Presentations are for up to 2 hours
Includes digital self-print handouts.

**Full Day Training**
$1500 Members / $1800 Non-Members
Anywhere in the Perth metro area
Up to 30 people
Typically 9.30am-4.00pm
Includes take-home package of materials, resources and attendance certificate.

**Short Presentation**
$440 Members / $550 Non-Members
Anywhere in the Perth metro area
Unlimited audience numbers
Presentations are for up to 1 hour
Includes digital self-print handouts.

**Workshop**
$550 Members / $650 Non-Members
Anywhere in the Perth metro area
Up to 30 students
2-3 hours
Includes take-home package of materials and resources.

Students
In addition to our customised on-site training, available at your workplace, WAAMH offers a diverse calendar of scheduled courses, available to the wider community.

Published biannually, this schedule of courses can be booked individually, via our website.

Individual places, including all materials, personalised certificate of attendance and all-day catering, are:
• $195 WAAMH members
• $245 non-members

Most of our courses are run at Workzone, Level 1, 1 Nash Street, Perth. See our currently available courses on-line: www.waamh.org.au/events/training-courses.aspx

If you can’t see the option you are looking for, talk to us about tailoring a presentation to meet your needs.

In most cases, there is no extra change to develop a custom workshop to suit your situation or interests.

Although this brochure focuses on WAAMH’s short presentations, we also offer over 50 one day courses, along with a range of qualifications and professional development options.

Topics include:
• Mental Health First Aid
• Mental Health Communication
• Fostering Resilience
… and much more

Contact us now www.waamh.org.au

Or call to discuss your training needs:
P: 6246 3000 / info@waamh.org.au
Become a WAAMH Member

WAAMH Membership offers a range of benefits, such as:

• Savings on all training and workshops
• Discounted access to our online Shine mental health eLearning package.
• Advanced notice of sponsorship opportunities, special offers and exclusive events like the WA Mental Health Conference.
• Opportunities for collaboration and strategic partnerships
• Receive WAAMH’s monthly newsletter
• Feature your logo on WAAMH’s website and list your contact details in our Service Directory if applicable
• Advertise your organisation in the media and at key events during Mental Health Week at a discounted rate
• Access to an extensive library of resources and materials
• Be represented at sector forums and workshops
• Have input into advocacy and your voice heard by a peak body

With a diverse range of categories to suit any organisation, WAAMH Membership is essential for any organisation which cares about mental health.


Visit us online at www.waamh.org.au
Or contact us to discuss your training needs on 08 6246 3000