MENTAL HEALTH TRAINING & EDUCATION for community & health organisations

Affordable, evidence-based training services for the community and health sector
Mental Health Professional Development

As the health and community sectors evolve, the workforce must develop new competencies and work practices to meet changing demand.

We are delighted to offer a suite of mental health and human development training courses targeting the skills of the future.

Is your organisation ready for the changes and challenges the Mental Health Sector is facing? This includes:

- The commencement of the new Mental Health Legislation from November 2015
- The increased focus on Care Coordination and Coproduction
- NDIS implementation
- The need for improved Recovery Planning
- Predicted staff shortages in the community mental health sector

Our range of courses are targeted to meet specific professional development needs in the mental health sector and beyond.

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 not for 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.
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

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
# Professional Development

## For mental health support workers

### Addiction & Co-existing Disorders

**Relationships between alcohol / drug use and mental health**

- Causal relationships
- Workplace risk management
- Intervention strategies
- Holistic treatment
- Sourcing help and support

### Behaviour Interventions

**A toolkit of techniques**

- Establish rapport
- Prevention techniques
- Assess behaviour
- Verbal/Non-verbal diffusing
- Ensure personal safety

### Mental Health Law

**Understand the new Mental Health Legislation**

- Overview of the Act
- Changes and implications
- New Tribunal / Advocacy service
- New complaints process
- Recognition for carers
- Implementing the changes

### De-escalation Tools

**Addressing volatile situations safely and effectively**

- Establish rapport
- Reconise triggers / risks
- Preventative techniques
- Assess behaviours
- Defusing techniques
- Ensure personal safety

### Recording Consumer

**Quality Consumer Records**

- Professional writing skills
- Add clinical value
- Legal issues with records
- Improved writing style
- Integrate policies and procedures

### ALL Courses

- Up to 24 people
- Customised for your organisation.
- Date and venue of your choice.
- Skilled trainers, quality resources and attendance certificate included.

### ONE DAY Course

- $1800 members
- $2200 non-members
- Discounts apply for multiple bookings
Thrive!
A springboard for mental health

- Understand wellbeing
- Evidence-based techniques for maintaining health
- Spectrum of wellness
- Manage emotions
- Preventative tools
- Act, Belong, Commit
- Protective and risk factors

Mindfulness
Tools for mental calm

Drawing on Eastern philosophies but supported by a Western evidence base, mindfulness is about focusing the awareness and developing a conscious experience of the present.

- Boundaries protect everyone
- Policy support
- Predicting ramifications
- Workplace ethics
- Warning signs and troubleshooting

Training Courses
For everyone

Mental Health Communication
How to communicate with someone with a mental illness

- Communicating with the public
- Message clarity
- Body language
- Anticipate triggers and recognise warning signs
- Responses to aggression

Workplace Counselling (2 days)
Learn to counsel others in the workplace

- Building rapport
- Establishing counselling goals
- Empathy and listening skills
- Questioning, clarifying and paraphrasing
- Identifying warning signs

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Care Coordination
Developing practice skills for greater continuity of care

This purpose designed course is based on the directions of the Mental Health Commission’s WA Mental Health, Alcohol and Other Drug Services Plan 2015-25.

This demand driven training is about propelling WA’s Care Coordination to the next level.

Choose the full program or the day/s most suited to your group:

Day 1: Introduction
• Care Coordination in the WA Mental health landscape
• Links to Recovery Principles
• Person-centred Principles
• The role of self awareness
• Empowering consumers

Day 2: Key Competencies
• Reflective practice
• Developing action plans
• Conflict resolution styles
• Recovery oriented practice
• Community resources

Day 3: Specialist Skills and Problem Solving
• Facilitating Stakeholder meetings
• Networking / Professional exchange
• Mediation skills
• Troubleshooting Clinic

Recommended
For Peer Workers

Introduction to Mental Health Support
Success in your role

• Rights and responsibilities
• Making your own choices
• Supporting others
• Privacy - confidentiality
• Legal and ethical expectations
• Access information/support

Sharing your Story
Using your lived experience to help others

• Power of storytelling
• Crafted narratives
• Selective sharing
• Empowering others
• Language of hope

Group Facilitation
For facilitators of support groups, peer groups and group therapy

• Supportive atmosphere
• Setting ground rules
• Facilitating positive exchange
• Boundaries and privacy
• Engaging discussion
### Understanding... SERIES

Separate one day workshops each focusing on a specific diagnosis: signs, symptoms and how to provide improved support.

**Topics include:**
- Understanding Anxiety
- Understanding Depression
- Understanding Bi-polar
- Understanding Phobias
- Understanding Psychosis
- Understanding PTSD
- Understanding Personality Disorders
- Understanding Addiction
- Understanding Dissociative Disorders
- Understanding Self Harm
- Understanding Eating Disorders

### Introduction to Recovery

**Recovery Oriented Care**

- Holistic Recovery
- Traditional vs Recovery approaches
- Self determination
- Utilise consumer expertise
- Person centred care
- Strength based focus
- Collaboration and support

### Creating Recovery Plans

**Develop Recovery Planning**

- Collaborative approach
- Goals and strategies
- Person-centred, flexible formats
- Outcome measurement

### Trauma Informed Care

**Working with those who have experienced trauma**

- Types of trauma
- Principles of informed care
- Triggers and stress
- Adaptive coping
- Effective care and support

### Youth Mental Health

**1 in 4 young people have a mental health disorder**

- Common disorders
- Developmental issues
- Preventative measures
- Encourage help seeking
- Intervention skills
Suicide Prevention
It’s everyone’s business
• Causes and risk factors
• Preventative measures
• The power of positive communication
• Intervention skills
• Where to get help

Facilitate Stakeholder Meetings
Meeting planning and facilitation skills
• Planning and preparation
• Engaging stakeholders
• Ground rules and boundaries
• Agendas and minutes
• Leading group discussion
• Managing personalities

Wellbeing and health Promotion Toolkit
Activities, tools and ideas for promoting client wellbeing
• Understand wellbeing
• Tools for use with clients
• Games, activities, resources
• 1:1 client tools
• Small group activities
• Year round wellbeing programs

Implement the National Mental Health Standards
For non-profit organisations
• Role and context of the standards
• Links with legislation
• Links with recovery
• Compliance expectations
• Integration with policy and systems
• Tools and templates
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

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.

This important training course is suitable for everyone and particularly recommended for all human services professionals and people dealing with the general public.

This two-day interactive course will equip you with the skills and resources to recognise and respond appropriately to someone experiencing a mental health crisis, until professional help arrives.

This internationally recognised course was developed at the Centre for Mental Health Research at Australian National University and is now delivered across 20 countries around the world.

Content Includes:
• Understanding mental health
• Symptoms and causes
• Diagnoses, prevalence and misconceptions
• Respond in a crisis

$4400 non-members / $3600 WAAMH Members
Two day course for up to 20 participants
Plus $30 per manual

Individual places via www.waamh.org.au/events.aspx
Certificate IV in Mental Health

The Certificate IV in Mental Health is WA’s only formal qualification specialising in community-based recovery.

Suitable for those interested in supporting people with mental health disorders, this course is ideal for anyone who does not yet have a formal tertiary qualification in the mental health field.

This part-time, 15 unit, one semester course includes 96 class hours (16 days), plus 4 site visits, two private progress consultations and 140 workplace / field placement hours.

Be part of the solution: enquire now about this stimulating, nationally recognised course.

Shine E- Learning

Launched in 2014, the Shine package is the result of extensive research and collaboration with WA’s leading mental health specialists. It is an 11-module self-paced online learning tool which offers introduction to mental health issues and the community mental health sector.

Shine is designed as an induction tool for new stand entering the Community Mental Healthcare Sector. While it will never replace your organisation’s orientation program, it is designed to sit alongside existing induction to give a broader overview of the sector and mental health issues. Shine is also suitable:
- As a refresher course for existing mental health support staff to complement tertiary mental health study
- To provide employee’s in the other sectors, whose work relates to mental health, with a baseline introduction into best practice and recovery principles.

www.shine.waamh.org.au
Scheduled Courses

The WAAMH Training Calendar

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
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