



STATEWIDE MENTAL HEALTH ALLIED HEALTH

ENTRY LEVEL TRAINING SERIES 2021

All Allied Health new graduates and new clinicians entering the **Victorian public mental health allied health workforce** are invited to attend an 8-day online training program. Connect and network with like-minded peers and learn about the mental health service system, legislation, principles underlying the model of care, and foundational clinical mental health skills for your career.

- Course:** 8 Day training series (attend one or all)
- Dates:** Tues 20th April - Tues 16th November (1 day/month)
- Time:** 9am - 4:30pm
- Location:** Zoom
- Facilitators:** Featuring expert trainers from across Victoria's mental health system
- Eligibility:** All allied health clinicians in the first two years of employment in a clinical mental health role – dietitians, social workers, speech pathologists, aboriginal mental health trainees, occupational therapists, psychologists, physiotherapists, pharmacists, exercise physiologists. Students are not eligible to attend.
- Register:** <https://cmhl.org.au/cmhl-statewide-allied-health-entry-level-training-series-2021>
- Contact:** Phoebe.Williamson@cmhl.org.au or Jacara.Egan@cmhl.org.au

Version 5, Dated 29.7.2021



TRAINING SERIES OVERVIEW

Details	Topics	Brief Overview
Day 1 Tuesday 20 April 9am-4:30pm	Introduction to the Victorian Mental Health Service System & Mental Health Act (2014) overview	Gain an understanding of the history and current policies that shape our Victorian mental health service system Develop an understanding of the Mental Health Act (2014) and its underlying principles
Day 2 Tuesday 18 May 9:30-4:30pm	Supported Decision Making & Ethics, Advance Statements & Advance Care Planning	This module assists clinicians in building their knowledge and skills to promote best practice in supported decision making. Advanced statements and care planning are important processes involved in providing best practice care
Day 3 Tuesday 15 June 9:30-4:30pm	Family Inclusive Practice	Gain an understanding of the principles of Family Inclusive Practice and how this can be adapted depending on the circumstances presented. It will also highlight some of the nuances of working with children and those impacted by family violence.
Day 4 Tuesday 20 July 9:00-4:30pm	Mental Health Assessments & Formulations & Safety & Risk Management Strategies	Mental health assessments incorporating mental state exams and collaborative formulations are an important part of the clinical assessment process in mental health care. Participants will gain an understanding safety planning and risk management including strategies to recognise both the protective factors and dynamic risks impacting on a persons safety
Day 5 Tuesday 17 August 9:00-4:30pm	Physical health & Medications & Mental Health	People experiencing mental health illness tend to have poorer health outcomes than the general population due to range of different factors. Medications are often prescribed to manage symptoms of mental illness. Gain a basic understanding of the different types of medications and the associated side effects.
Day 6 Tuesday 21 September 9:00-4:30pm	Mental Health Therapeutic Interventions	There are a wide range of mental health interventions that allied health clinicians working in mental health can learn and specialize in. Participants will be introduced to Acceptance and Commitment Therapy, Dialectical Behaviour Therapy, Solution Focused Brief Therapy and Let's Talk. You will be provided with examples of how these interventions have been used with people in mental health settings and how to make an appropriate referral
Day 7 Tuesday 19 October 9:00-4:30pm	Trauma Informed Care & Sensory Modulation	Gain an understanding of trauma and what is involved in developing a trauma informed approach. Participants will be introduced to sensory modulation in mental health settings to understand the goals, rationale, evidence and application of sensory approaches that support self-regulation, recovery and daily life.
Day 8 Tuesday 16 November 9:00-4:30pm	Well-being, Resilience & Self Care	Explore essential practices to support your wellbeing, resilience and self-care skills in the formative years as a mental health clinician. Understand the role of supportive supervision, reflective practice, self-leadership, managing workloads and critical incident de-briefing as a means of building resilience and a protective support network in our work within the mental health system.

Version 5, Dated 27.7.2021

*Days and presenters may be subject to change.

**This State-wide program is intended supplement not replace education and support provided by area mental health services for their allied health entry level clinicians.

***Participants must seek approval from their manager before registering for this program.