

Welcome to 'The News: LAMPS!'

Latrobe regional health, Alfred health, Monash health, Peninsula, & South eastern

Training News

(LAMPS represents the shining effect
of training and education)

Date: 12/02/2014

What's happening in training and in the LAMPS cluster.

Contents

Local Training	2
The DAX Centre February 2014	5
Curators in Conversation	5
Webpage Info on Mental Health	6
Mental health services in brief 2013:	6
Conference: 8th World Congress of Behavioural and Cognitive Therapies	7
Private fee for service training	8
The Professional development People (PDP)	8
Certificate in Cognitive Behaviour Therapy	10
Mindful Self-Compassion: Five Day Intensive	10
Victoria's new Mental Health Bill 2014	11
Implementing the Mental Health Bill 2014	11
Latest news	11
Support After Suicide	12

***Out beyond the ideas of right-doing and wrong-doing,
there lies a field. I'll meet you there.***

For the full 2014 Training Calendars please visit:

[http://www.med.monash.edu.au/spppm/research/southernsynergy/workforceprogram/cluster/traini
ngcalendar.html](http://www.med.monash.edu.au/spppm/research/southernsynergy/workforceprogram/cluster/traini
ngcalendar.html)

Needs Based Communication Core Recovery & Compassion Skills

Time: 10:00am – 4:30pm

Date: 31 March 2014

Venue: Dandenong Hospital, Monash
Mental Health, ART Bldg
Meeting Rm 1 & 2

Presenter: John Julian

Register: [http://spppm-
cf.med.monash.edu.au/southernsynergy/f
orm.cfm?workshop_id=945](http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=945)

The Mental Health Bill 2014

(the Bill) was introduced into Parliament on
18 February 2014.

A new Mental Health Act for Victoria is a key element to the government's mental health reform agenda, and places individuals and families at the centre of mental health treatment and care.

You can view the Bill at www.legislation.vic.gov.au.

The Minister for Mental Health, the Hon Mary Wooldridge MP, has released a communique (attached) to inform all stakeholders about the progress and actions taken to reform Victoria's mental health legislation.

For more information about the Bill, including an explanatory guide to the Bill, frequently asked questions, fact sheets and the latest stakeholder bulletin (attached), visit
<http://www.health.vic.gov.au/mentalhealth/mhactreform/>

If you have further questions about the Bill, please email the Mental Health Act Implementation Project team at mhactreform@health.vic.gov.au or call the enquiry line on 1300 656 692.

Local Training

March

4th

CARE 3 Hour Refresher Course

Time: 9:00 – 12:00

Venue: LV CMHS

Register: jgannon@lrh.com.au13th
&
18th

Clinical Supervision – 2 Day Workshop - Day 1

Time: 9:00 – 5:00pm

Venue: AMREP classroom 2

Presenter: LAMPS

Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=921

NOW FULL

13th

ASIST ½ day tune-up workshop

Time: 9:30 – 1:30pm

Venue: Wonthaggi CMHS

Register: jgannon@lrh.com.au18th

Clinical Supervision – Day 2

Time: 9:00 – 5:00pm

Venue: AMREP classroom 2

Presenter: LAMPS

Recovery

Topics include:

21st

- Recovery principles
- Consumer/Carer perspective
- National recovery Framework
- New Mental Health Act reforms
- Supported Decision-making framework
- Advanced Statements
- Capacity Testing

Time: 8:30pm – 4:30pm

Venue: Blue Room, 1W Admin area.

Please apply via your Unit Manager

Register: lmcintyre@phcn.vic.gov.au25th

Occupational Mindfulness – Session 4

Time: 2:00 – 3:00pm

Venue: Blue Room, 1W Admin area

March (Cont.)

25th **Risk, Formulation and Management**
 Time: 8:30 – 5:00pm
 Venue: LVCMS 20 Washington St, Traralgon
 Register: jgannon@lrh.com.au

25th **Community Intermediate Suicide Prevention Training**
 Time: 8:30 – 4:30pm
 Venue: The Alfred
 Presenter: John Julian
 Register: Kate.Wilson@alfred.org.au

28th **Management of mental illness in people with Intellectual Disability**
 Time: 9:30 – 12:30pm
 Venue: St Vincent's Hospital, Melb
 Register:
<http://www.svhm.org.au/services/VictorianDualDisabilityService/Pages/Training.aspx>

31st **Needs Based Communication - Core Recovery & Compassion Skills**
 Time: 10:00am – 4:30pm
 Venue: Dandenong Hospital, Monash Mental Health, ART Building Meeting Room 1 & 2
 Presenter: John Julian
 Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=945

April

1st **Occupational Mindfulness – Session 5**
 Time: 2:00 – 3:00pm
 Venue: Blue Room, 1W Admin area.

4th **Advanced Dual Diagnosis**
 The Advance Diagnosis Education incorporates:

- Models of Dual Diagnosis
- Trauma and Dual Diagnosis
- Advanced assessments skills
- Psychopharmacology- implications for Dual Diagnosis clients
- Motivational Interviewing
- Harm Minimisation strategies

 Time: 8:30pm – 4:30pm
 Venue: Blue Room, 1W Admin area.
 Register: lmcintyre@phcn.vic.gov.au

8th **Occupational Mindfulness – Session 6**
 Time: 2:00 – 3:00pm
 Venue: Blue Room, 1W Admin area.

April (Cont.)

15 th	<p>CRISIS—Crisis Intervention and Safety Implementation in Suicide/Self Harm</p> <ul style="list-style-type: none"> • Suicide prevention strategies • Working with people who self-harm • Person-centred care • Self-awareness • Cultural sensitivity <p>Time: 8:30pm – 4:30pm Venue: Blue Room, 1W Admin area. Please apply via your Unit Manager Register: lmcintyre@phcn.vic.gov.au</p>
15 th	<p>Occupational Mindfulness – Session 7</p> <p>Time: 2:00 – 3:00pm Venue: Blue Room, 1W Admin area.</p>
15 th	<p>CARE One Day Course</p> <p>Time: 8:30 – 4:30 Venue: Sale CMHS Register: jgannon@lrh.com.au</p>
15 th	<p>Needs Based Communication - Core Recovery & Compassion Skills</p> <p>Time: 10:00am – 4:30pm Venue: Dandenong Hospital, ART Building, Meeting Room 4 Presenter: John Julian Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=946</p>
22 nd	<p>Occupational Mindfulness – Session 8</p> <p>Time: 1:30 – 3:30pm Venue: Blue Room, 1W Admin area</p>
29 th	<p>Risk, Formulation and Management</p> <p>Time: 8:30 – 5:00pm Venue: LVC MHS 20 Washington St, Traralgon Register: jgannon@lrh.com.au</p>

The DAX Centre February 2014



Imaginarium: works by Adam Knapper

Curators in Conversation

Thursday 6 February, 5–6pm, The Dax Centre, **Cost:** Gold coin. Join curator Lisa Gluck and education officer Deb Zipper as they discuss the curating of *Imaginarium*.

Imaginarium: works by Adam Knapper

6 February – 9 May 2014

Adam Knapper challenges the convention of categorisation both as an artist and in relation to the history of his lived experience of mental illness. *Imaginarium* gives precedence to Knapper's unique and subjective vision, and aims to question the relevance of knowing the details of an artist's diagnosis in understanding their work.

Spanning the last twenty-five years, Knapper's body of work includes painting, illustration and street art, and he has drawn inspiration from a broad range of sources including Surrealism, Pop Art, music and film. This exhibition invites viewers to be guided by their imagination, reflecting Knapper's desire to create a whimsical playground of intersecting ideas and motifs.

Imaginarium is the third in The Dax Centre's program of solo exhibitions, which brings focus to the work of certain artists whose practice raises issues of particular significance within the field of art and mental health.

Webpage Info on Mental Health

Mental health services in brief 2013:

One in 10 Aussies used mental health services in 2010–11

In 2010-11, 9% of the Australian population (or 1.9 million Australians) received mental health services, according to a report released today by the Australian Institute of Health and Welfare (AIHW).

'Mental health is an important health issue in Australia,' said AIHW spokesperson Dr Pamela Kinnear.

'An estimated 7.3 million Australians aged between 16 and 85 (45%) will experience a mental health-related disorder in their lifetime. And, one in 5 Australians in this age range experience symptoms of a mental disorder each year.

Mental health services - in brief 2013 provides an overview of data about the national response of the health and welfare system to the mental health care needs of Australians.

It is designed to accompany the more comprehensive data on Australia's mental health services available online at <http://mhsa.aihw.gov.au>.

View the [media release](#) and download the [full report](#) for free online. AIHW catalogue number (HSE 141).

The following information on the AIHW's Mental Health Services in Australia (MHSA) website has also been updated. These updated sections can be viewed at <http://mhsa.aihw.gov.au>

- Mental health services provided in emergency departments
- Background to mental health services in Australia
- Technical information
- State and territory summary data tables

The report, *Mental health services in Australia-in brief 2013* is being released on world mental health day, a day for global mental health education, awareness and advocacy. The report provides an overview of how the health and welfare system responds to the needs of Australians affected by mental illness.

'This compendium document published annually provides an easily accessible summary of key mental health service and resource data.'

The publication summarises the key findings from the AIHW's *Mental health services in Australia* website (<http://mhsa.aihw.gov.au>) which is updated regularly as new data become available.

Conference: 8th World Congress of Behavioural and Cognitive Therapies

22-25 June 2016

Melbourne

Welcome to the 8th World Congress of Behavioural and Cognitive Therapies 2016, which will be held at the Melbourne Convention and Exhibition Centre, 22-25 June, 2016.

Planning is now well underway and we are preparing an exciting Scientific Program and a varied social schedule that will give you an opportunity to network with colleagues in your field.

Webpage: <http://www.wcbct2016.com.au/>

Article: Public Policy and Emerging Models

Managing madness: mental health and complexity in public policy

This paper explores the concept of collaborative care, particularly in relation to a range of new models of organisation and service that are emerging in response to one of the most problematic areas of public policy – mental health. These emerging models of coordinated mental health care are testing the limits of the evidence supporting coordinated care, and require critical evaluation. Myriad concepts of collaborative or coordinated care in health, including mental health, have created multiple definitions. Once definitional issues have been surmounted, however, the evidence for coordination of health care is reasonably strong. There is considerable research about which treatments and programs are best for people with a mental illness. There are few areas seemingly as complex as mental health, given that responsibility for policy and service lies across all three tiers of Australian government and across multiple jurisdictions. It also engages public, private and non-government sectors. Co-morbidities are commonplace, particularly drug and alcohol problems among younger people. Governments in Australia have traditionally taken responsibility for policy, programs and services, either as direct service providers or through contracting outputs from others. Yet the evidence indicates that for people with a mental illness, the best solutions are often not found in government but in the community and in organisations outside of government. New organisations and new structures are attempting more holistic management approaches, combining clinical care, community support, housing, employment and other services. This paper considers some of these new models in the light of existing evidence. The key challenge facing continued reform in mental health is not uncertainty regarding programs or services, but rather how to drive coordinated care for consumers across departments, governments and providers. This review will highlight the key changes that must be made for the benefit of the millions of Australians with a mental illness. Such changes need to empower users of care systems to choose options that actively support coordinated and efficient care delivery systems.

Free article in Evidence Base, issue 3, 2013, <journal.anzsog.edu.au>, ISSN 1838-9422
at: <http://journal.anzsog.edu.au/publications/6/EvidenceBase2013Issue3.pdf>

or clicking below: Managing madness: mental health and complexity in public policy

Private fee for service training

The Professional development People (PDP)

WORKING WITH DEMENTIA AND DYING - planning and palliative care; a person centered / family centered approach. (Early bird ends February 21st)

Presenter:

Jenne Perlstein

Event date:

21 Mar 2014 9:00 am

Location: MELBOURNE - Mantra on Russell

Original Price: \$290 AUD

Early Bird Price: \$218 AUD

View More Details / Register: <http://www.pdpseminars.com.au/index.php/counselling-and-psychotherapy>

SUICIDE PREVENTION AND BEREAVEMENT SUPPORT. (Early bird ends February 23rd)

Presenter:

Beate Steller

Event date: 23 Mar 2014 9:00 am

Location: MELBOURNE - Mantra on Russell

Original Price: \$290 AUD

Early Bird Price: \$218 AUD

View More Details / Register: <http://www.pdpseminars.com.au/index.php/counselling-and-psychotherapy>

ACT in ACTION - a 2 day workshop focusing on how to do Acceptance and Commitment Therapy (ACT). (Early bird ends March 7th)

Presenter:

Mary Sawyer

Event date:

28 Mar 2014 9:00 am

Location: MELBOURNE - Mantra on Russell

Original Price: \$580 AUD

Early Bird Price: \$436 AUD

View More Details / Register: <http://www.pdpseminars.com.au/index.php/counselling-and-psychotherapy>

ESSENTIAL COMPONENTS OF ACCEPTANCE AND COMMITMENT THERAPY - how to alter verbal support for experiential avoidance and rule governed behaviour (RGB). (Early bird ends April 11th)

Presenter:

Mary Sawyer

Event date: 02 May 2014 9:00 am

Location: MELBOURNE - Mantra on Russell

Original Price: \$290 AUD

Early Bird Price: \$218 AUD

View More Details / Register: <http://www.pdpseminars.com.au/index.php/counselling-and-psychotherapy>

NARRATIVE THERAPY - CORE CONCEPTS AND KEY SKILLS (Early bird ends June 27th)

Presenter:

Adrian van den Bok

Event date: 18 Jul 2014 9:00 am

Location: MELBOURNE - Mantra on Russell

Original Price: \$290 AUD

Early Bird Price: \$218 AUD

View More Details / Register: <http://www.pdpseminars.com.au/index.php/counselling-and-psychotherapy>

NARRATIVE THERAPY part 2 - THE NARRATIVES OF THE THERAPIST (Early bird ends June 19th)

Presenter:

Adrian van den Bok

Event date: 19 Jul 2014 9:00 am

Location: MELBOURNE - Mantra on Russell

Original Price: \$290 AUD

Early Bird Price: \$218 AUD

View More Details / Register: <http://www.pdpseminars.com.au/index.php/counselling-and-psychotherapy>



Certificate in Cognitive Behaviour Therapy

Areas covered include: Introduction to CBT; CBT with Depression; CBT with Anxiety; CBT with Anger

Our four-day training programs aim to teach and consolidate principles of cognitive behaviour therapy with an emphasis on skills development in small groups with supervision. Supervision is a strong component of these programs enabling participants to receive feedback to develop practice skills.

Presenters: Dr Monica O'Kelly, BSc (Hons), Dip Ed, MB SC, PhD, FAPS (CClin, CEDP)

Dr Dom DiMattia, BA, M Ed, Ed D

Costs: \$1276 (cost includes GST); Early bird registration \$1176 before 20 February 2014

Morning and afternoon tea, and lunch provided

Times: 9 am – 5pm daily

Venues: Holmesglen Conference Centre, Chadstone 3148

Contacts: Email: training@cbtaustralia.com.au

Phone: Heather, 03 9796 9004

Registration: www.cbtaustralia.com.au

Mindful Self-Compassion: Five Day Intensive

MINDFUL SELF-COMPASSION (MSC) TRAINING IN AUSTRALIA

Melbourne

Dates : 6th - 10th May, 2014

With Kristy Arbon and John Julian

Venue: Burrinja Cultural Centre

351 Glenfern Road, Upwey (non-residential) 40 minutes from CBD

Details at: <http://www.thinkinghealthy.com.au/page10.php>

Adelaide (non-residential)

Dates: 28th April - 2nd May, 2014

with Kristy Arbon and John Julian

Venue: The Monastery

Register: <http://mindfulsc.org/home/adelaide/>

Byron Bay

Dates: 19 - 23 May, 2014

with Kristy Arbon and James Bennett-Levy

Register: <http://www.cbtttraining.com.au/index.php?page=mindfull-self-compassion>

Victoria's new Mental Health Bill 2014

The [Mental Health Act 1986](#) remains the law until the [Mental Health Bill 2014](#) is passed by Parliament, proclaimed and commences as the Mental Health Act 2014. This is expected to be on 1 July 2014.

The Victorian Government has introduced the [Mental Health Bill 2014](#) (Bill) into Parliament.

A new Mental Health Act for Victoria is a key element to the government's mental health reform agenda, and places individuals and families at the centre of mental health treatment and care.

The Bill involves significant changes to compulsory assessment and treatment of people living with mental illness. It will ensure that people living with mental illness and subject to compulsory treatment are supported to make or participate in decisions about their treatment and care. The Bill also recognises the important role of families and carers in supporting the recovery of people living with mental illness.

A summary of the reforms in the Bill is available in [The Mental Health Bill 2014 - An explanatory guide](#).

This website includes more information about the Bill including [resources](#) for people with lived experience of mental illness, families and carers, and clinicians, [frequently asked questions](#), [latest news](#) and the [second reading speech](#).

The Bill can be viewed at the [Victorian Legislation and Parliamentary Documents website](#). (<http://www.legislation.vic.gov.au/>)

Implementing the Mental Health Bill 2014

The Victorian Government and the Department of Health have been working with mental health services and other stakeholders to prepare for commencement of the new legislation for more than a year. This work has been informed by the broad policy directions outlined in [The Mental Health Bill 2014 - An explanatory guide](#) or at <http://www.legislation.vic.gov.au/>

The government funded Mental Health Act Implementation Project Officers in every area mental health service to help services prepare for the new legislation.

Project officers have also been funded at the peak statewide mental health consumer and carer organisations to ensure that the views of people with mental illness, their families and carers informed planning for implementation of the new legislation. All of the project officers' positions have been extended to 31 October 2014 to assist with the transition to the new legislation.

While the Bill is in Parliament, the government will continue to work with mental health services and talk with the community about the reforms and explain how they will facilitate supported decision making and strong partnerships between patients and practitioners, carers and families.

Latest news

Ministerial communiqué – February 2014

This communiqué is the second in a series of updates designed to inform all stakeholders about the progress and actions taken to reform Victoria's mental health legislation.

Ministerial Communiqué No.2

[http://docs.health.vic.gov.au/docs/doc/6986BB5B392D8E0FCA257C8B0078A0A6/\\$FILE/Ministerial%20Communique%20Feb%202014.pdf](http://docs.health.vic.gov.au/docs/doc/6986BB5B392D8E0FCA257C8B0078A0A6/$FILE/Ministerial%20Communique%20Feb%202014.pdf)

Support After Suicide



Webpage <http://www.supportaftersuicide.org.au/>

Support After Suicide, based in Melbourne, has been operating for almost 10 years and is currently funded under the National Suicide Prevention Programme (NSPP). Beginning with funding from the NSPP in July 2004, the project has grown to become a national provider of services to people bereaved by suicide and also to health, education and welfare professionals.

The aim of the project is to increase the availability of effective support to people bereaved by suicide. The project does this in a number of ways: counselling and group support, consultation, education and training to professionals and an online presence which meets the needs of both bereaved people and professionals.

Over the years, and with contact with almost 1,500 bereaved people, the team at Support After Suicide has developed unique knowledge and expertise in responding to the needs of bereaved people in terms of counselling and group support. It is a complex experience of grief, trauma and stigma which ensures that for many it is a prolonged and harrowing experience.

As a snapshot of some of the contact Support After Suicide has had with bereaved people, in the two years from July 2011 to June 2013:

- 515 people received counselling and 367 of these were new referrals to the project
- there were 4,297 counselling sessions
- over 1,200 of these client contacts were held in the outer suburbs of Melbourne
- over 200 were home visits
- over 300 people attended support groups
- 225 bereaved people attended information sessions.
- counselling has also been provided to people from rural Victoria who travel to the outer suburbs of Melbourne and also to the inner suburb of Richmond for group support
- a pilot of Skype counselling is also being conducted: a bereaved mother from Townsville QLD has regular contact with a counsellor in Melbourne.

The website www.supportaftersuicide.org.au continues to grow in usage, with 10,860 visits in the year 2011-2012 and 26,399 visits for the following year 2012-2013. The online community where bereaved people from across Australia can communicate with and support one another has well over 300 active members.

The team at Support After Suicide has also developed specific knowledge and expertise in responding to the particular needs of children, young people and men with well-attended programs running for each of these groups. There is a school holiday program, *Serious Fun*, for primary school aged children, the *Adventures Program* for young people 11-16 and a new music program for young people aged 16-25.

This latter program will provide a group of young people with the opportunity to spend a weekend sharing experiences in a supportive environment. They will also be able to write some songs, record them and make a music video on the experience of loss to suicide. Many of these young people have lost a parent to suicide. The results of this project will be available early in 2014.

Another new project is a book to be written by men for men bereaved by suicide. The successful monthly Men's Program has provided the impetus for this project as they share stories, experiences and support. Again this will be launched early in 2014.

Support After Suicide also receives requests from many parents who are concerned about the impact of a suicide death on their children. Currently being developed is a booklet with information, stories and resources to assist these parents. Children, young people and parents have participated in the development of this booklet and they have much to share in terms of advice and support.

One of the objectives of Support After Suicide is to directly assist and support those who attend the programs but also to take the learnings, experience and expertise into the development of materials and resources which can be made more widely available, particularly online, to bereaved people.

And as well as developing materials, Support After Suicide conducts education and training with health, welfare and education professionals on the unique issues involved in bereavement following suicide and how to provide effective and compassionate support. Education sessions also include information on trauma, suicide risk assessment, safe and responsible ways to speak about suicide and supporting children, young people and families.

Support After Suicide recently conducted an online survey of people who had been assisted as part of the program. Here is a quote from the survey from one of the participants:

I feel like I am conversing with people who know what I'm dealing with, who know what behaviours and feelings are 'normal', an issue or require intervention. I trust the advice I am getting and the direction that is provided. I feel safe. Without a doubt, if I did not have access to this service I believe I very well may be dead. Blunt but true.

As the famous suicidologist Edwin Shneidman said: "Postvention is prevention".

