

Welcome to

‘The LAMPS News!’

Latrobe regional health, **A**lfred health, **M**onash
health, **P**eninsula, & **S**outh eastern

Training News

*(LAMPS represents the shining effect
of training and education)*

Date: 16th July, 2015

What's happening in training and in the LAMPS cluster
John Julian and Debbie Lang



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

For the full 2015 Training Calendars please visit the web page:

<http://www.med.monash.edu.au/spppm/research/southernsynergy/workforceprogram/cluster/trainingcalendar.html>

**2015 Alfred & L.A.M.P.S
Diversity Conference -
Are we there yet?**

16 vacancies exist

See pg 8 for details

Occupational Mindfulness

An 8 week program

With John Julian

Peninsula Health

See page 10 – only 4 vacancies left

Bouverie Family Consultation/Single Session training – 2 Day Workshop

This two day workshop is offered at no cost from the Bouverie Centre for mental health clinicians. It is ideal for clinicians wanting to develop confidence and skills working with clients and their families. The model has been used as a way of integrating client centred approaches with family work and has been implemented in a number of mental health services

Dates: Aug 25 & 26

See pg 4 for details

Special package available on Early Intervention – see page 7

Local Training Workshops

July

13th

Understanding & Treating People with Borderline Personality Disorder

Time: 9:00 – 5:00pm

Venue: Punthill Apartments, Dandenong

Presenter: SPECTRUM

Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1182



14th

Understanding Suicide and Self-Harm

This interactive introductory level workshop has been developed to give those clinicians who are new to mental health an understanding of why people consider suicide or self harm, how to engage with people and the management of those with those of suicide and self harm.

The workshop also looks at supporting family and carers post suicide and how clinicians can care for themselves.

Time: 8:30am – 4:30pm

Venue: Peninsula Health, Blue Rm, 1 West

Register: E: lmcintyre@phcn.vic.gov.au

14th

Quik Fix

Quik FIX is a brief motivational interviewing (MI) intervention targeting mental health and cannabis use issues. Quik FIX follows best practice guidelines for the integrated treatment of co-occurring mental health and cannabis use issues, by simultaneously addressing both issues, and their interrelationship. It was originally designed for allied health professionals as an early intervention program for young people with emerging depression and substance use problems in primary care settings.

Time: 8:30am – 4:30pm

Venue: Kingston, Education Room B)

Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1165



16th

Professional Resilience

Time: 1 day

Presenter: NEVIL

Register: <http://www.nevil.org.au/>

July (Cont.)

Occupational Mindfulness Workshop: 8 week program

Please apply via your Unit Manager

Time: 1:00 – 3:00pm

Venue: Peninsula Health, West Blue Rm

Facilitator: John Julian

Dates:

28th

Tues 28th July

Thurs 6th Aug

Tues 25th Aug

Tues 11th Aug

Tues 18th Aug

Tues 1st Sept

Thurs 10th Sept

Tues 15th Sept

Register: <http://spppm->

cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1341

Cognitive Behavioural Therapy (CBT)

CBT is an evidence-based, well validated treatment that can be applied to various mental health problems by changing how we think & perceive the world.

Unfortunately, CBT is often seen as a dull, manualised treatment, but this workshop will teach participants that CBT is a dynamic, exciting therapy that is practical, sensible & effective! Help yourself & your clients to master thoughts & take control of life.

30th

The first half of the workshop, the basics of CBT, is aimed at an introductory or refresher level. In the afternoon the workshop will concentrate on applying CBT techniques to various scenarios with practical techniques & role plays.

The goals of the workshop are to: enhance the mental health clinician's work with clients and to view CBT as a tool for self-care for the clinician.

Time: 9:15am – 4:30pm

Venue: Dandenong RSL

Presenter: Greg Coman

Register: 2 vacancies exist – contact john.julian@monash.edu

Advanced Dual Diagnosis

A workshop exploring our attitudes, values and understanding of Dual Diagnosis, incorporating:

31st

- Substance use, awareness and its relationship to mental health
- Assessment of substance misuse
- Treatment interventions including pharmacotherapies and Motivational Interviewing
- Harm Minimizations Strategies
- Working within the broader service system and future directions

Time: 8:30am – 4:30pm

Venue: Peninsula Health, Blue Rm, 1 West

Register: lmcintyre@phcn.vic.gov.au

August

Physical Health Matters

4th

Time: 9:00 – 4:30pm

Venue: Alfred Hospital, AMREP Classroom 2

Register: gapsycheducation@alfred.org.au

Introduction to Dual Diagnosis

6th

This workshop provides an introduction to the core principles of understanding and working with clients who have both a serious mental illness and problematic substance use. Topics include:

- Prevalence, and impact of Dual Diagnosis
- Barriers to treatment & identifying issues
- Integrated treatment & AOD services and referral options

Time: 9:15am – 4:30pm

Venue: Dandenong Hospital, Seminar Room 1

Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1161



Diversity Responsiveness in Mental Health

12th

Time: 8:50am – 4:30pm

Venue: The Alfred

Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1183

Recovery Workshop

13th

- Maintenance model versus Recovery process
- The evidence base for recovery
- Consumer perspective
- Recovery oriented practice

Time: 8:30am – 4:30pm

Venue: Peninsula Health, Blue Rm, 1 West

Register: E: lmcintyre@phcn.vic.gov.au

Bouverie Family Consultation/Single Session training – 2 Day Workshop

25th &
26th

This two day workshop is offered at no cost from the Bouverie Centre for mental health clinicians. It is ideal for clinicians wanting to develop confidence and skills working with clients and their families. The model has been used as a way of integrating client centred approaches with family work and has been implemented in a number of mental health services

Trainers: Hanna Jewell and Sarah Jones

Time: 9:30am – 4:30pm

Venue: Punthill Apartments, 157-163 Lonsdale St, Dandenong

Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1181

September

9th

Community Intermediate Suicide Prevention & Management

Time: 9:00am – 4:30pm

Venue: AMREP Classroom 1

Register: e: Gapsycheducation@alfred.org.au

11th

Psycho-pharmacology Day

Time: 9:00am – 4:30pm

Venue: Monash Uni, Nottling Hill, Lecture Theatre, Building 1

Lecturer: Professor Phil Maude

Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1261

10th &
11th

ASIST (Applied Suicide Intervention Skills Training)

A 2-day interactive workshop in suicide first aid.

Participants will learn to recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety and link them to further help. ASIST aims to enhance a caregiver's abilities to help a person at risk avoid suicide. In ASIST, you will be better prepared to:

- Recognise when someone may be thinking of suicide
- Respond in ways that clarify and address suicide risk
- Understand why suicide thoughts are present
- Work together to review risk and increase safety
- Facilitate links with further help.

Time: 8:30 – 5:00pm

Presenter: Monash Health

Register:

kristylee.allan@monashhealth.org or shelley.black@monashhealth.org

10th &
17th

Advanced Dual Diagnosis – 2 Day Workshop

This 2 day workshop provides clinicians with advanced skills to assess, treat and work with complex dual diagnosis presentations.

Topics include:

- Prevalence and impact of dual diagnosis
- Evidence based interventions
- Pharmacology & poly-pharmacy

Time: 9:30 am– 4:30pm

Venue: Kingston, Education Rm B

Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1166



September (Cont.)

Advanced Dual Diagnosis

A workshop exploring our attitudes, values and understanding of Dual Diagnosis, incorporating:

18th

- Substance use, awareness & its relationship to mental health
- Assessment of substance misuse
- Treatment interventions including pharmacotherapies & Motivational Interviewing
- Harm Minimizations Strategies
- Working within the broader service system & future directions

Time: 8:30am – 4:30pm

Venue: Peninsula Health, Blue Rm, 1 West

Register: lmcintyre@phcn.vic.gov.au



A Day of Mindfulness

Time: 10am – 3pm

26th

Venue: Abbotsford Convent, Convent Building, Salon

Presenter: Bill Spawton

Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1242

Youth and Substance Use

This workshop provides an introduction and understanding of developmental issues with young people and how this impacts upon their decisions with substance use.

30th

Time: 9:15am – 12:30pm

Venue: Kingston

Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1179



Harm Reduction Strategies

Introduction and understanding of developmental issues with young people and how this impacts upon their decisions with substance use.

30th

Time: 1:00 – 4:00pm

Venue: Kingston

Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1178



Early Intervention for Psychosis: Does It Work

In July a special edition of the journal Psychiatric Services occurred on the LAMPS has downloaded all of the articles and these are available to you by emailing Debbie Lang at Debbie.Lang@monash.edu with a request for the “Early Intervention” articles.

Coordinated Specialty Care Early Intervention Services for Schizophrenia Show Great Promise in Improving Outcomes

ARLINGTON, Va., July 1, 2015. Several new specialty care programs are improving the mental health of people with schizophrenia through comprehensive and aggressive treatment in the earliest stages of illness. These efforts are described in a special section in the July issue of [Psychiatric Services](#).

Schizophrenia is a serious mental illness affecting roughly 1 percent of people at some point in their lives. The U.S. has lagged behind other countries in developing early intervention treatment programs for people with schizophrenia.

“Now that we know which programs are most effective, we can begin to offer these services across the United States,” said Amy Goldstein, Ph.D., with the National Institute of Mental Health (NIMH).

“This research will help us give hope and support to people with schizophrenia and their families.”

Several of these interventions were funded through NIMH’s RAISE (Recovery After an Initial Schizophrenia Episode) project. The special section features reports from the RAISE project as well as analyses of other programs used to treat people with schizophrenia. The interventions encompass a comprehensive approach featuring services such as family education, individual resiliency training, supported employment and education, and a focus on patient’s life goals.

The following are a few key findings:

- Patients in the RAISE Connection Program showed improvement in job and social settings, fewer symptoms and reduced rates of remission.
- An analysis of the RAISE Connection Program found that the program’s focus on patients’ life goals was a critical factor in engaging them. Other factors that encouraged engagement were individualized services and staff interactions that were respectful, warm and flexible; engagement of family members; and a focus on shared decision making.
- Findings from a controlled trial of STEP (Specialized Treatment Early in Psychosis), which is not part of the RAISE initiative, are also presented.

STEP was established in 2006 by the Connecticut Mental Health Center. After one year, STEP participants had significantly fewer and shorter hospital stays than those in usual treatment and demonstrated better job performance.

- 2015 Alfred & L.A.M.P.S Diversity Conference - Are we there yet?

Wednesday 12th August (Seminar Room, AMREP, Alfred Hospital)

Contact: Kate Wilson **Phone:** 9076 2534 **Email:** kate.wilson@alfred.org.au

Shelley Anderson **Phone:** 9076 6513 **Email:** s.anderson@alfred.org.au

Conference Conveners: Kate Wilson & Shelley Anderson

Conference MC: Phil Maude & Violeta Peterson

The conference content and structure is driven by an underlying need to know more about dimensions of diversity responsiveness in the public mental health system. The conference creates opportunities for professionals to reflect on current practices and to engage in discussion arising from various mental health settings throughout Victoria.

8:30 – 8:50am	Registration		
8:55 – 9:05am	Welcome to Country – Aunty Carolyn Briggs, Boon Wurrung Elder		
9:05 – 9:10am	Welcome and Introduction to Hon Martin Foley – Andrew Way, CEO Alfred Health		
9:10 – 9:20am	Official Opening of Forum – Hon Martin Foley, Parliamentary Minister for Mental Health		
9:20 – 10:30am	KEYNOTE ADDRESS – THE HON MICHAEL KIRBY, AC CMG <i>Acceptance and diversity in the legal profession and the impact of stigma</i>		
10:35-10:50am	Morning Break		
	STREAM THEME: Family Healing Session Convener : Violeta Peterson Venue: AMREP Classroom 3	STREAM THEME: Gender Session Convener: Shelley Anderson Venue: AMREP Classroom 2	STREAM THEME: Equality Session Convener: Steve Flynn Venue: AMREP Seminar Room
THEME KEYNOTE 10.50 -11:30am	Kali Paxinos <i>Narrator of 'Shedding the Black Coat' A family story about living well with Schizophrenia</i> Arefa presenting with VTMH <i>Our Voices, stories of carers from migrant and refugee backgrounds</i>	Julie Dempsey <i>Victorian Women's Mental Health Network Gender Audit Process</i>	Professor Graham Meadows <i>Southern Synergy School of Psychology & Psychiatry Monash University Equality in access to mental health care</i>
11:30-12:00pm	Esmail Manahan & Alison Elliott <i>The Bouverie Centre Indigenous Program</i>	Associate Professor Phil Maude <i>LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer)</i>	Paul Smith <i>Department of Health, Mental Health, Wellbeing and Ageing</i>
12:00-12:15pm	Audience Discussion	Audience Discussion	Audience Discussion
12:15-13:15 pm	Lunch Break		
13:15-13:45pm	NAZEEM HUSSAIN - Australian Comedian, Actor and Radio Presenter		
13:45-14:30pm	PROFESSOR JAYASHRI KULKARNI – Director, Monash Alfred Psychiatry Research Centre (MAPrc) <i>Acceptance of gender diversity, women's mental health and treatment</i>		
14:30-14:45pm	Afternoon Break		
14:45-15:30pm	PANEL DISCUSSION OF THEME TOPICS: Family, Gender, Equality MC: ASSOC. PROF STEVE ELLEN RADHIKA SANTHANAM-MARTIN PAUL SMITH CATHERINE BENNETT		
15:30-15:45pm	Audience Discussion		
15:45-16:00pm	Close and Summary of the Conference.		

Equipping Australia's mental health system for the next generation

Over the next 20 years, the global economic impact of mental illness will exceed the impact of cancer, diabetes and respiratory disease combined. That's the stark forecast of the World Economic Forum.

In Australia, we face both rising costs in treating mental illness, and forgone economic activity from leaving mental illness untreated.

Ernest and Young and the online youth mental health service ReachOut have released a new report - 'A way forward: Equipping Australia's Mental Health System for the Next Generation'.

ABC RN Breakfast broadcast <http://www.abc.net.au/radionational/programs/breakfast/new-report-equipping-australias-mental-health/6450974>

Medicare Locals

<http://www.medicarelocals.gov.au/internet/medicarelocals/publishing.nsf#.VGGaoWdkxCx>

61 Medicare Locals are established across Australia.

Use the [searchable interactive map](#) to find your Medicare Local.

[Mindfulness-Based Interventions for Older Adults](#) Carla Martins, Sheds new light onto how Mindfulness Based Stress Reduction (MBSR) can be used with older adults as a complementary intervention.

http://www.jkp.com/mindfulness-based-interventions-for-older-adults.html?utm_medium=email&utm_campaign=UKROW%20Mental%20Health%20Awareness%20Week&utm_content=UKROW%20Mental%20Health%20Awareness%20Week+CID_97743bab682cc058623b9e34198c4037&utm_source=Email%20marketing&utm_term=Mindfulness-Based%20Interventions%20for%20Older%20Adults



Occupational Mindfulness Workshop 2015

Facilitator : John Julian

Where : Blue Room

Time : 1300-1500

Dates

Tues 28th July

Thurs 6th Aug

Tues 11th Aug

Tues 18th Aug

Tues 25th Aug

Tues 1st Sept

Thurs 10th Sept

Tues 15th Sept

*Please note sessions on 6/8 & 10/9 are Thursday not Tuesday

Register on-line @ [http://spppm-cf.med.monash.edu.au/southern synergy/
form.cfm?workshop_id=1341](http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=1341)

Please apply via your Unit Manager

For further enquiries, please contact
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