

# Welcome to *'The LAMPS News!'*

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

## Training News

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

**Date:** 9<sup>th</sup> September, 2015

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



## Contents

Local Training Workshops.....	2
Occupational Mindfulness for LRH .....	5
Victorian Mental Health Interprofessional Leadership.....	6
A Practical Guide for Working with Carers .....	7
Early Intervention Research .....	8
Equipping Australia's mental health system for the next generation.....	9
10 Year Mental Health Plan .....	10

*"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>

The development of the new 10 year Mental Health Plan for Victoria

<http://mentalhealthplan.vic.gov.au/discussion-paper>

See Page 10

### Occupational Mindfulness

An 8 week program  
With John Julian

**Latrobe Regional Hospital**

See page 5

### Cognitive Behavioural Therapy (CBT)

**Date:** 13<sup>th</sup> Oct, 2015

**Presenter:** NEVIL

**Venue:** Notting Hill

CBT is an evidence-based, well validated treatment that can be applied to various mental health problems by changing how we think and 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 and effective!

See Page 5

## Local Training Workshops

### September

**9<sup>th</sup>** **Community Intermediate Suicide Prevention & Management**  
**Time:** 9:00am – 4:30pm  
**Venue:** AMREP Classroom 1  
**Register:** e: [Gapsycheducation@alfred.org.au](mailto:Gapsycheducation@alfred.org.au)

**11<sup>th</sup>** **Psycho-pharmacology Day**  
**Time:** 9:00am – 4:30pm  
**Venue:** Monash Uni, Nott ing Hill, Lecture Theatre, Building 1  
**Lecturer:** Professor Phil Maude  
**Register:** [http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop\\_id=1261](http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=1261)

**10<sup>th</sup> & 11<sup>th</sup>** **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](mailto:kristylee.allan@monashhealth.org) or [shelley.black@monashhealth.org](mailto:shelley.black@monashhealth.org)

**10<sup>th</sup> & 17<sup>th</sup>** **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/southern synergy/form.cfm?workshop\\_id=1166](http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=1166)



## September (Cont.)

### Advanced Dual Diagnosis

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

18<sup>th</sup>

- 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](mailto:lmcintyre@phcn.vic.gov.au)



### A Day of Mindfulness

**Time:** 10am – 3pm

26<sup>th</sup>

**Venue:** Abbotsford Convent, Convent Building, Salon

**Presenter:** Bill Spawton

**Register:** [http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop\\_id=1242](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.

30<sup>th</sup>

**Time:** 9:15am – 12:30pm

**Venue:** Kingston

**Register:** [http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop\\_id=1179](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.

30<sup>th</sup>

**Time:** 1:00 – 4:00pm

**Venue:** Kingston

**Register:** [http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop\\_id=1178](http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1178)



## October

### Physical Health Matters

1<sup>st</sup>

**Time:** 9:00 – 4:30pm

**Venue:** Alfred Hospital, AMREP Classroom 2

**Register:** [gpsycheducation@alfred.org.au](mailto:gpsycheducation@alfred.org.au)

## October (Cont.)

8<sup>th</sup>

### Substance Use and the Elderly

This workshop provides an introduction to the impact of substance use in the older population.

**Time:** 9:15am - 12:30pm

**Venue:** Dandenong Hospital, Seminar Rm 1

**Register:** [http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop\\_id=1175](http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=1175)

12<sup>th</sup>

### 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: [Imcintyre@phcn.vic.gov.au](mailto:Imcintyre@phcn.vic.gov.au)

13<sup>th</sup>

### Cognitive Behavioural Therapy (CBT)

**Time:** 1 day

**Presenter:** NEVIL

CBT is an evidence-based, well validated treatment that can be applied to various mental health problems by changing how we think and 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 and effective! Help yourself and your clients to master thoughts and take control of life.

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 and role plays.

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

**Venue:** Nott ing Hill, Meeting Rm 3

**Register:** [http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop\\_id=1361](http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=1361)

15<sup>th</sup> to  
Dec 3<sup>rd</sup>

### Occupational Mindfulness – 8 weeks

**Time:** 1pm – 3pm

**Venue:** Latrobe Regional Hospital

**Presenter:** John Julian

**Dates:**

Thurs 15<sup>th</sup> Oct

Thurs 12<sup>th</sup> Nov

Thurs 22<sup>nd</sup> Oct

Thurs 19<sup>th</sup> Nov

Thurs 29<sup>th</sup> Oct

Thurs 26<sup>th</sup> Nov

Thurs 5<sup>th</sup> Nov

Thurs 3<sup>rd</sup> Dec

**Register:** [http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop\\_id=1401](http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=1401)

## Occupational Mindfulness for LRH

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**Date:** Thursday's – (8 weeks)

Oct 15, Oct 22, Oct 29, Nov 5, Nov 12,  
Nov 19, Nov 26, Dec 3, 2015

**Venue:** Latrobe Regional Hospital, Macalister Sensory room

**Time:** 1:00 – 3:00pm

**Cost:** Free to Southern Cluster, \$400 to external bodies

**Register:** [http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop\\_id=1401](http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1401)

### About The Workshop

This course provides staff the opportunity to develop a range of mindfulness and self-compassion skills in regard to workplace stress. The course is based on the evidence-based approaches known as Mindfulness-based Stress Reduction program, as well as mindful self-compassion and Mindfulness-based Cognitive Therapy and is combined with some relevant material from positive psychology.

The Occupational Mindfulness training program involves 8 weekly group sessions of 2 hours each which build sequentially.

What will the mindfulness practice include? Individuals will be introduced to several forms of mindfulness including sitting, yoga, walking, self-care and brief meditations. In addition, the course facilitates exploration of the way we relate to our thoughts and thinking through a series of exercises. Participants will be provided with notes, CD's and instruction and be expected to undertake 45 minutes practice a day.

The teacher

The program teacher is John Julian, the LAMPS and Southern Synergy senior mental health trainer, who is an experienced senior secular mindfulness teacher in Australia and one of currently only 20 fully certified Mindful Self-Compassion (MSC) teachers (Neff/Germer model) in the world. John has been directly trained by the originators of both MBSR and MSC.

Yes, you need to come to all sessions to gain maximum benefit!

**Enquiries:** [john.julian@monash.edu](mailto:john.julian@monash.edu) or [lwaters@lrh.com.au](mailto:lwaters@lrh.com.au)

## Victorian Mental Health Interprofessional Leadership



### Program Officially Launched

LEADERSHIP  
VICTORIA

*“The future is not some place we are going to, but one we are creating.*

*The paths to it are not found, but made; and the activity of making them changes both maker and the destination.”*



Ellyard, P. (2001). *Ideas for the New Millennium*. Melbourne University Press

The Victorian Mental Health Interprofessional Leadership Program (the Program), has been funded by the Department of Health and Human Services, Victoria (the Department). This exciting initiative will bring together existing and emerging mental health leaders, in teams of four, from across the nursing, allied health, medical and lived- experience workforces, supporting them to lead and coach within their teams. The Program seeks to build a culture of innovation by supporting new and innovative ways of thinking, and creating a community of practice (the Network) to facilitate knowledge exchange and support, and to drive practice change and service development in critical areas, specifically recovery-oriented practice and supported decision-making.

Vikki Dearie is the project lead. She is a mental health nurse who has worked in healthcare for 22 years. She spent 15 years of her career in the UK, nursing in the clinical setting, before moving into education. Prior to moving to Australia, Vikki was responsible for the provision of a service-wide education program focused on preventing and responding to aggressive behaviour and designed to support multi-disciplinary staff from within a large National Health Service.



On moving to Melbourne, she continued to work in this specialist area, where a large component of her role was devoted to developing and delivering evidence based, tailored education, applicable to the varied clinical settings. Much of her focus was on the promotion of prevention and the use of non-coercive interventions. Her passion in this area led to her senior project officer role in the State-wide Reducing Restrictive Interventions project; a component project of the Victorian Mental Health Act (2014) reforms, funded by the Victorian Government.

Vikki’s interest in leadership has developed over the course of her career, particularly as it has been central to driving practice change and service development throughout her time working in healthcare. This led to her most recent role as manager of the Victorian Mental Health Interprofessional Leadership Project; a program that is investing in teams of current and emerging leaders from across nursing, medical, allied health and lived experience workforces to lead collaboratively, and support and drive practice changes.

To support the rollout of the program, the Department released an expression of interest process in March 2015. EOIs were distributed to the 21 Area Mental Health Services, Forensicare, Royal Children's Hospital and Orygen Youth Health. In June 2015, 21 of the 24 Services submitted teams of current and emerging leaders to participate in the program. The EOI process also asked Services to identify a 'practice change issue', specifically focusing on strengthening recovery approaches, which aims to support the translation of the team's leadership learnings from theory into practice. This is a complex program, and a new innovation in leadership training; by necessity, it has many layers of consideration, reflection and learning. It is a Program that encourages participants to develop interprofessional leadership, where the core focus in applying this is targeted at strengthening recovery and supported decision making in practice. Interprofessional leadership can be defined as 'two or more professionals learning with, from and about one another to improve collaboration and quality of care'. This explanation goes to the heart of understanding the unique expertise of what each individual brings to a team, while also working together to complement and support collective practice; and critically important, role modelling these behaviours to others.

The Program consists of a four day face-to-face training component, a fifth face-to-face day that targets Network establishment, and as mention previously, local practice change issues that the leadership teams work on together in their service. At the completion of face-to-face components, participating teams will then form an interprofessional collaborative network. This will occur at the end of each cohort, initially establishing three smaller Networks, with the intent that all three Networks come together to form one large statewide Network. The aim of the Network is provide ongoing support to the teams of individual participants and to share and drive innovation and practice change. Three cohorts with up to eight Services in each will complete their program between now and April 2015. The first cohort commenced in June 2015, and has since progressed through the first three days of their program; with these teams planning, implementing and dealing with the opportunities and the challenges presented in applying their learning's to their practice change issue within their own work areas.

The Program officially launched on the 29<sup>th</sup> July 2015. Executive sponsors, program participants, and program mentors from mental health services were invited to the launch to hear more about the Program from key individuals, and well as meet the staff from the Program provider, Leadership Victoria.

## A Practical Guide for Working with Carers

Five partners are developing a national guide for working with carers of people with a mental illness, with a focus on practical interventions that improve the partnership with carers and ultimately improve outcomes for consumers. The consortium partners are: Mental Health Carers ARAFMI WA Inc., Mind Australia, Private Mental Health Consumer Carer Network, Mental Health Australia, and Mental Health Carers ARAFMI Australia. National consultations are taking place across Australia: For information contact Janne McMahon (Project Manager) at [jmcmahon@senet.com.au](mailto:jmcmahon@senet.com.au)

In a future edition the local project will be outlined with an update.

### **Dr Oliver Sacks**

To celebrate the life of the late British neurologist, Dr Oliver Wolf Sacks, CBE, FRCP (9 July 1933 – 30 August 2015) Narrative and Medicine: The Importance of the Case History:

<https://www.youtube.com/watch?v=7PYAnB5Jx-k>

Dr Sacks, famous for his book with the history of the “man who mistook his wife for a hat”.

Dr Oliver Sacks. Sacks, 82, died on Sunday 30 August, 2015.

## **Early Intervention Research**

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In July this year Psychiatric Services published a special edition reviewing Early Intervention. One way of gaining PD points is to read pertinent peer reviewed journal articles. Therefore we have downloaded all of the articles and can send them to you. You can gain these by emailing Debbie Lang at [Debbie.Lang@monash.edu](mailto:Debbie.Lang@monash.edu) The articles are as follows:

### **Accelerating Science-to-Practice for Early Psychosis**

Amy B. Goldstein, Robert K. Heinssen, Susan T. Azrin 66 (7), pp. 665–665

### **The NAVIGATE Program for First-Episode Psychosis: Rationale, Overview, and Description of Psychosocial Components**

Kim T. Mueser, David L. Penn, Jean Addington, Mary F. Brunette, Susan Gingerich, Shirley M. Glynn, David W. Lynde, Jennifer D. Gottlieb, Piper Meyer-Kalos, Susan R. McGurk, Corinne Cather, Sylvia Saade, Delbert G. Robinson, Nina R. Schooler, Robert A. Rosenheck, John M. Kane 66(7), pp. 680–690

### **Implementing Coordinated Specialty Care for Early Psychosis: The RAISE Connection Program**

Lisa B. Dixon, Howard H. Goldman, Melanie E. Bennett, Yuanjia Wang, Karen A. McNamara, Sapna J. Mendon, Amy B. Goldstein, Chien-Wen J. Choi, Rufina J. Lee, Jeffrey A. Lieberman, Susan M. Essock 66(7), pp. 691–698

### **Client Views of Engagement in the RAISE Connection Program for Early Psychosis Recovery**

Alicia Lucksted, Susan M. Essock, Jennifer Stevenson, Sapna J. Mendon, Ilana R. Nossel, Howard H. Goldman, Amy B. Goldstein, Lisa B. Dixon 66(7), pp. 699–704

### **First-Episode Services for Psychotic Disorders in the U.S. Public Sector: A Pragmatic Randomized Controlled Trial**

Vinod H. Srihari, Cenk Tek, Suat Kucukgoncu, Vivek H. Phutane, Nicholas J. K. Breitborde, Jessica Pollard, Banu Ozkan, John Saks, Barbara C. Walsh, Scott W. Woods 66(7), pp. 705–712

### **Duration of Untreated Psychosis in Community Treatment Settings in the United States**

Jean Addington, Robert K. Heinsen, Delbert G. Robinson, Nina R. Schooler, Patricia Marcy, Mary F. Brunette, Christoph U. Correll, Sue Estroff, Kim T. Mueser, David Penn, James A. Robinson, Robert A. Rosenheck, Susan T. Azrin, Amy B. Goldstein, Joanne Severe, John M. Kane 66(7), pp. 753–756

### **Engaging Immigrants in Early Psychosis Treatment: A Clinical Challenge**

Clairéline Ouellet-Plamondon, Cecile Rousseau, Luc Nicole, Amal Abdel-Baki 66(7), pp. 757–759

### **Research & Services Partnerships**

State Partnerships for First-Episode Psychosis Services, Susan M. Essock, Howard H. Goldman, Michael F. Hogan, Brian M. Hepburn, Lloyd I. Sederer, Lisa B. Dixon 66(7), pp. 671–673

### **Best Practices**

Practical Monitoring of Treatment Fidelity: Examples From a Team-Based Intervention for People With Early Psychosis, Susan M. Essock, Ilana R. Nossel, Karen McNamara, Melanie E. Bennett, Robert W. Buchanan, Julie A. Kreyenbuhl, Sapna J. Mendon, Howard H. Goldman, Lisa B. Dixon 66(7), pp. 674–676

### **Economic Grand Rounds**

Paying for Early Interventions in Psychoses: A Three-Part Model, Richard G. Frank, Sherry A. Glied, Thomas G. McGuire 66(7), pp. 677–679

## **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>

## 10 Year Mental Health Plan

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The Government has committed to develop a new 10 year plan for mental health.

The 10-year strategy will build on the reforms of the past, and guide investment towards creating the conditions for Victorians to experience their best mental health, whatever their level of need and in a life that has meaning and value for them.

The strategy will focus on the specialist mental health treatment system and prevention, early intervention, social support and primary care.

A discussion paper invites input into how a new strategy can provide a long-term vision for mental health in Victoria.

A series of technical papers that accompany the discussion paper examine key issues and the experience of particular vulnerable groups in more detail.

A website will support online engagement and discussion.

Face to face consultations are scheduled throughout Victoria.

The website <http://www.mentalhealthplan.vic.gov.au/> currently has all the details about consultation workshops, and from Thursday 6 August 2015 will have the discussion paper and technical papers available for download. This website will be updated over the next week to provide for online discussion and interaction. In the mean time the discussion paper can be downloaded via this link: Discussion paper for developing Victoria's next10 year mental health strategy : <http://mentalhealthplan.vic.gov.au/discussion-paper>