

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: 18th December, 2015



Debbie Lang and I, alongside all the staff at Southern Synergy, would like to wish everyone in mental health a pleasant and joyful period over the next few weeks. We have appreciated the wide support for the training and education activities in mental health which we have undertaken and provided in the past decade.

The new calendar will be published and available from mid-January. As you are aware it will continue to have courses added to it during the year as agencies offer various programs. We will continue offering directly:

- CBT Foundation training
- Occupational Mindfulness
- Mindful Self-Compassion

A range of other courses and programs will be offered with a one-day workshop program on diversity being created to follow through from the very successful conference last year at the Alfred. In addition, the social workers are leading an offering on the toxic stress created by trauma and in particular the various form of violence that impacts families.

If applicable to you, we hope you celebrate the spirituality of the coming period of time with happiness, and that you have a pleasant new year. Understanding that spirituality is about meeting your needs for peace, harmony, beauty or order, amongst many things, we hope you celebrate successfully, as well as a restful time, and find ways forward in the endeavour to meet these needs. In the mean time we offer you all the following wishes of good will for the upcoming summer period:

May you be safe in life and aid in ensuring less harm occurs in our world

May you be as healthy as you can be

May you progress in ways you value

John Julian and Debbie Lang

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

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

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Local Training Workshops

January 2016

27th **Train the Facilitator – psychoeducation Group**
This group is designed to train facilitators to deliver a 6-12 week dual diagnosis group with consumers. Facilitators will develop their skills managing a group within a recovery framework, including building motivation to change, minimising harms associated with their co-occurring issues and learning from peer experiences. Suitable for mental health acute units, withdrawal units, PARC's and community teams
Time: 9:15am – 4:30pm
Venue: Quest Apartments, Conference Room, 2-6 James St, Dandenong
Register: sdds@monashhealth.org

February

2nd Feb to 22nd Mar **Mindfulness Self Compassion (MSC) – 8 Weeks**
Mental Health Peer workers able to apply
Time: 10:00am – 12:30pm
Venue: Mind Recovery College Southern Campus, 13 & 14/4-10 Jamieson St, Cheltenham
Dates:
Tues 2nd Feb
Tues 16th Feb
Tues 1st Mar
Tues 15th Mar
Tues 9th Feb
Tues 23rd Feb
Tues 8th Mar
Tues 22nd Mar
Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=1462

3rd **Introduction to Dual Diagnosis**
An overview of the practices and principles of the complexities involved in dual diagnosis.
Time: 9:15am – 4:30pm
Venue: Southern Community MH Clinic, 352 South Rd, Hampton East
Register: sdds@monashhealth.org

3rd Feb to 6th Apr **Mindfulness Self Compassion (MSC) – 8 Weeks**
Time: 10am – 12noon
Venue: Dandenong Main Hospital
Dates:
Wed 3rd Feb – Seminar Rm 1
Wed 10th Feb – Seminar Rm 1

Wed 17th Feb – Seminar Rm 4

Wed 24th Feb – Seminar Rm 1

(2 weeks break)

Wed 16th Mar – Seminar Rm 1

Wed 23rd Mar – Seminar Rm 1

Wed 30th Mar – Seminar Rm 1

Wed 6th April – Seminar Rm 1

Register: <http://spppm->

cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1461

Cost: Free for LAMPS Cluster, \$480 for external

Payment on-line @

<http://ecommerce.med.monash.edu.au/product.asp?plD=640&clD=1&c=51033>

10th

Methamphetamines and Mental Health

An overview of Methamphetamine and how it impacts with mental health and practical strategies aimed at reducing harms

Time: 9:15am – 4:30pm

Venue: Southern Community Mental Health Clinic,
352 South Rd, Hampton East

Register: sdds@monashhealth.org

12th &
19th

Introduction to Motivational Interviewing

The How's, Where's and Why's of Motivational Interviewing

Time: 9:15am – 4:30pm

Venue: Southern Community MH Clinic, 352 South Rd, Hampton East

Register: sdds@monashhealth.org

23rd

Theory & Science behind mindfulness & Mindful Self-Compassion

Presenter: John Julian

Time: 9:00 – 5:00

Venue: Notting Hill, Monash Uni, Lecture Theatre

Register: <http://spppm->

cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1481

25th

Introduction to Pharmacotherapy

Our Addiction Medicine Consultant discusses the latest evidence around pharmacotherapy interventions

Time: 9:15am – 12:30pm

Venue: Southern Community MH Clinic, 352 South Rd, Hampton East

Register: sdds@monashhealth.org

10 Year Mental Health Plan

The Government has developed a new 10 year plan for mental health.

The 10-year strategy will build on the reforms of the past, and guides 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.

Victoria's 10-year mental health plan was launched in November 2015.

During consultation, more than 1,000 ideas and comments were shared with us on this site and through social media, plus many more insights gathered through public workshops across Victoria.

These contributions and ideas were carefully considered as part of the plan's development

Download Victoria's 10-year mental health plan:

<https://www2.health.vic.gov.au/about/publications/policiesandguidelines/victorias-10-year-mental-health-plan>

Summary

Victoria's 10-year mental health plan sets an ambitious, long-term vision for mental health and wellbeing. It will guide investment and drive better outcomes for Victorians