Welcome to

7 July 2016

Southern Synergy

Welcome to

The LAMPS News!

Latrobe Regional Health, Alfred Health, Monash Health, Peninsula Health, & Southern Synergy

Training News

(LAMPS represents the shining effect of training and education)

Local Training Workshops 2
2016 NEVIL Allied Health Development Program 6
Social Workers Conference 7
David Denborough – The Tree of Life 9
Internal Review of LAMPS: New Structure 12

To view the LAMPS Calendar:


Look under the heading: Training – click on ‘LAMPS training calendar 2016’.

John Julian and Debbie Lang

Diversity Conference

How do we get there?

Monday 10th October
Lecture Theatre AMREP, Alfred Hospital
See page 11

Annual LAMPS Social Work Conference

Tuesday 4th October
"Trauma, Family Violence and Stress"
See pages 7 & 8

Register at:
Cost $50.00
Peer and consumer workforce $30.00

Pre-Conference Full-day Workshop
(Separate registration is required)
David Denborough
The Tree of Life
3rd Oct, 2016
See page 9

LAMPS FACEBOOK Page
Full of interesting links to recent relevant research!
“Like” it now at:
https://www.facebook.com/LAMPS.Training

Allied Health Graduate 2016 Training
See page 7
# Local Training Workshops

## July

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
</table>
| **12th** | Allied Health Development Program – (Day 6) | **Psychotropic Medications in Mental Health**  
**Presenter:** NEVIL  
**Time:** 9:30am – 4:30pm  
**Venue:** Hawthorn East  
| **14th** | Theory & Science behind mindfulness & Mindful Self-Compassion |  
**Time:** 10:00 – 4:30pm  
**Venue:** Notting Hill, Monash Uni, Lecture Theatre, Building 1  
**Presenter:** John Julian  
| **21st** | Understanding & Treating People with Borderline Personality Disorders |  
This training will focus on building an understanding of the person with BPD in order to develop appropriate treatment and therapeutic work with clients. It includes an overview of the basic principles of assessment and management of risk within the context of public mental health services.  
**Trainers:** Deb Dick & Julian Brown, SPECTRUM  
**Time:** 9:00am registration, commence 9:30am – 4:30pm  
**Venue:** Punthill apartments, 157-163 Lonsdale St, Dandenong  
| **26th & 27th** | Introduction to Motivational Interviewing |  
*Now Full*  
The How’s, Where’s and Why’s of Motivational Interviewing  
**Time:** 9:15am – 4:30pm  
**Venue:** AMREP, Alfred Hospital, 55 Commercial Rd, Prahran  
**Register:** sdds@monashhealth.org |
### August

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Title</th>
<th>Details</th>
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<tr>
<td>3rd</td>
<td>Youth and Substance Use</td>
<td>An introduction and understanding of developmental issues with young people and how this impacts upon their decisions with substance use Time: 9:15am – 4:30pm Venue: Kingston Centre, Education Rooms. 400 Warrigal Rd, Cheltenham Register: <a href="mailto:sdds@monashhealth.org">sdds@monashhealth.org</a></td>
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<tr>
<td>3rd</td>
<td>Cognitive Behavioural Therapy (CBT)</td>
<td>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 clinician’s work with clients and to view CBT as a tool for self-care for the clinician. Time: 9:00am – 4:30pm Venue: John Madder Hall (Peninsula Hosp.) Register: <a href="http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1543">http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1543</a></td>
</tr>
<tr>
<td>4th &amp; 5th</td>
<td>17th Victorian Collaborative Mental Health Nursing Conference 2016</td>
<td>Focuses on the practice of psychiatric nursing and how this practice contributes to better health outcomes for the consumers of mental health services. The focus of the program is on clinical practice and related issues. Venue: Moonee Valley Race Course Register: <a href="http://cpn.unimelb.edu.au/conferences/vcpnc">http://cpn.unimelb.edu.au/conferences/vcpnc</a></td>
</tr>
</tbody>
</table>
August (Cont.)

18th & 19th

Knowledge & Skills for Effective Training – Design & Delivery
This event provides foundational knowledge & skills for how to train effectively. Includes: different types of learning styles, types of techniques required to meet individuals’ needs in the training environment; core principles of effective teaching; session planning & delivery. This is interactive, an opportunity to plan, deliver & critique session plans with peers.

Trainer: Dr Rosemary Charleston
Time: 9:00am – 4:30pm
Venue: Notting Hill, Meeting Rm 4
Register: Apply to john julian – john.julian@monash.edu
People interested in this will be first referred to their local service for possible selection.

23rd Aug – 18th Oct

Mindfulness Compassion for Carers – 8 week course

Please email: john.Julian@monash.edu
Time: 9:30am – 12:30pm
Venue: 140-154 Sladen St, Cranbourne
Presenter: John Julian

September

8th

Alcohol & Other Drug Withdrawal
An overview of the core principles of withdrawal and the best practice guidelines
Time: 9:15am – 4:30pm
Venue: Kingston Centre, Education Rooms, 400 Warrigal Rd, Cheltenham
Register: sdds@monashhealth.org

12th

Counselling Skills
Professional Development Workshop
Counselling skills are critical to our work in mental health. This workshop covers core counselling skills and introduces participants to skills and experience.
Time: 9:00am – 5:00pm
Venue: Dandenong Hospital, Meeting rms 1 & 2, ART building
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<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
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</table>
| 15th       | **Introduction to Pharmacotherapy**                                   | Our Addiction Medicine Consultant discusses the latest evidence around pharmacotherapy interventions  
**Time:** 9:15am – 12:30pm  
**Venue:** Southern Community Mental Health Clinic, 352 South Rd, Hampton East  
**Register:** sdds@monashhealth.org |
| 15th       | **Harm Reduction Strategies**                                         | Practical harm reduction strategies to reduce the level of risk for consumers who use substances  
**Time:** 1:30pm – 4:30pm  
**Venue:** Southern Community Mental Health Clinic, 352 South Rd, Hampton East  
**Register:** sdds@monashhealth.org |
| 21st & 22nd| **Mental Health First Aid**                                           | How to provide initial support to adults who are developing a mental illness or experiencing a mental health crisis.  
**Time:** 9:15am – 4:30pm  
**Venue:** Southern Community Mental Health Clinic, 352 South Rd, Hampton East  
**Cost:** $75 per participant  
**Register:** sdds@monashhealth.org |
| 24th       | **A Day of Mindfulness**                                              |  
**Time:** 9:15am – 3:30pm  
**Venue:** Cmnty Rm, Abbotsford Convent  
**Presenter:** Bill Spawton  
**Register:** southern.synergy@monash.edu  
**Cost:** $25 or $10 health care card holders  

**Weekly Mindfulness Sessions**  
Every Wednesday  
Sacred Place, Dandenong Hospital  
Instructors alternating:  
Prof. Graham Meadows, Dr Fran Shawyer, John Julian  
**Time:** 2:30 – 3:00pm
2016 NEVIL Allied Health Development Program

<table>
<thead>
<tr>
<th>DAY</th>
<th>Topic</th>
<th>Duration</th>
<th>Suggested presenters</th>
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</thead>
<tbody>
<tr>
<td>JULY</td>
<td>Pharmacology – will slot on General NEVIL calendar in this month</td>
<td>1 day</td>
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<tr>
<td>Day 6</td>
<td>Tues 12 July</td>
<td></td>
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<tr>
<td>AUGUST</td>
<td>Recovery Oriented Programs</td>
<td>1 day</td>
<td>John Julian</td>
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<tr>
<td>Day 7</td>
<td>Thur 18 Aug</td>
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<tr>
<td>SEPTEMBER</td>
<td>ASIST Suicide Intervention</td>
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<tr>
<td>Day 8</td>
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<tr>
<td>OCTOBER</td>
<td>LAMPS Social Workers conference Trauma and Toxic Stress</td>
<td>1 day</td>
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Purpose of the NEVIL Allied Health Development Program

1. To ensure that allied health staff, particularly those in their first two years of work in the public mental health sector, are provided with appropriate training related to mental health.
2. To supplement the online training available through MHPOD.

Development Training Program

- Presenters need to be aware the content of the MHPOD sessions and use this to inform the training they present.
- The training should provide a brief overview of their topic, however focus on, reflective, integrative, experiential and practical learning opportunities that are not provided through the online training.
SOCIAL WORKERS
"TRAUMA, FAMILY VIOLENCE AND TOXIC STRESS"

OCTOBER 4, 2016
9:00AM – 4:30PM

FRANKSTON ARTS CENTRE
27-37 DAVEY STREET, FRANKSTON

COST: full reg $50, Students $30, P/time Peer Work: $30, Private Practice $150,
Public Mental Health Staff $100
Pay on-line @

REGISTER ON-LINE: HTTP://SPPPM-CF.MED.MONASH.EDU.AU/SOUTHERNSYNERGY/FORM.CFM?WORKSHOP_ID=1544
**DRAFT PROGRAM**

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>TIME</th>
<th>COMMENCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Helen Bnds: Acknowledgment of Country</td>
<td>15 mins</td>
<td>9.00</td>
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<tr>
<td><strong>Morning Keynote Speaker: David Denborough</strong> (Introduction Ann Fuller)</td>
<td>45 mins</td>
<td>9.15</td>
</tr>
<tr>
<td>Questions</td>
<td>15 mins</td>
<td>9.45</td>
</tr>
<tr>
<td>Morning tea</td>
<td>30 mins</td>
<td>10.00</td>
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<tr>
<td><strong>Setting the Scene:</strong> The Theme</td>
<td></td>
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<tr>
<td><strong>Morning Workshops – concurrent workshops</strong></td>
<td>1.50 hrs</td>
<td>11.00</td>
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<tr>
<td>1. John Julian: An introduction to the Theory &amp; Practice of Compassion-focused therapies and Mindful Self-Compassion (MSC) (focusing on shame) - 50 spots</td>
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<tr>
<td>2. Helen (?): Men's Responsibility Group - limited spots</td>
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<td>3. Kelly Muller: SNAP Gippsland - Indigenous trans-generation trauma from a lived experience. - 50 spots</td>
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<tr>
<td>4. Kristin Pringle: OT and Accredited TCTSY Yoga teacher Trauma Centre Trauma Sensitive Yoga (via Bessel van der Kolk, Boston) – limited spots</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>45 mins</td>
<td>12.30</td>
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<tr>
<td><strong>Afternoon Keynote Speaker: Professor Louise Harms</strong></td>
<td>45 mins</td>
<td>1.15</td>
</tr>
<tr>
<td>Questions / Discussion</td>
<td>15 mins</td>
<td>2.00</td>
</tr>
<tr>
<td><strong>Afternoon Workshops – concurrent sessions</strong></td>
<td>45 mins</td>
<td>2.15</td>
</tr>
<tr>
<td>1. Terri-Lee Hill: The use of DBT’s validation and change for emotional dysregulation</td>
<td></td>
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<tr>
<td>3. Jan Kilicaslan and Miranda Müller “Youth early psychosis and violence in the home”.</td>
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<tr>
<td>4. Wayne Wright: Substance use, toxic stress, and social work.</td>
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<tr>
<td><strong>Afternoon tea</strong></td>
<td>30 mins</td>
<td>3.00</td>
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<tr>
<td><strong>Final workshops and plenary:</strong> What is needed and how can these ideas be developed into a specific individual or group program treatment or protocol in public mental health settings?</td>
<td>3.20 - 4.00</td>
<td>4.30 close</td>
</tr>
<tr>
<td>• Brief work groups – what specific areas, services, skills, treatments, etc. need to be offered to people with a mental health issues and a current or past trauma, outside of treatment for the diagnosed condition.</td>
<td></td>
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<tr>
<td>• Panel and summary: Louise Harms, Wayne Wright, John Julian</td>
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</table>

**REGISTER ON-LINE:** [HTTP://SPPPM-\_CF.MED.MONASH.EDU.AU/SOUTHERNSYNERGY/FORM.CFM?WORKSHOPID=1544](HTTP://SPPPM-\_CF.MED.MONASH.EDU.AU/SOUTHERNSYNERGY/FORM.CFM?WORKSHOPID=1544)
The Tree of Life is a hopeful and inspiring approach to working with children, young people and adults in many different contexts including mental health struggles, abuse and family violence. The Tree of Life enables people to speak about their lives in ways that are not retraumatising and can help them feel stronger. It is a narrative intervention and will be delivered by David Denborough from the Dulwich Centre Adelaide.

3rd October, 2016
9:30 – 4:00
Frankston Cultural Centre, 27-37 Davey St, Frankston


Cost: $60 full time staff, P/time Peer Work: $30, Non-LAMPS Public Mental Health Staff $100, Private Practice $150

Pay on-line at:
The Tree of Life Training Day

The Tree of Life is a hopeful and inspiring approach to working with children, young people and adults who have experienced hard times. This approach enables people to speak about their lives in ways that make them stronger. The Tree of Life enables people to speak about their lives in ways that are not retraumatising, but instead strengthens their relationships with their own history, their culture, and significant people in their lives.

The Tree of Life has been used with children, young people and adults in many different contexts, including groups of refugees and immigrants; people whose community has suffered from a natural disaster (floods); groups of young people who have been expelled from school; women who have been subject to domestic violence, neglect, physical abuse, and emotional abuse within their families; adults who are experiencing mental health struggles, and in many other contexts.

The Dulwich centre has also recently developed an Aboriginal and Torres Strait Islander version of the Tree of Life, and this is being used in Central Australia, Arnhem Land, and north Queensland.

This workshop has been subsidized by LAMPS

No lunch is available
2016 Alfred & L.A.M.P.S Diversity Conference - How do we get there?

Monday 10th October (Lecture Theatre, 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: Violeta Peterson & Steve Flynn

The conference content and structure is driven by an underlying need to raise awareness and 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.

DRAFT PROGRAM

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:30 – 8:50am</td>
<td>Registration</td>
</tr>
<tr>
<td>8:55 – 9:05am</td>
<td>Welcome to Country – Aunty Carolyn Briggs, Boon Wurrung Elder</td>
</tr>
<tr>
<td>9:05 – 9:10am</td>
<td>Welcome and Introduction – Andrew Way, CEO Alfred Health</td>
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<tr>
<td>9:10 – 9:20am</td>
<td>Official Opening of Forum – Hon Martin Foley, Parliamentary Minister for Mental Health</td>
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<tr>
<td>9:20 – 10:30am</td>
<td>KEYNOTE ADDRESS – DR SUSAN CARLAND, Lecturer and Researcher at the National Centre for Australian Studies Acceptance and diversity in modern Australia and the impact of stigma</td>
</tr>
<tr>
<td>10:35-10:50am</td>
<td>Morning Break</td>
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<td>10:50 -12.00pm</td>
<td>THEME PRESENTATION</td>
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<td>STREAM THEME: Culture</td>
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<td></td>
<td>Venue: AMREP Classroom 2</td>
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<td>STREAM THEME: Refugee Trauma</td>
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<td></td>
<td>Venue: AMREP Lecture Theatre</td>
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<td>STREAM THEME: Gender</td>
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<td></td>
<td>Venue: AMREP Seminar Room</td>
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<tr>
<td>12.00-12:45pm</td>
<td>Audience Discussion</td>
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<tr>
<td>12:45-13:30pm</td>
<td>Lunch Break</td>
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<tr>
<td>13:30-14:30pm</td>
<td>THE GREAT DEBATE – “Everyone should be treated the same.”</td>
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<td>MC: Associate Professor Steve Ellen</td>
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<td></td>
<td>- Associate Professor Simon Stafrace</td>
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<td></td>
<td>- Dr Sudeep Saraf</td>
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<tr>
<td></td>
<td>- Ryan Dube</td>
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<td></td>
<td>- Dr Ruth De Souza</td>
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<td></td>
<td>- ?Deanne (CALD Consumer Advisory Group)</td>
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<td></td>
<td>- 6th member TBC</td>
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<tr>
<td>14:30-14:45pm</td>
<td>Afternoon Break</td>
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<tr>
<td>14:45-15:00pm</td>
<td>Choir of Hard Knocks</td>
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<tr>
<td>15:00-15:15pm</td>
<td>Close and Summary of the Conference.</td>
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</table>
Internal Review of LAMPS: New Structure

An Internal Review of LAMPS has been underway and a new structure has been agreed to. The representative delegates of services are now reflecting on this until the next, and most likely the final meeting, of the existing steering group. **This proposal is still a draft.**

The current structure of the LAMPS Education and Workforce Development cluster has served services in South East Victoria well and there have been significant outcomes. However, the role of the clusters in Victoria have been slightly changed to include Workforce Development as well as having a closer relationship to the Workforce Development Unit in the Health Department. Management of the clusters still resides in their local committees who decide the priorities and work of cluster resources and this will continue.

The new draft structure is, visually, as follows:

![Cluster Governance](#)

- **Cluster Governance**
  - **Reference Group**
    - Consumer & Carer
    - Disciplines
    - AOD
  - **Working Groups**

**Membership:**
- Chair: Annually rotating between four health services
- Disciplines
- Consumer, Carer and Peer Workforce
- Needs to ensure services are covered CAMHS, Adult, Aged, AOD

**Membership:**
- Senior staff, AMHS's in four Health Services
- Chaired by Prof G. Meadows, Southern Synergy
Consumer and carer reps will now be called for. It was also agreed to:

- Use the newsletter for discussion and advertising the representatives and the decisions made.

- For the reference group should aim to have representation from all 10 user groups. These are:
  - Consumer Consultants
  - Carer Consultants
  - Peer workforce staff
  - Nursing
  - Occupational Therapy
  - Psychiatry
  - Psychology
  - Social Work
  - Speech Pathology, and
  - AOD

**Meetings and Planning of Training and Workforce Development Projects**

There will be several meetings each year as follows:

**Cluster Governance Committee**

- Cluster Governance group over sees direction, project accountability and projects. Cluster Governance Committee will meet on four occasions, including once for 1 full day planning workshop, the other for a ½ day to review outcomes of projects.

**Reference group has 4 other meetings (makes recommendations)**

- Reference group takes more a hands-on-approach (similar to the current cluster steering group). Membership to include: discipline representatives, AOD, and consumer & carer reference group. It will meet every 2 months with a minimum of four meetings a year with attendance at the planning full day workshop with the Governance Committee.

**Working Groups**

- These will be formed around specialist issues to involve staff on the ground with appropriate knowledge and skills.

**The timing of the planning day** will occur after Health Service SOP’s have been agreed. This will enable the projects agreed to be inclusive of elements in the ten-year plan for mental health services, local health services priorities and the priorities of the Workforce Development Unit in the Health Department, Victoria. As such a more responsive, flexible and dynamic planning structure has been designed and incorporated into the meeting structure.

**Who are your representatives?**

In the next edition of ‘The News’ the people on the first two groups will be outlined and there will be a brief bio of each member with a comment from them about the cluster starting with the Governance Groups members in alphabetical order.