

7 July 2016

Welcome to**The LAMPS NEWS!**

Latrobe Regional Health, **A**lfred Health,
Monash Health, **P**eninsula 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
2016 Alfred & L.A.M.P.S Diversity Conference - How do we get there?	11
Internal Review of LAMPS: New Structure	12

To view the LAMPS Calendar:

<http://www.med.monash.edu.au/scs/psychiatry/southern-synergy/workforce/>

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

John Julian and Debbie Lang

LAMPS FACEBOOK Page

Full of interesting links to recent relevant research!

“Like” it now at:

<https://www.facebook.com/LAMPS.Training>

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



Allied Health Graduate 2016

Training

See page 7

Local Training Workshops

July

12 th	<p>Allied Health Development Program – (Day 6) Psychotropic Medications in Mental Health Presenter: NEVIL Time: 9:30am – 4:30pm Venue: Hawthorn East Register: http://www.nevil.org.au/calendar?func=viewEvent&wid=80&eid=1362</p>
14 th	<p>Theory & Science behind mindfulness & Mindful Self-Compassion Time: 10:00 – 4:30pm Venue: Nottling Hill, Monash Uni, Lecture Theatre, Building 1 Presenter: John Julian Register: http://spppm-cf.med.monash.edu.au/southernenergy/form.cfm?workshop_id=1001</p> 
21 st	<p>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 Register: http://spppm-cf.med.monash.edu.au/southernenergy/form.cfm?workshop_id=1581</p>
26 th & 27 th	<p>Introduction to Motivational Interviewing 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</p> 

August

3rd	<p>Youth and Substance Use 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: sdds@monashhealth.org</p>
3rd	<p>Cognitive Behavioural Therapy (CBT) 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: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1543</p>
4th	<p>General Counselling Skills Time: 10:00am – 4:30pm Venue: Notting Hill, Meeting Rm 4 Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1621</p>
4th & 5th	<p>17th Victorian Collaborative Mental Health Nursing Conference 2016 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: http://cpn.unimelb.edu.au/conferences/vcpnc</p>
18th	<p>Allied Health Dev. Program – (Day 7) Recovery Time: 9:30am – 4:30pm Venue: Fitzroy Presenter: John Julian Register: http://www.nevil.org.au/calendar?func=viewEvent&wid=80&eid=1363</p>

August (Cont.)

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.

18th
&
19th

Trainer: Dr Rosemary Charleston

Time: 9:00am – 4:30pm

Venue: Nottng 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.

Mindfulness Compassion for Carers – 8 week course

23rd **Please email:** john.Julian@monash.edu

Aug **Time:** 9:30am – 12:30pm

– **Venue:** 140-154 Sladen St, Cranbourne

18th **Presenter:** John Julian

Oct **Register:** http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1562

September

Alcohol & Other Drug Withdrawal

An overview of the core principles of withdrawal and the best practice guidelines

8th

Time: 9:15am – 4:30pm

Venue: Kingston Centre, Education Rooms, 400 Warrigal Rd, Cheltenham

Register: sdds@monashhealth.org

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.

12th

Time: 9:00am – 5:00pm

Venue: Dandenong Hospital, Meeting rms 1 & 2, ART building

Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1682

September (Cont.)

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

Payment on-line at:

<http://aireys.its.monash.edu.au/medicine/product.asp?PID=685&CID=39>

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

DAY	Topic	Duration	Suggested presenters
JULY Day 6 Tues 12 July	Pharmacology – will slot on General NEVIL calendar in this month	1 day	
AUGUST Day 7 Thur 18 Aug	Recovery Oriented Programs	1 day	John Julian
SEPTEMBER Day 8	ASIST Suicide Intervention		
OCTOBER 4	LAMPS Social Workers conference Trauma and Toxic Stress	1 day	

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 @
<http://ecommerce.med.monash.edu.au/product.asp?pid=674&cID=3&c=293847>

REGISTER ON-LINE: [HTTP://SPPPM-
CF.MED.MONASH.EDU.AU/SOUTHERNSYNERGY/FORM.CFM?WORKSHOP_ID=1544](http://SPPPM-CF.MED.MONASH.EDU.AU/SOUTHERNSYNERGY/FORM.CFM?WORKSHOP_ID=1544)



DRAFT PROGRAM

DESCRIPTION	TIME	COMMENCE
Helen Bnads: Acknowledgment of Country	15 mins	9.00
Morning Keynote Speaker: David Denborough (Introduction Ann Fuller)	45 mins	9.15
Questions	15 mins	9.45
Morning tea	30 mins	10.00
Setting the Scene: The Theme	15 mins	10.30
Morning Workshops – concurrent workshops	1.50 hrs	11.00
1. John Julian: An introduction to the Theory & Practice of Compassion-focused therapies and Mindful Self-Compassion (MSC) (focusing on shame) - 50 spots		
2. Helen (?): Men's Responsibility Group - limited spots		
3. Kelly Muller: SNAP Gippsland - Indigenous trans-generation trauma from a lived experience. - 50 spots		
4. Kristin Pringle: OT and Accredited TCTSY Yoga teacher Trauma Centre Trauma Sensitive Yoga (via Bessel van der Kolk, Boston) – limited spots		
Lunch	45 mins	12.30
Afternoon Keynote Speaker: Professor Louise Harms	45 mins	1.15
Questions / Discussion	15 mins	2.00
Afternoon Workshops – concurrent sessions	45 mins	2.15
1. Terri-Lee Hill: The use of DBT's validation and change for emotional dysregulation		
2. Jackie Bateman SECASA: Young male perpetrators of sexual abuse. Jackie uses narrative and solution focused brief interventions with her clients.		
3. Jan Kilicaslan and Miranda Müller "Youth early psychosis and violence in the home".		
4. Wayne Wright: Substance use, toxic stress, and social work.		
Afternoon tea	30 mins	3.00
Final workshops and plenary: 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?		3.20 - 4.00
<ul style="list-style-type: none"> 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. Panel and summary: Louise Harms, Wayne Wright, John Julian 		4.30 close

REGISTER ON-LINE: [HTTP://SPPPM-](http://spppm-)

[CF.MED.MONASH.EDU.AU/SOUTHERNSYNERGY/FORM.CFM?WORKSHOPID=1544](http://cf.med.monash.edu.au/southernsynergy/form.cfm?workshopid=1544)



DAVID DENBOROUGH – THE TREE OF LIFE

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 re-traumatising and can help them feel stronger. It is a narrative intervention and will be delivered by David Denborough from the Dulwich Centre Adelaide.

The Tree of Life

3rd October, 2016

9:30 – 4:00

Frankston Cultural Centre,
27-37 Davey St, Frankston

http://artscentre.frankston.vic.gov.au/Your_Visit/Gen

Registrations: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1721

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

Pay on-line at:

<http://ecommerce.med.monash.edu.au/product.asp?plD=732&cID=3>




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 re-traumatising, 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

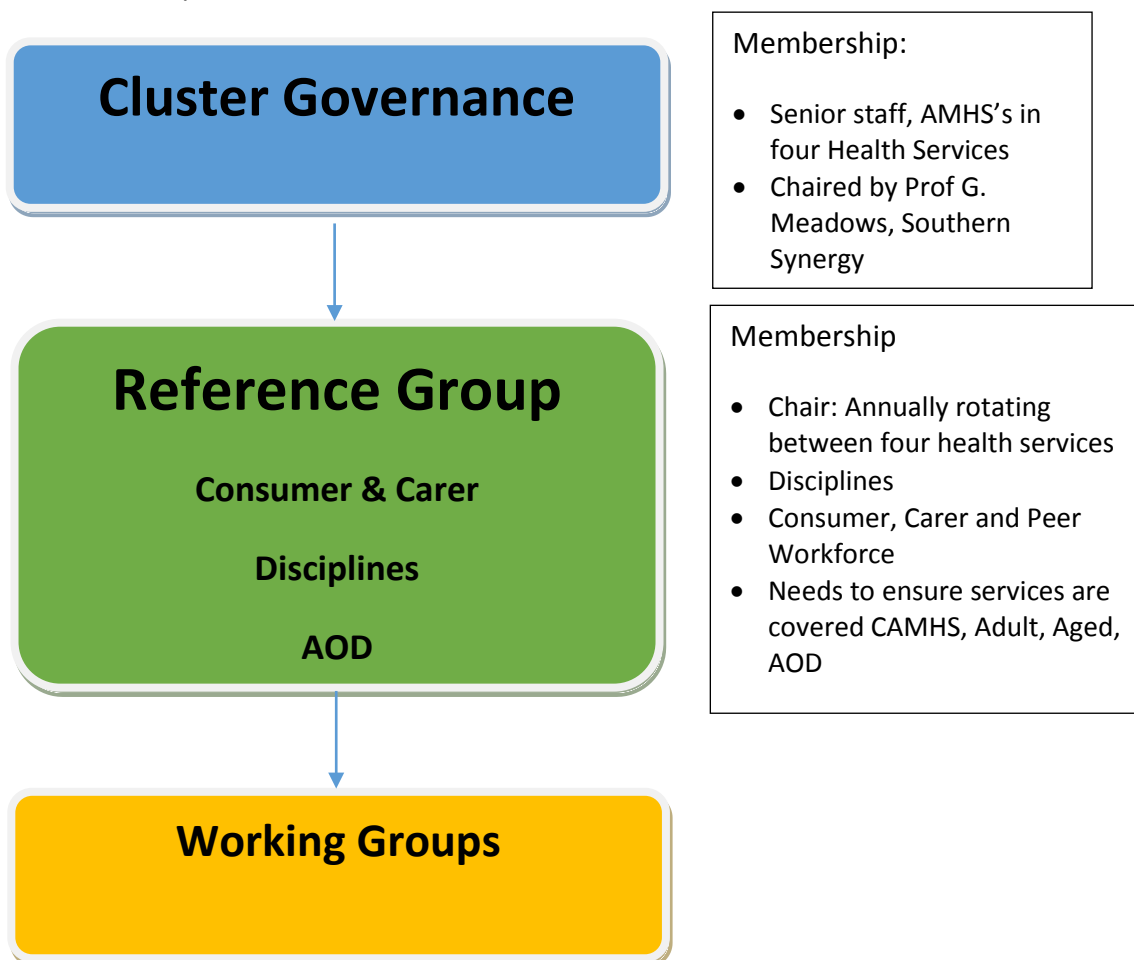
8:30 – 8:50am	Registration		
8:55 – 9:05am	Welcome to Country – Aunty Carolyn Briggs, Boon Wurrung Elder		
9:05 – 9:10am	Welcome and Introduction – Andrew Way, CEO Alfred Health		
9:10 – 9:20am	Official Opening of Forum – Hon Martin Foley, Parliamentary Minister for Mental Health		
9:20 – 10:30am	KEYNOTE ADDRESS – DR SUSAN CARLAND, Lecturer and Researcher at the National Centre for Australian Studies <i>Acceptance and diversity in modern Australia and the impact of stigma</i>		
10:35-10:50am	Morning Break		
	STREAM THEME: Culture Venue: AMREP Classroom 2	STREAM THEME: Refugee Trauma Venue: AMREP Lecture Theatre	STREAM THEME: Gender Venue: AMREP Seminar Room
THEME PRESENTATION 10.50 -12.00pm	Victorian Transcultural Mental Health Dr Justin Kuay <i>Cultural Conversations</i>	Asylum Seeker Resource Centre <i>Best Practice for people with refugee history</i>	Victorian Women’s Mental Health Network <i>Feeling safe on an inpatient unit</i> Victorian Aids Council Jeremy Wiggins
12.00-12:45pm	Audience Discussion	Audience Discussion	Audience Discussion
12:45-13:30pm	Lunch Break		
13:30-14:30pm	THE GREAT DEBATE – “Everyone should be treated the same.” MC: Associate Professor Steve Ellen - Associate Professor Simon Stafrace - Dr Sudeep Saraf - Ryan Dube - Dr Ruth De Souza - ?Deanne (CALD Consumer Advisory Group) - 6 th member TBC		
14:30-14:45pm	Afternoon Break		
14:45-15:00pm	Choir of Hard Knocks		
15:00-15:15pm	Close and Summary of the Conference.		

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:



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 years 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.