

South East Education & Training News

Date: July 2008

Welcome to South East Education and Training Cluster News

We have had many requests to put our news into a format that you can read them more easily than the email version. People even read this news on the tram! The email at Monash does not easily allow for untrained people to put in spacing, titles, etc, so that it can go out and remain looking well set out. From now we will put the draft word version into a PDF and send that to you as well as some information in the body of the email. Be prepared – we do not guarantee the document to be perfect! It's about news, not spelling to the nth degree!

What's happening in training and in the South East Education and Training (SEETC) cluster? This newsletter will have three sections:

- [Training News](#) - What training is happening including fee-for-service training and news about other education and training issues and items of interest.
- [Cluster business](#) – An informal section on clusters news – training issues, funding round, ideas, etc. This week we highlight the new Cluster Training Evaluation Toolkit.
- [Experimental](#) and Training news – this week introducing you to a new trainer in SEETC

You'll also be able to download this PDF from our web-page:

<http://www.med.monash.edu.au/spppm/research/southernenergy/workforce.html>

Training News: Local Training

July July

31st

Allied Health Graduate and New Staff program (Monash University Caulfield campus).

This will be Day Two of the psycho-pharmacology training package.

Bookings: John.Julian@med.monash.edu.au

August August

5th

Orientation for Administration staff:

Bookings Debbie.Lang@med.monash.edu.au

ALCOHOL AND OTHER DRUGS DUAL DIAGNOSIS

Training presented by the State-wide Dual Diagnosis Training Unit

Thursday 21/08/08 – Introduction to AOD: Seminar Room Four at Dandenong Hospital.

Thursday 8/09/08 Introduction to Dual Diagnosis. Middle South CMH – venue details to be confirmed

Thursday 16/10/08 - Screening and Assessment for AOD Monash University Caulfield Campus Clayfield A134 in Building A ground floor.

These seminars will be repeated in 2008

Bookings: Debbie.Lang@med.monash.edu.au

August August (Continued)

7th & 8th

Applied Suicide Intervention Skills Training (ASIST)

Venue: LATROBE REGIONAL HOSPITAL).

Note: Fees apply to this course

Applications: Sue Lampitt at (03) 51280052 or email: slampitt@lrh.com.au

20th

Introduction to Clinical Risk (Suicide Management and Treatment).

Venue: Dandenong Hospital

Bookings Debbie.Lang@med.monash.edu.au

21st

Introduction to AOD:

Seminar Four at Dandenong Hospital.

Bookings Debbie.Lang@med.monash.edu.au

26th

Mindfulness based therapies incl. Acceptance and Commitment therapy: An Introduction

John Julian

Venue: LRH

Bookings: Sue Lampitt on (03) 51280052 or email: slampitt@lrh.com.au

28th Allied Health Graduate and New Staff program (Monash University Caulfield campus)

Bookings: John.Julian@med.monash.edu.au

September September

8th

Introduction to Dual Diagnosis.

Venue: Middle South CMH – venue details to be confirmed

Bookings Debbie.Lang@med.monash.edu.au

18th

AMHS Foundation Training: 'An Introduction to Eating Disorders for Mental Health Professionals.'

Venue: LRH

Target audience: all mental health service professionals whose services are part of the Southern Synergy Cluster

Presented by: Eating Disorders Senior Clinicians, CEED

Venue: LRH

Bookings to: rachel.barbara@mh.org.au

Clinical Risk: Management of Aggression

Each AMHS service has its own Clinical Risk – Management of Aggression Program. For details please contact the following trainers in your AMHS:

Southern Health:	Derith Harris
The Alfred:	Ree Clinton
Latrobe Regional Hospital	Susanne Lampitt
Peninsula Psychiatric Services	Jakqui Barnfield



Fee for Service Training

Mindfulness-based Cognitive Therapy

Southern Synergy at Monash University is now accepting applications for its MBCT practitioner training program commencing 10 September 2008. **Course details:** Eight-week program, 7 – 9 pm, Wednesdays, 10 September – 29 October at the Terry Norris Centre, Dandenong Hospital, 93 David St, Dandenong.

Retreat – Thursday evening 27 November to lunchtime Sunday 30 November at the Underbank Stud, Bacchus Marsh, Victoria

Cost: \$2145 (incl. GST)

For further information, including selection criteria, see

www.med.monash.edu.au/spppm/research/southernsynergy/training.html

To apply, please send an expression of interest which clearly addresses the selection criteria and a 1-2 page CV to:

Bernadette.OGrady@med.monash.edu.au

Application closing date: 29th August 2008

Other mindfulness training: John Julian also has access to other training on Mindfulness, including mbsr by Jon Kabat-Zinn and Saki Santorelli, when they visit Australia next year. Email for details.

Other Education and Training Issues

Trends in suicide deaths:

Although comparing the number of suicide deaths over time must be done cautiously (see notes on 'Cautions in interpreting suicide statistics'), the 2006 figure of 1,799 suicides deaths suggests a continued decline in the number of registered suicide deaths since the peak of 2,720 suicide deaths in 1997. This decline in the number of suicides over the past decade is for both males and females.

Latest Suicide Statistics are out and you can access access the *ABS Causes of Deaths* publication go to the relevant link on the Auseinet website:

www.auseinet.com/suiprev/statistics.php

Proposed NHMRC's ADHD Guideline Review

Have input into the proposed NHMRC's **ADHD Guideline Review**

<http://www.racp.edu.au/index.cfm?objectid=6EBAB63E-FFF9-2CED-52102DC3369183AB>

To watch out for – Result of Schizophrenia Health Study

Nursing researchers at James Cook University have received funds to study the relationship between drugs used to treat schizophrenia and serious physical health problems such as heart disease, diabetes and hypertension. Queensland Nursing Council has given \$30,000 to the study which will last two years. The study will concern second generation antipsychotic drugs, or SGA's, used for schizophrenia and aims to devise an effective program nurses can use to manage SGA's physical side effects.

ABC downloads

UP THE LINE TO GOODNA, Part 1: STORIES FROM INSIDE THE ASYLUM
All in the Mind: 12/07/2008 Download transcript or audio.

In this series, All in the Mind shares stories from people who lived and worked at the Goodna Mental Hospital: from a nurse who worked there in the 1940s to a woman incarcerated as a young ward of the state, now fighting for justice.

As old as the state of Queensland itself, Goodna Mental Hospital became Australia's largest asylum, housing 50,000 people over its lifetime. In this series *All in the Mind* shares stories from people who lived and worked there; from a nurse who worked there from the 1940s to a woman incarcerated as a young ward of the state, now fighting for justice. Warts-and-all recollections of madness, care and abuse.

<<http://abcmail.net.au/t/201159/609031/4280/0/>>;

On-line Items of Interest

Children of depressive mothers suffer developmental delays
Source: Press Association (via Mental Health Foundation) [27/06/08]
Research from the UK suggests that children whose mothers suffer Depression in pregnancy are 34% more likely to experience delays to their development. A total of 11,098 women took part in the study, published in the journal *BJOG: An International Journal of Obstetrics and Gynaecology*.

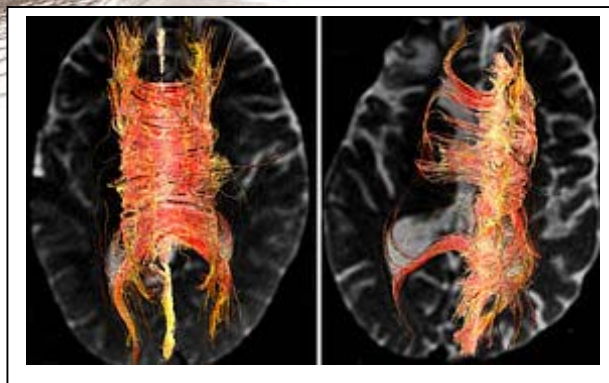
The authors (from the Centre for Child and Adolescent Health at the University of the West of England) say the findings could better inform health workers treating pregnant women.

<http://www.mentalhealth.org.uk/information/news/?EntryId17=61620>

Abuse changes brains of suicide victims: study

The findings offer potential ways to find people at high risk of suicide and treat them to prevent future suicides. Suicide victims who were abused as children have clear genetic changes in their brains, Canadian researchers report, saying the finding shows neglect can cause biological effects. This is the first study to show aberrant regulation of the protein synthesis machinery in the suicide brain. The findings offer potential ways to find people at high risk of suicide and perhaps to treat them and prevent future suicides. This study, the one above, potentially provides background information to help with the increased focus on prevention in the Victorian Government report "Because mental health matters" Now, clearer steps forward, with sound program logic, from research like this to programs are needed.

This article is available at <http://www.plosone.org/doi/pone.0002085>



Cluster Business and News

Consultation on “Because mental health matters”

The Victorian Department of Human Services (DHS) has released a consultation paper, "Because Mental Health Matters", regarding the future of mental health service provision in Victoria. Your professional Association is highly likely to be making a submission if you wish to input that way.

This consultation paper can be downloaded from:

<http://www.health.vic.gov.au/mentalhealth/reformstrategy/index.htm>

DHS have requested feedback on this paper by the **end of July 2008**.

Funding

The cluster has received \$60,000 for training and projects in 2008-2009. These funds are used to create a training Calendar, provide professional development funds for Allied Health and develop a number of projects. The cluster operating budget was also maintained, however without any CPI increases. This means that the Cluster Project Worker's time has been cut to ensure a balanced budget. The major impact of this will less training and one conference has now been cancelled and other courses will be delayed. This means that the work undertaken by the cluster will be reduced.

Expressions of interest for project for funding are still open and will remain so until the 17th August. Contact John Julian at John.Julian@med.monash.edu.au for a funding proforma . You need the backing of your agency to submit an idea, but please feel free to discuss ideas with John Julian. Some of the ideas put forward for funding in 2008 include the following (this is not a comprehensive list):

- Development of a Training Package on Aged Care
- Development of a Training Package development for Community-based Psychiatric Nursing
- Development of Training package/s on Collaboration and Complexity
- Development of a Mental health Master Class Support for up to 8 senior or / and experienced staff to present a one day workshop on the Cluster Calendar 2009: A \$400 book voucher or \$600 contract with Monash University for a conference registration.

Cluster Evaluation Toolkit

A cluster evaluation toolkit has been put together by Cluster Project Worker, John Julian. Evaluation is a necessary part of training. This document outlines a range of options for immediate post training evaluation. Some of the questionnaires (more than 10 have been designed) are:

- [Evaluation Questionnaire. \(New Knowledge\)](#)
- [Standard Training / Trainer Evaluation](#)
- [Workshop with several trainers](#)
- [Standard Satisfaction 1 Survey](#)
- [Workshop Content Evaluation](#)
- [Standard Facility / Misc. Questions](#)
- [Post-training Actions](#)
- [Post-training – your take-home sheet](#)

This is available at:

<http://www.med.monash.edu.au/spppm/research/southern synergy/clusterevaltn.html>

Experimental Training News

Meet our new trainer: Edukator Magic

It's important that we explore new ways to deliver training other than the normal traditional classroom – this is an expensive and to put it bluntly, often wasted or boring time for many people, especially in the X and Y generation. To help explore this the cluster has a new trainer, Edukator Magic.

Edukator hangs in Second Life at The Pond (see photo of Edukator). If you are in Second Life (SL) you may want to IM Edukator (instant message) about mental health training issues, or even just to say hello. If you want to talk to Edukator in real time, then try Second Life at 6.30pm to 7.00pm on a Tuesday evening – IM and Edukator will teleport you over to the The Pond.

Edukator may get a classroom one day, and maybe

even an office, but at the moment is happy to meet you at The Pond. Edukator will soon be meeting with other trainers or training coordinators in SL hopefully and reduce a lot of travel time. Edukator would like to meet with all mental health trainers at The Pond. What sort of classroom do we need in SL? Edukator also wants to learn from you. Do you know of educational sites on SL that you can share? Of course, in SL the avatars are anonymous! And remember, SL, in the parts where Edukator hangs out, is a polite civil community.



Edukator is an experimental avatar to explore the uses and issues involved in mental health education in a virtual community. There are several difficulties at this stage that need to be thought about and Edukator will help us do this. To get Second Life, you will need to do this on your own private computer at the moment through the Telstra web-page. Of course, in SL the avatars are anonymous unless they identify the irl (in real life) identity. This in itself presents some issues!

Be aware, and be warned, in some parts of the life in a virtual community (like Second Life) you need to be broad minded, but mostly there are more parts that are interesting, educational and informative. The choice is yours. Edukator may be able to help you or may also be able to build a store of educational sites that are useful to staff in mental health or related welfare and health areas.

Just think – do you have too many X and Y generation graduate students in an irl class – go virtual – no physical classroom, no parking issues! We also need to identify the issues – hence this experiment but please note – the business world is already doing it.

You can, however, try many things – ballooning, parachuting, attending university classes and so on. The top 500 businesses in the world all now have their own “islands” (like Telstra’s The Pond) and an increasing number of universities have sites or islands. One innovative example was of a mental health professional academic who developed a site where you could experience what it was like to have schizophrenia. There are also many types of support groups in Second Life – for people with specific medical conditions, cancer, and so on.