

The NEWS!

South East Education & Training News

Date: 30 April 2009

Welcome to The NEWS

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?
- [Cluster business](#) –
 - Cluster meeting – 20 May 2009 2.00pm
 - Allied Health Network meeting at 9.30pm on 9 June at Dandenong

You can also download this PDF and all linkages from our web-page the day after it has been sent out:

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

Just some things to note in this edition of The News!:

20 and 21 May	Psychopharmacology at LRH in Traralgon
21 May	Introduction to Clinical Risk - Assessment of Suicide <i>An introduction to the Assessment of Suicide and the issues of management involved in suicidality. At Southern Health- Dandenong</i>
1 June	Psych triage & brief solution focused intervention training - Alfred
2 June	Autism Spectrum Disorders - Latrobe

And more are listed on pages two and three.

Book Review:

Look at the book review on Cognitive-Behavioral Therapy for Adult Asperger Syndrome by Valerie L. Gaus on page four.

Graduate Education in Community mental health

What can you do next to improve your knowledge and skills? See page four

Intimacy and people with a mental illness

See page six for SANE's information on this.

1st June

Psych triage & brief solution focused intervention training

This new seminar will provide an overview of telephone triage and resource allocation. The second part of the day will consider Brief Solution Focused interventions for people with mental illness. Who should attend? Medical, Allied Health and Nursing staff who are currently being required to make triage decisions or have interest in developing these skills. Case studies using a Brief Solution Focused Intervention Model will be considered.

Presenters: Associate Professor Phil Maude (RMIT University / Alfred) and Ms Derith Harris (Southern Health) & Mr Alistair Ross (ECATT)

Venue: Alfred AMREP Seminar Room

Register: S.Mackennal@alfred.org.au

Training News: Local Training**MayMay**

- 5th Leadership Training Program**
Venue: Monash University, University Club
Enquiries: Southern Synergy Cluster:
Debbie.Lang@med.monash.edu.au
- 6th ASIST – Half Day Tune Up (Materials Cost)**
Venue: Latrobe Regional Hospital - Traralgon
Register: jjenkins@lrh.com.au
- 18th & ASIST – Two Day Workshop (Materials Cost)**
19th Venue: Latrobe Regional Hospital - Traralgon
Register: jjenkins@lrh.com.au
- 20th & Psychopharmacology (Materials Cost)**
21st Venue: Latrobe Regional Hospital - Traralgon
Register: jjenkins@lrh.com.au
- 21st Introduction to Clinical Risk - Assessment of Suicide**
An introduction to the Assessment of Suicide and the issues involved in suicidality.
Presenters: Derith Harris & John Julian
Venue: Dandenong: Community Services Building, Room 42
Register: Debbie.Lang@med.monash.edu.au
- 25th NOTE – The day advertised in our calendar on CEEDS training has been changed to**
20th July: Treatment for Eating Disorder
Presenters: CEEDS
Venue: Frankston
Register: Debbie.Lang@med.monash.edu.au

The Allied Health Program will not be held in May Allied Health Graduate and New Staff program
Enquiries: John.Julian@med.monash.edu.au

2nd June**Autism Spectrum Disorders**

Autism spectrum disorders are lifelong developmental disabilities that affect the way a person communicates and relates to people around them. Problems with social interaction, odd and unusual behaviours and high rates of co-morbid mental health problems mean that people with autism spectrum disorders are likely to be seen by mental health SERVICES. The workshop will provide an overview of the current evidence on causes, signs and symptoms, screening and diagnosis. It also describes treatment and management approaches and service provision for people with autism spectrum disorders. Presenters: VDDU

Venue: Latrobe Regional Hospital

Register: Southern Synergy Cluster:
Debbie.Lang@med.monash.edu.au



JuneJune

1st & Preceptorship (Materials Cost)

2nd **Venue:** Latrobe Regional Hospital - Traralgon

Register: jjenkins@lrh.com.au

1st Psych triage & brief solution focused intervention training

This new seminar will provide an overview of telephone triage and resource allocation. The second part of the day will consider Brief Solution Focused interventions for people with mental illness. Who should attend? Medical, Allied Health and Nursing staff who are currently being required to make triage decisions or have interest in developing these skills. Case studies using a Brief Solution Focused Intervention Model will be considered.

Presenters: Associate Professor Phil Maude (RMIT University / Alfred), Ms Derith Harris (Southern Health) & Mr Alistair Ross (ECATT)

Venue: Alfred AMREP Seminar Room

Register: S.Mackennal@alfred.org.au

2nd Leadership Training Program

Venue: Monash Medical Centre, Lecture Theatre

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

2nd Autism Spectrum Disorders

*Autism spectrum disorders are lifelong developmental disabilities that affect the way a person communicates and relates to people around them. Problems with social interaction, odd and unusual behaviours and high rates of co-morbid mental health problems mean that people with autism spectrum disorders are likely to be seen by mental health services. The workshop will provide an overview of the current evidence on causes, signs and symptoms, screening and diagnosis. It also describes treatment and management approaches and service provision for people with autism spectrum disorders. **Presenters:** VDDU*

Venue: Latrobe Regional Hospital

Register: Southern Synergy Cluster: Debbie.Lang@med.monash.edu.au

17th & ASIST – Half Day Tune Up (Materials Cost)

Venue: Latrobe Regional Hospital - Traralgon

Register: jjenkins@lrh.com.au

22nd & ASIST – Two Day Workshop (Materials Cost)

23rd **Venue:** Latrobe Regional Hospital - Traralgon

Register: jjenkins@lrh.com.au

Presenters: CEEDS

Venue: Dandenong Seminar Rm 1

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

25th Allied Health Graduate Program - **for details see program at:**
<http://www.med.monash.edu.au/spppm/research/southern synergy/alliedhealth.html>

30th Challenging behaviour in intellectual disability

Challenging behaviour is a term used to refer to the problem behaviour which may be shown by some people with ID. The aim of intervention is to find out as much as possible about the circumstances in which the behaviour occurs and to suggest ways of preventing the behaviour or ways of responding to it which reduce its frequency. The workshop will describe treatment and management approaches and a review of the current evidence on use of medication.

Presenters: VDDU

Venue: St Vincent's Hospital

Register: NEVIL Cluster: <http://www.nevil.org.au/>

Book Review:

Cognitive-Behavioral Therapy for Adult Asperger Syndrome **Valerie L. Gaus ISBN: 1-59385-497-8** As a developmental disorder, Asperger syndrome (AS) is typically diagnosed in childhood and treated by child clinicians. Yet greater awareness is leading increasing numbers of adults with AS and high-functioning autism—often newly diagnosed—to seek help for anxiety, depression, and difficulties in daily living. This lucid book provides effective strategies for addressing the problems posed by adult AS and managing frequently encountered co-morbidities. Drawing on extensive clinical experience and research, Valerie L. Gaus shows how to help people with AS decrease distress while preserving and building on their unique strengths

"Truly the first of its kind, this impressive book is an indispensable resource for psychologists and graduate students who work with adults with Asperger syndrome (AS). Gaus provides a comprehensive overview of the complex mental health needs of this often-misunderstood population, along with guidelines for evidence-based intervention. Utilizing examples from her own clinical practice to illustrate the process of cognitive-behavioural therapy (without oversimplifying it), Gaus shows how to effectively support people with AS in improving their quality of life."--Peter F. Gerhardt, EdD, President, Organization for Autism Research

GRADUATE DIPLOMA IN MENTAL HEALTH SCIENCES

Are you interested in expanding your knowledge and skills in community mental health practice?

This course is designed to develop skills and knowledge in contemporary community mental health practice. Taught by experienced clinicians, the course is offered on a part-time basis over two years and is delivered through the off-campus learning mode (distance education). The study of single subjects is also possible.

Entry is open to graduates of psychology, medicine, psychiatry, occupational therapy, social work, nursing, and similar disciplines with relevant experience in a mental health setting. People with experience in mental health in community settings with an interest in community mental health are encouraged to apply.

Please contact: John Julian on Ph: ☎ (03) 9554 1590 or at john.julian@med.monash.edu.au

Please see our website for details at:

<http://www.med.monash.edu.au/spppm/pgrad/gdcmh.html>

or contact: **Course Administration** on Ph: ☎ 03 9594 1478 or

John Julian on Ph: ☎ 03 9554 1590 or

Email: gdcmh@med.monash.edu.au

Applications for entry at Semester 2, 2009, close on 30 May, 2009. Late applications may be considered subject to available places.

The cost of the course is approximately \$1,530 per unit or for the whole course, \$12,210 (for Australian and New Zealand residents). The Australian government FEE-HELP higher education loans scheme provides income-contingent loans to eligible students who are Australian residents. Details are available on <http://www.adm.monash.edu.au/enrolments/fee-help/> or contact the student administration office at Monash University on

Ph: ☎ 03 9902 6011.

Admission forms and procedures can be found on:

<http://www.med.monash.edu.au/spppm/pgrad/gdcmh.html>

Course Content

In Year One of the course the following four core units will be taken: Clinical Practice Essentials, The Context for Mental Health Practice, Concepts in Mental Health and Illness, Issues for Mental Health Practice. In Year Two, four electives are taken from a choice of the following units: Advanced Psychological Interventions, Mental Health of the Elderly, Perspectives in Developmental Mental Health (child and adolescent), Dual Disabilities (drug & alcohol; intellectual disability combined with mental illness), Trans-cultural Mental Health, Mental Health in Rural Settings, and Primary Mental Health Practice.

Intimacy and People with a mental illness

SANE Australia has developed a special issue of SANE News on the impact of mental illness on intimacy, sexuality relationships. (Issue 49, Autumn 2009). A **SANE Research Bulletin** focuses on the lack of emotional and physical relationships among people living with a mental illness, the consequences of this for their lives, and what can be done about it. The survey was conducted between September and December 2008, using a convenience sample of 424 people who completed a questionnaire anonymously via the SANE website.

The Sane research bulletin on this can be found at:

http://www.sane.org/images/stories/information/research/0302_info_rb8.pdf

Healthier Lifestyles

While we are talking about SANE it is useful to note their SANE Guide to Healthy Living, a cheap solid guide for \$12.00.

'The SANE Guide to Healthy Living' has been written specially for people affected by mental illness who are interested in a healthy lifestyle. The Guide covers four broad areas – 'The Facts' explains all the benefits of being physically healthy; 'Getting Healthy' provides straightforward tips on how to get started on your healthier lifestyle; 'Staying Healthy' looks at overcoming obstacles and looking after your physical health in the long term; and 'Finding Support' gives suggestions on finding support to help you stay healthy.

This is an excellent start and a useful tool for all mental health services

Useful Sexual health website

A useful site on sexual health is the Shinesa at:

<http://www.shinesa.org.au/>

Check it out!



Sexual Health
information networking & education SA

ON-LINE! Other Education and Training Matters

Facebook

Sane Australia also now has a page on Facebook at www.facebook.com This is a popular way for people to get in contact with others and to stay in contact. Check it out!

Personalisation – Australian based On-line library now available

Sometimes we can learn much from our colleagues in Disability Services. There The News thought it be useful to outline some developments happening in that field. **National Disability Services (NDS) NSW** has developed an online library of resources in order to develop a greater understanding of personalisation. As a major policy trend nationally and internationally, 'personalisation' is about greater choice, voice, and control for people with disability, their families and carers as key partners in the design and delivery of care and support. The transition to greater personalisation will feature an increased emphasis on person-centred planning, individualised funding, self-directed support and personal budgets. Within the next couple of years, every provider within the disability service system can expect to be involved in discussions on the merits, or otherwise, of these approaches as means to achieve greater opportunities for self-determination by people with disability over their own lives.

In the Disability field 'personalisation' is about greater choice, voice, and control for people with disability, their families and carers as key partners in the design and delivery of care and support.

The concept of 'individualised' funding is often raised in different ways. NDS has developed a discussion paper around individualised funding. "Individualised Funding – what it requires to work" explores a range of issues and concerns for a sustainable disability service system that remains focussed on quality of life outcomes for people with disability.

<http://www.nds.org.au/nsw/personalisation.html>

Some Upcoming Conferences

Rather than the regular run of medical conferences in this edition of The News some conferences form other fields are noted:

14 - 15 May 2009

Mental Health and the Issues Facing Society: Rehabilitation, Social Involvement and Professional Integration in Mondorf-les-Bains, Luxembourg. The symposium will explore the various ways by which a wide range of individuals and organisations can promote mental health, and more specifically the reintegration and participation in society of people with mental illnesses.

<http://www.social-psychiatry.eu>

17 – 21 May 2009

ASPIRE Adelaide Conference Advancing Speech Pathology Innovation, Research and Excellence
Adelaide Convention Centre <http://www.speechpathologyaustralia.org.au/Content.aspx?p=62>

21 – 23 May 2009

Health Professions Education: Global Best Practices in Simulation Toronto, Ontario, Canada
<http://www.nursing.utoronto.ca/academic/ciene/conference2009.htm>

24-25 May 2009

**Congress of the Humanities and Social Sciences - Canadian Disability Studies Association
CDSA-ACEI 6th Annual Conference** Carleton University in Ottawa, Ontario. <http://www.cdsa-acei.ca/>

26 - 27 May 2009

VET Teaching Conference 2009 Brisbane Convention & Exhibition Centre, Brisbane, QLD
Department of Education, Training & the Arts. <http://www.vetteaching.com.au>

28 - 29 May 2009

Policy About Us, For Us! A Practical Revolution in the Lives of People with Disabilities:
Australian Federation of Disability Organisations: Jasper Hotel Melbourne:
www.afdo.org.au/conference

4 - 6 June 2009**21st Annual Meeting of the European Academy of Childhood Disability**

Vilnius, Lithuania. This year main topics bring in deeper discussions on cognitive development of the child, neurocognitive, language dysfunctions, mental disability. Organized by: European Academy of Childhood Disability. <http://www.eacd2009.com>

5 - 8 June 2009

Believe: We are better. Reenergise, Reorganise, Reauthorise! 2009 National Council on Independent Living: Annual Conference on Independent Living: 5 to 8 June 2009: Washington, United States of America: www.ncil.org

10 – 12 June 2009**133rd Annual Meeting, American Association of Intellectual and Developmental Disabilities**

<http://www.aaid.org/Events/gas.shtml>

17-20 June 2009

It's 'Our' Time: Pathways to and From Disability Studies—Past, Present, Future – Society of Disability Studies Conference, University of Arizona. [Website](http://www.sdsconf.org)

22 – 26 June 2009

Facing the Future: Forensic Mental Health Services in Change: 9th Annual Conference of the International Association of Forensic Mental Health: Edinburgh, Scotland: www.iafmhs.org

23 June 2009**5th National Motor Neurone Disease Conference**

will be hosted by MND NSW in Sydney <http://www.mndaust.asn.au/national-conference/>

24 June 2008

Australia's Health 2008 Conference National Convention Centre, 27-31 Constitution Avenue, Canberra <http://www.aihw.gov.au/eventsdiary/ah08/index.cfm>

24-27 June 2009**IASSID 2nd Asia Pacific Regional Congress Creating Possibilities for an Inclusive Society**

Singapore The theme adopted for IASSID's 2nd Asia Pacific Conference is Creating Possibilities for an Inclusive Society. Researchers, practitioners and educators, family members and individuals with disabilities are invited to participate. <http://www.iassid.org/iassid/content/view/98/1/> Registration Form: <http://cma.sg/iassid/reg.php>

26-27 June 2009

Disability Studies Conference 2009. **University of NSW Sydney, Australia Hosted by the Disability Studies and Research Centre (DSRC).** For details contact DSARC on 61 2 9385 224 or r.kayess@unse.edu.au

7-10 July 2009

Australian Social Policy Conference, **Social Policy Research Centre, UNSW Sydney, Australia The Disability Studies and Research Centre will be coordinating a workshop at the conference.** <http://www.sprc.unsw.edu.au/>

8 – 10 July 2009

18th National Vocational Education and Training Research Conference 'No Frills' University of Ballarat, campus TBA, Ballarat, Vic. Sponsored jointly by NCVET and the University of Ballarat, this annual conference is considered one of the best value events on the research calendar. It provides an excellent forum for those in vocational education and training research to network, present and discuss papers on current or recently completed work. june.ingham@ncver.edu.au +61 8 8230 8491 <http://www.ncver.edu.au/>