



Newsletter

Alcohol and Other Drugs Youth Capacity Building

November 2011

This Newsletter is part of the regional AOD Youth Capacity Building Role funded by Department of Health, Mental Health, Drugs and Regions. If you have any comment, events, information that you would like included in future newsletters or feedback please don't hesitate in contacting me at shickford@barwon youth.org.au

Notice board

The Victorian Pharmacotherapy Review. What do you know? What happens next?

Belinda McNair (A/Principle Adviser| Harm Reduction and Pharmacotherapy Services) Department of Health will be in Geelong to discuss the review and answer your questions. Thursday November 3rd City Hall, 11am. Would be of interest to GP's, pharmacists and workers in the D&A field. Followed by lunch and networking. Please RSVP to Helen Reddan hreddan@geelongcity.vic.gov.au or 5272 5037

Victorian Homelessness Action Plan 2011 – 2015.

This new Plan replaces the previous Governments 2020 strategy and aims to provide greater assistance to homeless people and tackle the underlying causes of homelessness. In summary the Victorian Homelessness Action Plan 2011 to 2015 is focused on:

- supporting innovative approaches to homelessness
- investigating models that focus specifically on early intervention and prevention
- better targeting of resources when and where they are most needed and where they will make the biggest difference.

A copy of the plan can be found at <http://www.dhs.vic.gov.au/about-the-department/news-and-events/news/general-news/victorian-homelessness-action-plan-2011-to-2015>

Resources

Alcohol Secondary Supply Project

From November 2011, new laws will make it illegal for adults to supply alcohol to anyone under 18 in a private home, unless they have parental permission. VicHealth, the Australian Drug Foundation, the Department of Health and Responsible Alcohol Victoria are working together to deliver a state-wide communication and education project to support the introduction of the new laws that includes a new website: www.vichealth.vic.gov.au/teendrinkinglaw

New Chief Psychiatrist guideline on safe transport of people with a mental illness

This new guideline outlines practice principles and procedures to help mental health professionals make decisions about safe transport of people with a mental illness. The new guideline can be found at <http://www.health.vic.gov.au/mentalhealth/cpg/index.htm>

Priority access to mental health services for infants, children and young people placed in out of home care

This new guideline introduces a priority access service response to ensure that referrals of infants, children and young persons placed in out of home care are flagged by mental health triage and receive a timely and integrated service response. The guideline was developed following extensive inter-departmental collaboration between DHS Child Protection services and the DH MHDR Division. The new guidelines can be found at <http://www.health.vic.gov.au/mentalhealth/cpg/index.htm>

NMHCCF - Privacy, Confidentiality & Information Sharing - Consumers, Carers & Clinicians

The National Mental Health Consumer and Carer Forum, the combined National voice for consumers and carers participating in the development of mental health policy, has recently launched a Position Statement and Issues Paper: Privacy, Confidentiality & Information Sharing - Consumers, Carers & Clinicians. The issues paper is based on their 2008 survey findings Confidentiality and Information Sharing with Families and Carers in Mental Health. Please take the time to familiarise yourself with the Position Statement and Issues Paper. Copies can also be downloaded from the NMHCCF website: www.nmhccf.org.au or by telephoning 02 6285 3100.

Alcohol related Statistics for the Barwon Region

Just in – Victorian alcohol statistics. A range of alcohol use- and harm-related statistical reports for Victoria have recently been released. They include analyses by age and region. Go to [Victorian alcohol statistics : alcohol-related harms and use across Victorian Local Government Areas 1999-2000 to 2006-2007 : regional summaries : Barwon South Western region](#), Fitzroy: Turning Point Alcohol and Drug Centre

Clearing the Smoke DVD, PowerPoint and Educator's Kit

The National Cannabis Prevention and Information Centre (NCPIC) is pleased to announce the release of its free, nationally-available cannabis information awareness resource 'Clearing the Smoke'.

The resource includes a DVD, PowerPoint presentation and Educator's Kit and covers a wide range of topics such as cannabis use in Australia, cannabis potency, the impact of cannabis use on mental health, and cannabis dependence.

This valuable resource is designed to be used by alcohol and other drug (AOD) workers and allied health workers in areas such as mental health, law enforcement, youth and social work and features in-depth interviews with Australian experts including Professor Iain McGregor (University of Sydney), Dr Nadia Solowij (University of Wollongong) and Dr Wendy Swift (National Drug and Alcohol Research Centre).

A [webpage](#) supports the resource by offering extended interviews with these experts and housing the downloadable materials including the PowerPoint Presentation and Educator's Kit. Please visit the following link to order your free copy of the DVD: <http://ncpic.org.au/workforce/alcohol-and-other-drug-workers/clearing-the-smoke/>

Depression stigma in Australian high school students Report

To identify predictors of depression stigma in a group of Australian school students, participants completed a questionnaire covering sociodemographic information, recognition of depression in a vignette, stigma towards a depressed peer, help-seeking intentions, information from teachers, and student mental health. To read the full report see the weblink: <http://apo.org.au/research/depression-stigma-australian-high-school-students>

New Co-occurring Capacity Building Resource – Preview it on You Tube!

The Knox Community Health Service Improved Services Initiative Project has developed a film demonstrating how dual diagnosis capacity building activities can translate into meaningful practice change. Titled 'Capacity to Capability – True Stories', the film is due for release in the near future. A ten minute preview is already available at <http://www.youtube.com/watch?v=Ez5avOdhyw>

Mental Health Wiki - a guide to mental health problems

Mental Health Wiki aims to provide high quality and up-to-date information by allowing contributors to edit and improve each other's material and incorporates material from professional journals, textbooks and websites run by government organisations. A mobile version of the site is available.

Contributors to Mental Health Wiki include health professionals, academic researchers, consumer carers or advocates and health service administrators. Mental Health Wiki is run by a team of researchers at the University of Melbourne in Australia. This team is headed by Professor Tony Jorm whose research focuses on public knowledge and beliefs about mental disorders. For more info go to <http://www.mentalhealthwiki.org/>

Funding/Scholarships

DH Scholarships for Senior AOD Clinicians to undertake Graduate Certificate in AOD Studies in 2012

The Department of Health is offering twenty scholarships (worth 80% of course fee) to senior AOD clinicians in Victoria to undertake Turning Point's Graduate Certificate in AOD Studies. The aim of the project is to provide an opportunity for senior clinicians within the Victorian AOD sector to gain access to accredited training at a postgraduate level. This course can be completed online or class based in the evenings at Fitzroy. Information on the course and the application process can be found at the Higher Education section of www.turningpoint.org.au. Expression of Interest Close: Friday 18th November 2011

FARE Community Alcohol Grants open.

FARE will be offering a \$250,000 funding round to support community initiatives to change the way Australians drink. Grants of up to \$20,000 will be awarded to community organisations to strengthen their capacity to respond to alcohol-related harms at a local level.

The following types of projects are strongly encouraged:

- Public education and awareness projects that educate the general public and/or target at risk groups
- Health promotion and prevention initiatives that encourage responsible alcohol consumption and the reduction of alcohol-related harm
- Projects developed and directed by young people and Indigenous Australians
- Development and implementation of Community Alcohol Management plans in local government areas that are developing their first alcohol management plan

Application close 30th November. For more information go to: <http://www.fare.org.au/community/grants-program/>

Be Heard! radio grants

Rural and regional community radio stations can now apply for grants up to \$5,000 each to provide training and mentoring for young people enabling them to produce live-to-air shows as part of the Be Heard! program. For more information go to <http://www.dhs.vic.gov.au/about-the-department/plans,-programs-and-projects/programs/youth-specific/community-radio-program>

More opportunities for young people on radio

SYN (Student Youth Network) radio recently received funding of \$50,000 a year over four years to enable them to deliver training and peer mentoring for young people with an interest in radio and television production.

For more information visit www.syn.org.au or go to <http://syn.org.au/program/get-cereal/episode/audio/2011/09/29/big-news-youth-affairs-minister-ryan-smith/5641>

ANZSOG Community Sector Scholarship Scheme

The Victorian Government is supporting two community sector places in the Australia and New Zealand School of Government (ANZSOG) Executive Master of Public Administration (EMPA) for the 2012 intake.

The EMPA is a two year post graduate program aimed at developing the policy and management skills of high potential employees in government and government-related sectors.

The provision of two sponsored places in the 2012 EMPA under the Community Sector Scholarship Scheme is part of the Victorian Government's commitment to developing a strong and independent NFP sector, and will build links between emerging leaders in the public and community sectors.

For more information on the EMPA, visit the ANZSOG website:

<http://www.anzsog.edu.au/content.asp?pagelid=56>

Applications for the 2012 ANZSOG Community Sector Scholarship Scheme are open to individuals in all Victorian NFP organisations, with a preference given to organisations that have displayed a particular commitment to building the capacity of the NFP sector.

Individual applicants will demonstrate:

- strong evidence of leadership potential including potential to contribute at the senior executive level as part of the next generation of community sector leaders;
- clearly and consistently above average work performance;
- sound management capability/potential;
- commitment and ability to contribute to class learning, to learn from others and to share learnings in the workplace;
- strong commitment to career development;
- capacity to complete a rigorous master's program (usually evidenced by successful completion of an undergraduate degree); and
- in most cases, at least five years relevant work experience.

Please check that you meet these criteria before submitting an application. All applications will be assessed by a selection panel, consisting of representatives from the Victorian Government and the NFP sector.

All applicants will need to complete and submit an application form by no later than 5pm Friday November 18 2011. To receive an application form please email communitysector@dpcd.vic.gov.au

Funding to promote sexual diversity/ health in rural Vic

Could your organisation or group use up to \$4000 to deliver community awareness programs?

Mind the Gap/ SHADE (Sexual Health and Diversity Enterprise) community grants are designed to support

innovative and creative projects encouraging young people to think about the choices they make about their sexual health and to celebrate sexual diversity in rural and regional areas!

Grants are only open to organisations that target young gay, lesbian, bisexual, transgender, intersex, queer people aged 25 and under in rural and regional Victoria, particularly Barwon South West, Grampians, Mallee and Central Goldfields. Projects targeting Aboriginal and Torres Strait Islander young people will be prioritised.

To apply download the application pack: <http://www.fpv.org.au/assets/Shadedocs2012.pdf>.

Applications close November 28th



Information for young people

What works 4 u? New website investigating treatments for mental health problems

The team at Orygen Youth Health Research Centre have developed a website- whatworks4u.org- where young people can log on and share what treatments have worked for their mental health problems and learn what treatments others have reported as helpful. The website hopes to increase awareness of treatment options and inform treatment decisions based on what has worked for similar young people.

Whatworks4u.org will allow further investigation into what treatments work for mental health problems in adolescents. This is especially important because some psychological therapies and medications that have been found to work for adults have not proved to work as well for adolescents, with some not even working at all! So further investigation is needed into what treatments do actually work for young people so we can help to ensure they get the best treatment for their mental health problems.

What we need from you and your friends, colleagues and acquaintances...

In order for our research to be meaningful we require lots and lots of young people to visit the website and share their experiences. Please pass on this email to any young person you know of that has had an experience with a mental health problem and encourage them to share what works 4 them! This research project is open worldwide so share it with all your family and friends.

If you have any questions at all or would like more information, please contact Anna at anross@unimelb.edu.au or 03 9342 3764

Young people and Victoria Police on-line survey

Youthlaw is conducting a survey to better understand the relationship between young people and Victoria Police. If you are aged between 14 and 25 and have something to say about your experiences with Victoria Police please click on the link below. The link will take you to a short 5-10min survey, asking you a range of questions about your interactions and feelings of Victoria Police. The findings of this survey will be used by Youthlaw, to inform future policy proposals, which will be presented to members of the Victorian government.

Please understand that your participation is completely voluntary, you can chose to exit the survey at any time. However, we would appreciate that you answer as many questions as you can. Also, your responses will remain anonymous, meaning that Youthlaw will not give out any of your personal information and you will not be identified at any point.

Please feel free to contact Youthlaw with any questions regarding this survey on 9611 2412 or email us at

info@youthlaw.asn.au. CLICK THE LINK BELOW TO BEGIN THE SURVEY: <http://www.surveymonkey.com/s/2VCLYJF>

Childhood Abuse: A Toxic Heirloom 'Seminar'

Presented by Judith Shapland, Author, 'Always the Bridesmaid'

Childhood abuse more than just surviving. This seminar will explore the generational impact of childhood abuse, provide insights and hope for recovery.

- Understanding Impact
- Self-Alignment
- Re writing the Legacy

This seminar is for anyone who has experienced childhood trauma, works with those who have or loves someone who is dealing with the impact. The training will run on the 19th and 24th November at 2:30 - 5pm. Refreshments provided at the Mecure Hotel Geelong Melway

Booking essential to judithmshapland@bigpond.com
Enquiries on 0459 240 033 Cost \$55 cash - EFTPOS –EFT

Professional Development Opportunities

Highlighted Training is NEW to Newsletter

Boxed Training is training run in the Barwon South West region.

Qualifications

AOD Competencies delivered by YSAS

The following individual units, or a combination of units packaged to suit the needs of different workforces, are available:

- Assess the needs of clients with AOD issues
- Work with clients who are intoxicated
- Work effectively with clients with complex alcohol and/or other drug issues
- Work effectively in the alcohol and other drugs sector

For more information go to:

<http://www.ysas.org.au/education-and-training/units>

Odyssey House Victoria AOD - Training Update

- *The Certificate IV in Training & Education (TAE40110)* is the endorsed qualification that has replaced the Certificate IV in Training & Assessment (TAA40104)
- *Certificate IV in Alcohol and Other Drugs CHC40408*: To meet the requirement of the Minimum Qualification Strategy this course is designed to provide candidates with the skills, knowledge and understanding to work autonomously at a day to day level in AOD withdrawal, youth, counselling, accommodation, outreach or residential services. –
- *Dual Diagnosis*: Dual Diagnosis is a DHS recommended course for workers in the AOD and MH sectors. It includes orientation to the AOD and Mental Health Sector, Assessing the needs of clients with AOD and Mental Health issues with a focus on assessment tools, referrals, understanding of models of rehabilitation for consumers with AOD and mental health issues, networking with other services to support practices.
- *Course in Working with clients with Amphetamine Type Stimulant Issues*: This course is aimed at workers in the Community sector. It provides essential knowledge and information about the drug type and hands-on skill training. The course is delivered online and includes facilitated sessions.
- *Gain the Diploma in Alcohol & Other Drugs (CHC50408) with Recognition of Prior Learning from \$550**. Would you like to gain your Diploma in Alcohol and Other Drugs (AOD), and feel your current skills should be recognised? If you have been working in the AOD sector for two years or more and have performed a variety of roles and responsibilities in community services work, then

you could qualify for Recognition of Prior Learning (RPL) of the Diploma in AOD (CHC50408). RPL is a process where you gain a qualification based on evidence of your work, prior training and job description. Enrolments are subject to available funding. Eligibility criteria varies depending on your personal circumstances for details visit www.odysseyinstitute.edu.au

Go to http://www.workskillsweb.net/taa_info.html Enquiries and registration contact Sariah on 03 9420 7644 or email studentadmin@odyssey.org.au

Post Graduate Single Subjects for Alcohol and Other Drug Workers January – July 2012

The Department of Health (DH) has contracted Turning Point to develop and deliver a number of postgraduate subjects specifically for senior workers in the AOD sector. This project has been commissioned to support the DH Minimum Qualification Strategy as identified in its Workforce Development Strategy.

The aim of the project is to provide an opportunity for senior clinicians within the Victorian AOD sector to gain access to accredited training at a postgraduate level. The four subjects on offer are part of Turning Point's Graduate Certificate in AOD studies. The subjects will be offered as single subjects delivered during day time hours and those who successfully complete the subjects will be able to transfer the credits to the Graduate Certificate at Turning Point or another tertiary institution if applicable.

The Single subjects on offer in Jan-June 2012 are:

- *Perspectives in Drug Use*: This subject investigates the social, political and historical contexts of alcohol and other drug use, exploring historical and contemporary aspects of drug use in Australia and internationally
- *Young People, Drugs and Society*: This subject explores the broad spectrum of drug use among young people and highlights the many factors that influence this use. Students will be asked to consider how the changing nature of youth, societal values, the media and globalisation impact on youth drug use.

Full information on objectives and the academic assessment process is available at <http://www.turningpoint.org.au/Education/Graduate-Programs/GradCert.aspx>

Other Training

Free Cannabis Training in Victoria provided by NCPIC in collaboration with Orygen Youth Health

The National Cannabis Prevention and Information Centre at the University of New South Wales is collaborating with its consortium partner Orygen Youth Health to bring trainings in

cannabis information and interventions to organisations throughout Victoria.

Among the trainings available are:

- Adolescent Cannabis Check Up - a clinical intervention for counsellors with non-treatment seeking clients - 4 hours,
- Quitting Cannabis 1-6 - a clinical intervention for counsellors with treatment-seeking clients - 4 hours,
- Quik FIX - a clinical intervention for counsellors whose clients combine cannabis use and mental health issues – whole day,
- Cannabis Treatment Guidelines - clinical guidelines for the treatment of cannabis - 2 hours,
- Young People and Cannabis Use - up to date information and strategies on cannabis treatment for young people – whole day, and
- Cannabis Everything You Need to Know - the latest evidence-based information about cannabis – 1-2 hours.

For more information on these sessions go to: <http://ncpic.org.au/workforce/alcohol-and-other-drug-workers/training-and-workshops/>

The trainings and resources are provided by NCPIC for free. NCPIC also covers for all travel and accommodation for the trainers. We ask the local organiser to arrange a suitable room with laptop projector and screen, and to organise a minimum attendance of 10 participants.

To book in a training, please email training@ncpic.org.au or telephone John Redmond in Sydney on 02 9385 0451

November 2011

2-4th November 2011

3 DAY DRUMBEAT WORKSHOPS- Professional Development Training

Do you work with young children / adolescents / adults lacking in self confidence, resilience and who find it difficult engaging in mainstream society?

DRUMBEAT was developed in the Wheatbelt of WA in 2003 as a means to engage young Aboriginal men. It is now taught to young people and adults across Australia in schools, youth services, drug and alcohol rehabilitation facilities, child protection residential facilities, mental health services, refugee trauma associations and prisons.

DRUMBEAT is a flexible program that combines experiential learning with Cognitive Behavioural Therapy, and engages young people and adults who may be anxious or resistant to 'talk based' therapies.

The Program explores relationship issues such as: * Peer Pressure * Bullying * Dealing with Emotions * Identity * Social Responsibility * Teamwork.

DRUMBEAT is suitable for young people from 11 years up to adults. Both single gender and mixed gender groups have

been run effectively. The program is designed to target people who are alienated or socially withdrawn. The best groups comprise people of a similar age but with a range of presenting issues rather than just those with difficult behaviours.

Includes a psycho-educational element that prompts discussion on relationship themes through the use of analogies and metaphors drawn from the drum circle.

Venue : Woodville Primary School, Hoppers Crossing

REGISTER ONLINE AT:
<http://www.newcastle.edu.au/drumbeat>

3rd November 2011

Fetal Alcohol Syndrome Disorder (FASD)

Fetal Alcohol Syndrome Disorder is a preventable disability and has been described by Prof Eric Haan in a Key note address to the launch of the Alcohol & Pregnancy Don't Mix Campaign with the following statement "A child with fetal alcohol syndrome can have a normal IQ score, but when detailed psychological testing is done, will show a characteristic pattern of disability, with difficulties in planning and organisation, lack of insight, difficulties understanding cause and effect relationships and an inability to generalise on the basis of experience.

Statistics about the downstream effects of fetal alcohol syndrome are sobering! 50% of affected children are in foster care, 60% will have disrupted schooling, 80% will be unemployed, 90% will have mental health problems, 60% will get into trouble with the law, 30% will have alcohol or other drug dependency – only 10% will live and work independently".

Please join Vicky Russell, NOFASARD (The National Organisation for Fetal Alcohol Syndrome and Related Disorders Inc) and Community Southwest at the Aspire Meeting Room at 505 Raglan Parade, 7.30pm on the 3rd November to learn about FASD, how it impacts on the family and the community, the implications of FASD across the lifespan of the individual and the implications FASD has for our systems and services. FASD is a preventable disability. RSVP for catering purposes to executiveofficer@communitysouthwest.com or 55591032

3 November, 2011

Responding to Sexual Assault: Level 2

This interactive workshop extends the skills and confidence of those working with adults victim/survivors of sexual assault. The program focuses on contemporary biopsychosocial understandings about trauma and post-traumatic stress responses and issues for adult victim/survivors of child sexual assault. The workshop is structured to enhance skills and techniques for responding to people in crisis because of sexual assault. Time is taken to consider vicarious trauma and self-care for workers. Completion of Responding to Sexual

Assault - Level 1 held in August is a prerequisite for attending Level 2. Cost per workshop \$130 per person per workshop or \$70 for students and will be held in Melbourne CBD. For more information please check www.casahouse.com.au/index.php?page_id=136 or telephone CASA House on 9635 3600

7 November

COATS PROGRAM INFORMATION FORUMS

Agenda includes

- Department of Health updates

* Different forensic treatment types – and expectations from Corrections

* How to enter forensic data into ADIS

* Caraniche report recommendations into forensic treatment

- ACSO COATS program updates

* Changes and improvements to the TCA process based on provider feedback

* Introducing a new monthly payment schedule and financial reports

* ACSO data base changes

- How to engage and work with offenders (presentation)

The seminar will run from 9.30 to 1.30pm, followed by lunch and networking opportunities, and be held at Colac Area Health, 2-28 Connor street, Colac. To book your place contact Daria Sayakhot (ACSO) on (03) 9413 7074 or dsayakhot@acso.org.au

7 & 8th November

Mental Health First Aid

This award-winning two-day training program is for people to learn how to respond to individuals with mental health issues. This course, developed by the Australian National University, is aimed at those working in the frontline of community agencies.

Cost: AHI Member: \$475 Non Member: \$635

Register On-line: [Melbourne, 7-8 November](#)

9th November

Managing Challenging & Aggressive Behaviours

Carinache will be offering this session as part of our Supporting clinicians and frontline staff series of trainings. This practical workshop is designed for administrative, welfare and clinical staff whose clients present with aggressive and emotionally-driven behaviours. Using the 'Predisposing, Precipitating, Perpetuating and Protective' factors model as a framework, participants will get to explore the worker, client and context-related factors behind this behaviour. Participant will be able to apply five core principles around de-escalation use of the 'LASSO' technique for managing challenging situations, and apply Assertive Closure when required. Supporting colleagues after an incident using Psychological First Aid is also discussed.

Training costs \$265. All our trainings are held at Rydges North Melbourne (free parking onsite) If you have any questions please drop me a line at training@caraniche.com.au or telephone 8412 7111 and ask for calendar training enquiries. Also refer to our website www.caraniche.com.au for more details about the content of these and other trainings.

9th of November

Bloody Serious Facts: Hepatitis C and what you should know

This workshop is suitable for drug and alcohol workers, nurses, NSP workers, community health staff, students of health professions, prison staff and welfare workers. No prior knowledge is assumed.

The session is divided into three parts.

The first part will outline the basic facts of hepatitis C, how it differs from hep A & B, psycho-social issues, and OH&S.

The second part will focus on the impact and meaning of hepatitis C for people who inject drugs.

The last part will look at testing and treatment options for hepatitis C

The training runs from 10.00 to 1.00pm and costs \$22.00 at Suite 5, 200 Sydney Road, Brunswick (Melways ref 29 G9, Nth Coburg Tram Route no. 19: Stop 20.or Upfield Train Line: Jewell Station Stop. Parking off Edward St \$1.00 per hour or two hour parking in the side streets.)

To register, Ring the front office on 9380 4644 or fax 9380 4688 or email: admin@hepvic.org.au

10th November

Where is Positive Psychiatry: The limitations of prevailing mental health models?

Chris Mackey continues to offer a further series of free public talks on mental health and wellbeing. These topics relate to not only those seeking or providing mental health services, but also to family members and the wider public in gaining a greater understanding of mental health issues.

The full schedule of talks for 2011 is listed on the Free Public Talks page of our website. www.chrismackey.com.au

Please feel free to contact our administration team if you have any enquiries or would like to be placed on the email reminder service for the talks.

All talks are held at 7:30 pm – 8.45pm at the Geelong West Town Hall – Supper Room on the dates below. Please note the entrance to the Supper Room is on the East side of the **Geelong West Town Hall** near the Geelong West Library.

11th November

Training Seminar: Supporting Young People to Quit Smoking

Quit Victoria has a goal to reduce the rate of smoking among young people. Because school nurses, youth counsellors, community health nurses and student welfare staff can play an important role in achieving this goal, Quit has developed a one-day smoking cessation seminar for professionals who work with young people.

Based on the effectiveness of previous youth smoking cessation interventions, it is recommended professionals provide support in a one-on-one setting, where a young person is less likely to feel anxious in disclosing concerns about quitting in the presence of peers. To support this one-on-one approach the full-day training seminar will cover:

- understanding the process of how a young person takes up smoking
- health effects of smoking
- smoking cessation theory
- brief smoking cessation intervention (including aspects of motivational interviewing)
- effective strategies to motivate young people to not smoke
- Quit support resources and services
- The training includes practical exercises with reflection and feedback. Participant notes and handouts are provided.

The full-day training seminar is free of charge (with morning tea, lunch and afternoon tea provided). The program will commence at 9.00am sharp and conclude at 3.30pm. Training seminar will be held at The Cancer Council Victoria, 100 Drummond Street, Carlton 3053.

To register your interest to attend the free training email bianca.crosling@cancervic.org.au

13-16th November

ASAP 2011 Conference

On behalf of the Australasian Professional Society on Alcohol and other Drugs I am pleased to invite you to join us 42° south, in Hobart, Tasmania for our 2011 conference which will be held from 13 – 16 November 2011.

As always, you can look forward to a rich program of national and international speakers sharing new insights in neuroscience, interventions, policy innovations and emerging challenges for our sector. For the first time, the conference will include a satellite program from our sister organisation, the European Opiate Addiction Treatment Association, which will bring extra opportunities to interact with our international colleagues.

Conference participants are encouraged to use traditional modes of communication such as oral and poster presentations, as well as other styles of engagement such as participatory workshops and debates/discussions.

Our conference venue overlooks the beautiful waterfront, and is just a stroll away from the city centre and the renowned Salamanca area, a hub for fine foods and arts. While you're here, of course, I hope you can take some time out to experience some of the breathtaking natural beauty on offer across our friendly state, or for the more cerebral, to provoke your senses at the renowned Museum of Old and New Art.

For more information, program or to register go to <http://www.apsadconference.com.au/>

14th November

Stepping Up - A Roadmap for New Supervisors

The goal of this one-day workshop is to provide participants with an accurate, real-life picture of what it means to be a supervisor, the expectations for the position, the skills and knowledge required as a supervisor, and the path to effectively supervise others. A supervisor's job involves many day-to-days such as planning, budgeting, problem solving and those tasks specifically associated with production and administration. This one-day workshop, however, is focussed primarily on people skills. By placing emphasis on this, we recognise that interacting with people is the foundation for success in every supervisory endeavour.

Cost: AHI Member: \$320 Non Member: \$425. **Register On-line:** Click [Melbourne, 14 November](#)

14 & 15 November

FIGHTING FAIR TRAINING. LEVEL 1 – MEDIATION & CONFLICT RESOLUTION

This interactive and stimulating 2 day course will assist professionals to explore conflict and impart the essential principles and process of mediation. The structured 5-step mediation model and specific conflict resolution skills will be presented and practiced. Go to www.fightingfair.com.au (see Level 17 & 18th November)

14 & 15th November 2011

Counselling Training for AOD Workers - Cognitive Behaviour Therapy Training

Turning Point Alcohol and Drug Centre has been contracted by the Drugs Services and Policy Branch, Department of Health (DH) to provide a number of professional development training courses. These are intended as a supplement to the competency based training and assessment courses provided as part of the Minimum Qualification Strategy.

Training is designed to offer workers the opportunity to orient, refresh as well as build on existing counselling skills and knowledge. Skill development will form a critical component of the training.

Cognitive Behaviour Therapy (CBT) underpins much of the counselling provided in the AOD sector and provides valuable day to day strategies for clients. The approach we take in this training is on understanding your client understanding CBT to manage substance use and mental health problems. This workshop involves skills development in core CBT interventions aimed at increasing counsellor effectiveness.

Day 1 provides a brief overview of the basic theory, developments and current status of CBT in the AOD field, plus distinctive characteristics of CBT; the therapeutic relationship; assessment and formulation from an AOD and mental health perspective.

Day 2 will look at techniques used to help clients practice alternative behaviours and thinking and become their own therapists in their recovery.

This workshop is also a useful forerunner to the ACT training workshop to be scheduled in November 2011 and the Mindfulness Based Approaches to AOD in 2012.

This training targets alcohol and drug workers with a willingness to engage in an active learning environment. It assumes participants have acquired general counselling skills. Eligibility includes clinicians who have completed the minimum qualifications and those who wish to update and refresh their skills. Limited places available and rural and regional participants will be a priority.

The aim of the training is to provide an opportunity for alcohol and drug workers within the Victorian AOD sector to develop or refresh their skills in a range of counselling approaches that are contemporary, evidence-based and appropriate to working with alcohol and drug clients.

This training is free and will be run at Turning Point, 142 Gertude St, Fitzroy. For enquiries please contact Sandra Roeg on 8413 8702 or email sandra.roeg@turningpoint.org.au or go to www.turningpoint.org.au/Education/Professional-Development.aspx

14 & 15 November

Working with Groups - Training for Alcohol and Other Drug Workers

Turning Point Alcohol and Drug Centre has been contracted by the Drugs Services and Policy Branch, Department of Health (DH) to provide a number of professional development training courses. These are intended as a supplement to the competency based training and assessment courses provided as part of the Minimum Qualification

This two-day workshop is designed to introduce workers to the planning, coordinating and running of groups for clients across a range of settings. Areas to be covered include: the practicalities of running groups, the stages of group development, awareness of group dynamics and the roles of group members. The emphasis will be on psycho-educational groups utilising an experiential approach. Issues related to running psychotherapeutic or insight-oriented groups will NOT be addressed. A generic national competency, "Plan and conduct group activities", informs the content of this two-day workshop.

This workshop targets workers with little or no background in group interventions or prior group training, but assumes prior knowledge and skills in assessment, interviewing and counselling.

This training is free to Department of Health funded AOD workers and will be held at Buda Historic Home and Garden, 42 Hunter Street, **Castlemaine**

For enquiries and an enrolment form please contact Margret Petrie on 8413 8700 or email margretp@turningpoint.org.au or go to www.turningpoint.org.au

16 & 17 November

Group Facilitation Skills

An action packed two-day program:

- Enliven and improve the effectiveness of your group programs
- New ideas and activities
- Four keys for effective planning
- Group theory
- Strategies for dealing with difficult dynamics.

Cost: \$395 (Includes GST). 9.00 - 5.00 each day. (Lunches & manual included). Run at Hawthorn Campus, The University of Melbourne, 442 Auburn Rd. Hawthorn

To register: <http://www.teamtraining.com.au/courses1.htm>

16-18 November

Creative Innovation Conference 2011

Creative Innovation 2011 – a conference where participants will have the opportunity to learn, think, connect and share ideas with over 35 of the world's most influential thinkers. The theme of this year's conference is "The challenges and opportunities of a super-connected world". Speakers include:

- Raymond Kurzweil, one of USA's leading entrepreneurs,
- Daniel Dennett acclaimed philosopher and cognitive scientist (USA),
- Edward De Bono, world authority on creative thinking (UK),
- Tan Le technology entrepreneur (USA),
- Brendan Boyle, Stanford and IDEO design thinking expert (USA),
- Paddy Miller, "The Innovation Architect" (USA),
- Stephen Heppell, education guru (UK),
- Simon McKeon, Australian of the Year,
- and many more!

For more information on the conference, see: www.creativeinnovationglobal.com.au/ci2011/

17-18 November

Fighting Fair Level 2 – Advanced Mediation Training

This challenging course is aimed at those who already have an understanding and practical experience of the mediation process. It will focus on advanced issues and aims to refine and update workers skills, practices and theoretical perspectives used to mediate in various areas of conflict. An introductory training is offered in September. All courses are endorsed by the APS (12 CPD hours) & the AASW (24 points). To register or for more information go to www.fightingfair.com.au

24 November 2011

Team Leaders' Workshop

A 'hands on' day for people in a team leadership role:

- Tools to assess your team's functioning
- Strategies for creating effective teamwork
- Leading in an environment of change
- Dealing with difficulties.

Cost: \$235 (Includes GST). 9.00 - 5.00. (Lunch & manual included). To register: www.teamtraining.com.au/courses1.htm or contact Tony @ The Training Team 0418 134 709 or Email: info@teamtraining.com.au

24th November

Business Planning for NFP Organisations Program

Would you like FREE expert advice on business planning for your not-for-profit organisation?

The Office for the Community Sector, in partnership with Small Business Victoria and the Small Business Mentoring Service, is running the Business Planning for NFP Organisations Program. Through the program, 72 community organisations across six locations will be able to attend free business planning workshops followed by four individual business mentoring sessions. This opportunity for small to medium community organisations to improve their basic business planning skills and access one-on-one advice aims to:

- Help identify and develop solutions to business problems
- Assist with development of a strategic action plan to assist with business, marketing and financial planning
- Increase and further develop your existing business skills.

The session will be held at Geelong Town Hall, 30 Gheringhap st, Geelong from 10am to 12pm.

You'll have to get in quick to take advantage of this free opportunity! Register online at: <https://services.business.vic.gov.au/ems/search.do> For more information please contact Carla Pascoe at carla.pascoe@dpcd.vic.gov.au or on 9208 3895.

24 November

Australia's welfare 2011 conference

The conference offers you different perspectives from the welfare sector including information from government, research, program development, service delivery, community advocates and non-government sector.

Sessions on offer include:

- Breaking the cycle of entrenched disadvantage
- Policy challenges for the welfare sector Combatting disadvantage through employment services
- Meeting the needs of diverse communities
- Population ageing: challenges and opportunities
- Housing in the two-speed economy

For a full list of sessions click [here](#). Follow the latest information on Twitter @aihw_welfare. To view the full conference program including speakers, conference fees,

registration and parking details visit the conference website Australia's welfare 2011.

28th November

Getting RPL & AQTF Right!

This one day program is for experienced RPL assessors who wish to learn more about RPL and AQTF audit requirements. As a participant, you will review and reflect on your current RPL practices, and gain a better understanding of AQTF requirements and the role of AQTF auditors in encouraging best practice RPL.

Our expert facilitator will lead discussions about assessment practice and provide case studies, scenarios and practical examples to assist you to improve your practice.

Topics to be covered include:

- The AQTF and VRQA Guidelines
- Definitions and support
- Designing and reviewing tools
- RPL, AQTF and Audit

Benefits to participants include:

- Understanding best practice
- Further understanding of AQTF Audit requirements
- Review your current practices
- Networking with peers

At the conclusion of this program you should be able to:

- Identify and appreciate AQTF requirements for RPL practice
- Develop and customize RPL assessment methods and tools
- Ensure the RPL process addresses the needs of learners
- Discuss common RPL issues arising at audits and beyond
- Balance compliance requirements with supportive RPL practices

Please bring an example of an RPL assessment tool you use and the unit/s of competency it relates to the workshop.

The program will run 9.30am – 4.30pm at Rydges Melbourne, Level 1, 186 Exhibition St, MELBOURNE and COSTS \$345 (Inc GST). To REGISTER ONLINE, [Click here](#)

28 & 29th November

Counselling Training for AOD Workers - Acceptance & Commitment Therapy Training

Turning Point Alcohol and Drug Centre has been contracted by the Drugs Services and Policy Branch, Department of Health (DH) to provide a number of professional development training courses. These are intended as a supplement to the competency based training and assessment courses provided as part of the Minimum Qualification

This two day training is designed to provide an introduction to Acceptance and Commitment Therapy. Acceptance and Commitment Therapy (ACT) is one of the new 3rd generation

behaviour therapies and takes a less conventional stance on some westernised concepts of normal health and wellbeing. ACT focuses on an individual's behaviour and its context but does not emphasise symptom reduction. The goal of ACT is greater psychological flexibility through acceptance and mindfulness as well as values guided action.

This training will explore the six interrelated core processes of ACT and associated interventions that have been shown to be useful with a range of clinical concerns with a particular focus on AOD issues.

This training targets alcohol and drug workers with a willingness to engage in an active learning environment. It assumes participants have acquired general counselling skills. Eligibility criteria include AOD workers who have completed the minimum qualifications and preference will be given to clinicians currently in counselling positions.

This training is free and will be run at Turning Point, 142 Gertude St, Fitzroy. For enquiries or registration please contact Margret Petrie on 8413 8700 or email margretp@turningpoint.org.au or go to www.turningpoint.org.au

29th November

Training Seminar: Supporting Young People to Quit Smoking

Quit Victoria has a goal to reduce the rate of smoking among young people. Because school nurses, youth counsellors, community health nurses and student welfare staff can play an important role in achieving this goal, Quit has developed a one-day smoking cessation seminar for professionals who work with young people.

Based on the effectiveness of previous youth smoking cessation interventions, it is recommended professionals provide support in a one-on-one setting, where a young person is less likely to feel anxious in disclosing concerns about quitting in the presence of peers. To support this one-on-one approach the full-day training seminar will cover:

- understanding the process of how a young person takes up smoking
- health effects of smoking
- smoking cessation theory
- brief smoking cessation intervention (including aspects of motivational interviewing)
- effective strategies to motivate young people to not smoke
- Quit support resources and services
- The training includes practical exercises with reflection and feedback. Participant notes and handouts are provided.

The full-day training seminar is free of charge (with morning tea, lunch and afternoon tea provided). The program will commence at 9.00am sharp and conclude at 3.30pm. Training seminar will be held at The Cancer Council Victoria, 100 Drummond Street, Carlton 3053.

To register your interest to attend the free training email bianca.crosling@cancervic.org.au

December

6th December 2011

Pharmacotherapy Training for Alcohol and Other Drug Workers

Turning Point Alcohol and Drug Centre has been contracted by the Drugs Services and Policy Branch, Department of Health (DH) to provide a number of professional development training courses. These are intended as a supplement to the competency based training and assessment courses provided as part of the Minimum Qualification Strategy.

The pharmacotherapy training is designed to provide alcohol and other drug workers a greater understanding of the pharmacotherapies available for the treatment of drug dependence in particular opioid/heroin dependence. It will update workers with the latest developments of pharmacotherapy treatment including new medications and guidelines. Some of the topics covered in the one-day training include the following:

- Opioid use and dependence
- Treatment options available for opioid dependence including aims, advantages and disadvantages
- Pharmacology of medications for treatment of opioid dependence
- Basic regulatory frameworks around administration of pharmacotherapy treatments
- Starting, maintaining and withdrawing from pharmacotherapy treatment
- Withdrawal treatment for opioid dependence
- Future treatments for opioid dependence
- Brief outline of pharmacotherapies for treatment of alcohol, nicotine and psychostimulants.

This training is free to Department of Health funded AOD workers and will be run at Turning Point, 142 Gertude St, Fitzroy.

For enquiries please contact Dimitra Petroulias on 8413 8706 or email dimitrap@turningpoint.org.au or Phoebe Spry-Bailey on 8413 8713 or email phoebes@turningpoint.org.au or go to www.turningpoint.org.au

7th December

Effective Techniques and Strategies for Assessing and Working with Clients with Personality Disorders and Manipulative Behaviours.

The workshop aims to:

- Identify the characteristics and behaviours of antisocial,
- borderline, and narcissistic personality disorders
- Understand the treatment implications for working with these clients

- Learn practical techniques to use when working with personality disordered people
- Recognize and address “manipulative” behaviours
- Identify “traps” to avoid when working with this clientele
- Learn how to “survive” emotionally as a clinician

This activity has been endorsed and will attract 6.5 hours of Specialist Continuing Professional Development for members of the following APS Colleges: Clinical, Forensic and Counselling. Members of other APS Colleges and non-College members may claim the equivalent CPD hours. Melbourne (Rendezvous Hotel) Full details available at <http://www.ppledication.com.au/brochures/2011Brochure-PersonalityDisordersMel.pdf>

7th and 8th December 2011

People and Places: A Master Class Series for housing professionals involved in place making, community renewal and urban regeneration - Melbourne.

This event will be of interest to people who are active in place making, community renewal, urban regeneration and social inclusion. We encourage practitioners, decision makers and policy developers to attend. Our intention is to support people already well established and expert in this area to further develop their practice and knowledge. The People and Places Master Class Series is designed to support housing professionals involved in place making, community renewal and urban regeneration. Many housing organisations are faced with two sets of interrelated and significant challenges, improving the physical environment - homes, streets, neighbourhoods and tackling the long-term social and economic disadvantage often a feature of communities where social housing dominates.

This will be the first of 3 events, with a second event planned for Adelaide in April 2012 and then a third in Sydney in October 2012. The content and format for these events will be driven by practitioners. A small working group of practitioners formed the view that housing people would be interested in sharing ideas about and working together on five major themes:

- the governance and management of community renewal projects;
- the built form;
- social and economic participation;
- community engagement; and
- funding and finance.

The focus of this first event will be twofold

- the built form and
- social and economic development

We offer flexible registrations for those of you unable to take a full two days out of a busy schedule.

To register or more info go to [Download a draft program](#)

13th December

Psychostimulants Training for Health Professionals

The ‘from GO to WHOA’ training package incorporates a training session on Psychostimulants. It was commissioned by the Australian Government Department of Health and Ageing and developed by Turning Point with substantial input from a number of specialist clinicians, researchers and educators from across Australia. The Department of Health has funded the Victorian dissemination of this resource to assist in increasing skills and knowledge on Psychostimulants which will enhance the capacity of a range of workers to provide appropriate interventions to psychostimulant users.

The aim of the project is to assist health professionals such as mental health workers and alcohol and drug workers to manage and treat users of Psychostimulants (speed, base, ice, MDMA, cocaine). Four modules are being offered as a complete one-day training.

Module 1: Introduction. By the end of this module participants will be able to identify:

- * What psychostimulants are
- * Concerns about psychostimulant use
- * Why and how people take psychostimulants
- * How psychostimulants affect people
- * responding to psychostimulant use

Module 2: Pharmacology. By the end of this module participants will be able to identify:

- * Common psychostimulant effects
- * Common features of withdrawal
- * Influences on drug effects

Module 3: Epidemiology and risks. By the end of this module participants will be able to identify:

- * The history of psychostimulant use
- * Current prevalence of use
- * Risks associated with psychostimulant use

Module 4: Responding to psychostimulant use. By the end of this module, participants will be able to identify:

- * Effective ways to raise the issue of psychostimulant use
- * Behavioral and physical indicators of psychostimulant use
- * Strategies for the management of intoxication
- * Mental health issues
- * Strategies to manage agitated behaviour
- * harm reduction strategies
- * Treatment interventions

This training is free to Department of Health funded AOD workers and will be run at Turning Point, 142 Gertrude St, Fitzroy. For enquiries and an enrolment form please contact Margret Petrie on 8413 8700 or email margretp@turningpoint.org.au or go to www.turningpoint.org.au

14th December

Applying Mental Imagery to Enhance Health and Wellbeing

This workshop will provide innovative strategies for allied health professionals to develop and enhance their practice. The strategies apply to a wide range of domains from sport

and performance to organisations and workplace; to health and wellness; as well as anyone interested in enhancing the wellbeing and behaviour of their clients. The application of mental imagery in the enhancement of health and wellbeing will be presented in innovative and practical ways. Mental imagery is a widely utilised evidence-based tool in health and performance, and is an effective intervention to enhance personal effectiveness in the attainment of a broad range of goals. The approach provides practitioners with a strategy for assisting clients to generate better self-images, sustain positive change, and increase capacity to pursue their potential. The workshop material draws upon insights from neuroscience, as well as health, performance and positive psychology and will provide tools for practitioners working in a wide variety of settings, across the spectrum of human endeavour and challenge. Case studies will be featured to demonstrate imagery applications. Participants will also be provided the opportunity to practice and discuss how they might incorporate imagery strategies with their clients. Upon completion of this workshop, participants will:

- Have knowledge of the links between perception and mental imagery with relevance to physical and psychological wellbeing.
- Understand the role of mental imagery in changing perception and behaviour.
- Be able to apply mental imagery to personal, health, wellbeing, and performance related goals. The training will be held at the (Rendezvous Hotel) Full details available at <http://www.ppledication.com.au/brochures/2011MentalImagery-Mel.pdf>

required) and/or in the development of an International Single Session Network by using this link: http://latrobe.custhelp.com/ci/documents/detail/2/bc_symp

14 & 15th June 2012

Positive Schools 2012...mental health and wellbeing conference.

The Positive Schools Mental Health & Wellbeing Conference is for all teachers Australia-wide. It offers inspirational, sustainable and practical solutions to well-being within schools and colleges. Effective education requires a firm foundation of ongoing wellbeing and positive mental health. In 2012 Positive Schools will be held in three separate locations, Perth, Brisbane and Melbourne. In each location you will have the opportunity to attend both an exclusive MASTERCLASS day 'Eyes Wide Open' addressing sexuality in the classroom and a packed MAIN CONFERENCE day featuring a variety of invited talks and interactive workshops. The 2011 Conference was a sell out so please register early. For more info go to: <http://www.positiveschools.com.au/index.html>

2012

22-23rd March 2012

Capturing The Moment: An Inaugural International Symposium On Single Session Therapies And Walk-In Services

This residential symposium is for clinicians, managers, policy-makers, and anyone who is passionate, fascinated, or just plain curious and interested in exploring both clinical and implementation aspects of Single Session Therapy (SST) approaches, dedicated Walk-In services and other responsive client service models...

It is intended that this symposium will give participants the opportunity to share the latest developments in clinical practice, research, service development and implementation strategies, as well as engaging in discussing the philosophy and history of these ideas. It will follow a non-traditional (free-flowing) format wherein participants from a wide range of settings here in Australia and across the world are encouraged to share, reflect and debate the core elements and key dilemmas associated with this inspiring and sometimes controversial approach to clinical work. You can register your interest in this symposium (no commitment