



# Newsletter

Newsletter August 2010

This Newsletter is part of the regional AOD Youth Capacity Building Role. 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](mailto:shickford@barwon youth.org.au)

## Notice board

### State Election 2010 VAADA Resources

The Victorian 2010 state election is due be held on Saturday, 27 November 2010.

In the lead-up to this year's state election, VAADA is producing a series of papers on drug and alcohol issues that reflect VAADA's priority areas for the forthcoming election.

The first three papers were produced in June and utilised during meetings with Members of Parliament in Drug Action Week and covered:

1. An accessible and quality drug treatment system
2. Responding to older AOD users
3. Drugs, crime and prisons

Please feel free to use these resources in your own advocacy The papers are intended to be used as widely as possible. Please distribute amongst your networks and draw from the papers in your own advocacy, submissions, articles and newsletters.

These papers can be downloaded at: <http://www.vaada.org.au/resources/list.html?folder=Policy>

### Grog watch Newsletter – Australian Drug Foundation

This newsletter delivers important factual information related to alcohol use and some strategies to work with the substance. Produced by Community Alcohol Action Network – [CAAN@adf.org.au](mailto:CAAN@adf.org.au).

### Walking Home

If you can go to [www.walkinghome.org.au](http://www.walkinghome.org.au) and register for our Walking Home event on Saturday November 13th it would be greatly appreciated.

This year we want as many people from the community to join us and "Walk the Talk" as we raise the awareness of homelessness.

Walking Home commences in Queenscliff on Saturday 13th November at 8am and follows the Rail Trail to Johnstone Park in Geelong, with joining locations along the way at Drysdale, Leopold and the Showgrounds. There will be free entertainment in Johnstone Park from 4pm -7pm, where we hope to have the community join us in this fun, family celebration.

For all event details and to register, visit [www.walkinghome.org.au](http://www.walkinghome.org.au) and follow the links to your walk.

### Want to give one of your young people a surprise of a lifetime?

Do you know a young person making a difference when it comes to the health and wellbeing of members of your school or community?

It could be introducing a new healthy eating program, an activity that helps develop positive relationships or anything else to do with health and wellbeing.

Want to publicly recognise their efforts?

Imagine this... We turn up at your organisation or school to announce the winner plus all that they have won! Their prize package could include a selection of exciting products, free services, high-profile experiences, mentoring opportunities plus much more!

That's the Opportunity Zone!

If your young person has done something to help out others, we want to hear about them! No effort is too small!

All you need to do is fill out the one-page nomination form at <http://www.radianceconsulting.com.au>

Give a young person an experience they will never forget, nominate today!

Term 3 entries close Friday 27th August, 2010

## R u OK? Day – SAVE THE DATE – THURSDAY 7<sup>TH</sup> OCTOBER

### State Government's Blueprint for Regional and Rural Victoria

This publication was launched on the 16<sup>th</sup> June and includes a Youth Action strategy. For further information visit <http://www.rdv.vic.gov.au/about-us/news/?a=172218>

### National Strategy for young Australians

The federal government has released the national strategy for young Australians. The strategy lists immediate priorities for action which include; empowering young Australians to take part and be active in their communities supporting young Australians within their families.

To download a copy go to [www.youth.gov.au](http://www.youth.gov.au)

### Journey behind trauma – online community

Journey beyond road trauma offers opportunity through social networking to people who have experienced a road trauma to tell their story and connect with each other. Read full media release at

[http://aerf.com.au/showcase/MediaReleases/2010/100401\\_MR\\_Journey%20%Beyond%20%Road%trauma.pdf](http://aerf.com.au/showcase/MediaReleases/2010/100401_MR_Journey%20%Beyond%20%Road%trauma.pdf)

### Arts and Health - Book of Stories

Regional Arts Australia and the National Rural Health Alliance are working together to produce a book that highlights stories about arts and health projects from regional Australia.

For this book to be a success, we need your help. We need your stories. We need your photographs. We want this book to be visually beautiful with strong lively stories backed up by stunning images and a sound evidence-base. We are looking for stories that show how the arts and health can work together to achieve positive health and well-being outcomes. We want to include a broad range of stories in terms of art form, health issue, location and beneficiaries.

To be eligible for consideration projects must have:

- occurred in regional Australia or must have had regional Australians as their primary beneficiaries



# Newsletter

Newsletter August 2010

- been completed or be nearly complete
- happened sometime within the last three years

How do you get your story included?  
Visit [www.regionalarts.com.au](http://www.regionalarts.com.au) to download a submission form.  
Story submissions will close on Wednesday 4 August 2010

## Funding Available

### Grantready – Community Grant Guru

As you are all aware community grant programs typically offer funds that range in size from \$5000 to \$1,000,000. At any given time there are approximately 1500 grants available to assist community groups.. However these all sit on hundreds of different websites and forever changing. In response the database called Community GrantGuru with all of the grants listed in one place has been developed. It is free and easy to use and lists grants in the areas of arts, community services, education, environment and health, infrastructure, multicultural projects, and much more. Grantready can also provide assistance in many other things related to grants. It can be accessed at <http://community.grantready.com.au>

### AERF Conference Attendance Grants – Closing Date 30 September 2010

Applications are invited from organisations seeking to enhance the professional expertise of their staff for financial assistance to attend conferences during 2010 and 2011.

The projects proposed must meet the AER Foundation's objectives, which are to:

- Prevent alcohol and other licit substance abuse, including petrol sniffing, particularly among vulnerable population groups such as indigenous Australians and youth;
- Support evidence-based alcohol and other licit substance abuse treatment, rehabilitation, research and prevention programs; and
- Promote community education encouraging responsible consumption of alcohol and highlighting the dangers of licit substances abuse.

Conference Attendance grants are available for organisations that pursue best-practice goals by developing the knowledge and expertise of staff that work in the alcohol and other drug sector. Organisations need to demonstrate the benefits that staff will gain through attendance at professional conferences, seminars and workshops in Australia. Conference Attendance grants, will be a maximum of \$5,000 per conference, with a maximum of two persons per organisation receiving assistance, for conferences within Australia. [Click here for more information and application form](#)

### Innovative Project Grants – Closing Date 30 September 2010

The Alcohol Education and Rehabilitation Foundation Ltd (AER) invites submissions for Innovative Projects (capped at \$20,000 per grant) from organisations introducing distinctly new initiatives to the sector

AER will pursue the following strategies for the next three years:

To build strategic partnerships, collaboratively, with others for alcohol policies that will promote attitudinal and behavioural change to alcohol and licit-substance abuse.

To enhance the capacity of the Alcohol and Other Drugs sector to reduce the social and health harms caused by alcohol and licit substance abuse such as petrol, glue and paint sniffing.

To leverage AER's extensive intellectual property and research in promoting changes in the way we drink.

Organisations seeking project grant must demonstrate the benefits that will be gained by AER, their organisation and by the broader community.

### Funding for community youth events

Community events, aimed at building strong relationships between young people from disadvantaged areas and their families, will be funded across the country through an Australian Government initiative – think family, think community.

Twenty non government organizations will be invited to apply for one off grants of \$20,000 for events or activities which have a youth and family focus.

The National strategy for Young Australians aims to build resilience in young Australians and to support young people and their families, recognizing the diversity of their circumstances, needs, and capacity.

Further information on the government initiatives aimed at young people can be found in *Investing in Australia's young people: a stocktake of Australian Government youth initiatives* at [www.youth.gov.au](http://www.youth.gov.au)

### Student Supervision grants

The Department of health and Victorian Healthcare association are pleased to announce this grant program which is designed to support the ongoing development of student supervision and clinical education skills amongst health service staff. Grants of up to \$10,000 per application are available to assist facilities to provide opportunities for their employees to undertake training in student supervision. For further information and to access application information go to <http://www.vha.org.au/ssgp.html>

### Management training grants

These grants are available to support opportunities for formal skill development for health service staff. Grants of up to \$10,000 per organization (and up to \$50,000 per application when organizations work in partnership) are available to increase the skills and knowledge of staff in management positions or those entering management roles.

The management training grants is a new Department of Health initiative. For further information go to <http://www.vha.org.au/managementgrants.html>

### Festivals Australia

Festivals Australia aims to encourage cultural activity in regional and remote communities and to support a sense of



# Newsletter

Newsletter August 2010

place and community identity. This program funds to add a new innovative or special cultural activity to a festival. Examples of festivals Australia projects include a performer coming to a remote festival, the creation of a sculpture or short film etc.

Eligibility guidelines and application forms can be accessed from [www.arts.gov.au/arts](http://www.arts.gov.au/arts)

## Barnados Max Grants Program

This program can provide grants for nominated children and young people up to a maximum of \$5,000 per individual to support, promote and encourage their educational potential and outcomes. For further information, see

<http://www.bmaxe.com.au/html/>

Online application:  
[https://www.bmaxe.com.au/html/application-form\\_old.cfm](https://www.bmaxe.com.au/html/application-form_old.cfm)

## Glenelg Shire Council Community Grants Program Round 1 2010-2011

Grants of up to \$5000 are available to organisations for projects that enhance community wellbeing. For more information go to:  
[GSC Community Grants Program Round 1 2010 2011 Information Kit including Application Form.pdf](#)

## Resources

### Managing Stress: A Comprehensive Programme to Support Young People by Tina Rae

Aims to address the stressors associated with adolescence, bringing alive a range of stress related problems to participants and enabling them to empathise and problem-solve within a safe and nurturing context.

The 12-session program designed for secondary school students has been designed to:

- Increase self-esteem, self-concept, cooperation and empathy
  - Understand the nature and causes of stress, and how stress is person-specific
  - Recognise reactions and behaviours which both reduce and increase stress
  - Develop joint problem-solving skills within a supportive framework
  - Understand the importance of emotional support in coping effectively with stress
  - Understand how a healthy lifestyle can reduce stress
  - Develop the ability to organise work and social agendas to reduce stress
  - Understand the difference between aggression and assertion
  - Develop and practise assertiveness skills, understanding how such skills can help manage stress
- Price: AUD - \$244.95AUD - (Includes GST, postage & handling) Please email [hayley@thebrainary.com](mailto:hayley@thebrainary.com)

### DHS Leaving Care Website

Help for young people who are leaving or have left out of home care in Victoria. Every year approximately 400 young people aged 16 to 18 have their Victorian Custody or Guardianship court orders cease for the last time. These young

people might have been in foster care, residential care or living with their relatives or siblings (kinship care).

Not all young people have family or friends they can rely on for help and advice. If you are a young person aged 16 to 21 and you have left out of home care, including kinship care, there are post-care support services across Victoria to help you.

This site will help you find services and supports if you are a young person who has left out of home care OR a community worker that works with young people who may have been in out of home care.

If you are a carer, case manager or you work with young people aged between 16 and 18, there are checklists and guidelines to help you support young people plan their move from out of home care to independent living.

<http://www.cyf.vic.gov.au/leavingcare>

## Information for Young People

### HANDBRAKE turn

Are you aged between the ages of 16 – 20? The next course begins August 9<sup>th</sup>. Phone Geraldine for interview on 5277010

### Power Shift

Geelong Youth for climate action is a committed group of young people keen to work on issues around climate change. A two day youth summit will be held at the Deakin University Waterfront Campus on August 14<sup>th</sup> & 15<sup>th</sup>. Register now at [www.atcc.org.au](http://www.atcc.org.au)

### ACCESS Arts Workshops

Young people aged 14 – 18 are invited to participate in weekly art shops as part of the Barwon Youth Access Arts Committee. The Committee aims to deliver local youth art programs and exhibitions that foster the creative talents of disadvantaged young people and promote community connectedness.

Barwon Youth Arts studio, 25 Gordon Ave, Geelong West.

For more information visit [www.byaccessarts.com](http://www.byaccessarts.com)

### The TRICKY YPAC have opened their next grant round

Apply for up to \$1500 today to make your idea become a reality! You just need to be 12 – 25 years old, and have an idea that will benefit young people of Newcomb, Whittington, East Geelong, Thomson (3219) community.

They will be accepting and reviewing applications until the funds have been allocated. Therefore there is no closing date.

Call Leanne Micallef on 0430211423 or email on [leanne.micallef@mentorhr.com.au](mailto:leanne.micallef@mentorhr.com.au)

### Financial Counselling

Financial counselors offer a free and confidential service in which they are able to assist clients with debt issues by negotiating payment arrangements with creditors, advocating on behalf of clients, providing information on bankruptcy, legal rights, available concessions, centrelink entitlements, youth allowance and general budgeting advice.



# Newsletter

Newsletter August 2010

The financial and consumer rights council Inc (FCRC) as the peak body for financial counselors has developed a postcard to raise awareness of financial counseling services amongst regional youth in Victoria.

Contact on 96632000 or at [anushkad@frc.org.au](mailto:anushkad@frc.org.au)

## **Youth Future Crew**

The YFC is a group of young people aged 12-25years who have used headspace services, that get together fortnightly to have a say about youth health services. They advise headspace on developments and activities and work on youth health awareness campaigns. Members are reimbursed for their time. If you have a client that may be interested contact Mike 0447 799 736 or [Michael@gpageelong.com.au](mailto:Michael@gpageelong.com.au)

## **Edmund Rice Camps**

Please go to the following website for more information on Edmund Rice Camps for disadvantaged, indigenous, and refugee children, [http://www.ercvic.com/about\\_erc.php](http://www.ercvic.com/about_erc.php)

## **'Not so straight' new education resource from Family Planning Victoria**

This dvd is a candid and engaging exploration of contemporary issues facing same sex attracted young people in Melbourne. Go to Family Planning Victoria's website for further information.

## **TOE – Winter Program – August 2010**

Rafting the rivers of Victoria – 5 days/ 4 nights rafting, for males and females. Information session on 22<sup>nd</sup> July 2010.

Contact TOE staff on 9855 2633.



# Newsletter

Newsletter August 2010

## Professional Development Opportunities

### The tenants Union of Victoria

The tenants union of Victoria invites you to attend a one day training workshop on new approaches to the tenancy law. Workshop one looks at the 'charter of Human Rights and Responsibilities Act, and workshop 2 looks at the 'Family Violence Protection Act'. A number of workshops are on offer across a number of different sites in Victoria. For further information on dates and venues please contact Helen Munro on 94160513, or [hmunro@tuv.org.au](mailto:hmunro@tuv.org.au)

### Reconnexion's Education & Training Calendar

- Cognitive Behaviour Therapy for anxiety and depression
- Diabetes, anxiety and depression (with DAV)
- Cognitive behavioural & solution focussed approaches to working with anxious and depressed young people and their families
- Mindfulness CBT
- Alleviating anxiety and depression-substance using clients. If you would like more information on the above programs or are interested in having a program developed for your organisation please email [janet@reconnexion.org.au](mailto:janet@reconnexion.org.au)  
222 Burke Road, Glen Iris info@reconnexion.org.au  
T:1300 273 266 [www.reconnexion.org.au](http://www.reconnexion.org.au)

### NCPIC – Training opportunities

The workforce development team at NCPIC has been offering free cannabis training to the alcohol and other drug, allied health, education, justice and community sectors since December 2007. The current 2009- 2010 workplan has introduced workshops around clinical guidelines, including teaching the basic clinical principles of motivational enhancement and cognitive behavioural therapy. If you would like more information about whats on offer through NCPIC please contact [training@ncpic.org.au](mailto:training@ncpic.org.au)

## August

4, 5, 6 & 11, 12, 13 August 2010.

### Mediation and training services Barwon South West

This intensive three day course of mediation training is for professionals who wish to learn the skills required for creative conflict resolution. To become an accredited mediator you need to complete six days in total.

Training includes comprehensive notes, morning and afternoon teas, and lunch each day.

Contact Pam Clark on 52428526 or 0431930935 Or [pam@conflictresolvers.com.au](mailto:pam@conflictresolvers.com.au)

August 5th 2010

### Early Intervention Conference for people working with young people, Melbourne,

For more information go to [www.yda.org.au](http://www.yda.org.au)

9<sup>th</sup> August 2010

### Rights based Training

This workshop will promote the development of human rights strategies to address homelessness in the context of legal

August 2010

remedies, public policy advocacy, the delivery of welfare services, public education and social action. It will also explore avenues that may provide some form of remedy for individuals experiencing homelessness, such as administrative mechanisms, the Victorian Charter of Human Rights and responsibilities, local and international complaints mechanisms and social action.

<http://practice.chp.org.au/information-and-resources/training>

11 August 2010

### Complicated PTSD and Complex Trauma

Australian Psychological Society: 6 points Australian Association of Social Workers: 12 points

This workshop will look at complex and complicated presentation of trauma. DSM characterizations of PTSD represent single experiences of trauma. The PTSD constellation does not address individuals repeated histories of trauma nor their sophisticated defenses, altered identity structures and ways of relating to others that are seriously altered by this type of history. Repeated experiences of trauma across the entire life-span, dissociative phenomenon, traumatic attachments, incorporation the abuser(s) into victim's identity structure, addiction and cultural influences will be explored.

[www.tatratraining.com/files/ComplexPTSDRegForm2010.pdf](http://www.tatratraining.com/files/ComplexPTSDRegForm2010.pdf)

Friday 13th August

### The Turning Point Symposium at VicHealth in Carlton

What's happening on the day?

- Poster and speaker presentations
- A Q&A panel of sector voices discussing 'Perspectives, proposals and possibilities'

We invite you to...

- Submit a poster abstract of 100 words to [info@turningpoint.org.au](mailto:info@turningpoint.org.au)
- Submit any AOD-related question to generate panel discussion to [info@turningpoint.org.au](mailto:info@turningpoint.org.au)

To register for the Symposium, go to [www.turningpoint.org.au](http://www.turningpoint.org.au) and follow the links.

20 August

### Recognise and respond to Family Violence training

BSW Regional Family Violence Integration with the regional women's Health resource Service – Barwon Health will be holding a training session on Introduction to the family violence, held at the Newcomb Community Health Centre, 104 – 108 Bellarine Highway, Newcomb. Friday 20<sup>th</sup> August.

For further information please email Annie Ferrari IFV Project support worker at [aferrari@commconnect.com.au](mailto:aferrari@commconnect.com.au) or go to website for an application form <http://www.bswifv.org.au>

20<sup>th</sup> August

### Managing young people with sexually abusive behaviours

Residential care learning and development strategy – Centre for excellence in child and family welfare To register for these courses and more information download a registration from the following website

<http://www.cwav.asn.au/training/calendar.html>



# Newsletter

## Newsletter August 2010

23<sup>rd</sup> & 24<sup>th</sup> August,

### Youth Mental Health first aid

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August 26<sup>th</sup>

### Melbourne's Road Home forum ,

Sponsored by the Lord Mayor's Charitable Foundation, rsvp to [bill.snaddon@lmcf.org.au](mailto:bill.snaddon@lmcf.org.au) 03 9633 0025

26th August, 2010

### Supporting young people to quit smoking

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 Should you have any questions about the training, please call me on 03 9635 5529 or email me [bianca.crosling@cancervic.org.au](mailto:bianca.crosling@cancervic.org.au). I look forward to receiving your application.

30-31st August

### Policy Updating masterclass

This course gets backs to basics, but goes the next step – what are new developments that serious policy practitioners need to know to be more effective, to be reinvigorated in tackling policy problems and to develop more effective policies. In addition to coping with the 'doing' of policy, of coping with the latest crisis, of working with clients there are also new ideas, theories and practices out there waiting to be tried to each practitioner's particular policy patch. Attendees will:

- Refresh core policy development processes and frameworks

August 2010

- Update on key policy, political and organisational trends
- Inform of new policy processes, actions, trials and what works
- Enhance core analytical and problem solving skills in applied case studies
- Understand what is now available in terms of techniques, thinking, solutions in the policy shop

[Download the full agenda](#)

### September

3rd September

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7<sup>th</sup> & 8<sup>th</sup> September

### Pathways to solutions: Collaborative strengths based brief therapy with challenging adolescents and their families, Matthew Selekman.

Two day workshop in Melbourne, The Bouverie Centre, , 8 Gardiner st, Brunswick.

14<sup>th</sup> & 15<sup>th</sup> September 2010

### Linking Indigenous policy with service delivery 2010; Strengthening cross cultural communication, shared responsibility and accountability; Cairns

To register go to [registration@criterionconferences.com](mailto:registration@criterionconferences.com)

21<sup>st</sup> and 22<sup>nd</sup> September 2010

### Early Childhood Development in indigenous communities, integrating services for a healthy start to life, , Darwin



# Newsletter

## Newsletter August 2010

This conference will showcase existing successful initiatives, sharing best practice for integrated services which help close the gap on childhood disadvantage.

To register go to [registration@criterionconferences.com](mailto:registration@criterionconferences.com)

### October

18<sup>th</sup> October;

#### Understanding Personality Disorders

TATRA Corporate and Allied Health Training Services has developed a workshop which will foster understanding of the specific challenges associated with caring for individuals with PDs. This is an interactive, experiential and fun workshop. Case studies, quizzes, group tasks and movie illustrations will be used to make this not only a valuable learning experience but also a pleasant one. The content will include understanding of personality disorders and their types, how they develop, the underlying causes behind each and, most importantly, strategies for managing them

Darebin Arts and Entertainment Centre, Melbourne;

Go to TATRA website for further information.

<http://www.tatratraining.com/files/PDsMELBOURNE2010.pdf>

15<sup>th</sup> October, 2010 or 28<sup>th</sup> October, 2010

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### 19 October 2010

#### Understanding and Responding to Personality Disorders II - Advanced Module

The aim of this seminar is to provide more insight into the complex world of Personality Disorders and equip the participants with more strategies for dealing effectively with difficult behaviours displayed by Personality Disordered clients. The Program includes: Introducing Personality Disorders: Narcissistic, Borderline, Dependent, Avoidant, Schizoid, Antisocial, Paranoid, Histrionic, Schizotypal and Obsessive-Compulsive and what they have in common.

Providing DSM-IV assessment of Personality Disorders.

Introducing management and engagement strategies for each type of Personality Disorder.

This workshop will foster high levels of self-sufficient practice among professionals who are not mental health practitioners but who deal with personality disordered clients on ongoing basis.

Go to TATRA website for further information.

<http://www.tatratraining.com/files/PDsMELBOURNE2010.pdf>

27<sup>th</sup> October

#### Introduction to working with aboriginal children, families, and workers

Residential care learning and development strategy – Centre for excellence in child and family welfare To register for these courses and more information download a registration from the following website

<http://www.cwav.asn.au/training/calendar.html>

### November

23<sup>rd</sup> November

#### Managing young people with sexually abusive behaviours

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4<sup>th</sup> & 5<sup>th</sup> November

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25<sup>th</sup> & 26<sup>th</sup> November

#### Supervision training

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