



Newsletter

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2009

This Newsletter is part of the regional AOD Youth Capacity Building Role. This will be my final newsletter prior to going on maternity leave. For future please contact Josie Taylor: jtaylor@barwonyouth.org.au to provide any feedback.

Notice board

Walking Home – Walking for Homeless youth

In November (16/11 to 20/11) 20 housing workers from government and not for profit organisations in the Barwon South West Region will be walking 189 km from Warrnambool to Geelong and make overnight stays at Terang, Camperdown, Colac, and Winchelsea. The purpose of the walk is to raise awareness and understanding of homelessness issues within the Barwon South West region.

Events are being organised for each overnight stay to engage the communities and a final event is being held at Johnstone Park, Geelong on the Friday night (20/11).

The Walking Home committee is now urgently looking for volunteers to assist with this event. There are a range of ways volunteers can assist, including distributing information/flyers to the crowd that may attend (providing information on homelessness in the region).

The Event includes music and entertainment (e.g. Peter Brocklehurst, Sofia Katos, the Sweet Hearts band, and the Salvation Army band), food stalls, and a street soccer demonstration (just to name a few).

If you wish to assist or know more about this wonderful initiative please contact Lisa Dalla-Zuanna on 5244 2500 Lisa.Dalla-Zuanna@aus.salvationarmy.org

Work Health

WorkHealth, a new WorkSafe Victoria initiative that aims to reduce the alarming number of preventable chronic diseases suffered by Victorians is now available to all Victorian community organisations.

The program provides free voluntary and confidential health checks for workers across the state involving a short health questionnaire prior to having blood pressure, cholesterol, blood sugar and waist circumference measured.

The 15 minute checks are delivered by trained and endorsed health professionals who visit the workplace and provide immediate feedback and advice based on results. For more information about the program, visit the WorkHealth website at www.workhealth.vic.gov.au or call the WorkSafe Advisory service on 1800 136 089 to receive an application pack.

Youth Work Association

The Development Committee will be presenting at the YACVic Conference in Oct and we had an article in Yikes last month and one coming up in the next edition of Parity (CHP) - so we are really starting to get out there. We are hoping to get your

opinion on some of your feedback on the work that we have done so far.

The profession of youth work at present does not have an association that represents youth practitioners as its core business. This over many years has been identified by the sector as a major gap in recognising the distinct professional knowledge, skills and specific expertise of Youth Workers. In August 2008 a number of youth workers came together to discuss how to address these issues and a smaller group volunteered to form the Youth Workers' Association * Development Committee.

We are contacting you today as we are hoping to survey the Victorian youth sector to gain your feedback and ideas in this formative time for the association. We are hoping to get as many responses as possible so it would be greatly appreciated if you could forward this email on to any other contacts you have working in the Victorian youth sector.

The survey can be located at: http://www.surveymonkey.com/s.aspx?sm=YMHwi_2fnswcVA6go1L2L5jw_3d_3d

If you have any questions, comments or would like to be kept in the loop with the progress of the association please feel free to contact us at youthworkersassociation@hotmail.com.

Joining the dots – A forum for Barwon regions youth sector

This forum is for Barwon regions's youth sector to support innovation and collaboration. It will be facilitated by Michael O'Meara, Mohow and will include discussion around partnerships, youth participation, technology and education, diversity and innovation. Outcomes will include: practical skills development, shared language around practice, new partnerships, innovative ideas, genuine collaboration, and a plan for the future.

The forum is to occur on December 3rd at the Courthouse Youth Arts Centre, Little Ryrie st, Geelong.

If you wish to register you must do it by November 20th, \$20 registration fee, morning, afternoon tea and lunch provided.

Register through www.trybooking.com/CKI

This forum is an initiative of the Barwon Regional Youth Affairs network.

The Homelessness 2020 strategy discussion paper: Barwon South West Community consultation – Thursday 12th November.

This consultation is being held in Colac on Thursday 12th and offers an opportunity for housing and homelessness services, health services, drug and alcohol, and mental health services to give feedback to DHS about the paper. The paper can be found at www.homelessness.vic.gov.au. Written submissions can be forwarded by the 27th November, information can also be found at the above website. Forum is to be held at Colac Performing Arts and Cultural Centre (COPACC). RSVP's need to be forwarded to emma.marshall@dhs.vic.gov.au by the 9th November.



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Funding Available

Women's Leadership Grants

Women's Leadership Grants provide funding for projects and activities that develop capacity and increase opportunities for women to participate in leadership roles. The program will fund initiatives that:

- increase the capacity of women to participate in decision making
- increase opportunities for women's leadership
- increase diversity among Victoria's female leaders
- promote the achievements of Victorian women in civic and political life.

Grants of between \$2,000 and \$20,000 are available.

For more information, please call our Grants Information Line on 1300 366 356 (cost of a local call) on any weekday between 8.30am and 10.00pm (except Public Holidays).

Apply online www.grants.dpcd.vic.gov.au

AERF - Innovative Grants

• Submissions are invited from organisations seeking funding for projects which introduce distinctly new initiatives to the sector.

• Projects must have the potential, if successful, of continuing into the future, with funding and the full commitment of the organisation.

• The maximum grant value is \$20,000 plus GST.

Applications close 30 November 2009.

Download a copy of the submission form at <http://www.aerf.com.au/community/about.aspx>

Should you have any queries regarding AER funding, please contact our Office Manager Pat Ebeling. P: 02 6122 8600 or pat.ebeling@erf.com.au

AERF - Conference Attendance Grants - 2010

• Applications are invited from organisations seeking financial assistance to attend conferences during 2010, with a maximum of two persons per organisation receiving assistance.

• The maximum grant value is \$5,000 plus GST

Applications close 30 November 2009.

Download a copy of the submission form at <http://www.aerf.com.au/community/about.aspx>

Should you have any queries regarding AER funding, please contact our Office Manager Pat Ebeling. P: 02 6122 8600 or pat.ebeling@erf.com.au

Resources

Information for Young People

Community Street Soccer Program

The Big Issue Australia

The Big Issue Australia is an independent organisation that develops and operates social enterprises and creative, sustainable solutions to homelessness; providing opportunities for homeless and marginalised people to positively change their lives.

Community Street Soccer Program

The Community Street Soccer Program, known as Street Soccer, is an initiative of The Big Issue Australia. The program uses the power of sport to promote social inclusion and personal change for homeless, marginalised and disadvantaged people. It changes lives and creates healthier communities across Australia. Street Soccer involves males and females, from 16 years of age, with all abilities getting together once a week for soccer activities and matches. Permanent pitches, equipment and a dedicated soccer Coach are provided at each location. Street Soccer training runs 52 weeks a year and provides week-in week-out consistent activity for people whose lives can be very inconsistent. Support staff work closely with players, linking them to services that address their individual issues and needs. Street Soccer puts the person at the centre of the solution and provides them with the support and tools necessary to help themselves make positive change.

Where does Street Soccer operate?

The program is on target to engage 3,000 participants in 30 sites across Australia by the end of 2010

For more information: Contact Street Soccer Department, 03 96500482 or email streetssoccer@bigissue.org.au or www.bigissue.com.au

New report: Juveniles' contact with the criminal justice system

This report outlines data on juveniles' contact with the policing, courts and correctional systems to determine what we do and do not know about juveniles' contact with the criminal justice system.

To read the full report see the web link:

www.aic.gov.au/documents/E/F/0/CACHE_DUVIE=87173bf1ff31b8a0deede1ffce3340af/%7BEF09BB44-FC3D-41BD-81CD-808DE9D0DF99%7Dmr07.pdf

Senate Inquiry into Suicide in Australia

Share Your Story about Suicide. Have you been affected by suicide? If so, Lifeline is calling on you to share your story. The Commonwealth Government recently announced a Senate Inquiry into suicide in Australia, and Lifeline is asking anyone with an interest or a personal story related to suicide to share their experiences with us to support our submission. As the leading advocate for suicide prevention in Australia, Lifeline will be making a significant contribution to this Inquiry and we need your help to ensure we provide the best possible evidence. This is a once in a lifetime opportunity to have your voice heard and to help all Australians recognise the far reaching impact of suicide and the greater need for suicide prevention resources and services. Your personal contribution will form a significant part of



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Lifelines submission so please share your story with us. You can submit your story anonymously if you wish. We are seeking stories from people who:

- Live with suicidal thoughts Have attempted suicide Are bereaved by a loved one's suicide
- Support a friend or family member in any of the above situations Have helped someone in any of the above situations Have experiences as a caregiver
- Have noticed about others' struggles with suicide. Can make suggestions about how services could be improved or how they can be more effective

For more information or to make your contribution online please visit

www.lifeline.org.au/support_us/senate_inquiry_into_suicide

Contributions can be made up until the 6th of November. If you need to talk about suicide or require emotional support, please call Lifeline on 13 1114

Professional Development Opportunities

Professional Development AOD Training Courses

Turning Point Alcohol and Drug Centre has been contracted by the Department of Health to provide a number of professional development training opportunities. This training is primarily aimed at AOD workers and is intended as a supplement to the competency based training and assessment courses provided as part of the Minimum Qualification Strategy

- Working with Groups
- Pharmacotherapies
- Psychostimulants
- Introductory Counselling
- Solution Focused Counselling
- Working Together with Alcohol and Drug Issues in Culturally and Linguistically Diverse Communities

Further information and registration forms are on the Turning Point web site www.turningpoint.org.au

Scholarships for Graduate Certificate in AOD Studies

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. A key feature of the scholarships in 2010 will be to award ten scholarships to DOH funded AOD clinicians who deliver AOD services primarily to CALD communities.

Vocational Education and Training Turning Point Alcohol and Drug Centre has been contracted by the Department of Health to provide a number of competency based training

and assessment courses for AOD workers. These training courses will be offered in face to face mode from February 2010. Further information will be on the Turning Point web site in due course.

Further information and registration forms are on the Turning Point web site www.turningpoint.org.au

Motivational Interviewing

PCMC is pleased to announce an exciting training schedule for New Zealand and Australia. Dr Joel Porter will provide Introductory, Intermediate, Advanced, as well as MI and Clinical Supervision workshops in Auckland, Wellington, Sydney, Adelaide and Melbourne throughout the year.

Advanced MI Melbourne: 19-20 October

MI & Clinical Supervision Melbourne: 23-24 November

To register please contact us: workshops@pacificcmc.com.

Online Training:

PCMC also offers on-line training in Motivational Interviewing. For more information, please visit our website at www.pacificcmc.com or contact Dr Suzanne Habib via e-mail at suzanne.habib@pacificcmc.com. Over the years, PCMC has provided MI training to a wide range of mental health, addiction, behavioural health, corrections and educational organisations around the world. If your organisation is seeking systematic and cost effective MI, Relapse Prevention, or professional ethics training, please let us know. We are delighted to tailor training to your organisations' particular needs and culture.

Graduate Certificate of Social Science (Community Engagement)

A new course at Swinburne, Graduate Certificate of Social Science (Community Engagement). More information call Sharon Templeman on 92146848 or

STempleman@groupwise.swin.edu.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

222 Burke Road, Glen Iris info@reconnexion.org.au

T:1300 273 266 www.reconnexion.org.au

Masters in Regional and Community Development

A new three year part-time Masters degree is being offered in regional and community development by Monash University.



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It commenced successfully in first semester 2009, and we are inviting mid-year applications. The course is aimed at people working in the public and private social sector, in community development and place-based management, health, education, the environment, social welfare, criminal justice, community arts, and many other roles which require or invite community engagement and a knowledge and understanding of the politics of community and place.

The first year of the course can also be taken as a Graduate Certificate and the first two years as a Graduate Diploma. Entry to the Graduate Certificate can draw on significant relevant work experience and does not necessarily require a degree.

The course will be run by off-campus learning, and as such can be managed flexibly by students, according to their work patterns. Most places will be Commonwealth funded, and therefore not attract tuition fees. It is offered by the Faculty of Education and the School of Humanities, Communications and Social Sciences, Faculty of Arts, at the Gippsland Campus of Monash University. For further information contact kate.anderson@education.monash.edu.au or find application details and more course information at www.monash.edu.au/study/coursefinder/course/3741/

Mental Health First Aid Training

Based on the conventional first aid model, Mental Health First Aid (MHFA) can help you identify symptoms, causes and risk factors for the following high prevalence disorders:

- Depression
- Anxiety
- Psychosis
- Substance Use

Further, the course also teaches you how to respond to someone who:

- May be suicidal
- May be having a panic attack
- Appears threatening
- May have taken a drug overdose

Norwood offers the following types of courses

Adult MHFA (in English and Vietnamese)

Youth MHFA (Extra modules are Eating Disorders and Non suicidal self injury)

The MHFA courses can be delivered over two days or as four modules of three hours each. We run public courses and customised courses to suit your organisational needs delivered at a time and place to suit you. Our course is suitable for 15-20 participants. Participants who complete all units receive a Certificate of Attendance from the Mental Health First Aid body auspiced by Orygen Research Centre - University of Melbourne.

Norwood's Instructors are experienced mental health practitioners. For our latest courses and more information, please visit our website on this link: www.norwoodservices.org.au/firstaid

Expressions of Interest Gippsland TAFE Online Dual Diagnosis course, for semester one 2010

If you would like to express interest in doing the Dual Diagnosis course in 2010 you are invited to lodge your interest through the following link, <http://dualdiagnosis.ning.com>

This initiative is supported by Nexus and the Victorian Dual Diagnosis Initiative – Education and training unit.

November

1 – 4 November 2009

Australasian Professional Society on Alcohol and Other Drugs (APSAD) 2009 Conference

Darwin Convention Centre

Northern Territory, Australia

Website. www.apsadconference.com.au

The Australasian Professional Society on Alcohol and Other Drugs (APSAD) is pleased to announce that the call for abstracts for their 2009 conference is now open!

This conference, being held at the Darwin Convention Centre from Sunday 1 - Wednesday 4 November 2009, will feature an exciting program which includes international and national speakers, focussing on new treatment, prevention and policy in the areas of drugs and alcohol research. The conference will include local issues and content relevant to the region, but will also offer a range of presentations and workshops that have international relevance. Featuring original work from the field, the conference program will, for the first time, encourage alternative presentation styles such as film, yarning circles and artwork whilst maintaining conventional modes of presentation such as oral and poster presentations, participatory workshops and debates/discussions.

Information is available on the conference website. Alternatively please contact the conference manager.

5th November

Cultural Competency in AOD Services: Working with Koori clients in mainstream settings

VAADA invites Managers, Coordinators and/or senior staff with leadership responsibilities from funded

- Mainstream AOD services; and
- AOD agencies with Koori community alcohol & drug workers

to participate in an important workshop on alcohol use among Aboriginal clients

One of the priority actions identified within 'Restoring the balance – Victoria's alcohol action plan 2008–2013' is the development of a Koori alcohol plan (KAAP) to guide strategies to prevent and reduce harms associated with alcohol consumption.

The Plan aims to identify actions that services can implement, which are respectful of Aboriginal culture by strengthening



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Victorian community and government responses to reducing alcohol misuse through supporting culture and partnerships. The next phase of the KAAP requires input from the AOD sector in order to determine what services are currently offered and potential opportunities for enhancing capacity.

The key areas to be explored include:

- Cultural competence and strategies required to support agencies
- Barriers and opportunities to enhancing the interventions/responses currently being delivered
- Opportunities to increase client access to appropriate service provision
- Strategies to improve relationships between Indigenous and non-Indigenous services

WHERE: Fitzroy Town Hall (Library) – 201 Napier Street, Fitzroy 3065 (Melway Ref: 2C, B9) or Tram 112 (Get off at King William St)

WHEN: Thursday 5 November 2009. 9.30am – 1.30pm (followed by lunch)

COST: No charge for participants. Morning tea and lunch will be provided

RSVP: For more information Contact Brad Pearce or phone 03) 9412 5606 or to register, please contact Sarah Kerwick at skerwick@vaada.org.au. Registrations close Monday 2 November 2009

12th November

Where is Positive Psychiatry? - Limitations of prevailing mental health models - Public Lecture

Chris Mackey, Clinical Psychologist is presenting a series of free public lectures on mental health and wellbeing.

The talks are open to all those who have an interest in mental health issues. The talks aim to incorporate new and optimistic findings. Venue: Geelong West Town Hall - Supper room @7:30 – 8:45 pm Enquiries: Chris Mackey & Associates, Specialist Psychology Services, Ph: (03)5224-1222 email: cm@chrismackey.com.au web: www.chrismackey.com.au

17 & 18 November

Group Facilitation Skills- Teamwork Training Services

A 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: \$360

www.teamtraining.com.au Venue: Hawthorn Campus, The University of Melbourne, 442 Auburn Rd. Hawthorn Phone: (03) 9817 4094

17, 18 & 19 November

Professional Mediation Training Skills from an RMAB (Recognised Mediator Accreditation Body)

MEDIATION is a process of conflict resolution that facilitates the communication between people and helps those in conflict understand the other person's point of view.

Our Final course this Year - November 2009 Tue/Wed/Thu 17th, 18th & 19th (Our Basic Course where you will learn the art of mediation in detail) - \$375.00 (Part 2 for those who wish to go on and become accredited) Fri/Sat/Sun 20th, 21st & 22nd - \$600.00

Have questions? Visit our website at www.conflicsolvers.com.au and check out our frequently asked questions page or phone Fred Stern (over 20 years experience as a mediator) on 0412 102801 or 9311 3316

23 November.

Team Leaders Workshop - The Training Team

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: \$213

www.teamtraining.com.au Venue: Hawthorn Campus, The University of Melbourne, 442 Auburn Rd. Hawthorn Phone: (03) 9817 4094

26th November

Living Skills: A Guide to Assessment and Intervention with People at Risk of Homelessness

This workshop introduces and provides the appropriate skills for PDRS staff, community support workers, occupational therapists and caregivers to use a Living Skills Assessment checklist developed by Western Region Health Centre. This checklist will help the worker and the client assess the current environment and living skills and provide intervention recommendations to facilitate a move towards independent living. Assessment areas include; tenancy, community mobility, cooking, meal planning, shopping, cleaning, laundry, personal care, budgeting, banking and money handling, bill paying, medication, appointments, communication and emergencies and first aid.

For more information or enrolment

<http://www.vicserv.org.au/training/sched/index.htm>

30 November

UNDERSTANDING MENTAL HEALTH AND WELLBEING

An introduction to mental health, mental health promotion, prevention of mental ill-health and early intervention. This introductory training module has been developed by the Australian Network for Promotion, Prevention and Early Intervention for Mental Health (Auseinet). The workshop will introduce participants to:

- Concepts of positive mental health
- Influences on mental health (including social determinants and risk and protective factors)
- Benefits of promotion and prevention
- Examples of evidence-based interventions.

This workshop will focus on people working in children's and families' services who want to build their organisation's capacity in promoting the mental health & wellbeing of their



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client group. It is relevant for managers, team leaders, clinicians, service providers, project officers and policy makers who wish to develop an introductory knowledge and understanding of the relevance of promotion and prevention approaches for mental health.

Upcoming course details:

Monday November 30th, 2009. 10.00am – 3.00pm. Barwon Health Newcomb, 104-108 Bellarine Highway, Newcomb

There is no cost to attend. Light lunch will be provided.

TO REGISTER: Email BARWON HEALTH POPULATION HEALTH UNIT: populationhealth@barwonhealth.org.au or Email: Chris Scanlan, Mental Health Promotion Officer, chrissc@barwonhealth.org.au