



# Newsletter

October Newsletter  
2009

**This Newsletter is part of the regional AOD Youth Capacity Building Role. Please contact Salli Hickford: [shickford@barwonyouth.org.au](mailto:shickford@barwonyouth.org.au) to provide any feedback.**

## Notice board

### 'Aboriginal & Torres Strait Islander Women in Business'

The National Indigenous Times will be running a special feature entitled 'Aboriginal & Torres Strait Islander Women in Business' on October 29.

If your organisation is interested in profiling Indigenous women who have been inspirational in your workforce or community please get in touch with us.

Kind regards,

Kathy Scott, Circulation Manager, National Indigenous Times,  
Street Address: 48 Rylah St, WANNIASSA, ACT, 2903, Postal  
Address: PO Box 3076, WANNIASSA ACT 2903.  
Ph: 1300 786 611, Fax: 1300 786 622, Email:  
[kathy@nit.com.au](mailto:kathy@nit.com.au) <http://www.nit.com.au>

### Statewide Service Coordination Survey

Service Coordination is a key element of the Primary Care Partnership (PCP) Strategy, which ensures that people have access to the services they need, opportunities for prevention, early intervention, coordinated care and improved outcomes. The practice of Service Coordination is well accepted by a growing range of service providers. As part of the PCP planning and reporting requirements a web based survey has been developed to provide tangible evidence of the level of service coordination implementation and highlights where further support is needed to improve care for consumers. The survey was first introduced in 2008. The results of the 2008 survey were distributed to your program areas through the Service Coordination Implementation Group (SCIG) and a memo to the Executive Directors. The survey is an annual event to provide a benchmark of practice and support a continuous improvement process. The survey and supporting resources are located at [www.health.vic.gov.au/pcps/publications/survey\\_sc\\_icdm09.htm](http://www.health.vic.gov.au/pcps/publications/survey_sc_icdm09.htm)

Once the surveys have been submitted (closing date: 30th Oct) and the data analysed, relevant DHS, DOJ, DEECD & DoH program areas will be provided with local and statewide feedback on how their funded service providers are practising Service Coordination. Greater participation will ensure a more accurate picture of your sector's practice.

### The Bendigo Bridge Day Program

Due to the loss of the Overdale complex in the Kilmore East fire on February 7th 2009, the Alcohol and Other Drug residential rehabilitation service offered to young adults required relocation. The site for the interim program will be Bendigo, with the service to be run out of The Salvation Army's Gravel Hill complex.

The Bendigo Bridge Day Program will offer several therapeutic treatment options. It will be a closed group program that requires a thorough assessment process for the intake of participants based on a set 6-week structure.

Eligibility criteria for the Bendigo Bridge Day Program are:

- Young adults (18-30 years), of any gender.
- Recently undergone a residential, non-residential or home-based withdrawal program.
- Willing to commit to abstinence for at least the duration of the program (in addition to withdrawal).
- Able to engage in therapeutic work in both a group and individual setting (this will require a reasonable level of cognitive functioning).
- Have some external supports and networks to the degree that the participant will have somewhere safe to reside either in the Bendigo area or elsewhere in Victoria on weekends.
- Able to manage their own medication.

Those who suffer the consequences of harm associated with alcohol and drug use such as criminal involvement or social disadvantage. Referrals currently accessing pharmacotherapy treatment may be accepted into the program provided that the dosage rate does not interfere with their active participation in program activities. However, their needs will be assessed on an individual basis and the final decision of acceptance is at the discretion of the Manager.

Some reasons a referral to the program would not be accepted are:

- Not stable on currently prescribed medication or unable to manage own medication.
- Current high risk of suicide.
- Not able to function well in a group environment.

Who can make a referral to Bendigo day program?

Referrals are accepted from all sources including service providers, self-referral, and General Practitioners (GPs).

Priority will be given to those referrals received from within the Loddon Mallee, Hume and Grampians Regions.

## Funding Available

### School Focused Youth Service (SFYS) brokerage funding 2010 for Warrnambool and Corangamite.

School Focused Youth Service (SFYS) has brokerage funding that will be available for program delivery in 2010. There is \$25 000 available for each area of Warrnambool and Corangamite.

Brokerage funding will be available to facilitate early intervention programs to be delivered by schools in partnership with other schools and/or community agencies. Applications are invited for programs which are aimed at 10 to 18 year old young people, with a particular focus on 10 to 14 year olds. It is expected that projects funded by brokerage will:



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- decrease the risk of young people further developing behaviours that lead to self-harm,
- enhance young people's connections to school, family, peers and/or the community,
- facilitate collaborative structures and improve linkages between schools/education sector and relevant youth and community services to support young people displaying 'at risk' behaviours.

All project applications must be discussed with the SFYS coordinator prior to submission. SFYS brokerage applications close on Friday 30th October 2009 and all applicants will be notified of outcomes by the end of November 2009.

If you would like to contact me to discuss any aspect of the brokerage funding process, please contact Leona Van D, School Focussed Youth service Coordinator for Warrnambool and Corangamite, on 55618822 or [lvanduynh@brophy.org.au](mailto:lvanduynh@brophy.org.au).

## National Youth Week Grants 2010 of up to \$2000 or \$5000

In partnership with the Australian Government and beyondblue: the national depression initiative, the Victorian Government is providing National Youth Week grants to fund events that celebrate and recognise the contribution of young Victorians to their community.

National Youth Week Grants 2010 aim to:

- promote positive images of young people
- ensure young people can participate in the planning and delivery of all National Youth Week activities
- be inclusive and accessible for young people in the local community (eg. those with disabilities, Indigenous, rurally isolated, culturally and linguistically diverse and recently arrived refugees)
- showcase young people's talents, contributions and achievements to the community
- assist young people to express their ideas and provide opportunities to have their voices heard within the community \

Applicants can apply for one of three types of grants:

- \$2000 for groups of young people working with one organisation to deliver a local community-based project
- \$5000 for projects that demonstrate collaborative partnerships between young people and two or more organisations working across local councils or rurally isolated townships. Up to ten \$5000 grants will be available across Victoria
- \$2000 for young people working with an organisation to deliver an event with a mental health and wellbeing theme. Up to twenty five \$2000 grants will be made from funding provided by beyondblue: the national depression initiative

Applications must be submitted using the National Youth Week 2010 application form by 5pm Friday 30 October 2009. Applications can be submitted Online at [www.grants.dpced.vic.gov.au](http://www.grants.dpced.vic.gov.au)

## Resources

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## New alcohol and drug research documents on the website of the Department of Health

Should you require further information, please contact Irene Tomaszewski on telephone number 9096 5032 or Peter Nguyen on 9096 5210.

<http://www.health.vic.gov.au/drugservices/pubs/drugstats.htm>

- Victorian Drug Statistics Handbook: Patterns of drug use and related harm in Victoria for the period July 2006 to June 2007 - Report Number 10
- Summary of the Victorian Drug Statistics Handbook: Patterns of drug use and related harm in Victoria for the period July 2006 to June 2007 - Report Number 10

## New report: The new Australian alcohol guidelines: what happens now?

The National Health and Medical Research Council (NHMRC) recently released the Australian guidelines to reduce health risks from drinking alcohol. These new guidelines are different in many ways from the previous ones (NHMRC 2001) and aim to establish the evidence base on reducing alcohol-related health risks.

To read the full report see the web link:

[www.apo.org.au/audio/new-australian-alcohol-guidelines-what-happens-now](http://www.apo.org.au/audio/new-australian-alcohol-guidelines-what-happens-now)

## Information for Young People

### Calling all young Victorians with a vision for a sustainable future.

Encouraging creativity, inspiration, discussion and solutions; the Future Shots Sustainability Film Challenge is now open.

[www.futureshots.com.au](http://www.futureshots.com.au)

Future Shots invites all young Victorians to create a short film (of no more than three minutes!) that answers the question Sustainability: What's it all about? The challenge encourages young people to explore what sustainability means to them on a personal level and to the world around them.

- Deadline for entering is 6 November 2009.
- Entries are invited from individuals, teams and schools.
- Major prizes, valued at over \$8000, will be awarded to the best short films over 7 award categories chosen by a judging panel of film and environmental industry VIPs.
- Awards Night will be held in December 2009 at the Australian Centre for the Moving Image, Federation Square.

Upon completion Future Shots will deliver a snapshot of the voice of Victoria's Youth on environmental, economic and community issues in 2009. The films will become part of a

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historical record of the attitudes and behaviours of young people before emissions trading begins in Australia.

Budding filmmakers, environmentalists and students are encouraged to use whatever technology they have from mobile phones, webcams, home video or professional cameras to make their films. All genres (drama, documentary, animation, music video, advertisement) are accepted as long as the theme of sustainability is addressed.

For information on sustainability please visit [www.sustainability.vic.gov.au](http://www.sustainability.vic.gov.au)

CONTACT: Future Shots: Jane Saunders  
[jane@futureshots.com.au](mailto:jane@futureshots.com.au) T: 03 9412 7629 M: 0434  
122 713 or log onto [www.futureshots.com.au](http://www.futureshots.com.au)



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## Professional Development Opportunities

New entries are in **BLUE**

Training held in the region are **BOXED**

### 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](http://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](http://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](mailto: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](http://www.pacificcmc.com) or contact Dr Suzanne Habib via e-mail at [suzanne.habib@pacificcmc.com](mailto: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](mailto: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](mailto:janet@reconnexion.org.au)  
222 Burke Road, Glen Iris [info@reconnexion.org.au](mailto:info@reconnexion.org.au)  
T:1300 273 266 [www.reconnexion.org.au](http://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. 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



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Social Sciences, Faculty of Arts, at the Gippsland Campus of Monash University. For further information contact [kate.anderson@education.monash.edu.au](mailto:kate.anderson@education.monash.edu.au) or find application details and more course information at [www.monash.edu.au/study/coursefinder/course/3741/](http://www.monash.edu.au/study/coursefinder/course/3741/)

## October

### 1-2 October

#### **Anex '09 – Australian Drugs Conference – Drugs in Hard Times**

When social disadvantage, drugs and tough economic conditions converge they can create the perfect storm. Such a maelstrom puts individuals, families, communities and services under intense pressure.

These changed times mean an increasing number of Australians may not have the support, skills and other means to stay afloat. Frontline workers deal with the day-to-day reality of hard times – a reality that is often complex and extends beyond issues of drug use.

The Australian Drugs Conference – Drugs in Hard Times will look at the effects of tough times and our ability to save lives and build resilience. Issues investigated will include:

- How can individuals and families cope with drug use or jail time?
- Does harm reduction still have currency in hard times?
- Does an economic downturn mean more or less drug use?
- Is it easier to get drugs but harder to get off them?
- What impact does the current situation have on Blood Borne Virus transmission?

With practical workshops, personal stories and the latest evidence-based research, delegates will examine how we help people battling hard times in the current drug policy climate.

The Australian Drugs Conference – Drugs in Hard Times will focus on improving the ability of frontline services to respond to the complex issues that affect people who use drugs illicitly. It will be relevant to all frontline services, policy makers, service providers, researchers, health and medical professionals and many other stakeholders who want to broaden their knowledge of the evidence, the issues and of innovative responses.

Visit the [www.australiandrugconference.org.au](http://www.australiandrugconference.org.au) now for more information about the conference and how to submit an abstract.

### 2-3rd October

#### **The Role of Arts in Times of Crisis - Regional Arts Victoria State Symposium 2009.**

Regional Arts Victoria's biennial conference will examine the role of the arts in dealing with adversity, responding to recovery and influencing change. More than a dozen projects will be presented by artists, arts groups and health organisations, performances, installations and discussions.

Practitioners from the Health and Wellbeing and Arts sectors are invited to attend RAV's state conference and explore how the arts can be harnessed to bring about positive change. Friday 2 October from 6pm at the Geelong West Town Hall: Opening function including Jonathon Welch, Choir of Hope and Inspiration, and Geelong premiere of the theatre production, DUST.

Saturday 3 October 9am – 7pm at Geelong Arts Precinct: Presentations, discussions and exhibits. Topics include:

- Engaging Artists and Communities
- Perceptions of Disadvantage, Crisis and the Arts
- Artist or Social Worker?
- Sustaining Connections Beyond the Arts Project

WHERE: Geelong West Town Hall, Geelong Courthouse and Arts Precinct

COST: from \$170 members, \$200 non members (+ GST)

Download the **Symposium Program** Download the Symposium **Registration Form** or contact Regional Arts Victoria on (03) 96441800 or email [enquiry@rav.net.au](mailto:enquiry@rav.net.au)

Download the Symposium 2009 Flyer - Arts in Times of Crisis

### 7 October

#### **Behaviour As Communication – Oz Child**

This training is suitable for Teachers, Student Welfare Staff and those working with children in adult lead environments.

Key Focus Areas

- What children are trying to communicate with their behaviour
- Why children choose particular behaviours
- What behaviour tells us.
- Behaviour modification in a classroom setting
- Monitoring behaviours
- Looking for predictors
- Issues with adult lead environments

Background of Presenter

Peter Melrose developed the first anti-violence externally provided program in Queensland Juvenile Justice Services for young violent offenders. Peter Melrose has worked in the child and family welfare sector since 1989.

When? 9:30 am — 4.30 pm

Where? 126 The Avenue Parkville, Vic. 3052

Cost: \$185

To RSVP or for further information contact:

Erica Thompson, Research and Development Officer, Oz Child  
Tel: 03 9695 2227, Email: [ethompson@ozchild.org.au](mailto:ethompson@ozchild.org.au)

### October 8th

#### **Dealing With Depression - 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,



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Specialist Psychology Services, Ph: (03)5224-1222 email: [cm@chrismackey.com.au](mailto:cm@chrismackey.com.au) web: [www.chrismackey.com.au](http://www.chrismackey.com.au)

**9 October 2009**

## **Creative Approaches to CBT**

Professionals have from time to time felt stuck or limited when using CBT with particular clients. Learn ways to work more effectively with children, adolescents, clients with disabilities and adults. Participants should have existing basic knowledge of anxiety, depression and CBT. Utilising the creative arts in CBT can assist in nonverbal expression, monitoring and understanding of difficult cognitions and feelings for clients of any age. Specific creative arts may be utilised in CBT groups for adults with social phobia and body image dissatisfaction. Case examples and discussion will be utilised along with experiential activities to enhance participant understanding and involvement. Creative approaches such as art, movement and play that can enhance CBT will be demonstrated  
9.30am - 4.30pm Full Fee: \$220 Early Bird \$195

Venue to be advised. For more information about the session content, the presenter, venue information, accommodation options or to organise an on site training program please contact Janet Haynes, Education & Training Manager by phone on 9886 9400 / 1300 273 266 or email [janet@reconnexion.org.au](mailto:janet@reconnexion.org.au) or visit our website [www.reconnexion.org.au](http://www.reconnexion.org.au)

**9 October 2009**

## **VACRO Information Session – Drug Court**

VACRO's will hold a Community Corrections Information Session on Tuesday 4th August 2009 from 2pm to 4pm. It will be held at the Judy Lazarus Transition Centre which is located at 50 Adderley Street, West Melbourne. (Melways Ref 43, D8) The session will cover Drug Court - How the Drug Court operates, eligibility, program conditions, Drug Treatment orders. For more information or bookings contact: Email [info@vacro.org.au](mailto:info@vacro.org.au) or call 9605 1900.

**12 October**

## **OzChild Resilience Suite**

This training is suitable for Psychologists, Student Welfare Officers, Teachers and any professional working with groups of young people age 8 and over.

The training will concentrate on the role of resilience and will use the following programs as examples whilst discussing tools that can be used alongside any resilience program favoured by your organisation.

Bright Ideas – a resilience program for primary and junior secondary students which teaches long term emotional and cognitive change.

Best of Coping – for secondary schools/ people working with adolescents; to help students choose more effective coping strategies for life.

Bright Ideas and Best of Coping have been developed in partnership with Melbourne University and evaluated to establish significant results.

PAL— the peer activity leader program promotes inclusion and activity across the school community with student peers running lunchtime and recess activities.

And we will touch on Expressions - a great new tool for counsellors and the classroom

When? 9:30 am —1pm. Where? The Mercure, Gheringhap Street, Geelong

Cost: \$95.00 per participant

To RSVP or for further information contact: Erica Thompson, Research and Development Officer, Oz Child Tel: 03 9695 2227, Email: [ethompson@ozchild.org.au](mailto:ethompson@ozchild.org.au)

## **OzChild 'Expressions' Training**

A tool for psychologists, social workers, family therapists, counsellors, teachers, speech pathologists and parents.

If you're interested in training that's fun, practical and gives you a great resource for engagement with clients of all abilities, ages and across cultures —then this is the training for you.

When? 1.30-4.30pm. Where? The Mercure, Gheringhap Street, Geelong Cost: \$75.00- without purchase Or \$229.50- including Expressions Professional Pack. \$ 129.50 - including Expressions Family Pack

For more info and an in depth flyer or to RSVP or for further information contact: Erica Thompson, Research and Development Officer, Oz Child Tel: 03 9695 2227, Email: [ethompson@ozchild.org.au](mailto:ethompson@ozchild.org.au)

**13-14 October, 2009**

## **Case Notes, Domestic Violence & the Law**

This training is a two day workshop. Sometimes workers are unclear about the role & the requirements for keeping case notes, both in their day to day practice and in the legal process. This training aims to inform participants about the requirements of taking and keeping case/file notes and their legal implications. The topics covered in the session will include: the what, the why & the how of writing case notes, models & policy for writing case notes, responding to a subpoena, being a witness, legal issues and writing reports for court. The training will provide participants with opportunities to ask questions critique their practice & apply their new knowledge. Melbourne CBD

Cost: \$50 SAAP funded workers - \$150 non SAAP funded workers. Contact DVRC on 9486 9866 or Email: [dvrcv@dvrcv.org.au](mailto:dvrcv@dvrcv.org.au) for further information or registration.

**14-15 October**

## **Here, Now and Next – YACVic State Conference 2009**

This year's theme of Here, Now and Next places this conference in the context of:



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- Location—what's happening here?
  - Time, what's happening now?
  - Next, what are the emerging issues for young people and the sector that supports them?
- Mecure Ballarat Hotel & Convention Centre  
<http://www.yacvic.org.au/sector/items/2009/08/291496-upload-00001.pdf>

## 16 October

### OzChild Peer Activity - Leader Program

This training is suitable for Student Welfare Officers, Teachers and any professional working with groups of young people.

The Peer Activity Leader Program (PAL) is an initiative that works to: Promote physical activity, Enhances student connectedness, develops social competencies, provides leadership opportunities, enhances relationships across school communities and develops community partnerships.

Senior students/young people are trained in the PAL program equipping them to run activities for junior students at lunchtime, during classes or after school. Staff who have undertaken PAL training may adopt a range of roles including that of training the student leaders. The peer model is utilised to provide valuable skills to senior students/young people and support the concept and positive aspects of peer role modelling. A key aspect of the program is increasing participation among those who may be disengaged, isolated at school or not normally involved in physical activity. This is achieved through the targeting of specific participants, the skills of the young leaders and the games and activities chosen.

The Peer Activity Leader Program Training will cover the training equips staff with the skills to train student leaders to implement the program into schools or selected settings

When? 9:30 am — 4.30 pm. Where? 126 The Avenue Parkville, Vic. 3052. Cost: \$95.00 per participant

Without purchase of PAL Kit or \$175.00 including PAL kit

To RSVP or for further information contact: Erica Thompson, Research and Development Officer, Oz Child Tel: 03 9695 2227, Email: [ethompson@ozchild.org.au](mailto:ethompson@ozchild.org.au)

## 16 October 2009

### Mindfulness Cognitive Behaviour Therapy - adults & adolescents

9.30am - 4.30pm Friday Full Fee: \$220 Early Bird \$195

University of Melbourne, Hawthorn Campus, 442 Auburn Rd Hawthorn 3122

This one-day experiential training opportunity is designed to provide an overview of the clinical applications of mindfulness and to introduce participants via exercises to the experience of mindfulness. Mindfulness has been defined as "paying attention, on purpose, non-judgementally in the present moment". Participants will have the opportunity to explore strategies and skills that allow us to be less reactive to what is happening in the moment. The program will look at ways of

applying the program to adolescents as well as adults, both in clinical and other settings.

Would you like us to design a program specifically for your organisation? On site training is available to agencies on request. Follow up case conferencing is also available to agencies by negotiation.

For more information about the session content, the presenter, venue information, accommodation options or to organise an on site training program please contact Janet Haynes, Education & Training Manager by phone on 9886 9400 / 1300 273 266 or email [janet@reconnexion.org.au](mailto:janet@reconnexion.org.au) or visit our website [www.reconnexion.org.au](http://www.reconnexion.org.au)

## Friday 23<sup>rd</sup> October

### Implementation of the "Guidelines on the management of co-occurring drug and alcohol and mental health conditions in alcohol and other drug settings"

The National Drug and Alcohol Research Centre has been funded by the Department of Health and Ageing as part of the National Comorbidity Initiative to develop National Comorbidity Clinical Guidelines. The purpose of the Guidelines is to provide alcohol and other drug workers with up-to-date, evidence-based information on the management of comorbid mental health conditions in AOD treatment settings. They are of relevance to those who work with people who experience both mental health and AOD issues.

The purpose of these half-day seminars is to provide an overview of the National Comorbidity Guidelines with a focus on the implications for clinical practice. The seminar will be of particular relevance to service managers, team leaders, educators, comorbidity project officers from government and non-government services. Registration is essential. Due to the limited number of places only 2 participants per organisation can be registered.

Times: choice of either 9.30 to 12.30 OR 1.30 to 4.30 (repeat seminar)

Where: VicHealth, 15–31 Pelham St, Carlton South

Melways: Map 43, J5 Cost: Nil

To register your interest in attending this half-day seminar, please contact Gail Ward, VAADA Improved Services Initiative, tel. 03 9416 0899.

## 29th Oct and 5th Nov 2009

### SINGLE SESSION WORK (SSW): Making the most of every encounter – The Bourvie Centre

To introduce the aims, practice principles, techniques and strategies of SSW. Learn the 'nuts and bolts' of SSW practice and explore implementation strategies for various service settings.

#### Learning Outcomes:

- Describe the history and philosophy of a SSW approach
- Describe what SSW is and what it is not



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- Discuss indications and contra-indications for SSW
- Identify and practise particular skills associated with SSW
- Practice via role play intake, session and follow-up phone call, including the micro skills of SSW paperwork
- Describe various applications of the SSW ideas
- Outline a process for implementing SSW in a service setting
- Develop an implementation plan.

### Who Should Attend:

Professionals, including counsellors, therapists, case managers, team leaders or managers interested in understanding and / or applying a SSW approach either in their individual clinical practice or as a treatment modality within their agency. Cost: <http://www.bouverie.org.au/category/8/25/48/231#SINGLESESSIONWORKSSWMakingthemostofeveryencounter>

### 29th October 2009

#### “Dealing with Personality Disorders I” – TATRA

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.

Cost: \$255 per person / per day. JIKA International Conference Centre, 551 Heidelberg Road (at Chandler Hwy Junction) Fairfield VIC 3078. To Register Log on to: [http://www.tatratraining.com/training\\_courses\\_&\\_schedule.html#Pd1](http://www.tatratraining.com/training_courses_&_schedule.html#Pd1) or call (08) 8221 6668

### 30th October 2009

#### “Dealing with 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

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Cost: \$255 per person / per day. JIKA International Conference Centre, 551 Heidelberg Road (at Chandler Hwy Junction) Fairfield VIC 3078. To Register Log on to: [http://www.tatratraining.com/training\\_courses\\_&\\_schedule.html#Pd1](http://www.tatratraining.com/training_courses_&_schedule.html#Pd1) or call (08) 8221 6668

### 31 October to 1 November 2009

#### ANZATA CONFERENCE – Deakin University Waterfront Campus, Geelong, Victoria 3220

This conference offers you an opportunity to network and share knowledge and experiences with other professionals of the benefits of Art Therapy as a sustainable tool for supporting well-being in our society. It offers an opportunity to celebrate and reflect on the foundations and practice of Art Therapy in Australia and New Zealand.

Conference theme: In a changing global environment, the Arts Therapies offer a landscape of creative ways to promote well-being in people. The arts therapies are flexible, and can be adapted to different theories, and to the healing of different conditions, from the recovery after trauma, to managing PTSD, anxiety and depression, or rebuilding relationships.

The Conference program: The program presents a range of arts therapists, papers and workshops suitable for clinical practitioners and others interested in using the arts in health care, in schools or in the wider community, or for self-care.

#### PRE-CONFERENCE WORKSHOPS

Tuesday 27 to Thursday 29 October - Initiatic Art Therapy Workshop Work at the Clay Field Presenter: Cornelia Elbrecht  
Friday 30 October - Masters Class Day One morning and one afternoon session for qualified/registered Art Therapists. This is a wonderful professional development opportunity for qualified practitioners to extend their skills in the arts therapies.

• Addressing Treatment in Art Therapy About Effects of Trauma  
Presenter: Dr Nancy Slater

• Working with Anxiety and PTSD Using Movement-Based Multi-Modal Methods  
Presenter: Amanda Levey

#### CONFERENCE PROGRAM

Saturday 31 October to Sunday 1 November  
Keynote: The Art of Healing: Addressing the Effects of Trauma  
Presenter: Dr Nancy Slater

followed by 36 workshops and presentations by a wide range of presenters and facilitators from Australia, New Zealand and further afield.

[CLICK HERE FOR THE FULL PROGRAM AND REGISTRATION FORMS.](#)

[CLICK HERE FOR THE ART AND POSTER EXHIBITION REGISTRATION FORM](#)

### November

#### 1 – 4 November 2009

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

Darwin Convention Centre



# Newsletter

October Newsletter  
2009

Northern Territory, Australia

Website. [www.apsadconference.com.au](http://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.**

## November 12th

**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](mailto:cm@chrismackey.com.au) web: [www.chrismackey.com.au](http://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

<http://cts.vresp.com/c/?TeamworkTrainingServ/f418125b94/d0265cf925/b45c168c35>

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

## 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

<http://cts.vresp.com/c/?TeamworkTrainingServ/f418125b94/d0265cf925/b45c168c35>

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>