



Newsletter

Newsletter October 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

Notice board

Brief survey on Web 2.0 access in the AOD sector

Moreland Hall is undertaking a brief survey to determine what level of access staff in our sector currently have to Web 2.0 in their workplace. Please take a moment to help contribute to this knowledge.

Social networking is all the rage. Web 2.0 social networking tools such as Facebook and Twitter are being increasingly used in the alcohol and drug sector to engage with communities and provide information about substances and harm reduction. One possible reason that as a sector we may have been a little slow in the adoption of these tools is that workplaces have a tradition of blocking access to social networking and other sites considered to be unrelated to our work. This has impacts on our ability to adopt these types of tools.

There are only 8 questions in the survey and it should take no longer than 10 minutes.

The survey will be open for 3 weeks from 20.9.2010 until 10.10.2010. You can access the survey here: <http://www.morelandhall.org/surveys/index.php?sid=34442&lang=en>. We hope this survey will help to continue discussions about the validity of and access to Web 2.0 in the AOD sector. The results of the survey will be published on the [Moreland Hall website](#).

Working with traumatised clients in AOD services: How does this effect you?

Over recent years there has been growing recognition of the high frequency of trauma exposure and post traumatic stress disorder among clients of alcohol and other drug (AOD) services. Less is known however, about how this impacts those who work with these clients. The National Drug and Alcohol Research Centre (NDARC), in collaboration with the National Centre for Education and Training on Addiction (NCETA), is looking for AOD workers (i.e., all those who work in AOD settings such as nurses, medical practitioners, psychiatrists, psychologists, counsellors, social workers, and other AOD workers) from across Australia to participate in a study which aims to examine the impact of working with traumatised clients.

Participation would involve completion of an anonymous online survey that would take approximately 15 minutes to complete. If you are interested in completing the survey and would like further information please click on the hyperlink below or copy and paste it into a new browser window: [http://ndarc.med.unsw.edu.au/NDARCWeb.nsf/resources/participation/\\$file/AOD+Work+Survey.pdf](http://ndarc.med.unsw.edu.au/NDARCWeb.nsf/resources/participation/$file/AOD+Work+Survey.pdf)

Call for papers – Drugs and Young People's Conference

Are you involved in innovative and creative work with young people on preventing, treating and/or reducing harm from drug use?

- Is your research shedding new light on the way we approach drug issues with young people?
- Do you have a story we can all learn from?
- We want to hear about it!

The 6th International Drugs and Young People Conference: Making the Connections (May 2-4, 2011, Melbourne) is seeking presentations for inclusion in the program.

Presentations can include oral papers, posters, workshops or performances.

You are invited to submit your proposed presentation for consideration (open until Friday 12 November 2010).

For further information please visit the Australian Drug Foundation [website](#). Queries can be directed to the Program Coordinator, via [email](#) or phone 03 9645 6311

Call for abstracts now open for 2011 VAADA Conference

2011 VAADA Conference: *Transitions: people, policy, practice*
Call for abstracts now open!

You are invited to submit an abstract for a presentation at the 2011 VAADA Conference by 5 November 2010. We are seeking proposals for oral presentations, workshops and poster presentations that are original, creative and thought-provoking. Your proposed presentation must be address one or more of the conference themes:

- Transitions in clinical practice
- Transitions in drug use patterns and harms
- Cultural transitions and diverse populations
- Transitions and intersections between AOD and other services
- Policy and research transitions

Submissions are invited for:

- Oral presentations
- Workshops and interactive sessions
- Poster presentations

For more information about the conference or to submit an abstract go to: <http://conference.vaada.org.au/>

The Bipolar Disorder Resource Center

Psychiatric Times has created the Bipolar Disorder Resource Center to help psychiatrists gain greater understanding of this disorder and improve diagnosis and management of patients with this condition, however it is useful for all those who work with clients affected by bipolar disorder or simply have interest in learning more about it.

The Bipolar Disorder Resource Center contains a rich collection of journal articles, guidelines and latest news about this disorder, many of which are relevant to comorbid alcohol and/or drug use and bipolar disorder.

The Bipolar Disorder Resource Center is available at <http://www.psychiatrictimes.com/bipolar-disorder>

Mental health act Update – Lisa Neville



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In December 2008 I released a Consultation paper which commenced the review of the Mental Health Act 1986. Since that time - with the assistance of the Community Consultation Panel and the Expert Advisory Group both led by Julian Gardner – the Government has undertaken a comprehensive public consultation process to ensure that the new Bill is informed by a wide range of stakeholder views and reflects the modern standards we all expect.

Throughout this process a key suggestion made by a range of stakeholders including carers, consumers, clinicians, parliamentary colleagues and health service professionals, has been that further consultation and an exposure draft process may be of value given the size, complexity and impact of the new Bill. In considering these suggestions I have sought advice from Julian Gardner on the benefit of this process and balanced this with the need to ensure that the reforms are implemented in as timely a way as possible.

I have taken the decision that an exposure draft process is the best way to ensure that the new Bill delivers on its key objective, which is to ensure we have consumer focused and carer inclusive legislation that works to ensure people's human rights and promote recovery. In the coming weeks I will be releasing a draft of the new Mental Health Bill for exposure, and I look forward to completing this key legislative reform in the spirit of partnership in which it was commenced.

State Election 2010 VAADA Resources

The Victorian 2010 state election is due to 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>

R u OK? Day –THURSDAY 7TH OCTOBER

On Thursday 7th October 2010 the community of Geelong will again lead R u OK? day. WE WANT YOU TO BE PART OF THIS DAY. R u OK ? day 2010 encourages the community to take part in some old fashioned activities and chat to one another. Even a simple conversation can help reduce social isolation and be a step towards avoiding mental illness. When was the last time you asked someone r u ok? It can be as simple as having a staff morning tea, or as big as a Guinness Book of record attempt for exercise group (see other ideas on the web that have been registered) Communities need to

connect and communicate together to support ALL and ensure we can look out for those not travelling that well...you can help make a difference! We would love for your organisation to be involved. Please visit the website www.gpageelong.com.au/ruok for more information and ideas. You can also download posters, or call into GP Association of Geelong to collect some DL cards and stickers to help promote this day in your workplace

Register your events for inclusion on the website, (we want to reach 100 events happening on the day) to show we are a united, supportive community and please spread the word and get our communities together !!

Funding Available

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>

Resources

2011 edition of the Law Handbook Online is now available

The 2011 edition of the Law Handbook Online is now available and contains law current as at 30 June 2010. The new edition has more content on the impact of the Charter of Human Rights and Responsibilities Act 2006 (Vic) on Victorian legislation and the following sections have been expanded.

- Arrest and courts
- Consumer and credit issues
- Neighbours and noise
- Employment conditions
- Disability
- Work injuries
- Privacy rights and
- Freedom of information

The hardcopy version of the Law Handbook 2011 will be available in November - email mpitrone@fitzroy-legal.org.au to reserve your copy now.

The Law Handbook Online is supporting the new Reaching Agreement website which can be found in the Neighbours and Noise section of the Law Handbook Online.

The Reaching Agreement website features how-to videos with tips on simple and effective ways to resolve neighbourhood disputes. The videos are presented in English, Australian sign language and seven other community languages. Guides to dispute resolution services in Victoria are also available in English and ten community languages from the website. You can find the website at <http://www.disputes.vic.gov.au/reachingagreement/>

MasterStress - A professional resource for assessing and managing stress



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A comprehensive professional resource for assessing stress and delivering stress management interventions

MasterStress is an essential resource for practitioners who work with clients suffering from stress. It contains 40 activities with photocopyable handouts that will help clients to identify and understand stress, and learn to manage the unwanted stress in their lives and relationships. Designed to suit busy professionals, the book provides a clear understanding of the causes of stress together with detailed descriptions of stress management interventions. This is an extensive resource which will enable health practitioners to:

- Select the most appropriate stress assessment and stress management interventions for their clients.
- Enable their clients to engage in effective personal stress management.
- Empower clients to become more self-managing and, through their own efforts, manage unwanted stress.

The purpose of each activity is outlined, the resources required are listed and there are full explanations of how the activities should be conducted. Price: AUD - \$125.95AUD - (Includes GST, postage & handling) To order email: info@thebrainary.com

New Report: Suicide and Suicide Prevention in Australia

"Every day at least 7 Australians die by suicide and 178 attempt suicide, half of whom require hospitalisation as a result." You can read more in the report "Suicide and Suicide Prevention in Australia" released on 11 September. It was developed by seven major Australian mental health groups and prepared by John Mendoza and Sebastian Rosenberg from ConNetica Consulting, with forward by Professor Patrick McGorry. The report is available at <http://connetica.com.au/CustomContentRetrieve.aspx?ID=657258>

The Conflict Management Skills Workbook - Self-Assessments, Exercises & Educational Handouts

Conflict is a basic fact of life. Because conflicts are disagreements resulting from people or groups having differences in attitudes, beliefs, values, or needs, conflict is inevitable. Conflict itself is not a bad thing, as long as the conflict is managed effectively. The self-assessments, exercises, and journaling activities in this book will take participants through a unique Negotiations Model. This model helps participants learn about their beliefs surrounding conflict, identify their preferred style for managing conflict, examine active listening skills, identify the situations that trigger conflict, and recognise their negotiation style for what they want and need. The Conflict Management Skills Workbook contains give separate sections to help participants learn more about themselves and the skills they possess to manage conflicts that occur in their lives. Participants will learn new skills and their importance in preventing and resolving conflicts. The sections are:

- Beliefs About Conflict Scale helps individuals to explore their beliefs about the process and outcomes of conflicts.
- Conflict Management Styles Scale helps individuals identify their preferred style for managing conflict.
- Listening For Meaning Scale helps individuals to examine the active listening skills they possess for preventing conflicts and then dealing with conflict situations.
- Hot Buttons Scale helps individuals identify the situations that trigger conflict in their lives.
- Negotiation Style Scale helps individuals identify their negotiation style for what they want and need.

Price: AUD - \$76.95AUD - (Includes GST, postage & handling) please email info@thebrainary.com

New report :Drugs and disordered choices

Jeanette Kennett, Australian Review of Public Affairs Are drug addicts helpless in the face of their addiction, compelled by cravings too strong to resist? Or is drug taking voluntary activity that can be ceased at will?

To read the full report see the web link:

www.australianreview.net/digest/2010/08/kennett.html

New report: The range and magnitude of alcohol's harm to others.

Laslett Anne-Marie, Alcohol Education and Rehabilitation Foundation

This research provides both a broad overview and detailed insight into the problems the drinking of others has on Australians.

To read the full report see the weblink:

http://www.aerf.com.au/CACHE_DUVIE=87103bfe1f3dc359edc1a4bca948a7f6/Harm to Others Full Report with-errata.pdf

The Savvy Schools Kit

An information and training package for school communities to support students affected by domestic and family violence. Produced in 2000 and distributed free to Queensland State primary, secondary and special schools. Is now available online for download at

<http://education.qld.gov.au/student-services/inclusive/gender/savvy.html>

New report: Alcohol awareness study 2010

The Salvation Army's annual Alcohol Awareness campaign looks this year at why people drink alcohol, have they tried to reduce the amount they are drinking and if they've been unsuccessful in that effort, why?

To read the full report see the weblink:

http://www.salvationarmy.org.au/salvwr/assets/main/documents/reports/aaw_2010_roy_morgan_research_report.pdf

Information for Young People



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TESTMe Service for young people living 150 kms form Melbourne

TESTme aims to test young (25 years and younger), Indigenous (any age) and MSM (any age) Victorians for Sexually Transmitted Infections (STIs) who live 150kms or more from Melbourne.

To use the service the person needs to call 1800 739 836 or email via the TESTme website www.testme.org.au to speak to a sexual health nurse (this is to ensure the caller is eligible to use the service). The consultation involves the nurse taking a sexual health history and then providing STI testing recommendations. If STI swabs are recommended, an STI testing pack is sent in the mail with instructions on how the client can self collect their own swabs. The client then mails the pack into any Aus Post box in the provided prepaid envelope. The client telephones Melbourne Sexual Health Centre (MSHC) for their results 2 weeks later. If a test is positive MSHC phones the client to inform them and talks about their treatment and contact tracing. If blood tests are recommended by the nurse, options will be discussed during the consultation. If the client requires Chlamydia treatment, this is posted to them free of charge. If the person is syphilis or gonorrhoea positive, they will need to attend a GP or community health centre for injectable antibiotics. They can also attend MSHC. MSHC will assist with referral to external services. At this stage the service is unable to test anyone that has symptoms of an STI. For example: pain or burning on urination, blisters/ulcers, pelvic pain, urethral or vaginal discharge. TESTme started off as a 12 month pilot project service funded by the Department of Health in August 2009. After the evaluation and the positive feedback received by the TESTme clients it was decided to continue the TESTme service. TESTme has become an important addition to the services offered at MSHC. The evaluation found that the majority of clients who used the service were referred by school nurses. MSHC is very aware of the potential difficulties schools and school nurses may face by referring young people to TESTme. Therefore MSHC will not send testing packs or treatment to schools nor allow students to have a consultation with the TESTme nurse while at school. Once a young person has made contact with TESTme there is no further involvement with the school or school nurse. The findings also revealed high rates of Chlamydia in the clients that used the TESTme service. if you have any questions about TESTme contact Candice Fuller, TESTme Coordinator, Melbourne Sexual Health Centre on cfuller@mshc.org.au or call 03 9341 6200 or log on to www.testme.org.au

JUMP

- Would you like to make a big leap with your career as an artist?
- Would you like to meet and get to know an artist who you admire and with whom you could discuss ideas and work closely?

Applications are now open for JUMP, the Australia Council's national mentoring program for young and emerging artists. Be mentored by a leading professional of your choice; work

with them on a funded creative project; and access national networks, on-line profiling and professional development. Artists with a disability are strongly encouraged to apply. Melbourne Fringe is the Victorian state delivery partner for JUMP. Apply now to become a 2011 JUMP artist! Check out the website for JUMP and apply on line. Applications close 22 October 2010. For more information, go to the [Arts Access Victoria website](http://www.ArtsAccessVictoria.org.au)

TELL US HOW TO BITE BACK AND WIN

Have you ever had a problem that was really getting you down? Maybe it was a fight with a friend, troubles in your family or something else. Tell us about how you dealt with the situation in 200 words or less and you could win an iPad 3G Wi-Fi and there are also a bunch of other prizes to be won. It can be about absolutely anything and it's anonymous so don't hold back. The competition closes at 5pm AEDT Friday 24th September 2010 so get cracking. <http://www.biteback.org.au/real-stories/competition/>

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



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Professional Development Opportunities

Highlighted Training is NEW to Newsletter

Boxed Training is training run in region.

Gain your Diploma in Alcohol and other drugs via RPL

Would you like to gain your Diploma in Alcohol and Other Drugs work, and feel your current skills should be recognised? Have you:

- been working in the Alcohol and other drugs sector for two years or more?
- no higher than Certificate IV as your highest qualification?
- performed a wide range of roles and responsibilities in community services work?

If so, you are likely to be eligible for subsidised funding to gain this qualification – and receive your qualification through assessment with recognition of prior learning (RPL).

What is RPL? RPL is Recognition for Prior Learning. It is a process whereby you gain a qualification based on evidence of your work, prior training and job description. We can visit you to conduct the assessment necessary for you to gain the qualification. Odyssey Institute offers a workplace based RPL process for the Diploma in Alcohol and other drugs (CHC08 package) for individuals and groups and usually takes just one or two visits. Fee: \$550* Enquiries and registration http://www.workskillsweb.net/dip_info.html or contact Fiona on 03 9420 7644, email studentadmin@odyssey.org.au

Certificate IV Training and Assessment (TAE40110)

Odyssey House currently has training places available in the Certificate IV Training and Assessment (TAE40110) qualification. Certificate IV Training and Assessment (TAE40110) is priced at \$1,275.

Advance your skills and knowledge in training with the Certificate IV in Training and Assessment qualification and become a trainer of nationally recognised training in your field. This nationally recognised qualification is delivered to individuals who have training experience and require formal recognition of their skills. This 12 week course is open for enrolments – this means you can start now, without waiting for new courses to begin, and you are supported by experienced trainers throughout the course.

The Certificate IV in Training and Assessment course is conveniently delivered with online flexible learning which means you can study at a time and place that suits your needs. For eligibility and enrolment details call or visit us online, and payment plans are available.

Enquiries and registration contact Fiona on 03 9420 7644 or email studentadmin@odyssey.org.au For Details & Enrolments: http://www.workskillsweb.net/tae_info.html

**MASTER of YOUTH SERVICES MANAGEMENT
GRADUATE PROGRAM FACULTY OF ARTS, EDUCATION
AND HUMAN DEVELOPMENT**

The Master of Youth Services Management is a new postgraduate course designed to meet the needs of practitioners who are working in youth and community services and who are interested in improving their management and supervision skills in the workplace. It is aimed at early career managers who have established an initial career path within the youth sector and are now looking to build on their professional skills and knowledge to increase labour market opportunities. FEES: A number of (CSP) Commonwealth Supported Places are available where fees are jointly funded by the Commonwealth Government and the student. In 2011, fees will cost approximately AUD \$890 per unit which can be deferred or paid up front. If they are paid upfront a 20% discount applies. This means the fees can be as low as AUD \$720 per unit. COURSE STRUCTURE: The course is offered fulltime basis and Part time. Students can exit after semester 1 with the Post Graduate Certificate of Youth Services Management (ATYS) or they can exit after semester 2 with the Post Graduate Diploma of Youth Services Management (AGYS). There are four core youth work units:

- 5001 Young People & Social Policy
- AEY 5002 Professional Practice for Youth Development
- AEY 5003 Experiential & Applied Learning
- AED 5001 Education Research Design and Methods.

Students will also do three core Business units from the Master of Business (Management) program and a choice of one elective from across the University. Initial contact regarding the Master of Youth Services Management should be directed to: Irene Paulsen Lecturer Phone: (03) 9919 5548

Email: irene.paulsen@vu.edu.au

Turning Point Professional development training

Information on current education and training options for AOD workers is available on the Turning Point web site www.turningpoint.org.au

This training is funded via Department of Health and provided at no cost to current AOD workers in Victoria.

Higher Education

Twenty 80% scholarships for completion of the Graduate Certificate in AOD studies

Registration Process

Please access information on upcoming training events via the Turning Point web site www.turningpoint.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



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222 Burke Road, Glen Iris info@reconnexion.org.au
T:1300 273 266 www.reconnexion.org.au

October

12-13th October

'Bridging the Gap' Seminar,

Held at Darwin Crowne Plaza,. Hosted by Richard Trudgen, author of the book [Why Warriors Lie Down and Diego to WhyWarriors.com.au](http://WhyWarriors.com.au) in partnership with Witiyana Marika, a founding member of Yothu Yindi band, and Dianne Gondarra, Yolu language consultant and presenter on Yolu Radio. For more information

14 October

Social Anxiety and Avoidance - Chris Mackey

Free Talks on Mental Health

Chris Mackey is offering a further series of free public lectures on mental health and wellbeing.

The talks aim to promote an optimistic yet realistic understanding of mental health issues.

Geelong West Town Hall 7:30 – 8:45 pm

Enquiries: Chris Mackey & Associates, Specialist Psychology Services (03)5224-1222 email: admin@chrismackey.com.au
www.chrismackey.com.au

15 October 2010

Foundations of Clinical Supervision

Understanding of clinical supervision, the process of supervision and supervision skills

How to Register: Enquiries and registration call 8412 7111 or email training@caraniche.com.au

Registration form can be downloaded from our website:
www.caraniche.com.au

15th October, 2010 or 28th October, 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. I look forward to receiving your application.

18th 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>

18-19th October 2010

NATIONAL SYMPOSIUM - HEALTH, HOPE & RESILIENCE: Fostering better health for Australian children and young people in out-of-home care

This symposium is presented by the University of Melbourne, in collaboration with General Practice Victoria and the Office of the Child Safety Commissioner, Victoria. Venue: University of Melbourne, Carlton Victoria. Themes relate to children and young people in out-of-home care in Australia, and are evidenced from research, evaluation or extensive practice in out-of-home care.

- Health status data
- Comprehensive health assessment Health records management systems
- Child-focussed interventions to address health impacts of trauma, neglect or abuse
- Continuity of health care
- Inter-agency collaboration or integration to improve health
- Health policy development and implementation

To register : [Register Fostering Health](#)

18-20 October 2010

Reducing Harm across the Lifespan Conference – ATDC

ATDC 2010: Reducing Harm across the Lifespan will be held in Hobart. Hosted by the Alcohol, Tobacco and Other Drugs Council of Tasmania the conference brings together over 18 high profile speakers from around Australia presenting on a broad range of issues relevant to the ATOD sector. As well as an excellent learning opportunity, the conference provides delegates with an opportunity to network with those in the



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field. The full program can be downloaded from the conference website by clicking [here](#).

If you are working in, studying, engaging with, or just interested in the alcohol, tobacco and other drugs field you why not take the opportunity to visit beautiful Hobart and attend the conference?

For more information or to register [click here](#). Registration queries should be directed to the conference secretariat on 03 6234 1424. All other queries can be directed to the conference manager on 03 6224 7780 or email: christinem@atdc.org.au

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>

20th October 2010

Launch a group work program in your service

Working with clients in alcohol and other drug services can be complex and challenging. The research suggests that appropriate alcohol and other drug treatment is critical in affecting behaviour change. It also supports the efficacy of group based psycho-educational programs as a complement to individual counselling.

Topics Include:

- Establishing and facilitating group programs based on the Stages of Change framework
- Engagement and treatment planning for forensic clients
- Group dynamics and processes
- Increasing participant motivation and commitment for change

Highlights:

- Practical resources to take back to your service
- Participants will be able to cascade the training to colleagues with facilitator/group work roles
- Follow up consultation to AOD clinicians implementing the training package in their organisations

Places are strictly limited, register now by email: seads@southernhealth.org.au Include your full name, position, organisation, contact phone number, any special dietary or other requirements and which session you would like to attend.

This free training session run from 9:30am-4:30pm and include morning and afternoon tea, lunch and group program resources. It will be held in Colac at Colac Otway Performing Arts and Cultural Centre (COPACC)

(see Metro Training in December)

21-22 October Darwin, 25-26 October Brisbane, 28-29 October, Canberra

Building Productive Relationships between Government & Indigenous service providers

Governments have made commitments to new working relationships with NGOs, recognising that overcoming disadvantage is a joint effort. They acknowledge that this must involve less agency red-tape, simplified and streamlined funding arrangements. Research involving Indigenous organisations has pointed the way to better approaches; this research needs to be harnessed to lead to improved service delivery outcomes.

Where is progress happening and how can this be extended? How can NGOs help shape and guide the implementation agenda? Go to:

<http://www.berniefatesmasterclass.com/overview.php>

27th 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

3rd November 2010

Supporting & Leading Teams through times of Stress and Crisis

Understanding of stress, responding to critical and cumulative stress in your teams, and using psychological first aid. Enquiries and registration call 8412 7111 or email training@caraniche.com.au Registration form can be downloaded from our website: www.caraniche.com.au

4th November 2010

Dialectical Behaviour Therapy (DBT) - For the Treatment for Borderline Personality Disorder

Dialectical behavioural therapy (DBT) is a psychological method developed by Marsha M. Linehan to treat persons who meet criteria for Borderline Personality Disorder (BPD). DBT is based on the assumption that individuals with BPD lack important interpersonal, self-regulation and distress tolerance skills and combines standard cognitive-behavioural techniques for emotion regulation and reality-testing with concepts of



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mindful awareness, distress tolerance, and acceptance. Research indicates that DBT is also effective in treating patients who represent varied symptoms and behaviours associated with spectrum mood disorders, including self-injury. Particular attention is paid to the therapeutic relationship and to therapy interfering behaviours. DBT includes the following key elements: behaviourist theory, dialectics, cognitive therapy, and, DBT's central component, mindfulness.

Cost: \$599 or Not for Profit Flat Fee \$369

To request a registration page please fill out your details below and fax back to 02 6628 2902 or email your request to sally@ppleducation.com.au. For telephone enquiries phone 02 6628 2901. Registration details available at www.ppled.com.au

3-5th November

Community Development and Public Health

The Menzies School of Health Research presents a Short Course: Community Development and Public Health from November 3-5 2010. This course has been developed and is coordinated by Leanne Mick-Ramsamy and Dr Suzanne Belton. For more information see <http://www.menzies.edu.au/education-and-training/short-courses/workshops>

4th & 5th November

Youth Mental Health first aid

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>

4-5 November 2010

Young People, Alcohol and Parties

Topics include:

- Young people and alcohol - The Big Picture
- Young people and high risk drinking: Correlated Relationships To Supply
- Secondary supply: Reducing Alcohol Related Harm In Young People
- Policing the party: What Do We Know about Safe Parties and the Safe Parties Program?
- Underage drinking and sources of alcohol in year 8 Australian children: Data From The Healthy Neighbourhoods Project
- Keeping parents connected- Parent And Community Support Around The Issue Of Alcohol Consumption And Young People
- U-Name Security- The Frontline Experience
- Local Government Alcohol and other Drugs issues Forum - What's Local Governments Role?
- First Response Program - A Brief Intervention Model
- Healthy clubs healthy communities

To be held at Geelong Football Club – Fred Flanagan Room, Skilled Stadium 422 Latrobe Terrace, Geelong VIC3220 (Enter via Moorabool Street). For more information and to register: www.geelongaustralia.com.au/barwonsafeparties

5th November 2010

Recognise & Respond to Family Violence Training

South West Sub Region CCVL will be holding a Training Session on Introduction to Family Violence to be held at Community Connections, 135 Kepler Street, Warrnambool, 9.30am – 4.00pm

The one day course covers -

Definition, statistics, common beliefs about FV, what makes it difficult to leave a violent partner?, indicators, responding to disclosures, risk assessment and safety planning

Cost is \$20.00 & GST - includes lunch

For Application form please click here: [Application Form](#)

For further information please email Annie Ferrari IFV Project Support Worker at aferrari@comconnect.com.au telephone: 5227 6033 or go to our website for an application form www.bswifv.org.au/

5 November 2010

VAILA conference 2010: Addiction: A Disease of Relationships

You are invited to the 2010 Victorian Addiction Interhospital Liaison Association (VAILA) conference:

Addiction: A Disease of Relationships

A one day conference with workshop sessions on the effects of addiction on the relationships between hospital patients with substance use disorders and the community, their doctors and their families.

Topics covered include:

- impairment related to substance use
- pain and addiction
- substance use in pregnancy

Invited speakers include:

Professor Dan Lubman, Director of Turning Point Alcohol and Drug Centre, Dr Mike McDonough, Chief Addiction Medicine Advisor, Department of Health, and Clinical Director DASWest. Time: Registration 8.30am Finish: 4.00pm

Venue: St Vincent's Hospital Brenan Hall, Aikenhead Building, 27 Victoria Pde, Fitzroy Vic. Cost: \$100 full, \$75 DANA members. To register please contact Chris McDonnell at cmcdonnell@vaada.org.au or phone 9412 56001

11 November

How to improve Mental Health Services(at no cost) - Chris Mackey, Free Talks on Mental Health

Chris Mackey is offering a further series of free public lectures on mental health and wellbeing.

The talks aim to promote an optimistic yet realistic understanding of mental health issues.

Geelong West Town Hall 7:30 – 8:45 pm



Newsletter

Newsletter October 2010

Enquiries: Chris Mackey & Associates, Specialist Psychology Services (03)5224-1222 email: admin@chrismackey.com.au
www.chrismackey.com.au

15th 16th 17th November 2010

DRUMBEAT Facilitator Training - Colac

The DRUMBEAT Program is an early intervention program for 'at-risk' youth that uses drumming to teach a range of social skills and lift self-esteem. Developed by the Holyoake Institute in Western Australia it is run in both primary and secondary schools, youth centres, drug rehabilitation centres, and prisons with encouraging results. The program has attracted widespread interest across the country for its potential to engage young people of different cultural backgrounds and transfer learning through an experiential process that is noncompetitive. DRUMBEAT has proved particularly successful with indigenous youth and others who are alienated from society. The three day training is accredited as a group facilitation unit under the standards of National Training Authority and covers group facilitation skills, working with defiant youth, and the implementation of the DRUMBEAT program itself. Please Note: this program meets the criteria of the Victorian Certificate of Applied Learning (VCAL) Colac Otways Performing Arts & Cultural Centre Cnr. Gellibrand & Rae St Colac 3205 There are only 20 places so get in quick For Registration or to find out more information contact: Wendy Clipperton, YSAS Education & Research Unit (03) 94158881 Email: wclipperton@ysas.org.au

18th November (Preston)

Top Down, Bottom Up

As part of VAADA's Sector Development, they will be facilitating a series of professional development forums on consumer participation in Victorian AOD services. The forums will bring together AOD managers, AOD practitioners, consumer advocates and experts from a range of health and community service settings. The core aim of these forums is to support AOD services to strengthen consumer input into service planning and development. Highlights include:

- A presentation from Beth Wilson, Victorian Health Services Commissioner
- An opportunity to meet with key people promoting consumer involvement across various health and community services
- A practical workshop targeting consumer participation in AOD services
- Concise, accessible and current information provided by senior AOD service managers

The forum runs from 10.00am – 3.00pm and will be held at Preston (Darebin Arts & Entertainment Centre) and includes morning and afternoon tea, lunch and resource materials.

Register for the forums by email to skerwick@vaada.org.au or fax to (03) 9416 2085. Include your full name, position, organisation, contact phone number, email address and dietary or other requirements, and indicate which session you wish to attend.

October 2010

23rd November

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>

23-24 November.

Aboriginal & Torres Strait Islander Healthcare Conference,

Bringing together over 20 experts in the Indigenous health field, the Aboriginal & Torres Strait Islander Healthcare Conference is the definitive event for you to learn about the implications and opportunities for the reform agenda, holistic strategies for creating successful community and government partnerships, and identifying ways for managing healthcare services through cultivating the Indigenous workforce. Sydney, For more info see [Aboriginal & Torres Strait Islander Healthcare Conference](#),

25th & 26th November

Supervision training

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>

28th November – 1 December 2010

APSAD Conference

The [30th Australasian Professional Society on Alcohol and other Drugs \(APSAD\) conference](#) will be taking place in Australia's capital, Canberra. Under the title, *Building on the Capital*, the conference will feature an exciting program with a focus on innovative treatment, prevention, law enforcement and policy in the areas of alcohol, tobacco and other drugs.

The 30th APSAD conference [draft program](#) is now available. [Registration](#) is also open with early bird closing Friday 24 September 2010 so we encourage you to register now to take advantage of this saving!

For more information please visit the [conference website](#).

30 November – 1 December 2010

Integrating Services to reduce homelessness Conference

The Integrating Services to reduce homelessness conference expands on strategic elements fundamental to collaboration, co-design and intergovernmental relations in order to strengthen the support net to reduce homelessness.

Offering a national forum for a broad range of stakeholders from Government, community and the private sector across an array of services, this conference will showcase new models for **integrating services** with the overall goal of reducing homelessness and preventing contributing risk factors.

- Ensuring wrap-around service delivery for the homeless and those at risk
- Reducing homelessness is everyone's responsibility.



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- With ambitious targets to halve homelessness and provide supported accommodation for all rough sleepers by 2020, the urgency for robust frameworks to break the cycle is at its peak.
- For governments to meet their commitments under the National Partnership on Homelessness and address The Whitepaper's call to reduce the causes, an integrated framework connecting both mainstream and specialist homelessness services is essential.

For more information: [View the agenda](#) or [Download the brochure](#)

December

10th December 2010

Launch a group work program in your service

Working with clients in alcohol and other drug services can be complex and challenging. The research suggests that appropriate alcohol and other drug treatment is critical in affecting behaviour change. It also supports the efficacy of group based psycho-educational programs as a complement to individual counselling.

Topics Include:

- Establishing and facilitating group programs based on the Stages of Change framework
- Engagement and treatment planning for forensic clients
- Group dynamics and processes
- Increasing participant motivation and commitment for change

Highlights:

- Practical resources to take back to your service
- Participants will be able to cascade the training to colleagues with facilitator/group work roles
- Follow up consultation to AOD clinicians implementing the training package in their organisations

Places are strictly limited, register now by email: seads@southernhealth.org.au Include your full name, position, organisation, contact phone number, any special dietary or other requirements and which session you would like to attend.

This free training session run from 9:30am-4:30pm and include morning and afternoon tea, lunch and group program resources. It will be held in Melbourne at The Bouverie Centre (see Colac Training in October)

2011

2nd February 2011

Top Down, Bottom Up

As part of VAADA's Sector Development, they will be facilitating a series of professional development forums on consumer participation in Victorian AOD services. The forums will bring together AOD managers, AOD practitioners, consumer advocates and experts from a range of health and community service settings.

The core aim of these forums is to support AOD services to strengthen consumer input into service planning and development. Highlights include:

- A presentation from Beth Wilson, Victorian Health Services Commissioner
- An opportunity to meet with key people promoting consumer involvement across various health and community services
- A practical workshop targeting consumer participation in AOD services
- Concise, accessible and current information provided by senior AOD service managers

The forum runs from 10.00am – 3.00pm and will be held at Sunshine Golf Club and includes morning and afternoon tea, lunch and resource materials.

Register for the forums by email to skerwick@vaada.org.au or fax to (03) 9416 2085. Include your full name, position, organisation, contact phone number, email address and dietary or other requirements, and indicate which session you wish to attend.

2-4 May 2011

6th International Drugs and Young People Conference

Our theme "Making the Connections" reflects a number of important issues: understanding the complexity and interaction of factors which influence and impact on young people lives; the opportunity for diverse sectors to meet and exchange knowledge and expertise; and translating research into practice. The theme also refers to the growing importance of social media and technology in young peoples' lives today and its potential role. Another focus will be on recognising and celebrating the role that young people themselves are playing in addressing drug use in the community.

For more information: <http://117.55.235.172/in-the-community/6th-international-drugs-and-young-people-conference>. To register your interest: <https://wsm.com.au/ei/getdemo.ei?id=535&s=3580PE73W>

25 & 26 October 2010

Anex 2010 Australian Drugs Conference

Topics include

- Harm reduction: New frontiers
- Hooked over the counter
- Creative ways of connecting
- Law: What is it good for?
- Getting ahead on hepatitis C
- Behind the pointy end
- The drug lifecycle
- Fancy footwork at the frontlines
- Naltrexone Roundtable
- I found it online?
- Plus much, much, more !!!

Venue: Melbourne Cricket Ground (MCG)

Two-day registration AUD\$440 (incl. \$40 GST) One-day registration AUD\$250 (incl. \$23 GST)

Visit www.australiandrugsconference.org.au to find out more!