

Child and youth mental health training calendar

**JULY TO
NOVEMBER
2022**

Keep an eye out for our January to June calendar!

Understanding mental ill-health

In these workshops, you will learn about particular mental health disorders in children and young people, how to identify signs and symptoms of these disorders, and what steps you can take to support a young person in your role.

Understanding borderline personality disorder

**WEDNESDAY 13 JULY
9:30AM – 11:30AM / \$30**

[BOOK NOW](#)

Understanding eating disorders

**THURSDAY 28 JULY
9:30AM – 12:30PM / \$30**

[BOOK NOW](#)

Understanding attention-deficit hyperactivity disorder

**THURSDAY 13 OCTOBER
9:30AM – 11:30AM / \$30**

[BOOK NOW](#)

Coping skills 101 & coping skills 102

**WEDNESDAY 31 AUGUST &
WEDNESDAY 7 SEPTEMBER
9.30AM-11.30AM / \$30
OR \$60 (FOR BOTH)**

In this two-part series you will learn a range of brief skill building interventions that you can use to assist young people to manage difficulties with their mental health, emotions and coping. In Coping 101 you will learn strategies to support young people to identify and manage challenging emotions. In Coping 102, you will develop skills and strategies to support young people to learn problem-solving skills.

You can attend one of these workshops, or both.

[BOOK NOW](#)

Working with school refusal

**WEDNESDAY 14 SEPTEMBER
9.30AM-4.30PM / \$140**

In this workshop we will explore factors underlying school refusal. You will learn about the importance of a therapeutic and educational alliance, and evidence-based techniques to assist children and young people to maintain schooling or return to school.

[BOOK NOW](#)

Empathy and Action: Understanding and supporting young people with experience of living in out of home care

**THURSDAY 20 OCTOBER
1PM-3PM / \$30**

In this workshop facilitated by the Centre of Excellence in Child and Family Welfare (CECFW), you will learn about the vulnerabilities, needs and multifaceted traumas experienced by young people living in out of home care. Through professional and youth lived experience expertise, you will learn key skills to understand the experiences of young people living in out of home care, understand their experience of leaving care settings and develop specific skills to effectively support them.

[BOOK NOW](#)

Opening the doors

**WEDNESDAY 5 OCTOBER
9.30AM-11.30AM / FREE**

In this workshop you will learn about referral pathways to mental health services. Clinicians from the Royal Children's Hospital Mental Health, headspace and Orygen will provide an overview of child and youth mental health services in the western and north-western region. You will learn how and when to refer a child or young person.

[BOOK NOW](#)

Time to Reflect (TTR) for secondary schools

**FIVE FORTNIGHTLY SESSIONS
COMMENCING TUESDAY 19 JULY
9AM-12PM / \$55**

Time to Reflect (TTR) is a five session professional development series for school-based mental health practitioners working in the north-west and western metropolitan area of Melbourne. TTR aims to enhance practitioner confidence and competence in recognising the mental health needs of students, and providing best-practice responses. TTR also teaches a model for continued reflective practice. Sessions will be held fortnightly and participants are required to attend all sessions.

Topics include:

Working with mental health services
Depressive disorders
Anxiety disorders
Self-harm & suicide
Challenging behaviours
Psychosis and
Eating disorders

Please contact the Travancore School to express interest and for further details
travancore.sch@education.vic.gov.au

Disclaimer At the time of printing, all information in this calendar was correct. Orygen reserves the right to make changes to the training calendar or any other general or specific information published in this calendar. Orygen reserves the right to cancel courses that do not meet minimum participation, in which case, all fees will be refunded.

Registration and attendance information

Registration and payment

All registrations and payments should be made online at Eventbrite via www.orygen.org.au/Training/Face-to-Face-Training/Community-Professionals

Costs for all workshops include goods and services tax.

Group discount

Group discounts may apply. Please phone the community development team (within Orygen Specialist Programs) on +61 3 9966 9100 to discuss.

Cancellation policy

Cancellations made at least seven days prior to a workshop will be eligible for a refund, less an administration fee of 50 per cent of the workshop cost.

Cancellations made less than seven days prior to a workshop will be charged full price.

Contact and inquiries

To find out more about a workshop and if it suits your learning needs you can contact the Orygen Community Development team on + 61 3 9966 9100 or email training@oyh.org.au.

Attendance

A certificate of attendance will be provided upon request.

Who can attend

Workshops are specifically designed for staff who may not have specialist mental health training and are working with children and young people in community-based settings in Melbourne's western and north western regions. This may include staff working in education, youth services, child protection, alcohol and other drugs services, settlement services and family support agencies.

To find out more about a workshop and if it suits your learning needs, you can contact the Orygen Community Development team on +61 3 9966 9100 or training@oyh.org.au.

Times and platform

All workshops on this calendar will be conducted online via Zoom. A link and instructions will be emailed to you one week prior to the workshop.

Please log in 10 minutes before the advertised start time to allow time to trouble shoot any issues before the workshop begins.

Partner organisations

Orygen Specialist Program's Community Development team provides mental health consultation, training and mental health promotion to community-based services across the child, youth, health, education and welfare sectors.

Orygen's aim is to strengthen the capacity of individuals and organisations to identify and respond to the mental health needs of children and young people.

We aim to work collaboratively with individuals and organisations in order to identify gaps in the community sector and provide appropriate responses to these needs, such as training, specialist consultation, access to youth mental health resources, help with identifying referral pathways for children and young people, and to support, develop and implement strategies to improve mental health amongst children and young people.

Orygen Specialist Programs is a youth mental health service for young people aged 15–24 years. As well as direct service delivery to young people and families in the north-western and western metropolitan region of Melbourne, Orygen provides training, secondary consultation and partnership activities.
www.oyh.org.au

Travancore School is a Victorian Department of Education and Training facility that services the educational needs of children and young people who are clients of Royal Children's Hospital Mental Health or Orygen Specialist Services.
www.travancoresch.vic.edu.au

Royal Children's Hospital Mental Health provides a specialist community-based child and adolescent mental health service. RCH MH has three community teams located at Wyndham, Sunshine and Flemington for clients aged 0-15 years, and an adolescent Inpatient Unit.
www.rch.org.au

headspace Craigieburn, headspace Glenroy, headspace Melton, headspace Sunshine and headspace Werribee are a one-stop –shop model of care (covering general health, drug and alcohol support, vocational and educational assistance, mental health counselling and support) designed to make it easier for young people 12-25 to get help.
www.headspace.org.au

headspace National Youth Mental Health Foundation Ltd is funded by the Australian Government Department of Health under the Youth Mental Health Initiative Program.

Give us a call

Do you need support, advice or an opportunity to reflect about a specific child or young person you're working with? For secondary consultation of a child aged 0 – 14 years call Royal Children's Hospital Mental Health Service on **1800 44 55 11** or for a young person aged 15 – 24 years call Orygen's community development team on **9966 9100**.