

# Mental Health Victoria Professional Development

Semester 1, Online 2021

## February

### Foundations of Peer Work

Tuesday 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> Feb  
Tuesday: 2<sup>nd</sup> & 9<sup>th</sup> March  
(9:30am – 2pm)  
Facilitator: Lorelle Zemunik

An essential introduction to peer work for consumers and carers who are, or who want to be peer workers.

### Mental Health First Aid

Wed 17<sup>th</sup> & Thurs 18<sup>th</sup> Feb  
(9:30am – 12:00pm)  
Facilitator: Tamara Stillwell

Learn how to assist people who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis.

### Mental Health Promotion & Prevention Webinar

Tues 23<sup>rd</sup> Feb  
(10am – 11:30am)  
Facilitator: Prevention United

Learn about approaches to mental health promotion and explore how people working in mental health and other sectors can get involved in this fast growing field.

## March

### Project Management Tools

Mon 15<sup>th</sup> & Tues 16<sup>th</sup> March  
(9:30am – 1pm)  
Facilitator: Adam Le Good

Learn and understand the fundamentals of project management.

### Mental Health Awareness

Tues 23<sup>rd</sup> March  
(9:30am – 1pm)  
Facilitator: Carol Fountain

A half day course for anyone wanting to understand mental illness and learn how to respond to people who may be experiencing distress.

## April

### Introduction to Motivational Interviewing

Tues 6<sup>th</sup> & Wed 7<sup>th</sup> April  
(9:30am – 1pm)  
Facilitator: Nadine Hantke

Understand the basic practices and principles of motivational Interviewing in order to facilitate change with clients.

### Leading Remote Teams

Wed: 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> April  
(9:30am – 1pm)  
Facilitator: Adam Le Good

Develop a range of skills to build the culture and community for their remote workers and be able to instigate a team cohesion plan.

### Behaviours of Concern

21<sup>st</sup> & 22<sup>nd</sup> April  
(9:30am – 1pm)  
Facilitator: Tamara Stillwell

Develop strategies and build skills to effectively respond to behaviours of concern.

## May

### Leading Project Teams

Tue 4<sup>th</sup> & Wed 5<sup>th</sup> May  
(9:30am – 1pm)  
Facilitator: Adam Le Good

Understand the key attributes of a well-functioning team and learn about effective delegation and influencing skills.

### Self-care strategies to prevent vicarious trauma and burnout

Wed 19<sup>th</sup> & Thur 20<sup>th</sup> May  
(9:30am – 1pm)  
Facilitator: Tamara Stillwell

Learn to counteract and manage vicarious trauma & burnout through practical strategies and practices.

## June

### Foundations of Peer Work

Wednesday: 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup>  
June (9:30am – 2pm)  
Facilitator: Lorelle Zemunik

An essential introduction to peer work for consumers and carers who are, or who want to be peer workers.

### Lead and Manage Organisational Change

Wed 16<sup>th</sup>, Thur 17<sup>th</sup> & Wed 23<sup>rd</sup> &  
Thur 24<sup>th</sup> June (9:30am – 1pm)  
Facilitator: Adam Le Good

Learn skills of a successful manager and how to develop an effective change management strategy.

### Customised Training

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We can deliver customised training to you via an online platform at a time that suits you.

For more information please contact us:  
[learning@mhvic.org.au](mailto:learning@mhvic.org.au)

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