



FAST TRACK QUALIFICATIONS

Have you been working or volunteering as a consumer or carer peer worker for the last two years?

If you have, Fast Track Qualifications lets you use your experience to gain a nationally recognised qualification over just six face-to-face training days.

You will use your lived and on-the-job experience to consolidate and build your skills. There will be opportunities to learn from other students, and to discuss professional challenges that you have faced.

Eligible students can apply for funding through the Smart & Skilled program. Students living with a disability, including a psychosocial one, can qualify for NSW government fully-subsidised places if they can provide evidence of their condition.

Workshops will start in Sydney in April:

CHC43515 Cert IV in Mental Health Peer Work

CHC43315 Cert IV in Mental Health

Email askus@mhcc.org.au to find out more!

MENTAL HEALTH COORDINATING COUNCIL INC
RTO CODE: 91296

The Mental Health Coordinating Council (MHCC) is the peak body representing mental health community managed organisations (CMOs) in NSW. Members provide a diversity of recovery oriented services and support programs.

MHCC is also an industry based registered training organisation which directly responds to sector needs. Informed by the most contemporary recovery and trauma-informed research into practice, we develop and deliver high quality, accredited training products, leadership training and specialised training solutions.

How to register for MHCC training

To register for any of our courses please contact our Learning and Development office.

Professional development course costs

1 day course: \$297 (\$232 MHCC Members)

2 day course: \$498 (\$409 MHCC Members)

Qualification course costs

Prices for Cert IV in Mental Health and Cert IV in Mental Health Peer Work vary based on entry pathway and funding options available. Please contact us for further information.

askus@mhcc.org.au | 02 9555 8388

JANUARY - JUNE 2018

SKILL YOUR
WORKFORCE
FOR THE
NDIS!

LEARN GROW DEVELOP

MENTAL HEALTH PROFESSIONAL DEVELOPMENT
FOR EVERYONE



GET READY FOR THE NDIS!

Learn new skills to help support your clients to navigate the NDIS. Speak with MHCC for professional development recommendations for your workforce.

Navigating the NDIS - 1 DAY COURSE

Are you a service provider, a person living with a mental health condition, or a carer with questions about the NDIS? Are you unsure about how the NDIS will affect people in accessing services and support?

With the NDIS being rolled-out state-wide, now is a great time to learn more about how it may affect you. This course will help you maximise the potential of the NDIS to support people to live the life they want.

You will walk away with essential knowledge and skills needed to access, plan, and innovate within the opportunities that are the NDIS. The course is structured around real life examples that will help you understand the potential for positive change in people's lives.

Contact askus@mhcc.org.au or
02 9555 8388 for more information.

January and February

GET QUALIFIED

Information Session - FREE
Sydney - February

STRATEGIC PARTNERSHIPS FOR WORKPLACE LEARNING - SENIOR MANAGERS - FREE

MHCC is currently working on a number of strategic initiatives and welcome the opportunity to partner with our members to support the professional development of your organisation.

With a focus on your organisation's priority areas and the following training products in development:

- Online safety in outreach
- Medication matters
- Practice placements

Sydney - February

March and April

SUPPORTING CHOICE AND CONTROL Skills for mental health workers

Professional Development
Sydney - March

SUPPORTED DECISION-MAKING Choice, control and recovery

Professional Development
Sydney - March

CARE COORDINATION

Professional Development
Sydney - March

MOTIVATIONAL INTERVIEWING

Professional Development
Sydney - April

NAVIGATING THE NDIS

Professional Development
Sydney - April

FAST TRACK QUALIFICATIONS START

CHC43315 Certificate IV in Mental Health
CHC43515 Certificate IV in Mental Health Peer Work
Sydney - April

May and June

ABORIGINAL TRAUMA INFORMED CARE & PRACTICE

Professional Development
Sydney - May

UNDERSTANDING AND RESPONDING TO TRAUMA

Professional Development
Sydney - May

MANAGEMENT OF WORKERS WITH LIVED EXPERIENCE

Professional Development
Sydney - June

GET QUALIFIED

Information Session - FREE
Sydney - June

COGNITION AND RECOVERY

Professional Development
Sydney - June

Available on Request

ALL MHCC TRAINING CAN BE MADE AVAILABLE ON REQUEST AND CAN BE CUSTOMISED FOR YOUR ORGANISATION:

MHCC offers the following training:

- CHC43315 Certificate IV in Mental Health*
- CHC43515 Certificate IV in Mental Health Peer Work*
- Mental Health Connect
- Responding to the Risk of Suicide
- Navigating the NDIS
- Motivational Interviewing
- Care Coordination
- Management of Workers with Lived Experience
- Supported Decision-Making: Choice, control and recovery
- Understanding and Responding to Trauma
- Supporting Choice and Control: Skills for Mental Health Workers
- Cognition and Recovery

*Funding assistance available, see over for more information.

CUSTOMISED TRAINING

MHCC can customise training for your organisation. Options include facilitated in-house training or a train-the-trainer model.

askus@mhcc.org.au | 02 9555 8388



BUILD YOUR QUALIFICATION

CONVERT YOUR TRAINING TO A STATEMENT OF ATTAINMENT

Many of MHCC'S professional development courses align with units of competency to start you on a path towards the completion of nationally recognised qualifications. For an additional cost of \$125, participants can complete the corresponding assessment to receive a partial qualification.

Speak to us about how you can build your qualification today.

CAPACIT-E MENTAL HEALTH E-LEARNING

Capacit-e online courses are a convenient way to gain essential knowledge around mental health recovery. Recovery is about living a meaningful life, in whatever way a person chooses to define this.

- Understanding Mental Health Recovery - 30 mins
- Supporting Mental Health Recovery - 30-45 mins
- Language of Mental Health Recovery - 30-45 mins

LEARN GROW DEVELOP

PROFESSIONAL DEVELOPMENT TRAINING FOR THE COMMUNITY MENTAL HEALTH SECTOR

MHCC public course fees

One day - \$297 (\$232 MHCC Member)

Two day - \$498 (\$409 MHCC Member)

MHCC qualification fees

Fees vary as funding options are available.

Speak to us today.

Become an MHCC member for as little as \$50 for an individual. Organisation membership fees vary based on organisation income.

All MHCC training can be made available on request and can be customised for your organisation.



MENTAL HEALTH CONNECT

2 DAYS, AVAILABLE ON REQUEST

Unlike other mental health courses, Mental Health Connect focuses on people and the impact of mental health conditions, not on a diagnosis. This course will help you get a different perspective of how mental health conditions affect people, give you a greater understanding of how you can help someone who is distressed and where you can get assistance. The two day course is facilitated by trainers with lived experience of mental health conditions. The perspectives that they share will enhance your understanding of mental health and help you to respond constructively when issues arise.



GET QUALIFIED

FREE INFORMATION SESSION
FEBRUARY AND JUNE

This two-hour workshop introduces the requirements necessary to complete one of our Certificate IV qualifications in Mental Health and Mental Health Peer Work. The workshop will guide you through:

- Course structure and content
- Funding options
- Placement/workplace information
- Study and assessment support
- Recognition of prior learning
- Study alternatives – professional development courses, partial qualifications



UNDERSTANDING AND RESPONDING TO TRAUMA

2 DAYS, MAY

Trauma is an experience of real or perceived threat to life, bodily integrity and sense of self; it shapes and informs our interactions with ourselves and others. Research indicates very high rates of people with mental health conditions have experienced significant trauma. Services that do not understand and respond effectively to the impacts of trauma risk creating further harm and mental distress. Learn about the dynamics of trauma and how to respond sensitively, effectively and avoid re-traumatisation through applying the principles of trauma-informed care and practice in your workplace.



CARE COORDINATION

2 DAYS, MARCH

Providing effective support often requires collaboration between the individuals and services involved in providing supports. For those working within the NDIS, effective coordination of supports can significantly improve a person's recovery outcomes. Care coordination requires a flexible approach to problem-solving and a deep understanding of the components that support mental health recovery. Co-developed by people with lived experience and carers of people with lived experience, this course will equip you with the skills necessary to help you foster both autonomy and independence in the people you support.



RESPONDING TO THE RISK OF SUICIDE

1 DAY, AVAILABLE ON REQUEST

Simple interventions can save lives. Suicide remains the leading cause of death of Australians aged 5 to 44 and it is the second leading cause of death among those aged 45 to 54 (ABS). It is a complex social issue that profoundly affects families, friends, colleagues, and communities. After taking this one-day course, you will feel more confident identifying risk factors, talking about suicide and establishing preventative measures with those you support. This course is beneficial for mental health and peer support workers, and community members who support someone at risk of suicide.



CHC43515 CERTIFICATE IV IN MENTAL HEALTH PEER WORK

The peer workforce is growing rapidly within Australia's mental health sector. Developed in response to the need for a nationally recognised credential in this area, this qualification will be an asset to anyone working in a mental health peer role. It is an opportunity for peer workers to build upon their lived and their on-the-job experience and boost their career in mental health.



CHC43315 CERTIFICATE IV IN MENTAL HEALTH

This qualification is a great way to advance your career in the community mental health sector. The qualification is nationally recognised and provides a platform for you to build on your on-the-job experience. It describes the latest approaches to a range of mental health-related issues. It is underpinned by a recovery-oriented practice approach, which emphasises the use of a person's own strengths to achieve their dreams, aspirations and goals.



FUNDING OPPORTUNITIES FOR COMPLETING QUALIFICATIONS

SMART & SKILLED

The Mental Health Coordinating Council RTO 91296 offers government subsidies for both CHC43315 Certificate IV in Mental Health and CHC43515 Certificate IV in Mental Health Peer Work qualifications to eligible students. Students living with disabilities, including psychosocial, can qualify for NSW Government fully-subsidised places, if they can provide evidence of their condition.

This training is subsidised by the NSW Government.

TRAINEESHIPS

Employers can receive traineeship incentives if their new and existing employees enrol in Certificate IV qualifications. If the trainee is living with disabilities, including psychosocial, the employer is eligible for a weekly wage support payment through the DAAWS program. Free coaching and support are also available for approved students.

MENTAL HEALTH COORDINATING COUNCIL INC
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SUPPORTING CHOICE & CONTROL

Skills for mental health workers

2 DAYS, MARCH

Through the decisions we make, we are able to exert control over our lives, and experience new things. Particularly important in relation to the roll-out of the NDIS and mental health reform initiatives, this course helps you explore decision-making within a recovery paradigm. If you are working in a support role, it is important to understand the impact of someone's cognitive capacity on their decision-making ability. This course will cover what you need to know about cognition and the supported decision-making process. You will develop confidence assessing someone's cognitive abilities and learn about approaches to assist them to make their own choices.



MANAGEMENT OF WORKERS WITH LIVED EXPERIENCE

2 DAYS, JUNE

A job can be an important part of a person's recovery, yet employees living with mental health conditions do not always receive the right kinds of support in the workplace. Managers have a key role to play by showing sensitivity and working proactively to establish and maintain an inclusive and rewarding environment. This two-day course provides managers with the knowledge and skills needed to create a safe and supportive workplace for all employees.



NAVIGATING THE NDIS

1 DAY, APRIL

With the NDIS being rolled-out state-wide, now is a great time to learn more about how you can work within the scheme to get the best results for the people you work with. You will walk away with the essential knowledge and skills needed to access, plan, and innovate. The course is structured around real life examples that will help you understand the potential for positive change. With the NDIS still evolving, there remains some uncertainty about how it will serve the needs of people with mental health conditions and psychosocial disability. This course will provide a forum to help address any questions you may have.



COGNITION AND RECOVERY

2 DAYS, JUNE

This course will help you identify and understand when a person is experiencing problems with their cognition as a result of their mental health condition and the treatment they receive to manage their symptoms. Cognitive difficulties may affect many areas of daily functioning that are a barrier to independent living such as maintaining attention, planning, problem solving, motivation and memory. Often workers feel ill-equipped to understand and support people to develop strategies that could improve general functioning and enhance their decision-making capacity. This workshop will help you apply adaptive principles that support a person adopt strategies for improved functioning that meets their recovery goals.



SUPPORTED DECISION-MAKING

Choice, control and recovery

1 DAY, MARCH

Supported Decision-Making is a process which can assist a person to live a more independent and meaningful life. People living with mental health conditions often experience cognitive difficulties, which can have an impact on their daily functioning and decision-making capacity. The implementation of the NDIS and mental health reforms in NSW has highlighted decision-making as an increasingly important skill for people living with psychosocial disability, who might otherwise experience reduced choice and control. This course will guide you through supported decision-making principles and practice and build your awareness of the impact of cognitive difficulties on decision-making outcomes.



MOTIVATIONAL INTERVIEWING

2 DAYS, APRIL

Motivational Interviewing is an approach that supports people to explore and resolve ambivalence to making changes in their lives. Taking a person-centred approach, MI uses a transparent process to guide conversations about choice and control, and effectively addresses the resistance or fear that can act as a barrier to change. Support people you work with to explore their resistance to change and gain clarity in making choices to address the change they want to lead a full and meaningful life. This interactive course uses small and large group discussions and role plays to build confidence using these techniques in your everyday work.