

# TRAINEE NEWS



Aboriginal Careers in Mental Health Initiative

Edition 1, March 2013

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## CONTACT US

### Email

aboriginalprojects@mhcc.org.au

### Call

02 95558388

Liesl Homes ext 129

Chris Keyes ext 130

## MHCC News

### Newsletter names

Welcome to our first edition of the ACIMH Trainee newsletter. Thanks to all who contributed ideas for the name. These included some excellent ideas, such as Trainee Mail, Black Chat, Legends Leaflet, New Paths Improving Directions, Mobs Making Change, Black Fellas Updates, Trainee Tracks, Deadly Deeds and Yarn Up.

### Recruitment

Recruitment is well underway. 42 positions have been approved within ten organisations. 34 trainees are employed. An extension by DEEWR to 1 May has allowed us to continue recruiting to fill the quota of 50 traineeships.

### Training

Our first two groups of trainees have done their first block of study, and Group A is almost up to its second block. Lots of fun was had, lots of assessments have been submitted, and hopefully lots of new skills have been put into practice.

### Work Preparation

Many trainees have been using the work preparation funding, including for courses such as computer skills, driving lessons, and first aid. More than ten trainees attended the NSW Aboriginal Mental Health Workers Forum in Wagga Wagga, and four attended the recent "Trauma informed approaches to Aboriginal Healing" course.

## Training, Mentoring & Support

Each trainee has an Aboriginal Employment Mentor provided by DEC State Training Services who meets with them regularly.

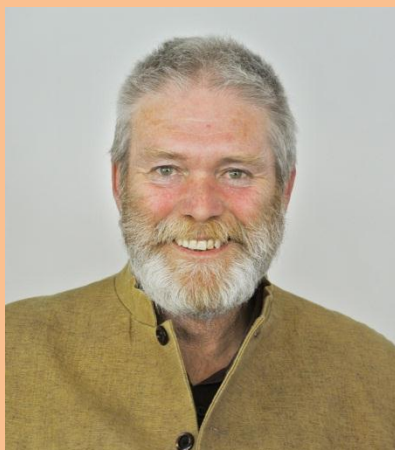
Your lovely mentors are:

- Rebecca Brydon, Dubbo - 0467 797 306
- Belinda Trikilis, Parramatta - 0467 799 126
- Roslyn Gordon, Newcastle - 0467 795 451

Trainers: Our wonderful block release trainers are Bradley Foxlewin, Justin Noel, Brett Davis and Gillian Bonser.

Special congratulations to Bradley (right), who has just been appointed as a Deputy Commissioner of the NSW Mental Health Commission. Deadly!

Ask Bradley about it when you next see him on block.



## Trainee Profile – Tara Chan Benevolent Society

Tara Chan has recently joined the team at Community Care Eastern Sydney, as a Case Support Officer (CSO) within our case management program. Tara has a background in nursing within several settings including aged care, correctional facilities, hospitals and the community.

In her current role as a CSO, Tara has the opportunity to expand on her existing skills and experience, by working with case managers to support clients who have complex health issues, including mental health issues. Tara has already become a valued addition to our team!

By James Isles



# TRAINEE NEWS



## Aboriginal Careers in Mental Health Initiative

### Trainee Profile – Blake Dennis Schizophrenia Fellowship of NSW (SFNSW)

Blake Dennis commenced on 7th November 2012 as a new staff member and Aboriginal Trainee with the Personal Helpers & Mentors Program (PHaMs) in Dubbo.

The Dubbo staff team of 5 have welcomed Blake who brings fresh eyes and enthusiasm and is a welcome addition to the staff team. Blake is very passionate about his new career and seeks to learn at every opportunity, asking lots of questions and willingly undertaking any task asked of him. Blake's reflections on his journey so far include:

#### Positives

- MHCC first five day block, meeting other trainees, the instructors and being introduced to the Mental Health Cert IV program.
- SFNSW three day induction, becoming more familiar with the Fellowship, meeting other staff, learning about mental illness.
- Senior First Aid – updating skills.
- Mentoring sessions with Rebecca Bryon from Department of Education and Communities.
- Sessions of exploration with Clinical Psychologist Sandy Rawson.
- Meeting program participants and being involved in activities. One highlight was attending the end of season football tipping day in the local park.
- Feeling included, supported and accepted by my new colleagues.

#### Challenges

- Going through the Recruitment process.
- Starting a new job and a new career.
- Having such a busy training schedule in the first 6 weeks.
- Understanding and learning about my role and my responsibilities.



Blake (left) on a home visit with PHaMs participant Tod, discussing cleaning and maintenance in the kitchen.

### What's On

#### April

3 April 2013 – Employer Network Teleconference.

16 or 17 April 2013

AEU Supervisor's Workshop

Location: Sydney CBD (Darlinghurst)

Bookings essential – Email: [michelle.shipp@det.nsw.edu.au](mailto:michelle.shipp@det.nsw.edu.au)

#### Training Dates

Group A, Block 2: 8-12 April 2013

Location: Tranby College, Glebe

Group C, Block 1: 24-28 June 2013

Group B, Block 2: 29 July – 2 Aug 2013

### Next issue

Look out for our next issue, which will include: An organisation profile, a trainer profile, and stories from the NSW Aboriginal Mental Health Workers Forum and the Trauma Informed Approaches to Aboriginal Wellbeing course.

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