

3 steps to effective support facilitation



step 1

Navigating Support Facilitation – Specialised workforce training for Partners in Recovery Organisations

This two day workshop has been custom built, in partnership with key PIR stakeholders, to address the specific needs of PIR support facilitators, team leaders and managers.

step 2

Choose your next steps in training

Select mix-and-match options from the half, one and two day workshops listed here to enable your team to respond confidently to the unique needs of consumers and carers.

Customised content such as relevant industry terminology and specific workplace examples/activities are available on request.*

*Request a quote today.

Who are these workshops for?

We have training products to suit staff at every level of PIR organisations. Check for these identifiers when selecting your next steps in training:

A/S Administration/Support Staff

SF Support Facilitators

TL Team Leaders

M Managers

Training that comes to you

Training is delivered in-house at a time that suits you*.

*Minimum number of 15 participants per group applies. For smaller organisations, speak to us about paring up with other groups with similar needs.

Training that fits your budget*

Half day – from **\$150.00** for MHCC Members **\$175.00** for non-members

One day - from **\$225.00** for MHCC Members **\$275.00** for non-members

Two day - from **\$450.00** for MHCC Members **\$550.00** for non-members

*Ask us about MHCC membership, customised content, packaging and pricing options.

step 3

Get in touch today

Complete an Expression of Interest or call MHCC Learning & Development to discuss the needs of your team and how we can build a training package that's right for you.

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Half day workshops

Understanding Mental Distress

This 3 hour workshop is designed to increase understanding and awareness of the different ways people make meaning of their experience of 'mental illness' (mental distress).

A/S

Understanding Recovery

Recovery is an important yet misunderstood concept in mental health. This 3 hour introductory workshop is designed to increase understanding and awareness of recovery.

SF

Introduction to Trauma

This 3 hour introductory workshop helps participants to recognise the impact of abuse, neglect and other interpersonal trauma on people accessing a variety of services.

A/S

Introduction to Trauma-Informed Approaches to Aboriginal Wellbeing (with Judy Atkinson)

This workshop is designed, developed and delivered by Aboriginal people for workers in the mental health or community service sectors who support Aboriginal people impacted by trauma. This includes generational trauma, family violence, sexual assault, alcohol or drug problems and mental distress. The workshop is delivered using a two trainer model.

SF

Values Based Practice: True Collaboration

Workers can often get lost between the consumer's values, their own values, what colleagues say, and expectations of the organisation and society. The consumer's own values must drive any service being offered. This workshop will provide an understanding of values based practice and how this can be utilised to inform decisions and deepen the trust relationships between workers, consumers and care networks.

SF

Suicide Prevention and Recovery – Refresher*

This 3 hour refresher course is designed for those who have previously completed suicide intervention training and want to build on their existing knowledge and explore recovery-oriented responses.

*Entry requirements apply for this workshop

SF

Safety in Outreach

This workshop will assist participants to understand the steps needed to safely undertake home visits or outreach work. It help support workers learn how to identify and manage potential risks and prepare for emergency situations.

SF, TL

Lighting the Spark* (with Indigo Daya)

This interactive half-day workshop is a chance for support workers to enhance their skills in working with goals, motivation & recovery.

*Enquire about packaging options with Nothing About Us Without Us

SF

Nothing About Us Without Us* (with Indigo Daya)

This interactive half-day workshop is designed to help organisations to facilitate greater consumer participation and leadership in the provision of programs and services.

*Enquire about packaging options with Lighting the Spark

SF

Reflective Practice

To reflect is to actively consider our actions and practices to enable continual learning, professional development and growth. Reflective practice leads to self-awareness, development of insight and understanding. Understand and practice art of 'reflection in action' and 'reflection on action' and explore processes that contribute to reflective practice.

TL, M

Behaviour Styles in Teams

How do those around you understand and experience the world? What are their priorities, how do they make decisions, and how do they deal with stress or conflict? This interactive workshop explores differences in behaviour styles and how to communicate and work more effectively together.

A/S

Change Management

Change is inevitable in organisations. It is essential if we are to experience growth. However people's reactions to change can vary greatly. This interactive and challenging workshop explores change management theory to support the best options for leading a change process. Explore factors to consider and strategies to ensure individuals are supported through change so that the goals of change may be achieved.

M

Trauma-Informed Care in Practice

This workshop is designed to build on an understanding of the impact of trauma and the benefits of trauma-informed care and practice. Participants will explore tools* to inspire and lead cultural change in their service.

*Enquire about a consultation and assessment for workplace implementation of the Trauma-Informed Care and Practice Organisational Toolkit (TICPOT)

M

Contact MHCC today to discuss your training needs.

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One day workshops

Using PIR Assessment and Support Tools

The CANAS and Action plan are a requirement for working with consumers in PIR. These can be effective tools for supporting consumers in their recovery journey when used in a collaborative and recovery oriented manner. This one day workshop will provide practical experience in utilising these tools to engage with consumers to identify their needs and goals and work in partnership to create a clear and achievable plan to support their journey.

SF, TL, M

Recovery Oriented Risk Assessment

People living with severe mental health issues are often viewed as being powerless in managing their illness and recovery. It is essential to involve the consumer in risk assessment and planning to ensure that robust plans are developed. Working in partnership with the consumer can also reduce distress and increase feelings of safety. Our team will incorporate your services tools into the training to ensure relevance.

SF, TL

Trauma-Informed Approaches to Aboriginal Wellbeing (1 day format) (with Judy Atkinson)

This workshop is designed, developed and delivered by Aboriginal people for workers in the mental health or community service sectors who support Aboriginal people impacted by trauma. This includes generational trauma, family violence, sexual assault, alcohol or drug problems and mental distress. The workshop is delivered using a two trainer model.

SF

Responding to Critical Incidents

This workshop is designed to assist support workers to improve their knowledge and understanding of risk and how risk is addressed in a recovery context. Explore the differences between 'risk management' and 'risk planning' service models.

SF

Basics of MH/AOD

This 1 day course provides an introduction to the interplay between mental health and AOD including the effects of drugs, impact on prescribed medications and an overview of the range of approaches available to support recovery.

SF

Mental Health Connect (1 day format)*

Gain essential skills for assisting people with mental health conditions to maintain hope and overcome barriers to their recovery. Learn from trainers who are 'experts by experience' as they share their own recovery journey. The workshop is delivered using a two trainer model.

*Mental Health Connect is also available in an expanded 2 day format. Mental Health Connect has also been adapted for community and residential aged care service workers.

A/S

Personal Choice in Action

Navigate the space between 'protect' and 'neglect' with this one day workshop facilitated by experienced consumer leaders. Workers will gain clarity and crucial skills for supported decision-making and cultivating consumer self-direction and self-determination.

SF

Mindfulness in the Workplace

This workshop will equip participants to maintain their attention where it is needed, identify and respond effectively to stress signals and decrease emotional reactivity. Participants will also receive audio files to support skills acquired during the training.

A/S, SF, TL

Emotional Intelligence in the Workplace

This workshop offers invaluable insights and strategies that will maximise the ability of staff and managers to work productively together and improve communication. Content is based on Daniel Goleman's Emotional Intelligence theory.

A/S

Leading and Developing Others

Identify your leadership style and discover how you can adjust your approach to work most effectively with diverse colleagues and managers. This workshop will assist leaders to increase their capacity to lead and develop others, a key characteristic of successful managers.

TL, M

Emotionally Intelligent Leaders

Leadership is about more than managing staff performance. It requires the development and appropriate use of soft skills around self-awareness, empathy, motivation, self-regulation and social skills. Explore the positive impact of leaders with these abilities on teams and the broader workplace environment.

TL, M

Foundations of Coaching*

Coaching is all about building an equal partnership for learning and development. This one day workshop for managers, team leaders and workers will introduce participants to the theoretical foundations of coaching and the core skills of coaching practice.

*Enquire about packaging options with Applied Skills for Managers and/or Applied Coaching Skills for Support Workers.

TL

Applied Coaching Skills for Support Workers - Coaching for Recovery* **

Develop the skills and techniques to apply theories of self-determination and resilience explored in Foundations of Coaching Skills to support consumers to activate intrinsic motivation, increase self-agency and transform limiting self-belief patterns.

*Enquire about packaging options with Foundations of Coaching.

**Entry requirements apply for this workshop

SF

Applied Coaching Skills for Managers - Coaching for Performance* **

Explore the elements of optimal performance zones and high performing teams and ways to support staff to reach and maintain their personal bests at work. Build on Foundations of Coaching to elicit innovative and creative thinking, facilitate team cohesion and create the positive emotional states necessary to support sustained levels of high performance.

*Enquire about packaging options with Foundations of Coaching.

**Entry requirements apply for this workshop

M

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One day workshops

Master Class: Motivational Interviewing – Consolidating Practice*

This highly practical one day master class builds on the foundations introduced in the two-day Motivational Interviewing workshop*. Deepen your understanding and put motivational interviewing theory into practice within mental health, AOD and other service settings.

*Entry requirements apply for this workshop

M

Two day workshops

Understanding and Responding to Trauma

Understand the current thinking about trauma-informed care and how this can be applied in the workplace. Explore re-traumatisation in services and systems and feel confident to respond and support people who have experienced trauma. The workshop is delivered using a two trainer model.

SF, TL, M

Trauma-Informed Approaches to Aboriginal Wellbeing (2 day intensive) (with Judy Atkinson)

This workshop is designed, developed and delivered by Aboriginal people for workers in the mental health or community service sectors who support Aboriginal people impacted by trauma. This includes generational trauma, family violence, sexual assault, alcohol or drug problems and mental distress. The workshop is delivered using a two trainer model.

SF

Motivational Interviewing

This workshop is particularly relevant for workers in mental health, AOD, and employment services who support people to make life changes. Develop core skills used in motivational interviewing for eliciting change-talk and strategies for "rolling with resistance and reluctance".

SF, TL

Suicide Prevention and Recovery

Understand the context of suicide in Australia, myths and facts around suicide, protective and risk factors, how to recognise and respond to cues, how to ask direct questions to gain information about a person's thoughts of suicide, wellness and recovery plans, impacts on self and others and self-care.

SF, TL

Tools for Supporting Recovery (with Mary O'Hagan)

Gain a strong understanding of the attitudes and experiences that underpin recovery. Explore recovery tools that can be implemented directly to support people living with mental health conditions.

SF

Supporting and Managing Consumer Workforce (with Indigo Daya)

Mental health services are increasingly hiring consumer and peer workers for their lived experience. This workshop will develop the skills and knowledge needed by team leaders and managers to understand support and effectively manage consumer workers.

TL, M