



FAST TRACK QUALIFICATIONS

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

If you have, our CHC43515 Certificate IV in Mental Health Peer Work Fast Track 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 run in Sydney:

21-22 September | 28-29 September | 5-6 October

Email training@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.

training@mhcc.org.au | 02 9555 8388

JULY - DECEMBER 2017

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.

See calendar for dates throughout NSW.

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

July and August

NAVIGATING THE NDIS

Professional Development

- Gosford - Wednesday 2 August
- Campbelltown - Thursday 17 August

September

NAVIGATING THE NDIS

Professional Development

- Newcastle - Thursday 7 September
- Kogarah - Wednesday 13 September
- Hornsby - Thursday 14 September
- Penrith - Tuesday 26 September

GET QUALIFIED

Information Session

Sydney - Thursday 14 September

FAST TRACK QUALIFICATION STARTS

CHC43515 Certificate IV in Mental Health Peer Work

Sydney -Thursday 21 & Friday 22 September

October and November

NAVIGATING THE NDIS

Professional Development

- Bega - Monday 9 October
- Port Macquarie - Tuesday 10 October
- Nowra - Wednesday 11 October
- Coffs Harbour - Thursday 12 October
- Wollongong - Thursday 12 October
- Sydney - Monday 16 October
- Katoomba - Wednesday 18 October

MANAGEMENT OF WORKERS WITH LIVED EXPERIENCE

Professional Development

Sydney - Tuesday 17 & Wednesday 18 October

PEER WORK QUALIFICATION STARTS

CHC43515 Certificate IV in Mental Health Peer Work

- Queanbeyan - Monday 9 & Tuesday 10 October
- Parramatta (For Western Sydney Recovery College)
Thursday 12 & Friday 13 October
- Sydney -Thursday 26 & Friday 27 October

November and December

NAVIGATING THE NDIS

Professional Development

- Bourke - Monday 6 November
- Dubbo - Wednesday 8 November
- Wagga Wagga - Tuesday 21 November
- Griffith - Thursday 23 November
- Broken Hill - Tuesday 28 November
- Lismore - Tuesday 5 December
- Grafton - Wednesday 6 December
- Armidale -Tuesday 12 December

MOTIVATIONAL INTERVIEWING

Professional Development

Sydney - Tuesday 14 & Wednesday 15 November

CUSTOMISED TRAINING

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

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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. Contact us for more information.

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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, 14 SEPTEMBER

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, AVAILABLE UPON REQUEST

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, AVAILABLE ON REQUEST

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 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

4 COURSES, SEE CALENDAR FOR DATES

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

COMMENCES IN 2018

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.



SUPPORTING CHOICE & CONTROL

Skills for mental health workers

2 DAYS AVAILABLE ON REQUEST

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, 17 AND 18 OCTOBER

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, SEE CALENDAR FOR DATES

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.



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.



COGNITION AND RECOVERY

2 DAYS, AVAILABLE ON REQUEST

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, AVAILABLE ON REQUEST

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, 14 & 15 NOVEMBER

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.