

# 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.

training@mhcc.org.au | 02 9555 8388



## GET QUALIFIED - PEER WORK FREE INFORMATION SESSION

This 2 hour workshop introduces the requirements necessary to complete a Cert IV in Mental Health Peer Work. It is for people interested in acquiring a qualification in peer work, and is suitable for those new to peer work as well as those seeking formal recognition through a nationally recognised qualification. Topics covered include: face to face training; electives; recognition of prior learning, and placement/workplace hours.



## CERTIFICATE IV IN MENTAL HEALTH PEER WORK

Consumer and carer peer workers will have a unique opportunity to build upon their lived experience and on-the-job experience to receive a nationally recognised qualification in mental health.

MHCC has customised the delivery of this qualification to meet the needs of people currently working in identified consumer or carer peer work roles (paid or unpaid) within the mental health sector in government, private or community managed services.



## UNDERSTANDING AND RESPONDING TO TRAUMA 2 DAYS

A large percentage of people accessing support across health and human services have lived experience of trauma which can severely affect their physical and mental health. Experience of trauma, particularly interpersonal trauma, has multiple impacts including vulnerability to re-victimisation and re-traumatisation in service settings that are not trauma informed.

This workshop provides an understanding of trauma and is designed to assist workers to respond more effectively to people living with the effects of trauma.



## NAVIGATING SUPPORT FACILITATION 2 DAYS

Developed in conjunction with key Partners in Recovery (PIR) stakeholders, consumers and carers, this training provides in-depth understanding of the context and practical skills and tools required to produce real outcomes in flexible ways. This training has been specifically designed to build capacity and sustainability for the PIR support facilitation workforce but is applicable to all people interested in service coordination.



## GET QUALIFIED - MENTAL HEALTH FREE INFORMATION SESSION

This 2 hour workshop will introduce you to the requirements for the Certificate IV in Mental Health and is for people who are interested in completing a qualification in mental health. It is suitable for people who are new to the mental health industry and for workers who would like to obtain formal recognition through a nationally recognised qualification. Topics covered include: face to face training; electives; recognition of prior learning; and placement/workplace hours.



## CERTIFICATE IV IN MENTAL HEALTH

This qualification provides a strong foundation for support workers, team leaders, coordinators, frontline managers and other staff who currently provide services to people with mental health conditions as part of their day to day work.

Underpinned by the philosophy of recovery oriented practice, this course aims to build understanding and practical skills in working with people with mental health conditions.

ALSO AVAILABLE AS CULTURALLY CUSTOMISED TRAINING FOR ABORIGINAL WORKERS.



## MANAGEMENT OF WORKERS WITH LIVED EXPERIENCE 2 DAYS

This training will up-skill managers and supervisors who manage workers with a mental health condition to navigate and address the needs of their workforce.

In Australia, one in six workers are living with a mental health condition at any one time. It is one of the leading causes of absence and long-term work incapacity and costs Australian businesses \$10.9 billion each year.

By taking a proactive approach to the mental health of your team you can minimise the negative effects of mental health conditions in your workplace.



## NAVIGATING THE NDIS 1 DAY

This one day course provides an orientation to the NDIS from a NSW mental health perspective. The course has been developed to assist people in NSW with the NDIS transition between 2016 and 2019.

Participants will be guided through how the NDIS works including lessons learned through the Hunter trial, learn how the NDIS can benefit you and those you support and gain enhanced capability to navigate the NDIS. The course is suitable for all interested in learning more about the NDIS; support workers, team leaders, consumers and carers alike.



## CAPACIT-E MENTAL HEALTH E-LEARNING

Capacit-e brings learning to you with our ever growing range of engaging e-learning modules. Capacit-e is perfect for organisations and mental health workers providing recovery oriented services. All modules can be customised and branded for your organisation.

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



## MENTAL HEALTH CONNECT 2 DAYS

Do you feel confident to respond to people with mental health conditions? Mental Health CONNECT is unlike any other mental health training. This unique two day workshop enables people to gain essential skills for assisting people with mental health conditions to maintain hope, overcome barriers to their recovery and live well in the community. The course explores the different lenses through which mental illness is understood and uses trainers who are 'experts by experience' as they share their own recovery journey.

This training is for workers who support people to CONNECT with: work or study, social activities, housing, financial security, physical health, advocacy and legal services.



## COGNITION AND RECOVERY 2 DAYS

Understanding how a person's mental health condition can affect their cognition processes is key to good recovery orientated practice. Organising, problem solving, motivation and decision-making are some of the areas impacted by changed cognition.

This course enables workers to recognise when a person is experiencing problems with cognition; how to have the person assessed; and how to work collaboratively with them to significantly improve long-term outcomes that align with recovery goals and personal values. The skills taught in this course are vital for all people working in psychosocial rehabilitation and NDIS settings.



## SUPPORTED DECISION-MAKING Choice, control and recovery 1 DAY

With the focus on choice and control under the NDIS, skills in supported decision-making are increasingly recognised as fundamental to good practice. Decision-making is a skill that can be developed and practised so people can make and communicate decisions with more independence and confidence.

This course explores how to apply supported decision-making principles, strategies, tools and resources to assist people to make significant decisions in their life and exercise their legal rights. Supported decision-making has a foundation in the *United Nations Convention on the Rights of Persons with Disabilities (UNCRPD) Article 12 - Equal Recognition before the law.*



## MOTIVATIONAL INTERVIEWING 2 DAYS

Have you been challenged or confused by decreasing motivation or lack of follow through with agreed-upon goals? Motivational Interviewing opens up a two-way dialogue between service providers and service users, providing a space where they can explore what really lies behind resistance to change and strategies for overcoming it.



## RESPONDING TO SUICIDE 1 DAY

You can make a profound difference in the life of someone else. Simple effective interventions can save lives. Learn how to talk about suicide with people you support; and connect people at risk of suicide with appropriate supports. This 1 day course is for mental health and peer support workers, and community members who support someone at risk of suicide.