

MEDIA RELEASE

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Free training modules to understand and develop skills in Supported Decision-Making

For immediate release: Mental Health Coordinating Council is pleased to announce the launch of new skills training in the crucial area of Supported Decision-Making.

The two new training modules developed by MHCC are available free to everyone working with people in the psychosocial disability, mental health and human services sectors. The training would specifically be beneficial as continuous professional development for Psychosocial Recovery Coaches.

MHCC CEO Carmel Tebbutt says MHCC encourages practitioners working with people with lived experience, peers, carers and other support people to undertake the training.

“The skills gained can help integrate the principles of Supported Decision-Making into professional practice which in turn develops these important life skills for people living with mental health conditions, Ms Tebbutt says.”

“Supporting someone to make their own decisions can improve a person’s capacity to make informed decisions about their support and other life choices. It can safeguard their autonomy and lead to greater self-determination.”

The newly developed training is available through two free modules that together offer an introduction to Supported Decision-Making. The two modules cover: **Supported Decision-Making: What it is and why it’s important** and **Supported Decision-Making and Psychosocial Recovery Coaches**.

Each training module is self-guided and takes approximately 45 mins- 60 mins to complete.

The two online learning modules were developed by MHCC as part of the [reimagine.today](https://www.reimagine.today) project with generous support from NDIA's Information, Linkages and Capacity building grants.

To access the free training modules go to the [MHCC Learning and Development page](#).

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