

Welcome to 'The News: LAMPS!'

Latrobe regional health, Alfred health, Monash health, Peninsula, & South eastern

Training News

(LAMPS represents the shining effect of training and education)

Date: 30 July 2014

What's happening in training and in the LAMPS cluster
John Julian and Debbie Lang

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Personality Disorders Workshop

Time: 12pm – 3pm

Venue: Latrobe Regional Hospital, Traralgon

Register:

<http://www.svhm.org.au/services/VictorianDualDisabilityService/Pages/Training.aspx>

Registrations on-line

Please Note: When registering for workshops on-line, if you do not receive a confirmation email within 5 business days, you will need to contact Debbie to ensure your registration was successful.

If you are no longer able to attend a workshop you registered for, it would be appreciated if you could contact Debbie as many of our workshops have a waiting list.

If possible, kindly ensure there is sufficient time for Debbie to arrange a replacement for your position.

Contact: Debbie.lang@monash.edu

Or

Ph: 9902-9696

For the full 2014 Training Calendars please visit:

<http://www.med.monash.edu.au/spppm/research/southern synergy/workforceprogram/cluster/trainingcalendar.html>

Local Training

A circular logo with a grid pattern, containing the text "2014 LAMPS".

2014
LAMPS

Personality Disorders workshop

Date: Friday 15th August

Venue: La Trobe Regional Hospital, Traralgon

Time: 12:00pm – 3:00pm

Cost: Free to Southern Cluster

Personality Disorders are potentially severe and disabling conditions causing significant distress for the individual and severely challenging service providers. People with an ID are at increased risk of personality disorder and when a person has both disorders this can lead to a significant increase in impairment and behaviour disturbance.

The workshop will focus on the presentation, assessment, management and treatment of personality disorder in people with intellectual disability.

July

29th **Risk, Formulation and Management**
Time: 8:30 – 5:00pm
Venue: LVCMHS 20 Washington St, Traralgon
Register: jgannon@lrh.com.au

31st **CARE 3 Hour Refresher Course**
Time: 9:00 – 12:00
Venue: LVCMHS 20 Washington St, Traralgon
Register: jgannon@lrh.com.au

31st **Recovery**
 Topics include:

- Recovery principles
- Consumer/Carer perspective
- National recovery Framework
- New Mental Health Act reforms
- Supported Decision-making framework
- Advanced Statements
- Capacity Testing

Time: 8:30pm – 4:30pm
Venue: Blue Room, 1W Admin area.
 Please apply via your Unit Manager
Register: Imcintyre@phcn.vic.gov.au

August

1st **Advanced Dual Diagnosis**
 The Advance Diagnosis Education incorporates:

- Models of Dual Diagnosis
- Trauma and Dual Diagnosis
- Advanced assessments skills
- Psychopharmacology- implications for Dual Diagnosis clients
- Motivational Interviewing
- Harm Minimisation strategies

Time: 8:30pm – 4:30pm
Venue: Blue Room, 1W Admin area.
Register: Imcintyre@phcn.vic.gov.au

12th **Needs Based Communication - Core Recovery & Compassion Skills**
Time: 11:00am – 5:00pm
Venue: Dandenong Hospital, ART Building, Rm 5
Presenter: John Julian
Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1061

August (Cont.)

<p>13th</p>	<p>CRISIS—Crisis Intervention and Safety Implementation in Suicide/Self Harm</p> <ul style="list-style-type: none"> • Suicide prevention strategies • Working with people who self-harm • Person-centred care • Self-awareness • Cultural sensitivity <p>Time: 8:30pm – 4:30pm Venue: Blue Room, 1W Admin area. (Please apply via your Unit Manager) Register: lmcintyre@phcn.vic.gov.au</p>
<p>14th & 15th</p>	<p>ASIST Two Day Workshops</p> <p>Time: 8:30 – 4:30 Venue: Lifeline Gippsland, 2 Fleming St Morwell Register: lifelinegippsland@llg.org.au</p>
<p>15th</p>	<p>Personality Disorders Workshop</p> <p>Time: 12pm – 3pm Venue: Latrobe Regional Hospital, Traralgon Register: http://www.svhm.org.au/services/VictorianDualDisabilityService/Pages/Training.aspx</p>
<p>26th</p>	<p>Risk, Formulation and Management</p> <p>Time: 8:30 – 5:00pm Venue: LVCMHS 20 Washington St, Traralgon Register: jgannon@lrh.com.au</p>
<p>26th</p>	<p>CARE One Day Course</p> <p>Time: 8:30 – 4:30 Venue: Bairnsdale CMHS Register: jgannon@lrh.com.au</p>
<p>28th</p>	<p>ASIST ½ day tune-up workshop</p> <p>Time: 9:30 – 1:30pm Venue: LV CMHS Register: jgannon@lrh.com.au</p>

September

<p>3rd</p>	<p>Recovery</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Recovery principles • Consumer/Carer perspective • National recovery Framework • Advanced Statements • Capacity Testing • New Mental Health Act reforms • Supported Decision-making framework <p>Time: 8:30pm – 4:30pm Venue: Blue Room, 1W Admin area Please apply via your Unit Manager Register: lmcintyre@phcn.vic.gov.au</p>
<p>3rd & 10th</p>	<p>Clinical Supervision – 2 day workshop</p> <p>Time: 9:00 – 5:00pm Venue: Notting Hill, Building 1, Meeting Rm 2 & 3 Presenter: LAMPS Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=942</p>
<p>9th</p>	<p>Community Intermediate Suicide Prevention Training</p> <p>Time: 9:00 – 5:00pm Venue: The Alfred Presenter: John Julian Register: Kate.Wilson@alfred.org.au</p>
<p>19th</p>	<p>Management of Autistic Spectrum Disorder</p> <p>Time: 9:30 – 12:30pm Venue: St Vincent’s Hospital, Melb Register: http://www.med.monash.edu.au/spppm/research/southern synergy/download/vdds_trng_registrationform_2014.pdf</p>
<p>23rd</p>	<p>CARE 3 Hour Refresher Course</p> <p>Time: 9:00 – 12:00pm Venue: Warragul CMHS Register: jgannon@lrh.com.au</p>
<p>29th & 30th</p>	<p>Youth Mental Health 1st Aid – 2 day workshop</p> <p>Time: 9:00am – 5:00pm Venue: Presenter: LRH Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=981</p>
<p>30th</p>	<p>Risk, Formulation and Management</p> <p>Time: 8:30 – 5:00pm Venue: LVC MHS 20 Washington St, Traralgon Register: jgannon@lrh.com.au</p>

Mental Health Act 2014 Handbook

This handbook is designed to help clinicians access the information they need to practice in accordance with the new [Mental Health Act 2014](#), which is now the law governing compulsory mental health, assessment and treatment in Victoria.

The page is at:

<http://www.health.vic.gov.au/mentalhealth/mhact2014/index.htm>

Guidelines, forms and other resources will be added to this handbook as they become available.

You can access content in this handbook by theme and by using the A-Z list of the elements of the Act.

The information provided in this handbook is intended as a general overview and not as comprehensive as legal advice. Service providers should obtain independent legal advice if they have queries about individual cases or their obligations under the [Mental Health Act 2014](#).

Recovery and supported decision making

Establish a recovery-oriented framework for treatment and embed supported decision making

[More about recovery](#)

Compulsory treatment

Minimise the duration of compulsory treatment

[More about compulsory treatment](#)

Safeguards

Increase safeguards to protect the rights and dignity of people living with mental illness.

[More about safeguards](#)

Oversight & services improvement

Enhance oversight and encourage service improvement.

[More about service improvement](#)

Working with Nominated Persons e-learning module

The **Working with Nominated Persons** e-learning module has gone live. The link is at:

<http://www.bouverie.org.au/module/index.html>

It is recommended that this module will need to be completed before face to face training on this issue occurs.

Additional news

National Mental Health Core Capabilities

Health Workforce Australia has advised of the publication of the National Mental Health Core Capabilities. These are available at: <http://www.hwa.gov.au/publication/national-mental-health-core-capabilities>

The capabilities are intended to support both good practice and workforce innovation and reform in the mental health sector.

The capabilities complement the National Practice Standards for the Mental Health Workforce (2013) (practice standards); the National Mental Health Standards (2010) (service standards); and discipline specific standards. The practice standards, service standards and capabilities should work together to support the ongoing development and implementation of good practice, and to guide continuous quality improvement in mental health services.

Webpages of Interest

Aboriginal Health and Suicide

The rate of youth suicide in Indigenous Australia is now the highest in the world.

Indigenous Elders are calling for support to help them heal their communities.

This is their campaign.

Culture is Life - promoting community led solutions to indigenous youth suicide
<http://www.cultureislife.org/>

This site includes The Elders' Report into Preventing Indigenous Self-Harm and Youth Suicide
<https://bepartofthehealing.org/EldersReport.pdf>

MELBOURNE University Mental Health Masters Courses



Our Mental Health Science courses provide the necessary flexibility to undertake professional development around existing work commitments. While some subjects require on-campus contact hours, most units feature online learning. Some subjects also include lecture recordings and online quizzes and assessments.

We offer a Graduate Certificate, Graduate Diploma, or Masters Degree:

Mental Health Science study is customisable, allowing students to tailor their learning from a range of streams and levels of study. This adaptive structure ensures all subjects are directly relevant to a student’s professional interests. Students can exit the course with a Graduate Certificate or Graduate Diploma qualification or continue on to complete the Master of Mental Health Science.



Select a Specialisation from available Mental Health Study Streams:

Infant

The Infant stream focuses primarily on the baby and infant/parent relationships and the methodologies with which infants and their problems have been studied. We provide training in skilled assessment and intervention with families, including theoretical and observational foundations for working with infant mental health problems and with families in the perinatal period. Subjects are delivered at the Royal Children’s Hospital, Melbourne.

Child

This stream provides a grounding in principles of cognitive behaviour, psychodynamic and family therapies for working with children, adolescents, families and parents. At Grad Dip level, knowledge is applied at clinical practicums where students receive supervision while delivering therapy in their own clinical work. Subjects are delivered at Mindful, Centre for Developmental Health.

Youth

The Youth stream covers broad fundamentals of mental health practice, including subjects in psychopharmacology, psychotherapies, personality theory and substance use. At Graduate Diploma level students have more opportunities to specialise in youth-specific mental health.

Adult

The Adult stream begins with an identical structure to the Youth Stream, covering broad fundamentals of mental health practice. At Graduate Diploma level students will focus on more advanced and specific adult mental health topics.

Aged

The aged stream is taught in partnership with MARI (the national aging research institute). The Graduate Certificate and Graduate Diploma cover broad fundamentals of mental health practice with specialised topics in old age psychiatry and geriatric medical practice.

The Master of Mental Health Science is a recognised professional development course for a wide variety of mental health vocations and provides a solid grounding in selected areas of mental health practice. A Mental Health Science degree will be viewed positively by employers and may lead to advancement within a mental health related career. The research year of the Master degree provides graduates with the requisite research experience for entry into a PhD course.

Applications for 2015 entry are now open!

Melbourne Medical School Webpage:

<http://go.unimelb.edu.au/49in>

Open Day:

<https://www.openday.unimelb.edu.au>

Contact Us:

psych-pgrad@unimelb.edu.au



MELBOURNE
MEDICAL
SCHOOL





Psychiatry Academic Day 2014

PSYCHIATRY ACADEMIC DAY 2014



WEDNESDAY, 20 AUGUST, 2014

8.30 am Registration

9.00 am – 5.10 pm

All day program



Latitude Theatre and Auditorium,
Level 2, Hemisphere Conference Centre, 488 South Road,
Moorabbin.



This Symposium aims to showcase the multi-site research and activities across the Psychiatry Discipline at Monash University.

All academics, researchers and research students are welcome to attend.

Registration is free.

Please *rsvp* on the attached form to: heather.thiessens@monash.edu

PROGRAM

8.30 am	REGISTRATION	
Session 1	BRAIN IMAGING AND STIMULATION	Chair: Dr Kate Hoy
9.00 am	Dr Jerome Maller	The use of structural neuroimaging to investigate the development of depression after mild traumatic brain injury
9.20 am	Dr Phyllis Chua	Neuroimaging studies in motor neurone disease
9.40 am	Dr Rebecca Segrave	Non-invasive brain stimulation to augment the antidepressant impact of cognitive training for depression
10.00 am	Dr Carrie Lethborg	Meaning and Purpose Therapy in advanced cancer – efficacy studies
10.20 am	MORNING TEA	
Session 2:	PSYCHOTIC MENTAL ILLNESS	Chair: Professor Jayashri Kulkarni
10.40 am	Dr Judy Hope	Quality of Life and mood in patients with psychosis
11.00 am	Professor Jayashri Kulkarni	The Estrogen Odyssey
11.20 am	Dr Joanne Enticott	Better access to mental health care
Session 3:	PSYCHO-ONCOLOGY	Chair: Professor David Kissane
11.40 am	Dr Stuart Lee	Does sense of coherence protect against psychological distress prior to and following haematopoietic stem cell transplantation?
12.00 pm	Dr Michael Gordon	Transcranial magnetic stimulation for adolescent depression
12.20 pm	Dr Joanne Brooker	Mindful self-compassion in gynaecological cancer: why is self-compassion important?
12.40 pm	LUNCH	

Session 4: DEVELOPMENTAL PSYCHIATRY Chair: Professor Louise Newman		
1.30 pm	Nerelie Freeman	Hyperactivity, impulsivity and inattention behaviours in developmental disorders
1.50 pm	Kristi Villagonzalo	RCT of N-Acetyl Cysteine in autism
2.10 pm	Sarah Milsome	Screening for depression in adolescents with intellectual disability
2.30 pm	Dr Vesna Bejic	Measuring maternal representation of infants at risk
Session 5: AGED PSYCHIATRY Chair: Professor Daniel O'Connor		
2.50 pm	Dr Tanya Davison	ACT Therapy in aged care residents
3.10 pm	Dr Renee Kharsas	Resilience-generating groups for spouses of aged care residents
3.30 pm	Dr Chris Plakiotis	Role of family members in de-prescribing psychotropics in aged care residents
3.50 pm	AFTERNOON TEA	
Session 6: REFUGEES AND COMMUNITY PSYCHIATRY Chair: Professor Graham Meadows		
4.10 pm	Dr Fran Shawyer	Refugees: absolute and relative levels of psychiatric morbidity and care needs
4.30 pm	Ann Locarnini	Post-traumatic symptoms in adolescents from a refugee background
4.50 pm	Dr Mehmet Özmen	Discrete Event Simulation of Community Mental Health Nursing: Modelling of the MHNIP Program

Southern Dual Diagnosis Service

Networking & Reflective Practice 2014

Southern Region Dual Diagnosis Network Meetings (Hampton East)

All stakeholders welcome at SCMHS 352 South Road, East Hampton.
Wednesdays 9:30-11am (25th June, 27th August, 29th October 2014).

Group Reflective Practice (Hampton East)

All stakeholders welcome. An opportunity to discuss client related dual diagnosis issues in a group setting. Wednesdays 11am -12:30 (27th August, 29th October 2014).

Group Reflective Practice (Dandenong)

All stakeholders welcome. An opportunity to discuss client related dual diagnosis issues with the team, including the SDDS Registrar. Thursdays 9:30-11am (17th July, 18th September, 20th November)

Professional Development & Training 2014

Introduction to Dual Diagnosis (Various locations)

Tuesday 2nd July (9.30am to 4.30pm), Dandenong Hospital (Booked out)
Tuesday 12th August (9.30am to 4.30pm) Kingston Centre, Cheltenham
Thursday 28th October (9.30am to 4.30pm) Kingston Centre, Cheltenham
Tuesday 18th November (9:30am to 4:30pm) Dandenong Hospital (Booked Out)

Methamphetamines and Your Mental Health

Tuesday 9th September (9.30am to 12:30pm), Dandenong (Venue TBC)

Quik FIX

Brief motivational interviewing intervention targeting mental health and cannabis use issues in young people. Tuesday 23rd September (9:30am to 4:30pm), Dandenong Hospital

The Mental Health Service Sector & Mental Status Examination

Wednesday 1st October (9.30am to 12.30pm), Kingston Centre, Cheltenham

AOD Withdrawal Management

Tuesday 21st October (9.30am to 4.30pm), Dandenong Hospital (Booked out)

Conversations with our Consultant Psychiatrist (Hampton East)

“Addiction to prescribed opioids” Friday 27th June (9:30-11:30am)
“Elderly substance users” Friday 18th July (9:30-11:30am)
“Drugs and driving” Friday 29th August (9:30-11:30am)
“Alcohol and your mental health” Friday 26th September (9:30-11:30am)
“Pharmacotherapy” Friday 31st October (9:30-11:30am)

Southern Dual Diagnosis Service

c/o Southern Community Mental Health Service, 352 South Road, East Hampton, VIC 3188

T: 9556 5255 F: 95565258 E: sdds@monashhealth.org

Southern Dual Diagnosis Service

All sessions open to our key stakeholders in the alcohol & other drug (AOD), mental health and psychiatric disability & rehabilitation support services (PDRSS) sectors within southern metropolitan Melbourne.

Introduction to Dual Diagnosis

The aim of the Dual Diagnosis training is to assist the participants to gain knowledge necessary to begin the process of achieving basic Dual Diagnosis Capability. By the end of the training participants should have an awareness of the issues facing dual diagnosis clients, methods of screening for dual diagnosis issues and simple interventions to apply with this client group.

AOD Withdrawal Management

This one day workshop is aimed at clinicians who come into contact with consumers who may be experiencing withdrawal from illicit or licit substances. The training will provide an overview of the current best practice guidelines and how these can be utilized to ensure the safety of our consumers.

The Mental Health Service Sector & Mental Status Examination

This three hour introductory session is aimed at staff who have a recently commenced work within the human services sector. The aim of the session is to assist participants in understanding how to navigate the mental health system and have a basic understanding of mental state examinations.

Quik FIX

Quik FIX follows best practice guidelines for the integrated treatment of co-occurring mental health and cannabis use issues, by simultaneously addressing both issues, and their inter-relationship. By the end of the workshop participants will be familiar with:

- addressing the concerns of young people presenting with co-morbidity of cannabis abuse & mental health
- delivering the Quik FIX program to a young person which is a 1-4 session, brief MI intervention for depression or anxiety & substance use issues in young people
- improving engagement & gaining basic MI principles & strategies

Conversations with our Consultant Psychiatrist

All sessions will commence with a presentation outlining the key issues involved within the subjects. Following on from this the presenters will be able to answer questions related to the topic.

Methamphetamines and Your Mental Health

This three hour introductory session looks at the patterns and consequences of amphetamine use, harm reduction strategies and evidence based therapeutic interventions.

To register for training please email sdds@monashhealth.org or to request a secondary consultation please phone 9556 5255

Print Date: 27/5/2014



The Southern Dual Diagnosis Service (SDDS)

present:

“An Introduction to Dual Diagnosis”

This training is aimed at participants from the Alcohol and Other Drug (AOD), Mental Health Community Support Service (MHCSS) sectors and those new to the public mental health system seeking a detailed introduction to the principles and practice of working with people affected by substance use and mental health issues.

Using interactive group methods, including case studies, this training will cover information about the prevalence of dual diagnosis, barriers to treatment, common co-occurring mental health diagnoses, stage-wise treatment and motivational interviewing techniques.

Where: The Kingston Centre, Warrigul Road Cheltenham

When: 9.30am to 4.30pm, 12th August 2014

Cost: FREE for AOD, MHCSS & Public Mental Health staff
\$30 for other organisations and individuals

RSVP: SDDS@monashhealth.org by the 6th August 2014

“Methamphetamines & Your Mental Health”

This training is intended to provide a comprehensive and evidence based overview of the issues relating to the use of methamphetamine and its potential impact on mental health.

It will provide participants with information about the prevalence of use and potential consequences of methamphetamine (or “ice”) use, practical harm reduction strategies and evidence based therapeutic interventions.

Where: ART Building, Dandenong Hospital, Dandenong

When: 9.30am to 12.30pm, 9th September 2014

Cost: FREE for AOD, MHCSS & Public Mental Health staff
\$30 for other organisations and individuals

RSVP: SDDS@monashhealth.org by the 1st of September 2014

*****Limited places only*****

And coming up on 1st October 2014 ...

“The Mental Health Service Sector & Mental State Exam”

For further information contact us at SDDS@monashhealth.org