



MENTAL HEALTH TRAINING FOR EVERYONE

LEARN GROW DEVELOP

BECAUSE MENTAL HEALTH IS EVERYONE'S BUSINESS

2020

RTO No. 91296

PROFESSIONAL DEVELOPMENT

Trauma-informed and recovery-oriented training for your workforce

2 DAYS

UNDERSTANDING AND RESPONDING TO TRAUMA*

Many people who experience mental health conditions have experienced trauma in their lives. Services that do not respond effectively to trauma risk compounding harm. Learn about the dynamics of trauma and how to avoid re-traumatisation by applying principles of trauma-informed care and practice in your organisation.

*This training attracts Continuing Professional Development points under the Australian Association of Social Workers.



1/2 DAY

NEW

SAFE STORYTELLING

Safe Storytelling is for workers who use their lived experience and personal stories when supporting people. The workshop covers purposeful, meaningful and sustainable storytelling, which can be used when workers are required to share their lived experience with clients.

CERTIFICATE QUALIFICATIONS

CERTIFICATE IV IN MENTAL HEALTH PEER WORK (CHC43515)

With the peer workforce growing rapidly in the mental health sector, this course provides nationally recognised credentials for peer workers to build on workplace experience and boost their career. An innovative course run by the pioneers of Peer Work training in NSW.

CERTIFICATE IV IN MENTAL HEALTH (CHC43315)

Advance your career in mental health with a nationally recognised qualification covering the latest approaches to mental health, underpinned by trauma-informed recovery-oriented practice. Learn to support a person's strengths to achieve their goals by promoting social, emotional and physical wellbeing.

CERTIFICATE II IN COMMUNITY SERVICES (CHC22015)

This introduction to community and mental health services provides a transition to work or further study, building your skills and confidence with dedicated student support

FAST TRACK: With two years' professional experience, you can complete the Certificate IV in Mental Health or Mental Health Peer Work in just six days.

TRAIN FOR FREE

MHCC offers a range of free, subsidised and scholarship places in our courses, supported by the NSW government. Check the website, become a member or subscribe to our FYI newsletter for all our training offers.

Scholarships are available for Certificate IV qualifications

PROFESSIONAL DEVELOPMENT FEES

1 DAY

\$297

(members \$232)

2 DAY

\$498

(members \$409)

MEMBERSHIP

Members enjoy training discounts and form the voice of the sector. Become a member today.

www.mhcc.org.au/membership



SMART & SKILLED FUNDING

You may be eligible for fee-free or subsidised training in both the **CHC43315 Certificate IV in Mental Health** and **CHC43515 Certificate IV in Mental Health Peer Work**.

CUSTOM TRAINING

Our trainers can come to your workplace with training customised for all your staff needs.

We also offer part qualifications for flexible accreditation.

mhcc.org.au

TRAINING | RESOURCES | ADVOCACY

COURSES ON REQUEST

1 DAY

UNDERSTANDING MEDICATION

Gain the confidence to support people who choose to self-administer medication by learning regulatory requirements and the impact that medication can have on people's lives.

2 DAYS

MOTIVATIONAL INTERVIEWING

Support people through life changes via an effective, person-centred approach used widely in therapeutic settings, mental health, AOD and employment.

1 DAY

SUPPORTED DECISION-MAKING

Choice, Control & Recovery
Develop the confidence to assess someone's cognitive capacity and support their right to exercise choice and control.

2 DAYS

SUPPORTED DECISION-MAKING

Skills for Mental Health Workers
Be guided through principles and processes of supported decision-making to assist a person to live a more dignified and meaningful life.

1 DAY

WORKING WITH VOICES

A consumer-led day of insights into supporting voice-hearers, with group discussion and reflection to transfer learnings into the work environment.

1 DAY

MENTAL HEALTH IN THE WORKPLACE

This is for workplace leaders who want to support mental health in their workforce. Explore management practices that promote good mental health and learn to distinguish between mental health and performance issues. Gain valuable insight into the impact that mental health conditions can have on capacity to work.

1 DAY

MANAGEMENT OF WORKERS WITH LIVED EXPERIENCE

This training is for managers who support a Peer workforce and people with lived experience, building on the Mental Health in the Workplace 1 Day course. Explore strengths-based supports for a workforce of Peers and people with lived experience of mental health conditions in a recovery-oriented framework.

2 DAYS

UNDERSTANDING MENTAL HEALTH

Gain the confidence to respond to and support people living with a mental health condition, using recovery-oriented, person-centred principles. This introductory course is aimed at people in a wide range of organisations who work with others or support people living with mental health conditions.

2 DAYS

CULTURALLY INFORMED HEALING APPROACH

Designed, developed and delivered by Aboriginal people for all workers who support Aboriginal people impacted by trauma. Created by We Al-li, this workshop is a celebration of life, a process of healing, sharing and regeneration, equally relevant to Indigenous and non-Indigenous workers.

1 DAY

NEW

CONNECTING PHYSICAL AND MENTAL HEALTH

Life expectancy for people experiencing persistent mental health conditions is reduced by 15 to 20 years, largely due to cardiovascular disease and metabolic factors. This exciting new course will equip mental health workers with vital strategies to improve the physical health of the people they work with.

2 DAYS

RESPONDING TO THE RISK OF SUICIDE

Simple interventions can save lives. Learn to identify risk factors, talk about suicide and establish preventative measures with those you support.

january

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- 10 Get Qualified Certificate IV Info Session - SYDNEY†
- 12 Certificate II in Community Services Info Session - QUEANBEYAN‡

february

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- 6 Safe Storytelling - SYDNEY
- 10 CHC43315 Certificate IV in Mental Health - SYDNEY
- 13 Assessment Clinic - SYDNEY*
- 18 CHC43515 Certificate IV in Mental Health Peer Work - WAGGA WAGGA
- 18 CHC22015 Certificate II in Community Services - QUEANBEYAN
- 25-26 Responding to the Risk of Suicide - WAGGA WAGGA

march

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- 7-8 Understanding & Responding to Trauma - SYDNEY
- 16-17 Understanding Mental Health - SYDNEY
- 23 Mental Health in the Workplace - SYDNEY
- 30 CHC43515 Certificate IV Mental Health Peer Work - SYDNEY

may

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- 8 Get Qualified Certificate IV Info Session - SYDNEY†
- 18 CHC43315 Certificate IV in Mental Health - FAST TRACK - SYDNEY
- 21 Management of Workers with Lived Experience - SYDNEY
- 26 Connecting Physical & Mental Health - SYDNEY

june

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- 15 Assessment Clinic - SYDNEY*
- 17-18 Understanding & Responding to Trauma - SYDNEY

july

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- 15 Certificate II in Community Services Info Session - SYDNEY‡
- 15 CHC43515 Certificate IV Mental Health Peer Work - NORTH COAST
- 21-22 Culturally Informed Healing Approach - SYDNEY
- 28 Safe Storytelling - SYDNEY

august

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- 6-7 Understanding & Responding to Trauma - SYDNEY
- 13 CHC22015 Certificate II in Community Services - SYDNEY
- 24 CHC43515 Certificate IV in Mental Health Peer Work - FAST TRACK - SYDNEY

september

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- 4 Connecting Physical & Mental Health - WOLLONGONG
- 7 Assessment Clinic - SYDNEY*
- 18 Understanding Medication - SYDNEY

october

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- 7 Mental Health in the Workplace - SYDNEY
- 13 Safe Storytelling - SYDNEY
- 20 CHC43515 Certificate IV Mental Health Peer Work - SYDNEY
- 28-29 Understanding & Responding to Trauma - TAMWORTH

november

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- 2-3 Responding to the Risk of Suicide - SYDNEY
- 4 Management of Workers with Lived Experience - SYDNEY
- 16 CHC43315 Certificate IV in Mental Health - FAST TRACK - SYDNEY

december

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