

**JANUARY
TO JUNE
2022**

Child and youth mental health training calendar

Keep
an eye out
for our July
to December
calendar!

Opening the doors

**WEDNESDAY, 2 MARCH
9.30–11.30AM / FREE**

In this workshop you will learn about referral pathways to mental health services. Clinicians from Royal Children's Hospital Mental Health, headspace and Orygen will provide an overview of child and youth mental health services in Melbourne's western and north-western regions. You will learn how and when to refer a child or young person.

[BOOK NOW](#)

Understanding mental ill-health

In these workshops, you will learn about particular mental health disorders in children and young people, how to identify signs and symptoms of these disorders, and what steps you can take to support a young person in your role.

Understanding the mental health of children and young people with autism spectrum disorder

**THURSDAY, 31 MARCH
9.30–12.30PM / \$30**

[BOOK NOW](#)

Understanding anxiety

**WEDNESDAY, 11 MAY
9.30–11.30AM / \$30**

[BOOK NOW](#)

Understanding psychosis

**WEDNESDAY, 1 JUNE
9.30AM–11.30AM / \$30**

[BOOK NOW](#)

Working with school refusal

**FRIDAY, 4 MARCH
9.30AM–4.30PM / \$140**

In this workshop we will explore factors underlying school refusal. You will learn about the importance of a therapeutic and educational alliance, and evidence-based techniques to assist children and young people to maintain schooling or return to school.

[BOOK NOW](#)

Engaging with young people and families about mental health

**WEDNESDAY, 6 APRIL
9.30AM–12.30PM / \$90**

In this workshop we will provide a rationale for family involvement in young people's mental health and an overview of relevant legislation related to privacy, confidentiality and duty of care. You will develop specific strategies for engaging young people and their families in discussions about mental health and wellbeing.

[BOOK NOW](#)

Self-harm and suicide

**WEDNESDAY, 25 MAY
9:30AM–4:30PM / \$140**

In this workshop we will provide participants with an understanding of deliberate self-harm and suicide risk in young people. You will develop skills in assessing risk and safety planning.

[BOOK NOW](#)

Disclaimer At the time of printing, all information in this calendar was correct. Orygen reserves the right to make changes to the training calendar or any other general or specific information published in this calendar. Orygen reserves the right to cancel courses that do not meet minimum participation, in which case, all fees will be refunded.

Registration and attendance information

Registration and payment

All registrations and payments should be made online at Eventbrite via www.orygen.org.au/Training/Face-to-Face-Training/Community-Professionals

Costs for all workshops include goods and services tax.

Group discount

Group discounts may apply. Please phone the community development team (within Orygen Specialist Programs) on +61 3 9966 9100 to discuss.

Cancellation policy

Cancellations made at least seven days prior to a workshop will be eligible for a refund, less an administration fee of 50 per cent of the workshop cost.

Cancellations made less than seven days prior to a workshop will be charged full price.

Contact and inquiries

To find out more about a workshop and if it suits your learning needs you can contact the Orygen community development team on +61 3 9966 9100 or email training@oyh.org.au.

Attendance

A certificate of attendance will be provided upon request.

Who can attend

Workshops are specifically designed for staff who may not have specialist mental health training and are working with children and young people in community-based settings in Melbourne's western and north western regions. This may include staff working in education, youth services, child protection, alcohol and other drugs services, settlement services and family support agencies.

To find out more about a workshop and if it suits your learning needs, you can contact the Orygen community development team on +61 3 9966 9100 or training@oyh.org.au.

Times and platform

All workshops on this calendar will be conducted online via Zoom. A link and instructions will be emailed to you one week prior to the workshop.

Please log in 10 minutes before the advertised start time to allow time to trouble shoot any issues before the workshop begins.

Partner organisations

Orygen Specialist Program's community development team provides mental health consultation, training and mental health promotion to community-based services across the child, youth, health, education and welfare sectors.

Orygen's aim is to strengthen the capacity of individuals and organisations to identify and respond to the mental health needs of children and young people.

We aim to work collaboratively with individuals and organisations in order to identify gaps in the community sector and provide appropriate responses to these needs, such as training, specialist consultation, access to youth mental health resources, help with identifying referral pathways for children and young people, and to support, develop and implement strategies to improve mental health amongst children and young people.

Orygen Specialist Program is a youth mental health service for young people aged 15–24 years. As well as direct service delivery to young people and families in the north-western and western metropolitan region of Melbourne, Orygen provides training, secondary consultation and partnership activities.

Travancore School is a Victorian Department of Education and Training facility that services the educational needs of children and young people who are clients of Royal Children's Hospital Mental Health or Orygen Specialist Services.

Royal Children's Hospital Mental Health provides a specialist community-based child and adolescent mental health service. RCH MH has three community teams located at Wyndham, Sunshine and Flemington for clients aged 0-15 years, and an adolescent Inpatient Unit.

headspace Craigieburn, headspace Glenroy, headspace Melton, headspace Sunshine and headspace Werribee are a one-stop-shop model of care (covering general health, drug and alcohol support, vocational and educational assistance, mental health counselling and support) designed to make it easier for young people aged 12-25 to get help.

headspace National Youth Mental Health Foundation Ltd is funded by the Australian Government Department of Health under the Youth Mental Health Initiative Program.

Give us a call

Do you need support, advice or an opportunity to reflect about a specific child or young person you're working with? For secondary consultation of a child aged 0 – 14 years call Royal Children's Hospital Mental Health Service on **1800 44 55 11** or for a young person aged 15 – 24 years call Orygen's community development team on **9966 9100**.