

2021 TRAINING PROGRAM

TaskForce 
Where hope finds help.



education@taskforce.org.au
03 9532 0811

12-hour Standard Mental Health First Aid

Learn how to assist adults who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. Demonstrate your mental health first aid skills by becoming an Accredited Mental Health First Aider. Complete an online assessment after the course to become accredited.

Delivered over two days:

17th & 24th August @ Frankston
14th & 21st September @ Frankston
5th & 12th October @ Cranbourne
23rd & 30th November @ Cranbourne
6th & 13th December @ Moorabbin

Training Cost: \$270

Blended Mental Health First Aid Community Course

This course has been adapted from the Standard Mental Health First Aid Course for adults. In this informative and practical course, you will learn about the signs and symptoms of common and disabling mental health conditions in adults, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide mental health first aid in a crisis situation using a practical, evidence-based action plan.

Course Component 1

A self-paced eLearning component (takes 5-7 hours to complete)

Course Component 2

An Instructor-led component using video conferencing (2 sessions of 2.5 hours each including set up time).

Delivered over two days:

31st August & 7th September
19th & 26th October

Time:

10:00 AM - 12:30 PM

Training cost: \$270

Standard Mental Health First Aid Refresher

Refresher courses are 4 hour face-to-face courses that allow people who have previously completed a 12 or 14 hour Mental Health First Aid course to refresh their knowledge and skills. For people who are Accredited MHFAiders, the refresher courses offer an opportunity to extend their accreditation for a further 3 years.

Dates:

16th September @ Moorabbin
21st October @ Moorabbin
8th November @ Moorabbin

Time:

9:00 AM -1:00 PM

Training Cost: \$160

Conversations about Suicide

The 4-hour course will teach you the skills and knowledge required to safely have a conversation with a suicidal person. You will learn practical skills to improve your confidence to provide mental health first aid to someone who is feeling suicidal.

Dates:

26th August @ Moorabbin
25th October @ Moorabbin
9th December @ Moorabbin

Time:

9:00 AM -1:00 PM

Training Cost: \$160

Conversations about Non-Suicidal Self Injury

The 4-hour course will teach you the skills and knowledge required to assist a person who is engaging in self-injury.

Dates:

28th September @ Moorabbin
2nd December @ Frankston

Time:

9:00 AM - 1:00 PM

Training Cost: \$160

Introduction to Alcohol and Other Drugs

Participants will be introduced to the most common substances, their impacts, treatment options and harm minimisation strategies when working with clients impacted by alcohol and other drugs. The relationship between substance misuse and poor mental health is explored and strategies provided to deal with individuals who may have a complex mental health and/or AOD condition.

Dates:

19th August @ Moorabbin
30th September @ Moorabbin
18th November @ Moorabbin

Time:

9:00 AM - 1:00 PM

Training Cost: \$160

Working with Mandated Clients

Participants will be introduced to Criminogenic Theory and gain an understanding of motivation and treatment of forensic/mandated clients. This course will address the challenges of working with forensic/mandated clients including Treatment Interfering Behaviours (TIB) and will provide appropriate strategies including Motivational Interviewing and Change Talk to tailor treatment to the individual needs of the client.

Dates:

11th November @ Moorabbin

Time:

9:00 AM - 1:00 PM

Training Cost: \$160

Book online

<https://taskforce.org.au/book-now>

Find out more

Email education@taskforce.org.au or call 03 9532 0811

Venues

2/7-9 Bakewell Street, **Cranbourne** 3977
31 Playne Street, **Frankston** 3199
15-16/8 Tuck Street, **Moorabbin** 3189

Customised Training

All our courses can be delivered to your workplace by an experienced trainer. As industry experts we also design custom made training packages to address your organisation's training needs. Please contact us to hear about our complete list of courses on offer at education@taskforce.org.au or on 9532 0811

About TaskForce

Our purpose is to provide wraparound support and compassionate care to vulnerable youth, adults and their families in South East Melbourne. Through our expertise as providers of specialised training and education, alcohol and other drug treatment, and youth engagement and employment services, TaskForce supports government agencies, organisations and community members help their clients and other people in need. Learn more at taskforce.org.au

TaskForce training services are delivered on the land of the Bunurong people. We pay our respects to elders past and present.

taskforce.org.au