



**Realise
the potential
in everyone.**

**TRAINING PROGRAM
JANUARY - JUNE 2023**

About TaskForce

TaskForce Community Agency plays an important role across communities in south east Melbourne, enabling people through training, education and employment and helping individuals and families due to challenges with alcohol and other drugs or family violence.

Through our 50 year expertise as providers of specialised training and education, alcohol and other drug treatment, family violence services and employment programs, TaskForce supports businesses, government agencies, and community members to help their clients and other people in need.

Learn more at taskforce.org.au





TaskForce  **50 YEARS**
Life changing services.

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. Get in touch to learn about our complete list of courses at education@taskforce.org.au or on 9532 0811

Book online

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



Venues

Cranbourne: 7-9 Bakewell Street
Frankston: 31 Playne Street
Moorabbin: 15-16/8 Tuck Street

Find out more

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

Mental Health First Aid

12-HOUR STANDARD MENTAL HEALTH FIRST AID

(2-day course)

Cost: \$275

Gain the skills and confidence to recognise and support people with a range of mental health issues until professional support is received. Upon successful course completion, participants will be certified by Mental Health First Aid Australia and become an Accredited Mental Health First Aider.

Learning outcomes:

- Develop an understanding of mental health conditions, treatment and strategies to respond
- Gain confidence in supporting those experiencing a mental health problem
- Increase understanding of types of professional supports available

Moorabbin	6th and 13th February 21st and 28th June
Cranbourne	21st and 28th March
Frankston	18th and 27th April 9th and 16th May

BLENDED MENTAL HEALTH FIRST AID COMMUNITY COURSE

Cost: \$275

Hybrid course - self-paced and online facilitated. Adapted from the Standard Mental Health First Aid course for adults, this course combines self paced learning (5 - 7 hours to complete) with an instructor-led component (5 hours online).

Learning outcomes

- Recognise signs and symptoms of common mental health conditions
- Gain skills and confidence to provide initial support
- Increase knowledge of professional supports available

Online **7th March
14th June**

STANDARD MENTAL HEALTH FIRST AID REFRESHER

Cost: \$180

Refresh the knowledge and skills learnt during the 12-hour Standard Mental Health First Aid Course with a four hour course for individuals who have previously completed Mental Health First Aid.

Learning outcomes:

- Gain an understanding of the latest research in the mental health field
- Learn the 3 key actions for helping someone feeling suicidal
- Work through complex mental health first aid interactions
- Practice mental health first aid skills

For people who are Accredited Mental Health First Aiders, the refresher courses offer an opportunity to extend their accreditation for a further 3 years.

Moorabbin **9th May**



“I really loved
our training with
TaskForce. Thorough
and informative, led
by presenters who are
experts in their field”

DRUG AND ALCOHOL COUNSELLOR

Mental health

CONVERSATIONS ABOUT SUICIDE

Cost: \$180

For many people, responding to a friend, loved one or client who is feeling suicidal can be frightening and distressing.

This half day course provides a safe learning environment where participants:

- Develop capacity to identify warning signs for suicide
- Learn skills required to have a conversation with a suicidal person
- Increase their confidence to provide support in a crisis

Frankston **28th February**
6th June

Cranbourne **4th April**

CONVERSATIONS ABOUT NON-SUICIDAL SELF INJURY

Cost: \$180

Non-suicidal self-injury is damaging or painful behaviours that a person inflicts on themselves without intending to result in death. Non-suicidal self injury is a complex issue that can be a challenging for people to navigate, both in personal lives and as professionals.

This four-hour course provides a safe, interactive space where participants will:

- Develop an understanding at to why people engage in self injury
- Increase capacity to talk to someone around their self-injury
- Gain tools to help keep individuals safe and reduce risks
- Develop knowledge of professional pathways for support
- Build capacity to assess for suicidal thoughts and behaviour

Cranbourne **23rd May**

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

(2-day course)

Cost: \$450

TaskForce is delivering LivingWorks ASIST which teaches participants to provide a skilled intervention and develop a collaborative safety plan to keep someone safe and alive. Trusted by professionals, yet learnable by anyone. LivingWorks ASIST is the world's leading suicide intervention model.

Learning outcomes:

- Gain an understanding of the complex issue of suicide and interventions
- Develop skills to provide guidance and support to a person at risk to meet their individual safety needs
- Identify key elements of a suicide safety plan and what is required to implement it
- Increase knowledge of resources and professional supports available to individuals with suicidal behaviour
- Improve capacity and confidence to support individuals who are presenting with suicidal behaviours
- Understand broader aspects of suicide prevention including self-care

Moorabbin 23rd and 24th May

DEALING WITH CHALLENGING AND AGGRESSIVE BEHAVIOURS

Cost: \$290

Challenging and aggressive behaviours can occur in all workplace settings and have significant impacts on employee wellbeing, workplace cultural and the safety of our clients or customers. This course has been designed to equip participants with practical skills to reduce the risks of aggressive behaviour within the workplace environment and de-escalate situations when they occur.

Learning outcomes:

- Understand types of challenging behaviours and communication styles
- Identify workplace hazards and mitigation strategies
- Develop confidence in responding to aggressive behaviour
- Obtain skills in de-escalation

**Moorabbin 16th February
11th May**



Alcohol and other drugs

FOUNDATIONS OF ALCOHOL AND OTHER DRUGS

Cost: \$220

Delivered by those working within the alcohol and drug sector, this half-day course provides an introduction to alcohol and other drugs in the Australian community including the most recent trends, interventions and treatment options.

Learning outcomes:

- Identify common substances and how they impact individuals and community
- Build awareness of individual, community and political factors influencing alcohol and drug responses
- Develop an understanding of harm reduction frameworks
- Increase skills in having a conversation with someone who is impacted by alcohol or drugs
- Create knowledge of localised options for treatment and support

Moorabbin **9th February**

Frankston **25th May**

ALCOHOL AND OTHER DRUGS IN PRACTICE

Cost: \$290

This course is the next level after Foundations in AOD where participants will further explore harm minimisation principals and how to apply these in a practical sense. Participants will also be introduced to the concepts of motivational interviewing and key skills that can be taken back into any community-based workplace setting.

Learning outcomes:

- Increase capacity to identify problematic alcohol or drug use and develop tools that will assist in engaging in conversation around this
- Understand more complex alcohol or drug use and impacts on mental health and wellbeing
- Build awareness of harm reduction principals, and practical strategies to reduce risk
- Develop an understanding of motivational interviewing and tools and techniques that can be used in conversations for change
- Create a toolbox of resources for localised pathways of support or online tools for individuals and families or priority population groups

Frankston **16th March**

Moorabbin **15th June**

Family violence

FAMILY VIOLENCE 101

Cost: \$220

This training is for anybody working with clients or in middle management, who would like to better identify, assess and assist people using and/or experiencing family violence. This training is pitched at those with a beginner to intermediate comprehension of family violence, whose primary role is not directly within the family violence sector.

Learning outcomes:

- Establish a baseline comprehension of family violence
- Develop a deeper understanding of the gendered nature of family violence
- An overview of the family law act and the categories of family violence as defined by the act
- The intersection of child abuse and family violence
- The intersection of Alcohol and other Drugs and family violence
- Look at the family violence risk assessment using the "Red Flags".
- A brief overview MARAM and the Information Sharing Schemes
- A walkthrough of family violence Intervention Orders including the policing & justice response
- Appropriate referral pathways

Frankston

23rd February
18th May

WORKING WITH PEOPLE WHO USE FAMILY VIOLENCE

Cost: \$220

This training is for anybody working with clients who may be using family violence. Whilst this training presents learnings and interventions that have been refined through years of working with men who use family violence, the learnings put forth are applicable to all genders that use family violence. This training is pitched at those with a beginner to intermediate comprehension of working with people who use family violence.

Learning outcomes:

- An exploration of the overrepresentation of men using family violence
- An analysis of the role shame plays in working with people who use family violence
- Working with Gaslighting
- Unpacking intentions vs impacts regarding family violence
- The importance of teaching emotional literacy and empathy as tools to mitigate risk
- CBT frameworks when working with people using family violence
- Family violence and trauma
- A better understanding of how to have assertive conversations with people using family violence

Frankston

23rd March
1st June





OUR LOCATIONS

BENTLEIGH

421–423 South Road
Bentleigh VIC 3204

T: 03 9532 0811
F: 03 9532 1830

TASKFORCE EDUCATION HUB

15–16/8 Tuck Street
Moorabbin VIC 3189

TASKFORCE YOUTH HUB

Shop 1, 4–6 Station Street
Moorabbin VIC 3189

COCKATOO COMMUNITY HOUSE

23 Bailey Road
Cockatoo VIC 3781

CRANBOURNE
2/7–9 Bakewell Street
Cranbourne VIC 3977

T: 03 5991 8001

DANDENONG
314A Thomas Street
Dandenong VIC 3175

T: 1800 142 536
F: 03 9794 6596

FRANKSTON

31 Playne Street
Frankston VIC 3199

T: 9770 2480

ROSEBUD

1337–1339 Nepean Highway
Rosebud VIC 3939