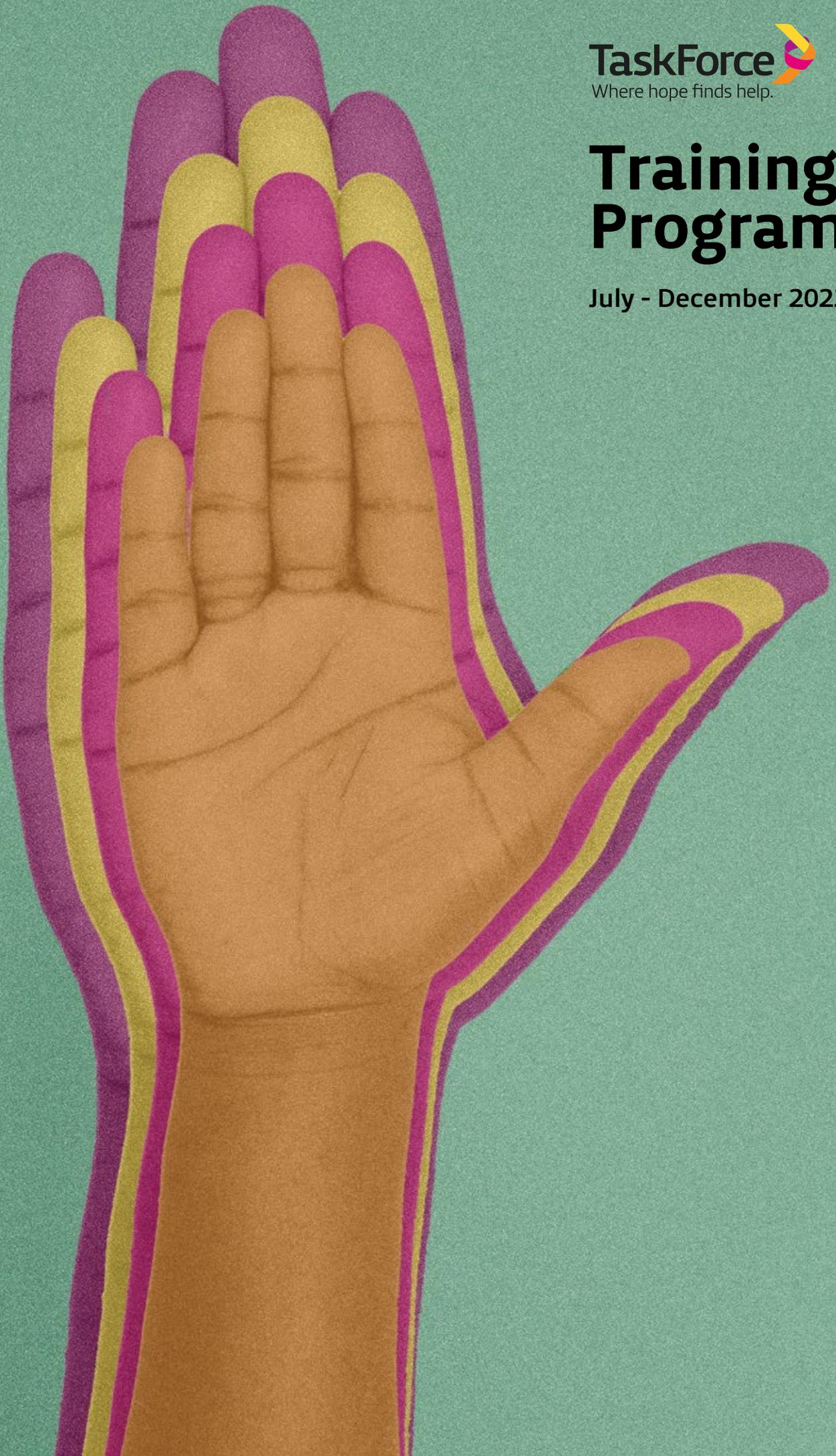


Training Program

July - December 2022



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:

5th and 12th July @ Frankston

8th and 15th August @ Moorabbin

23rd and 30th September @ Frankston

24th and 31st October @ Frankston

17th and 24th November @ Cranbourne

5th and 12th December @ Moorabbin

Time: 9:30 AM - 4:30 PM

Training Cost: \$270

Standard Mental Health First Aid Refresher

This course gives participants an opportunity to refresh the knowledge and skills learnt during the 12-hour Standard Mental Health First Aid Course.

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

The refresher courses offer an opportunity to extend Mental Health First Aid accreditation for a further three years.

Date: 25th October @ Moorabbin

Time: 9:00 AM -1:00 PM

Training Cost: \$160

Introduction to Alcohol and Other Drugs

Participants will be able to identify the most common drugs and substances encountered in the community/workplace and how they impact the individual. Gaining an understanding of the reasons why individuals may turn to substances, participants will learn strategies to communicate effectively with individuals under the influence of alcohol or drugs. The concept of harm reduction/ minimisation and associated strategies will be introduced, and participants will gain knowledge of appropriate treatment options. 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 condition as a result of alcohol or drug use.

Dates:

8th September @ Moorabbin

1st December @ Moorabbin

Time: 9:30 AM – 1:30 PM

Training Cost: \$160

Conversations about Suicide

The 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

27th July @ Frankston

13th September @ Cranbourne

14th November @ Frankston

7th December @ Moorabbin

Time: 9:30 AM -1:30 PM

Training Cost: \$160

Dealing with Challenging and Aggressive Behaviours

Learn how to work with different types of challenging behaviours and communication styles a client may demonstrate. This course will also address aggression, de-escalation techniques and safety within the workplace.

Dates:

4th August @ Moorabbin

3rd November @ Moorabbin

Time: 9:30 AM - 1:30 PM

Training Cost: \$160

Working With People Who Use Family Violence

This training is for anybody working with clients who may be using family violence, and is pitched at a beginner to intermediate level. While this training presents learnings and interventions that have been refined through years of working with men, the content is applicable to all genders that use family violence. It is a practical, interactive workshop, facilitated by experienced clinicians. Many techniques and ideas presented are drawn from our innovative U-Turn behaviour change program.

Topics covered include:

- 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 with regard to family violence
- The importance of teaching emotional literacy and empathy as tools to mitigate risk
- Cognitive behavioural therapy 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

Date: 25th August @ Frankston

Time: 9:30 AM – 1:30 PM

Training Cost: \$160

Family Violence 101

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. It is an interactive workshop, facilitated by clinicians who currently work on the family violence frontline and as such, understand the challenges of working with family violence presentations in a contemporary community setting.

Topics covered include:

- Establishing a baseline comprehension of family violence
- A deeper understanding of the gendered nature of family violence
- An exploration of the overrepresentation of men using 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
- Family violence risk assessment using the “red flags”
- An overview of MARAM and the Information Sharing Schemes
- A walkthrough of family violence intervention orders including the policing and justice response
- Appropriate referral pathways

Date:

14th July @ Frankston

6th October @ Frankston

Time: 9:30 AM - 1:30 PM

Training Cost: \$160

Book online

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

Venues

31 Playne Street, **Frankston** 3199

15-16/8 Tuck Street, **Moorabbin** 3189

2/7-9 Bakewell Street, **Cranbourne** 3977

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.

About TaskForce

TaskForce plays an important role across communities in south east Melbourne, whether helping individuals and families in crisis due to challenges with alcohol and other drugs or family violence, or enabling people through education, training, and employment. We aim to help realise the potential of every client and work towards healthier lives, relationships, and communities.

Through our expertise as providers of specialised training and education, alcohol and other drug treatment, family violence services and employment programs, TaskForce supports government agencies, organisations and community members to help their clients and other people in need. Learn more at taskforce.org.au

Find out more

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

taskforce.org.au

TaskForce training services are delivered on the land of the Boon Wurrung people. We recognise their continuing connection to land, water and communities and pay our respect to Elders past and present.