



The Mental Health Commission's Workforce Development team is pleased to release the AODwebinars@MHC Semester 1 2025 calendar. The AODwebinars@MHC calendar is part of the Workforce Development, Mental Health Commission's free professional development for those working in the alcohol and other drug (AOD) and other human services sectors. To register for an event, go to:

<https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/aod-webinars/>

Please note: Our webinar events are run through Microsoft Teams. Please view the Mental Health Commission website at www.mhc.wa.gov.au/aodtraining/ for detailed information and registration. For more information on training opportunities and resources to support workers, go to: mhc.wa.gov.au/aodtraining or email: AOD.training@mhc.wa.gov.au

Webinar Event 1 Stigma as a Barrier

Presented by: Workforce Development, Mental Health Commission

Date: Tuesday, 4 February 2025 • 10:00am – 12:00pm

Target audience: Human service workers working with people who use AOD.

Negative views and attitudes towards people who use AOD creates a significant barrier to individuals accessing support services and health care. This webinar aims to explore stigma, where it comes from, how it is perpetuated, the negative impacts, as well as looking at ways of safely challenging stigma and implementing best practice when working with people who use drugs.

By the end of this webinar, participants will be able to:

- understand the concepts and structures of stigma faced by individuals who use AOD
- describe the attitudes that contribute to AOD stigma
- consider intersectionality and the impact of stigma on people who use AOD
- develop skills to safely challenge stigma utilising best practice, non-stigmatising language and concepts when speaking with or about people who use AOD.

Expression of interest deadline: Monday, 3 February 2025

Webinar Event 2 Co-occurring Mental Health and AOD Issues with Young People

Presented by: Workforce Development, Mental Health Commission

Date: Tuesday, March 4 2025 • 10:00am – 12:00pm

Target audience: Human service workers working with young people who use AOD and experience co-occurring mental health (MH) issues.

Please note: It is presumed that participants of this training have foundation knowledge and skills for working with people who use AOD.

This training is most suitable for AOD workers who have limited experience working with young people experiencing co-occurring AOD and MH issues. This webinar explores the functions of AOD use in the context of co-occurring MH issues for young people, and considerations when working with young people with co-occurring MH and AOD use concerns.

Expression of interest deadline: Monday, 3 March 2025

Webinar Event 3 Alcohol Use During Pregnancy and Fetal Alcohol Spectrum Disorder (FASD) Prevention

Presented by: Community Services and Development Programs, Mental Health Commission

Date: Tuesday, 1 April 2025 • 10:00am – 12:00pm

Target audience: Human service workers with clients of childbearing age, their families, and communities.

This webinar has been planned to coincide with International FASD Awareness Day. We will review foundational concepts for the development and delivery of best-practice FASD prevention, such as:

- contextualising alcohol use in Australia
- complexities associated with alcohol use during pregnancy
- defining FASD
- considering prevention strategies that respond to community strengths and needs.

We will also briefly touch on the Mental Health Commission's FASD Prevention Funding Program.

Expression of interest deadline: Monday, 31 March 2025

Webinar Event 4 An Introduction to Trauma Informed Care and Practice

Presented by: Workforce Development, Mental Health Commission

Date: Tuesday, 6 May 2025 • 10:00am – 12:00pm

Target audience: Human service workers working with people who use AOD and/or experience mental health (MH) issues.

Please note: this webinar is a brief stand-alone version of the one-day workshop ST326 Trauma Informed Care and Practice conducted on the AODtraining@MHC Calendar.

This introductory webinar will provide an overview of trauma and explore how trauma can impact people who present with AOD and/or MH issues. This webinar will introduce the principles of Trauma Informed Care and Practice.

Expression of interest deadline: Monday, 5 May 2025



Webinar Event 5

Family and Domestic Violence (FDV) Risk Assessment

Presented by: Women's Health Strategy and Programs, North Metropolitan Health Service

Date: Tuesday 3 June 2025 • 10:00am – 11:00am

Target audience: Human service workers working with people who may be experiencing AOD and/or mental health (MH) issues.

Accessing AOD and/or MH services provides a port of entry for Family and Domestic Violence (FDV) risk assessment. This webinar aims to increase understandings of FDV evidence based high-risk factors and the importance of risk assessments in the prevention of FDV-related harm and homicides. This training covers sensitivities around asking risk questions, privacy and safety, confidentiality, creating a trauma informed environment, screening and responding to disclosures and specific risk assessments relevant to individual teams. This training session also emphasises the importance of case noting and documentation when undertaking any FDV-related risk assessment.

Expression of interest deadline: Tuesday, 2 June 2025

Webinar Event 6

An Introduction to Emotion Regulation

Presented by: Workforce Development, Mental Health Commission

Date: Thursday, 19 June 2025 • 10:00am – 12:00pm

Target audience: Clinical and support workers in the AOD and mental health specialist sectors.

Please note: This webinar is a brief stand-alone version of the one-day workshop ST343 Emotional regulation conducted on the AODtraining@MHC Calendar.

Emotion regulation is the ability to manage and respond to emotional experiences in a socially tolerable way. AOD can be one of the strategies people adopt to regulate their emotions, which may not be effective in the longer-term.

This training aims to assist the worker to:

- develop an understanding of emotion and emotion regulation
- explore the skills needed to support people to better identify, understand and manage their strong emotions
- identify strategies that will help people respond to their overwhelming emotions in constructive ways.

Expression of interest deadline: Wednesday, 18 June 2025

Webinar Event 7

Family and Domestic Violence (FDV) Safety Planning

Presented by: Women's Health Strategy and Programs, North Metropolitan Health Service

Date: Tuesday 1 July 2025 • 10:00am – 11:00am

Target audience: Human service workers working with people who may be experiencing alcohol and other drug (AOD) and/or mental health (MH) issues.

Accessing AOD and/or MH services provides a port of entry for FDV safety planning, where risk is identified. This intensive one-hour session explores all key considerations when undertaking FDV safety planning. This training emphasises the importance of safety planning as a collaboration, or 'partnering', process between the practitioner and victim/survivor. This training considers safety planning for if the victim/survivor is planning to leave, or, if they are attempting to minimise risk whilst remaining with the perpetrator. We will also look at the various tools and resources to aid with safety and in collection of evidence, including key templates for safety planning. All staff are invited to join this session as we move towards becoming an FDV-informed workforce.

Expression of interest deadline: Monday, 31 June 2025

Sign up for webinars here!



Scan this QR code to visit the Mental Health Commission website at <https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/aod-webinars/> for detailed webinar event information and registration.

AOD eLearning



Not able to make it to one of our face-to-face or Webinar training events? Workforce Development has a range of eLearning that can be accessed anywhere and at any time! For further information, head to: <https://aodelearning.mhc.wa.gov.au/>

Enquiries

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