



AODwebinar@MHC Calendar Semester 1 2022

The Mental Health Commission's Workforce Development team is pleased to release the **AODwebinar@MHC Semester 1 2022 calendar**.

The AODwebinar@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.

Please note: Our webinar events are run through Microsoft Teams.

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: An introduction to grounding

Presented by: Anna Bennetts, Workforce Development, Mental Health Commission.

Date: Wednesday, 9 March 2022 • 10.00am - 12.00pm

Target audience: Human service providers working with clients who use AOD.

Grounding is a technique that can be used to help distract clients from negative thoughts and feelings by guiding them to focus on the external world. Many clients with alcohol and other drug (AOD) issues have high levels of distress and trauma, and grounding techniques can be a fundamental approach to help our clients manage their distress. This webinar will introduce participants to grounding strategies. At the end of the session participants will have an understanding of when grounding may be beneficial and various strategies to help clients to ground themselves.

Application deadline: Friday, 4 March 2022

● Webinar Event 2: Prescription medication use problems

Presented by: Dr Richard O'Regan, Addiction Medicine Consultant, Royal Perth Hospital.

Date: Tuesday, 29 March 2022 • 10.00am - 12.00pm

Target audience: Clinicians working with patients prescribed psychoactive substances.

As non-therapeutic psychoactive prescription medication use issues have grown in Australia, together with prescription opioid overdose deaths, several jurisdictions have introduced prescription monitoring programs. Western Australia (WA) will introduce such a program in 2022.

This presentation will provide an overview of the use of prescription-only drugs for non-therapeutic purposes, together with the prescription monitoring system that will commence this year in WA and how this will impact on consumers and practitioners.

This training will cover:

- Trends in the use of prescription medications
- Prescription monitoring systems and the impact on patient-doctor interactions.
- How will GPs respond when the program informs them the patient is being prescribed psychoactive medication from multiple prescribers or in amounts that can cause harms?

Application deadline: Friday, 25 March 2022

● Webinar Event 3: An introduction to Trauma Informed Care and Practice

Presented by: Heather Jacobson, Workforce Development, Mental Health Commission.

Date: Tuesday, 5 April 2022 • 10.00am - 12.00pm

Target audience: Human service providers working with clients who use AOD or experience mental health issues.

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

This webinar will:

- Provide an introductory overview of trauma
- Define the types of trauma
- Describe the links between AOD, mental health and trauma, and
- Discuss the impact this complex issue can have on clients with AOD and/or mental health issues who present at human services.

Application deadline: Friday, 1 April 2022

Enquiries: Workforce Development Administration Officers
phone (08) 6553 0560 email AOD.training@mhc.wa.gov.au



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● Webinar Event 4: Using technology to provide counselling

Presented by: Workforce Development & Alcohol and Drug Support Line.

Date: Tuesday, 10 May 2022 • 10.00am - 12.00pm

Target audience: Counsellors who work with people who use AOD and/or have mental health issues.

As a result of COVID-19 many workers have had to rely on technology to engage with clients. For some agencies, providing services using technology has now become a complementary means of providing counselling. E-therapy has many benefits, including increasing access for people with transport and mobility issues and people who live regionally or remotely.

Despite the benefits of e-therapy, counsellors can feel uncomfortable using technology to provide counselling. This webinar explores strategies for effective e-therapy with a focus on telephone and web-based counselling.

Application deadline: Friday, 6 May 2022

● Webinar Event 5: An introduction to coercive control

Presented by: Joanne Kostopoulos, Community Support Development Services, Mental Health Commission.

Date: Tuesday, 31 May 2022 • 10.00am - 12.00pm

Target audience: Workers in the AOD and mental health specialist sectors.

Coercive Control is identified as the 'Golden Thread' of Family and Domestic Violence (FDV) and is necessary to understand for anyone who works with clients who are experiencing FDV. In collaboration with Women and Newborn Services, this brief and intensive webinar is an abridged 2-hour version which covers:

- Prevalence of FDV within Australia and WA
- Origins of Coercive Control conceptually
- Elements of Coercive Control
- Current laws around Coercive Control
- Health effects of FDV on victims/survivors
- Risk Assessments
- Responding to Disclosures of FDV
- Trauma informed intervention methods
- Key contacts for further assistance for both practitioner and victim/survivor
- New directions in FDV

Application deadline: Friday, 27 May 2022

● Webinar Event 6: Worker self-care in the time of COVID

Presented by: Judi Stone, Workforce Development, Mental Health Commission.

Date: Tuesday, 14 June 2022 • 10.00am - 12.00pm

Target audience: Workers in the alcohol and other drug and mental health specialist sectors.

Since the outbreak of COVID-19 was first reported our world has changed. From lockdowns, to travel and gathering restrictions, workers have had to adjust the way that they work as well as cope with the impacts COVID-19 has had on themselves and their loved ones. While WA has not been subjected to the full impacts of COVID-19 over an extended period, workers have still had to respond personally and professionally to a worldwide pandemic.

So, how do workers manage to self-care amongst complex clients, challenging workloads and COVID-19? This webinar explores some of the issues for workers in relation working during a pandemic as well as strategies that can be beneficial for worker self-care.

Application deadline: Friday, 10 June 2022

Online training

Not able to make it to one of our training events or wish to solidify your learning further? Workforce Development has a range of eLearning programs available that can be accessed anywhere and at any time!

For further information, head to: <https://aodelearning.mhc.wa.gov.au/>

*We're working for
Western Australia.*