

AODwebinars@MHC Calendar Semester 1 2024

The Mental Health Commission's Workforce Development team is pleased to release the **AODwebinars@MHC Semester 1 2024 calendar**. The AODwebinars@MHC calendar offers 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.

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 emotion regulation

Presented by: Sarah Dansie, Workforce Development, Mental Health Commission.

Date: Wednesday, 14 February 2024 • 10.00am - 12.00pm

Target audience: Clinical and support workers in the alcohol and other drug (AOD) and mental health specialist sectors.

Please note: This webinar is a brief stand-alone version of the one-day workshop ST343 Emotion 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 overwhelming emotions in constructive ways.

Application deadline: Tuesday, 6 February 2024

Webinar Event 2: Working with people who identify as LGBTIQA+SB in an AOD setting

NEW

Presented by: Workforce Development, Mental Health Commission and expert panel from AOD sector.

Date: Tuesday, 27 February 2024 • 10.00am - 12.00pm

Target audience: Clinical and support workers in the alcohol and other drug (AOD) specialist sectors.

This webinar aims to support workers in the AOD sector to increase their knowledge and understanding to ensure inclusive practice when working with people who identify as lesbian, gay, bisexual, pansexual, transgender, non-binary, intersex, queer, questioning, asexual, sistergirl and brotherboy (LGBTIQA+SB).

More specifically, this webinar aims to assist workers to:

- Understand the underlying factors for AOD use amongst people who identify as LGBTIQA+SB
- Increase understanding around the functionality of AOD use
- Explore the prevalence of AOD use amongst people who identify as LGBTIQA+SB
- Acquire practical skills to promote an inclusive and supportive environment.

The webinar will have a panel of guest speakers from the AOD sector who will share their expertise and practical knowledge.

Application deadline: Tuesday, 20 February 2024

Webinar Event 3: Family and domestic violence (FDV) and trauma

NEW

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

Date: Tuesday, 5 March 2024 • 10.00am - 12.00pm

Target audience: Human service providers working with people experiencing alcohol and other drug (AOD) and mental health issues.

In order to work effectively and safely with those experiencing and perpetrating FDV, it is important we become FDV trauma-informed. This training will cover the physical and mental health outcomes of exposure to FDV and the many ways these manifest and may present to varied services. This training will provide an overview of the various types of trauma and how an understanding of biological responses assists in our meaningful engagement with people who have experienced FDV. Self-reflection, awareness of body signals and the intersection of trauma and AOD use will also be considered to assist us in becoming FDV trauma-informed.

Application deadline: Tuesday, 27 February 2024

Webinar Event 4: Supporting sustained behaviour change over time (relapse prevention)

Presented by: Rachel Rea, Workforce Development, Mental Health Commission.

Date: Tuesday, 23 April 2024 • 10.00am - 12.00pm

Target audience: Human service providers working with people who use alcohol and other drugs (AOD).

Please note: This webinar is a brief stand-alone version of the one-day workshop 'ST340 Preventing relapse and supporting behaviour change over time' conducted on the AODtraining@MHC Calendar.

Motivational Interviewing focuses on helping people build the motivation to start, or restart, a health-related behaviour change.

This training will provide an outline of the motivating factors to maintain change and what evoking and subsequent maintenance strategies may look like in practice.

Application deadline: 16 April 2024

Online training

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

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

Webinar Event 5: Family and domestic violence (FDV) and youth

NEW

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

Date: Tuesday, 4 June 2024 • 10.00am - 12.00pm

Target audience: Human service providers working with people experiencing alcohol and other drug (AOD) and mental health issues.

This webinar will place Youth FDV within the broader context and highlight the complexity and duality of young people as both victim/survivors and perpetrators. We will discuss language and definitions around the topic of youth FDV and consider current statistics around victimisation and those who use abusive and violent behaviour. Adolescent violence in the home (AVITH), dating violence, harmful sexual behaviour and the role of pornography in perpetuating violence in the youth population will be discussed. Assessment, interventions, and best practice frameworks will be explored for practice guidance with new understandings. It is concluded that preventing abusive and violent behaviours in the short-term can prevent destructive patterns of abusive behaviour into adulthood.

Application deadline: Tuesday, 28 May 2024

Webinar Event 6: An introduction to mindfulness

Presented by: Anna Bennetts, Mental Health Commission.

Date: Tuesday, 11 June 2024 • 10.00am - 12.00pm

Target audience: Human service providers working with people who use alcohol and other drugs (AOD).

Therapies based on mindfulness have become popular over the last 15 years with a growing evidence base for their efficacy, particularly for people who use AOD.

This webinar will briefly discuss the history of and evidence for mindfulness therapies for people who use AOD. Different mindfulness strategies will be presented including mindfulness of the breath, mindfulness of emotions and mindfulness of thoughts. The session will include a number of practice exercises.

Application deadline: Tuesday, 4 June 2024



Government of **Western Australia**
Mental Health Commission

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