

EPPIC STATEWIDE SERVICES TRAINING CALENDAR 2019

Principles and Philosophies of FEP 18 FEBRUARY	Therapeutic Group Work with Young People 14 MARCH	CBT Interventions for Psychosis 29 APR & 6 MAY	Get Up & Go Functional Recovery 23 MAY	Engaging Young People Experiencing FEP 17 JUNE	Healthy Minds, Healthy Body 18 JULY	Who Shifted the Goalposts? BPD in FEP 7 AUGUST	Risk Assessment and Risk Management 22 AUGUST	The Highs & Lows of Mania 16 SEPTEMBER	Getting in Early Working with UHR 21 OCTOBER	Including Family and Significant Others 14 NOVEMBER	Understanding and Working with ASD 3 DECEMBER
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EPPIC Statewide Services (ESW) provides youth early psychosis training and service development to mental health professionals and youth early psychosis services (YEPS) in Victoria. The ESW calendar provides targeted and evidence based training that is reflective of the core clinical skills required for working in the youth early psychosis field.

Please note: The ESW Services training is **FULLY subsidised for clinicians employed by the Victorian Government Mental Health Service**. If you are not a Victorian Government Public Mental Health Clinician, you are welcome to attend training to develop skills for working in the area of First Episode Psychosis. Workshop fee is \$220 per full day of training.

Principles and Philosophies of First Episode Psychosis, and Identifying Young People at Ultra High Risk of Developing First Episode Psychosis

Colonial Foundation Innovation Centre, Orygen Youth Health, 35 Poplar Road, Parkville

Monday 18th February 2019

This session covers the philosophy and evidence base of the early intervention model. There will also be a focus on the challenges and solutions to engagement. Practical skills and techniques will be emphasized. This session will also look at the criteria associated with uncomplicated presentations of young people who are at Ultra High Risk (UHR) of developing a first episode of psychosis (FEP).

Areas of identification, assessment and intervention will be explored.

At the completion of this workshop you will be able to:

- Describe the evidence base behind early intervention for psychosis
- Understand the importance of engagement in FEP
- Know where to access the Australian Clinical Guidelines for Early Psychosis
- Explain the phases model of early psychosis
- List the criteria for UHR presentation
- Recognize uncomplicated presentations of Ultra High Risk
- Outline local service response strategies and issues related to providing assistance to young people identified as being Ultra High Risk
- Articulate current evidence based interventions for working with the Ultra High Risk group

Therapeutic Group Work with Young People

Colonial Foundation Innovation Centre, Orygen Youth Health, 35 Poplar Road, Parkville

Thursday 14th March 2019

Group work can be a powerful intervention for young people recovering from mental disorders. This interactive workshop provides a rationale for group work with this population and an overview of processes for developing, implementing and evaluating group interventions. The workshop is based on the facilitators' experience in provision of therapeutic group interventions to young people presenting to youth mental health services, both in inpatient and outpatient settings.

At the completion of the workshop you will be able to:

- Outline the role of group interventions in promoting positive adolescent development and supporting recovery from mental disorders
- Develop aims and objectives for group work with this population
- Identify and facilitate appropriate group activities for working towards group work aims and objectives
- Identify group dynamics and consider strategies for promoting positive group dynamics

Cognitive Behavioural Therapy Interventions for Psychosis

Colonial Foundation Innovation Centre, Orygen Youth Health, 35 Poplar Road, Parkville

Monday 29th April and Monday 6th May 2019

This 2 days of training will provide participants with an introduction to Cognitive Behavioural Therapy (CBT) principles that can be used in working with young people experiencing psychotic disorders. The workshop will use multimedia and interactive formats, and include didactic elements, case studies, and skills-based work.

At the end of the workshop, participants will be able to:

- Describe the theory and rationale underpinning the CBT model
- Outline the evidence base for the use of CBT with people experiencing psychotic disorders
- Complete a cognitive behavioural case formulation
- Identify strategies for effective provision of psycho-education
- Discuss the role of trauma in work with young people with psychosis
- Describe the theory and practice of undertaking behavioural experiments in CBT for psychosis
- Identify strategies in working with young people experiencing hallucinations
- Describe how to work effectively and compassionately with people experiencing delusions

Get Up & Go – Functional Recovery in Early Psychosis

Colonial Foundation Innovation Centre, Orygen Youth Health, 35 Poplar Road, Parkville

Thursday 23rd May 2019

This workshop will draw upon a variety of sources aiming to enhance knowledge and skills over a range of recovery domains. It will include an overview of research, service models and various approaches and strategies for working with young people in this area.

At the completion of this workshop, you will be able to:

- Summarise current research and practice in the area of functional recovery
- Understand the rationale for addressing functional recovery in first episode psychosis
- Describe the core domains of functional recovery
- Identify and implement a range of strategies to enable functional recovery

Engaging Young People Experiencing First Episode Psychosis

Colonial Foundation Innovation Centre, Orygen Youth Health, 35 Poplar Road, Parkville

Monday 17th June 2019

This workshop will provide participants with an introduction to phase specific therapeutic skills in young people experiencing a first episode of psychosis. It will include a historical overview of theories underpinning engagement in the therapeutic relationship, the rationale for, and importance of engagement. It will focus on some of the challenges of engaging a young, first episode population and techniques to manage these. The workshop will also look at clinician-related issues in the therapeutic relationship and will conclude with the management of therapeutic ruptures.

At the end of the workshop participants will:

- Understand the theory and evidence-base underlying therapeutic engagement
- Be able to understand the challenges of engaging young people experiencing first episode psychosis
- Be able to describe techniques to improve engagement
- Better understand their own input to the therapeutic relationship
- Be able to better understand and manage therapeutic ruptures

Healthy Minds, Healthy Body: Physical Health in Early Psychosis

Colonial Foundation Innovation Centre, Orygen Youth Health, 35 Poplar Road, Parkville

Thursday 18th July 2019

This interactive workshop is aimed at helping clinicians identify important health issues for people experiencing psychosis and applying practical and valuable skills around assessment, monitoring and the application of interventions to improve the physical health of individuals experiencing psychosis.

At the completion of this workshop you will be able to:

- Identify serious health issues that are commonly experienced by people with psychosis
- Undertake a comprehensive physical health assessment
- Implement regular physical health monitoring in a clinical setting
- Effectively communicate psycho-education about physical health issues
- Develop realistic and collaborative goal focused treatment plans to address individuals' physical health needs

Who Shifted the Goalposts? Borderline Personality Disorder and First Episode Psychosis

Colonial Foundation Innovation Centre, Orygen Youth Health, 35 Poplar Road, Parkville

Wednesday 7th August 2019

This interactive workshop explores the co-occurrence of first episode psychosis (FEP) and Borderline Personality Disorder (BPD). Staff that founded the HYPE program present this workshop. HYPE is an early intervention program for borderline personality disorder. HYPE comprises a clinical program that provides assessment and treatment for young people with BPD, as well as research and service development and training programs. One of the areas of clinical and research focus is that of the co-occurrence of BPD and FEP.

At the completion of the workshop you will be able to:

- Describe the rationale for early intervention in BPD
- Outline the evidence regarding the co-occurrence and combined trajectory of BPD and psychosis
- Identify specific interventions for BPD and associated problems in young people
- Outline a model of BPD and FEP
- Discuss pilot data about the effectiveness of an integrated treatment model for FEP & BPD

Risk Assessment and Risk Management in the Acute Phase of Early Psychosis

Colonial Foundation Innovation Centre, Orygen Youth Health, 35 Poplar Road, Parkville

Thursday 22nd August 2019

Young people presenting to services with a first episode psychosis commonly experience an acute phase of illness during their period of care. Such presentations are often associated with various types of risk for the young person and others. Comprehensive risk assessment, risk management and clear communication about risk are necessary to prevent adverse outcomes and provide optimum care during the acute phase of illness.

At the completion of the workshop you will be able to:

- Identify and describe various types of risk that commonly occur in young people experiencing a first episode psychosis
- Identify individual clinician, systemic and work place cultural factors that can influence decision-making
- Develop skills in screening, assessing analyzing, and appraising clinical risks using a risk assessment framework
- Summarize and document clinical risk using a formulation-based approach
- Synthesize research findings and evidence to incorporate this in decision making around clinical risk management

The Highs & Lows of Mania

Colonial Foundation Innovation Centre, Orygen Youth Health, 35 Poplar Road, Parkville

Monday 16th September 2019

This workshop will focus on the evidence base and application of psychological interventions following a first manic episode. It will describe the role of psychological process in the onset and maintenance of mania and will use an interactive format, allowing for participants to discuss current cases.

At completion of this workshop you will be able to:

- Summarise some of the challenges and opportunities for clinical intervention following a first manic episode
- Outline recent research in the role of psychological processes associated with mania
- Identify the principles of psychological intervention in first episode mania

Getting in Early: Working with Ultra High Risk

Colonial Foundation Innovation Centre, Orygen Youth Health, 35 Poplar Road, Parkville

Monday 21st October 2019

This workshop will review recent research, and practical and ethical issues related to working with people considered to be at Ultra High Risk (UHR) of experiencing a first episode of psychosis. Areas of identification, assessment and intervention will be explored.

At the completion of this workshop you will be able to:

- Summarise recent research knowledge in relation to UHR
- Confidently assess the typical symptoms of an At Risk Mental State and UHR presentation
- Summarise the ethical issues related to intervention and treatment with this group
- Articulate current evidence based interventions for working with this group
- Outline local service response strategies and issues related to providing assistance to young people identified as being Ultra High Risk

Including Family and Other Significant Others in the Treatment and Care of Young People with Early Psychosis

Colonial Foundation Innovation Centre, Orygen Youth Health, 35 Poplar Road, Parkville

Thursday 14th November 2019

The impact of early psychosis is traumatic for young people and their families. The diagnosis of a psychosis can be stigmatising for families and they can subsequently feel burdened, stressed and overwhelmed. Evidence suggests that family work can enhance family involvement and support during the recovery phases, reduce rates of relapse, readmission to hospital and enhance adherence and engagement with services whilst also reducing family/carer burden and stress. This workshop will use multimedia and interactive formats, and include didactic elements, case studies, skills-based work and provide participants with an opportunity to practise family work skills in a safe learning environment.

At the completion of this workshop you will be able to:

- Articulate the purpose and rationale of family work in treatment with reference to the Pyramid of Family Care (Mottaghypour & Bickerton, 2005)
- Identify where family work fits in to a young person's treatment plan
- Discuss challenges and constraints that may arise when implementing family work with this complex client group
- Engage families early on in the treatment of their young person
- Develop and implement family work within a collaborative framework in which the clinician, other members of the treating team and the family work in partnership
- Practice family work skills in a safe learning environment

Understanding and Working with Autism Spectrum Disorder

Colonial Foundation Innovation Centre, Orygen Youth Health, 35 Poplar Road, Parkville

Tuesday 3rd December 2019

This workshop will identify features of Autism Spectrum Disorder (ASD), discuss the complexity of ASD and common comorbid mental health disorders and how symptoms of mental illness may manifest for a young person with ASD. Participants will be provided with suggestions on how to modify engagement and assessment approaches with young people with ASD; familiarized with screening tools and pathways to formal assessment and provided practical suggestions and skills for treatment planning; managing intense emotions; working with problematic behaviors; sensory preferences and social coaching.

At the completion of this workshop you will be able to:

- Identify the features of ASD that may be present for a young person
- Understand the cognitive differences underlying ASD
- Become familiar with screening resources and pathways for formal assessment
- Formulate how ASD might predispose a young person to experience mental ill health
- Reflect on how symptoms might manifest differently for a young person with an ASD
- Assess the young person's particular ASD strengths and weaknesses
- Adapt treatment planning and set realistic goals for treatment
- Understand how to work systemically, involving family and other supports
- Practice intervention skills through the use of ASD manual worksheets and other resources, on topics including:
 - Understanding and managing intense emotions
 - Identifying and working with problematic behaviours
 - Sensory preferences and basic interventions
 - Being a social coach: including how to talk about sex and romantic relationships

Professional development where you work

The following early psychosis workshops can be delivered by EPPIC Statewide to your workplace and tailored to suit services in your region. Sessions can vary in length and format as required.

Cognitive Behavioural Therapy Interventions for Psychosis

This training will provide participants with an introduction to Cognitive Behavioural Therapy (CBT) principles that can be used in working with young people experiencing psychotic disorders. The workshop will use multimedia and interactive formats, and include didactic elements, case studies, and skills-based work.

Getting in Early: Working with Ultra High Risk

This workshop will review recent research, and practical and ethical issues related to working with people considered to be at Ultra High Risk (UHR) of experiencing a first episode of psychosis. Areas of identification, assessment and intervention will be explored.

The Highs & Lows of Mania

This workshop will focus on the evidence base and application of psychological interventions following a first manic episode. It will describe the role of psychological process in the onset and maintenance of mania and will use an interactive format, allowing for participants to discuss current cases.

Engagement in the Acute Phase of First Episode Psychosis

The acute phase of psychosis is often a traumatic and distressing experience for young people and their families. Despite being extremely challenging, engagement in this phase of illness is essential for positive outcomes.

Engaging Young People Experiencing First Episode Psychosis

This workshop will provide participants with an introduction to therapeutic skills in young people experiencing a first episode of psychosis. It will include a historical overview of theories underpinning engagement in the therapeutic relationship, the rationale for, and importance of engagement. The workshop will also look at clinician-related issues in the therapeutic relationship and will conclude with the management of therapeutic ruptures.

Healthy Minds, Healthy Body: Physical Health in Early Psychosis

This interactive workshop is aimed at helping clinicians identify important health issues for people experiencing psychosis and applying practical and valuable skills around assessment, monitoring and the application of interventions to improve the physical health of individuals experiencing psychosis.

Registration for all workshops opens at 9:15

Workshops commence on time at 9:30

All workshops count towards continuing professional development hours for clinicians registered with AHPRA

FOR MORE WORKSHOP INFO AND TO REGISTER
www.oyh.org.au/ep-training

Orygen
YOUTH Health

EPPIC
Statewide
Services

Orygen Youth Health (OYH) is a specialist service, in Melbourne's western metropolitan region, aiming to optimise mental health outcomes for young people. The clinical program services young people aged 15 to 24 years presenting with a variety of mental health concerns, including first episode psychosis.

EPPIC Statewide Services (ESW) is one of the teams within OYH Training & Communications. (www.oyh.org.au). ESW is funded by the Mental Health Branch of the Department of Human Services to assist Victorian public mental health services to optimise their response to young people with emerging psychotic disorders.

Victorian YEP Services (and public mental health staff) may access ESW for consultation to assist with a range of local initiatives aimed at optimising service response to young people with early psychosis including:

- consultation with clinical groups
- development of local clinical guidelines
- psychoeducational group programs for young people and their carers
- identification of training needs
- locally targeted training
- development of strategies designed to evaluate early psychosis initiatives

Training Location

Orygen Youth Health has moved into its new building. Our address is still the same, 35 Poplar Road Parkville. Entry to the carpark will change throughout the year as the site redevelopment continues. Look out for the site signage which will let you know how to access the building.

Getting to OYH Parkville

Public transport

Tram and bus stops are located next to Royal Park station.

Tram – 58, West Coburg–Toorak, stop 23.

Bus – 505, Moonee Ponds via Parkville Gardens, stop: Royal Park station/Poplar Rd

Train – Upfield line, Royal Park station

Personal transport

Car – All-day parking is available on site for \$9. There is also a drop-off zone near the building entrance.

Bicycle – Bike paths connect with the station. Ride from there down Poplar Rd and use the front entry.



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EPPIC
Statewide
Services

EPPIC Statewide Services Locked Bag 10, Parkville VIC 3052 Australia

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Registration Information for Workshop Participants

Registration

Register online at www.oyh.org.au/ep-training-reg
We encourage prompt registration as some workshops reach their capacity early.

Payment

For ESW Workshops Victorian public mental health clinicians and managers may attend free-of-charge.

Charges for non-Victorian public mental health clinicians are \$220 per full day workshop.

Please note that costs for all workshops include the Goods and Services Tax (GST).

Attendance

Many of our workshops are over subscribed.

We require appropriate notification of cancellation in order to offer vacancies to people on our waiting lists. A charge may be incurred if sufficient notice is not received. Repeated failure to attend workshops will result in withdrawal of future registrations.

If workshop participants need to cancel their attendance for any reason and have already paid their registration, they will be eligible for a refund of payment depending on the date of cancellation. Unused funds cannot be held in credit for other workshops or resources.

A Certificate of Attendance is also provided.

Times

Registration is from 9.15am. Workshops commence promptly at 9.30am and will finish by 4.30pm (unless otherwise indicated).

Consultation

ESW provides a range of consultation services to public mental health clinicians working with people affected by early psychosis. Please contact ESW for further information.

Resources

ESW have resources - Fact Sheets, and the GP Guide to Early Psychosis - that can be downloaded for free from the Orygen Youth Health website: oyh.org.au

Disclaimer

At the time of printing, all information in this brochure was correct. OYH reserves the right to make changes to the workshop timetable or any other general or specific information published in this brochure. In the case of a cancellation by ESW, any monies already paid directly to ESW will be reimbursed. ESW takes no responsibility for any other expenses incurred.

Contact

For further info about our workshops, please phone (+61) 3 9966 9440 or email training@oyh.org.au

Online Networking and Professional Development

Online Community

EPPIC Statewide Services has a Closed Facebook group called OYH-ESW. The group has been established in response to requests from mental health professionals in Victoria seeking an online space to connect, network and share ideas about youth mental health and early psychosis. This group is a moderated space and is checked by ESW Administrators regularly between 9-5pm Monday-Friday.

You can read more information about the group and join up here: <https://www.facebook.com/groups/1778057739090496>

Tailored Training Packages

Our team at EPPIC Statewide Services has extensive experience in the development of a range of individualized training packages that can be specifically targeted to your organization. Our experience includes tailored training packages for federal government departments, national health bodies, schools and community agencies.

For more information and to enquire about tailored training please email training@oyh.org.au