

Healthy Minds, Healthy Body Wangaratta 22 FEBRUARY	Who Shifted the Goalposts? Brunswick 8 AUGUST	Therapeutic Group Work with Young People Brunswick 10 OCTOBER	Cognitive Behavioural Therapy Interventions for Psychosis On location	Getting In Early: Working With Ultra High Risk On location	The Highs & Lows of Mania On location	Get Up & Go – Functional Recovery in Early Psychosis On location	Engaging Young People Experiencing First Episode Psychosis On location	Healthy Minds, Healthy Body On location
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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 cost is \$220 per full day of training.

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

Healthy Minds, Healthy Body: Physical Health in Early Psychosis

Venue: Learning & Teaching Centre - Auditorium, University of Melbourne, Dixon Street, Wangaratta

Date: Wednesday 22 February 2017

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

Registration for all workshops opens at 9:15
Workshops commence on time at 9:30

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

Venue: Foundation House Training Room, 4 Gardiner Street, Brunswick

Date: Tuesday August 8th 2017

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

Therapeutic Group Work with Young People

Venue: Foundation House Training Room, 4 Gardiner Street, Brunswick

Date: Tuesday October 10th 2017

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

Professional Development sessions delivered to your workplace by EPPIC Statewide

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.

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

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.

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

- List the required criteria in an UHR presentation
- Recognise 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

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.

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

Get Up & Go – Functional Recovery in Early Psychosis

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 a range of strategies to enable functional recovery

Engaging Young People Experiencing First Episode Psychosis

Engagement is an essential part of the assessment process and is fundamental to the delivery of successful therapeutic interventions with young people experiencing early psychosis.

This workshop will provide participants with an introduction to engagement, highlighting the rationale and importance of this approach, potential challenges and obstacles to engagement and introduce practical skills to enhance rapport and manage therapeutic ruptures throughout all phases of psychosis.

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

- Outline the theory and evidence-base underlying therapeutic engagement
- Identify the challenges of engaging young people experiencing first episode psychosis
- Identify techniques to improve engagement
- Manage 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.

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

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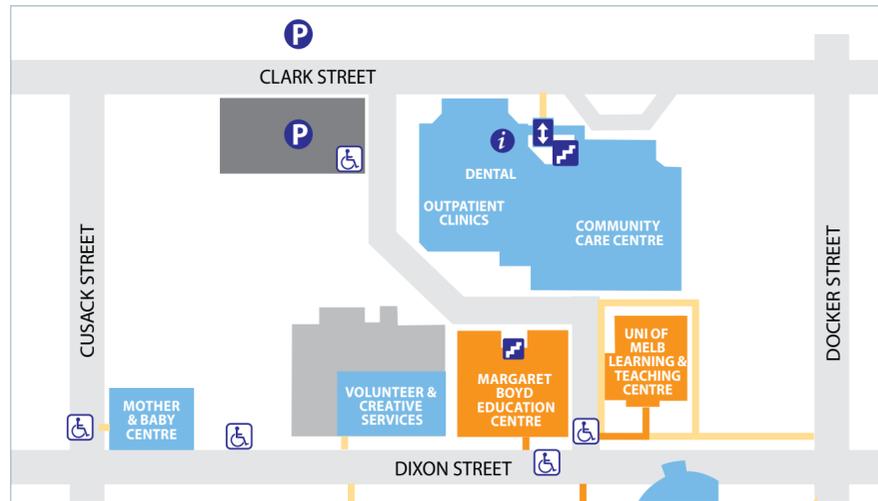
Orygen Youth Health (OYH) is a specialist service, in Melbourne's western metropolitan region, aiming to optimise mental health outcomes for young people. The clinical program services young people aged 15 to 24 years presenting with a variety of mental health concerns, including first episode psychosis.

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.

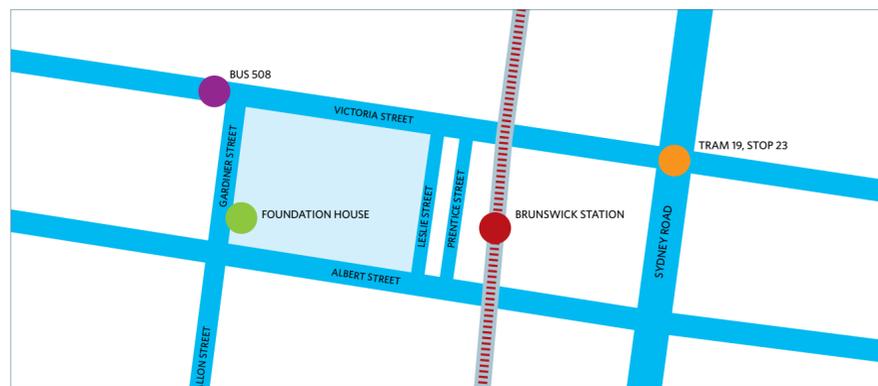
Victorian YEP Services (and public mental health staff) may access ESW for consultation to assist with a range of local initiatives aimed at optimising service response to young people with early psychosis including:

- consultation to 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

Wangaratta



Foundation House



How to get to the training venue at Foundation House

4 Gardiner Street Brunswick, Victoria 3056, Australia

To Foundation House by train:

Take the Upfield line train to Brunswick Railway Station. Turn left into Victoria Street, then turn left at the third street in Gardiner Street.

To Foundation House by tram:

Take the Number 19 tram. Disembark at Stop Number 23 on the corner of Sydney Road and Victoria Street. Turn left at the fourth street into Gardiner Street.

To Foundation House by bus:

Bus route 506 travels between Moonee Ponds and Westgarth Railway Station. Disembark at Dawson Street.

Bus route 508 travels between Moonee Ponds and Alphington. Disembark at Victoria Street.

Bus route 509 travels between West Brunswick and Sydney Road. Disembark at Hope Street.

To Foundation House by car:

Melways reference: 29F7. Car parking is very limited near Foundation House so we encourage you to use public transport if possible.

EPPIC STATEWIDE SERVICES TRAINING CALENDAR 2017



EPPIC
Statewide
Services

EPPIC Statewide Services Locked Bag 10, Parkville VIC 3052 Australia

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AUSTRALIA

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Healthy Body
Wangaratta
22 FEBRUARY

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8 AUGUST

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10 OCTOBER

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Training 2017

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 9342 3744 or email training@oyh.org.au

Online Networking and Professional Development

Online Community

EPPIC Statewide Services has recently launched a new 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 Admins regularly between 9-5pm Monday-Friday.

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

Online Learning

Throughout 2017 EPPIC Statewide Services will provide time-limited online access to video and other multimedia content related to specific areas of early psychosis practice. To receive access to this content please email: training@oyh.org.au

Tailored Training Packages

Our team at EPPIC Statewide Services has extensive experience in the development of a range of individualised 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