



Victorian Transcultural MENTAL HEALTH

*Working together to innovate in mental health care
to support the well-being of all Victorians because diversity matters*

Workforce Education & Practice Support

ABOUT VICTORIAN TRANSCULTURAL MENTAL HEALTH

Victorian Transcultural Mental Health (VTMH) aims to strengthen the capacity of organisations to address inequity in mental health service provision and improve the mental health, social and emotional wellbeing of culturally diverse individuals, families and communities.

WHY FOCUS ON CULTURE?

Culture plays a significant role in how people experience mental health issues. Culture also shapes mental health practice and how services are structured.

Culture is formed by many intersecting socio-political factors, including ethnicity, sexual and gender diversity, religion, spirituality, class, economic status, power, and life experience.

WHAT DOES VTMH OFFER?

Our team works across the state of Victoria delivering services in line with four program areas. In addition to the Workforce Education and Practice Support program area, our other program areas are:

- Organisational development
- Community engagement
- Research, evaluation and projects

WORKFORCE EDUCATION AND PRACTICE SUPPORT SERVICES

VTMH offers many ways to learn about culturally responsive practice.

These include:

- Free online learning modules
- Workshops
- Seminars and Forums
- Reflective practice sessions
- Secondary consultation
- The Victorian Cultural Portfolio Holder Program

Please see overleaf for further details on each of the above.

WHO CAN ACCESS OR REGISTER?

People working in Victoria's mental health workforce can access VTMH educational opportunities.

This includes:

- Staff working in both clinical and non-clinical mental health services
- Staff in community-based organisations working with people experiencing mental health issues

A small number of services are specifically targeted at organisations collaborating with VTMH as part the Partners in Diversity Program or in other partnership arrangements.

Some VTMH training is provided free of cost.

Workforce Education & Practice Support

*Key: **(P)** – Available to partner organisations as a component of the Partners in Diversity program

WORKFORCE EDUCATION AND PRACTICE SUPPORT SERVICES

Online learning resources

We offer free, self-paced online learning resources via our website. Topics include:

- Working with interpreters
- Orientation to cultural responsiveness
- Cultural diversity & assessment

Forums and monthly Seminar Series

We showcase contemporary policy, practice and research in the field of transcultural mental health via Forum events, and through our free monthly Seminar Series. Bookings are essential. Forum prices vary.

The Victorian Cultural Portfolio Holder (CPH) Program

We coordinate the Victorian Cultural Portfolio Holder (CPH) Program, which supports diversity champions to drive initiatives in their organisations. Supports available via this Program include networking, learning, and mentoring opportunities.

Workshops

We offer training to people in agencies associated with the Victorian Learning Clusters. Topics vary and may include:

- Cultural responsiveness: Introduction to principles and practices
- Recovery and diversity: Approaches to cultural assessment and supporting personal recovery
- Interpreted encounters: Working with Interpreters and engaging with language and culture in mental health settings

Cultural conversations (P)

We offer 90 minute peer-reflective sessions to allow teams to explore particular challenges or recurrent themes that arise in cultural encounters across diverse contexts that are client related, systems related or policy related. Themes are explored in a dialectical learning process facilitated by VTMH staff and Cultural Portfolio Holders (CPHs) in a safe and supportive environment.

Secondary consultation service (P)

We co-facilitate 90 minute client-based discussions with Cultural Portfolio Holders (CPHs) and their teams, as part of a continuous learning process.

In-service training (P)

We work with partnership organisations to explore sustainable in-service training strategies, designed to build workforce capacity across the organisation's sites and services.

Training for psychiatry registrars

We host a 12 month psychiatry registrar rotational position as part of the Royal Australian and New Zealand College of Psychiatrists (RANZCP) training program, in collaboration with St Vincent's Mental Health and Foundation House.

FURTHER INFORMATION

For more information please visit our website or contact us by phone or email to speak with an Education and Service Development Consultant.

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