



Victorian Transcultural  
MENTAL HEALTH

## Victorian Transcultural Mental Health (VTMH) Training Calendar 2019

Workshops for Victoria's mental health workforce

**Are you looking to learn about culturally responsive practice, and work for a clinical or community managed mental health service?**

If yes, VTMH collaborates with the Victorian Mental Health Learning and Development Clusters to offer the Victorian mental health workforce free, full day workshops. To register, or to learn more about the Clusters initiative, including eligibility, visit the websites below. All events held in metropolitan Melbourne unless otherwise specified. See overleaf for full workshop descriptions.

North East Victoria Learning & Professional Development – NEVIL	
Date	Workshops
Monday 6th May	<b>Recovery and diversity: Approaches to cultural assessment and supporting personal recovery</b> Location: Shepparton
Tuesday 18th June	<b>Cultural responsiveness: Introduction to principles and practices</b>
To register for these workshops or enquire about eligibility go to: <a href="http://www.nevil.org.au">www.nevil.org.au</a>	



Western Victorian Mental Health Learning & Development Cluster	
Date	Workshops
Monday 1st April	<b>Bendigo Diversity Forum</b> Location: Bendigo
Thursday 5th December	<b>Approaching work with interpreters in mental health settings</b>
To register for these workshops or enquire about eligibility go to: <a href="http://www.nwmh.org.au/western-victorian-mental-health-learning-development-cluster">www.nwmh.org.au/western-victorian-mental-health-learning-development-cluster</a> .	
<i>Please note: Further events are scheduled with the Western Cluster – more details coming soon</i>	



South East Education and Training Cluster - LAMPS	
Date	Workshops
Tuesday 26th February	<b>Cultural responsiveness- Introduction to principles and practices</b> Location: Bairnsdale
Thursday 28th February	<b>Approaching work with interpreters in mental health settings</b> Location: Traralgon
Monday 13th May	<b>Community development in mental health practice</b>
To register for these workshops or enquire about eligibility go to: <a href="https://www.monash.edu/medicine/scs/psychiatry/research/southern-synergy/workforce">https://www.monash.edu/medicine/scs/psychiatry/research/southern-synergy/workforce</a> - Look under the heading: Training – click on 'LAMPS training calendar 2019'.	



## 2019 Workshop Descriptions

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### **Cultural responsiveness: Introduction to principles and practices**

This workshop introduces participants to principles that inform culturally safe practice, while encouraging the exploration of practical skills to enhance diversity responsive mental health practice. Participants will be encouraged to reflect on their own cultural values, beliefs and models in delivering recovery focussed interventions, and explore the relationship between policy, human rights legislation, and the manner in which we provide respectful person-centred care.

In this workshop, participants will explore:

- Key issues in cultural diversity, and the role of culture in mental health service delivery
  - Practical skills to employ in delivering diversity responsive mental health interventions, including working with interpreters and approaches to assessment and recovery, community engagement and service development.
  - The social determinants of health, ethnicity, cultural humility, cultural safety diversity and intersectional approaches
  - Key government policies and human rights legislation in relation to culturally diverse practice
  - The importance of reflective practice in creating culturally safe spaces
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### **Community development in mental health practice\***

This workshop is designed to introduce mental health practitioners to community development principles and practices in mental health service delivery and recovery care. In this workshop, participants will:

- Discuss the role of community development in relation to diversity and mental health.
  - Discuss community development and its role in recovery oriented mental health care.
  - Explore the role of community development in advancing the human rights of mental health consumers and carers, and issues of power.
  - Explore the relationship between community development work, and the roles of practitioners.
  - Discuss community development process and practice principles.
  - Explore the role of community development in creating service development strategies and approaches.
  - Reflect on ethical practice and challenges in community development work.
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### **Approaching work with interpreters in a mental health setting\***

This workshop is designed for all practitioners engaging with interpreters, or who are new to working with interpreters. In this workshop, participants will:

- consider the applicability of cultural safety and cultural humility in the interpreted encounter
  - explore meaning making and language
  - reflect on the challenges and realities in the interpreting environment
  - explore the role of the interpreter and the practitioner
  - discuss engagement strategies prior to, during and after the interpreted encounter
  - explore institutional and individual responsibilities
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### **Recovery & diversity: Approaches to cultural assessment and supporting personal recovery\***

This workshop uses a diversity lens to explore contemporary approaches to recovery-oriented practice in mental health settings. In this workshop, participants will explore:

- working with individuals and families in *their* social and cultural context
  - integrating social and cultural concerns into personal assessments and recovery plans
  - using aspects of cultural assessment as presented in DSM-5
  - ensuring the cultural safety of consumers, families and carers when supporting personal recovery
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**For more information, contact Victorian Transcultural Mental Health on 9231 3300 or [www.vtmh.org.au](http://www.vtmh.org.au)**

**\*Indications pre-requisite learning:** These workshops build on introductory learning. Participants are asked to have engaged in the *Cultural responsiveness: Introduction to principles and practices workshop* within the last 3 years, or alternatively view a free online training module, *Orientation to Cultural Responsiveness*, available via the VTMH website at <http://www.vtmh.org.au/training/conversations-in-cultural-responsiveness-an-online-introductory-tool> prior to attending these workshops.

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w. [www.vtmh.org.au](http://www.vtmh.org.au) p. 9231 3300 e. [vtmh@svha.org.au](mailto:vtmh@svha.org.au)

VTMH 2019 State-wide training calendar. Details correct at time of writing and subject to change.