



IMPROVED SERVICES INITIATIVE EMAIL UPDATE

This is an email update for NSW Improved Services Initiative grant recipients.


Contact [Sarah Morrison](#) if you have problems viewing this update, would like to be added or removed from the distribution list or have items to include in the next edition.

NOTICE BOARD

► Youth Development and Support Program 2010-2011

The Youth Development and Support Program is a national program designed to provide financial support to non government, not for profit organisations to deliver practical and innovative opportunities for young people. The Program funds eligible organisations to support initiatives that inspire and encourage young people aged between 12 and 25 years to develop skills and connections within their communities. Applications will close on **9 July at 5pm**. [Click here](#) for more information.

► Mental Health Month – Grants

The Mental Health Association NSW, with funding from NSW Health, offers a number of small grants to assist the staging of mental health promotion activities during Mental Health Month (MHM) 2010. A number of grants will be offered to projects specifically targeting culturally and linguistically diverse (CALD) communities. The theme for MHM 2010 is, *Building Resilience – Good friends help us bounce back*. Applications close on **23 July at 5pm**.  [Click here to download Starter Kit](#).

► OPTUS Connecting Community Grants Program

Grants of up to \$5,000 for not-for-profit organisations are available in three priority areas:

- 1) Building social inclusion by providing access to communications
- 2) Building social inclusion by connecting disengaged communities
- 3) Supporting disengaged youth by improving their education, life skills and knowledge

Applications close **30 July**, [click here for more information](#).

CALENDAR

NADA Events

► ISI Grant Recipient Forum

Thursday 15 July, Australia Technology Park

This forum will be facilitated by John Mendoza and theme for the day will be sustainability. John Mendoza has a wealth of experience in both the mental health and AOD sector. NADA encourages both ISI Project staff as well as a member of senior management (e.g. CEO, service manager) from each organisation to attend, if possible. Please RSVP to [Sarah](#).

► NADA/MHCC Research Into Practice Conference

Monday 6-7 December, Manly Pacific Hotel

Other Events

► NSW Rural Early Psychosis Forum

22-23 July, Orange

[Click here](#) for more details.

► **International Youth Mental Health Conference**

29-30 July, Melbourne Victoria

[Click here](#) to learn more about the first international youth mental health conference.

► **11th International Mental Health Conference – Anxiety and Depression**

18 – 20 August, Surfers Paradise, QLD

[Click here](#) to download the conference program.

► **The Mental Health Services (TheMHS) 20th Annual Conference '20 years strong and now a renaissance'**

14 -17 September, Sydney Convention and Exhibition Centre Darling Harbour Sydney

[Click here](#) for more information about the TheMHS conference.

► **Creating Futures 2010 – Harnessing creativity and social enterprise for mental health and wellbeing**

20-23 September, Cairns, Far North Queensland

For more information, [click here](#).

► **Rural and Remote Mental Health Symposium**

29-30 September, Brighton-le-Sands

Program streams include: building capacity through NGO and clinical partnerships, service accessibility, delivery and networks in rural mental health and Indigenous mental health issues, from policy to treatment delivery.

[Click here](#) for details.

TRAINING

► **Strength Based Practice with Challenging Clients**

5-6 July, James Fletcher Hospital

This two day workshop is a skill based strengths training that focuses on skill building for direct practice. Seven (7) modules will be presented over the two days, utilising multimedia presentations, interactive lectures and facilitated small and large group exercises. [Click here](#) to register.

► **Issues in Indigenous Health Research**

19-22 July, Menzies School of Health Research, NT

This four day course, presented by the Menzies School of Health Research, provides an overview of specific Indigenous health research issues. There will be critical examination of the practices associated with research, particularly in Indigenous health frameworks. The course will also examine Indigenous definitions and articulation of issues and control of the research process. For more information, [click here](#).

► **Implementing and Sustaining a Quality Management System**

21 July, Sydney

This one day practical workshop provided by the Australian Council on Healthcare Standards (ACHS) will help your organisation to set up or update your quality improvement systems. [Click here](#) for more details.

► **Emotional Intelligence and Mental Health: Implications for Clinical Practice**

22 July, VIBE Hotel North Sydney

This one day professional development workshop describes the content and structure of the Emotional Intelligence program at Swinburne University Research Unit and will provide suggestions on how to apply this knowledge in organisations and clinical settings. [Click here](#) to access more information.

► **Applied Suicide Intervention Skills Training (ASIST)**

29-30 July, Wesley Mission, 220 Pitt St, Sydney

Livingworks ASIST training is an internationally standardised workshop designed to skill people to respond to a person at risk of suicide and maximise capacity to keep them safe. To register to attend this workshop or find out if there is a workshop in your local area, [click here](#).

► **Introduction to Cognitive Behavioural Therapy**

29 July, VIBE Hotel North Sydney

This workshop will provide an introduction to the strategies and practical processes of understanding and implementing cognitive behavioural treatment programs for people with depression, anxiety and pain. [Click here](#) to download a program for the day.

► **Solution Focused Suicide Prevention**

5-6 August, Sydney

The Preventing Suicide Using a Solution Focused Approach workshop, will include ways to use Solution Focused techniques to generate seeds of hope and demonstrate techniques for answering the traditional suicide "risk assessment" questions without losing a Solution Focus. [Click here](#) for details about the training.

► **Partnering with Consumers to Achieve Quality Outcomes in Healthcare**

10 August, Sydney

Stephanie Newell, Consumer Advocate will share practical and innovative ways which have been used to involve consumers in healthcare quality. [Click here](#) for more information.

► **Acceptance and Commitment Therapy Workshop**

12 August, VIBE Hotel North Sydney

[Click here](#) for more information.

► **Motivational Interviewing for Enhancing Intrinsic Motivation**

University of Sydney

Session 1: Introduction

Monday 22 November | 9.30am–1pm

Session 2: Workshop

Tuesday 23 & Wednesday 24 November | 9am–4pm

[Click here](#) for more information.

► **SmokeCheck**

SmokeCheck is a one day training workshop for all health workers working with Aboriginal clients in brief intervention. The SmokeCheck workshop aims to train health workers to help clients make informed decisions about their smoking and support them in their quit attempts. The workshop is free of charge and fully catered and each participant receives a pack of resources and a certificate of participation. [Click here](#) for more information.

RESOURCES

Mental Health and Substances Use: Dual Diagnosis Journal June 2010

Small, L. F., Use of mental health services among people with co-occurring disorders and other mental health co-morbidities: employing the Behavioural Model of Vulnerable Populations. Volume 3 (2) June, pp 81-93.

Cameron, J., Lee, N. and Harney, A. Changes in attitude to, and confidence in, working with comorbidity after training in screening and brief intervention. Volume 3 (2) June, pp – 124-130.

Staiger, P., Long, C. and Baker, A. Health service systems and comorbidity: stepping up to the mark. [Opinion]. Volume 3 (2) June, pp 148-161.

Substance Use & Misuse Journal

Perron, Brian E., Bunger, A., Bender, K., Vaughn, M., Howard, M. Treatment Guidelines for Substance Use Disorders and Serious Mental Illnesses: Do They Address Co-Occurring Disorders?

Volume 45, (7-8), page 1262.

► **New Multicultural Mental Health Australia Website**

Multicultural Mental Health Australia (MMHA) has launched a more user-friendly website to help reduce stigma around mental illness in Australia's culturally and linguistically diverse communities. The new website will make it easier for people living with a mental illness and their carers to access fact sheets about suicide prevention and mental health in 21 languages. The website also contains information about relevant government policies, as well as opportunities to lobby and raise awareness through consumer and carer groups. [Click here](#) to visit the site.

► **Centre for Mental Health Research E-hub**

E-hub is an initiative of the Centre for Mental Health Research at the Australian National University. e-hub develops and evaluates websites that deliver psycho education and psychological interventions for common mental health problems, as well as clinical and consumer networking. A range of the e-hub's projects have explored the importance and quality of health information on the Internet, and the use of the Internet for disseminating public health information on depression. [Click here](#) to visit the e-hub.

► **Mental Health Medication Website**

This website offers information about medications used in mental health settings to help people make informed decisions about medication. To visit the website click [here](#).