

August - November 2009 YouthLink Training Calendar

YouthLink is a specialist mental health service providing direct clinical services (assessment, treatment and case management) to young people with serious mental health issues who are marginalised, disadvantaged and have barriers to accessing mainstream services. YouthLink also provides consultation, training, and community development in the youth sector. The 2009 YouthLink calendar offers training workshops that will increase workers' knowledge, skills and confidence in working with young people.

WORKSHOP DETAILS

All workshops will be conducted at YouthLink, 223 James St, NorthBridge WA 6003. All workshops include some small group discussions and skills-based tasks. Morning tea and lunch are provided for all workshops. Ticket parking is available at the James Street car park next to YouthLink. Enrolment forms enclosed. Contact YouthLink for additional copies. **You can now enrol online at www.youthlink.perthwa.net**

WORKING WITH ABORIGINAL AND TORRES STRAIT ISLANDER YOUNG PEOPLE

Many Aboriginal and Torres Strait Islander people have needs and issues that are unique to their culture and as a result may require a different approach to support and treatment. Using narrative and experiential training techniques, this workshop is designed to raise awareness of basic cultural issues to enhance workers awareness, skills and confidence in engaging and working with young Aboriginal and Torres Strait Islander people with a culturally sensitive and affirming approach. To achieve this the training will focus on the current environments in which this population resides while taking into consideration historical issues and how these issues may impact on young people today.

Training objectives:

- Participants will develop an increased awareness of issues facing young Aboriginal and Torres Strait Islanders.
- Participants will improve their awareness, knowledge and skills in culturally sensitive work practices.
- Participants will have an increased capacity to identify service barriers to culturally appropriate practices.
- Participants will have an increased understanding of intergenerational issues and the impact they have on young people.

Level: Introductory

Cost: \$110 (Inc. GST)

Date: Wednesday 12th and Thursday 13th August 2009

Time: 9am - 4pm

Please note this training is for 2 days.

Closing date for registration:

Wednesday 5th August 2009

AUGUST

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UNDERSTANDING AND WORKING WITH YOUNG PEOPLE WHO SELF-HARM

Some young people deliberately harm themselves whilst those around them, including professionals, may struggle to find an appropriate response. This workshop is designed to increase participants' understanding, skills and confidence in responding to self-harming behaviour in young people.

Training objectives:

- Participants will be able to differentiate between self-harming, risk-taking and suicidal behaviours
- Participants will develop an understanding of their own attitudes, beliefs and feelings regarding self-harm
- Participants will be able to identify factors that contribute to and maintain self-harming behaviours
- Participants will be able to understand the cyclical nature of self-harm, and use this model for assessment and intervention planning
- Participants will be able to raise the issue of self-harm with young people and assess self-harm behaviour
- Participants will be able to apply skills and strategies to respond to and support young people and those in their support networks.

Level: Introductory

Cost: \$55 (Inc. GST)

Date: Wednesday 7th October 2009

Time: 9am - 4pm

Closing date for registration:

Wednesday 30th September 2009

UNDERSTANDING AND SUPPORTING YOUNG PEOPLE

Adolescence is a time of marked changes, challenges and opportunities. This is also a time when mental health problems may become apparent. This workshop is designed to give participants an increased understanding of adolescent development as well as the common mental health problems that can occur at this stage of life.

Training objectives:

- Participants will increase their awareness of the major developmental tasks and changes in adolescence
- Participants will develop an understanding of the main risk and protective factors in adolescent development
- Participants will examine the major mental health difficulties occurring for adolescents
- Participants will develop a framework to assist participants to recognise signs of difficulty, raise the issue and organise referrals
- Participants will explore some of the challenges in working with adolescents and how to manage these.

Level: Introductory

Cost: \$55 (Inc. GST)

Date: Wednesday 21st October 2009

Time: 9am - 4pm

Closing date for registration:

Wednesday 14th October 2009

OCTOBER

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UNDERSTANDING AND ASSISTING YOUNG PEOPLE WITH DEPRESSION

It has long been recognised that depression is a major health issue in Australia. For young people, depression can complicate the transition to adulthood and delay the achievement of their goals in relation to their peers.

Workshop objectives:

- Participants will improve their awareness of personal attitudes, beliefs and assumptions about depression
- Participants will increase their knowledge of the risk and protective factors in the development of depression in young people
- Participants will increase their knowledge of the indicators of depression in young people
- Participants will increase their skills in raising the issue of depression with young people
- Participants will increase their skills in responding effectively to young people with depression including referral options

Level: Introductory

Cost: \$55 (Inc. GST)

Date: Wednesday 26th August 2009

Time: 9am - 4pm

Closing date for registration:

Wednesday 19th August 2009

WORKING WITH YOUNG PEOPLE AFFECTED BY FAMILY AND DOMESTIC VIOLENCE

Family and domestic violence is a wide-spread issue that affects many of the young people we work with. Young people may have issues related to violence in their family of origin and/or violence in their romantic relationships.

This workshop is designed for participants to increase their knowledge around identifying, assessing and responding to young people with issues relating to family and domestic violence.

Training objectives:

- Participants will gain an introductory understanding of family and domestic violence, different types of abuse and the impact on young people.
- Participants will increase their knowledge of indicators of family and domestic violence and how to raise the issue with young people.
- Participants will gain strategies around how to appropriately respond to the disclosure of family and domestic violence by a young person.
- Participants will be assisted to develop knowledge and skills in risk assessment, safety planning and appropriate referral in situations where young people may be experiencing family and domestic violence.

Level: Introductory

Cost: \$55 (Inc. GST)

Date: Wednesday 9th September 2009

Time: 9am - 4pm

Closing date for registration:

Wednesday 2nd September 2009

SEPTEMBER

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UNDERSTANDING AND SUPPORTING YOUNG PEOPLE WITH A PERSONALITY DISORDER

Young people who access mental health services are sometimes given a diagnosis of a personality disorder, such as borderline personality disorder. This is often used as an explanation for why a young person is acting in challenging or disturbing ways. These diagnoses are often misunderstood by young people and their support network. This workshop is designed to assist participants to increase their understanding of what is meant by personality disorder and how to support young people who may be given this label.

Training objectives:

- Participants will develop a more integrated understanding of personality and the factors that may contribute to the development of personality disorders.
- Participants will develop a comprehensive understanding of Borderline Personality Disorder and the factors that may lead to the development of the disorder.
- Participants will understand the challenges and difficulties inherent in working with this population to promote appropriate intervention and management.
- Participants will develop skills, frameworks and structures to manage and respond to the various defensive coping strategies employed by young people with this disorder such as self harm, dissociation and splitting.

ASSISTING YOUNG PEOPLE TO UNDERSTAND AND MANAGE THEIR AGGRESSION

Anger is a normal and healthy emotion but many of us find it difficult to communicate our anger effectively. Some young people report having trouble preventing their anger from causing problems in their lives. This workshop is designed to provide professionals with the necessary knowledge and skills to assist a young person to understand and manage their anger more effectively.

Training objectives:

- Participants will gain an understanding of the difference between anger and aggression
- Participants will gain an understanding of some of the causes of aggression
- Participants will gain an understanding of the "pressure cooker" model of aggression
- Participants will develop a number of strategies to assist the young person to manage their aggression
- Participants will gain an understanding of the functions of aggression
- Participants will learn how to respond to the young person's aggression in ways that will encourage their use of positive alternatives

Level: Suitable for those working in a counselling role with young people

Cost: \$55 (Inc. GST)

Date: Wednesday 23rd September 2009

Time: 9am - 4pm

Closing date for registration:

Wednesday 16th September 2009

Level: Suitable for those working in a counselling role with young people.
Cost: \$55 (Inc. GST)
Date: Wednesday 11th November 2009
Time: 9am - 4pm
Closing date for registration:
Wednesday 4th November 2009

WORKING WITH YOUNG PEOPLE WITH SAME SEX ATTRACTIONS AND GENDER DIVERSITY

Young people with diverse sexuality and/or gender (identity) often feel marginalised due to their diversity, and without access to informed and empathic community support are at increased risk of mental health and psychosocial problems. This workshop is designed to broaden participant's knowledge and understanding of the issues related to diverse sexuality and gender identity in young people, and further skills for supporting young people. This workshop has been developed in collaboration with the Gay and Lesbian Community Services (GLCS), the Freedom Centre, and the WA AIDS Council (WAAC).

Training objectives:

- Participants will develop a framework for understanding types of sexuality and gender diversity in young people
- Participants will explore the impact that different attitudes and values about sexuality and gender have on young people's emotional and psychological wellbeing and their engagement with us as workers
- Participants will develop their knowledge, skills and confidence in responding to young people with same sex attractions and diverse genders.
- Participants will learn to provide a more inclusive work environment and develop work practices to support young people of diverse sexuality and/or gender.

Level: Introductory

Cost: \$55 (Inc. GST)

Date: Wednesday 25th November 2009

Time: 9am - 4pm

Closing date for registration:

Wednesday 18th November 2009