



*Are your staff, seeking more confidence to work with clients
experiencing mental illness?*

mhWISE Understanding Mental Health Training



This 3 hour workshop was developed to support a wide variety of workers to:

- Understand mental health and mental illness
- Improve their confidence to engage with adults of all ages who experience mental illness
- Create a culture of empathy and respect by decreasing stigma
- Gain foundational knowledge about depression, anxiety disorders, bi polar, psychotic disorders, substance use disorders and suicide risk
- Improve understanding of supportive communication and engagement practices
- Understand professional boundaries, referrals and self care

mhWISE Understanding Mental health Training - Suitable for participants who may work in community organisations, legal centers, private companies, or any role that engages with clients who may be experiencing mental illness.

mhWISE Understanding Mental Health Training Price

- Training cost for this 3 hour workshop delivery, for up to 20 participants, is \$1100 ex gst. This would include a 10 minute break.
- Not for Profit organisations can receive this training for the discounted rate of \$950 for up to 20 participants ex gst.

More participants can be negotiated upon request and training locations outside of Brisbane may incur extra charges. Please see **Disbursements** for more information.

Please contact us for a tailored quote to suit your training needs.

mhWISE Older Persons Mental Health Training



"My team now knows how to interact with a client who has, or may be developing a mental illness, our responses are now more appropriate"

"My team and I have higher job satisfaction, as we know that we are now providing a more holistic service to all our clients that meets their needs"

mhWISE training offers staff at all levels working in Community and Residential care, to gain greater awareness, knowledge and strategies to support their daily work practices.

mhWISE training increases the confidence of staff and improves client outcomes through:

- The holistic understanding of mental health and mental illness;
- Awareness of best practice in person centered care for mental health; and
- Early identification and intervention for clients at risk of mental health decline.

mhWISE training provides your workers with knowledge and strategies to:

- Create a culture of empathy and respect for people with mental illness;
- Understand depression, anxiety, bipolar and psychotic disorders;
- Improve communication, observation, documentation and reporting;
- Understand the importance of engaging in self care;

- Maintain professional boundaries;
- Understand recovery;
- Identify suicide risk; and
- Respond to challenging behaviours.

mhWISE offers three similar but separate training programs in Older Persons Mental Health that cover all of the above content. All programs are offered in 4 hour or 6.5 hour formats to suit your training needs. All participants of mhWISE programs will receive a general certificate of attendance for their participation in training

mhWISE Community Care Older Persons Mental Health Training - Suitable for ENs, PCWs, HCWs, domestic support staff, disability workers, volunteers or similar. No prior

Or

mhWISE Residential Care Older Persons Mental Health Training – Suitable for ENs, AINs, PCWs, domestic staff, activity officers, volunteers or similar. No prior knowledge

Those working as EN's or PCW's or similar roles who have current experience in with working with mental health issues may also be suited to the Senior Staff training below. Please feel free discuss with us which program may best suit the knowledge and experience of your workers.

mhWISE Senior Staff Older Persons Mental Health Training – Suitable for EENs, RNs, allied health, diversional therapists, social workers or similar roles in community and residential care. No prior knowledge is necessary. This workshop provides a foundation for understanding more about mental health and mental illness and is not

Older Persons Mental Health Training Prices

The pricing for all three programs, mhWISE Residential Care, mhWISE Community Care and mhWISE Senior Staff are the same. Wherever possible ADA Australia seeks to work collaboratively with the organisations engaging this training to ensure the training options are tailored to meet individual needs.

The Older Persons Mental Health Training program can be offered as a 6.5 hour program which facilitates the active participation of staff in case activities and discussions to maximise learning and knowledge application.

- Training cost for a 6.5 hour workshop delivery, for up to 20 participants is \$1500 ex gst. This would include a 30 minute lunch break and 15 minute morning tea.

- Not for Profit organisations can receive this training for the discounted rate of \$1300 ex gst.

The same Older Persons Mental health training programs are also available in a 4 hour program. These sessions include the same knowledge content but there is more lecture style training delivery and limited activities.

- Training cost for a 4 hour workshop delivery, for up to 20 participants is \$1200 ex gst. This would include a 15 minute break for morning or afternoon tea.
- Not for Profit organisations can receive this training for the discounted rate of \$1050 for up to 20 participants ex gst.

The cost of extra participants can be negotiated individually, however workshops may need to be capped in certain cases to maintain the quality of the training experience and ensure participant comfort. Alternatively dual trainer models for large groups of 20 - 35 can also be arranged upon request.

Older Persons Mental Health - Train the Trainer Opportunities

Due to the popularity of this training program amongst large organisations who need to train many hundreds of staff, train the trainer models of this program have now also been developed. To enquire about the train the trainer options please contact us.

All mhWISE training costs include:

- The 'face to face' workshop with our experienced trainer.
- Printed booklet of essential take home slides and space for notes
- mhWISE referral and resource list
- Other associated mhWISE handouts
- All essential AV and audio equipment
- Certificate of attendance for each participant

We would request your organisation to provide:

- Catering as desired
- Training venue with a suitable training room

Disbursements for training deliveries outside of Brisbane: In addition to the workshop cost, charges for any relevant trainer travel such as flights, accommodation, sustenance and trainer travel time will be charged for training deliveries outside of Brisbane. For many services, the cost of these additional expenses remains a cheaper option than sending several staff to training in metropolitan areas. An approximate quotation for these deliveries can be arranged upon request.

Training Organisation

mhWISE training is delivered by ADA Australia (Formerly QADA). ADA Australia is a not for profit community organisation with 25 years experience. ADA Australia are committed to making a difference in the lives of vulnerable people through advocacy, information, education and training. ADA Australia has extensive experience in understanding the complexity of issues that older people face within aged and community care. The mhWISE programs have been developed over a number of years, in consultation with other organisation, as a direct response to industry knowledge gaps in service delivery and worker confidence.

Enquire Today

Thank you for taking the time to peruse the mhWISE in house training opportunities available. If you would like a more detailed quotation tailored to suit your location and participant numbers please contact us today. We are also happy to discuss with you the content of the programs and your training needs in more detail if you wish, just give us a call.

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