



Victorian Transcultural
MENTAL HEALTH

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

Victorian Transcultural Mental Health (VTMH) cultural diversity workshops for mental health practitioners in 2019

People tell us our workshops change the way they think and enhance their practice.

Participants in 'Cultural Responsiveness: Introduction Principles and Practices' 2019 workshops have valued: 'new theories and ways of working', 'alternative approaches', 'updated research and knowledge' and 'the positive attitude of the presenters around cultural diversity'

We're collaborating with the **Victorian Mental Health Learning and Development Clusters initiative** to offer free workshops to Victorian public mental health services, and we regularly review and update what we offer.

Mental health practitioners, including nurses, case managers, psychologists, social workers, or, people working in mental health services including project workers or team leaders, are encouraged to register in the following events.

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| <p>Recovery and diversity: Approaches to cultural assessment and supporting personal recovery Monday 6th May 2019 NEVIL Cluster Collaboration- Shepparton</p> | <p>Community development in mental health practice Monday 13th May 2019 South East Cluster (L.A.M.P.S) Collaboration - Dandenong</p> |
| <p>Cultural responsiveness: Introduction to principles and practices Tuesday 18th June 2019 NEVIL Cluster Collaboration - Box Hill</p> | <p>Approaching work with interpreters in mental health settings Thursday 5th December 2019 Western Cluster Collaboration - Parkville</p> |

All sessions from 9:30am-4pm. See full workshop descriptions overleaf.

To register, go to www.vtmh.org.au/education-and-training/calendar-of-events

For more information about the **Victorian Mental Health Learning and Development Clusters**, including eligibility, go to:

North East Victoria Cluster (NEVIL): www.nevil.org.au/calendar

South East Cluster (LAMPS): www.monash.edu/medicine/scs/psychiatry/research/southern-synergy/workforce

Western Cluster: www.nwmh.org.au/western-cluster-training

To stay informed of upcoming VTMH training and events, sign up to our mailing list at www.vtmh.org.au/new/contact/register-with-vtmh



Victorian Transcultural Mental Health (VTMH)

w. www.vtmh.org.au p. 9231 3300 e. vtmh@svha.org.au

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

2019 VTMH Workshop Descriptions

Cultural responsiveness: Introduction to principles and practices

This workshop introduces participants to principles that inform cultural responsiveness, and encourages 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* NEW!

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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*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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