

Mental Health Matters – Full Day Workshop

Summary

In this full day workshop all participants will be taught how understand current state of mental health in Australian workplaces. They will be provided with information on the prevalence of mental health issues in the workplace and the current strategies and best practices for managing them when they occur.

Throughout the workshop assessment, framework and strategy will be demonstrated to the participants by the facilitator. Participants will then be asked to discuss the information provided to demonstrate they hold a strong understanding of the subject matter. They will be asked to explain their understanding of the current state of mental health issues in the workplace, the appropriate strategies for identifying them in their own work force and the relevant practices for helping when cases are found. The emphasis of the program will be to help participants have an accepting and supportive approach to mental health issues in their own work place.

Examples and case studies will be utilised as to further strengthen each participant's understanding of mental health management in the work place. The facilitator will encourage discussion and require participants to demonstrate their understanding of principles, frameworks and strategies.

The aim is for participants to be able to destigmatize mental health issues and approach them with due care and provide appropriate action plans.

Details

What participants will learn:

- Best Practices
- What is depression
- What is anxiety
- What is stress
- What is a personality disorder
- What is Autism Spectrum Disorder
- What is appropriate duty of care
- Early identification strategies
- Best support practices in mental health NSW
- Importance of note taking in medico-legal cases

Principles

- The importance of respectful awareness and support
- The foundations of duty of care practices
- The need for sensitivity and awareness
- The importance of empathy, tolerance, understanding and care
- The importance of careful intervention and support

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Frameworks

- The Current State of Mental Health Issues in Australian Workplaces
- The prevalence of common mental health conditions, such as anxiety, stress, and depression.
- The prevalence of less common but significant personality disorders, such as Bi-Polar 1 and 2,
- Borderline Personality disorders, Narcissistic
- Personality disorders and Sociopathic
- Personality disorders.
- The prevalence of Autistic Spectrum Disorders
- In the Australian work place.
- The basic principles for assessment
- An understanding of the medical and psychological support services.
- The appropriate steps for intervention and assistance
- The work place mental health assistance planning framework

Skills

- Conflict summarizing.
- Problem identification and strategy formulation
- Position summaries
- Active reflective language
- Emotional Management

Strategies

- Complementary conflict resolution model
- Self management, impulse control, and emotional regulation.
- Complex listening skills

Practical examples

We work through cases and examples with participants to give them a strong understanding of conflict resolution.

Demonstration of understanding and skills

All skills will be demonstrated by the facilitator in order to give participants an accurate and effective understanding all each principal skill and strategy.

Duration: 8 hours

Where: At the client's location

How: Format

- Informal Lecture or round table open group discussion format.
- Use of Video, White Board, Question and Answer Quizzes
- Experiential Learning
- Examples and Case Studies

Exercises

All participants will be given the opportunity to observe each aspect of the subject matter demonstrated by the facilitator. Participants will be asked to explain their understanding of the subject. They will also be asked to demonstrate through role-play their newly acquired skills. Finally their learning experience will be supported by quizzes and question & answer worksheets.

Feel

- Fun informal and interactive
- Experiential Learning

Materials

- Work Sheets
- Quizzes
- Work Books
- Surveys
- Questionnaires