

Training opportunities available in 2020:

3hr Risk Assessment Professional Development (RAPD) for Schools and NGOs

RAPD training is designed to teach participants how to identify and assess risk in young people that are experiencing suicidal thoughts or engaged in significant self-harming behaviours. It is a free 3 hour workshop specifically designed for teaching staff, school leadership and community services organisations

Participants will learn how to:

- Support young people who are in a mental health crisis.
- Facilitate a basic risk assessment for a young person who is self-harming and identify when and how to access outside support.
- Recognise the early warning signs of suicidal ideation and/or deliberate self-harm.

Cost

- 3 hour Workshop - FREE for schools and NGOs.
- Training aligns with AITSL professional standards for teachers and is suitable for all school staff, leadership, and ESOs.

ASCEND 1 day training (schools and organisations)

The ASCEND 1 day training includes necessary and up to date knowledge in suicide and self-harm prevention and intervention.

Participants will learn how to:

- Identify early warning signs for young people at risk.
- Supporting diverse and/or specific communities.
- How to determine the level of risk for an individual threatening suicide, or engaged in deliberate self-harm.
- Effective elements of supportive communication with an at risk person.
- Intervention strategies to support individuals going forward.

Cost

- \$75 per person.

1 day Youth Mental Health Whole School Training (Schools only)

Youth Mental Health Whole School Training (YMHWSST) is designed to teach participants key mental health strategies to support students, in a 1-day workshop.

Participants will learn how to:

- Provide mental health support to students.
- Assist a student who might be developing a mental health difficulties.
- Support a student in a mental health crisis.

Cost

- Negotiable

2 day Accredited Youth Mental Health First Aid Training (schools and organisations)

Youth Mental Health First Aid Training (YMHFA) is designed to teach participants key mental health strategies to support students and young people, in a 2-day accredited workshop. Youth Mental health first aid training is to provide help and support to a student or young person who is developing a mental health problem, or who is in a mental health crisis, until appropriate professional treatment is received or the crisis resolves.

Developing mental health problems covered are:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems
- Eating disorders

Mental health crisis situations covered are:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury (sometimes called deliberate self-harm)
- Panic attacks
- Traumatic events
- Severe effects of drug or alcohol use
- Severe psychotic states
- Aggressive behaviours

Cost

- TBA

Contact

For more information on any of our training courses please contact

- enquiries@centacare.org.au or ph. 08 8215 6700