



# AODwebinars@MHC Calendar Semester 2 2024

The Mental Health Commission's Workforce Development team is pleased to release the **AODwebinars@MHC Semester 2 2024 calendar**.

The AODwebinars@MHC calendar is part of the Workforce Development, Mental Health Commission's free professional development for those working in the alcohol and other drug (AOD) and other human services sectors.

To register for an event, go to: <https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/aod-webinars/>

**Please note:** Our webinar events are run through Microsoft Teams.

For more information on training opportunities and resources to support workers, go to: [mhc.wa.gov.au/aodtraining](https://mhc.wa.gov.au/aodtraining) or email: [AOD.training@mhc.wa.gov.au](mailto:AOD.training@mhc.wa.gov.au)

## Webinar Event 1: Stigma as a barrier

**Presented by:** Rebecca Craft and Rebecca Biglane, Workforce Development, MHC

**Date:** Tuesday, 30 July 2024: 10:00am – 12:00pm

**Target audience:** Human service providers working with people who use alcohol and other drug (AOD) and mental health issues.

Negative views and attitudes towards people who use AOD creates a significant barrier to individuals accessing support services and health care. The aim of this webinar is to explore stigma, where it comes from, how it is perpetuated, the negative impacts, as well as looking at ways of safely challenging stigma and implementing best practice when working with people who use drugs.

By the end of this webinar, participants will be able to:

- Understand the concepts and structures of stigma faced by individuals who use AOD,
- Describe both the attitudes and views that contribute to AOD stigma,
- Consider intersectionality and the impact of stigma on people who use AOD,
- Develop skills to safely challenge stigma utilising best practice, non-stigmatising language and concepts when speaking with or about people who use AOD.

**Application deadline:** Tuesday, 23 July 2024

NEW

## Webinar Event 2: Family and domestic violence (FDV) and youth

**Presented by:** Joanne Kostopoulos, North Metropolitan Health Service.

**Date:** Tuesday, 27 August 2024: 10:00am – 12:00pm

**Target audience:** Human service providers working with people experiencing alcohol and other drug (AOD) and mental health issues.

This webinar will place Youth FDV within the broader context and highlight the complexity and duality of young people as both victim/survivors and perpetrators. We will discuss language and definitions around the topic of youth FDV and consider current statistics around victimisation and those who use abusive and violent behaviour. Adolescent violence in the home (AVITH), dating violence, harmful sexual behaviour and the role of pornography in perpetuating violence in the youth population will be discussed. Assessment, interventions, and best practice frameworks will be explored for practice guidance with new understandings. It is concluded that preventing abusive and violent behaviours in the short-term can prevent destructive patterns of abusive behaviour into adulthood.

**Application deadline:** Tuesday, 20 August 2024

## Webinar Event 3: Alcohol use during pregnancy and fetal alcohol spectrum disorder (FASD) prevention

**Presented by:** Dionne Aitken, Community Services and Development Programs, MHC.

**Date:** Tuesday, 9 September 2024: 10:00am – 12:00pm

**Target audience:** Human service providers with clients of childbearing age, their families, and communities.

This webinar has been planned to coincide with International FASD Awareness Day. We will review foundational concepts for the development and delivery of best-practice FASD prevention, such as

- Contextualising alcohol use in Australia,
- Complexities associated with alcohol use during pregnancy,
- Defining FASD, and
- Considering prevention strategies that respond to community strengths and needs.

We will also briefly touch on the Mental Health Commission's FASD prevention funding program.

**Application deadline:** Tuesday, 2 September 2024

NEW

## Webinar Event 4: Co-occurring mental health and AOD issues with young people

**Presented by:** Mark Bowley, Workforce Development, MHC

**Date:** Tuesday, 17 October 2024: 10:00am – 12:00pm

**Target audience:** Human service providers working with young people who use AOD and have co-occurring mental health issues.

This webinar explores functional alcohol and other drug (AOD) use in the context of co-occurring mental health issues for young people, and considerations when working with young people with co-occurring mental health and AOD use concerns.

**Application deadline:** Tuesday, 10 October 2024

**Enquiries:** Workforce Development  
Administration Officers  
phone (08) 6553 0560  
email [AOD.training@mhc.wa.gov.au](mailto:AOD.training@mhc.wa.gov.au)



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## Webinar Event 5: An introduction to emotion regulation

**Presented by:** Sarah Dansie, Workforce Development, MHC

**Date:** Tuesday, 26 November 2024: 10:00am – 12:00pm

**Target audience:** Clinical and support workers in the alcohol and other drug (AOD) and mental health specialist sectors.

**Please note:** *This webinar is a brief stand-alone version of the one-day workshop ST343 Emotional regulation conducted on the AODtraining@MHC Calendar.*

Emotion regulation is the ability to manage and respond to emotional experiences in a socially tolerable way. AOD can be one of the strategies people adopt to regulate their emotions, which may not be effective in the longer-term.

This training aims to assist the worker to:

- Develop an understanding of emotion and emotion regulation
- Explore the skills needed to support people to better identify, understand and manage their strong emotions
- Identify strategies that will help people respond to overwhelming emotions in constructive ways.

**Application deadline:** Tuesday, 19 November 2024

## Online training

Not able to make it to one of our training events?  
Workforce Development has a range of online learning programs available that can be accessed anywhere and at any time!

For further information, head to:  
<https://aodelearning.mhc.wa.gov.au/>

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