



## Substance use and mental health conditions – co-occurring

**Strategies for supporting people with co-occurring AOD and mental health issues.**

The challenges associated with co-occurring mental health and substance abuse conditions have been of increasing concern for individuals, support networks and a range of services such as mental health and AOD services. The potential for enormous personal cost to the individual and their support network is great, with evidence of a higher incidence of hospitalisation, greater risk of homelessness, higher rates of criminal activity, poorer treatment outcomes, poorer health status, lower life expectancy, and increased rates of completed suicide compared to people experiencing mental health condition or substance abuse alone.

The aim of this one-day workshop is to increase the awareness of the impact of co-occurring substance use and mental health conditions. The workshop will provide opportunities for participants to gain skills for supporting people to reduce the impact of AOD and mental health conditions on their lives.

A comprehensive resource book is provided to

all participants for reference during and following the training. There will be opportunities for participants to practice and reflect on skills throughout the workshop.

### Learning objectives of this training:

1. Understand the impact of co-occurring AOD and mental health conditions on people and their care network.
2. Describe the effects of AOD on mental health.
3. Explain the interaction between substance use and mental health medications.
4. Describe approaches for screening and assessment of AOD and mental health conditions.
5. Explain the application of person-centred practice when supporting a person living with co-occurring mental health and AOD issues.
6. Understand the guiding principles for supporting people with co-existing mental health and substance abuse conditions.
7. Describe strategies to support a co-ordinated approach for supporting people living with mental health and substance abuse conditions.



**Alison Bell** has a background in Nursing and Psychology and has worked in the alcohol and other drug and mental health fields since 1987. She has been facilitating training on topics including Motivational Interviewing, mental health, addictions and gambling. Known as an enthusiastic and engaging trainer with a passion for providing participants with an opportunity to reflect on their work practices and to enhance their skills for supporting people to change. Alison has been involved in the development of motivational interviewing since 1989, when she became involved in researching the clinical application of the model in collaboration with Dr Stephen Rollnick at the National Drug and Alcohol Research Centre. Alison has published a number of papers and book chapters, particularly in relation to the application of motivational interviewing in health care settings. Having conducted hundreds of training courses on motivational interviewing for a broad range of groups, Alison is considered to be among the leading trainers on this subject in Australia.

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

**View our range of training topics at [www.PDPseminars.com.au](http://www.PDPseminars.com.au) to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.**



**ACA:** Members can accrue 12 CPD points.

**AASW:** Members can accrue 6 CPD hours.

**APS:** Activities do not need to be endorsed by APS. Members can accrue 6 active hours.



**ACWA:** Members can accrue 6 CPD hours.

**PACFA:** Members can accrue 6 CPD hours.

### **Morning Session**

The prevalence and impact of co-occurring AOD and mental health conditions  
Understanding the effects of AOD on mental health and wellbeing  
Exploring the interaction between AOD and prescribed medications  
Screening and assessing for AOD and mental health conditions

### **Afternoon Session**

Engaging people to reduce the impact of AOD on mental health  
Guiding principles for supporting people living with co-existing AOD and mental health conditions  
Taking a co-ordinated approach to supporting people living with AOD and mental health conditions.  
Evaluation and closing.

***“Understanding and reducing the impacts of co-occurring AOD and mental health conditions is important for professionals working with people who present to a range of health and community service settings. .”***

Alison Bell

### **How will you benefit from attending this training?**

- Gain a greater understanding of the impact of co-existing AOD and mental health conditions
- Increase confidence in assessing and addressing co-occurring AOD and mental health issues
- Develop strategies for taking an integrated approach when working with people living with AOS and mental health conditions.

### **Booking process:**

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

### **We include:**

- Presenter travel and accommodation costs.
- Soft copy of all slides, notes and resources and evaluation.
- Individual attendance certificates for all participants.

**Contact our in-house program director 1300 887 622 or [info@PDPseminars.com.au](mailto:info@PDPseminars.com.au) for information, quotation or to have a helpful chat about the needs of your team.**

This seminar has been designed to extend the clinical knowledge and applied skill of professionals who encounter people with alcohol and other drug issues *and* mental health conditions.

This is accessible and relevant for any professionals faced with these issues working in services such as: mental health, alcohol and other drugs, child protection, justice, medical (eg: GPs, Nurses), homelessness, student counselling, centrelink, housing, disability support and many more.

Teams without prior knowledge on this topic are recommended to take the two-day version of this training. This workshop can be tailored to the group. For example, if the group is from mental health services, can focus on AOD issues and vice-versa.

### **Feedback from Alison’s recent presentations of this training:**

*“Fun, educational and engaging.”*

*“Alison has a warm engaging and respectful style. I really liked the mix of theory, video, personal stories and practical application”*

*“Fantastic presentation and very worthwhile training. “Excellent application of theories to a wide range of disciplines.”*

*“Highly enjoyable and beneficial course for anybody who works in a counselling role”*

*“Thank you for your insights and experiences which enhanced the learning”*

*“Very happy with this seminar - very useful and I gained a new awareness of key elements in therapy that I can apply immediately- wonderful presenter”*

*“Alison was delightful and enjoyable. The training was relevant and engaging- related theory well to practice”*

*“I have recommended this seminar to colleagues as I have learned so much.”*

*“Great workshop and presenter!”*

*“This seminar provided an excellent opportunity for a new graduate and new community corrections officer to learn ways to motivate behaviour change for offenders. The discussion with other participants was especially useful to think of different ways to apply skills to different social cohorts in the community.”*