

Orientation to

MENTAL HEALTH PASTORAL CARE

WEDNESDAY, 23RD JULY 2014

THIS WORKSHOP IS FOR PEOPLE WHO ASSIST OR ADVOCATE FOR OTHERS AND WHO ARE INTERESTED IN LEARNING MORE ABOUT MENTAL HEALTH AND PASTORAL CARE.

A Day For

- demystifying and humanising mental health for pastoral care workers and chaplains;
- enabling members of the community to make a difference in the lives of people who face mental health difficulties;
- equipping members of the community to walk alongside those affected by mental ill-health;
- informing members of the community of the resources available to help people in dealing with Mental Health and Wellbeing;
- raising awareness of how the Mental Health System works.

Keynote Speaker – Dr. Robert Bland – Bringing Hope to Mental Health.

Robert is very familiar to many people in the community mental health sector in Queensland. He has actively supported a number of community organisations, has written and spoken extensively about mental health and has recently retired from being Professor in the School of Social Work and Human Services at the University of Queensland. Robert is known to approach his work in mental health with a spirit of authenticity, humility and collegiality.

REGISTRATIONS CLOSE FRIDAY, 18TH JULY 2014

This event is organized by a cross-denominational committee and is an excellent opportunity for professional development.

The registration process is under the auspices of A Place To Belong.

Phone: 3217 2522 | Fax: 3217 2274 | Email: Carlos@aplacetobelong.org.au

Cnr. Gympie Rd and Rode Rd
Chermside Kedron Community Church
590 Gympie Road, Chermside

Parking at rear of church
ATM within short walking distance



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PROGRAM

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|----------|---|
| 9.00 am | Arrive, Meet and Refreshments Registrations and Café open from 8.30 am Order lunch if needed and see resources tables |
| 9.30 am | Introduction, Story and Discussion |
| 10.30 am | Morning Tea and See Resources Tables |
| 11.00 am | Key Note Speaker — Robert Bland Bringing Hope to Mental Health |
| 12.30 pm | Lunch and See Resources Tables |
| 1.15 pm | Optional Seminars: <ol style="list-style-type: none">1. Mental Health in Churches2. Schools, Youth and Mental Health3. Engaging People on the Edge4. Seniors and Mental Health5. Self-care and Mental Health6. Nurturing Community Supports in Mental Health |
| 2.30 pm | Afternoon Tea and See Resources Tables |
| 3.00 pm | Understanding the Mental Health System — Jacinta Lipp (Mental Health Nurse), Grant Nelson (Chaplain) and Ann Solari |
| 3.45 pm | Presentation of Certificates, Evaluation and Updates |
| 4 pm | Close |

For More Information

Helen Prior

Ph. 0401 911 124

thepriory1@gmail.com

Neil Barringham

Ph. 0437 718 420

neil@aplacetobelong.org.au

Beatriz Skippen

Ph. 3867 2550

Pager: 3830 5585

Beatriz.Skippen@uccommunity.org.au

Jane Frazer-Cosgrove

Ph. 0416 649 474

nouwen-network@optusnet.com.au

Clem Fryer

Ph. 0413 803 252

Registration Form - Orientation to Mental Health in Pastoral Care

YOUR DETAILS Title: _____ Name: _____

Street: _____ Suburb: _____ Postcode _____

Phone: _____ Email: _____

Dietary Requirements (if any): _____

Please indicate the number of the afternoon optional seminar you would most like to attend: _____

Cost: \$40 per person (includes morning & afternoon tea, participant's notes, certificate)

PAYMENT Cash Cheque / Money Order (Payable to A Place to Belong) Visa Mastercard

Card Holder Name: _____ Account Number: _____

Expiry: _____ / _____ Card Holder Signature: _____

This form is your official tax invoice, GST included. Anglicare Southern Queensland ABN: 39 906 010 979.

Please return the form above to

Carlos Tamayo – A Place to Belong

Ph: 3217 2522 | Fax: 3217 2274

Email: Carlos@aplacetobelong.org.au

PO Box 5873 West End, QLD 4101



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OPTIONAL AFTERNOON SEMINARS

1. Mental Health in Churches – Rob and Jenni Nichols

Mental illness impacts a significant proportion of the Australian community, but, despite efforts to reduce its stigma, much of it remains hidden. How can churches become places where we all can truly bring and be our whole selves, and find healing community? This workshop addresses this issue pastorally and practically.

2. Schools, Youth and Mental Health – Steve Forward and Grant Nelson

Schools are widely acknowledged as primary sites for promoting mental health and wellbeing in the lives of children and young people. In this session, we'll look at the mental health issues children and young people face, the mental health programs and activities schools engage in to help, and ways you could possibly be involved.

3. Engaging People on the Edge – Malissa Johnson

How do we respond to people living on the margins and be sure we are communicating with them in a positive way? How can we be inclusive and avoid common traps? Bring your experiences to this session as we learn from each other.

4. Seniors and Mental Health – Jenni Marshall

This session will provide a basis for understanding wellbeing and its relationship to mental illness in older people. A foundation will be provided which will support our discussion and strengthen our understanding of holistic responses required to support older people's wellbeing and mental health.

5. Self-care and mental health – Ray Clifton

We often become so busy caring for others we forget to care for ourselves, and so become tired, dispirited and stressed. This workshop explores ways in which we can care for ourselves while at the same time caring for others

6. Nurturing Community Supports in Mental Health – Neil Barringham

We know that people do better when they are connected, involved and accepted. Yet the all too common story in mental health is disconnection and isolation. How can we contribute to people's social connectedness as well as their personal growth as we offer friendship and support? This workshop will open up some simple approaches that we can use to facilitate connections with and for others.

