

The Short Course

Promoting Mental Health & Wellbeing



VicHealth

As part of *From Margins to Mainstream*, VicHealth will be offering its highly popular Short Course: Promoting Mental Health and Wellbeing to conference delegates.

This is a fantastic opportunity to introduce you to a determinants-based approach to mental health promotion concepts, or to consolidate the knowledge gained at the conference, while networking with local, national and international conference delegates.

This comprehensive course aims to increase the skills and capacity of workers in diverse sectors to undertake successful mental health promotion activity.

Many drivers of health lie outside the health sector.

Many sectors – including education, sport, arts, justice, health, community and local government – play a major role in improving peoples' mental health and wellbeing. The Short Course will target participants from these diverse sectors, bring them together regionally and encourage stronger cross-sectoral collaborations.

The Short Course is a two day module which provides resources and models to enhance evidence based project planning, implementation and evaluation of activity with specific focus on VicHealth's Mental Health Promotion Framework.

Participants will:

- Be introduced to those factors determining mental health and wellbeing, with a focus on the themes of:
 - social inclusion;
 - discrimination and violence; and
 - access to economic resources
- Develop skills in planning, evaluating and monitoring mental health and wellbeing activity
- Receive resource material relevant to the design of evidence based mental health promotion activity
- Learn how to apply VicHealth's Partnerships Analysis Tool and the new Planning, Monitoring & Evaluation Tool
- Receive a series of good practice case studies which illustrate the issues integral to mental health and wellbeing work in the community

Registrations

The Short Course: Promoting Mental Health and Wellbeing will be held in conjunction with *From Margins to Mainstream*.

The details are:

Date Monday 8 & Tuesday 9
September 2008

Time 9.30am to 4.30pm
(registration begins at
9:15am on Day 1)

Venue VicHealth Seminar Rooms
Ground Floor
15-31 Pelham St
Carlton

Cost AUD\$250 incl. GST
(includes materials, a range
of publications and meals)

RSVP Please register for the
course via the conference
online registration form

Please contact Cassie Nicholls with
any enquiries on 9667 1317 or
cnicholls@vichealth.vic.gov.au

Please note that along the continuum of mental health and illness, the content of this course focuses on:

Promotion

Prevention

Early Intervention

Treatment

Rehabilitation