WAAMH

Western Australian Association for Mental Health

Training Proposal

1. Western Australian Association for Mental Health

The Western Australian Association for Mental Health (WAAMH) is the peak body of the community-managed mental health sector in Western Australia, with more than 150 members.

Community-managed organisations provide a critical network of services that support people affected by mental illness and their families, and help them live valued lives in their community.

WAAMH has been engaged in the mental health sector for more than 50 years. We advocate for effective public policy on mental health issues, deliver workforce training and sector development, and promote positive attitudes to mental health.

Vision

Our vision is that Western Australian community-managed mental health organisations will lead the way in supporting, and promoting the human rights of people with mental illness and their families and carers, through the provision of inclusive, well-governed community-based services focused on recovery.

WAAMH's Role

WAAMH supports the development of the community-managed mental health sector, undertake systemic advocacy and representation, and influence public policy for the benefit of people with mental illness, and their families and carers. We fulfill this role by engaging in three key priority areas of work:

- Leadership, representation and advocacy
- Sector development and training
- Mental health promotion

2. Sector Development and Training

Our sector development team provides support to develop recovery orientated, person-centred, and inclusive services by sharing its expertise and fostering collaboration.

We offer a range of courses targeted to meet specific needs in the mental health sector and are committed to providing training opportunities to enhance the skill development of the mental health workforce and wider community.

As WA's peak body, WAAMH is the provider which
other Mental Health organisations turn to for their staff training needs.

By selecting WAAMH as your training provider, you are not only accessing the **highest standard of evidence-driven training services**, you are supporting the non-profit organization which provides the **critical support** to WA's community Mental Health Sector.

Our Team

Our rapidly growing Training Department is led by our Manager of Training and Development, Katrina Bercov.

Integrating a tertiary background in Business and Psychology, Katrina also holds a Graduate Diploma in Education (Training & Development), meaning she is a qualified as a specialist in adult learning.

With 20 years of experience in adult education and training design, Katrina has worked in a variety of management and education roles in the Mental Health and the broader community sector, before joining WAAMH in 2014.

Other team includes a team of fully-qualified, highly skilled specialist Mental Health educators from a variety of professional backgrounds including Psychology, Mental Health Nursing, Health Promotion and Education.

As a minimum our training team have each of the following:

- Extensive experience in the mental health sector
- University level mental health qualifications – these vary but include mental health nursing, psychology and Health Promotion qualifications.
  A majority of our trainers have post-graduate qualifications.
- Formal qualifications in adult education and training
- Extensive training experience and outstanding delivery skills

Methodology

WAAMH's training methodology utilises our **PREPARED**© quality framework which integrates and emphasises:

Participation and interactive learning

Rigorous evaluation and continual improvement

Engaging, stimulating delivery

Principals of Adult Learning

Aids for retention

Real world examples and case studies

Evidence driven, up to date content

Diverse teaching methodologies to suit different learners

Proposal for Mental Health Training

On-site Training, customised to meet your needs!

WAAMH
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Our training suite includes:

- **SHINE**
  e-learning guide to working in Mental Health
  Launched in September 2014, the Shine package is the result of extensive research and collaboration with WA's leading Mental Health specialists.

  It is an **11-module self-paced on-line learning tool** which serves as an introduction to Mental Health issues and the community mental health sector. **See** waamh.org.au/shine

SHINE
Mental Health eLearning

	WAAMH Members	Non-members
1 participant	$90	$135
10 participants	$810	$1215
100 participants	$7200	$10,800

- **The WAAMH Training Calendar**
  A biannual schedule of professional development programs which can be booked via our website on an individual basis. See our currently available courses on-line: waamh.org.au/events/training-courses.aspx

  Fees for a one day course are $195 members / $245 non-members

- **On-site delivery**
  All of our calendar courses are available for delivery at the location, of your choice, at a time and date to suit you.

  There is no additional charge for us to tailor an existing course to meet your specific needs. On-site options include:

  WAAMH-courses
  WAAMH courses are developed in house by our specialist educators, in consultation with relevant stakeholders and industry experts. Packed with WA-relevant content and constantly updated, WAAMH courses represent industry best-practice for specialist mental health training.

  Other courses
  WAAMH also offers selected internationally recognised licenced courses:

  - Mental Health First Aid
  - ASIST Suicide Training

3. On-site Training

WAAMH offers **over 50 Mental Health Training topics** which may be suitable your staff or stakeholders.

Based on your request, the attached flyers detail proposed content for the proposed training topics.

We also attach information about a few other courses, to be considered in addition or as alternatives, along with our overall catalogue.

Most of our courses are designed for a one day format. However:

- Selected topics require a longer format, such as:
  - Mental Health First Aid (two days)
  - ASIST suicide training (two days)
  - Care Coordination (three days)

- Many of our one-day courses have a more in-depth two day version as an option

- Most topics can be adapted to suit a shorter timeframe, such as a half day or two-hour snapshot, for which we will select a sub-set of the usual material.

WAAMH's custom courses are designed specifically for your organisation and can be tailored to ensure that they meet all required learning outcomes within the appropriate context.

We consult with you carefully to ensure we have a thorough understanding of your desired learning outcomes. But just as importantly, we want to understand the wider context of your organisation's culture and any given constraints within which the training occurs.

All training programs are then tailored to your requirements – including the duration, learning outcomes and course content.

Custom training is **delivered in the venue of your choice at times and dates to suit your availability** – including weekends and evenings if this is preferred.

4. Inclusions

Delivery of WAAMH courses includes:

- Customisation of course content
- Trainer delivery preparation and familiarisation with participant group
- Trainer travel to any venue in the Perth metropolitan area
- Delivery by highly skilled and experienced, specialist Mental Health trainers – usually:
    - 9.30am-4.00pm full day
    - 9.00am-12.30pm or 1.00pm-4.30pm half day
- All materials and resources including comprehensive take-home packages for each participant

  Note that for short 30-90 minute presentations resources are supplied in a digital format, for clients to print.
- Certificate of completion for each participant (full and half day courses only)
- Telephone and e-mail availability of the Trainer for post-course questions and assistance for all students for a period of up to six months after delivery

5. Custom Course Exclusions

The following items are not included in our quoted fee and should be provided by the client or quoted separately upon request:

- Delivery venue, with appropriate audio visual equipment (including speakers) and seating
- Travel outside the Perth metropolitan area (TransPerth Zone 3)
- Catering and refreshments
- Copyright of training material, which is retained by WAAMH.

  This means that while training participants are encouraged to utilise the materials internally, these may not be distributed to others or modified or reproduced in any way, apart from the personal utilisation of the content.

6. Training Quote

Our fees for on-site delivery in the Perth metro area are

		Full members	Associate members	Non-members
Training session: • up to 24 people • includes take-home resource package • personalised certificate for each person.	Two day	$3,500	$3950	$4,400
	One day	$1,750	$1950	$2,200
	Half day	$1,200	$1350	$1,500
Short presentation: • unlimited numbers • includes digital resources for you to self-print	Up to one hour	$520	$585	$650
	Up to two hours	$750	$855	$950

One day courses are workable with anywhere from 6-24 people.

However, if you are able to fill all 24 places, that means you get a full day of high quality mental health training, with the full suite of inclusions,
valued at $245 per person for just **$72 / $92 each.**

While resources are included for all WAAMH-developed courses, externally developed courses do incur a resource fee from the developer. These are:

- Mental Health First Aid $40 per person
- ASIST Suicide Training $50 per person
  (+ extra $600 per course because a second facilitator is required)

It is noted that as per our inclusion list, these prices apply to any Perth based venue.

If the location was outside Perth, a further quotation would be supplied to cover the Trainers' travel costs and time.

Once you place a booking, an invoice will be sent to you by e-mail. Once this is received, we require a **non-refundable 25% deposit** to hold your booking date.

The balance is due on or before the training delivery date.

7. Venue and catering

Training can be presented at any venue of your choice, and a majority of our clients choose to have their training at their own premises.

However, there are often advantages to holding the training off site, away from the distractions of the office. In this case, WAAMH's newly renovated and beautifully appointed training suite is a great alternative and is available to our clients at just **$250 per day**, which is **well below market rate** for its location and facilities.

WAAMH's premises:

- is centrally located in Perth, just outside the CBD
- is directly opposite McIver train station
- has plenty of street parking available
- is fully wheelchair accessible
- has teleconferencing facilities for remote participants
- is inclusive of all AV requirements such as built-in projection facilities, large screens, laptop, sound system and microphone if required
- offers a choice of boardroom-style set ups for up to 16 people or larger rooms for bigger groups
- has a range of professionally appointed training rooms with excellent facilities
- spacious break-out spaces, with comfortable dining areas and plenty of natural light, and
- offers outdoor space which can be utilised during certain parts of some training, weather permitting.

All bookings include:

- booking coordination and use of the venue
- signage and name badges
- room set up
- AV equipment
- tea, coffee and chilled drinking water
- coordination of catering, if you wish (meals at client's cost)
  A basic working lunch including gourmet sandwiches and paninis, plus morning and afternoon tea, with all dietary requirements covered, is available for approximately $20 per head including delivery and clean-up. Other options can be quoted on request.
  You are also welcome to organise your own catering.
- clean up and pack up

8. Equipment

Clients usually supply our required equipment such as a projector, screen and laptop, including speakers or a sound system for playing short videos.

However, if these items are not available in your preferred venue, WAAMH can supply these at the following rates, including setup by the trainer:

- Projector: $55
- Laptop with sound: $45

Screens are not available for hire through WAAMH, but any blank wall is fine.

9. Contact Details

For further information or assistance, please contact:

Katrina Bercov

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waamh.org.au

Peak body representing the community-managed mental health sector in Western Australia.