

ACWA is pleased to announce its CPD endorsement of **Using e-mental health services** offered by ReachOut.com Professionals

Online mental health services play a vital role in support work with young people, connecting them to help where and when they need it, connecting them to important support communities, and giving them the tools to manage mental health problems and to build essential skills.

In order to reduce the overwhelming demand on face-to-face services and increase the support available to young people before, during and after face-to-face sessions, it is important that we learn when and how to introduce e-mental health services into our work.

This online learning provides practical tools for using e-mental health services in face-to-face work with young people, based on two decades of research into the outcomes of these services and their use in youth support work.

This resource has been produced by ReachOut.com Professionals, with input from practitioners, professional bodies and young people and is available for free. The package is funded by the Department of Health and supported by the Australian Association of Social Workers, Western Australian Association of Youth Workers and the Young and Well Cooperative Research Centre.



Learning objectives

Module 1: The role of online services

- Understand the evidence base for online services in producing mental health outcomes
- Understand the variety of online services available and their roles in the mental health service system

Module 2: Using online communities in your work

- Understand how online communities can be used to build social-connectedness and a sense of belonging
- Increased confidence in referring to online communities

Module 3: Using websites and online programs in your work

- Understand how to use websites and online programs to build mental health literacy and encourage the development of protective factors such as communication skills, problem solving skills and help-seeking behaviours
- Increased confidence in using websites and online programs in work with young people

Module 4: Referring to online counselling and treatment services

- Understand the types of online services available and the benefits of different models
- Increased confidence and ability to refer young people to online treatment services where appropriate

Learner prerequisites

No prerequisites. This learning is designed for professionals working with young people in a support role, including (but not limited to): youth workers, counsellors and social workers.

Estimated learning time

10 hours

- Module 1: 2 hours
- Module 2: 2.5 hours
- Module 3: 2.5 hours
- Module 4: 2.5 hours
- Learning assessment: 0.5 hours

There is no cost associated with this online training, it is available for free.

To learn more or begin the training please visit <http://professionals.reachout.com/emh-ACWACPD>.

Webinar: Benefits and challenges of using e-mental health services in work with young people

An associated webinar will be held 19 May 2014.

This 30 minute online broadcast and Q&A explores the benefits and challenges of using e-mental health services highlighted in the ReachOut.com Professionals online training using e-mental health services, with suggestions on how to manage them. Supported by the Young and Well Cooperative Research Centre.

When

19 May 2014, 11am AEST.

How to register for the webinar

<http://professionals.reachout.com/emhwebinar-ACWA>