

## 2021 OPHELIA Training: Online Pacific Health Exchange:

A short course for Pacific Health Workers delivering Child and Youth Mental Health Services.

### Co-facilitated by:

St. Vincent's Postgraduate Overseas Specialist Training (POST) Program  
RANZCP Faculty of Child and Adolescent Psychiatry (FCAP)  
The College of Medicine, Nursing & Health Sciences, Fiji National University

### Specialist Health Education

Starting from Wednesday 7 April 2021, the Ophelia Training Program will include 12 online sessions which include information, resources and opportunity to explore your own clinical practice. The weekly sessions will be Wednesdays 1pm Suva and NZ, 11am AEST, 60 minutes.

The OPHELIA Training is an online project with all fees waived, and administration costs provided in kind. All health workers delivering Child and Youth Mental Health Services in Pacific countries are welcome to participate in the 12 weekly sessions.

Please seek approval from your workplace, that you will be supported to participate in the 12 weekly sessions. The sessions are open for all health care workers, no set qualifications, or prior experience with Pasifika Study Group (PSG) or iCAMHS required.

### Overview:

The online program includes:

1. 12 weeks of online sessions, focusing key aspects of child and adolescent mental health.
2. A structured approach to learning via reflective practices and peer exchanges.
3. Opportunity to integrate training and clinical models, and recognise the importance of the multidisciplinary workforce.

Register your interest here: <https://us02web.zoom.us/join/register/tZAKcOmsqDltGt3QYwA5NeoM-A1bHN5LXuJ5>

Please don't hesitate to contact Brigid Ryan at the POST program, St. Vincent's Mental Health if you have any questions about the course, or any concerns about technology or ICT capacity. [post.program@svha.org.au](mailto:post.program@svha.org.au)

2021 Proposed Curriculum- Wednesdays 1pm-2pm Suva time via zoom meetings	
Wed 7 April	Session 1: Principles of CAMHS, working families, young people
Wed 14 April	Session 2: Disaster mental health
Wed 21 April	Session 3 Assessment and management of the violent and aggressive patient
Wed 28 April	Session 4: Assessment and management of the suicidal patient
Wed 5 May	Session 5: Developmental disorders in school aged children
Wed 12 May	Session 6: Family violence
Wed 19 May	RANZCP Congress Week
Wed 26 May	Session 7: Trauma Informed Care
Wed 2 Jun	Session 8: Clinician self-care
Wed 9 Jun	Session 9: Child abuse
Wed 16 Jun	Session 10: Intellectual disability
Wed 23 Jun	Session 11: Professional Development– building confidence to bring new ideas into my practice
Wed 30 Jun	Session 12: Final reflections and Graduations

## 2021 OPHELIA Training Partnership

### St. Vincent's Postgraduate Overseas Specialist Training (POST) Program



**ST VINCENT'S  
HOSPITAL**  
MELBOURNE

St Vincent's is a tertiary public healthcare service, providing a range of services, including acute medical and surgical services, emergency and critical care, aged care, diagnostics, rehabilitation, allied health, mental health, palliative care and residential care. St. Vincent's work with a vast network of collaborative partners to deliver high quality treatment, teaching, education and research, with more than 5,000 staff and 880 beds in daily use across all services.

As a part of St. Vincent's WHO Collaborating Centre in Mental Health, the Postgraduate Overseas Specialist (POST) Program has offered mental health clinical placements and training opportunities for mental health professionals in Asia Pacific countries since 2000.



**Asia Australia  
Mental Health**

The POST program delivers specialised training online for supporting clinical expertise in mental health care in the region, and to strengthen collaborative partnerships between Australian and Pacific mental health professionals.

### RANZCP Faculty of Child and Adolescent Psychiatry (FCAP).

The Royal Australian and New Zealand College of Psychiatrists (RANZCP) is responsible for training, educating and representing psychiatrists in Australia and New Zealand. The

Faculty of Child and Adolescent Psychiatry (FCAP) is a body of experts that promotes the highest standards in clinical practice, training and research pertaining to child and adolescent psychiatry.



**The Royal  
Australian &  
New Zealand  
College of  
Psychiatrists**



### Pasifika Study Group (PSG)

In partnership with the Pasifika Medical Association (PMA) and The Pacific Community the RANZCP FCAP continues to facilitate the biennial Pasifika Study Group, convening groups in 2013, 2015, 2017 and most recently in Niue, 2019. The PSG aims to bring together professionals, nurses and allied health workers living and working in the Pacific who have an interest in child and adolescent psychiatry and mental health. Participants engage in capacity building activities, group work and educational networking opportunities.

### The College of Medicine, Nursing & Health Sciences, Fiji National University



The College is the leading health workforce, academic education and research institution in the Pacific Region, delivering undergraduate programs as well as the region's Postgraduate Certificate in Mental Health. The College is committed to training and education of health professionals in the Pacific regions and to uphold values that ensure their commitment to the people of the Pacific and other stakeholders