

## 2023 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 Thursday 30 March 2023, 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 Thursdays 1pm Suva and NZ, 11am AEST, 60 minutes.

The OPHELIA Training is an online project with all training provided free of charge for all health workers delivering Child and Youth Mental Health Services in Pacific countries. The sessions are open for all health care workers, no set qualifications, or prior experience with Pasifika Study Group (PSG) or iCAMHS required. Please seek approval from your workplace to ensure that you will be supported to participate.

### 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 collaborate with a multidisciplinary workforce.

2022 Proposed Curriculum- Wednesdays 1pm-2pm Suva time via zoom meetings	
<b>Thu 30 Mar</b>	Session 1: Principles of CAMH, working with families and young people
<b>Thu 6 Apr</b>	<i>No session- reschedule Session 2: Disaster mental health</i>
<b>Thu 13 Apr</b>	Session 3 Assessment and management of the violent and aggressive patient
<b>Thu 20 Apr</b>	Session 4: Assessment and management of the suicidal patient
<b>Thu 27 Apr</b>	Session 5: Family violence
<b>Thu 4 May</b>	Session 6: Developmental disorders in school aged children
<b>Thu 11 May</b>	Session 7: Trauma Informed Care
<b>Thu 18 May</b>	Session 8: Child abuse
<b>Thu 25 May</b>	Session 9: Professional Development– building confidence to bring new ideas into my practice
<b>Thu 1 Jun</b>	Session 2: Disaster mental health
<b>Thu 8 Jun</b>	Session 10: Intellectual disability
<b>Thu 15 Jun</b>	Session 11 : Clinician self-care
<b>Thu 22 Jun</b>	Session 12: Final reflections and Graduations

Alofi	Rarotonga	Koror	Port Moresby Melbourne Yap	Honiara Port Vila Pohnpei	Suva Tarawa Yaren Majuro Funafuti	Apia Nuku'alofa Fakaofu	Fanning Island
UTC-9	UTC-10	UTC+9	UTC+10	UTC+11	UTC+12	UTC+13	UTC+14
Tue 2.00-3.00	Tue 3.00-4.00pm	10.00-11.00	11.00-12.00	12.00-1.00	1.00-2.00	2.00- 3.00	3.00-4.00

Register your interest here: [https://us02web.zoom.us/meeting/register/tZUode2qrz8iG9EhQxJYWzdw\\_BqZgz3-es](https://us02web.zoom.us/meeting/register/tZUode2qrz8iG9EhQxJYWzdw_BqZgz3-es)

You will receive a unique link for the online sessions from zoom when you register. You can keep the email handy for logging in to our sessions each week.

Or if you lose the link, you can join the meeting directly using these details:

ZOOM Meeting ID: 815 2421 4815 Passcode: STV2023

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)

## 2023 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.



**Asia Australia  
Mental Health**

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. 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. .

In 2023, the Ophelia Training Program is supported by the St. Vincent's Foundation Thomas Trauer Fund.

### 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