



Memo

To:	CEB Office staff
From:	Tania Lund, Staff Wellbeing and Engagement Advisor
Subject:	Workplace Mental Health First Aid (MHFA) training – PILOT PROGRAM
Date:	30 November 2022

Objective

CEB is conducting a pilot program for Blended Workplace MHFA in 2023 and would like to extend an invitation to all CEB Office staff to take part in the training.

In the first instance, we will only be inviting the OHS Committee members, CEB First Aid officers, and CEB office staff to take part in the pilot program. After the completion of the training session, we will ask for constructive feedback on both the blended training model and facilitator before rolling out further sessions to all staff.

This program would be an added initiative to the already implemented Youth MHFA training ran by the Student Wellbeing team.

All the information regarding the program is listed below, if you have any further questions please contact Tania Lund, Staff Wellbeing and Engagement Advisor on tlund@dobcel.catholic.edu.au

Details

Blended Workplace MHFA:

- Self-paced eLearning modules (approx. 5 hours) sent out 3 weeks prior for completion before attending the face-to-face session
- Face-to-Face (F2F) session (approx. 4.5 hours)

Program details:

Mental Health First Aid is an accredited training certificate in workplaces worldwide. It is the assistance provided to a person who is developing a mental health problem or who is in a mental health crisis and is taught in evidence-based training courses authored by Mental Health First Aid Australia.

Understanding the aspects of Workplace Mental Health awareness and support underpins the importance of the 'human element' of any workplace. Mental Health challenges and diagnosed conditions are very common in Australia and understanding the key elements to a Mentally Healthy Workplace are beneficial to all.

Facilitator - Kate Meadows:

Kate is the Director of 'Be More Mindful' and works as a Mental Health Consultant. Kate has 20 years' experience in educational settings, wellbeing and leadership, mental health crisis counselling and referral. Kate facilitates a variety of Workplace Wellbeing material to both corporate and community organisations. Her empathetic and friendly facilitation style makes Kate a highly sought-after facilitator in this field.

Face-to-face course details:

- Monday 6th March 2023
- 10.30am to 3.00pm
- Ballarat (Location to be confirmed)
- Lunch will be provided

Course cost:

- \$360.00 – cost covered by CEB for the pilot program **only**
- Any further costs, including travel and accommodation, must be covered by the school/department

Next Steps

If you would like to be a part of this pilot program please send through your interest via email to Tania Lund, Staff Wellbeing and Engagement Advisor at tlund@dobcel.catholic.edu.au by **Friday 3 February 2023**.

There is a maximum of 20 participants for this session, with only 4 spots remaining.

Once attendance is confirmed you will receive further details regarding the session.