

## Rural in Reach Community Mental Health 1<sup>st</sup> Response Remote Training Package

### Training Overview:

The Community Mental Health 1<sup>st</sup> Response (CMH1R) has been **designed for non-health professionals** to incorporate mental health information and suggested strategies for responding when people present with mental health challenges or illnesses. This is in recognition that even though sometimes staff in rural locations do not have formal mental health qualifications, they are often the first contact for people experiencing challenges in these areas. This package aims to be inclusive of diverse educational, cultural backgrounds and geographical locations through ease of online access.

### CMH1R Package Development:

The CMH1R training package was developed over two years through consultation with Community Resource Centres and Service Provider Working Groups around WA, plus rigorous trials rurally and metro based. The content is trauma informed and recovery focused using the latest information, research and both national and state relevant statistics.

### Modules and Reflection Session:

- Module 1: Basic Mental Health and 1<sup>st</sup> Responses
  - Module 2: Common Mental Health Illnesses and 1<sup>st</sup> Responses
  - Module 3: Communication, Boundaries, Debriefing and 1<sup>st</sup> Responses
  - Module 4: Trauma, Crisis and 1<sup>st</sup> Responses
  - Module 5: Self Care and 1<sup>st</sup> Responses
- (Two weeks to complete)
- Reflection Session (via video conference in groups or individuals): 1-2 hours

### CMH1R training package three step process:

1. Read the modules via an emailed access link (the modules can be printed at completion of each module)
2. Complete and submit the associated module Skills Check in the two weeks allocated
3. On completion of all 5 modules, the Rural in Reach team will contact you to set a Skills Reflection appointment. This is an opportunity to practice the skills learned from the modules through case studies.

Once these steps are finalised, participants will receive a certificate of achievement. Although CMH1R is not a formal qualification, this certificate acknowledges the increased knowledge and skills acquired.

**Cost:** \$100 per participant

**Register:** To register your interest and for further information, please contact Jenny Carter, [jcarter@whfs.org.au](mailto:jcarter@whfs.org.au) (Training Manager)