

Emerging Minds.

e-learning courses

If you are a professional in a health, social or community service setting who works with children (aged 0 – 12 years), with adults who are parents/carers, or with families, you are in a unique position to make a difference to children's mental health.

The National Workforce Centre for Child Mental Health offers innovative online courses specifically designed to support your practice.

Our courses are innovative, interactive, engaging, free and contain invaluable practical demonstrations to help you put learning into practice. You can complete them in several sessions at your own pace. The last page you visited will be bookmarked so that you can jump back in where you left off – whenever it suits you, 24-7.

You can find them at: emergingminds.com.au/training

This course aims to build understanding and capacity to identify vulnerable children. It explores the impact of family and community vulnerabilities on the social and emotional wellbeing of children, covering intergenerational issues, considering the parent-child relationship within the context of the 'whole child' (ecology, environment, networks), and reflecting on strengths and vulnerabilities surrounding the child.

6 hours All professionals working with children, parents and families

Child Mental Health



This course introduces key elements of understanding the prevalence of trauma, and its impact on children and families. It will help you to be sensitive to the experiences of children and take into account how trauma can affect their development, behaviour, emotions and wellbeing.

3-4 hours All professionals working with children, parents and families

Trauma and the Child



This course aims to enhance understanding about the impact of adult problems, including mental illness, AOD and family violence, on children and to support practitioners to think about children early in any contact with a parent. It ensures that families are supported to make and sustain changes so that they can better meet the needs of their children. It is interactive and features high-quality video scenarios that are partnered with a useful workbook. The workbook contains exercises, discussion starters and reflective questions that can be used in individual and group learning.

5-6 hours All professionals working with children, parents and families

Child Aware Practice



This course helps mental health workers to identify and intervene when their clients are parents who experience mental illness and have young children. The course takes learners through the impact of mental illness on the family through the antenatal period and explains attachment and principles of sensitive communication with parents regarding the needs of their children.

1.5-2 hours Adult mental health workers and professionals working with parents with young children

Supporting Infants and Toddlers



This course provides training for supervisors and team leaders in strategies that promote child and family-sensitive practices in their service. The course is an extension of the 'Child Aware Practice' course.

5-6 hours Supervisors in adult-focussed health and social services

Child Aware Supervision



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Engaging Parents - An Introduction

1.5-2 hours All professionals working with children, parents and families

This course introduces learners to ways professionals can sensitively engage in conversations with parents about their children's social and emotional wellbeing. The course strengthens understanding of factors and circumstances that impact on a child's social and emotional wellbeing and the role practitioners can play in engaging with and supporting a parent in their parenting role.



Keeping Families and Children in Mind

6-10 hours Adult mental health professionals, medical, nursing and allied health professionals, social services, non-government organisations, members of the general public

This course supports learners to develop a family-sensitive approach when working with families where a parent has a mental illness. It features six interactive learning modules that encourage learners to reflect and evaluate their current practice and to develop strategies to support children, parents, carers and families living in these environments.

This course supports professionals to understand the importance of children's social and emotional development for lifelong wellbeing. The course will assist learners to routinely enquire about children's social and emotional wellbeing as part of their everyday practice with parents, offer support and identify appropriate resources and tools.

6-7 hours Allied health professionals, nurses, general practitioners, paediatricians, social services and early childhood education and care professionals.

Building Blocks for Children's Social and Emotional Wellbeing



Family Talk is an evidence-based family intervention for families where a parent experiences depression and/or anxiety. The intervention strengthens resilience in children and the family unit by supporting family communication and problem solving.

10-20 hours Experienced clinical mental health professionals including appropriately trained psychologists, psychiatrists, family therapists, social workers, mental health nurses, occupational therapists and general practitioners.

Family Talk



Let's Talk About Children (Let's Talk) is a brief, evidence-based method that supports professionals to have a structured discussion with parents who experience mental illness about parenting and their child's needs. It aims to make this conversation a routine part of the alliance between parents and professionals where they can explore the wellbeing and development of children and how their parent's mental illness is understood by them.

5-10 hours Professionals working with adults experiencing mental health difficulties

Let's Talk about Children



ASSESS

SUPPORT

IDENTIFY