

Participation for Health Short Course

Responding to social and economic determinants to promote mental and physical health

Course details

Date

Monday 7 & Tuesday 8
December 2009

Time

9.30am to 4.30pm
(registration starts at 9.15am
on Day 1)

Venue

Ground Floor, 15-31 Pelham
Street, Carlton

Cost

Free

To register

Please complete the attached
registration form and return by
Thursday 26 November via:

Email:

shortcourse@vichealth.vic.gov.au

Fax:

03 9667 1375

*Please note that spaces are
limited. This course is expected
to fill so please register early.*

The Victorian Health Promotion Foundation (VicHealth) is holding a Participation for Health Short Course at VicHealth.

The two-day Short Course is an update of the highly popular Mental Health Promotion Short Course. It aims to increase the skills and capacity of workers in diverse sectors to undertake successful mental and physical health promotion activity.

Focusing on the social and economic determinants of physical and mental health, the course provides resources and models to enhance evidence based project planning, implementation and evaluation of activity, with specific focus on VicHealth's Participation for Health Framework.

Participants will:

- be introduced to those factors determining mental and physical health, with a focus on the themes of:
 - social connection;
 - freedom from discrimination;
 - freedom from violence;
 - access to economic resources; and
 - physical activity;
- develop skills in planning, evaluating and monitoring mental health and wellbeing activity;
- receive resource material relevant to the design of evidence based mental health promotion activity;
- learn how to apply VicHealth's Partnerships Analysis Tool; and
- receive a series of good practice case studies that illustrate the issues integral to mental and physical health promotion work in the community.

Who should attend?

Workers from sectors such as health, community, education, justice, housing, local government, arts and sport.

Please note that along the continuum of mental health and illness activity, this course focuses on promotion and prevention

Promotion

Prevention

Early intervention

Treatment

Rehabilitation

For more information, please contact Sarah Posner on 03 9667 1310 or sposner@vichealth.vic.gov.au