Mental Health and the Military Experience

> CPD SELF-DIRECTED LEARNING RECORD

Australian Government
Department of Veterans' Affairs

mhpn
Mental Health | Professionals' Network

If you watch or listen to a webinar recording you can claim continuing professional development as a self-directed learning activity.

Complete and retain this form to help keep a record of your participation in the activity.

Webinar details

Webinar title	**The Military Experience and Mental Health: Understanding the nexus** **This co-produced webinar was part of the 2019 'Working Better Together' online conference.**
Duration	75 minutes
Predisposing activity time allocation	30 minutes (reading case study prior to watching or listening to the recording)
Learning objectives	At the completion of the webinar participants will be able to: • Better understand the experience and meaning of military culture for veterans; in particular how it might impact on their mental health when they are at home, on deployment, and/or transitioning out of the Australian Defence Force • Have increased awareness of the mental health risk indicators and/or red flags in veterans' presentations. • Have increased confidence in responding to veterans' mental health needs.

Your details

Your name:

Date viewed:

Identify up to three ways in which the webinar's learning objectives complement your own overall professional development goals.

1.	
2.	
3.	

Reflective exercise

Reflect on each individual presentation and the Q&A session and answer the following questions:

What did you learn from each individual presentation?

List three ways their respective approaches were similar and/or different.

Discuss how these similarities or differences may impact on how you may collaborate with these disciplines in your future practice.

Provide your own brief discipline specific response to the case study. Identify to whom, within your current referral network you might consider referring this particular case.

List three tips and/or strategies you will apply when working with clients presenting with similarities to those described in the case study.

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Having watched the webinar, identify up to two improvements you will make in your practice.

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List up to three outstanding questions you may still have after the panel discussion and identify the steps you'll take to seek the answer(s).

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![mhpn - Mental Health Professionals' Network]

If you could benefit from building stronger relationships, improving referral pathways, sharing experiences and engaging in peer support – joining your local Mental Health Professionals' Network could be the answer.

What is a MHPN network?

A network consists of a group of practitioners who meet on a regular basis to discuss mental health issues important to their local community.

Network membership is voluntary and members often include psychiatrists, GPs, psychologists, mental health nurses, occupational therapists, social workers, community health workers, counsellors and any other practitioner involved in delivering primary mental health care.

Networks can choose to focus on mental health issues generally or on an area of specific interest.

Specific interest areas are wide-ranging, and can include mental health and eating disorders, problem gambling, young people, diabetes, heart disease, as well as a range of others.

Two options to get involved

> **Join a network in your local area**. Visit www.mhpn.org.au and use the mental health network map to see what networks are available in your area. Register to receive invitations to future meetings by clicking on 'Register' for this network and providing your details.

> **Start a new network**. If MHPN's mental health network map at www.mhpn.org.au indicates there isn't already a network in your area, it could be a great opportunity to start one. Even if there is already a network in your local area, you may like to consider starting one with a specific area of interest if you feel it would be relevant to local clinicians.

If you decide to start a network, MHPN's network establishment team will work with you to:

> access funding
> determine interest from practitioners in your area
> promote meetings
> advise about arranging meeting venue and catering.

Want more information? Contact MHPN

Visit www.mhpn.org.au to register for upcoming webinars or watch more recordings.

MHPN Working Better Together online conference | The Military Experience and Mental Health: Understanding the Nexus
Mental Health Professionals' Network | email contactus@mhpn.org.au | telephone 1800 209 031

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