



Pathways Project

The Pathways Project is a supportive training program for people who have used ReGen services.

The training includes competency based training in Alcohol and Other Drugs (AOD) and First Aid, as well as non-competency training in Mental Health First Aid, Working with Groups, Assertive and Appropriate Communication, Public Speaking, Resume and Cover Letter Preparation, and Child Safety.

The Pathways project is ideal for people who are:

- Currently working or wish to work in consumer representation and participation roles;
- Might like to study and work in the Alcohol and Other Drug Sector;
- Interested in further study and it has been a long time since they last studied within an education environment.

CHCAOD001 Work in an alcohol and other drugs context

This unit is recommended for anyone wanting to work or volunteer in the drug and alcohol sector.

This unit provides the skills and knowledge required to establish and work within the current context, philosophy and values of the alcohol and other drug sector.

It covers topics such as:

- The effects of drugs and their impact on the brain (Pharmacology);
- Legal understanding of drugs;
- Values and Attitudes when working in the Alcohol and Other Drug Sector;
- Different models and Interventions used in Alcohol and Other Drug Sector;
- The AOD services available to clients.

CHCAOD002 Work with clients who are intoxicated

This unit is recommended for anyone wanting to work or volunteer in the drug and alcohol sector.

The unit provides the skills and knowledge required to respond to the immediate and ongoing needs of people who are intoxicated by alcohol and other drugs, with a focus on harm minimisation.

It covers topics such as:

- How to support an intoxicated person within a harm reduction framework;
- How to respond to people who may be aggressive;
- Understanding the practical harm reduction strategies and the legal considerations when supporting someone who may be intoxicated.

HLTAID003 Provide First Aid

This unit is recommended for anyone wanting to work or volunteer in the drug and alcohol sector, as well as people who want to be able to provide a first aid response in a range of situations.

The unit provides potentially lifesaving skills and knowledge to deliver an effective First Aid response to a casualty.

Working with Groups

This workshop is recommended for anyone wanting to or is interested in running peer groups or groups in general.

This practical and interactive workshop is based on the development of skills for running groups and explores the nature of group work and the skills required for the facilitation of groups within the Alcohol and Other Drug sector.

Topics include:

- Common characteristics of groups;
- Stages in group development;
- Benefits of group work;
- The importance of planning;
- Facilitation skills, managing complex situations and responding to different needs;
- Evaluation.

Mental Health First Aid

Mental Health First Aid is a course that provides the skills and knowledge to support people who are developing mental health problems, experiencing worsening mental health issues or in a mental health crisis. The foundation principle to this training is that first aid is provided until appropriate professional help is received or the crisis resolves.

Topics include:

- Signs and symptoms of mental health problems;
- Risk factors of mental health problems;
- Evidenced based medical, psychological and alternative treatments;
- Initial help and support for someone experiencing mental health issues
- Taking appropriate action if a crisis situation arises.

Assertive and appropriate communication

This workshop will provide the basics of what assertive and appropriate communication looks like. Assertiveness is described as the ability to express positive and negative ideas and feelings in an open, honest and direct way, whilst respecting others. The workshop will discuss different scenarios and how to communicate appropriately according to context.

Public Speaking

This 4-hour workshop will go over the basics of speaking in front of an audience.

Topics include:

- Preparation (writing a speech, practicing);
- How to communicate clearly;
- Effective body language;
- The basics of using a PowerPoint when presenting;

Resume and Cover Letters

This 4-hour practical workshop will present how to write a CV/Resume and a Cover Letter for work/volunteer related applications.

Topics include:

- Purpose, general structure and style;
- Content;
- Addressing the required skills;
- Addressing Key Selection Criteria;

Equal opportunity and child safety

This workshop will explore both equal opportunity laws and child safety training.

Equal opportunity topics include:

- An overview of Equal Opportunity law;
- Policies and an outline of expected workplace behaviour in our organisation;
- Discuss ways to manage and resolve workplace concerns and complaints;

Child Safety Training topics include:

- What is child abuse?
- How we can prevent it;
- Recent inquiries;
- Victorian statutory landscape;
- What you must do to ensure compliance.