

**RCPD PROGRAM AIM, TO PROVIDE MENTAL HEALTH TRAINING TO COMPLIMENT THE MENTAL HEALTH SYSTEM
at a minimal cost**

INPUTS	ACTIVITIES	OUTPUTS	SHORT-TERM IMPACTS	INTERMEDIATE IMPACTS	LONG-TERM IMPACTS/OUTCOMES
<p>Resource Centre for Personal Development (RCPD) has been in discussion and consultation with: professors, supervisors, psychologists, Australian Counselling Association, & the Department of Justice</p> <p>Lived experience has been incorporated into the design of the program e.g. Client needs since 1987. Needs and solutions have been integrated.</p> <p>Nine Advanced & Graduate Diploma Re-accreditations in VET (this includes RCPD2 & 3 since 1999)</p> <p>Funding for training, advertising, and additional staff in order to assist with contacts.</p>	<p>RCPD2 Training Plan completed, and RCPD3 (train the trainer) has been tested and Statements of Attainment for RCPD2 & 3 have been given to the general community since 2001.</p> <p>Future facilitators could be counsellors, teachers, and other interested individuals.</p> <p>Contact 'Head Space', School Principals and counsellors, the Curriculum Council (RCPD2 year 12 students and also parents),</p> <p>General Practitioners, nurses and carers</p> <p>Church leaders.</p> <p>Training for facilitators in RCPD2 & 3 for the groups listed above.</p>	<p>Provide facilitator training at RCPD. Facilitators to deliver RCPD2 (Curriculum Council endorsed program) to high school students or as needed in other community groups.</p> <p>RCPD currently has the capacity to train 3 groups of 8. Training period of 15 days for each course. Each trained person could then deliver RCPD2 to 5 schools each, potentially reaching 120 schools.</p> <p>Monitor and evaluate RCPD2 through: assignment checklists, review sheets, end of module questionnaire, and growth graphs. RCPD3 facilitator group-dynamic and self-evaluation sheets, exams. Assessment of therapeutic group work skills (within peer group work), text book interpretation and curriculum writing (includes lesson plans).</p> <p>Resulting in a Statement of Attainment.</p>	<p>More Gate-Keepers trained in the capacity to provide understanding and positive learning environments.</p> <p>The ability to promote mental health and address depression and suicide.</p> <p>Students and parents have increased life-skills and also access to more help.</p>	<p>Increased community understanding of emotional issues and solutions for the maintenance of mental health.</p> <p>If one in ten students have depression or are suicidal, and training is delivered in one school, they would receive help immediately and would not need to go through the mental health system.</p> <p>Provide personal development and relationship educators to the community, who provide therapeutic group work or one to one personal development and relationship education.</p>	<p>Saving lives, and reducing violence and suicide.</p> <p>Reduce mental illness, and compliment the mental health system, which will <u>reduce costs</u> A counselling session can be anything from \$150 - \$250, RCPD counselling is \$75 - \$95 (\$45 - \$65 concession), relationship education and therapeutic group work is \$45 for 2hours or \$30 concession or one to one as above.</p> <p>Improved care in hospitals and old-age homes.</p>