



RESEARCHING THE COMMUNITY MENTAL HEALTH WORKFORCE

We represent workers in NDIS psychosocial disability and community mental health services. We know the valuable, complex work you do supporting people to navigate their recovery journey.

The ASU is conducting research to inform our work in supporting and strengthening the current and emerging workforces in the new NDIS world. Learning more about mental health workforce issues means we can work to make sure you have the resources you need to deliver high quality services for consumers.

What are we learning?

As part of this research the ASU is surveying community mental health workers across Victoria. One of the things we are learning is the **unique mix of skills and experience** this workforce brings to their work.

- Almost 70% of respondents hold Diploma and above level qualifications in a relevant field
- Over 50% of respondents identified as having lived experience of mental health challenges
- 52% of respondents have more than five years' experience working in mental health

This is also a well trained workforce. The vast majority of respondents have completed not just one, but many specialised professional development trainings to ensure their work is top quality. Training areas include

- Trauma Informed Care
- Motivational Interviewing
- Suicide Prevention & Intervention
- Narrative Therapy Practice
- Borderline Personality Disorder training
- Dialectical Behaviour Therapy
- Identifying Family Violence
- Mental health and Alcohol and other Drugs
- Acceptance and Commitment Therapy

Can you contribute?

Quality mental health service delivery starts with a strong mental health workforce. The ASU is interviewing mental health and NDIS workers on a range of issues.

Do you have experience working in community mental health and/or NDIS psychosocial disability services? Would you be interested in sharing more about your experience at work?

If you'd like to learn more, please get in touch with us! Contact from both members and non-members welcomed.

For further information please contact:
NDIS & Mental Health Research & Policy Officer
Rachael Unwin | 0437 102 489
runwin@asuvictas.com.au

Join the ASU today, to build a better life at work and a stronger country.

www.asuvictas.com.au