



## **The Dunedin Collaboration Against Family Violence is proud to present a Workshop Series delivered by Task Mental Wellness**

### **Featuring:**

- **Dunedin Guide to Substance Use and its Association with our Mental Wellbeing**
  - **Setting Goals in a Social Care Setting**
    - **Bullying in the Workplace**

### **Facilitated by Matthew Peppercorn**



When Matthew started working as a registered mental health nurse, he was struck with the environment of smoke and mirrors, preventing people from accessing key mental health and wellbeing services in the community. With 30 years experience Matthew has been integral in the planning and restyling of preexisting and new services in the care sector, first in England, then for the last 21 years in New Zealand.

Matthew currently works for a number of services in Otepoti, including TASK, Stopping Violence Dunedin Inc, and founding the WEKA (Wellness Empathy Kindness Aotearoa) Charitable Trust, providing support and education to our community. Under the TASK umbrella, Matthew works closely with local communities, government agencies, education institutions and businesses of all sizes. A lover of kayaking, listening to and creating music and gardening, Matthew brings his holistic approach to mental health and wellbeing to all branches of his work.

# Dunedin Guide to Substance Use and its Association with our Mental Wellbeing

Here is an eye-opening opportunity to learn everything you need to know about substance use in Otago. Trends, drug types, and clear facts and knowledge are all provided in this 3-hour session. Covering addiction cycles, harm minimisation and abstinence values. Gain an awareness of the intrinsic link between mental wellbeing and substance use.

Involves open question and answers forum.

## Throughout the workshop we will discuss



- Co-Existing Problems. What does it mean?
- Addiction services
- Harm minimisation
- Abstinence
- Assessment process
- Motivational Interviewing
- Brief Intervention
- Opioids
- Cannabis
- Best practice
- Cathinones
- Ketamine
- MDMA
- Amphetamines
- Psychedelics
- Alcohol
- Are some substances beneficial to our wellbeing?



## Details

**Date:** Friday 3<sup>rd</sup> November 2023

**Time:** 9:00 am to 12:00 noon

**Cost:** Free (Covered by DCAFV)

**Capacity:** 24 Participants

**Location:** 31 Stafford Street (Level 2). Stopping Violence Dunedin Group Room.

**Registration link:** <https://forms.gle/4LuWp4gp9t2sas1u5>

# Setting Goals in a Social Care Setting

Goals are often defined as the way we work out mechanisms needing to support a person's recovery and rehabilitation. Why then are goals often poor or not adhered to? Why are goals often vague and difficult to review. The pathway of working on goals and how the work we are paid to do becomes vague and lost is a travesty.

Learn necessary skills in this workshop to support speedy and affective work in social care settings and mechanisms to monitor care support provided.

## During this workshop we cover...

- A thorough needs assessments
- Goals in a social care setting
- What is a goal?
- Why do we have goals?
- What is a meaningful goal?
- Poor goals
- Writing goals with the people we support
- Monitoring goals
- Sticking to goals as core business
- Reviewing goals
- Timely goals completion.

## Details

**Date:** Monday 13th November 2023

**Time:** 9:00 am to 12:00 noon

**Cost:** Free (Covered by DCAFV)

**Capacity:** 24 Participants

**Location:** 31 Stafford Street (Level 2). Stopping Violence Dunedin Group Room.

**Registration link:** <https://forms.gle/2cGrZpf11sgPACJH7>



# Bullying in the Workplace

This course clearly lays out the responsibility by employers around how to identify and react to workplace bullying. Bullying harms workers. An organisation must ensure, so far as is reasonably practicable, the health and safety of workers, and that other persons are not put at risk by its work.

Have a frank look at what you can do to stop bullying. Learn about tools to use and best practice when dealing with reported bullying. When it occurs, learn how to define how an organisation operates, why behaviour is sometimes allowed to occur that offends or unduly stresses or unreasonably burdens workers without concern for their well-being (e.g. unrealistic deadlines). Bullying can be directed at a single person or a group and may occur outside normal work hours.

## Throughout the workshop, we will review the following topics...

- Learn what is bullying
- How to identify bullying behaviours
- How to professionally respond
- How to talk to work force around bullying
- How bullying can affect people
- Positive relationships
- Speaking up
- Impacts of rudeness
- Silence is wrong
- Professional responsibilities
- Effective working relationships
- How to support bullies
- Defining behaviours

## Details

**Date:** Friday 24<sup>th</sup> November 2023

**Time:** 9:00 am to 12:00 noon

**Cost:** Free (Covered by DCAFV)

**Capacity:** 24 Participants

**Location:** 31 Stafford Street (Level 2). Stopping Violence Dunedin Group Room.

**Registration link:** <https://forms.gle/rSEzifwBiHz89fU9A>

