

# Joint Addiction & Mental Health ECHO

(JAMH) ECHO

FREE  
EDUCATION

JAMH Sessions is a program for providers who want to improve the mental health and addictions care for their patients. Led by Associate Professor Ravi Bhat and Professor Edward Ogden and facilitated by GV Health Mental Health and Addiction Specialists, the program is designed to expand the capacity to care for mental health and addictions in the Goulburn Valley region and beyond.

## Using real-time, interactive video:

- Learn new approaches and skills
- Participate in in-depth clinical case consultation
- Receive feedback and recommendations
- Provide expertise to a community of colleagues

## What is Project ECHO®?

Extension of Community Healthcare Organisations (ECHO) is an “all teach, all learn” approach to knowledge sharing in rural and underserved communities, moving knowledge rather than people to achieve better health outcomes.

**WHEN:** Weekly online sessions held Thursdays from 12:30pm - 1:30pm via ZOOM  
**WHO:** Any provider in primary care, mental health or drug & alcohol service  
**COST:** Free  
**JOIN ZOOM:** <https://bit.ly/3uyTwwQ>  
**CONTACT:** JAMHECHO@gvhealth.org.au

## The JAMH curriculum will address the following topics (and whatever else is requested):

- |                   |                  |                     |                |
|-------------------|------------------|---------------------|----------------|
| • Mood disorders  | • Adolescence    | • Counselling       | • Cannabis     |
| • Depression      | • ADD            | • Drug testing      | • Opioids      |
| • Anxiety         | • Special issues | • Screening tools   | • Amphetamines |
| • Bipolar         | • Polypharmacy   | • Forensic issues   | • Novel drugs  |
| • Trauma and PTSD | • Pregnancy      | • Drugs of interest | • Tobacco      |

View information regarding 2023 sessions on the following page

# 2023 Sessions

## July-December

### Theme Benzodiazepines

13-Jul-23	Statewide Centre of Addiction and Mental Health	Dr Shalini Arungiri Statewide Centre for Addiction and Mental Health
20-Jul-23	New Model of Care for Victorian Adult Prisoners	Ms Penny Francis Department of Justice and Corrections Services
27-Jul-23	Use of Benzodiazepines—Which One When and Why	A/Prof Ravi Bhat Goulburn Valley Health
03-Aug-23	Benzodiazepam & their Equivalence Conversion and Impact on Patient Care	Dr Andrew Lam Goulburn Valley Health
10-Aug-23	Reconnexion's Benzodiazepine Withdrawal Program	Mr Henrique Salles Reconnexion—EACH
17-Aug-23	Benzo Dependence and Cognitive Decline	A/ Prof Ravi Bhat Goulburn Valley Health
24-Aug-23	My Benzo Story	Ms Natalie Corrigan Reconnexion—EACH
31-Aug-23	Why Use Valium? Alternative Ways to Manage Alcohol Withdrawal	Prof Edward Ogden Goulburn Valley Health

### Theme Families

07-Sep-23	Mental Health and Families	Brendan O'Hanlon The Bouverie Centre
14-Sep-23	Families Where a Parent has a Mental Illness	Ms Hanna Jewell The Bouverie Centre
05-Oct-23	Putting Families First	Ms Hannah O'Brien Ozchild
12-Oct-23	Community Child Protection—Unborn Child	Ms Trudy Smith DFFH Child Protection
19-Oct-23	Supporting Families to have the Conversation About Addiction	Mr Robert Campbell SHARC (Self Help Advocacy Resource Centre)
26-Oct-23	Protecting Children with Parents who use Drugs	Ms Trudy Smith DFFH Child Protection
02-Nov-23	The Carer Experience	Mr Andrew Tomlinson Tandem
09-Nov-23	Growing Up with a Parent who has a Mental Illness Lived Experience	Young Carer/ FAPMI (Families of People with Mental Illness) Goulburn Valley Health
16-Nov-23	Understanding the Benefits of Including Families in Practice	Mrs Rowena Jonas Wellways Australia
23-Nov-23	Healthy Mums and Healthy Babies	Ms Debhrina Fuller Goulburn Valley Health
30-Nov-23	Parenting with a Mental Illness-Lived Experience	Ms Shantell Smith Goulburn Valley Health
07-Dec-23	Space 4US and CHAMPS	FAPMI—(Families and Parents with Mental Illness) Goulburn Valley Health
14-Dec-23	Marram-Ngala Ganbu (Koori Family Hearing Day)	Ms Tina King Children's Court of Victoria