



Practice strategies for assessment and engagement e-learning course

People often confuse mental health with mental illness. But mental health is about living a rich, full, meaningful life; not just coping when times are tough, but engaging fully in the things that give you a sense of wellbeing – living your ‘best life’.

150 mins

Start Course

About this course

This course is part of a suite of products designed to support collaborative engagements with children and their families. It focuses on work with children aged 5–12.

The course explores the use of daily functional assessment to help you consider a ‘whole child’ approach to your work. It invites you to consider some common assessment and engagement skills and strategies that can complement your current practice.

The course provides an opportunity to reflect on what is working well, what can be improved, how you can help children feel more confident and engaged earlier in the life of their service engagement, and how you can strengthen the therapeutic relationship from the first possible opportunity.

Why was this course developed?

Many professional assessments measure the gap between the child’s current circumstance, safety level or mental health and the acceptable minimum standards according to community expectations. This course presents five practice shifts which provide a philosophical underpinning to assessment, ensuring that, where possible, expectations about safety, social and emotional wellbeing, relationships, routines and networks are generated by the child and their family.

How was this course developed?

This course was developed in collaboration with stakeholders from academia, child and family services, child mental health experts and parents with lived experience of mental health difficulties.

Who is this course for?

This course is aimed at accredited mental health practitioners, including:

- paediatric psychiatrists
- psychologists
- paediatricians
- mental health social workers
- mental health nurses
- mental health speech therapists; and
- mental health occupational therapists.

What is included in the course?

This course features fictional video demonstrations of conversations between practitioners and parents, along with reading material and reflective activities. It is designed to be undertaken individually, but can also be used as a prompt for conversations between colleagues.