

## Understanding child mental health and disability e-learning course

Learn to see the 'ability' in disability in this short e-learning course. You'll hear from kids and families living with disability about the things that make them happy, the different ways in which they communicate, and the things you can do to support their mental health and wellbeing.

### About this course

This foundation course explores mental health for children aged 0–12 years who are living with disability. It will help you to identify the factors that support a child's social and emotional wellbeing and introduce you to key concepts in disability-aware practice. It also describes the importance of considering the mental health of children living with disability, and why these children may be more vulnerable to developing mental health concerns.

### Why was this course developed?

In March 2017, the Disability Reform Council (DRC) of the Council of Australian Governments (COAG) reaffirmed its commitment "to drive progress under the National Disability Strategy (NDS)", and to address additional focus areas within the NDS, including mental health, "to ensure that systems are effectively supporting all people with a disability in Australia".

In recognition of this strategy, the Emerging Minds: National Workforce Centre for Child Mental Health identified the importance of developing content and implementation guidance to support the disability workforce in the area of child mental health.

### How was this course developed?

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



### Who is this course for?

This course supports all practitioners to better understand the factors that influence the mental health and wellbeing of children living with disability. It is especially useful for disability support workers and early graduate allied health professionals

While the course briefly outlines the key aspects to consider with a disability-aware approach, it does not explore disability-specific practice skills or interventions. Direct therapeutic work requires specialised skills that are not addressed in this foundation course.

However, any adult who supports a child with disability can contribute to their positive mental health and wellbeing by adopting a disability-aware approach.

### How long does the course take?

This course will take approximately one hour to complete. It includes videos, interviews with practitioners and child and family partners, and reflective activities. It is designed to be undertaken individually but can also be used as a prompt for conversations between colleagues.

You can undertake the course at your own pace, in one sitting or in several sittings.

Visit the course at:  
[emergingminds.com.au/training](https://emergingminds.com.au/training)