

This fact sheet provides ideas on how to use an MHPN webinar recording as content for a network meeting.

MHPN webinar recordings cover a wide range of mental health topics and may provide relevant content for a network meeting.

Topics all focus on collaborative mental health care and include, eating disorders, supporting people at risk of suicide, perinatal mental health, complex trauma, bulimia and depression, cancer survivorship and many more.

At 1 October 2013 there were 25 webinars, with new webinars added on almost a monthly basis. The full length of each webinar is approximately 75 minutes.

Webinar format

MHPN webinars feature a facilitated interdisciplinary panel discussion of a case study.

Each begins with the facilitator's brief overview of the case study, followed by each panelist providing a discipline-specific response. The panelists then engage in a joint discussion and answer questions posed by each other and the audience.

Download or stream live

All recordings are available from www.mhpn.org.au and can be either downloaded or viewed directly from the site.

There is an option to download the recording as a whole or select and download one or several panelists' section.

Please contact MHPN if you have difficulty downloading the recordings.

Ideas to use MHPN webinars as network meeting content:

Option 1: Watch and discuss the full webinar as a group

Watch the entire webinar as a group and use the reflective exercise questions provided on the **Reflective Questions Worksheet** on page 3 to help lead a group discussion.

What you need to do:

- > Confirm your venue has the necessary audio visual equipment and/or a strong internet connection that will allow you to play the recording.
- > Visit www.mhpn.org.au and select a topic from the webinar recordings library.
- > Follow the instructions to download the recording to your computer, a disk or USB. If you have a strong internet connection at your meeting's venue you may choose to stream the recording directly from the website.
- > Print the **Reflective Questions Worksheet** on page 3 for handouts or write the questions on flip chart paper.

**Mental Health
Professionals' Network**

Emirates House
Level 8
257 Collins Street
Melbourne
VIC 3000

postal
PO Box 203
Flinders Lane
VIC 8009

email
contactus@mhpn.org.au

telephone
1800 209 031

www.mhpn.org.au

Ideas to use MHPN webinars as network meeting content *continued*:

Option 2: Ask members to watch the webinar before the meeting and discuss during the meeting

Provide a link to the webinar before the meeting and ask each group member to view either the entire or one discipline's response to the case study discussed in the webinar before the meeting, with the aim of using this content to facilitate a group discussion.

What you need to do:

- > Visit www.mhpn.org.au and select a topic from the webinar recording library.
- > Decide if you'd like to use the entire webinar, or concentrate on one or several disciplines' responses. Include a link to the webinar you choose in the Meeting Invitation.
- > Consider having the **Reflective Questions Worksheet** (provided on page 3) handy to help start the discussion. Alternatively, you could provide the Worksheet and ask members to consider the questions beforehand.

Option 3: Watch and discuss a discipline(s) response to a case study

Select the webinar topic that interests you and concentrate on examining one or a couple of discipline(s) response to the case study.

What you need to do:

- > Visit www.mhpn.org.au and select a topic from the webinar recording library.
 - > Follow the instructions to download the chapter(s) of the recording that you are interested in exploring. Save the file to your computer, a disk or USB. If you have a strong internet connection at your meeting's venue you may choose to stream the recording directly from the website.
 - > Confirm your venue has the necessary audio visual equipment and/or a strong internet connection that will allow you to play the recording.
-

**Visit the webinar library at
www.mhpn.org.au to see the full range of
webinars available for download.**

Reflective Questions Worksheet

Webinar title

Duration

Reflect on each presenter's response to the case study and answer the following questions:

List three ways their respective approaches were similar and/or different.

Discuss how these similarities or differences may impact on collaboration.

List three tips and/or strategies for collaboration discussed by the panel and explore how you might apply these in your own practice. Identify other ideas to foster or promote collaboration.

List up to three outstanding questions the group has after watching the recording and identify the steps agreed to seek answer(s).

Reflect on the benefits of interdisciplinary networking and discuss.

Thinking about your local practitioner community, consider how the group might increase the mix or number of network members. Reflect on local workforce distribution and discuss how to maximise the strengths and minimise the weaknesses of the mix, number and range of local mental health providers.
