

# ABSA TRAINING ACADEMY

Boarding Professional Development

## CERTIFICATE COURSE

**80**  
PD POINTS



# Youth Mental Health and Wellbeing

### WHEN:

2 x 2hr sessions  
(11:00AM - 1:00PM AEST)  
Tuesday 10 March and  
Tuesday 24 March

### WHERE:

Zoom and  
ABSA Online Learning Platform

### WHO:

All Boarding Staff

### COST:

\$275 inc GST per person -  
not part of webinar bundle

### HOW:

#### Register Online:

[www.boarding.org.au/training-academy/certificate-courses/registration](http://www.boarding.org.au/training-academy/certificate-courses/registration)

A two week course certifying Boarding House staff in Youth Mental Health and Wellbeing. Topics covered include an introduction to depression, anxiety, suicide and eating disorders, with further components focusing on the tools required for building mental wellness.

Mental ill-health in adolescents is the critical issue young people face today. This course will give a grounding in understanding common mental illnesses, while providing boarding house staff the opportunity to practice identifying the signs of mental distress through simulations and group conversation.

The course also shines a light on the factors that promote mental wellbeing. Through the course, boarding house staff are encouraged to reflect on their own mental wellness and develop a plan moving forward. This offers a powerful example for young people to see and leads to further mentoring opportunities.



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### Finish By Date:

This course is to be completed by Friday 19 June 2026. After this date the course materials will no longer be accessible, and a certificate cannot be awarded.

### Cancellation Policy

Cancellations received one week prior to commencement date will not be charged. Cancellations after this date will be given no refund, however registrations may be transferred.

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## Course Details

### Certificate Courses

As part of the professional learning opportunities offered by ABSA there is a range of Certificate Courses specifically aimed at professionals working in boarding schools. These certificates concentrate on one key aspect of learning and provide those undertaking the courses with in-depth knowledge of the topic. These also allow participants to obtain Continuing Professional Development points, ensuring the requirement of the Boarding Standard for Australian Schools and Residences to take part in continuous boarding specific learning can be tracked.

### Aims

- To empower boarding house staff with the vital skills to navigate the critical mental health challenges facing young people in their care.
- To increase knowledge and literacy and decrease stigma around Mental Health conditions.
- To empower boarding house staff with the vital skills of managing their own mental wellbeing.

### Objectives

- Boarding house staff will develop and improve their communication skills through simulations.
- Staff to demonstrate a sound knowledge base around common mental health conditions faced by young people.
- Staff to develop a practical and achievable mental wellness plan for themselves and those around them.



### Course Structure

- Module 1 - Introduction to Mental Illness pre-reading.
- Module 2 - Engaging with young people with Mental Health Issues - (2hr Webinar).
- Module 3 - Independent Learning via videos and linked articles.
- Module 4 - Mental Wellness. A model to develop - (2 hour Webinar).

### Elements

- Webinars
- Readings
- Quizzes
- Tools and Resources