

Mental Health Professional Online Development

About MHPOD

What is MHPOD?

MHPOD is an evidence-based online learning resource for people working in mental health. There are over 100 hours of material across 68 topics, written and produced in Australia. The topics range from recovery, to legislation and dual disability. Each topic includes an overview, activity, in-practice section and resources, such as checklists, templates, or links to further information. The content of MHPOD is linked to the National Practice Standards for the Mental Health Workforce.

Who is it for?

MHPOD is primarily designed for nurses, social workers, occupational therapists, psychiatrists and psychologists working in mental health in Australia. Workers in their first two years of practice in Australian clinical mental health services may find it particularly useful. It is expected that other people, including general practitioners (GPs), consumer workers, carer workers, Aboriginal health workers, and other allied health workers will also find it useful.

How was it developed?

MHPOD has been funded by the Commonwealth government and all states and territories. The aims of the project include supporting the mental health workforce, and improving access to evidence-based educational programs. The content has been written by the [Psychosocial Research Centre](#) at the University of Melbourne and North West Mental Health.

The production and overall delivery of MHPOD has been undertaken by [CADRE Design](#) in Sydney. The broad project team, like the workforce, is multidisciplinary and located throughout Australia. Quality assurance has been undertaken by an expert group including consumer and carer representatives, clinicians and academics.

Is it an effective learning resource?

A pilot of ten MHPOD topics was undertaken during 2010 at eleven mental health services around Australia. The pilot was evaluated by the Centre for Health Programs, Policy and Economics at the University of Melbourne. The evaluation found that the majority of users rated the content of the ten topics as extremely relevant or relevant to their current role.

Over 90% of participants indicated that their knowledge had increased because of their participation in the MHPOD pilot, and over three-quarters indicated that participation had increased their skills and confidence. The increase in knowledge was statistically significant.

Benefits of online learning

Online learning provides access to consistent education, provided at a time that is convenient to workers and workplaces. Different approaches can be supported, from an individual worker completing a topic when they have an hour available, to a group of workers gathering at a health service computer lab and working through some

topics together. MHPOD has the potential to increase the access to professional development for clinicians, particularly for those in rural and remote areas.

How can I access MHPOD?

If you are employed by a Victorian Area Mental health Service, contact your local health service education and training unit or email mhpod@dhhs.vic.gov.au.

Alternatively if you are a member of any of the following professional bodies or colleges you can access MHPOD by contacting the organisation directly, or information may be on their website.

[Australian Association of Social Workers \(AASW\)](#)

[Australian College of Mental Health Nurses \(ACMHN\)](#)

[Australian College of Rural and Remote Medicine \(ACRRM\)](#)

[Australian Psychological Society \(APS\)](#)

[Occupational Therapy Australia \(OT Aus\)](#)

[The Royal Australian College of General Practitioners \(RACGP\)](#)

[The Royal Australian and New Zealand College of Psychiatrists \(RANZCP\)](#)

MHPOD is also available as part of the University of Melbourne's *Professional Certificate in Mental Health Practice*.

For further information, please visit www.commercial.unimelb.edu.au/mhpod.