

## A whole child approach to disaster recovery

### Continuing Professional Development Learning Record

Complete and save a copy of this form to create your own record of CPD you've undertaken or to further embed your learning. Please note, MHPN is unable to provide Statements of Attendance for viewing webinar recordings or listening to podcasts.

#### Your details

Your name:

Date completed:

Activity Name: A whole child approach to disaster recovery

Learning outcomes

- Outline the benefits of considering and connecting with a child's family, school/early learning service and community as part of disaster recovery approaches.
- Identify how disasters can impact the various aspects of a child's ecology, and how this may increase the child's risk of experiencing mental health difficulties in the immediate aftermath or longer term.
- Describe strategies that support children's relationships, regulation, communication, meaning-making, self-expression, routines and support networks in different environments and contexts following a disaster.
- Discuss ways to involve children and the important adults in their life – their parents, extended family and kin, educators and community leaders – in recovery interventions.

Time spent engaged  
in the activity:

(including completing this form)

After watching or listening to the activity, consider the following:

1. What were three key messages that were covered in the activity?



2. Identify your learning goal and how the activity's content aligned with that goal.

3. What actions are you going to take to use the learnings to improve and/or change your practice? For example:

- Explore the topic further in a supervision session or with a peer/colleague
- Identify and read the latest research
- Undertake additional courses, study or training
- Search MHPN's webinar or podcast libraries for more PD content
- Join an MHPN network to connect with other practitioners for networking, peer support or PD

4. Please note any other reflections on the topic or activity.