

Supporting the Families of Veterans: Understanding the impact of Veterans' mental health on their families, partners and children (part 2)

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.

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Date completed:

Activity Name: Supporting the Families of Veterans: Understanding the impact of Veterans' mental health on their families, partners and children (part 2)

Learning outcomes Through a facilitated panel discussion of a vignette, this webinar provides the opportunity to:

- better recognise the impact of military service and transition on families, partners and/or children
- describe the services and resources that are available to help support families, partners and/or children during the transition period
- have increased confidence in supporting the families, partners and/or children of veterans who are transitioning or have transitioned from the Australian Defence Force (ADF).

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.