

Mental Health, Parenting, Recovery: an Interdisciplinary Panel Discussion

Continuing Professional Development Learning Record

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Your name:

Date completed:

Activity Name: Mental Health, Parenting, Recovery: an Interdisciplinary Panel Discussion

Learning outcomes Watch this facilitated panel discussion of Karen's story to be better equipped to:

- recognise the key principles of intervention and the roles of different practitioners in assessing, treating, managing and supporting parents as they navigate the road to recovery for themselves and their families
- understand the role of parenting and its significance in recovery from mental illness
- recognise the merits, challenges and opportunities in providing parent focused collaborative care and support to optimise the recovery experience.

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.