

Principles for Collaboration: Supporting a Young Woman Navigating a Variety of Health Services

Continuing Professional Development Learning Record

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Activity Name: Principles for Collaboration: Supporting a Young Woman Navigating a Variety of Health Services

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

- recognise the need for appropriate collaboration, effective communication, and where required to share care
- identify challenges to, and opportunities for collaboration that may emerge as the practitioners from the disciplines featured on the panel work together to support Cassie
- explore key principles for effective collaboration, communication and cooperation between mental health practitioners.

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.