

**If you watch or listen to a webinar recording you can claim continuing professional development as a self-directed learning activity.**

Complete and retain this form to help keep a record of your participation in the activity.

### Webinar details

Webinar title	Promoting Healthy Sleep: Recognising, Responding to and Treating Common Sleep Disorders in Veterans
Duration	75 minutes
Predisposing activity time allocation	30 minutes (includes reading case study prior to watching or listening to the recording)
Learning objectives	<ul style="list-style-type: none"><li>&gt; A better understanding of the types of, prevalence and risks associated with sleep disorders amongst military personnel and veterans</li><li>&gt; Heightened awareness of the evidence based psychological and medical treatments for sleep disorders which promote healthy sleep</li><li>&gt; Increased confidence in supporting and treating veterans experiencing sleep disorders</li></ul>

### Your details

Your name:

Date viewed:

**Identify up to three ways in which the webinar's learning objectives complement your own overall professional development goals.**

1.	
2.	
3.	

**Reflective exercise**

**Reflect on each presenter's response to the case study and answer the following questions:**

What did you learn about the disciplines represented on the panel?

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List three ways their respective approaches were similar and/or different.

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Discuss how these similarities or differences may impact on collaboration.

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Provide your own brief discipline specific response to the case study. Identify to whom, within your current referral network you might consider referring this particular case.

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List three tips and/or strategies for collaboration discussed by the panel and explore how you might apply these in your own practice.

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Identify up to two ways you might improve or increase the mix of disciplines and/or clinical expertise to whom you could make referrals?

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List up to three outstanding questions you may still have after the panel discussion and identify the steps you'll take to seek the answer(s).

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**If you could benefit from building stronger relationships, improving referral pathways, sharing experiences and engaging in peer support – joining your local Mental Health Professionals' Network could be the answer.**

### **What is an MHPN network?**

A network consists of a group of practitioners who meet on a regular basis to discuss mental health issues important to their local community.

Network membership is voluntary and members often include; psychiatrists, GPs, psychologists, mental health nurses, occupational therapists, social workers, community health workers, counsellors and any other practitioner involved in delivering primary mental health care.

Networks can choose to focus on mental health issues generally or on an area of specific interest.

Specific interest areas are wide-ranging, and can include mental health and eating disorders, problem gambling, young people, diabetes, heart disease, as well as a range of others.

### **Two options to get involved**

- > **Join a network in your local area.** Visit [www.mhpn.org.au](http://www.mhpn.org.au) and use the [mental health network map](#) to see what networks are available in your area. Register to receive invitations to future meetings by clicking on Register for this network and providing your details.
- > **Start a new network.** If MHPN's [mental health network map](#) at [www.mhpn.org.au](http://www.mhpn.org.au) indicates there isn't already a network in your area, it could be a great opportunity to start one. Even if there is already a network in your local area, you may like to consider starting one with a specific area of interest if you feel it would be relevant to local clinicians.

If you decide to start a network, MHPN's network establishment team will work with you to:

- > access funding
- > determine interest from practitioners in your area
- > promote meetings
- > advise about arranging meeting venue and catering.

**Want more information? Contact MHPN**

**Visit [www.mhpn.org.au](http://www.mhpn.org.au) to register for upcoming webinars  
or watch more recordings.**