

**Applications are now open for FREE Staff Training on an**

**Evidence-Based Multi-Family Group Intervention for At-Risk Youth**

The Psychology Department at Murdoch University recently received funding from the WA Department of Justice to deliver training to staff from existing local mental health, or drug and alcohol services to become accredited BEST facilitators.

The BEST (Behaviour Exchange and Systems Therapy) program is an evidence-based group intervention program that aims to address substance use problems among youth with co-morbid mental health issues. The BEST program was developed by Professor Andrew Lewis and colleagues. To date it has mostly been implemented and disseminated in Victoria. In its adolescent version, BEST is an eight-week multi-family group program for families with an adolescent with mental health issues such as substance use, depression or anxiety. The BEST program specifically targets familial relationships by focusing on family communication patterns and narratives, parenting stress, parental self-care, psychoeducation and family cohesion.

The BEST model has been comprehensively evaluated through both quantitative and qualitative studies, with over 10 publications in high ranking journals\* presenting evidence from clinical trials of its effectiveness. The BEST model is highly effective in engaging youth who initially refuse mental health treatment. The model draws on both attachment and systems theories.

**Becoming an Accredited BEST Facilitator**

The free training on the BEST program will include (i) a two-day workshop, delivered by Professor Lewis and another accredited trainer at the Murdoch University Psychology Clinic, and (ii) support after the training to implement the intervention in your service.

The first of several trainings over the next two years will be held on **5th and 6th March 2020, Thursday and Friday**. To apply for this upcoming training, please complete the form overleaf, and send the completed form to [BEST@murdoch.edu.au](mailto:BEST@murdoch.edu.au) by **Friday, 28th February 2020**.

**Eligibility Criteria for the BEST Facilitator Training**

In alignment with our project funding, we are interested in receiving applications from clinicians working in service providers who are committed to delivering the program following their training. Criteria for assessing applications will be based on registration in a recognised health profession, and willingness on behalf of the service to run groups in their agency.

Each training will have limited spaces and these will be allocated based on meeting the criteria above and then places will be filled as applications are received. Information evenings are also being organised to provide more detail about the training and the current project. For more information contact:

Low Yu Ying (Ying), Research Project Coordinator, Murdoch University  
email: [BEST@murdoch.edu.au](mailto:BEST@murdoch.edu.au)



**Application Form for 2-Day Training on BEST Group Intervention Program**

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| **DATE: 5th and 6th March 2020, Thursday and Friday**  **TIME: 9:00am – 4:00pm both days**  **VENUE: Murdoch University South Street campus, 90 South Street, Building 425, Student Hub, The Loft (Level 3), Above Sir Walter’s Restaurant** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| First Name | | |  | | | | Last Name | | |  | | | |
| Gender | MALE / FEMALE / PREFER NOT TO SPECIFY / OTHER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | |
| Name of Organisation | | | |  | | | | | Job Title | | |  | |
| Organisation Address | | | |  | | | | | | | | | |
| Email Address | |  | | | | | | Phone Number | | |  | | |
| Are you a registered health professional? (please indicate below) | | | | | | | | | | | | | YES / NO |
| Please state the professional body you are registered with | | | | | |  | | | | | | | |
| Please state type of professional registration you hold | | | | | |  | | | | | | | |
| Do you currently undertake direct client work with adolescents as part of your work role? | | | | | | | | | | | | | YES / NO |
| PLEASE PROVIDE ADDITIONAL DETAILS: | | | | | | | | | | | | |
| Are you intending to run BEST groups after attending this the two-day training? | | | | | | | | | | | | | YES / NO |
| PLEASE PROVIDE ADDITONAL DETAILS: | | | | | | | | | | | | |
| Would you be interested in future training to become a trainer in the BEST model? | | | | | | | | | | | | | YES / NO  / POSSIBLY  / UNDECIDED |
| Do you have any dietary restrictions? | | | | | | | | | | | | | YES / NO |
| IF YES, PLEASE SPECIFY: | | | | | | | | | | | | |
| Please tell us briefly why you are interested in attending this training? | | | | |  | | | | | | | | |

Please send completed forms back to Low Yu Ying (Ying), Research Project Coordinator, Murdoch University  
by **Friday,** **28th February 2020** | email: [BEST@murdoch.edu.au](mailto:BEST@murdoch.edu.au)