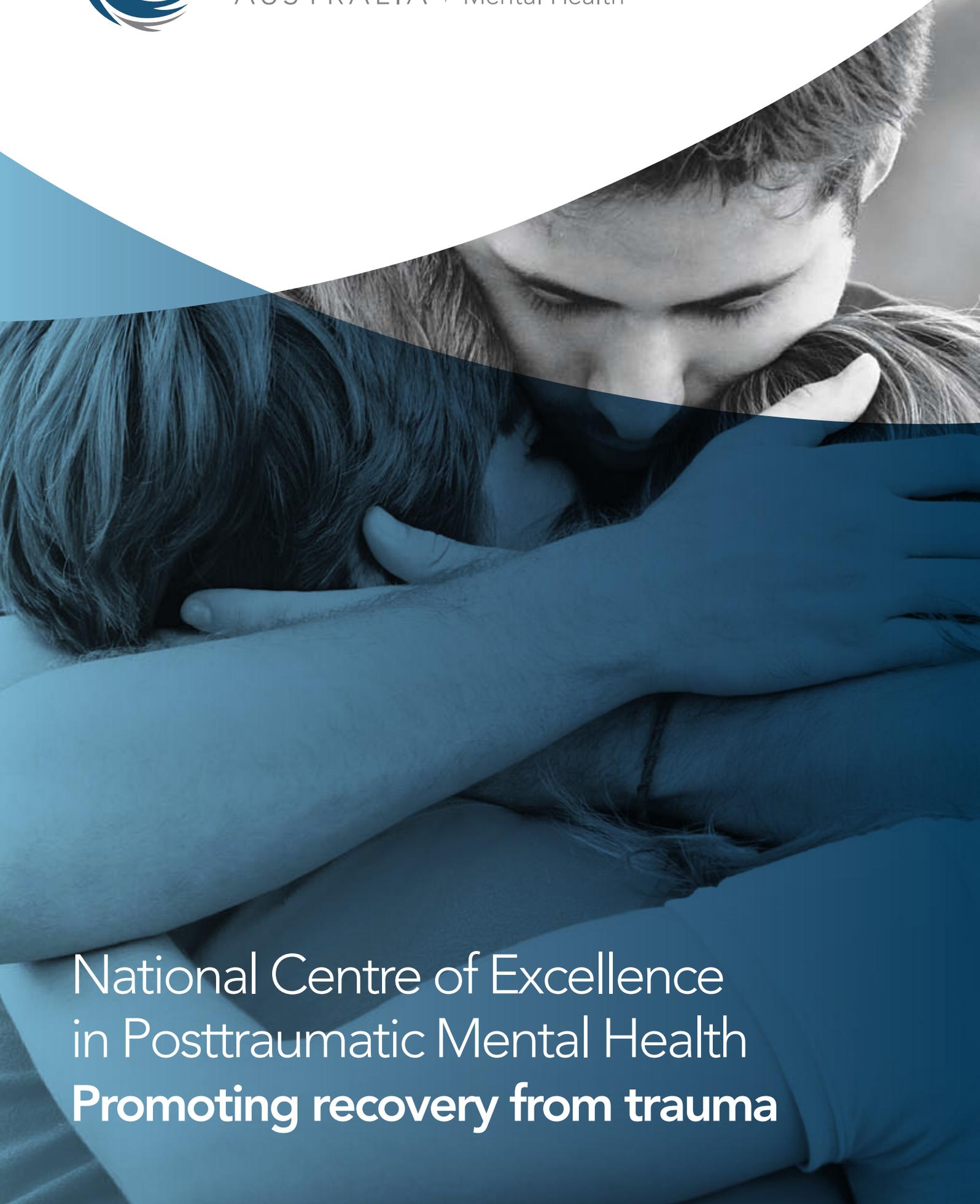




PHOENIX
AUSTRALIA

Centre for
Posttraumatic
Mental Health



National Centre of Excellence
in Posttraumatic Mental Health
Promoting recovery from trauma

For over 20 years Phoenix Australia has been a leader in posttraumatic mental health. Our acclaimed research and international networks are the foundation of our work. We partner with and guide organisations, communities and individuals to reduce the effects of trauma.

Our expertise

Our breadth of work encompasses Research and Evaluation, Policy and Service Development, and Education and Training. It is our unique ability to integrate knowledge and skills from all of these activities to develop best practice, tailored implementation.

Our clients

- Federal and state government departments, including Defence and Veterans' Affairs
- Peak bodies, including Royal Australian College of General Practitioners
- Hospitals
- Community service organisations
- Emergency services organisations
- Media organisations



75%
of Australians are
exposed to at least
one traumatic event
in their lifetime

Phoenix Australia Understands Trauma

There are moments in life that test us, that challenge our understanding of the world and our sense of safety.

Trauma can come out of the blue, be a predictable risk at work, and for some, it can be ongoing. Almost everyone who goes through a traumatic event will be emotionally affected in some way. Most people will recover with the right sort of care and support, but for some, the impact of trauma can be severe and long-lasting.

Supporting people who experience trauma is everybody's business, and organisations, government, and the community must play a role.

We know that good outcomes are possible for people who experience trauma.

Together, we can:

- promote recovery
- reduce suffering
- reduce the effects on families
- improve capacity for work, study and other meaningful activities
- improve mental health

Trauma comes in many forms:

- Accidents
- Sexual and physical violence
- Natural and man-made disasters
- War

Trauma can lead to:

- posttraumatic stress disorder (PTSD)
- depression
- anxiety
- alcohol and drug use
- anger
- problems in relationships with family & friends
- reduced capacity to work



World class scientific research and evaluation

Phoenix Australia's internationally recognised research and evaluation program advances knowledge of the impact of trauma on the health and wellbeing of trauma survivors, their families and the community.

We develop cutting-edge interventions that target posttraumatic mental health problems and other negative effects of trauma. We create real-world solutions, and translate research findings into practical implications for governments, organisations, and communities.

Phoenix Australia has partnerships with government departments, universities, and other agencies. Our affiliation with the University of Melbourne ensures our research is subject to the highest levels of professional and academic rigour and scrutiny. Our researchers have outstanding track records in mental health research, with

a history of substantial competitive research grants and publications in the top peer-reviewed international journals.

We also share our research with members of the general and academic community, writing articles and posts for traditional and social media as well as scientific publications and presentations on the international stage.

We are proud of our unparalleled leadership in translating research into practical solutions, thereby promoting the best possible outcomes for people affected by trauma.

We translate the research

Our rigorous literature review methodologies mean that you will receive the most accurate overview of the research to ensure evidence-informed policy making.

We help you to achieve best practice in the workplace

We help organisations to update and develop evidence-informed trauma care practices and procedures.

We also provide training to support implementation.

We work closely with your organisation

We work hard to understand your needs and tailor a solution that specifically meets those needs.

Translating the evidence into trauma policy and service development

Phoenix Australia establishes the standards of best practice for the management of trauma and works with organisations to minimise the impact of trauma in the workplace and promote recovery.

Exposure to trauma at work is common in many industries and services. Phoenix Australia works with organisations where exposure to trauma is a predictable risk of employment; those that provide health and welfare services to people affected by trauma; and those that have responsibility for providing or funding trauma treatment.

Phoenix Australia provides policy and service development advice which is informed by our internationally acclaimed research and our treatment guidelines, which are approved by the National Health and Medical Research Council (NHMRC).

We work together with organisations to translate this evidence base into best practice solutions for trauma management in a range of workplaces.

We also work with individual managers and clinicians to improve their trauma management and treatment practices.

Our services include:

- setting standards for trauma management and treatment
- expert reviews of policy and procedure against best practice
- policy development workshops, seminars and leadership think tanks
- trauma policy implementation and evaluation
- workforce capability assessment and professional development
- quality assurance and ongoing service delivery improvement in managing workplace trauma
- self-care resources for people affected by trauma, including online tools and mobile applications

We can help your organisation to:

- translate research into best practice policy and procedures
- understand and manage the impact of trauma in the workplace
- be trauma-informed when working with people who have been exposed to traumatic events
- provide best practice trauma treatment

Engaging evidence-based education and training programs

At Phoenix Australia, we believe that giving practitioners and other helpers the skills and knowledge to provide practical, effective support and treatment will enhance the quality of life and prospects of recovery of those affected by trauma.

We draw on our extensive clinical expertise and the most up-to-date research to provide training in a diverse range of evidence-based treatments and approaches. These include Psychological First Aid, Trauma-Informed Care, and evidence-based psychological therapies.

We provide engaging education and training programs as well as consultation and supervision services to a wide range of organisations and practitioners.

Supported by our research and policy expertise, we are uniquely placed to develop digital, face-to-face or blended training and implementation solutions that are tailored to the needs of your organisation.

We develop engaging and evidence-based training programs:

- delivered across Australia
- face-to-face or online
- including digital and audiovisual products, such as apps, web tutorials, and demonstration videos

We work with your organisation to understand your needs

We are committed to understanding your specific challenges and will work with you to develop an effective solution.

We offer tailored training and support services to assist staff to deliver best practice interventions to clients.

Phoenix Australia

For over 20 years Phoenix Australia has been a world leader in posttraumatic mental health. Our journey began working with the defence forces, developing treatment and recovery programs for soldiers returning from conflict. Today our work has a much broader focus, as we seek to improve the outcomes for all Australians affected by trauma.

Phoenix Australia is a not-for-profit organisation affiliated with the Department of Psychiatry at the University of Melbourne, and endorsed as a Charitable Institution with Deductible Gift Recipient status.

How we can help you

Phoenix Australia can work with your organisation to:

- benchmark your organisation's policies and procedures against international, industry-specific best practices
- undertake research to improve the understanding of the issues facing your workplace
- implement policy and practice improvement
- train staff to ensure they have the knowledge, skills and confidence to implement best practice in trauma management
- evaluate the effectiveness of policy and training initiatives
- provide advice on evidence-based interventions
- assist with procuring the best employee support and health treatment services

At **Phoenix Australia**, we believe that the breadth of our experience, and our integrated approach across research, policy and service development, and education and training, means that your organisation will receive the highest quality advice and support.



Our Vision

Improved wellbeing and quality of life for individuals and communities who experience trauma.

Our Mission

To be an international leader in building the capability of individuals, organisations and the community to understand, prevent and recover from the mental health effects of trauma.

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