



# OUT DOORS INC. MENTAL HEALTH FIRST AID FACILITATORS



## DAVE WEEKS

BSc, Grad Dip (Outdoor Ed, Secondary Ed), Dip (AOD, Community Welfare), Cert IV (Training & Assessment, Mental Health)

**Dave** brings to his training great enthusiasm and 20 years experience teaching and working with a wide diversity of groups in the outdoors. Passionate about outdoor adventure, Dave has a particular interest in the connection between our mental health and contact with natural environments. Having worked for many years now in the community mental health sector, Dave has developed an intimate knowledge of the difficulties and concerns of people living with mental illness; in particular, that of stigma and the lack of mental health literacy in the wider community.

Not just a chalk and talk, Dave ensures his Mental Health First Aid training sessions are engaging, fun and filled with relevant stories and lively discussion.



## MAUREEN (MO) CAREY

Masters in Creative Arts Practice, B.A., Cert. IV in Mental Health

**Mo** has an extensive community development and arts background, conducting numerous creative collaborations and training initiatives spanning Australia, Europe and the UK. Since 2000 she has been involved in the community mental health & disability sectors. She's passionate about empowering people to live a full and meaningful life no matter what their circumstances and has personal experience of mental illness as a carer for a family member.

For the last ten years she's been working with Out Doors Inc., a mental health organisation, promoting better mental health and wellbeing through outdoor adventure, respite and recreation programs. Mo's speciality is fostering connections with nature through mindfulness and creativity. She brings a lot of insight and humour to any group, making the training experience approachable, engaging and informative.



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## JEAN DIND

B.A. (Outdoor Education), Grad. Dip. of Environment (River Management), Cert IV (Mental Health)

**Jean** is a tertiary qualified Outdoor Educator with over ten years working in Mental Health and has extensive experience teaching and leading groups in the outdoors. He has a Cert IV in Mental Health and a Grad. Dip. of Environment in River Management. He is passionate about leading people into remote locations, where help of any kind can be hours, if not days, away. He really enjoys the confidence that Mental Health First Aid provides in dealing with situations that can arise in his work or in everyday life.

Jean's experience means he can bring insight and real life stories to this training, encouraging interactive and meaningful discussion which allows participants to better understand the course material and apply the knowledge if and when the need arises.



## RYAN WOOD

Masters in Social Work , B.A. History

**Ryan** has spent over 20 years leading various groups from around the globe as an outdoor adventure guide, facilitator, and instructor. In 2012, drawing from his passion for working with people, Ryan completed a Masters in Social Work at Melbourne University. Since then he has worked in the mental health field and found a passion for destigmatizing mental illness in the community.

Ryan's professional experience combined with his trademark humour and engaging teaching style ensures his courses are engaging, relatable and informative.