



**Free training for staff and volunteers working with children and young people in Stoke-on-Trent.**

**Half –day specialist subject area sessions**

***Please note, you must have completed the introductory session:* *“Understanding the Emotional Wellbeing & Mental Health of Children & Young People” within the two years prior to attending any specialist subject area session. For details please visit*** [www.**camhs**-**stoke**.org.uk](http://www.camhs-stoke.org.uk).

**Cost**

This training is free to delegates but a non-attendance fee of £75 will apply.

Places are limited to 20 per training session.

***All sessions take place at Changes Wellbeing Centre, Booth Street, Stoke, ST4 4AL*** *(The car park is for Changes staff only.)*

Sessions: half day sessions on:

* “Managing Self Harm in Children & Young People“
* “Building Self-Esteem for Children & Young People”
* “Helping Children & Young People cope with Loss and Bereavement”
* “Understanding & Managing Anger in Children & Young People”
* “Practical Skills for supporting Children & Young People”

*Please note, to help to evaluate the impact of our training, we may contact you to provide follow up feedback as to how you are applying the learning. This will be in the form of a short questionnaire, emailed to the address you provide on the booking form.*

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| **TITLE** | * **“Managing Self-Harm in Children & Young People”** |
| **OBJECTIVES / DESCRIPTION** | * Recognising self-harm in young people * Understanding why people self-harm * How to deal with disclosure * Prevention & support * Recovery-its place within Self Harm. |
| **OUTCOMES** | For Participants to gain knowledge & understanding relating to self-harm, in Children & Young people. |
| **TARGET AUDIENCE** | Staff & volunteers working with children & young people |

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| **TITLE** | * **“Building Self-Esteem for Children & Young People”** |
| **OBJECTIVES / DESCRIPTION** | * What is Self Esteem * Understanding factors that contribute to a young person’s self-esteem. * Ways to improve a young person’s self-esteem. * Understanding the impact of low self-esteem in a young person. |
| **OUTCOMES** | For Participants to gain knowledge & understanding relating to Self Esteem, in Children & Young people. |
| **TARGET AUDIENCE** | Staff & volunteers working with children & young people |

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| **TITLE** | * “**Helping Children & Young People cope with Loss and Bereavement”** |
| **OBJECTIVES / DESCRIPTION** | * Understanding feelings & emotions to loss & bereavement * To gain a better understanding of bereavement in young people. * Discuss & create intervention in relation to loss & bereavement. |
| **OUTCOMES** | For Participants to gain knowledge & understanding relating to Loss & Bereavement, in Children & Young people. |
| **TARGET AUDIENCE** | Staff & volunteers working with children & young people |

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| **TITLE** | * **“Understanding & Managing Anger in Children & Young People”** |
| **OBJECTIVES / DESCRIPTION** | * Understanding Anger in Young People. * Identifying the differences of Anger & Aggression. * Identifying triggers & consequences * Changing anger & aggressive behaviours. * Managing Anger in Young People. |
| **OUTCOMES** | For Participants to gain knowledge & understanding relating to Anger management, in Children & Young people. |
| **TARGET AUDIENCE** | Staff & volunteers working with children & young people |

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| **TITLE** | * **“Practical Skills for supporting the emotional wellbeing and mental health children and Young People** |
| **OBJECTIVES / DESCRIPTION** | * To increase awareness of the five ways to wellbeing. * To explore the “think-link” and the importance of helpful thinking. * To increase awareness of CBT techniques behavioural activation |
| **OUTCOMES** | * Awareness of and be able to use, the five ways to wellbeing. * Understanding of the importance of the helpful thinking in helping children and young people to change the way they behave and feel. * Understanding of how to help children and young people “stuck” with mild anxiety and depression. * Understanding of the CBT techniques of desensitization and behavioural activation. |
| **TARGET AUDIENCE** | Staff & volunteers working with children & young people |

**APRIL 2017 – MARCH 2018**

**All sessions are 9:30am – 12:30pm**

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| **DATES** | **SESSION** | **Please tick preferred session/s** |
| Wednesday 19th April 2017 | “Helping Children & Young People cope with **Loss and Bereavement”** |  |
| Monday 24h April 2017 | “Building **Self -Esteem** in Children & Young People” |  |
| Wednesday 26th April 2017 | “Understand & managing **Self-Harm** in Children & Young People” |  |
| Monday 8h May 2017 | **“Practical Skills** for supporting the emotional wellbeing and mental health Children and Young People |  |
| Tuesday 9th May 2017 | “Understanding & Managing **Anger** in Children & Young People” |  |
| Tuesday 16h May 2017 | “Helping Children & Young People cope with **Loss and Bereavement”** |  |
| Wednesday 17th May 2017 | “Building **Self -Esteem** in Children & Young People” |  |
| Monday 22nd May 2017 | “Understand & managing **Self-Harm** in Children & Young people” |  |
| Wednesday 31st May 2017 | **“Practical Skills** for supporting the emotional wellbeing and mental health Children and Young People |  |
| Wednesday 7th June 2017 | “Understanding & Managing **Anger** in Children & Young People” |  |
| Monday 12th June 2017 | “Helping Children & Young People cope with **Loss and Bereavement”** |  |
| Wednesday 14th June 2017 | “Building **Self -Esteem** in Children & Young People” |  |
| Tuesday 20th June 2017 | “Understand & managing **Self-Harm** in Children & Young People” |  |
| Wednesday 21st June 2017 | **“Practical Skills** for supporting the emotional wellbeing and mental health Children and Young People |  |
| Tuesday 4th July 2017 | “Understanding & Managing **Anger** in Children & Young People” |  |
| Wednesday 5th July 2017 | “Helping Children & Young People cope with **Loss and Bereavement”** |  |
| Monday 10th July 2017 | “Building **Self -Esteem** in Children & Young People” |  |
| Wednesday 12th July 2017 | “Understand & managing **Self-Harm** in Children & Young People” |  |
| Wednesday 19th July 2017 | **“Practical Skills** for supporting the emotional wellbeing and mental health Children and Young People |  |
| Monday 24th July 2017 | “Understanding & Managing **Anger** in Children & Young People” |  |
| Wednesday 26th July 2017 | “Helping Children & Young People cope with **Loss and Bereavement”** |  |
| Tuesday 8th August 2017 | “Building **Self -Esteem** in Children & Young People” |  |
| Wednesday 9th August 2017 | “Understand & managing **Self-Harm** in Children & Young People” |  |
| Tuesday 15th August 2017 | **“Practical Skills** for supporting the emotional wellbeing and mental health Children and Young People |  |
| Wednesday 16th August 2017 | “Understanding & Managing **Anger** in Children & Young People” |  |
| Wednesday 23rd August 2017 | “Helping Children & Young People cope with **Loss and Bereavement”** |  |
| Tuesday 5th September 2017 | “Building **Self -Esteem** in Children & Young People” |  |
| Wednesday 20th September 2017 | “Understand & managing **Self-Harm** in Children & Young People” |  |
| Wednesday 27th September 2017 | **“Practical Skills** for supporting the emotional wellbeing and mental health Children and Young People |  |
| Tuesday 3rd October 2017 | “Understanding & Managing **Anger** in Children & Young People” |  |
| Wednesday 4th October 2017 | “Helping Children & Young People cope with **Loss and Bereavement”** |  |
| Monday 9th October 2017 | “Building **Self -Esteem** in Children & Young People” |  |
| Monday 16th October 2017 | “Understand & managing **Self-Harm** in Children & Young People” |  |
| Tuesday 17th October 2017 | **“Practical Skills** for supporting the emotional wellbeing and mental health Children and Young People |  |
| Monday 30th October 2017 | “Understanding & Managing **Anger** in Children & Young People” |  |
| Wednesday 1st November 2017 | “Helping Children & Young People cope with **Loss and Bereavement”** |  |
| Monday 6th November 2017 | “Building **Self -Esteem** in Children & Young People” |  |
| Tuesday 14th November 2017 | “Understand & managing **Self-Harm** in Children & Young People” |  |
| Wednesday 15th November 2017 | **“Practical Skills** for supporting the emotional wellbeing and mental health Children and Young People |  |
| Monday 27th November 2017 | “Understanding & Managing **Anger** in Children & Young People” |  |
| Tuesday 5th December 2017 | “Helping Children & Young People cope with **Loss and Bereavement”** |  |
| Wednesday 6th December 2017 | “Understand & managing **Self-Harm** in Children & Young People” |  |
| Tuesday 11th December 2017 | **“Practical Skills** for supporting the emotional wellbeing and mental health Children and Young People |  |
| Wednesday 12th December 2017 | “Understanding & Managing **Anger** in Children & Young People” |  |
| Wednesday 17th January 2018 | “Building **Self -Esteem** in Children & Young People” |  |
| Monday 22nd January 2018 | “Understand & managing **Self-Harm** in Children & Young People” |  |
| Wednesday 24th January 2018 | “Understanding & Managing **Anger** in Children & Young People” |  |
| Monday 5th February 2018 | “Helping Children & Young People cope with **Loss and Bereavement”** |  |
| Wednesday 7th February 2018 | “Building **Self –Esteem** in Children & Young People” |  |
| Tuesday 20th February 2018 | **“Practical Skills** for supporting the emotional wellbeing and mental health Children and Young People |  |
| Wednesday 21st February 2018 | “Understanding & Managing **Anger** in Children & Young People” |  |
| Monday 12th March 2018 | “Helping Children & Young People cope with **Loss and Bereavement”** |  |
| Tuesday 20th March 2018 | “Building **Self -Esteem** in Children & Young People” |  |
| Wednesday 21st March 2018 | “Understand & managing **Self-Harm** in Children & Young People” |  |
| Monday 26th March 2018 | **“Practical Skills** for supporting the emotional wellbeing and mental health Children and Young People |  |
| Tuesday 27th March 2018 | “Understanding & Managing **Anger** in Children & Young People” |  |

**Children and young people mental health –**

**Specialist Sessions**

Booking form

I wish to attend the above half day specialist session/s (please tick your preferred date/s).

* I understand attendance is free of charge, however a fee of £75 will be payable in the event of non-attendance.
* I have my manager’s permission to attend this course.
* I confirm that I work with children/young people in Stoke-on-Trent.
* I agree to contribute to follow up evaluation in order to help demonstrate impact of the course

Signature:…………………………………………………………………

Name:……………………………………………………………………..

Job title:…………………………………………………………………..

Organisation:…………………………………………………………….

Address:………………………………………………………………….

Telephone: ………………………………………………………………

**Email:………………………………………………………………………………..**

Any special requirements:……………………………………………..

Please return NO LATER THAN one week before your first course is due to start. You will receive confirmation of your place by email.

Email your booking form to; [jackiechanges@yahoo.co.uk](mailto:joanne.changes@yahoo.co.uk) OR

Post to; **Jackie Williamson, C/o Changes YP Service, Victoria Court, Booth Street, Stoke On Trent, ST4 4AL**