

Free Mental Health 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 Mental Health of Children & Young People” before attending any specialist subject area session. For details please visit 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.





TITLE	<ul style="list-style-type: none"> • “Managing Self-Harm in Children & Young People”
OBJECTIVES / DESCRIPTION	<ul style="list-style-type: none"> • 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 working with children & young people

TITLE	<ul style="list-style-type: none"> • “Building Self-Esteem for Children & Young People”
OBJECTIVES / DESCRIPTION	<ul style="list-style-type: none"> • 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 working with children & young people

TITLE	<ul style="list-style-type: none"> • “Helping Children & Young People cope with Loss and Bereavement”
OBJECTIVES / DESCRIPTION	<ul style="list-style-type: none"> • 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 working with children & young people



TITLE	<ul style="list-style-type: none"> • “Understanding & Managing Anger in Children & Young People”
OBJECTIVES / DESCRIPTION	<ul style="list-style-type: none"> • 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 working with children & young people

TITLE	<ul style="list-style-type: none"> • “Practical Skills for supporting the emotional wellbeing and mental health children and Young People
OBJECTIVES / DESCRIPTION	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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 working with children & young people



APRIL 2018 – MARCH 2019

All sessions are 9:30am – 12:30pm

DATES	SESSION	Please tick preferred session/s
Friday 6 th April 2018	"Helping Children & Young People cope with Loss and Bereavement "	
Monday 21 st May 2018	"Helping Children & Young People cope with Loss and Bereavement "	
Wednesday 13 th June 2018	"Helping Children & Young People cope with Loss and Bereavement "	
Wednesday 11 th July 2018	"Helping Children & Young People cope with Loss and Bereavement "	
Tuesday 31 st July 2018	"Helping Children & Young People cope with Loss and Bereavement "	
Wednesday 29 th August 2018	"Helping Children & Young People cope with Loss and Bereavement "	
Monday 9 th April 2018	"Building Self -Esteem in Children & Young People"	
Wednesday 23 rd May 2018	"Building Self -Esteem in Children & Young People"	
Wednesday 20 th June 2018	"Building Self -Esteem in Children & Young People"	
Monday 16 th July 2018	"Building Self -Esteem in Children & Young People"	
Wednesday 8 th August 2018	"Building Self -Esteem in Children & Young People"	
Wednesday 12 th September 2018	"Building Self -Esteem in Children & Young People"	
Monday 16 th April 2018	"Understand & managing Self-Harm in Children & Young People"	
Wednesday 30 th May 2018	"Understand & managing Self-Harm in Children & Young people"	

Thursday 21st June 2018	"Understand & managing Self-Harm in Children & Young People"	
Tuesday 17 th July 2018	"Understand & managing Self-Harm in Children & Young People"	
Wednesday 15 th August 2018	"Understand & managing Self-Harm in Children & Young People"	
Thursday 13 th September 2018	"Understand & managing Self-Harm in Children & Young People"	
Wednesday 9 th May 2018	"Practical Skills for supporting the emotional wellbeing and mental health Children and Young People	
Wednesday 6 th June 2018	"Practical Skills for supporting the emotional wellbeing and mental health Children and Young People	
Monday 25 th June 2018	"Practical Skills for supporting the emotional wellbeing and mental health Children and Young People	
Tuesday 24 th July 2018	"Practical Skills for supporting the emotional wellbeing and mental health Children and Young People	
Thursday 16 th August 2018	"Practical Skills for supporting the emotional wellbeing and mental health Children and Young People	
Monday 24 th September 2018	"Practical Skills for supporting the emotional wellbeing and mental health Children and Young People	
Monday 14 th May 2018	"Understanding & Managing Anger in Children & Young People"	
Tuesday 12 th June 2018	"Understanding & Managing Anger in Children & Young People"	
Tuesday 26 th June 2018	"Understanding & Managing Anger in Children & Young People"	
Friday 27 th July 2018	"Understanding & Managing Anger in Children & Young People"	
Tuesday 21 st August 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: None

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; donna@changes.org.uk OR
Post to; **Donna Mountford, C/o Changes YP Service, Victoria Court, Booth Street, Stoke On Trent, ST4 4AL**