

CAMHS—PREVENTION AND EARLY INTERVENTION SERVICE

TRAINING PROGRAMME 2011-2012

Supporting frontline staff in thinking about issues related to emotional health and wellbeing in young people in our community.

Direct Work

Specialist Mental Health Workers deliver therapeutic support within agency setting to young people and their families. We also offer consultation and support to your staff.

Training

Delivering a wide range of training around emotional health and wellbeing in young people from foundation to advanced level. Bespoke packages available.

Support

Offering a range of different support and reflective models to support and enable staff in their daily challenges.

Trainers

Courses will be delivered by the CAMHS team and outside speakers:

Wendy Hart— PMHW and Counsellor

Joy Holmes— PMHW

Katherine Daniels— PMHW and Play Therapist

Contact;

01524 834140

sharon.hogg@lancashirecare.nhs.uk

FOUNDATION LEVEL WORKSHOPS

Promoting Positive Mental Health and Developing Resilience

- Explore resilience and the impact of risk factors on resilience
- Attachment Theory and resilience
- Developing relationships to promote resilience
- What is rapport?
- Active listening skills
- Identify own support mechanisms

Understanding Different Attachment Styles

- Identify different attachment styles and what parenting styles leads to them
- Familiarise participants with the concept of Internal Working models of Self and Other for secure, ambivalent, avoidant and disorganised attachment styles
- Ways of supporting children, specific to their attachment style
- This course is aimed at staff from different agencies. It will also be suitable for school staff

Attachment in the Classroom

- Identifying different attachment styles and what leads to them
- Introduce the learning triangle: Child, teacher and task
- Understanding how attachment style affects the child's engagement with the teacher and with the task
- Developing strategies to help the child engage with learning and make better use of the relationship with the teacher
- Consider how school is a "secure base"

Beginnings and Endings, Change and Transition

- The feelings evoked by beginnings and endings, change and transition
- Anxieties inherent in the learning situation, 'the fear of not knowing'
- The Change cycle: change – loss – grief – behaviour
- Feelings evoked by losing teachers and friends, and building new relationships with peers and staff
- Attachments to teachers and teaching assistants
- Facilitating the transition to secondary school, sharing examples of best practice
- Endings as triggers of previous unprocessed losses

INTERMEDIATE LEVEL: RAISING AWARENESS AND CONFIDENCE

The Impact of Trauma on Children and Effects of Secondary Traumatic Stress on Multi-agency work. Managing the Impact of Working with Traumatized Children

- Reaching an understanding what constitutes as a traumatic event
- Recognizing the impact of traumatic stress on child development
- What people need to recover from trauma
- Vulnerability and resilience factors
- The impact of working with traumatized children on individuals and multi-agency work
- Strategies to prevent and recover from secondary stress disorders

Understanding Depression and Low mood

- What is Depression?
- Signs and symptoms
- Effects and causes
- Negative thought processes
- Promoting alternative thinking styles
- Strategies for management

Understanding and Managing Self Harm

- What is Self Harm?
- Explore our own feelings and experiences of self harm. Consider why people self-harm
- How to respond appropriately
- Alternative coping strategies

MANY OF THE TRAINING MODULES CAN BE CAN BE DELIVERED AS STAND ALONE UNITS OR IN VARYING COMBINATIONS AND TAILORED TO THE NEED OF THE AGENCY / ORGANISATION. DELIVERY IS OFFERED VIA TWILIGHT, HALF DAY AND FULL DAY TRAININGS.

BESPOKE MODULES CAN BE DEVELOPED AND SPECIFIC REQUIREMENTS ACCOMMODATED.

INTERMEDIATE LEVEL: RAISING AWARENESS AND CONFIDENCE CONTINUED

RESPECT Programme: Fostering Emotional Health and Calmer Classrooms through Relationships of Respect

A comprehensive programme to foster emotional health in schools based on the ideas and work of Dr Haim Ginott. The core principles comprising 'RESPECT' are:

- **Reflective relationships:** Teachers with positive relationships with pupils, who understand them well, manage them best
- **Empathic Listening:** learning how to tune in to how pupils are feeling and listen at depth
- **Self-Awareness and Self-Confidence:** Helping staff and pupils to recognise their strengths and weak spots, and feel more confident
- **Personal Poise:** Cultivating natural authority
- **Enthusiasm and inspiring young people to learn**
- **Choices and Consequences:** empowering young people to make choices and take responsibility for the consequences
- **Take Care of yourself:** helping staff and school organisations to manage stress and think about pupils

This is a 2 1/2 day programme which we recommend is delivered to a group of staff/ whole school over INSET and twilights.

Understanding adolescence

- Revisit the developmental stages leading up to adolescence
- Consider the tasks of adolescence
- Consider the challenges and anxieties inherent in adolescence
- Think about how to support adolescents appropriately in relation to their parents
- Some use will be made of video material/ film clips

Understanding and Supporting Young People affected by domestic abuse

- To increase knowledge and understanding of domestic abuse and its effects on children and their families
- Definition of Domestic Abuse.
- Understand the risk factors in domestic violence
- Have some knowledge about the prevalence of domestic abuse
- Develop skills to increase children's resilience
- Information on other services/resources/support available

Hidden Harm: Children and Young People Living with Drug/Alcohol Misuse

- Recognising and understanding the impact
- How to support children and young people
- Risk and resilience factors
- Working with Parents/Carers
- Accessing appropriate support through effective Multi-Agency working
- Government agenda
- Safeguarding issues

Supporting Children Young People and their Families Affected by Serious Illness or Bereavement

- The impact of loss
- Age related responses and reactions
- Stages of grief
- Understanding what young people may need from school
- Building resilience / supportive strategies
- Support for workers

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ADVANCED LEVEL: SKILL BASED TRAININGS

Developing child-centred listening skills

- What is active listening
- Why is it important for young people
- Practice listening skills and identify own strengths and weaknesses
- Understand relevance in own work context
- Develop confidence in practising listening skills within individuals settings

A Cognitive Behavioural Approach to Working with Young People

- Introduction to the Cognitive Behavioural Approach (Theory and principles)
- What is the C.B. Approach?
- When can the approach help?
- How does it work (thoughts, feelings, behaviour)?
- What does it involve?
- Useful web links and further reading

Making more of Outdoor Play and Golden Time

- Exploring the benefits of free painting
- Exploring the healing potential play
- Team learning through play
- Supporting children in solving their own problems in outdoor play
- Building up suitable resources
- Therapeutic limit setting and structuring of play time

An Introduction to Solution Focused Brief Working

This workshop has been adapted from the Solution Focused Brief Working training subsidised by the LCC school workforce team. Delegates would have the opportunity to learn:

- About the origins of Solution Focused Brief Therapy
- SFBT values and beliefs
- “Skills for not knowing” how to talk to children, teenagers and parents using a SFBT approach
- How to help children, young people and parents think about their preferred future
- The concept of scaling and goal formulation.
- Explore how SFBT may inform their own practice within their own individual organisation

Seasons for Growth: Running a Peer Support Group on Loss

- This training will introduce William Worden's four tasks of mourning
- It provides an experiential, 'inside out' approach to running a peer support group for 6-8 young people aged 6-18
- It equips the Companion with facilitation skills
- Timing and considerations for group membership

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PEIS Multi-Agency Whole Day Training Dates 2011-2012

Title	Date	Venue
The Impact of Trauma on Young People	14 June	Ryelands House
Developing Active Listening Skills	12 July	Ryelands House
Hidden Harm	19 July	J2R Bellfield House
Introduction to Cognitive Behaviour Approach.	27 July	Old Man's Rest
Understanding Adolescents	9 September	Ryelands House
Outdoor Play and Golden Time	13 September	Ryelands House.
Promoting Positive Mental Health	16 September	Ryelands House
Attachment in the Classroom and School as a Secure base.	27 September.	Ryelands House
Understanding Depression and Low Mood	28 September	Old Man's Rest
Beginning and Ending Change and Transition	4 October	Ryelands House
Seasons for Growth	6 & 7 October – Reconnector session 25 November	Ryelands House
Understanding and Managing Self Harm	11 October	Ryelands House
Promoting Positive Mental Health	17 October	CAPSS
Introduction to Solution Focused Working.	20 October	Ryelands House
Beginning and Ending , Change and Transition	1 November	Ryelands House

For costs please refer to Price List.

PEIS Multi-Agency Whole Day Training Dates 2011-2012

Hidden Harm	8 November	J2R, Bellfield House
Introduction to a Cognitive Behaviour Approach	9 November	Old Man's Rest
Developing Active Listening Skills	18 November	Ryelands House
The Impact of Trauma on Young People.	22 November	Ryelands House
Understanding Depression and Low Mood	23 November	Ryelands House
Understanding Depression and Low Mood	1 December	CAPSS
The Impact of Domestic Abuse on Young People.	2 December	Ryelands House
Understanding Adolescents	17 January	Ryelands House
Understanding and Managing Self Harm	26 January	Ryelands House
Supporting Young People who are Experiencing Serious Illness or Bereavement	27 January	Slynedales
Introduction to Solution Focused Working	2 February	Ryelands House
The Impact of Domestic Abuse on Young People.	10 February	Ryelands House
Supporting Young People who are Experiencing Serious Illness or Bereavement	10 February	Slynedales
Understanding and Managing Self Harm	2 March	Ryelands House
Attachment in the Classroom and School as a Secure Base	13 March	Ryelands House

For costs please refer to Price List.

Booking Form

CAMHS : Prevention and Early Intervention Service (PEIS)

To be completed by an authorised signatory

Name

Designation

Organisation

Invoice Address

Delivery Address

Email

Telephone

Title of Training (+units)

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For INSETS or Twilight

Please give dates.

TERMS AND CONDITIONS

INSET days will be allocated on a first come, first serve basis up to a maximum annual allocation.
Booking by phone or email confirms your place. Payment must be made 21 days prior to the course.
The following charges will apply if you wish to cancel a course:

- 21 + working days prior to the event—10%
- 1—20 working days prior to the event—100%

Cancellations must be made in writing or via email to sharon.hogg@lancashirecare.nhs.uk
CAMHS reserves the right to change the conference content, timing, speakers or venue without notice.

Please return your booking form to:

Sharon Hogg
01524 834 140

sharon.hogg@lancashirecare.nhs.uk

The Ross Centre
CAMHS
160 Euston Road
Morecambe
Lancashire
LA4 5LE

Name:

Designation:

Signature:

Date:

PRICE-LIST

CAMHS : Prevention and Early Intervention Service (PEIS)

Supporting frontline staff in thinking about issues related to emotional health and wellbeing in young people in our community.

TRAINING PACKAGES

Full day	£40 per delegate	Central Location
Half day	£30 per delegate	Central location
Twilights (2 Hours)	£10 / head. (Min 10)	On school site
PUPIL WORKSHOPS	£50 per hour	On school site

INSET DAYS

Full day	£25 per head up to 40 staff £20 per head for 41 plus staff	On school site
Half Day	set at 50% of equivalent full day price	

SEASONS FOR GROWTH (max 8 pupils)

£1,500 includes meetings with school staff, parents evening + 10x week programme .
On school site

The above rates apply to training deliveries within the Lancaster and Morecambe District footprint. For an indication of delivery price beyond this boundary please double all prices.

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