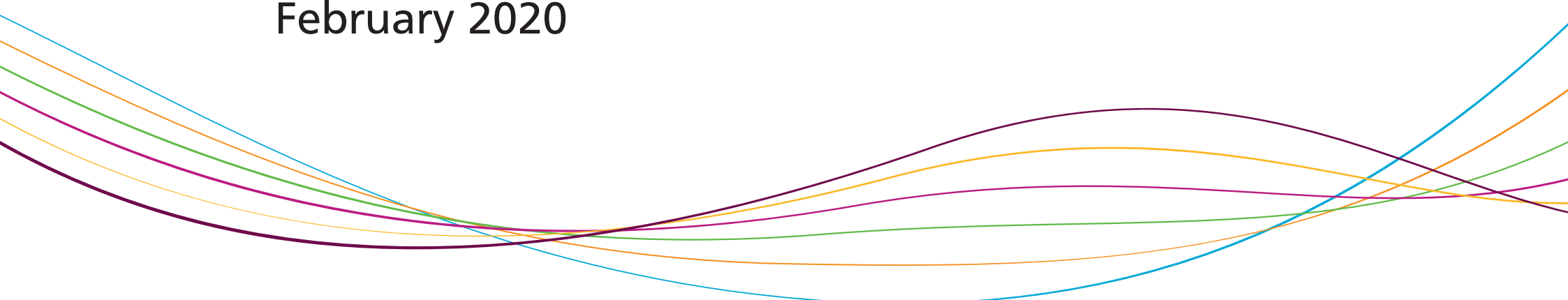


Children and Young People's Mental Health Training Offer For Professionals and Volunteers

February 2020



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Background Information

National data and local intelligence tell us that the number of children and young people experiencing poor mental health is increasing. It is therefore crucial that we work in close partnership throughout the system to improve mental health outcomes for our children and young people.

To achieve this, the [East Berkshire Local Transformation plan for children and young people's mental health and wellbeing](#) promotes resilience building, prevention and early intervention and workforce development. Our Local Transformation Plan group – a partnership of key organisations working with children and young people – is currently delivering on a series of changes to transform children and young people's mental health support and services across East Berkshire. You can read more about the work being done [here](#). As part of this transformation project we want to ensure that professionals and volunteers working with children, young people and families have the confidence and capability to proactively support all of our children and young people to build emotional resilience and to promote good mental health and wellbeing.

In order to fulfil this ambition we have committed to publishing an annual training offer. All of the training is available free of charge to the whole workforce – professionals and volunteers across all services working with children, young people and families – ensuring that good mental health is 'everyone's business'.

The training offer includes online and face to face training. There is a mix of locally commissioned training and national sources all of which are reliable and evidence based.

This is the first time we have published this training offer and plan for it to be refreshed annually, for queries or comments please email cypmhtraining.eastberks@nhs.net

The aim of this training offer

The aim of this training offer is to focus on developing the knowledge and understanding needed to support all our children and young people with their emotional health and wellbeing. This training will in turn enhance the effectiveness of the services within which practitioners/volunteers work by:

- Systematically embedding evidence-based practice across our workforce.
- Providing the children and young people's workforce with the confidence to proactively support all our children to build emotional resilience and support their mental health needs.

The training offer is also intended to strengthen service provision by ensuring that the right person with the right skills is in the right place to support individuals and families. In feedback sessions, young people have told us that they often turn to a worker/volunteer who they trust in relation to their emotional wellbeing. It is therefore vital that those workers/volunteers are confident and well informed. Our training offer is designed to add value to any internal continual professional development programmes that already exist in your organisation.

Places on the face to face training are limited, so please book early to avoid disappointment. Please ensure that booked places are taken up or released if the participant is no longer able to attend, this avoids places being wasted and ensures that as many staff as possible – and therefore children and young people – can benefit. Full details of the provider's cancellation policies are listed under each course.

About the offer

To help you navigate the training offer and consider which training may be appropriate for you, we have divided the courses into the following categories: (please note this is just a guide and we recommend that before signing up for any training you discuss this with your organisation as part of your personal development programme)

- **Level 1** – For members of the children and young people (CYP) workforce who require general mental health awareness and have opportunities to build resilience in children and young people.

Relevant to those who interact with children and young people. For example, this may include professionals and volunteers working in education, health or social care.

- **Level 2** – For members of the CYP workforce who are in regular contact with children and young people who are experiencing challenges with their mental health.

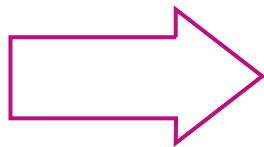
This is particularly relevant to workers who are not mental health specialists but are likely to have some regular contact with children and young people who are experiencing poor mental health.

- **Targeted training** – While all children and young people can experience poor mental health, there is an association between inequality and poor mental health. Some groups of children and young people are more vulnerable to poor mental health. This can be because of individual attributes such as low self-esteem, difficulties communicating and physical illness or because of their social circumstances and the environment in which they live – including poverty, poor housing, parental substance use, family and neighbourhood violence.

This training focuses on those children and young people who are more vulnerable to poor mental health and is designed for professionals and volunteers who work with them. For this first training offer, we have taken a particular focus on LGBTQ+ and Autism/ADHD.

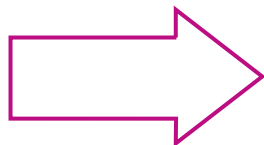
At a glance - different levels of training in the offer

Level 1



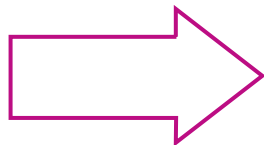
- Making Every Contact Count
- MindEd – MindEd Core Content (online learning)
- Psychological Perspectives in Education and Primary Care Modules:
 - Overview of common Mental Health issues in Children and Young People
 - Promoting Resilience in children & young people

Level 2



- Mental Health First Aid – Youth (2 days)
- MindEd – Learning Paths and Thematic modules (online learning)
- Psychological Perspectives in Education and Primary Care Modules:
 - NOW Having constructive conversations with distressed young people
 - Supporting young people with low mood
 - Supporting young people with anxiety
 - Supporting young people who self-harm
 - Behavioural Difficulties: Supporting children and their parents via a parenting intervention
 - Overcoming childhood (under 12s) anxiety
 - Supporting young people with eating disorders
 - Supporting children and young people with specific phobia
 - Supporting children with separation anxiety disorder (SAD)
 - Supporting young people with post-traumatic stress disorder (PTSD)

Targeted



- LGBTQ+ awareness and intermediate Mental Health
- Understanding ADHD: Current Research and Practice - Future Learn (online learning)
- Psychological Perspectives in Education and Primary Care Modules:
 - Autism awareness and Autism and Mental Health

Making Every Contact Count

'Making Every Contact Count' (MECC) is a healthy conversation skills training course, approved by the Royal Society of Public Health (RSPH).

Target Group:

Frontline staff have the opportunity to recognise appropriate times and situations in which to engage with children, young people and families, and help them on the pathway to improving their mental and physical health and wellbeing. This course is available for anyone who works or volunteers in Health and Social Care, Education, Youth or Community services.

Aim:

The course explores how we interact with people during opportunistic and brief contacts to talk about wellbeing and behaviour change. These skills can be used with family, colleagues or patients in a community or hospital setting. Having these healthy conversation skills will give confidence to empower people to take greater responsibility for their own lifestyle choices and activities that have a positive impact on health.

Course Type:

MECC is an interactive course where delegates explore different approaches to healthy conversations; develop questioning styles and techniques that are proven to support behaviour change.

The MECC Lite training is a 3 hour course. A RSPH Certificate of Attendance will be issued upon completion.

The Full MECC Training consists of 2 x 3 hour courses. You need to attend both sessions and in between these, the MECC e-learning which has 4 modules is to be completed in the delegates own time. A RSPH Certificate in Healthy Conversation Skills will be issued upon completion.

Date	Course Title	Time	Location
Wednesday 4th March	MECC Lite	9:30am – 12:30pm	Atrium Seminar Room, Frimley Park Hospital, Portsmouth Road, Frimley, Surrey, GU16 7UJ
Tuesday 17th March	MECC Lite	9:00am – 12:00pm	PGMC (Seminar Room 2), Wexham Park Hospital, Slough, SL2 4HL
Thursday 16th April	MECC Lite	1:00am –4:00pm	PGMC (Seminar Room 2), Wexham Park Hospital, Slough, SL2 4HL
Thursday 30th April	MECC Lite	2.30pm –5.30pm	Atrium Seminar Room, Frimley Park Hospital, Portsmouth Road, Frimley, Surrey, GU16 7UJ
Wednesday 6th May	MECC Lite	9:00am – 12:00pm	PGMC (Seminar Room 2), Wexham Park Hospital, Slough, SL2 4HL
Friday 22nd May	MECC Lite	9:30am – 12:30pm	Atrium Seminar Room, Frimley Park Hospital, Portsmouth Road, Frimley, Surrey, GU16 7UJ
Wednesday 10th June	MECC Lite	9:30am – 12:30pm	Atrium Seminar Room, Frimley Park Hospital, Portsmouth Road, Frimley, Surrey, GU16 7UJ
Wednesday 8th July	MECC Lite	1:30am –4:30pm	Atrium Seminar Room, Frimley Park Hospital, Portsmouth Road, Frimley, Surrey, GU16 7UJ

* To find out more about the Full MECC training including further course dates for 2020 or to book a place on a MECC Lite course, please email esther.audsley@nhs.net

MindEd e-learning - Young people and mental health www.minded.org.uk

MindEd is funded by the Department of Health and the Department for Education. It offers a range of e-learning modules on the mental health of children and young people - what goes wrong and what can be done to help. It provides a wealth of information on child development, how problems show and practical insights into when to be concerned, what to do and when to refer on to specialists.

MindEd will help you become informed and better equipped when dealing with children and young people. It is aimed at anyone working or volunteering regularly with children or young people, 0-18 years of age. There are a range of materials extending from the general level to more specialised levels.

All of the e-learning topics in MindEd can be completed as a 'one off' or 'stand-alone' learning experience. Alternatively, you can sign up to the MindEd learning community and complete several sessions or begin a learning path. Creating an account means that your activity will be recorded in a personal learning account. It also means you have the option to print certificates to evidence your learning.

The more actively you reflect on the cases and different learning materials in MindEd, the better equipped you will become to support the development of young healthy minds.

A good place to start is www.minded.org.uk - **MindEd Core Content (Universal)** as this introduces the MindEd content and will help you to navigate your way around the site.



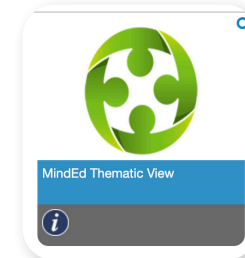


Learning Paths include:

Learning Path	Description
Children and Young People's Mental Health	This a foundation learning path with modules based around the basics (e.g introducing child development), knowledge (e.g culture, beliefs and mental health) and skills (e.g working with strong emotions).
Anna Freud Centre, Link Programme	This includes modules split into 4 sections: <ul style="list-style-type: none"> • Section 1: Overview of children and young people's mental health (introductory level), • Section 2: Clinical management of mental health, • Section 3: Joint working to improve outcomes, • Section 4: Measurement and Evaluation to Inform Practice.
Education	This includes further links to the learning paths for general school staff, Mental Health Leads, Mental Health 'Champions', Talented Teachers programme and early years.
Health	This includes further links to the learning paths for General Practitioners, Occupational Therapists, Paediatricians and Nurses.
Social Care	This will appear as a youth justice learning path but the modules on offer are actually broader including topics like secondary school presentations, mild to severe learning disabilities or children adopted or in care. Modules are based around the basics (e.g social development), knowledge (e.g substance misuse) and skills (e.g communicating with families).
Voluntary	This includes further links to the learning paths for Girlguiding, The Scout Association and Innercycle. Again the modules are much broader and applicable to all voluntary sector organisations.

This shows modules based on the following themes:

2. Thematic View – see www.minded.org.uk then click on



Wellbeing	Risky behaviour and self-care	Engagement, assessment, and types of interventions for children and young people
Transitions	Promotion of mental health and wellbeing	Eating behaviours, body image and feeding problems
Thinking clearly, making sense of things we see and hear	Physical coordination and organisation	Digital lives of young people and adults
Therapies and treatments including medication	Participation of children, young people and parents	Concentration
Substances and their impact	Parents and parenting difficulties	Communication
Stressful events and life circumstances	Organisation and design of services	Body movements and speech
Special circumstances	Measuring outcomes during delivery of care	Body sensations
Sleep	Looked after children, fostered or adopted	Bodily habits
Services and professionals	Learning	Behaviour
School refusal	Gender and sexuality development	Attachment and relationship formation
Safeguarding and legal issues	Feelings	Assessments
Relationships and families, development and difficulties	Evidence and evidence-based practice	Cultural diversity, understanding and supporting equality in care

Psychological Perspectives in Education and Primary Care (PPEPCare)

Psychological Perspectives in Education and Primary Care (PPEPCare) training has been designed to help staff/volunteers in the CYP workforce to:

- Recognise and understand mental health difficulties in children and young people.
- Offer appropriate support and guidance to children, young people and their families using psycho-education and relevant psychological techniques (e.g. using a cognitive behavioural framework).

Training consists of instructive teaching, experiential learning, group discussion and DVD material. All the training is delivered by appropriately qualified and supported staff from local CAMHS and local authority services.

All of the PPEPCare modules have been developed following consultation with primary healthcare professionals (including GPs), teachers and other school staff. Teaching materials have been written by national and international experts and evidence based and based on the most up to date research.

The training is not designed to turn primary care and school staff into psychological therapists, but does provide opportunities to develop your knowledge, skills and confidence to talk about and work with the common mental issues that young people present with, within your current role.

PPEPCare Modules

- Overview of common Mental Health issues in Children and Young People
- NOW – Having constructive conversations with distressed young people
- Supporting young people with low mood
- Supporting young people with anxiety
- Supporting young people who self-harm
- Behavioural Difficulties: Supporting children and their parents via a parenting intervention
- Overcoming childhood (under 12s) anxiety
- Supporting young people with eating disorders
- Promoting Resilience in children & young people
- Supporting children and young people with obsessive compulsive disorder (OCD)
- Supporting children and young people with specific phobia
- Supporting children with separation anxiety disorder (SAD)
- Supporting young people with post-traumatic stress disorder (PTSD)
- Autism awareness and Autism and Mental Health (see also set of central dates on page 16)

There are currently three different delivery methods (ways to access the training) across East Berkshire

- A. Bespoke training via central PPEPCare team
- B. Slough schools can use allocated time via traded offer from the Education Psychology Teams for delivery of PPEP care modules
- C. Central dates for CYP workforce in the Royal Borough of Windsor and Maidenhead – via a set of central dates

A. Bespoke training via central PPEPCare team

The training can be delivered in a flexible fashion to suit your needs and time available. Trainers can travel to GP surgeries, hospitals, schools and other appropriate locations and sessions are delivered by specially trained local CAMHS staff. There is also training available that has been tailored for foster carers.

For further information and to discuss your training needs please email:

PPEPCare@berkshire.nhs.uk or lisa.thomson@berkshire.nhs.uk (PPEPCare Training Lead Berkshire)

Post training, teams are offered a follow up consultation session where alongside the trainer, teams explore the usefulness of the training in practice using the team's experience of using them with children and young people in their setting.

B. Slough schools can use allocated time via traded offer from the Education Psychology Teams

For schools in Slough that have a traded allocation from the Education Psychologist Team, you can use any traded allocation for the delivery of PPEPCare modules. Please note some of the more specialist modules may not be available via this route e.g. supporting young people with eating disorders.

Please speak direct with the Educational Psychologist linked to your school to arrange PPEPCare training in your school.

C. Central dates for CYP work force in the Royal Borough of Windsor and Maidenhead

Date	Course Title	Time	Location
Thursday 26th March 2020	Supporting young people with depression using behavioural activation techniques	1:30am –4:30pm	Desborough Suite 2, Town Hall, St Ives Road, Maidenhead, SL6 1RF
Tuesday 28th April 2020	Supporting young people who Self-Harm	1:30am –4:30pm	Council Chamber, Town Hall, St Ives Road, Maidenhead, SL6 1RF
Thursday 14th May 2020	Overcoming Childhood Anxiety: Using Cognitive Behavioural Approaches (Primary School Age)	1:30am –4:30pm	Ascot/Bray Rooms, Town Hall, St Ives Road, Maidenhead, SL6 1RF
Thursday 11th June 2020	Promoting Resilience in children & young people	1:30am –4:30pm	Council Chamber, Town Hall, St Ives Road, Maidenhead, SL6 1RF

- * Please book your place via the [link](#)
- * Places are limited and will be allocated on a first come first serve basis.
- * For any queries or if you need to cancel please contact: Fozia Salar, Business Support on 01628 796688 or email edpsych@achievingforchildren.org.uk.
- * Please note places are free however non-attendance will be charged at £75 per session, unless prior notice (minimum 24 hrs notice) has been given. (RBWM policy)

Youth Mental Health First Aid (2 day course) – Mental Health First Aid England

This two day course qualifies you as a Youth Mental Health First Aider and you will be required to attend both days.

Target Group:

It is aimed at professionals and volunteers working within the CYP workforce (supporting young people aged 8-18) in East Berkshire, to teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so you can speed up a young person's recovery and stop a mental health issue from getting worse.

Aims and Objectives:

This course will give you:

- An in-depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate
- Ability to support a young person with a long term mental health issue or disability to thrive
- Tools to look after your own mental wellbeing

This course won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis - and even potentially stop a crisis from happening. This course will also give you the information and skills to look after your own mental health so that you can set an example for young people.



MHFA England

Date	Course Title	Time	Location	Book
Monday 9th & Tuesday 10th March 2020	Youth Mental Health First Aid- 2 day course	9.30am – 5.30pm	Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Click Here
Tuesday 21st & Wednesday 22nd April 2020	Youth Mental Health First Aid- 2 day course	9.30am – 5.30pm	Arbour Park Stoke Road, Slough, SL2 5AY	Click Here
Monday 11th & Tuesday 12th May 2020	Youth Mental Health First Aid- 2 day course	9.00am – 5.00pm	Windsor Youth & Community Centre, Alma Road, Windsor, SL4 3HD	Click Here
Tuesday 19th & Wednesday 20th May 2020	Youth Mental Health First Aid- 2 day course	9.30am – 5.30pm	Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Click Here
Wednesday 10th & Thursday 11th June 2020	Youth Mental Health First Aid- 2 day course	9.30am – 5.30pm	The Curve, William Street, Slough, SL1 1XY	Click Here
Wednesday 1st & Thursday 2nd July 2020	Youth Mental Health First Aid- 2 day course	9.00am – 5.00pm	Marlow Rd Youth & Community Centre, Maidenhead, SL6 7YR	Click Here
Wednesday 8th & Thursday 9th July 2020	Youth Mental Health First Aid- 2 day course	9.30am – 5.30pm	Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Click Here

- * Please book your place via the links. Places are limited and will be allocated on a first come first serve basis.
- * For any queries or if you need to cancel please email cypmhtraining.eastberks@nhs.net
- * Please note places are free however non-attendance will be charged at £50 per session, unless prior notice has been given, please see our [cancellation policy](#) for more details.

LGBTQ+ Basic Awareness & Intermediate Mental Health Training

Delivered by NHS Sussex Partnership, this full day workshop is split into two modules covering LGBTQ+ basic awareness training in the morning and then LGBTQ+ intermediate mental health training in the afternoon.

LGBTQ+ young people are often still exploring their own sense of self and identity. Despite improving social attitudes in general towards LGBTQ+ people in the UK, negative attitudes remain widespread. Homophobic, biphobic and transphobic victimisation and bullying, for example, are key risk factors for poor mental health in LGBTQ+ people. In part due to the negative impact of discrimination and marginalisation, both direct and indirect, many young people and adults still feel afraid to disclose their sexuality or gender identity and to 'come out' – being unable to do so often increases their risk of physical and mental health problems.

Unfortunately, at the moment there is no reliable prevalence data available on how many LGBTQ+ children and young people there are in the general population. However, LGBTQ+ young people are known to have higher rates of poor mental health (including depression and anxiety), self-harm and suicide than their non-LGBTQ+ counterparts. Data from Stonewall shows that nearly one in four LGBTQ+ young people have tried to take their own life at some point and more than half deliberately harm themselves.

Many young LGBTQ+ people say that they do not have an adult they can turn to or confide in. As advocates, people who work in education, healthcare or in the community can play a key role in improving this situation.

Target Group:

This course is aimed at professionals and volunteers within the CYP workforce in East Berkshire, who work with LGBTQ+ individuals. This includes but is not limited to:

- Education settings
- Youth and Community services
- Health and Social Care
- NHS Staff in Primary Care, Community Care, Acute Care (including CAMHS & Mental health services)



Aims and Objectives:

Our objective is to help the organisations, teams and individuals who work with the LGBTQ+ community to:

- Improve their awareness of the difficulties and mental health issues faced by LGBTQ+ individuals
- Improve their abilities and confidence in providing support to overcome these

After the training workshop participants will have the following skills:

- Increased awareness of LGBTQ+ identity and issues
- Increased awareness of LGBTQ+ mental health issues
- Ability to discuss LGBTQ+ issues and to understand its complexity
- Confidence to work with people who present as LGBTQ+ and with mental health issues

Date	Course Title	Time	Location	Book
Thursday 30th April 2020	LGBTQ+ Basic Awareness & Intermediate Mental Health Training Workshop	9.30am – 4.30pm	Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Click Here
Thursday 4th June 2020	LGBTQ+ Basic Awareness & Intermediate Mental Health Training Workshop	9.30am – 4.30pm	Grnd Floor, Slough Borough Council, Observatory House, 25 Windsor Road, Slough, SL1 2EL	Click Here

- * Please book your place via the links. Places are limited and will be allocated on a first come first serve basis.
- * For any queries or if you need to cancel please email cypmhtraining.eastberks@nhs.net
- * Please note places are free however non-attendance will be charged at £50 per session, unless prior notice has been given, please see our [cancellation policy](#) for more details.

Autism Awareness/Autism and mental health - PPEPCare (Psychological Perspectives in Education and Primary Care)

Autism is a neuro-developmental condition that affects how you see the world and how you interact with other people. Just like anyone else, autistic people can have good mental health. However, people with autism do often experience mental health problems. It is estimated that 71% of people with autism also have mental health difficulties.

This full day workshop is split into two modules covering autism awareness training in the morning and then autism and mental health training in the afternoon.

Autism Awareness will help you to:

- Develop a broad understanding children and young people on the Autism spectrum, in terms of key features and issues
- Better understand the world through the eyes of a child or YP with Autism
- Better understand how best to support using a number of practical strategies including exploring helpful communication styles and environmental changes

Autism and Mental Health will help you to explore:

- The relationship between autism and mental health
- The way in which mental health problems develop and present in children and young people with Autism, with a particular focus on anxiety, depression and obsessive compulsive disorder (OCD)
- Ways to support young people and their families with Autism and mental health difficulties, with a particular focus on cognitive behavioural therapy (CBT) strategies and including a number of different techniques to manage and regulate emotions

Date	Course Title	Time	Location	Book
Monday 27th April 2020	Autism Awareness/Autism and mental health - PPEP care module	9.00am – 5.00pm	Upton Hospital, Albert Street, Slough, SL1 2BJ	Click Here
Wednesday 20th May 2020	Autism Awareness/Autism and mental health - PPEP care module	9.00am – 5.00pm	Upton Hospital, Albert Street, Slough, SL1 2BJ	Click Here
Tuesday 9th June 2020	Autism Awareness/Autism and mental health - PPEP care module	9.00am – 5.00pm	Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR	Click Here
Friday 3rd July 2020	Autism Awareness/Autism and mental health - PPEP care module	9.00am – 5.00pm	St Mark's Hospital, St Mark's Rd, Maidenhead, SL6 6DU	Click Here

* For any queries or if you need to cancel please contact PPEPCare@berkshire.nhs.uk

Understanding ADHD: Current Research and Practice - Future Learn www.futurelearn.com

Future Learn is private company jointly owned by The Open University and The SEEK Group. The Open University have 50 years of experience in distance learning and online education. They have hundreds of partners from around the world. These include many of the best UK and international universities. This specific course has been developed by Kings College London.

Access to the course is free for its duration (20th April 2020) + 14 days, regardless of when you join.

This course is for people with ADHD and anyone working with children and adults with ADHD. This includes parents and close family members, teachers, and educational (learning disability) assessors in schools and higher education and occupational therapists.

Overview

What is attention deficit hyperactivity disorder (ADHD)? What are the symptoms of ADHD? How is ADHD diagnosed? Get answers with this course that features fundamental information about ADHD, as well as the latest ADHD research.

Through the course you will learn about ADHD as a developmental disorder, considering controversies related to the condition. You will learn about the diagnosis and best practice treatment of ADHD as you build your empathy towards people with ADHD. You will also learn practical strategies to help the educational and personal development of people with ADHD.

Start date: 20th April 2020

Every run of a course on Future Learn has a set start date but you can join it and work through it after it starts. The duration of the course is for 4 weeks with 2 hours study per week.

Course content

- What ADHD is, and the controversies raised by the concept of ADHD
- Latest neuroscientific and psychiatric research based on the mechanisms, symptoms and impairments of ADHD
- ADHD as a developmental disorder throughout the lifespan: genes, environments (protective and risk factors)
- Latest neuroscientific and psychiatric research based on the various means of screening and assessing for child ADHD
- Latest neuroscientific and psychiatric research based on the mechanisms, diagnosis and treatment of adult ADHD
- Understanding best practice in treatment for ADHD mechanisms and efficacy of psychosocial treatments, pharmacological treatments
- Supporting positive outcomes for those with ADHD and their families

By the end of the course, you'll be able to:

- Discuss the prevalence and impact of ADHD in children, adolescents and adults
- Discuss ADHD as a disorder and how it differs from normal behaviour
- Be able to critically assess key factors in the conceptualisation and understanding of the disorder
- Discuss the core challenges faced by those with ADHD, their families and relevant professionals
- Discuss wider issues related to ADHD, such as labelling and stigma from multiple perspectives
- Demonstrate an empathic understanding of the experiences of people living with ADHD
- Describe core principles, tools and techniques used in the screening and diagnosis of ADHD, and the factors that may impact on the accuracy of a diagnosis
- Explain how ADHD is distinguished from, and relates to, other common neurodevelopmental, behavioural and mental health problems
- Reflect upon and discuss current evidence for the genetic and environmental vulnerability for ADHD, and associated neurological mechanisms for ADHD
- Critically discuss the current evidence base for both pharmaceutical and non-pharmaceutical interventions for ADHD
- Evaluate the rationale, mechanism, and limitations of the primary medical and psychosocial treatments for ADHD
- Evaluate practical strategies to support the educational and personal development of those living with ADHD
- Be able to identify resources and relevant support services for those living with ADHD
- Evaluate the biological and environmental risk factors for ADHD

A reminder about the Five Ways to Wellbeing

The Five Ways to Wellbeing are simple actions people can do in their everyday life to feel good and function well.

The Five Ways to Wellbeing Framework was developed by the New Economics Foundation as a set of five evidence based actions that promote wellbeing.

Based on the latest scientific evidence the simple actions, if taken regularly, can improve wellbeing and enhance quality of life.

They are simple actions you can encourage and support children and young people to do in their everyday life to feel good and function well.

Each action can be undertaken individually or collectively as part of everyday activity.

Although we can support young people to be happy and healthy through the work we do, they have the best chance of being able to stay happy throughout their lives if they learn how to take responsibility for their own wellbeing. The biggest difference we can make is to give young people the awareness and skills to look after and think about their own wellbeing.

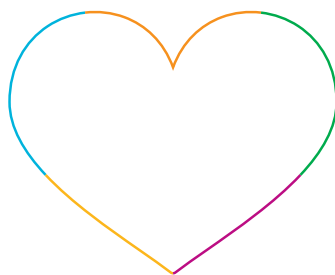
✓ Connect

✓ Give

✓ Be active

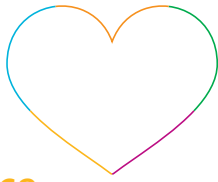
✓ Take Notice

✓ Keep Learning



The Five Ways to Wellbeing

- ✓ Connect
- ✓ Give
- ✓ Be active
- ✓ Take Notice
- ✓ Keep Learning



The Five Ways to Wellbeing

Connect - Make time each day to connect.
Smile, you might get a smile back.

Connect with the people around you.

With family, friends, colleagues and neighbours. At home, work, school or in your local community. By staying connected and nurturing these relationships we feel happier and more secure, giving a better sense of purpose.

Give - Giving to others is good for you.

Do something for someone else.

Thank someone. Volunteer your time or join a community group. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and create connectedness with the people around you.

Be Active - Bring activity into the everyday = take the stairs, get off one stop early or go for a ten minute walk.

Go for a walk or a run.

Step outside. Cycle. Play a game. Garden. Dance. Discover a physical activity you enjoy and suits your lifestyle and level of mobility and fitness. Scientists confirm physical activity can help maintain wellbeing and good mental health.

Take Notice - Be aware of the world around you and what you are feeling.

Be curious.

Catch sight of the beautiful. Notice the changing seasons. Savour the moment whether you are walking to work, eating lunch or talking to friends. Notice how you are feeling and thinking.

Keep learning - Try something new like yoga, sudoku, meditation, cooking or learning a new language.

Try something new.

Rediscover an old interest. Sign up for that course. Take on a new responsibility. Setting yourself a new challenge and learning new skills will make you more confident as well as being great fun.

Useful websites for continual professional development



Raising awareness



fighting depression

Newsletter the latest news from the Trust and features on mental health, out twice a year.

Resources View, download or order hard copies of free booklets and posters for children, young people and professionals there are resources for schools and families, colleges and universities, the workplace and GPs and Primary Care.

E-learning resource for Further Education College Staff.



**Anna Freud
National Centre for
Children and Families**

Schools in Mind Network - A free network for school staff and allied professionals which shares practical, academic and clinical expertise regarding the wellbeing and mental health issues that affect schools.

Resources for schools - Child mental health experts have developed a booklet series aimed at supporting all staff working in school settings.

On my mind is designed to empower young people to make informed choices about the mental health support they want, the treatments they receive and the outcomes they desire. The free digital resources are designed for use by children and young people between the ages of 10 – 25.

Resources - The YoungMinds resources library is full of useful toolkits, publications, reports and policy information about children and young people's mental health.

360° Schools' Community - By joining our 360 Schools' Community, you'll receive e-newsletters packed with free teaching resources, videos, tips and examples of good practice in mental health and wellbeing from other professionals straight to your inbox.

Projects:

Beyond Adversity Campaign – Includes the latest evidence, insight and good practice to support practitioners to prioritise adversity and trauma-informed care across England.

No Harm Done toolkits, videos and guides to getting through self harm and coming out the other side.

Cancellation Policy

If you wish to cancel a place on this training course, we require a minimum of 7 working days' notice before the course date.

Notice can be given by email to cypmhtraining.eastberks@nhs.net

By booking this course, you are agreeing that if you cancel without 7 working days' notice or do not attend, your organisation will be invoiced a cancellation fee of £50 per person.

If you cannot attend, you may delegate another person to attend in your place, please contact us at cypmhtraining.eastberks@nhs.net with details of the person attending as soon as possible. In this case your organisation will not be charged a cancellation fee.

* Only applies to Youth Mental Health First Aid (2 day course) and LGBTQ+ Basic Awareness & Intermediate Mental Health Training

