

CAMHS Mental Health Support Team (MHST) / Getting Help Team

Emotional Health & Wellbeing Webinar and Resources Programme Offer for Education Settings and Wider Partners

October 2021 – January 2022

As part of the CAMHS offer for early intervention we are pleased to offer the Autumn/Winter 2021 resources and webinars programme for education settings and wider partners in East Berkshire

In response to education staff and professionals requesting further mental health and wellbeing webinars, we are launching a 'series four' set of webinars. The themes are: **building staff resilience, the teen brain and self-harm. Please note places are limited so please book asap.**

For ease we have incorporated the Clinical Commissioning Group (CCG) Workforce Offer into this programme.

What follows is a menu of opportunities which offer education settings and other professionals the opportunity to enhance their knowledge around early intervention children and young people's mental health issues. We have worked together with some of our key partners to help us to support you to support the children, young people and families you work with.

This offer contains the following information:

1. **SHaRON Digital Platform (hosted by Berkshire Healthcare CAMHS)**
2. **Webinar Programme**
3. **Emotional Health & Wellbeing information from Bracknell Forest, Slough and RBWM**
4. **Kooth Resources and Webinars**
5. **No 22 - Youth Counselling Service (RBWM and Slough)**
6. **Youthline – Young People's Counselling Service**
7. **PPEP Care Training**
8. **Clinical Commissioning Group (CCG) Workforce Offer**
9. **Other Local Resources**
10. **National Resources**

We hope you find the webinars and resources provide a good learning experience on children and young people's mental health and emotional wellbeing.

1. SHaRON Digital Platform

SHaRON for Professionals is an online network for education professionals providing peer support and access to resources 24/7 on mental health and wellbeing to enable you to support children and young people. SHaRON stands for Support Hope and Resources On-Line Network. The newly launched SHaRON for Professionals platform provides support specifically for Education Professionals.

The new SHaRON for Professionals platform consists of education professionals like you as well as peer and clinical moderators (from Berkshire Healthcare CAMHS and staff from local authorities).

The platform can support

- Knowledge sharing: platform members can share resources, learning and information from across education to support CYP mental health
- Connecting with others: members can build their personal and professional networks by connecting with other education staff from across East Berkshire
- Remote collaboration: a central location for documents, files and other team resources allows teams working across dispersed geographies or different office locations to collaborate and participate more easily.

As we are building our community of practice the SHaRON platform will be the heartbeat of the network and will be the 'go to' place for information on CYP mental health.

We are inviting staff who have a lead for CYP mental health to join the platform. This could be a SENCO, Pastoral Lead, PHSE lead, Designated Safeguarding Lead or SLT member.

To sign up for access to SHaRON for Professionals please email a request to: CAMHSGettingHelpEast@berkshire.nhs.uk

2. Webinar Programme

Our webinar series is being delivered in collaboration with a range of partners. We aim to make these as interactive as possible so professionals can strengthen their knowledge and skills at all levels. All webinars will be hosted via the Microsoft Teams platform and presented by staff from the CAMHS Mental Health Support Team (MHST) and the Getting Help Team (GHT).

Date	Time	Theme	Description	Audience	Presenter / Facilitator	Enrolment Details
Tuesday 12 October 2021	3.30 – 5.00	The Teen Brain	John Coleman will outline the major changes that take place in the teenage brain. He will consider the challenges and opportunities that arise as a result of these changes, and the session will cover the management of stress, mental health and sleep . The session will identify new research findings and will consider the implications of this new knowledge for professionals in their work with young people.	All education settings and professionals working with children, young people (12 years and above) and families.	Presenters: John Colman, Formerly Senior Research Fellow, University of Oxford, Visiting Professor University of Bedfordshire, Charlie Waller Trust and Lisa Thomson, PPEPCare Training Lead BHFT & Charlie Waller Trust Facilitator: Hannah Forde, EMHP, Slough MHST, CAMHS, Berkshire Healthcare	To book a place please click here .
Wednesday 13 October 2021	3.30 – 4.30	Understanding and Responding when Young People Self Harm	This webinar will help you better understand why young people self-harm, give tips on how best to respond and support them. If need be how you can access the right support.	All education settings and professionals working with children, young people (12 years and above) and families.	Presenters: Marie Duffield, Team Lead and Andrew Royle, Advanced Mental Health Practitioner, Rapid Response Team, CAMHS, Berkshire Healthcare Facilitator: Pete Saunders, Senior Psychological Therapist & Clinical Supervisor, Bracknell MHST, CAMHS, Berkshire Healthcare	To book a place please click here
Tuesday 19 October 2021	3.30 – 5.00	The Teen Brain	John Coleman will outline the major changes that take place in the teenage brain. He will consider the challenges and opportunities that arise as a result of these changes, and the session will cover the management of stress, mental health and sleep . The session will identify new research findings and will consider the implications of this new knowledge for professionals in their work with young people.	All education settings and professionals working with children, young people (12 years and above) and families.	Presenters: John Colman, Formerly Senior Research Fellow, University of Oxford, Visiting Professor University of Bedfordshire (Charlie Waller Trust) and Lisa Thomson PPEPCare Training Lead BHFT & Charlie Waller Trust Facilitator: Sadie Bansal, EMHP, Slough MHST, CAMHS, Berkshire Healthcare	To book a place please click here

Date	Time	Theme	Description	Audience	Presenter / Facilitator	Enrolment Details
Thursday 21 October 2021	3.00 – 5.30	Resilience and Wellbeing Interactive Workshop for education staff (Secondary)	By the end of this workshop, participants will: <ul style="list-style-type: none"> • Have reflected on the factors that have an impact on their wellbeing and resilience. • Understand models that can support a better balance of work, life and energy in a sustained way, throughout the academic year. • Identify personal changes they can make to improve their own wellbeing 	All education settings working with children, young people and families.	<p>Presenter: Dr Emma Kell has over 20 years' experience as a teacher and leader in UK secondary schools and is a qualified Performance Coach. Emma speaks regularly on teacher wellbeing, recruitment and retention as is a TEDx Norwich speaker. She writes for a variety of publications including TES and BBC Teach. Emma has completed a doctorate on teacher well-being and parenting at Middlesex University. Emma is author of How To Survive in Teaching (Bloomsbury, 2018) and A Little Guide For Teachers: Wellbeing and Self-Care</p> <p>Facilitator: Mellan Smart, CYP's Psychological Wellbeing Practitioner, Getting Help Team (RBWM & Bracknell), CAMHS, Berkshire Healthcare</p>	<p>Please note this workshop has a maximum capacity of 16 participants.</p> <p>To book a place please click here</p>
Tuesday 2 November 2021	9.30 – 12.00	Resilience and Wellbeing Interactive Workshop for education staff (Early Years & Primary)	By the end of this workshop, participants will: <ul style="list-style-type: none"> • Have reflected on the factors that have an impact on their wellbeing and resilience. • Understand models that can support a better balance of work, life and energy in a sustained way, throughout the academic year. • Identify personal changes they can make to improve their own wellbeing 	All education settings working with children, young people and families.	<p>Presenter: Dr Emma Kell has over 20 years' experience as a teacher and leader in UK secondary schools and is a qualified Performance Coach. Emma speaks regularly on teacher wellbeing, recruitment and retention as is a TEDx Norwich speaker. She writes for a variety of publications including TES and BBC Teach. Emma has completed a doctorate on teacher well-being and parenting at Middlesex University. Emma is author of How To Survive in Teaching (Bloomsbury, 2018) and A Little Guide For Teachers: Wellbeing and Self-Care</p> <p>Facilitator: Eleni Tontikidou, Trainee CYP Psychological Wellbeing Practitioner, Getting Help Team (RBWM), CAMHS, Berkshire Healthcare</p>	<p>Please note this workshop has a maximum capacity of 16 participants.</p> <p>To book a place please click here</p>

Date	Time	Theme	Description	Audience	Presenter / Facilitator	Enrolment Details
Tuesday 23 November 2021	3.00 – 5.30	Resilience and Wellbeing Interactive Workshop for education staff (Early Years & Primary)	By the end of this workshop, participants will: <ul style="list-style-type: none"> • Have reflected on the factors that have an impact on their wellbeing and resilience. • Understand models that can support a better balance of work, life and energy in a sustained way, throughout the academic year. • Identify personal changes they can make to improve their own wellbeing 	All education settings working with children, young people and families.	<p>Presenter: Dr Emma Kell has over 20 years' experience as a teacher and leader in UK secondary schools and is a qualified Performance Coach. Emma speaks regularly on teacher wellbeing, recruitment and retention as is a TEDx Norwich speaker. She writes for a variety of publications including TES and BBC Teach. Emma has completed a doctorate on teacher well-being and parenting at Middlesex University. Emma is author of How To Survive in Teaching (Bloomsbury, 2018) and A Little Guide For Teachers: Wellbeing and Self-Care</p> <p>Facilitator: Megan Heraty, EMHP, Slough MHST, CAMHS, Berkshire Healthcare</p>	<p>Please note this workshop has a maximum capacity of 16 participants.</p> <p>To book a place please click here</p>
Wednesday 24 November 2021	11.30 -12.30	Understanding and Responding when Young People Self Harm	This webinar will help you better understand why young people self-harm, give tips on how best to respond and support them. If need be how you can access the right support.	All education settings and professionals working with children, young people (12 years and above) and families.	<p>Presenters: Marie Duffield, Team Lead and Andrew Royle, Advanced Mental Health Practitioner, Rapid Response Team, CAMHS, Berkshire Healthcare</p> <p>Facilitator: Katie Jones, CWP Supervisor – RBWM Getting Help Service, CAMHS, Berkshire Healthcare</p>	To book a place please click here
Monday 29 November 2021	9.30 – 12.00	Resilience and Wellbeing Interactive Workshop for education staff (Secondary)	By the end of this workshop, participants will: <ul style="list-style-type: none"> • Have reflected on the factors that have an impact on their wellbeing and resilience. • Understand models that can support a better balance of work, life and energy in a sustained way, throughout the academic year. • Identify personal changes they can make to improve their own wellbeing 	All education settings working with children, young people and families.	<p>Presenter: Dr Emma Kell has over 20 years' experience as a teacher and leader in UK secondary schools and is a qualified Performance Coach. Emma speaks regularly on teacher wellbeing, recruitment and retention as is a TEDx Norwich speaker. She writes for a variety of publications including TES and BBC Teach. Emma has completed a doctorate on teacher well-being and parenting at Middlesex University. Emma is author of How To Survive in Teaching (Bloomsbury, 2018) and A Little Guide For Teachers: Wellbeing and Self-Care</p> <p>Facilitator: Kathryn Nunn, Lead Administrator, Slough MHST and getting Help Team, CAMHS, Berkshire Healthcare</p>	<p>Please note this workshop has a maximum capacity of 16 participants.</p> <p>To book a place please click here</p>

Should you have any queries regarding signing up for these webinars please contact: Allison Bradshaw CAMHS MHST/GHT Project Manager
allison.bradshaw@berkshire.nhs.uk Mob: 07773 093300

3. Emotional Health & Wellbeing information - Bracknell Forest, Slough and RBWM local authorities

3.1 For RBWM staff only - a 5-week course for parents/carers:

RBWM Wellbeing Team: Managing My Child's Anxiety Course for Parents/Carers

This online course has been created by the Wellbeing Team in The Royal Borough of Windsor and Maidenhead for parents of children who are experiencing anxiety. The course was developed using key concepts from the book; *Helping Your Child with Fears and Worries*; by Lucy Willetts and Cathy Creswell. The aim of the programme is to help parents build a range of CBT informed (Cognitive Behavioural Therapy) strategies to help them and their child manage their anxiety to increase their sense of wellbeing.

The course is intended for parents who have been referred specifically for support from the Wellbeing Team through the Early Help Hub. Referral to the service and intervention can be actioned via the school and the Wellbeing Team link practitioner or via a self-referral through the Early Help Hub.

Direct link <https://rbwm.afcinfo.org.uk/pages/community-information/information-and-advice/training-and-support/online-parent-course-2020>

Alternatively you can go to: https://rbwm.afcinfo.org.uk/community_information

NEW! The Educational Psychology Service have developed a training session on Understanding and Supporting Bereaved Children and Young People: A Guide for School Staff. For further information please follow this link:

https://drive.google.com/file/d/1-kIY3I9UKPI4zAWpFCztea8Mm0T6YAqH/view?usp=drive_web

2022 Emotional Wellbeing Champions programme

The Wellbeing Team invite you to take part in the **2022 Emotional Wellbeing Champions** programme. The programme supports schools to develop a positive culture around mental health. Workshops offer students the opportunity to further their knowledge and create their own anti-stigma campaigns within their school.

Are you interested in taking part in this flagship event?

If so, you will need to identify six students (years 7-9) from your school to join other middle and secondary schools from RBWM. You will also need to identify one member of staff with an interest in mental health and a strong commitment to support the students throughout the school year with the implementation of their campaigns.

Email emily.try@achievingforchildren.org.uk for more information and booking details

3.2 For Bracknell- Forest staff only – webinars for education professionals:

Bracknell Forest Educational Psychology Service are pleased to be able to offer the following training and supervision as part of Wellbeing for Education Recovery.

Group Supervision sessions

Small group reflective supervision sessions for staff in school who have responsibility for supporting mental health and wellbeing. These sessions will be facilitated by an Educational Psychologist and will provide a safe space where you can reflect on decision making and explore issues around supporting those who have been adversely affected by the pandemic. There will be the flexibility to explore both individual cases as well as whole school approaches and to consider psychological approaches to supporting wellbeing. The sessions will also provide emotional support and the opportunity to explore emotions and concerns related to your role in a safe space.

Sessions will run half-termly until Easter 2022 and are bookable through CanDo:

Start Oct 4th: <https://can-do.bracknell-forest.gov.uk/T152282>

Start Oct 5th: <https://can-do.bracknell-forest.gov.uk/T152312>

Start Oct 13th: <https://can-do.bracknell-forest.gov.uk/T152317>

Start Oct 14th: <https://can-do.bracknell-forest.gov.uk/T152328>

Webinars

A number of bitesize, pre-recorded webinars, accessible to all staff which focus on supporting wellbeing at an individual, group and whole setting level. Webinar streams will include:

- Resilience
- Re-establishing Relationships (A new normal)
- Anxiety
- Supporting Change and Loss

Webinars can be accessed when it is convenient for you and can be used flexibly by staff for personal development or used in whole staff training.

Webinars will be accessed through CanDo and will be released over the course of this term. Please ask your link Educational Psychologist or contact janet.bento@bracknell-forest.gov.uk for further details.

3.3 For Slough staff only – Education

Slough School Health & Wellbeing Project: Education Staff Wellbeing webpage

Information about local and national initiatives aimed at promoting education staff wellbeing plus workshops, advice and guidance for developing a whole school approach to staff wellbeing; all in one easily accessible place: [School Health & Wellbeing Project | Education Staff Wellbeing web page](#)

Slough School Health & Wellbeing Project: Education Staff Wellbeing Self Care Guide

This guide contains information, advice and guidance for staff to enable them to look after their own wellbeing. The guide follows a graduated approach with sources of additional support towards the end. There is also a section specifically for head teachers and school leaders. A copy of the guide can be found on the [School Health & Wellbeing Project | Education Staff Wellbeing web page](#)

Slough School Health & Wellbeing Project: Developing a Whole School Approach to Health and Wellbeing

The Slough Whole School Approach (WSA) to Health and Wellbeing framework and tools have been produced to help schools develop a whole school approach to promoting the health and wellbeing of pupils and staff. It is based on the Public Health England Whole School Approach model which is promoted by the Department for Education and encompasses key Department for Education guidance around health and wellbeing and also makes links to the [Ofsted Schools Inspection Handbook \(2021\)](#).

The Slough tools and guidance can be found on the [School Health & Wellbeing Project | Developing a Whole School Approach to Health and Wellbeing webpage](#) Schools who are part of the **Mental Health Support Team** initiative can also receive support with their WSA work from their Education Mental Health Practitioner.

Group Supervision for Designated Safeguarding Leads

Group Supervision for DSLs is a local initiative developed based on feedback from Slough DSLs, schools who participated in the WfER programme and evaluation of the reflective supervision pilot project. The group sessions will be facilitated by qualified counsellors and will provide a confidential, non-judgemental environment for participant to reflect on decision making, cases and outcomes and receive emotional support for associated worries and feelings. ‘Supervision’ is very different from ‘line management’ and focuses on building a safe space to support the development of knowledge, skills, confidence, and reflective practice in the workplace. To help DSL’s make informed judgements and sound decision making. The group discussions will provide emotional support for often isolated and demanding specialist roles/functions to discuss worries, and feelings. It is about the wellbeing of these members of staff as well as supporting them in their role and will make a valuable contribution to a whole setting approach to health and wellbeing.

Sessions will start from the week commencing 1st November 2021 from 4-5.30pm. There will be a nominal charge of £50 per session for the first place and £40 for additional places for DDSLs (a 20% discount). To register, please email Jatinder Matharu, Education Safeguarding Professional, Slough Borough Council, jatinder.matharu@slough.gov.uk

3.4 For all state schools and colleges - Department for Education funded Senior Mental Health Lead training

The DfE define a Senior Mental Health Lead as someone with a strategic leadership role in a school or college, responsible for overseeing the setting's whole school or college approach. They may be a teacher, pastoral lead, SENCO, deputy head or head. They are not a mental health professional, and should never be expected to diagnose mental health conditions, or deliver interventions.

The aim of the training is to provide the school or college's identified Senior Mental Health Lead with knowledge and skills to enable them to develop or introduce their setting's whole school approach to promoting and supporting mental health and wellbeing. The DfE have identified a number of providers to deliver the courses which they have quality assured. Schools and colleges will be asked to opt-in for grant funding (circa £1200) from September. The grant is a contribution to the cost of training and the hiring of supply staff whilst leads are engaged in learning. The opportunity is open to all state schools and colleges in England, with enough funds initially to reach approx. 7800 settings in 2021/22 which will be allocated to schools with an identified senior lead and the capacity to undertake training for the role before March 22.

Further information can be found here: [DfE - Senior Mental Health Leads training](#)

<https://www.creativeeducation.co.uk/courses/dfe-funded-training-for-mental-health-leads-information-session/>



[DfE funded training for Mental Health Leads – information session - Creative Education](#)

During this session, you'll hear the latest from the Department for Education about the funding for training being offered for mental health leads.

www.creativeeducation.co.uk

4. KOOTH Resources and Webinars

Kooth Overview

Kooth is a free online counselling and emotional well-being support service for young people. It is a safe, secure and anonymous way of young people accessing support with their emotional health and wellbeing needs from a professional team of qualified counsellors and emotional wellbeing practitioners. In addition to professional support there are a range of other supports such as discussion boards and magazines with peer to peer

and community elements. All of which are safe and secure and pre moderated. Kooth is commissioned in East Berkshire to provide free safe online counselling service to young people. Having a Kooth account ensures that users have access to a range of mental health and wellbeing services. Kooth operates out of hours service weekdays from 12 -10 pm and the weekend from 6pm to 10 pm 365 days a year. To find out more drop into one of the 'Discover Kooth Sessions'

Watch an intro video here : [Kooth overview video \(1 min\)](#)

4.1 Kooth- Upcoming webinars and campaigns in East Berkshire

a) Berkshire Discover Kooth – Brief drop in Sessions (Live Demo of the Kooth site)

The drop in sessions will provide professionals an insight of the Kooth service offer with a Demo of the site. The session will demo how Kooth is supporting young people with their mental health and wellbeing and how this can offer organisations increased capacity to support young people as part of a WRAP around initiative. The session will showcase each of the features on the site and the ways in which it is useful to a young person and why you might sign- post young people to Kooth. The webinars are aimed at professionals working with Students, Young people, Family support services, Police. GP practices, Primary schools with year 6 students aged 11 + Sports Clubs.

These are shorter webinars 20 mins and include :

- * Live tour of the site (15 mins)
- * Questions & Answers (5 mins)

Webinar Dates:

Dates for drop in sessions are ongoing, use booking form below to check dates or alternatively email Jenny.

Email: jfennesy@kooth.com with any questions or comments

Please register below to book onto one of the webinars or to request free Kooth promotional materials for your setting

[Kooth Request Form : Bookings & Resources](#)

[Register for Professionals Webinar](#)



Kooth offers online mental health and wellbeing support to children and young people aged 11, up to their 19th birthday. Kooth can support schools to create awareness among students.

Kooth resources for schools

- **Assemblies:** Presentations for young people to create awareness and engagement with Kooth.
- **Workshops:** Targeted PSHE style sessions on a variety of topics, focused on: *Young Men, Anger management, Anti-bullying, Self esteem, Resilience, Anxiety and stress, wellbeing.*
- **Staff awareness training:** The benefits of Kooth online platform and how to support young people to sign up.
- **Virtual offer:** Staff training and presentations for students can be facilitated Online.

- ✓ Promotional materials e.g. posters, leaflets and cards.
- ✓ Online promotional materials for websites and social media.
- ✓ Information leaflets for parents.
- ✓ Parents letter.

For more information and bookings contact
East Berkshire Integration and Participation Worker.
Jenny Fennessy email : jfennessy@xenzone.com

b) Kooth Sessions for Parents/ Caregivers

Kooth are also offering webinars aimed at parents/carers - These are an opportunity to understand Kooth as a support for their child and can be used while waiting on additional services and supports. It will demonstrate the Kooth features and allow for questions.

If you are working with parents/carers you can email jfennessy@kooth.com for a link, sessions take place monthly. Alternatively, if you have a group of parents/carers, you can request your own dates /time.

c) Kooth offer to Education Settings:

Kooth can also provide FREE:

- Virtual Assemblies - tailored to the time available,
- Wellbeing workshops on topics including **Transition from Primary to Secondary School**, Bullying, Anger Management, Young Men, Resilience, Exam Stress (adaptable to curriculum),
- Awareness sessions for staff,
- Free promotional materials such as posters, kooth cards or digital resources that can be used to share with students and on your social media.

All sessions can be delivered flexibly to suit your needs and the time available, email Jenny Fennessy jfennessy@kooth.com to discuss your needs and to book.

Top tips for promotion: Education settings play a really important role in creating awareness of this service to young people. There are a number of ways to support engagement listed below, text and promotional materials can be provided.

5. No 22 Counselling Services (RBWM and Slough)

Number 22 is a well-known local charity, staffed by volunteers. We provide free, confidential counselling to young people (11 years +) and adults in Windsor, Maidenhead and Slough. We support people in distress by providing a space where our clients can feel valued and heard. We're here to support you if you don't know where to turn; we listen and won't judge you. Together we may find a way for you to make changes to your life which may help to relieve feelings of anxiety and depression.

You can find out more about the service we offer by visiting our website www.number22.org where you will find our online form to leave your details.

People seek counselling for many different reasons. No problem or worry is too small. Please do get in touch if you would like some support.

6. Youthline – Bracknell Forest's Young People's Counselling Service (Bracknell)

Youthline provides a FREE, confidential counselling service for young people attending secondary school and adults who care for and support young people. We work across a number of locations within Bracknell Forest including our main base at Portman Close, Bracknell, and 10 secondary schools.

You can find out more about the service we offer by visiting our website: <https://www.youthlineuk.com/>

7. PePP Care Training

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 psychoeducation and relevant evidence based psychological techniques (e.g. using a cognitive behavioural framework).

PPEPCare is delivered by specialist CAMHS, Getting Help Service and Mental Health Support Teams and Educational Psychologists. PPEPCare training for all modules (listed below) are currently being delivered virtually. Face to face delivery will resume as soon as it is safe to do so in line with COVID-19 restrictions.

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
- 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 & Mental Health Part 1 and Part 2

- ADHD

For further information about PPEPCare modules [click here](#).

To book a session please use the online form available [here](#).

Your local trained trainers will then contact you to discuss your needs.

8. CCG Workforce Offer



Online Youth Mental Health First Aid- Mental Health First Aid England

Youth mental health first aid is now being delivered as a live interactive session online. This course qualifies you as a Youth Mental Health First Aider and you will be required to attend all 4 live sessions online over 2 full days and also complete individual learning prior to each live session.

Target Group:

It's ideal for designated staff at every level who would like to become Youth Mental Health First Aiders with skills to spot signs of a range of mental health issues in young people (aged 8-18) 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.

Learning outcomes

At the end of the course, you will be able to:

- Understand young people's mental health and the factors that can affect their wellbeing

- Equip learners with the 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 –or engaging with parents, carers and external agencies where appropriate
- Use enhanced interpersonal skills such as non-judgemental listening
- Spot the triggers and signs of mental health issues
- Feel confident to step in, reassure and support a young person in distress

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.

Available dates are:

Session 1 and 2- 1 st November 2021 Session 3 and 4- 2 nd November 2021	9am to 11.45am and 2.15 to 5pm each day
Session 1 and 2- 10 th January 2022 Session 3 and 4- 11 th January 2022	9am to 11.45am and 2.15 to 5pm each day
Session 1 and 2- 17 th January 2022 Session 3 and 4- 18 th January 2022	9am to 11.45am and 2.15 to 5pm each day

To book your place email cypmhtraining.eastberks@nhs.net with details of your chosen date. Places are limited and will be allocated on a first come first serve basis.

This is a very full two days - prior to each Live interactive Session you will also be required to complete individual learning (prior to Live session 1 - which can be done a few days before, in-between session 1 and 2, after session 2 in readiness for session 3 and in-between session 3 and 4). Please ensure you allow time for the individual learning prior to each Live Session and some down time for self-care too. It is suggested to allocate around 1 to 1.5 hours for each individual learning session.

ALL individual learning and live interactive sessions must be fully completed in order to gain Certification.

In order to best support participant safety, **ALL** participants are required to use their webcam on the learning hub during the live sessions.



MindEd e-learning

[MindEd](#) is a free online e-learning resource for everyone with a duty of care for children and young people, whether this through their work or outside it in a voluntary or charitable capacity. MindEd is developed and supported by a group of multi-disciplinary organisations known as the consortium. Its members are the Royal College of Paediatrics and Child Health; the Royal College of Psychiatrists; the Royal College of Nursing, the Royal College of General Practitioners; the British Psychological Society; the National Children’s Bureau and Young Minds.

A good place to start is with [MindEd Core Content \(Universal\)](#) as this introduces the MindEd content and will help you to navigate your way around the site.

You can also see content as a [thematic view](#) which includes but is not limited to the following themes:

Wellbeing	Services and professionals
Transitions	School refusal
Thinking clearly, making sense of things we see and hear	Safeguarding and legal issues
Therapies and treatments including medication	Relationships and families, development and difficulties
Substances and their impact	Attachment and relationship formation
Stressful events and life circumstances	Risky behaviour and self-care
Special circumstances	Promotion of mental health and wellbeing
Cultural diversity, understanding and supporting equality in care	Physical coordination and organisation
Sleep	Participation of children, young people and parents

Alternatively, some suggested areas of interest are listed below:

- [MindEd Education](#) includes:
 - Wellbeing for Education Return
 - Anna Freud Centre - Links Programme
 - Schools Learning Path
 - Place2Be Mental Health Champions
 - Place2Be Talented Teachers Programme
 - Place2Be Counselling Children in Schools
 - PACEY - MindEd for the early years
- [MindEd Suicide and Self Harm Prevention](#)

MindEd is part of the National Suicide and Self-Harm Prevention programme (SSHP) (<https://www.gov.uk/government/publications/suicide-prevention-cross-government-plan>) and aims to help everyone better how to approach all ages in such situations. What the MindEd SSHP offers are skills building scenarios and supporting knowledge sessions to help you know the do's and don'ts in these difficult situations.

- [MindEd Improving Workforce Wellbeing, Resilience and Population Mental Health](#)

This programme brings together MindEd sessions and resources from elsewhere to support workforce wellbeing, resilience and population mental health.

9. Other Local Resources

Healthy Teen Mind Crisis Tools learning guides

This bitesize Crisis Tools learning resource will help address the urgent need for individuals working in a range of settings to have the awareness and confidence to support young people in a mental health crisis. Visit www.crisistools.org.uk

Presented in video and text format with accompanying downloadable guides. The four Crisis Tools learning content covers:

1. [What we need you to know?](#) - outlines key challenges and strategies that individuals need to know before they begin their interaction with a young person in crisis.
2. [How to start the conversation.](#) – features practical tips to help set up for success and build trust when supporting a young person in-person, over the phone or online.
3. [So you want to talk about risk?](#) – explores the risk conversation from a young person’s perspective, including how to get the conversation back on track when things go wrong and practical approaches.
4. [How to wrap things up.](#) – covers key tips and strategies to help end a conversation in a collaborative way that feels safe for everyone.

The learning resource can be used by:

- mental health staff who may encounter young people in a crisis, this will include a multi-disciplinary staff group incl. non-clinical roles
- individuals working in other health and care settings such as primary care, urgent and emergency care
- individuals working in emergency response settings
- individuals working in any education settings
- students and learners who will work and are working with young people
- families and carers



The Little Blue Book of Sunshine

a) The Little Blue Book of Sunshine (Ebook)

NHS Berkshire West and East Berkshire Clinical Commissioning Groups (CCGs) have relaunched the mental health booklet – the Little Blue Book of Sunshine.

The book **offers lots of practical and useful advice** and aims to help children and young people by sharing lots of tips on how to deal with many problems, such as anxiety, stress, body image, relationships and anger. It also includes information about where to get help when they need it.

This year more than ever, anyone can sometimes feel down, worried or anxious because of a variety of situations like lockdown, school, family or friends. The #littlebluebookofsunshine explains some of the things teenagers can do right now to feel better, and who to turn to if things feel too much.

The booklet is also now available for free in Apple Books and Google.



9. Key National Resources

Raising awareness



fighting depression



YOUNGMINDS



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

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.

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

Teaching resources – contains a number of lesson plans, assembly plans, programmes and PSHE resources to support and assist in teaching and learning about mental health and wellbeing.

Whole-school approach to mental health and wellbeing. Information and resource to support a whole school approach to mental health and wellbeing

Resource library and a section on section on **mental health needs** includes information on the different conditions

Our Front Line



**Mental Health and Bereavement Support
for all Key Workers**

 For mental health support 24/7,
text 'KEY WORKER' to 85258.

 Mental health and emotional support
call 116 123, day or night, 365 days a year.

 Access mental health and bereavement
resources tailored to key workers
at ourfrontline.org



Our Frontline is a partnership between **Shout, Samaritans, Mind, Hospice UK and The Royal Foundation of the Duke and Duchess of Cambridge**

Our Frontline offers **round-the-clock one-to-one support, by call or text**, from trained volunteers, plus **resources, tips and ideas to look after your mental health.**

[Click here](#)