

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

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

May 2022 – July 2022

As part of the CAMHS offer for early intervention we are pleased to offer the Summer Programme 2022 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 new set of webinars. The themes are: ADHD, Attachment, The Healthy Child Programme & Zones of Emotional Regulation.

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. **PPEP Care Training**
4. **Emotional Health & Wellbeing information from Bracknell Forest, Slough and RBWM**
5. **Kooth Resources and Webinars**
6. **No 22 - Youth Counselling Service (RBWM and Slough)**
7. **Youthline – Young People's Counselling Service**
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. This digital 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 colleagues. 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). See below for further details and a link to their resources.

Date	Time	Theme	Description	Audience	Presenter / Facilitator	Enrolment Details
Tuesday 17 May 2022	3.30 – 5.30	Attachment focussed working with Children and young people	Looks to explore how we can support children and young people by holding their experiences in mind when understanding behaviours that we see in order to address their underlying needs. The workshop will discuss how day to day challenges (micro traumas) and other trauma experiences/incidents may impact how a child/young person develops an understanding of their world and thus how and why they may have found their own ways of coping to keep safe. The workshop will offer strategies that you can use with young people to support them to build trust and develop healthier more helpful ways of coping; these are strategies that can benefit all children and young people.	All education settings and professionals working with children, young people.	Presenters: Dr Natasha Patel, Slough MHST & GHT Team Lead and Charlotte Morton, Senior GHT Supervisor, CAMHS, Berkshire Healthcare Facilitator: Torileigh Matthews, Education Mental Health Practitioner, CAMHS, Berkshire Healthcare	To book a place please click HERE
Tuesday 24 May 2022	3.30 - 5.00	The revised 0 to 19 Healthy Child Programme – Holistic support for physical and mental health /wellbeing for school aged children	The Healthy Child Programme is a universal programme available to all children and aims to ensure that every child gets the good start they need to lay the foundations of a healthy life. This session will give you an overview of the modernised programme across the “life course” from early years to transition into adulthood and the opportunities you have to get involved in local services and development of the Healthy Child Programme.	All education settings and professionals working with children, young people.	Presenters: Dan Devitt, Senior Public Health Manager, Slough Borough Council Facilitator: Mel Smart, Psychological Wellbeing Practitioner, CAMHS, Berkshire Healthcare	To book a place please click HERE

Date	Time	Theme	Description	Audience	Presenter / Facilitator	Enrolment Details
Tuesday 7 June 2022	9.30 - 11.00	Zones of Emotional Regulation	This webinar will introduce the basic concepts underpinning the Zones of Emotional Regulation curriculum and ways to adapt this in schools and in the home environment. Different tools and ways to personalise these will be discussed.	All education settings and professionals working with children, young people.	Presenters: Dominic Jones, Educational Mental Health Practitioner, Bracknell, Berkshire Healthcare Facilitator: Hannah Forde, Education Mental Health Practitioner, CAMHS Mental Health Support Team Slough	To book a place please click HERE
Thursday 16 th June 2022	9.30 – 1.30	Understanding ADHD & supporting children and young people	Understanding ADHD, from referral to diagnosis and interventions. Providing information around the referral process, strategies to help and support children with ADHD in primary and secondary schools. Treatment available in pharmacological methods and non-pharmacological support.	All education settings and professionals working with children, young people.	Presenter: Rebecca Eavers and Claire Doyle, Advanced ADHD Specialist Nurses, ADHD Pathway, CAMHS, Berkshire Healthcare Facilitator: Rose May, Education Mental Health Practitioner, CAMHS, Berkshire Healthcare	To book a place please click HERE
Tuesday 28 June 2022	3.30 – 5.30	Attachment focussed working with Children and young people	Looks to explore how we can support children and young people by holding their experiences in mind when understanding behaviours that we see in order to address their underlying needs. The workshop will discuss how day to day challenges (micro traumas) and other trauma experiences/incidents may impact how a child/young person develops an understanding of their world and thus how and why they may have found their own ways of coping to keep safe. The workshop will offer strategies that you can use with young people to support them to build trust and develop healthier more helpful ways of coping; these are strategies that can benefit all children and young people.	All education settings and professionals working with children, young people.	Presenters: Dr Natasha Patel, Slough MHST & GHT Team Lead and Charlotte Morton, Senior GHT Supervisor, CAMHS, Berkshire Healthcare Facilitator: Chloe Moreton, Education Mental Health Practitioner, CAMHS, Berkshire Healthcare	To book a place please click HERE
Thursday 7 th July 2022	9.30 – 1.30	Understanding ADHD & supporting children and young people	Understanding ADHD, from referral to diagnosis and interventions. Providing information around the referral process, strategies to help and support children with ADHD in primary and secondary schools. Treatment available in pharmacological methods and non-pharmacological support.	All education settings and professionals working with children, young people.	Presenter: Rebecca Eavers and Claire Doyle, Advanced ADHD Specialist Nurses, ADHD Pathway, CAMHS, Berkshire Healthcare Facilitator: Faye Franckel, Senior Psychological Therapist & Clinical Supervisor, CAMHS, Berkshire Healthcare	To book a place please click HERE

Should you have any queries regarding signing up for these webinars please contact: Lucy Jacobs Admin Team Lead, lucy.jacobs@berkshire.nhs.uk 07929 841 011

3. PPEP 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
- Behaviour 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
- Attachment - **NEW**
- Working with Families - **NEW**

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.

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

4.1 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. We plan to run the next group the first week of June 22.

Direct link <https://rbwm.afcinfo.org.uk/pages/community-information/information-and-advice/family-hub-service/support-for-parents/online-resources-for-parents/online-parent-course-2020>

Contact Harriett Sarnar (harriette.sarnar@achievingforchildren.org.uk) for details of our next course running in the summer term.

The RBWM Wellbeing Team invite you to attend training in Psychological Perspectives in Education and Primary Care (PPEPCare):

Date	PPEPCare Module	Time	Venue
5th May	Managing Adolescent Anxiety	1-3pm	Online
26th May	Overcoming childhood anxiety	1-3pm	Online

To book a place on one of the courses, please click [here](#).

For further information contact: Fozia Salar, Business Support on 01628 796688 or

email edpsych@achievingforchildren.org.uk.

PPEP care delegates may find these training resources useful in providing a further foundational and background knowledge regarding mental health and wellbeing which will complement the PPEPCare training modules.

- MindEd: [MindEd](#) Hub (you will need to create an account to access the training)
- Charlie Waller: [Charlie Waller Trust](#), mental health charity

Child-Parent Relationship Therapy Group (CPRT)

We are pleased to announce new dates for this exciting new group for parents. This 10-week programme supports parents to develop non-directive play skills to enhance their relationship with their child and build children's self-responsibility and self-esteem.

The next group will run from 6th May-22nd July 12:30-2:30pm at the Windsor Youth and Community Centre.

Places are limited so contact Emily Try emily.try@achievingforchildren.org.uk early to avoid disappointment.

Child-Parent Relationship Therapy

Would you like to learn how to:

- Understand how to help your child deal with feelings?
- Have cooperation, without nagging?
- Help your child to make positive choices and reduce challenging behaviours?
- Help your child develop self-control and responsibility?
- Be equipped with some techniques that play therapy professionals might use with children?

If you answered 'yes' to any of these, Child Parent Relationship Therapy (CPRT) could help.

So, what is CPRT?

- ✦ A ten-week therapeutic parenting skills group, led by Play Therapist Emily Try.
- ✦ It's not a 'quick-fix' for your child, but a sustainable way of using your established relationship to create therapeutic, long-lasting change, whilst boosting both you and your child's confidence.
- ✦ Every week you will be given materials which will build your own personal support pack of what works for you and your family. A support package you create to keep with you!

Course arrangements:

- 📅 6th May – 22nd July 2022
- 📅 Friday afternoons 12:30-2:30pm
- 📍 Venues: Windsor Youth and Community Centre, Alma Road, Windsor.

Please contact emily.try@achievingforchildren.org.uk if you would like to be contacted for further information.

Referral criteria:

Parents/carers are expected to attend every 2-hour session each week. As part of the course, you will be asked to record a 30 min play session with your child, this will be explained as part of the sessions

This course requires a high degree of parent commitment, so consideration will be given to the capacity, availability and engagement abilities of all referrals.

Please note that only one parent/child per school can be allocated a space due to the confidential nature of the group. If your family has experienced significant family trauma, then this course is unlikely to be appropriate.

4.2 For Bracknell- Forest staff only

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

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.

Workshops for parents: Understanding and helping your child/young person with anxiety

These workshops will give parents an opportunity to explore ways to further understand and support their child/young person who is experiencing anxiety. There will be options for both in person and online workshops. All parents who attend will also have the option of a follow up consultation with an Educational Psychologist to consider how to apply the learning from the workshop to their own child/family. Booking details will be sent to all Bracknell Forest schools to share with parents.

Parent telephone consultations

Over this coming term, the Educational Psychology Team will be offering bookable telephone consultation slots for parents/carers who have concerns about their child/young person. This will be an opportunity to explore any concerns (which could include: learning, relationships, emotional well-being, behaviour, communication) and to think through how to move the situation forward.

Dates and the booking details will be shared shortly with all Bracknell Forest schools.

Emotional Literacy Support Assistant Training

The Educational Psychology team will be running ELSA training in the summer term. All the details can be found by school on Can-Do and also accessed by this link: <https://can-do.bracknell-forest.gov.uk/T160385>

Purchased time

Schools are reminded that they can use purchased time from the Educational Psychology Service to prioritise wellbeing and mental health at a school-wide, group and individual level. Such work could include training, supervision, coaching or therapeutic sessions.

4.3 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.

4.4 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, see here.

You may be able to claim grant funding for this training. The DfE grant is a contribution to the cost of training and the hiring of supply staff whilst leads are engaged in learning. The opportunity is currently open to all state schools and colleges in England, and will be allocated to schools with an identified senior lead and the capacity to undertake training for the role before 31st May 22. DfE will confirm the position on issuing grants for courses starting from June 2022 later in the spring.

You can now apply for a senior mental health lead grant to commence training up to 31 May 2022, or for further information see 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

5. KOOOTH Resources and Webinars



Koooth Overview

Koooth is a free BACP accredited online counselling and emotional well-being support service for young people. It offers a safe, secure and anonymous way for young people to access 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 Koooth community-based options, such as discussion boards and magazine articles which provide peer to peer and community support, all of which are safe and secure and pre-moderated.

Koooth is commissioned by the NHS to provide services to young people who live or go to school in East Berkshire aged 10-25 years.

Having a Koooth account ensures that users have access to a range of mental health and wellbeing services. Koooth's website is available 24/7 and counselling services operate weekdays from 12 noon to 10pm and at the weekend from 6pm to 10pm, 365 days a year.

To find out more, watch this brief intro video: [Koooth overview video \(1 min\)](#) or contact Claire Parsons (Koooth Customer Success Manager) at cparsons@koooth.com

5.1 Koooth- Upcoming webinars and campaigns in East Berkshire

a) 'Discover Koooth' webinars and training sessions for professionals

Koooth provides regular webinars for professionals to provide an insight into the Koooth service offer and a demo of the site. The sessions will showcase each of the features on the site and the ways in which it is useful to a young person, as well as demonstrate how this can offer organisations increased capacity to support young people as part of a wider service offer and wrap-around care initiative.

There will also be an opportunity to ask our team any questions you may have.

Dates for webinar sessions are ongoing throughout the year and can be booked [here](#).

We can also offer training sessions for specific teams should you wish to include this in your CPD programme.

If you would like to be added to our mailing list to stay up to date with these opportunities and other Koooth service updates, or if you would like to enquire about a training session for your staff team, please contact Claire Parsons (Koooth Customer Success Manager) at cparsons@koooth.com



b) Kooth Sessions for Parents/ Caregivers

Kooth also hosts monthly webinars aimed at parents/carers. These are an opportunity to understand Kooth as a support for their child and can be used whilst waiting for additional services and interventions. The sessions will demonstrate the Kooth features and answer frequently asked questions.

Please share this [link](#) with parents and carers for them to register for an upcoming session.

c) Kooth offer to Education Settings:

Kooth can also provide FREE:

- Monthly e-bulletin with updates and further information relating to the service
- Virtual Assemblies
- Wellbeing workshops on topics including **Transition from Primary to Secondary School**, Bullying, Anger Management, Young Men, Resilience, Exam Stress (adaptable to curriculum)
- Awareness raising training sessions for staff
- Promotional materials such as posters, Kooth cards and/or digital resources that can be used to share with students and on social media.

All sessions can be delivered flexibly to suit your needs and the time available. Email Claire Parsons (Customer Success Manager) at cparsons@kooth.com to discuss your needs and to book.

6. 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.

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



Youthline provides a free, confidential counselling service for young people attending secondary school and those up to the age of 25 years from our main base at Portman Close, Bracknell.

Youthline Plus service also offers free individual counselling to adults who care for and support young people, including parents, carers, and professionals.

Youthline's outreach programme supports all 11 secondary schools in Bracknell Forest providing a school based one-to-one counselling service to students.

We can provide a safe space to talk to someone who is able to listen to you with respect and without making judgments to support you through life's challenges and help you explore your personal thoughts, feelings, and experiences. One of our friendly counsellors will be assigned to work with you whatever your issue is. If things are getting you down, then talking to someone may help.

We offer a safe and supportive environment with a team of mainly volunteer counsellors – all who have had a criminal record check, professionally supervised, and continuously updating their skills. We are a registered Charity, managed by professional staff and overseen by a team of Trustees who all come with a vast amount of experience working with young people.

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

8. CCG Workforce Offer

Level 2: Intermediate Self Harm/Suicide Prevention training

We have lots of course dates coming up with training delivered by Harmless, for Self Harm and Suicide Prevention.

Target audience:

Relevant for any/all staff working in non-acute roles with those who are self harming or at risk of self harm/suicide

Course aims:

Self harm prevention is a key element of suicide prevention - both of which should be *everyone's business*. This foundational course primarily focuses on self harm, with elements of suicide prevention including the relationship between self harm and suicide. It is designed to enable anyone to effectively respond to someone who is self harming or disclosing suicidal ideation, to enhance confidence in having 'the conversation' to help keep someone safe.

Learning outcomes:

- Improve knowledge and understanding of self harm and suicide
- Identify common risk groups and factors
- Explore stigma and discrimination
- Recognise risk factors and warning signs for self harm and suicide
- Develop understanding of the relationship between self harm and suicide
- Build skill and confidence in responding to someone who self harms
- Build skill and confidence in supporting someone in suicidal crisis
- Understand how to encourage an open, safe and sensitive conversation about self harm or suicide with an individual who may be at risk

Courses are all via MS teams, and available dates are:

May	June & July
<ul style="list-style-type: none"> Tuesday 3rd May, 9.30-12.30 	<ul style="list-style-type: none"> Monday 6th June, 9.30-12.30
<ul style="list-style-type: none"> Thursday 5th May, 13.00-16.00 	<ul style="list-style-type: none"> Thursday 9th June, 9.30-12.30
<ul style="list-style-type: none"> Monday 9th May, 13.00-16.00 	<ul style="list-style-type: none"> Tuesday 14th June, 9.30-12.30
<ul style="list-style-type: none"> Friday 13th May, 9.30-12.30 	<ul style="list-style-type: none"> Friday 17th June, 13.00-16.00
<ul style="list-style-type: none"> Wednesday 18th May, 13.00-16.00 	<ul style="list-style-type: none"> Tuesday 21st June, 13.00-16.00
<ul style="list-style-type: none"> Friday 20th May, 9.30-12.30 	<ul style="list-style-type: none"> Friday 24th June, 9.30-12.30
<ul style="list-style-type: none"> Tuesday 24th May, 13.00-16.00 	<ul style="list-style-type: none"> Monday 27th June, 13.00-16.00
<ul style="list-style-type: none"> Wednesday 25th May, 9.30-12.30 	<ul style="list-style-type: none"> Wednesday 29th June, 9.30-12.30
	<ul style="list-style-type: none"> Friday 1st July, 9.30-12.30

For further information and access to the training please contact Wafaa on (Wafaa.nawaz1@nhs.net).

Place2be Mental Health Champions Foundation Programme



This online children’s mental health training course developed from our work in schools enhances professionals’ understanding of children’s mental health and introduces approaches that foster positive wellbeing in schools and communities. This course is suitable for people working with children and young people of any age, including primary and secondary.

93% feel that the course has increased their capacity to lead a positive approach to mental health and wellbeing.

Course Date

6th May 2022

Course details

- You will have a dedicated Place2Be professional to join discussions and aid online learning
- 5-week programme with regular start dates for you to choose from
- Broken down into 15 minute sections to fit around your day (1–1.5 hours per week total)
- No fixed timings - you can access the programme via any device and work through it at a time to suit you
- Helps support your own wellbeing

1. Understanding mental health & wellbeing

We introduce factors that contribute to positive mental health and wellbeing.

2. Nature and nurture

We explore how early experiences shape the way we perceive ourselves and relate to others, and how those experiences create the pathways in the brain that support our development.

3. How can I help?

We consider what a child's behaviour might be communicating about their underlying needs.

4. Mental health: everybody's business

We reflect on the importance of positive mental health for everyone with a focus on the adults around a child.

Once you complete the Mental Health Champions - Foundation programme, you will also gain immediate access to the Place2Be Staffroom, a dedicated space for you to access additional resources, tips and learning.

For more information, click [HERE](#) or email mhc@place2be.org.uk

Every Mind Matters Lesson Plans on Mental Health Wellbeing:



[Mental wellbeing | Overview | PHE School Zone](#)

Helping you teach PSHE, RHE and RSHE to Upper KS2, KS3 and KS4 students, with flexible, ready-to-use content co-created with teachers, and young people.

These mental wellbeing resources can help teachers deliver lessons that engage young people on a variety of key issues including:

- Bullying and cyberbullying
- Self-care
- Physical and mental wellbeing
- Unhelpful thoughts
- Building connections
- Worry
- Social media
- Sleep
- Dealing with change
- Transition to secondary school
- Puberty
- Online stress and FOMO
- Alcohol
- Exam stress
- Body image in a digital world
- Forming positive relationships

Every Mind Matters can also support staff by providing simple, practical advice for a healthier mind.

Five to Thrive

NHS Frimley CCG would like to invite you to attend a 90 min 'Five to Thrive' training webinar titled '**Attachment, Trauma & Resilience: the importance of relationships from birth and beyond**'

Delivered by KCA as a live online session. There are 3 dates/times to choose from:

- 4th May, 09:30 - 11:00
- 9th May, 19:00 - 20:30
- 10th May, 15:30 - 17:00

The purpose of this training is to help practitioners:

- Understand how relationships promote healthy brain development in children and young people and maintain healthy brain function throughout the life span,
- Understand the impact of unregulated stress on brain function,
- Understand promoting recovery for traumatised people
- Understand key issues in building resilience.

For those trained, there will also be opportunities to attend further training to become a local Five to Thrive champion to maintain wellbeing in the workforce and apply the knowledge base to practice, and or to become a local trainer to build in sustainability for the ongoing delivery and support of the programme.

Context

To help us meet the priorities in The Local Transformation Plan (LTP) *for Children and Young People's Mental Health and Wellbeing and Neurodiversity 2021-2024* and to enhance our preventative/early intervention offer across a variety of sectors, we are offering training to frontline staff in the principles and practice of KCA's "5 to thrive" model. 5 to Thrive was initially developed to provide practical ways to improve attachments between the primary caregiver and infant; it is well reported that positive relational responses based on Attachment Theory can reduce mental health problems later in life. Since its initial creation it has been adapted to support children/young people and adults. The purpose of the 5 to Thrive training programme is to embed:

- Commonality of language between services and settings when considering attachment, trauma and resilience; and to develop an understanding of the underpinning neuroscience of Five to Thrive;
- 'Making every contact' count by optimising engagement with parents and caregivers;
- Fostering positive relationships of support and taking a strengths-based approach to minimise instances of judgment or shaming.
- Helping practitioners recognise that trauma informed practice is grounded in the understanding that we are all vulnerable and we are all resilient, and Five to Thrive can be used as a model for meeting the need for safety and connection within the workforce and families.
- Increasing workforce attraction and retention through development of skills and knowledge.

A similar training programme has been set up by NHS England and NHS Improvement South East to incorporate Five to Thrive across the perinatal and early years teams of the 6 health trusts in the region. While the latter project will focus on teams delivering services and supporting families for children aged up to 24 months, this programme will be for teams working with children, young people and families from 24 months and across ages and stages, including support for caregiving adults. To that end, this training programme will help CYP workforce including local authorities, early years settings, schools and vol sector work in a trauma informed way.

For more information or to book email cypmhtraining.eastberks@nhs.net



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

We are offering you the chance to be trained as a Youth Mental Health First Aid champion, this course is a one day live interactive session via Zoom. You will be required to attend both live sessions online and also complete individual learning prior to each live session.

Target Group:

It's ideal for teachers, support staff and parent/carers who would like the skills and confidence to spot the signs of mental health issues in a young person (aged 8-18), 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

This one-day course trains you as a Youth MHFA Champion, giving you:

- An understanding of common mental health issues and how they can affect young people
- Ability to spot signs of mental ill health in young people and guide them to a place of support
- Knowledge and confidence to advocate for mental health awareness
- Skills to support positive wellbeing

Takeaways

Everyone who completes the course gets:

- A certificate of attendance to say you are a Youth MHFA Champion
- A Youth MHFA manual to refer to whenever you need it

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:

Monday 11 th July	Session 1: 9am to 11.45am Session 2: 2.30pm to 4.45pm
Thursday 28 th July	Session 1: 9am to 11.45am Session 2: 2.30pm to 4.45pm

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 full day and you will also be required to complete individual learning (prior to session 1- which can be done a few days before, and also in-between session 1 and 2). Please ensure you allow time for the individual learning prior to session 2 and some down time for lunch/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 during the live sessions.

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 Frimley 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.



10. 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.

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](#)