

Mental Health and Young People: Training Prospectus 2018/2019



This training brochure features mental health and emotional wellbeing training that comes recommended by Sheffield Clinical Commissioning Group and Sheffield City council to staff from Sheffield education providers and children's services.

About Future in Mind and the Schools/ Colleges and Children's Workforce Training Offer

Future in Mind (2015) transformation funding for children and young people's mental health promotes developing resilience, prevention and early intervention and developing the workforce to improve mental health and wellbeing. There is evidence that building resilience through to adulthood and supporting self-care reduces the burden of mental and physical ill health over the whole life course, reducing the cost of future interventions, improving economic growth and reducing health inequalities.

Schools are in a unique position to support children and young people to develop resilience and improve emotional wellbeing and mental health. Many schools are already developing whole school approaches to promoting resilience and improving emotional wellbeing, preventing mental health problems from arising and providing early support. Evidence shows that interventions taking a whole school approach to wellbeing have a positive impact in relation to both physical and mental health outcomes. The Healthy Minds Framework offer training and consultation to schools from CAMHS and is being rolled out across Sheffield schools.

The 2018-19 training offer to post 16 providers, children's workforce and schools complements the Healthy Minds Framework to embed a culture of emotional wellbeing across Sheffield schools over the next 2 years.

Locally we have committed to building capacity in schools to embed a culture that responds positively to the emotional wellbeing needs of students as part of our Future in Mind Transformation. The student wellbeing offer available on the Learn Sheffield website and this training will support staff by raising awareness and confidence to respond effectively to young people's psychological distress and access useful resources.

There are six organisations providing training across the locality areas throughout 2018-19. This training will be delivered on a traded basis and can be booked via Eventbrite. Places are limited so please book early to avoid disappointment.



Youth Mental Health First Aid—Course Overviews

Youth Mental Health First Aid Training (2 days)

This is an internationally recognised two-day course specifically designed for those people that teach, work, live with or care for young people aged 8 - 18. This course teaches participants how to spot the early warning signs and symptoms of mental ill-health in young people. It provides information about topics such as anxiety, depression, self-harm, eating disorders, alcohol and drug use and explains the impact that mental ill-health in young people can have on adolescent development. A practical, skills based approach helps participants gain the confidence to offer meaningful support to young people in distress.

At the end of the course participants will be able to:

- ◇ Spot the early signs of a mental health problem in young people
- ◇ Feel confident helping a young person
- ◇ Provide help on a first aid basis
- ◇ Help protect a young person who might be at risk of harm
- ◇ Help a young person recover faster
- ◇ Guide a young person towards the right support
- ◇ Reduce the stigma of mental health problems

Participants will receive a manual and certificate from MHFA England on completion of the 2-day course and will be Youth Mental Health 'First Aiders'.

Youth Mental Health First Aid for Schools and Colleges (1-day)

MHFA for Schools and Colleges has been designed especially with schools in mind. Based on the Youth MHFA course but targeted to meet the needs of educational environments, MHFA Schools will cover key topics around young people's mental health and wellbeing, with a strong practical focus on how to support young people experiencing mental distress. Whilst the course is not a replacement for the two-day Youth MHFA course, delegates will become Champions for better mental health in schools.

On the course you will learn about:

- ◇ What is mental health and mental ill health?
- ◇ Stigma and discrimination
- ◇ The five steps to mental health first aid
- ◇ How to spot symptoms of mental health issues such as depression, anxiety, eating disorders, and psychosis
- ◇ Suicide
- ◇ Self-harm
- ◇ Non-judgmental listening skills

Participants will receive a manual and certificate from MHFA England on completion of the 1-day course and will be Youth Mental Health Champions.

YMHFA Lite (3-hour session)

Youth MHFA Lite is an introductory three-hour awareness course offering an overview of young people's mental health and mental health issues.

The course is for everyone and is relevant for people who teach, work, live with and care for 8 to 18 year olds, including young people themselves, although parental consent is required below the age of 16.

On a Youth MHFA Lite course you will:

- ◇ Gain an understanding of some of the common mental health issues affecting young people, including depression, anxiety, eating disorders and psychosis
- ◇ Learn to work more effectively with young people living with mental health issues
- ◇ Identify stigma and discrimination surrounding mental health issues
- ◇ Learn ways to support young people with a mental health issue and relate to their experiences
- ◇ Experience a taste of the contents of the two-day Youth MHFA course.

You'll receive a Youth MHFA Lite manual that you can take away with you at the end of the course and a certificate from MHFA England.

*Please note that we strongly encourage participants to complete the basic introduction to mental health 'What is mental health?' ahead of the specialist themed sessions

Chilypep Mental Health and Young People—Training Courses

Experienced trainers from Chilypep have developed a flexible training package around mental health awareness and young people. Participants are strongly encouraged to attend a 'mental health awareness' session prior to the more specialist topic areas.

These courses will give you an insight into the issues young people face around their mental health, recognising and responding to young people's wellbeing needs, and signposting and support information.

All courses are delivered in an interactive and open environment, allowing participants the time to explore these issues with other professionals, supported by trainers who have direct experience supporting young people around their mental health. Participants will receive a certificate of attendance from Chilypep on completion of training sessions.

See below for examples of the courses on offer:

Half-Day courses

- ◇ Mental Health Awareness – What is Mental Health?
- ◇ Building the confidence and self-esteem of young people
- ◇ Exploring the issues affecting young people and signposting
- ◇ Self-help strategies to support young people's wellbeing (including action for happiness, 5 ways to well-being)

Twilight Sessions

- ◇ What is mental health?*
- ◇ Anxiety and Depression
- ◇ Alcohol and substance misuse
- ◇ Self-harm
- ◇ Suicide
- ◇ Eating Disorders
- ◇ Psychosis
- ◇ Therapeutic Interventions

We are also able to offer full day courses made up of the above modules.

[ASIST Training](#)

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize to attend the workshop—anyone 16 or older can learn and use the ASIST model when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training

Since its development in 1983, ASIST has received regular updates to reflect improvements in knowledge and practice, and over 1,000,000 people have taken the workshop. [Studies show](#) that the ASIST method helps reduce suicidal feelings in those at risk and is a cost-effective way to help address the problem of suicide.

Learning goals and objectives

Over the course of their two-day workshop, ASIST participants learn to:

- ◇ Understand the ways that personal and societal attitudes affect views on suicide and interventions
- ◇ Provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs
- ◇ Identify the key elements of an effective suicide safety plan and the actions required to implement it
- ◇ Appreciate the value of improving and integrating suicide prevention resources in the community at large
- ◇ Recognize other important aspects of suicide prevention including life-promotion and self-care

Workshop features:

- ◇ Presentations and guidance from two LivingWorks registered trainers
- ◇ A scientifically proven intervention model
- ◇ Powerful audiovisual learning aids
- ◇ Group discussions
- ◇ Skills practice and development
- ◇ A balance of challenge and safety

For more information about Chilypep mental health training, including costings and bookings, please contact training@chilypep.org.uk or call 0114 234 8846

www.chilypep.org.uk

Beyond Attachment Theory: Understanding the Whole Child©

Early Life Experiences and Their Risk to Emotional Wellbeing and Child Development: Biological, Looked After and Adopted

Drawing on 9 year's experience of working with Sheffield schools and personal experience of the trainer as a foster carer, this course aims to give the attendees knowledge and confidence to understand and spot the risks to emotional wellbeing due to early life experiences, to identify key areas of need through assessment tools and to put into place evidence based strategies within the classroom to help the child become more successful and achieve more academically and see a decrease of difficult behaviours and risks of exclusion. The training is based around the Emotional Wellbeing and Attachment Toolkit which has recently been disseminated to all schools.

Attendees will gain knowledge and understanding of:

- Early Childhood Experiences and their risks to emotional wellbeing and child development
- Attachment Theory
- Brain Development and the Link to Attachment
- Developmental Trauma/PTSD and Stress
- Executive Functioning Difficulties
- Sensory Integration Difficulties
- Emotional Regulation Difficulties
- School Friendly Assessment Tools
- Goal Planning Tools
- Evidence Based Attachment Based Strategies

This training is available as:

- Whole School Introductory Twilight (Primary £250, secondary £350)
- In-depth Emotional Wellbeing Training Package for Individual Schools (whole school twilight training, 2 case studies assessed, 3 in-depth training sessions for key staff working with the case studies to learn how to take an attachment-based approach, skills and knowledge can then be transferred to all children in school) (£1700)
- Whole Day In-depth Training days held in a city centre location for staff from various schools to attend. (£75 per attendee)

For more information and to book, please see our website:

<https://www.hopeattach.co.uk/upcoming-events>

Also available are in-depth consultations/assessments/therapeutic support for the most vulnerable children struggling in school. Please email: referral@hopeattach.co.uk to make a referral.



Flower 125 Health Programme

As part of the Future in Mind programme we are able to offer the 2-day training to enable the delivery of the Flower 125 Health Programme an award- winning health promotion programme in your school.

In order to determine the impact of the Flower 125 Health Programme on children and young people we expect your school to be committed to delivering the programme to at least 2 groups (the duration of a programme should be at least 8 weeks). It is therefore important that you select the appropriate people to attend the training – those with the time and capacity to deliver it. Your school may have delivered the Flower 125 Health Programme to children and young people at some time in the past and this could provide you with an opportunity to re-introduce it.

The Flower 125 Health Programme has been delivered in Sheffield for over 17 years and provides a model for delivering effective health promotion activities with groups of children and young people. This "Made in Sheffield" programme is structured but not prescriptive and is unique in that it provides a model of delivery as well as a comprehensive resource pack providing activities on a variety of health topics including, relationships, first aid, drugs, alcohol, and smoking, healthy eating, physical activity etc. Young people are paramount in making decisions about topics to be covered and are at the centre of the delivery of the activities. The new 3rd edition of the resource pack makes an explicit link between emotional health and wellbeing and the other health topics covered in the pack.

Dates for the training:

Thursday, 27 th & Friday, 28 th September 2018
Thursday 14 th & Friday 15 th Feb 2019
Thursday 27 th & Friday 28 th June 2019

Cost of the training on application.

To book a place please email: flower125programme@gmail.com

Understanding Eating Disorders in Young People

Practical Prevention Strategies

We explore how you can best support students who have a difficult relationship with food across the school day

We encourage you to look at your whole school approach for supporting every pupil to have a positive and healthy relationship with food

62% of eating disorder symptoms begin before the age of 16

and

An individual is 50% less likely to relapse if treatment is sought immediately

however

34% of UK adults can't name a sign or symptom of an eating disorder

(Beat, 2017)

We all have a relationship with food. How we feel can impact our relationship with food and for young people disordered eating and related behaviours can become coping mechanisms for dealing with difficult emotions. Recent research from Beat recognises that teachers are in the best position to spot early warning signs of an eating disorder. Being able to do so means that sufferers can get help as soon as possible. School is where our young people spend a lot of their time so it is crucial that we are able to establish it as a safe and comfortable environment.

At SYEDA we provide professional therapeutic and practical support for people experiencing eating disorders and for families and friends. We also facilitate support groups to support people's emotional well-being and mental health and offer counselling sessions in schools and community settings. This course draws upon our learning from the many children and young people we have worked since we were first established in 1996.

This half day training course has been designed especially with schools and colleges in mind. We look at how we can quickly identify signs of an eating disorder and how to support a young person. We explore ways we may want to change our initial thoughts around identifying eating disorders and disordered eating within the school environment and how to 'see' the young people we may currently miss who are experiencing difficulties. We also look at how we can try to prevent some of the issues that manifest from happening in the first place or developing into an eating disorder.

This interactive course will cover:

- The latest research and statistics around eating disorders in the UK whilst addressing some common misconceptions
- A closer look at Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and OSFED
- Salient causes and triggers of eating disorders and disordered eating behaviours
- How to spot the key signs and symptoms of an eating disorder
- How, where and when to refer on to other services and how to assist in recovery

- Strategies for developing a whole school approach for the prevention of eating disorders and disordered eating behaviours

Who is the training appropriate for?

This course is primarily aimed at school staff but is suitable for staff who are involved in any capacity providing pastoral or emotional support. You can book onto one of these courses or arrange for a bespoke course for your school, college or service.

Course Dates

Date & Time	Venue
Wednesday 1 st August 2018 9.30am-1.00pm	Scotia Works (Training Room), Leadmill Road, Sheffield, S1 4SE
Tuesday 25 th September 2018 1.30pm-5.00pm	Scotia Works (Training Room), Leadmill Road, Sheffield, S1 4SE
Tuesday 20 th November 2018 1.30pm-5.00pm	Scotia Works (Training Room), Leadmill Road, Sheffield, S1 4SE
Tuesday 15 th January 2019 1.30pm-5.00pm	Scotia Works (Training Room), Leadmill Road, Sheffield, S1 4SE
Tuesday 12 th March 2019 9.30am-1.00pm	Scotia Works (Training Room), Leadmill Road, Sheffield, S1 4SE

Bespoke Education and Training

SYEDA also delivers professional training for your staff and volunteers by request. These bespoke courses can be tailored to your school or organisation. We also design and facilitate a range of educational workshops for young people aged 11-25. These can be delivered in school and college settings, as university tutorials, at youth clubs and young people's events. Topics we deliver to young people include Food and Feelings and Body Image and Self-Esteem.

If you are interested in purchasing one of our bespoke courses please send an enquiry to our Development Manager Christie Rossiter using the email address below.

For all enquiries, including course costings, or to book a place please email christier@syeda.org.uk

www.syeda.org.uk

Mental Health and Lesbian, Gay, Bisexual and Trans + Young People

Research shows that LGBT+ young people are at much higher risk of suicide and self-harm compared to heterosexual and cisgender young people. LGBT+ youth rates of suicide attempts can be between four and seven times those of their heterosexual and cisgender peers.

This half day participatory training session will:

- Present facts and statistics relating to LGBT+ young people, suicide, self-harm and mental illness
- Discuss the context within which LGBT+ young people live their lives
- Address how to build LGBT+ young people's resilience, self-esteem and emotional well-being
- Discuss how to support LGBT+ young people within schools and youth settings
- Address how to tackle homophobia, biphobia and transphobia in schools and youth settings, and how to provide a positive environment for LGBT+ pupils
- Present SAYiT services and support

You can either book on one of the sessions below by contacting admin@sayit.org.uk, or if you would like a trainer to deliver a session to staff within school, please contact Liz Wilson at SAYiT 0114 2412728 info@sayit.org.uk

Dates for the training

Date
Wednesday 12 th September 2018, 9am-1pm
Tuesday 9 th October 2018, 9am-1pm
Thursday 15 th November 2018, 1-5pm
Tuesday 15 th January 2019, 9am-1pm
Wednesday 13 th February 2019, 1-5pm
Thursday 21 st March 2019, 9am-1pm

All training takes place at a central Sheffield venue. Training fee on enquiry. For further information or to Book A Place please email info@sayyouthtrust.org.uk or call 0114 241 2728

www.sayyouthtrust.org.uk



Supporting the emotional well-being of young people under 25

SELF CARE, SELF HARM/INJURY, SUICIDE PREVENTION



SELF -CARE



SELF-HARM



SELF-INJURY



SUICIDAL FEELINGS

Workforce Development training – 3 connected or stand-alone one day modules.

MODULE 1: Self-care

Importance of early intervention and prevention. Self-care for young people and those who work with them to avoid burn out in staff. Develop your ability to model and teach self-care techniques to young people.

MODULE 2: Self-harm

'How can they do it?' Research suggests that many professionals struggle to empathise with young people who are harming or injuring themselves. This module aims to build our confidence and ability to help.

MODULE 3: Suicidal feelings

Self injury is often not connected to suicidal risk, and can be a way of coping so as not to reach crisis. But it is important to be able to assess and manage risk when it is relevant, and know when to refer on.

INTERCHANGE SHEFFIELD has provided a professional counselling and therapy service to support children and young people's emotional well-being and mental health since 2006, in both schools and community settings. We are commissioned by the council to provide the counselling element of the Advice, Information and Counselling Service (YIACS) - Door 43. In 2018 -19 we will be offering opportunities to access each of the above 3 modules. Each day will be facilitated by 2 experienced therapists and participants will receive a resource pack full of useful information and ideas.

SCHOOL TRAINING MENU. Training sessions created at the request of schools, and successfully delivered to both primary and secondary staff. Choice of full day/half day or twilight and including: ANGER, ANXIETY, BEREAVEMENT & LOSS, DEPRESSION, MINDFULNESS, SELF HARM, USING ART, CREATIVE OR SOLUTION FOCUSED APPROACHES, STRESS MANAGEMENT. Full list available on request.

COSTS per person: £80 per full day, £40 per half day, £25 per twilight session

For further details of dates and venues, or to commission a bespoke training for your staff, please email: info@interchangesheffield.org.uk



Sexual Health Sheffield

Boys and Young Men: Engagement & Empowerment in Sexual Health

This one day course covers some of the key issues in the lives of boys and young men in relation to their sexual health including:

- The self-esteem, self-worth and vulnerability of boys and young men
- The interconnectedness of gender, sexuality and the concept of masculinity
- Consent in the modern world
- Working with difficult scenarios
- Assessing and challenging harmful attitudes
- Attitudes towards delivering sexual health work with boys and young men
- How to engage boys and young men in your work settings

The course is relevant to teachers, youth workers and other professionals or volunteers working with young people.

Child Sexual Exploitation (CSE) and Sexual Health

This one day course provides an overview of CSE and its implications for young people's sexual and emotional health needs.

The course content includes the following:

- What is Child Sexual Exploitation?
- Hearing young people's voices
- The grooming process and models of exploitation
- The perception of CSE – then and now
- Indicators of CSE – What you need to be aware of
- Considering vulnerabilities and lack of disclosure
- Consent
- A basic introduction to trauma
- Young people, sexual health, relationships and the law
- Managing safeguarding, confidentiality and child protection

Participants will leave having considered their own values and attitudes towards working with young people at risk of CSE as well as having fresh ideas on how to approach the work. This is a useful course for teachers, youth workers and other professionals or volunteers working with young people.

Young People and Sexual Health

This two day course examines and addresses the sexual health issues facing young people growing up in the modern world. Themes that will be discussed and explored include:

- Self-esteem, resilience and empowerment
- Young people's sexual development and behaviours
- The pressures of social media and implications for sexual health

- Assertiveness
- Sexual health inequalities and how these affect young people
- Child Sexual Exploitation and healthy /unhealthy relationships
- Working with confidentiality policies
- Safeguarding and child protection
- Young people, sex and the law
- Consent
- Teaching young people about STIs and contraception
- The impact of pornography
- Masturbation and pleasure
- Practical and educational activities to use with young people

This is useful course for teachers, youth workers, and other professionals or volunteers working with young people.

For more information about these courses including costs and dates please contact sexualhealthadmin@sth.nhs.uk or visit our website www.sexualhealthsheffield.nhs.uk