

Mental Health and Young People: Training Prospectus 2016/2017



- * This training is funded by Sheffield Clinical Commissioning Group and is provided **free of charge** to staff applying from Sheffield education providers
- * **Places are limited** and will be allocated on a first come first served basis so please book early to avoid disappointment

About Future in Mind and the Schools/ Colleges Training Offer

Future in Mind (2015) prioritised promoting resilience, prevention and early intervention. Local transformation plans were developed to recognise the importance of promoting good mental health and wellbeing in the population as a whole, not just focusing on mental illness and diagnosis. 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.

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. 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 three provider organisations providing training across the locality areas throughout 2016-17. This training will be delivered free of charge with up to 3 spaces allocated per school. Places are limited so please book early to avoid disappointment.

Youth Mental Health First Aid – Course Overview

Youth Mental Health First Aid for Schools and Colleges (1 day course) accredited through MHFA England

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:

- 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 certification from MHFA England on completion of the 1 day course.

Course Dates (9am-5pm):

Wybourn Primary	Wednesday 21st September 2016
Alternative Provision (Crookesmoor)	Tuesday 18th October 2016
Hinde House Secondary	Wednesday 2nd November 2016
Alternative Provision (Southey)	Friday 2 nd December 2016
Alternative Provision (Southey)	Monday 23 rd January 2017
Forge Valley Secondary	Wednesday 15th February 2017
Charnock Hall Primary	Monday 27th March 2017

To Book A Place: please email training@chilypep.org.uk

Beyond Attachment Theory: Understanding the Whole Child Biological, Looked After and Adopted©

Drawing on 7 years' experience of working with Sheffield schools with children who have undergone trauma, abuse or living in dysfunctional families, 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 symptoms of trauma, 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 see a decrease of difficult behaviours and achieve more academically.

Attendees will gain knowledge and understanding of:

- Attachment Theory
- Brain Development and the Link to Attachment
- Developmental Trauma/PTSD and Stress
- Executive Functioning Difficulties
- Sensory Integration Difficulties
- Emotions, Stress, Feelings
- Evidence Based Strategies
- School Friendly Assessment Tools
- Goal Planning Tools
- Evidence Based Attachment Based Strategies

Dates for the training (9:30-4:00):

Greengate Primary	Tuesday 27th September 2016
Hinde House Secondary	Tuesday 18th October 2016
Wybourn Primary	Wed 23rd November 2016
Alternative Provision (Crookesmoor)	Monday 23rd January 2017
Greenhill Primary	Friday 17th February 2017
Charnock Hall Primary	Monday 13th March 2017
Forge Valley Secondary	Thursday 27 th April 2017

To Book A Place: please email traininghopeattach@gmail.com



Flower 125 Health Programme

As part of the *Future in Mind* programme we are able to offer a FREE 2-day training to enable the delivery of the *Flower 125 Health Programme* in your school. There will be 3 more opportunities to access this training before July 2017.

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 15 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 all of the other health topics.

Dates for the training

Aspects, Chapeltown	22nd-23rd September 2016
Crookesmoor	2nd-3rd March 2017
Crookesmoor	22nd-23rd June 2017

To Book A Place: please email j.roberts424@btinternet.com

Mental Health Training—Overview of Training Dates

Please indicate the course(s) you would like to apply for a free place on using the booking form overleaf. Places are allocated on a first come first served basis so please book early to avoid disappointment. On receipt of your application a member of the relevant training team will be in touch to confirm your place and offer further information about the course, venue and timings of training.

Date of Course	Course Title	Book a place (please tick)
21 st September 2016	Youth Mental Health First Aid	
22 nd -23 rd September 2016	Flower 125 Health Programme	
27 th September 2016	Beyond Attachment Theory	
18 th October 2016	Youth Mental Health First Aid	
18 th October 2016	Beyond Attachment Theory	
2 nd November 2016	Youth Mental Health First Aid	
23 rd November 2016	Beyond Attachment Theory	
2 nd December 2016	Youth Mental Health First Aid	
23 rd January 2017	Beyond Attachment Theory	
30 th January 2017	Youth Mental Health First Aid	
15 th February 2017	Youth Mental Health First Aid	
17 th February 2017	Beyond Attachment Theory	
2 nd -3 rd March 2017	Flower 125 Health Programme	
13 th March 2017	Beyond Attachment Theory	
27 th March 2017	Youth Mental Health First Aid	
27 th April 2017	Beyond Attachment Theory	
22 nd -23 rd June 2017	Flower 125 Health Programme	

In view of the limited number of places available, we request that you complete the following statement of commitment and return to the relevant organisation providing the training.

I have support from my manager to enable me to attend the training course.

Applicant Name.....

Job Title.....

Age range you are working with (please highlight as many as apply):

- Up to 5 yrs old
- 5-7 years
- 7-11 years
- 11-16 years
- 16+ years

Place of work:.....

Organisation

Address.....

Post Code.....

E-mail address.....

Tel No.....

Mob Tel No.....

Signed.....

(Applicant)

Date.....

Please send application form to the relevant organisation providing the training:

Youth Mental Health First Aid: training@chilypep.org.uk

Beyond Attachment Theory: traininghopeattach@gmail.com

Flower 125 Health Programme: j.roberts424@btinternet.com