

# Mental Health and Young People: Training Prospectus 2017/2018

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This training is commissioned by Sheffield Clinical Commissioning Group and Sheffield City council and is provided **free of charge** to staff applying from Sheffield education providers and children's services

**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 and Children's Workforce 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. In 2017-18 we are offering the training to post 16 providers and children's workforce, as well as schools to capture children and young people who are not in mainstream education. The training provision complements the roll out of the Healthy Minds Framework to embed a culture of emotional wellbeing across Sheffield schools over the next 2-3 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. 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 2017-18. This training will be delivered free of charge with up to 3 spaces allocated per school/college or organisation. Places are limited so please book early to avoid disappointment. The average cost of each training session is £65 per participant, please ensure that booked places are taken up or released if the participant is no longer able to attend, so that the place is not wasted and as many staff as possible, and therefore children and young people, can benefit.

## 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 (9.30am-5pm):

Date	Venue
Wednesday 27 <sup>th</sup> September 2017	The Fire Station, Eyre Street
Tuesday 17 <sup>th</sup> October 2017	The Fire Station, Eyre Street
Monday 20 <sup>th</sup> November 2017	The Fire Station, Eyre Street
Thursday 7 <sup>th</sup> December 2017	The Fire Station, Eyre Street
Friday 9 <sup>th</sup> February 2018	The Fire Station, Eyre Street
Wednesday 13 <sup>th</sup> March 2018	The Fire Station, Eyre Street

To Book A Place use Eventbrite <https://www.eventbrite.co.uk/o/future-in-mind-sheffield-14385778446>.

For any queries please email [training@chilypep.org.uk](mailto:training@chilypep.org.uk), or call 0114 234 8846.

[www.chilypep.org.uk](http://www.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. 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:

- 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):

Date	Venue
Wednesday 11 <sup>th</sup> October 2017	Notre Dame School
Tuesday 28 <sup>th</sup> November 2017	The Fire Station, Eyre Street
Friday 15 <sup>th</sup> December 2017	Wybourn Primary School
Wednesday 14 <sup>th</sup> February 2018	The Fire Station, Eyre Street
Tuesday 24 <sup>th</sup> April 2018	The Fire Station, Eyre Street
Wednesday 16 <sup>th</sup> May 2018	The Fire Station, Eyre Street
Monday 11 <sup>th</sup> June 2018	The Fire Station, Eyre Street

To Book A Place please use Eventbrite <https://www.eventbrite.co.uk/o/future-in-mind-sheffield-14385778446>. For any queries please email [traininghopeattach@gmail.com](mailto: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, an award-winning health promotion programme.

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 3<sup>rd</sup> 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

Date	Venue
Thursday, 5 October & Friday, 6 October 2017	The Fire Station, Eyre Street
Thursday, 15 & Friday, 16 March 2018	The Fire Station, Eyre Street
Thursday, 21 & Friday, 22 June 2018	Venue TBC

To Book A Place use Eventbrite <https://www.eventbrite.co.uk/o/future-in-mind-sheffield-14385778446>. For any queries please email [flower125programme@gmail.com](mailto:flower125programme@gmail.com) or call Valerie on 07738851873

## SYEDA Introduction to Understanding Eating Disorders

We are an independent charity, originally established in 1996 by a group of families who were affected by eating disorders and who were concerned that there was nowhere to go for support.

We support a wide range of people from many different backgrounds with a range of different eating disorders. We help anybody who feels that their relationship with food or body image dominates their lives, and we help the people who care about them.

### Training Content

The training will include the following topics: What are eating disorders (Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and OSFED), address misconceptions, causes and triggers, sign and symptoms, advice on how to support an individual, assisting recovery and referral pathways.

The training is interactive with opportunities for group work and a Q&A.

Please note, we also design bespoke training sessions to meet the needs of the professionals. For example, training for sexual health nurses and GPs will include more medical content.

### Learning Objectives

1. Improved knowledge of eating disorders.
2. Increased confidence to talk about eating disorders and related issues.
3. Introduce you to practical tips to implement into your own practice.
4. Awareness of and knowledge on how to refer to local support services.
5. Improved confidence to support an individual in recovery.

### Who is the training appropriate for?

Our **Introduction to Understanding Eating Disorders** training is appropriate for any professional working within the health, social and education sectors. It will be of benefit to anyone who is working with young people. For example, we create specific training sessions for GPs, Practise Nurses, School Nurses, Pastoral Leads, Social Workers and many more.

Dates	Venue
Thurs 14 <sup>th</sup> September 2017, 1-4.30pm	Venue TBC
Thurs 12 <sup>th</sup> October 2017, 1-4.30pm	The Firestation, Eyre Street
Thurs 9 <sup>th</sup> November 2017, 1-4.30pm	Venue TBC
Thursday 11 <sup>th</sup> January 2018, 1-4.30pm	The Firestation, Eyre Street
Thursday 8 <sup>th</sup> February 2018, 1-4.30pm	The Firestation, Eyre Street

**To Book A Place please use Eventbrite <https://www.eventbrite.co.uk/o/future-in-mind-sheffield-14385778446>. For any queries please email [christier@syeda.org.uk](mailto:christier@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 advertised on the Overview of Training Sheet at the back of this booklet, or if you would like a trainer to deliver a session to staff within school, please contact Liz Wilson at SAYiT.

### Dates for the training

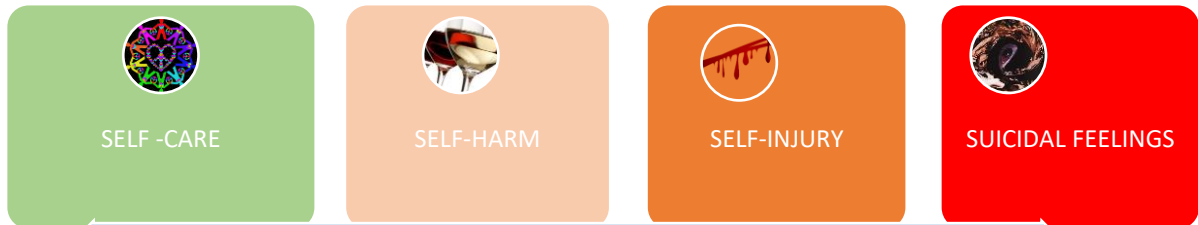
Date	Venue
Wednesday 13th September 2017 9.00 – 12.30	TBC on booking
Tuesday 19th September 2017 9.00 – 12.30	TBC on booking
Tuesday 10th October 2017 1.00 – 4.30	TBC on booking
Thursday 19th October 2017 1.00 – 4.30	TBC on booking
Wednesday 1st November 4.00 – 7.30	TBC on booking
Tuesday 21st November 1.00 – 4.30	TBC on booking
Wednesday 17th January 9.00 – 12.30	TBC on booking
Tuesday 6th February 4.00 – 7.30	TBC on booking
Tuesday 13 <sup>th</sup> February 9am-12.30pm	TBC on booking
Thursday 22nd March 4.00 – 7.30	TBC on booking

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Supporting the emotional well-being of young people under 25

## Self Care, Self Harm/Injury, Suicide Prevention



### Future in Mind Workforce Development Training

3 Connected or stand-alone Modules each consisting of: 1 day training + Half day follow up.

#### Module 1: Self-care

Importance of early intervention and prevention. Self-care for young people and those who work with them. Understanding vicarious trauma, compassion fatigue and burnout in staff. Ability to model and teach self-care techniques to young people.

#### Module 2: Self-harm/ Self-injury

'How can they do it?'. Research suggests that many professionals struggle with 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 to understand the pathway into specialist mental health services when needed.

Interchange Sheffield provides a professional counselling and therapy service to support children and young people's emotional well-being and mental health, offering more than 100 counselling sessions per week in schools and community settings. This training will draw on our learning from the many children and young people we have worked since we started in 2006, and is suitable for staff who are involved in any capacity providing pastoral or emotional support.

Module	Dates (consists of a full day plus half day workshop. Repeated twice)		Venue
Self-care	1a	Tue 26 September	TBC on booking
	2a	Thur 16 November	
Self-harm/ self-injury	1b	Tue 24 <sup>th</sup> Oct (pm)	TBC on booking
	2b	Thur 14 Dec (pm)	
Suicide risk	3a	Fri 13 October	TBC on booking
	4a	Mon 4 December	
	3b	Fri 10 <sup>th</sup> November (pm)	TBC on booking
	4b	Mon 22 <sup>nd</sup> January (pm)	
	5a	Fri 24 <sup>th</sup> November	TBC on booking
	6a	Thur 23 February	
	5b	Fri 12 <sup>th</sup> Jan (pm)	TBC on booking
	6b	Thur 23 <sup>rd</sup> March (pm)	

To Book A Place please use Eventbrite <https://www.eventbrite.co.uk/o/future-in-mind-sheffield-14385778446>. For any queries please email [info@interchangesheffield.org.uk](mailto:info@interchangesheffield.org.uk)



## Mental Health Training—Overview of Training Dates

Please indicate the course(s) you would like to apply for a free place on any of the courses offered please use Eventbrite: <https://www.eventbrite.co.uk/o/future-in-mind-sheffield-14385778446>

Places are allocated on a **first come first served** basis so please book early to avoid disappointment and ensure you have the consent of your line manager to attend. 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.

Should you have any questions about the courses (including bookings queries) please do not hesitate to get in touch with the relevant contact for each training course using the emails/ phone numbers supplied.

Date of course	Course Title
Wednesday 13 <sup>th</sup> September 2017	SAYiT Mental health and LGBT+ young people
Thursday 14 <sup>th</sup> September 2017	Syeda Introduction to Eating Disorders
Tuesday 19 <sup>th</sup> September 2017	SAYiT Mental health and LGBT+ young people
Wednesday 27 <sup>th</sup> September 2017	Chilypep - Youth Mental Health First Aid
Tuesday 26 <sup>th</sup> September AND Tues 24 <sup>th</sup> October 2017	Interchange Self-care
Thursday 5 <sup>th</sup> & Friday 6 <sup>th</sup> October 2017	Flower 125 Health Programme
Tuesday 10 <sup>th</sup> October 2017	SAYiT Mental health and LGBT+ young people
Wednesday 11 <sup>th</sup> October 2017	Hope Attachment – Beyond Attachment Theory
Thursday 12 <sup>th</sup> October 2017	Syeda Introduction to Eating Disorders
Friday 13 <sup>th</sup> October AND Friday 10 <sup>th</sup> November 2017	Interchange Self-Harm and Self-Injury
Tuesday 17 <sup>th</sup> October 2017	Chilypep - Youth Mental Health First Aid
Thursday 19 <sup>th</sup> October 2017	SAYiT Mental health and LGBT+ young people
Wednesday 1 <sup>st</sup> November 2017	SAYiT Mental health and LGBT+ young people
Thursday 9 <sup>th</sup> November 2017	Syeda Introduction to Eating Disorders
Thursday 16 <sup>th</sup> November AND Thurs 14 <sup>th</sup> December 2017	Interchange Self-care
Monday 20 <sup>th</sup> November 2017	Chilypep - Youth Mental Health First Aid
Tuesday 21 <sup>st</sup> November 2017	SAYiT Mental health and LGBT+ young people

Date of course	Course Title
Friday 24 <sup>th</sup> November 2017 AND Friday 12 <sup>th</sup> January 2018	Interchange Suicide Risk
Tuesday 28 <sup>th</sup> November 2017	Hope Attachment – Beyond Attachment Theory
Monday 4 <sup>th</sup> December 2017 AND Monday 22 <sup>nd</sup> January 2018	Interchange Self-Harm and Self-Injury
Thursday 7 <sup>th</sup> December 2017	Chilypep - Youth Mental Health First Aid
Friday 15 <sup>th</sup> December 2017	Hope Attachment – Beyond Attachment Theory
Thursday 11 <sup>th</sup> January 2018	Syeda Introduction to Eating Disorders
Wednesday 17 <sup>th</sup> January 2018	SAYiT Mental health and LGBT+ young people
Tuesday 6 <sup>th</sup> February 2018	SAYiT Mental health and LGBT+ young people
Thursday 8 <sup>th</sup> February 2018	Syeda Introduction to Eating Disorders
Friday 9 <sup>th</sup> February 2018	Chilypep - Youth Mental Health First Aid
Wednesday 14 <sup>th</sup> February 2018	Hope Attachment – Beyond Attachment Theory
Thursday 23 <sup>rd</sup> February AND Thursday 23 <sup>rd</sup> March 2018	Interchange Suicide Risk
Wednesday 13 <sup>th</sup> March 2018	Chilypep - Youth Mental Health First Aid
Thursday 15 <sup>th</sup> & Friday 16 <sup>th</sup> March 2018	Flower 125 Health Programme
Tuesday 24 <sup>th</sup> April 2018	Hope Attachment – Beyond Attachment Theory
Thursday 21 <sup>st</sup> and Friday 22 <sup>nd</sup> June 2018	Flower 125 Health Programme