

# Healthy Young Minds in Herts

## Schools training

## Hertfordshire CAMHS School Link



### Youth Mental Health First Aid

When?	Wednesday 21 <sup>st</sup> February 2018 Wednesday 28 <sup>th</sup> February 2018
Where?	Peartree Spring Primary School, Hydean Way, Stevenage, SG2 9GG. Please be aware that there is no parking available on the school site however the roads surrounding the school are not restricted. Refreshments will be available on arrival. Lunch will not be provided so please do bring your own.
Who's it for?	Anyone and everyone, most beneficial for teachers and support staff. Due to the high demand for this course, places are limited to one representative per school and a charge of £100 will be made for participants that fail to attend without giving at least one week's prior notice (except in extenuating circumstances)
How long is it?	Two full days, one week apart 9.30-4.00
How many people?	Maximum 16
About	A regular First Aider responds to people experiencing physical injury. They provide initial help and facilitate access to more specialist support. This course works on the basis that there is a role in our communities for mental health first aiders – people that feel confident to go to someone experiencing emotional distress, provide initial help and guide them towards more specialist support. This accredited evidence-based course covers how to respond to 8 to 18 year-olds experiencing mental and emotional distress.
Expected outcomes	<ul style="list-style-type: none"><li>• Spot the early signs of a mental health problem</li><li>• Feel confident helping someone experiencing a mental health problem</li><li>• Provide help on a first aid basis</li><li>• Help prevent someone from hurting themselves or others</li><li>• Help stop a mental health problem from getting worse</li><li>• Help someone recover faster</li><li>• Guide someone towards the right support</li><li>• Reduce the stigma of mental health problems</li></ul>
How to book	To book a space on this course please email <a href="mailto:admin@peartreespring.herts.sch.uk">admin@peartreespring.herts.sch.uk</a> with your contact details, the course you are interested in and the number of places required.

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## Everything you need to know about Mental Health (almost)

When?	15 <sup>th</sup> November 2017
Where?	Peartree Spring Primary School, Hydean Way, Stevenage, SG2 9GG. Please be aware that there is no parking available on the school site however the roads surrounding the school are not restricted. Refreshments will be available on arrival. Lunch will not be provided so please do bring your own.
Who's it for?	Anyone tasked with leading on support for pupil mental health in school, such as Pastoral Leaders and staff, SENCOs, DSPs, Family Support Workers
How long is it?	A school day 9.30 – 3.30
How many people?	Maximum 30
Information	Developed in partnership with Hertfordshire Partnership Foundation Trust, the course explores school based approaches and systems as well as the external provision landscape and how to navigate services. Participants will gain the knowledge and confidence to apply a consistent approach to pupil's mental health across the school using various tools. The course has been extended to cover common mental health problems, and practical strategies.
Expected outcomes	<ul style="list-style-type: none"><li>• Define mental health, understand stigma and how this influences the response in schools</li><li>• Identify risk and resilience factors as well as triggers and prevalence of mental health problems</li><li>• Consider behaviours that may alert us to a potential difficulty, how we respond to behaviour and how to intervene early</li><li>• The expectations on schools and a model to facilitate meeting the expectations, Select and use assessment and recording tools</li><li>• Deconstruct clinical terminology and consider the influence of labels</li><li>• Identify school based prevention and intervention, whole school approaches</li><li>• Understand CAMHS provision landscape, how to refer to Tier 2 and 3</li><li>• Consider some key practical strategies to support pupils</li><li>• A brief introduction to Anxiety, ADHD, Depression, Eating Disorders, Psychosis, Self Harm and Suicide</li></ul>
How to book	To book a space on this course please email <a href="mailto:admin@peartreespring.herts.sch.uk">admin@peartreespring.herts.sch.uk</a> with your contact details, the course you are interested in and the number of places required.

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## Staff Sharing and Peer Supervision

When?	March 7 <sup>th</sup> , March 14 <sup>th</sup> and March 28 <sup>th</sup>
Where?	Peartree Spring Primary School, Hydean Way, Stevenage, SG2 9GG. Please be aware that there is no parking available on the school site however the roads surrounding the school are not restricted. Refreshments will be available on arrival.
Who's it for?	For pastoral leaders and pastoral workers interested in leading staff sharing or within their school or peer supervision within wider networks
How long is it?	9.30-11 am
How many people?	Maximum 12
Information	Using the existing resources within a team or network, staff can participate in this peer supervision group, focussing on an in depth discussion of a pupil and using an evidence based, holistic, solution-focused approach to respond to their needs.
Expected outcomes	<ul style="list-style-type: none"><li>• Recognise and utilise the existing resources within a team</li><li>• Realise the impact of sharing ideas, theories and reflective practice</li><li>• Facilitate a non-judgemental problem solving environment</li><li>• Generate strategies or changes in thinking to support vulnerable pupils</li><li>• Develop the skills to facilitate the group within your school or network</li></ul>
How to book	To book a space on this course please email <a href="mailto:admin@peartreespring.herts.sch.uk">admin@peartreespring.herts.sch.uk</a> with your contact details, the course you are interested in and the number of places required.

  
**East and North Hertfordshire**  
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## Responding to Self-harm

When?	16 <sup>th</sup> October 2017
Where?	Peartree Spring Primary School, Hydean Way, Stevenage, SG2 9GG. Please be aware that there is no parking available on the school site however the roads surrounding the school are not restricted. Refreshments will be available on arrival. Lunch will not be provided so please do bring your own.
Who's it for?	All staff, especially pastoral leaders and pastoral staff
How long is it?	A school day - 9.30-3.30
How many people?	Maximum 30
Information	This practical course will support staff to have meaningful conversations about self harm with pupils and how to develop a whole school approach to supporting those who self harm.
Expected outcomes	<ul style="list-style-type: none"><li>• Increased confidence in recognising the signs and responding to self-harm</li><li>• A greater understanding around self harming behaviour</li><li>• Develop consistent approaches and safe practices</li></ul>
How to book	To book a space on this course please email <a href="mailto:admin@peartreespring.herts.sch.uk">admin@peartreespring.herts.sch.uk</a> with your contact details, the course you are interested in and the number of places required.

  
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## Anxiety Awareness Workshop

When?	23 <sup>rd</sup> June 2017
Where?	Peartree Spring Primary School, Hydean Way, Stevenage, SG2 9GG. Please be aware that there is no parking available on the school site however the roads surrounding the school are not restricted. Refreshments will be available on arrival.
Who's it for?	Pastoral leaders and staff, family support workers etc
How long is it?	Half day 9.30 – 12.30
How many people?	Maximum approx. 20
Information	Informal and interactive, this workshop will explore the features of anxiety and draw on the principles of Cognitive Behavioural Therapy in formulating support.
Expected outcomes	<ul style="list-style-type: none"><li>• Consolidate existing skills and knowledge</li><li>• Apply the learning to your practice</li><li>• Embed assessment skills into pastoral and educational practice</li><li>• Share good practice</li><li>• Learn practical strategies drawing on CBT principles</li></ul>
How to book	To book a space on this course please email <a href="mailto:admin@peartreespring.herts.sch.uk">admin@peartreespring.herts.sch.uk</a> with your contact details, the course you are interested in and the number of places required.

  
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