



**County Durham and Darlington**

**Child and Adolescent Mental Health Services (CAMHS)**

**MENTAL HEALTH AND EMOTIONAL WELLBEING**

**AWARENESS TRAINING PORTFOLIO**

**September – December 2022**

## Welcome to our Training Portfolio: September – December 2022

**For the present time all of the sessions in this Portfolio will continue be delivered via MS TEAMS.**

Our training is aimed at any professionals who work with children and young people within County Durham and Darlington. The training sessions that we deliver will enhance your awareness of the chosen topic, and help you explore and identify mental health concerns that may present within children and young people.

The training is a good foundation for understanding different mental health concerns that may affect children and young people. The key elements of the training packages include how to identify the concern, self-help and supportive strategies and resources and pathways for appropriate referrals.

We attempt to use a variety of learning approaches and welcome informal and anonymous case discussion to improve and develop the practice of course attendees.

Morning sessions are 9.30am-11.45am and afternoon sessions are 1.30pm-3.45pm and include a short break.

There will be opportunity for short discussion with the facilitator after the sessions. The training is all free of charge.

### **If you work in County Durham**

**To book a place please complete the attached application form and return to:**

**[tewv.countydurhamcamhstraining@nhs.net](mailto:tewv.countydurhamcamhstraining@nhs.net)**

### **If you work in Darlington**

**Please book via Darlington Borough Council's Workforce Development Team**

**[workforce.trainingbookings@darlington.gov.uk](mailto:workforce.trainingbookings@darlington.gov.uk)**

**Please note: Until you have received a confirmation email you cannot assume that you have been allocated a place on the training. Please include individual email addresses if one person is booking for a number of applicants rather than a general workplace address (to ensure confirmation emails and reminders are received by the course applicant) along with a contact number. If your booking is confirmed, you will receive a Teams invitation a week or two prior to the training. Please respond to this invitation.**

In addition to the training opportunities outlined within the portfolio there are dates available for training to be delivered to a staff group. In this training period these sessions will all be Wednesdays. Twilight sessions are possible. Demand is high so early application is advised.

If you have any queries, or would like to enquire about the bespoke training, please contact [tewv.countydurhamcamhstraining@nhs.net](mailto:tewv.countydurhamcamhstraining@nhs.net)

# Anxiety, Worries, Fears & Phobias

This training aims to increase awareness of Anxiety, Worries, Fears and Phobias in children and young people. We will raise awareness of and clarify different types of anxiety and how to identify and manage them.

Date	Time	Venue
Tuesday 20 <sup>th</sup> September	9.30 – 11.45	MS Teams
Tuesday 25 <sup>th</sup> October	1.30 – 3.45	MS Teams
Tuesday 22 <sup>nd</sup> November	9.30 – 11.45	MS Teams

# Emotionally based School avoidance

This training aims to raise awareness of emotionally based school avoidance. It will look at potential causes and explore options for supporting families.

Date	Time	Venue
Tuesday 4 <sup>th</sup> October	9.30 – 11.45	MS Teams
Tuesday 1 <sup>st</sup> November	1.30 – 3.45	MS Teams
Wednesday 30 <sup>th</sup> November	9.30 – 11.45	MS Teams

# Attachment Difficulties

This training raises awareness of the importance of secure early attachment and brain development in children and young people. It identifies the patterns of behaviour seen when these needs are not met and highlights the potential for difficulties that can continue into adulthood.

Date	Time	Venue
Tuesday 20 <sup>th</sup> September	1.30 – 3.45	MS Teams
Tuesday 25 <sup>th</sup> October	9.30 – 11.45	MS Teams
Tuesday 22 <sup>nd</sup> November	1.30 – 3.45	MS Teams

# Attentional Difficulties ADHD /ADD

This training will highlight possible causes of attentional difficulties in children and young people. It will identify the behaviours associated with ADHD and look at management and diagnostic pathways.

Date	Time	Venue
Tuesday 27 <sup>th</sup> September	1.30 – 3.45	MS Teams
Wednesday 26 <sup>th</sup> October	9.30 – 11.45	MS Teams
Tuesday 29 <sup>th</sup> November	9.30 – 11.45	MS Teams

## Childhood Trauma and Adverse Childhood Experiences (ACES)

This training raises awareness of the importance of recognising the sources of childhood developmental trauma including adverse childhood experiences (ACES). It identifies the potential impact on the developing brain and some of the symptoms and patterns of behaviour which may be seen. It explores the underlying hidden needs, and considers the potential longer term impacts on physical and emotional well-being. Attendees should be aware that discussing childhood trauma involves looking at sensitive and difficult information and this training may raise difficult memories for some.

Date	Time	Venue
Tuesday 4 <sup>th</sup> October	1.30 – 3.45	MS Teams
Tuesday 1 <sup>st</sup> November	9.30 – 11.45	MS Teams
Wednesday 7 <sup>th</sup> December	9.30 – 11.45	MS Teams

## Deliberate Self Harm

This training will enhance participants' awareness of the subject of self-harming behaviour in children and young people. The training identifies types of self-harm and how to recognise them and identify levels of risk.

Date	Time	Venue
Wednesday 5 <sup>th</sup> October	9.30 – 11.45	MS Teams
Tuesday 8 <sup>th</sup> November	1.30 – 3.45	MS Teams
Tuesday 13 <sup>th</sup> December	9.30 – 11.45	MS Teams

# Eating Difficulties

This training session will enhance awareness of the subject of eating difficulties in children and young people. It looks at the importance of early identification and identifies some of the possible causes and triggers as well as the treatment options.

Date	Time	Venue
Tuesday 11 <sup>th</sup> October	9.30 – 11.45	MS Teams
Wednesday 2 <sup>nd</sup> November	9.30 – 11.45	MS Teams
Tuesday 29 <sup>th</sup> November	1.30 – 3.45	MS Teams

# Emotional Wellbeing and Communication

This training looks at the importance of emotional well-being and its link to mental health. It identifies and explores different means of communication and strategies for ensuring we communicate effectively with children and young people.

Date	Time	Venue
Wednesday 12 <sup>th</sup> October	9.30 – 11.45	MS Teams
Tuesday 8 <sup>th</sup> November	9.30 – 11.45	MS Teams
Tuesday 6 <sup>th</sup> December	1.30 – 3.45	MS Teams

# Low Mood & Depression

This training session will enhance awareness of Low Mood and Depression in children and young people. It will identify and clarify the difference between different types of low mood and depression and how to recognise and assess levels of risk.

Date	Time	Venue
Tuesday 18 <sup>th</sup> October	9.30 – 11.45	MS Teams
Tuesday 15 <sup>th</sup> November	1.30 – 3.45	MS Teams
Tuesday 13 <sup>th</sup> December	1.30 – 3.45	MS Teams

# Social & Communication Difficulties

This training session will enhance awareness of Social and Communication Difficulties in children and young people. It will identify some common behaviours associated with Autistic Spectrum Disorder (ASD) and look at diagnostic pathways and management within universal services.

Date	Time	Venue
Tuesday 18 <sup>th</sup> October	1.30 – 3.45	MS Teams
Tuesday 15 <sup>th</sup> November	9.30 – 11.45	MS Teams
Wednesday 14 <sup>th</sup> December	9.30 – 11.45	MS Teams

## **Training and information sessions for parents/carers of children and young people aged 0 to 25 years of age.**

**Please note these sessions are for parents/carers only. If you work with children and families and wish to access training please book on the sessions in the portfolio above, thank you.**

Tuesday 27<sup>th</sup> September 2022, 9.30 am – 11.30 am, title of session – Emotional Well-Being. What is it and how can we improve it for ourselves and our children?

Wednesday 19<sup>th</sup> October 2022, 9.30 am – 11.30 am, title of session – Understanding and managing anxiety and emotionally based School avoidance.

Wednesday 16<sup>th</sup> November 2022, 9.30 am – 11.30 am, title of session – Emotional Well-Being. What is it and how can we improve it for ourselves and our children?

Tuesday 6<sup>th</sup> December 2022, 9.30 am – 11.30 am, title of session – Understanding and managing anxiety and emotionally based School avoidance.

Please email enquiries for the parent/carer session dates to [tevw.countydurhamcamhstraining@nhs.net](mailto:tevw.countydurhamcamhstraining@nhs.net)

### **Group training dates**

Please email enquiries for all areas for group training to [tevw.countydurhamcamhstraining@nhs.net](mailto:tevw.countydurhamcamhstraining@nhs.net)



### **ADDITIONAL INFORMATION**

PLEASE FIND BELOW THE LINK TO THE RECOVERY COLLEGE WHERE YOU WILL FIND LOTS OF ADDITIONAL INFORMATION AND PSYCHO EDUCATION RECORDINGS FOR SLEEP, BEHAVIOUR, SENSORY, COMMUNICATION AND ANXIETY.

### **RECOVERY COLLEGE**

We offer recovery-based information and resources on the main website, covering a wide range of mental health and wellbeing topics, as well as free online courses. Anyone can access the website and the online courses, and there is no need for a referral, you simply create a free account to use the courses, and the resources on the main site are available without creating an account.

If you head to the main website ([www.recoverycollegeonline.co.uk](http://www.recoverycollegeonline.co.uk)), at the top of the page it says 'log in'; click this and it will take you to the e-learning site. Alternatively, you can head straight to the e-learning page here <https://lms.recoverycollegeonline.co.uk/>.

Once there, you need to create a free online account – it's easy and quick to do. We'll then authorise your account and then you'll be able to complete any of the courses that you'd like. You can take the courses in your own time and at your own pace, and if you decide to leave a course before you've finished it, when you next log in to your account, you can continue the course where you left off.

If you're unsure of how to use Moodle, the e-learning site we use, there is a short course you can take called 'Tutorial', which will take you through using the site.

## Children & Young Peoples Mental Health Awareness Training Application Form

Name in Full:	
Job Title:	
Organisation:	
Address:	
Postcode:	
Telephone No:	
Email: <b>Please use individual's emails not a generic school address</b>	
Any special requirements we need to be aware of? (E.g. access, learning support, communication, etc.):	

### COURSE DETAILS (more than one session can be included on each form)

Course Name:	
Date & Time:	
Venue:	

### SIGNATURES

I understand that the data will be used for the purposes of administration and monitoring of training provision and for statistical purposes only.			
<b>Signature of Applicant:</b>		<b>Date:</b>	
<b>Applicants will be notified if their application has been successful. If you have not received a confirmation email you will not have been allocated a place. Please respond to the MS TEAMS invitation you will receive prior to the session.</b>			
There is a minimum of 5 places on each course. If the minimum number is not reached this may result in the cancellation of the course. Therefore, any cancellations should be made at least one week in advance to enable places to be offered to others. NB The data you provide will be used for the purposes of administration and monitoring of training provision and for statistical purposes only.			

Please email to  
[teww.countydurhamcamhstraining@nhs.net](mailto:teww.countydurhamcamhstraining@nhs.net)