



County Durham and Darlington

Child and Adolescent Mental Health Services (CAMHS)

Mental Health and Emotional Wellbeing

Awareness Training Portfolio for Professionals

January – April 2023

Welcome to our Training Portfolio: January – April 2023

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 sessions are 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

If you work in Darlington

Please book via Darlington Borough Council's Workforce Development Team

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 and please contact us prior to the session if you are unable to attend.

In addition to the training opportunities outlined within the portfolio there are dates available for training to be delivered to a staff group either via Teams or if preferred Face to face may be possible. 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

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
Wednesday 11 th January	1:30pm-3:45pm
Wednesday 22 nd February	9:30am-11:45am
Tuesday 14 th March	1:30pm-3:45pm

Anxious About School

This training aims to raise awareness of the factors that cause children and young people to be anxious about school. It will look at how to recognise it, identify potential triggers and explore options for supporting children and their families.

Date	Time
Tuesday 17 th January	9:30am-11:45am
Tuesday 7 th February	1:30pm-3:45pm
Tuesday 11 th April	9:30am-11:45am

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
Tuesday 17 th January	1:30pm-3:45pm
Tuesday 28 th February	09:30am-11:45am
Tuesday 11 th April	1:30pm-3:45pm

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
Wednesday 18 th January	9:30am-11:45am
Tuesday 28 th February	1:30pm-3:45pm
Tuesday 18 th April	9:30am-11:45am

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
Tuesday 24 th January	09:30am-11:30am
Tuesday 21 st February	1:30pm-3:45pm
Wednesday 12 th April	9:30am-11:45am

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
Tuesday 24 th January	1:30pm-3:45pm
Tuesday 7 th March	9:30am-11:45am
Tuesday 18 th April	1:30pm-3:45pm

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
Tuesday 31 st January	9:30am-11:45am
Tuesday 7 th March	1:30pm-3:45pm
Wednesday 26 th April	09:30am-11:45am

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
Wednesday 25 th January	9:30am-11:45am
Tuesday 14 th March	9:30am-11:45am
Tuesday 25 th April	1:30pm-3:45pm

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.

All the sessions in this Portfolio will be delivered via MS TEAMS.

Date	Time
Tuesday 31 st January	1:30pm-3:45pm
Wednesday 1 st March	9:30am-11:45am
Tuesday 25 th April	9:30am-11:45am

Adolescent Sexual Development and Sexual Risk

This awareness training will give a brief overview on the role of forensic CAMHS and how it differs from generic CAMHS services.

We will define typical presentations of adolescent sexual development in terms of behaviour and functioning and go on to explore what constitutes disrupted and adverse sexual development in children and young people.

We will look at how this might impact on a range of sexual behaviours, attitudes and beliefs in a developing adolescent.

On completion of the training the participants should be able to determine what constitutes healthy 'normal' adolescent sexual development vs unhealthy 'abnormal' sexual development and begin to understand its implication for future sexual behaviour and risk in young people. They will also be aware of when a referral to forensic CAMHS is appropriate and how this can be made.

There will be an opportunity for participants to ask any questions at the end of the session.

Date	Time
Wednesday 25 th January	1:30pm-3:30pm

Child to Parent Violence and Aggression

This awareness training will begin by giving a brief overview on the role of forensic CAMHS and how it differs from generic CAMHS services.

We will consider models of aggression in children and young people and identify key influencing factors. We will look to apply these models of aggression and consider them within the family / parent context and explore how aggression can become a pattern in households.

Aggression will be discussed in a childhood mental illness and neurodevelopmental context with consideration given to NICE guidance and recommended treatment / intervention approaches for CAMHS and multi-agency partners.

On completion of the training the participants should be able to determine how aggression develops in C&YP and what approaches may benefit and hinder family's approaches to manage it within their child(dren).

The participants will also be aware of when a referral to forensic CAMHS is appropriate and how this can be made.

There will also be opportunity for participants to ask any questions at the end of the session.

Date	Time
Wednesday 26 th April	1:30pm-3:30pm

Children & Young Peoples Mental Health Awareness Training Application Form

Name in Full:	
Job Title:	
Organisation:	
Address:	
Postcode:	
Telephone No:	
Email: Please use individual's emails not a generic school address	
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:	1. 2. 3. 4.
Date & Time:	1. 2. 3. 4.

SIGNATURES

I understand that the data will be used for the purposes of administration and monitoring of training provision and for statistical purposes only.			
Signature of Applicant:		Date:	
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.			
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
tewv.countydurhamcamhstraining@nhs.net