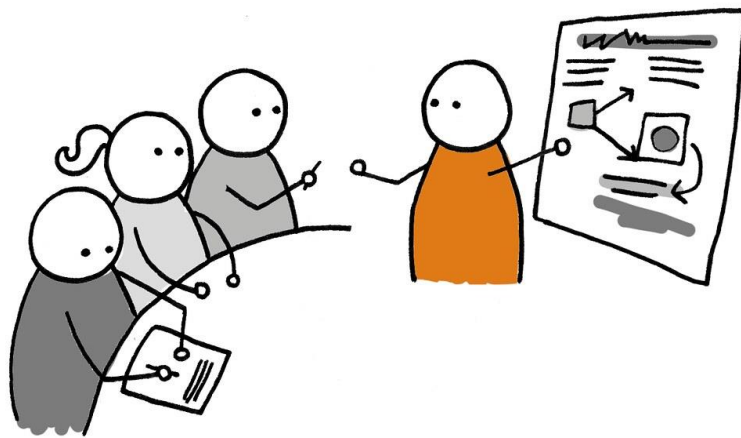




Child & Adolescent Mental Health Training for Professionals

Provided by the Primary Mental Health Work Team,
CAMHS

Programme September 2021 – July 2022



Index

<u>Introduction</u>	<u>1</u>
<u>Introduction to Low Mood and Depression in Children and Young People</u>	<u>2</u>
<u>Introduction to ADHD</u>	<u>3</u>
<u>Introduction to Trauma</u>	<u>4</u>
<u>Emotional Regulation Skills (DBT)</u>	<u>5</u>
<u>Introduction to Risk</u>	<u>6</u>
<u>Understanding Attachment & Supporting Children with Attachment Difficulties</u>	<u>7</u>
<u>Introduction to Self-Harm</u>	<u>8</u>
<u>Introduction to OCD</u>	<u>9</u>
<u>Introduction to Anxiety</u>	<u>10</u>
<u>ESCC: Perspectives on Children & Young People with Mental Health Issues</u>	<u>11</u>
<u>ESCC: Impact of Adult Mental Health on Children and Young People</u>	<u>12</u>
<u>Staff Mindfulness Course</u>	<u>13</u>

Introduction

Welcome to the 2021 – 2022 Programme for the Child and Adolescent Mental Health Training for Professionals (CAMHP Training), facilitated by the Primary Mental Health Worker Team (PMHW) in CAMHS.

Below you will find information for the 2021 - 2022 training events. If you wish to book on to a session then please click on the booking link given with each course.

CAMHP Training is provided by CAMHS Primary Mental Health Workers throughout the academic year. A rolling programme of introductory sessions providing information and strategies on issues relating to the emotional and mental health of children and young people.

The sessions are **FREE**, informal and participative and also provide an excellent networking opportunity for participants.

Amanda Foley and Ximena Rubi Steene are currently coordinating the organisation of the CAMHP Training programme. The team are always happy to hear from partner agencies who wish to host a CAMHP Training Session or Workshop or who have an idea of a topic.

You can reach us at: CAMHPTraining@sussexpartnership.nhs.uk

Bookings can be made by clicking on the link at the bottom of each course.

We are hoping to continue to offer these training sessions at no cost. In order to support us with this, we would appreciate you letting us know as soon as possible, and with a minimum of 3 working days' notice, if you are unable to attend a session you have booked. This allows us to offer places to people on wait lists.

Introduction to Low Mood and Depression in Children and Young People

This session will explore the causes and effects of low mood in children and adolescents. It will include the differences between mild, moderate and severe depression in young people and the recommendations from the National Institute of Clinical Excellence (NICE) on how to manage low mood and depression in children and adolescents.

We will discuss ways of working with young people struggling with low mood, protective factors and when to refer a young person with low mood to CAMHS. This session will give participants a chance to discuss case examples and apply the theory to practice.

The session will include the differences between:

- Mild Depression
- Moderate Depression
- Severe depression in children and the recommendations from the National Institute of Clinical Excellence (NICE) in how to manage low mood and depression in children



Please hold mouse over the link below and Ctrl + Click to book onto your preferred course:

<https://camhplowmood.eventbrite.co.uk>

Date: Thursday 30th September 2021
Time: 9:30am – 11:30am
Online: Zoom (Links will be sent to those booked on the course nearer the time)

Presenting: Ruth Sequeria, Senior Primary Mental Health Worker

Introduction to ADHD

This is an introductory session on the topic of Attention Deficit Hyperactivity Disorder in children and adolescents.

The session will aim to answer questions such as:

- What is ADHD?
- How do we assess and diagnose ADHD?
- What is the role of medication?
- What you need to consider when referring for ADHD



Please hold mouse over the link below and Ctrl + Click to book onto your preferred course:

<https://camhpintroadhd.eventbrite.co.uk>

Date: Wednesday 27th October 2021
Time: 9:30am – 11:30am
Online: Zoom (Links will be sent to those booked on the course nearer the time)

Presenters: Matthew Tutt, Team Leader for ADHD East Sussex

Introduction to Trauma

This is an introductory session about Trauma/PTSD

The workshop will focus on the following topics with a short Q&A session at the end.

- What do we mean when we say Trauma/PTSD?
- Early warning signs.
- How can we support young people?
- What are the treatment options?
- Q&A's



Please hold mouse over the link below and Ctrl + Click to book onto your preferred course:

<https://camhpintrotrauma.eventbrite.co.uk>

Date: Thursday 25th November 2021

Time: 9:30am – 11:30am

Online: Zoom (Links will be sent to those booked on the course nearer the time)

Presenters: Abigail Wade, Interim East Sussex Service Manager for i-Rock Service, Primary Mental Health Team – Tier 2 CAMHS, SPOA and East Sussex CAMHS Lead for Transition

Roxanne Smith, Interim Team Lead, Primary Mental Health Service

Emotional Regulation Skills (DBT)

It is typical during adolescence to experience regular 'ups and downs' of emotion and it can be hard to recognise what can be 'ridden' and what is representing a mental health difficulty requiring further professional input. Difficulties managing strong emotions, such as anger, anxiety or low mood, can lead to impulsive or problematic behaviours.

This session will focus a little on key changes in the adolescent brain, the importance of feeling a full range of emotions and then, for the greater part, on skills useful for managing the intensity of emotions.



Please hold mouse over the link below and Ctrl + Click to book onto your preferred course:

<https://camhpemotionalreg.eventbrite.co.uk>

Date: Tuesday 25th January 2022

Time: 9:30am – 11:30am

Online: Zoom (Links will be sent to those booked on the course nearer the time)

Presenting: Dr Victoria Bonnett, Clinical Psychologist

Introduction to Risk

Risk is something that is often a highly discussed and thoroughly considered topic within a mental health service. Why is that?

What does “risk” mean when referring to child and adolescent mental health?
When do we need to consider risk/ why is it important?

How do we manage identified risk(s)/ what to do for certain risk factors, e.g. deliberate self-harm (DSH) or suicidal ideation?

We will also explore examples of a thorough risk assessment, but also consider some limitations to safety plans and talk about ‘positive risk taking.’



Please hold mouse over the link below and Ctrl + Click to book onto your preferred course:

<https://camhpintrorisk.eventbrite.co.uk>

Date: Wednesday 23rd February 2022
Time: 9:30am – 11:30am
Online: Zoom (Links will be sent to those booked on the course nearer the time)

Presenting: Kevin Prince Stephen, Occupational Therapist / Mental Health Practitioner

Understanding Attachment and Supporting Children with Attachment Difficulties

This will be a brief introduction to the different attachment styles of children. We will explore the circumstances through which they may develop, and the resulting behavioural strategies that the children may use in order to survive.

We will think about the expressed needs of these children, and how these may differ from their underlying 'hidden' needs. We will also explore ideas about how we can respond to these needs day to day. While we will consider ideas around traumatised attachment, it will be outside of the scope of this workshop to look at the impact of trauma more widely.



Please hold mouse over the link below and Ctrl + Click to book onto your preferred course:

<https://camhpattachment.eventbrite.co.uk>

Date: Thursday 31st March 2022

Time: 9:30am – 11:30am

Online: Zoom (Links will be sent to those booked on the course nearer the time)

Presenting: Amanda Foley, Primary Mental Health Nurse

Roxanne Smith, Interim Lead – Primary Mental Health Team

Introduction to Self-Harm

This is an introductory session about self-harm.

The first part of the workshop will focus on answering questions such as:

- What is self-harm?
- Who self-harms?
- Why do young people self-harm?
- How can I support young people who self-harm?
- What is the role of specialist CAMHS services in supporting young people who self-harm?
- Looking after you as workers.

The second part of the workshop will focus on case work and attendees are invited to bring along anonymous cases for discussion.



Please hold mouse over the link below and Ctrl + Click to book onto your preferred course:

<https://camhpintroselpharm.eventbrite.co.uk>

Date: Tuesday 19th April 2022

Time: 9:30am – 11:30am

Online: Zoom (Links will be sent to those booked on the course nearer the time)

Presenting: Sue Davies, Locality Manager for Hastings CAMHS & East Sussex LD/FISS Service

Introduction to Obsessive Compulsive Order (OCD)

Young people with Obsessive Compulsive Disorder (OCD) often experience thoughts, feelings or images that cause distress. This is followed by a mental or physical action that seeks to provide short-term relief from the unpleasant emotion. OCD can have a serious and time-consuming impact on young people's lives, but effective support and treatment interventions can help.

The session will provide an introduction to the development, symptoms and maintenance of OCD. The latter part of the session will focus on the importance of helping young people who are struggling with OCD in their day-to-day lives.

Topics explored within this session will include:

- What is OCD?
- Reasons for developing OCD
- What keeps OCD going?
- Myths about OCD
- Supporting young people to manage OCD



Please hold mouse over the link below and Ctrl + Click to book onto your preferred course:

<https://camhpintrocd.eventbrite.co.uk>

Date: Wednesday 25th May 2022

Time: 9:30am – 11:30am

Online: Zoom (Links will be sent to those booked on the course nearer the time)

Presenting: Lauren Crouch, Psychological Wellbeing Practitioner
Ali Knox, Mental Health Practitioner

Introduction to Anxiety

This session is an introduction to how anxiety affects young people and ways you can support young people struggling with elevated anxiety.

Topics explored within this session will be:

- Early warning signs
- Reasons why young people feel anxious
- Anxiety disorders
- How young people can be helped to manage anxiety

The second half of the session will give you a chance to explore the topic in more depth and will give a chance for case discussion and application to your practice.



Please hold mouse over the link below and Ctrl + Click to book onto your preferred course:

<https://camhpintroanxiety.eventbrite.co.uk>

Date: Thursday 30th June 2022

Time: 9:30am – 11:30am

Online: Zoom (Links will be sent to those booked on the course nearer the time)

Presenting: Suan Morgan, Primary Mental Health Worker

This workshop is relevant for all East Sussex children's services practitioners working with children, young people and families assessed as level 3 or 4 on the Continuum of Need.



Mental Health: Perspectives on Children & Young People with Mental Health Issues



The PMHW team are facilitating this training in partnership with East Sussex County Council Children's Services and East Sussex LSCB.

Bookings and further information about this course can be found via the East Sussex Learning Portal: www.eastsussexlearning.org.uk

Please note: There will be further course dates available via the East Sussex Learning Portal that will be run by East Sussex County Council Children's Services and East Sussex LSCB.

Courses will run in the Autumn 2021 and Spring 2022 – for more information please use the below link:

www.eastsussexlearning.org.uk

Course Aims and Description

This 1/2 day workshop is part of a themed learning programme focusing on practical support and intervention with Children and Young People where mental health issues might be present. This course will provide the opportunity for participants to explore case studies and reflect on their own practice and experiences when working with children and young people with behavioural and mental health issues.

The event is facilitated by Child and Adolescent Mental Health Service (CAMHS) and Local Safeguarding Children's Board (LSCB) professionals. It is responding to learning needs identified in this area by a broad range of Children's Services practitioners working with Children and Young People on Level 3 and 4 on the Continuum of Need.

This workshop is relevant for all East Sussex children's services practitioners working with children, young people and families assessed as level 3 or 4 on the Continuum of Need.



Impact of Adult Mental Health on Children and Young People



The PMHW team are facilitating this training in partnership with East Sussex County Council Children's Services and East Sussex LSCB.

Bookings and further information about this course can be found via the East Sussex Learning Portal: www.eastsussexlearning.org.uk

Please note: There will be further course dates available via the East Sussex Learning Portal that will be run by East Sussex County Council Children's Services and East Sussex LSCB.

Courses will run in the Autumn 2021 and Spring 2022 – for more information please use the below link:

www.eastsussexlearning.org.uk

Course Aims and Description

This popular workshop is delivered by CAMHS LSCB professionals. It explores the impact of adult mental health on children and young people and is for staff that directly supports families where adult mental health issues or illnesses might be present.

This workshop is relevant for all East Sussex children's services practitioners working with children, young people and families assessed as level 3 or 4 on the Continuum of Need and specifically Designated Safeguarding Leads (DSLs) and SENCOs from schools and early year's providers.

The learning objectives for this workshop are to enable participants to:

- Recap on the signs and indicators of mental illness in adults
- Understand the impact that mental illness can have on parenting
- Identify risks and impact on children and young people living with parents with mental health issues
- Explore interventions and services that are available to support families experiencing these issues.



Mindfulness Course (Online)

8-week course for staff working with children and young people in East Sussex – offered as part of the East Sussex CAMHS programme

Working in the caring and educational professions can be inspiring and rewarding, however it can also be hard work and at times stressful and emotionally demanding, particularly when juggling this with life outside of work.

Research indicates mindfulness can have numerous physical and psychological benefits including improvements in stress; anxiety; worry; low mood; sleep; immune function; personal relationships; compassion; creativity; productivity and enjoyment of life.

A Mindfulness course is a chance to take a pause, to learn a different approach to managing stress and difficulties, to reflect on what's important to you and to take care of yourself.

This is not a training course to develop your skills in working with young people, this is for you and your wellbeing.

There may be opportunities following the course to look at how mindfulness could be integrated into your work.

Comments from past participants:

"I think this is one of the most valuable courses on offer, it's hard on a personal level but well worth the effort and should have lasting effects on personal practice and wellbeing."

"It has made me slow down...I don't worry so much over the 'little things' or things out of my control...It has made me think about myself more."

"So glad I did it. It was so helpful in giving me ways to help myself feel human again. I have definitely benefitted hugely from this course over the 8 weeks and feel equipped to carry on practicing the techniques."

The Mindfulness Course consists of 8 weekly 2 hour classes. Participants are strongly encouraged to complete 30 minutes of daily practice between classes in order to gain maximum benefits.

The course is offered free of charge. You will need agreement from your Manager to attend.

**Mondays 4 - 6pm starting January 2022
(using Zoom)**

Places are strictly limited; early registration is advised.

For further information or to book your place contact Ruth:
ruth.sequeira@nhs.net 07775 704 925