

Mental Health & Resilience Training Programme



January – March 2018

Essential training for people working with
children and young people in West Sussex



allsorts youth
project



Joint Div**e**rsity



YMCA





The aim of Time to Change is to encourage us all to be more open about our mental health, and to start conversations with those who might need our support.

How can you get involved?

Everyone can get involved in many different ways!

You can:

1. Explore this website:
<https://www.time-to-change.org.uk/get-involved>
2. Add your name to the Time to Change pledge wall
3. Bring time to change to your workplace:
www.time-to-change.org.uk/get-involved/get-your-workplace-involved
4. Become a time to change champion!
For more information, register at:
www.time-to-change.org.uk/get-involved/time-change-champions/register-champion
5. If you are a school or college there is specific support:
<https://www.time-to-change.org.uk/get-involved/get-involved-schools/free-resources/school-leaders>



We can offer training & support if you would like to:

- Share your personal testimony to increase awareness in the community
- Become a Champion to campaign in your local community
- Apply for a Champions fund Grant of up to £500 to put on an event or activity:
<https://www.time-to-change.org.uk/get-involved/become-time-change-hub/the-champions-fund>
- Get involved in Time to Talk Day 2018 on Thursday 1 February. Find out more here:
<https://www.time-to-change.org.uk/get-involved/time-talk-day-2018>

Time to Change West Sussex is a partnership of organisations & individuals

Our aim is to get West Sussex linked into this movement by:

- Increasing the number of employers who sign up to the pledge
- Recruiting champions to help make West Sussex a place where people are less likely to experience stigma about their mental health in both the workplace and other settings

Would you like to know more?

Email us: ttcwestsussex@coastalwestsussexmind.org

Tel: 01903 277000 ask for Louisa Hernandez

www.coastalwestsussexmind.org www.time-to-change.org.uk

The Training Partnership

West Sussex County Council and West Sussex CCGs are funding a training programme of mental health awareness and suicide prevention awareness training and workshops.

Who is the training for?

This training is primarily for staff and volunteers working with children and young people in public-facing settings across West Sussex.

Am I eligible to apply for a course?

In order to apply for any of these courses you need to meet this criteria:

- You can attend the entire session(s)
- You are working or volunteering in West Sussex in the voluntary or public sector
- You are working directly with young people with emotional and mental health issues.

Who delivers the training?

The lead agency for this initiative is Coastal West Sussex Mind.

Supporting the training programme are partners Allsorts Youth Project, Autism Sussex, Grassroots Suicide Prevention, Joint Diversity, LifeCentre, Rethink Mental Illness, YMCA Downslink Group and Change, Grow, Live.

How can I book?

All courses can be booked on Eventbrite. Please go to this link to book your place:

<http://www.eventbrite.co.uk/o/coastal-west-sussex-mind-8288439768>

If you have any further questions contact the Coastal West Sussex Mind team on:

training@coastalwestsussexmind.org or call Karin or Charlotte on 01903 277010

Is there a cost?

We ask for a **non-refundable fee of £10.00 - £30.00 per person, per course.**

This helps towards refreshments and registration costs.

Please do not book on a course unless you are certain you can attend, as the courses are very popular and are very heavily subsidised, to reduce the cost to you.

In-House Courses

It may be possible for us to deliver a **funded in-house course** at your workplace at a date and time agreeable with you, if you are able to provide a suitable room and manage the course bookings. You can either host the full event or part-host, providing the venue and filling some of the spaces. We can take care of booking the remaining places to fill the course.

You can book any **one** of the courses in this brochure and we also have other workshops available including SafeTALK, Motivational Interviewing, ADHD and more, for in-house bookings.

COURSE DATES

January 2018

12.01.18	Autism and Young Children	Shoreham
17.01.18	Anti Stigma Training for Trainers	Crawley
29.01.18	Bereavement and Loss in Primary Age Children	Crawley
31.01.18	Understanding Sexual Abuse	Billingshurst

February 2018

06.02.18	Supporting LGBTU Young People	Chichester
07.02.18	Talking to Young People About Mental Health	Crawley
08.02.17	Suicide Talk	Worthing
27.02.18	Supporting Trans Children and Young People	Crawley

March 2018

02.03.18	Understanding & Managing Bullying in Primary Age Children	Midhurst
05.03.18	Two Day Youth Mental Health First Aid	Worthing
07.03.18	Anti-stigma Training for Trainers	Bognor Regis
14.03.18	Advancing your Motivational Interviewing Skills	Worthing
15.03.18	SuicideTalk	Chichester
16.03.18	School Refusal in Primary Aged Children	Shoreham
21.03.18	Supporting LGBTU Young People	Midhurst
23.03.18	Anxiety, Low Mood & Resilience in Primary Age Children	Crawley

Autism & Young Children

- 12.01.18 in Shoreham -

This **half day session** will develop participants' understanding of ASC and how the condition may impact a child. The course includes proactive strategies which address deficit skill areas, includes signposting and useful information about next steps.



Anti Stigma Training for Trainers

- 17.01.18 in Crawley & 07.03.18 in Bognor Regis -

This **half day session** aims to equip staff with the knowledge and skills to better educate students/young people about mental health stigma and discrimination. It is a ready to run session package which can then be delivered directly with your CYP.



Bereavement and Loss in Primary Age Children

- 29.01.18 in Crawley -

This **half day session** will cover the concept of bereavement in children, how they comprehend death and how they mourn differently to adults. We will look at how children and young people grieve and how we can respond to the event/disclosure, learn to recognise changes in behaviour, and what support is available to bereaved children and what resources we can access.

Understanding Sexual Abuse

- 31.01.18 in Billingshurst -

This **one-day session** is aimed at CYP practitioners* and managers, to assist them to engage effectively with children and young people known to be victims of sexual abuse or exploitation.

*For practitioners working with both Primary and Secondary school aged CYP

Supporting LGBTU Young People

- **06.02.18 in Chichester & 21.03.18 in Midhurst** -

In this **half-day session**, practitioners* will learn ways to make services safer and more LGBTU inclusive by exploring ways of identifying and challenging homophobia, bisexual and transphobia at home, school, college or work.

*For practitioners working with both Primary and Secondary school aged CYP

Talking with Young People about Mental Health

- **07.02.18 in Crawley** -

On this **one-day session** you will explore the difficulties around talking with young people about mental health and emotional well-being. The session will include practical strategies and approaches we can use when talking with young people about mental health.

Suicide Talk

- **08.02.18 in Worthing & 15.03.18 in Chichester** -

This short awareness-raising **session is 90 minutes long**. By dispelling the myth that talking about suicide promotes suicidal behaviour, suicideTALK provides a solid foundation for suicide prevention. It aims to reduce stigma around suicide and promote awareness within the community.

We will explore how suicide is a serious community health problem that is often misunderstood, how to get involved in life protection, preservation and promotion activities in the community.





Supporting Trans Children & Young People

- 27.02.18 in Crawley -

This training will provide an insight into the lives of trans and gender questioning children and young people, as well as gaining information on trans identities more generally.

We will explore ways to increase your confidence in supporting young trans people to develop a strong sense of identity in the face of multiple marginalisation. We will learn practical ways to make your service more safe and inclusive by exploring creative ways to challenge transphobia and support trans children and young people.

Understanding & Managing Bullying in Primary Age Children

- 02.03.18 in Midhurst -

This **half-day training** explores the reasons behinds bullying behaviour, and what types of children bully or are bullied. The session will look at how we communicate effectively with young people being bullied, the impact of bullying on mental health, and the support and resources available.

Youth Mental Health First Aid

- 05.03.18 & 06.03.18 in Worthing -

This **two day session** is for participants to gain a more in-depth understanding of some of the common mental health issues affecting young people, including depression, anxiety, eating disorders and psychosis. Participants will learn to effectively support young people with a mental health issue and relate to their experiences and identify stigma and discrimination surrounding mental health issues.



Advancing your Motivational Interviewing Skills

- **14.03.18** in **Worthing** -

This session is **ONLY FOR PREVIOUS ATTENDEES OF OUR INTRODUCTION TO MOTIVATIONAL INTERVIEWING COURSE.**

This **one-day session** is aimed at practitioners who have done a basic MI skills training and wish to extend and develop their understanding of the approach and its application to their practice. It aims to provide practitioners with additional opportunity to utilise the model more often and with more confidence in day-to-day general practice.



School Refusal in Primary Aged Children

- **16.03.18** in **Shoreham** -

This new course looks at school refusal in younger children and offers practical skills and strategies for addressing this. We will look at what refusal means, the push/pull factors, and the role of attachment and trauma in school refusal. We will explore strategies for working with children displaying school refusal, and the support and resources available.



Anxiety, Low Mood and Building Resilience in Primary Aged Children

- **23.03.18** in **Crawley** -

This course will look at anxiety and low mood in younger children, and offers practical skills and strategies for addressing this. We will explore how anxiety and low mood presents itself in younger children, trigger factors, neurology and brain development. We will look at the difference between normalising anxiety & low mood and disabling anxiety and low mood which effects day to day functioning, strategies for helping children to bounce back from adverse situations and support services available for signposting.

For More Information

If you have any further questions contact the Coastal West Sussex Mind team on:

training@coastalwestsussexmind.org or

Call Karin or Charlotte on **01903 277010**

