

**County Durham and Darlington**

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

**Mental Health and Emotional Wellbeing**

**Awareness Training Portfolio for Professionals**

**May – August 2024**

**Welcome to our Training Portfolio: May – August 2024**

**All the sessions in this Portfolio will continue to 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](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. Once your booking has been processed, you will receive a confirmation email and the Teams invitation prior to the training. 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](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.

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| **Date** | **Time** |
| Wednesday 1st May | 9:30am-11:45am |
| Tuesday 4th June | 1:30pm-3:45pm |
| Tuesday 23rd July | 9:30am-11:45am |
| Wednesday 14th August | 9:30am-11:45am |

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.

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| **Date** | **Time** |
| Tuesday 21st May | 1:30pm-3:45pm |
| Wednesday 3rd July | 9:30am-11:45am |
| Tuesday 6th August | 1:30pm-3:45pm |

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.

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| **Date** | **Time** |
| Tuesday 7th May | 1:30pm-3:45pm |
| Wednesday 5th June | 09:30am-11:45am |
| Wednesday 24th July | 09:30am-11:45am |
| Tuesday 13th August | 09:30am-11:45am |

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.

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| **Date** | **Time** |
| Wednesday 22nd May | 9:30am-11:45am |
| Tuesday 2nd July | 1:30pm-3:45pm |
| Wednesday 31st July | 9:30am-11:45am |
| Tuesday 20th August | 1:30pm-3:45pm |

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.

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| **Date** | **Time** |
| Tuesday 14th May | 1:30pm-3:45pm |
| Wednesday 12th June | 9:30am-11:45am |
| Tuesday 30th July | 1:30pm-3:45pm |
| Tuesday 20th August | 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.

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| **Date** | **Time** |
| Tuesday 28th May | 9:30am-11:45am |
| Wednesday 17th July | 9:30am-11:45am |
| Tuesday 13th August | 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.

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| **Date** | **Time** |
| Wednesday 15th May | 9:30am-11:45am |
| Tuesday 9th July | 1:30pm-3:45pm |
| Tuesday 6th August | 9:30am-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.

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| **Date** | **Time** |
| Wednesday 8th May | 9:30am-11:45am |
| Tuesday 11th June | 1:30pm-3:45pm |
| Tuesday 30th July | 9:30am-11:45am |

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.

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| **Date** | **Time** |
| Wednesday 29th May | 9:30am-11:45am |
| Tuesday 16th July | 1:30pm-3:45pm |
| Wednesday 7th August | 9:30am-11:45am |

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

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| Full name: |  |
| Job Title: |  |
| Organisation: |  |
| Address: |  |
| Postcode: |  |
| Telephone No: |  |
| Email: **Please use individual’s emails not a generic school address** |  |
| Where did you hear about this training? |  |

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

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| Course Name & Date:  1.  2.  3.  4.  5. |
| If you have any additional needs, please include them here: |

**SIGNATURES**

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| 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. PLEASE DO NOT SHARE THE MS TEAMS invitation with your colleagues as an attendance list is produced prior to each session, thank you.**  There is a minimum of five 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.  **Attendance certificates and slides are only sent out if you complete the evaluation – QR code is shown at the end of the session and link is in the session invites.** | | | |

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