



Changes Young People Services,
Wellbeing Centre,
Victoria Court,
Booth Street,
Stoke On Trent
ST4 4AL

Tel: 01782-413355
Email: torychanges@yahoo.co.uk

March 2013

Dear Colleague

“Understanding the Mental Health of Children and Young People”

Free Mental Health training for staff working with children and young people in Stoke-on-Trent

Please find attached details of free training available for local staff, to help them support and address the mental health needs of children and young people.

- The training has been developed by local Child and Adolescent Mental Health practitioners
- It covers mental health promotion, common mental health problems in children and young people, and how to respond effectively.
- The training is free of charge and all participants receive a comprehensive manual and a certificate of attendance.

Staff wishing to attend should return the enclosed booking form to Tory Alexander c/o Changes Young People's Service.

Once you have completed the CAMHS Tier 1 training, you can then access Follow on training, including:

- “Managing self harm in Children & Young People“
- “Helping Children & Young People cope with Loss and Bereavement“
- “Building Self-Esteem for Children & Young People“
- “Understanding & Managing Anger in Children & Young People“

Yours sincerely

Tory Alexander
Changes YP:



Child and Adolescent Mental Health Services (CAMHS) – Tier 1 training

Understanding the mental health of children and young people

Free, one day training course

Aim

To help staff respond effectively and confidently to the mental health needs of children and young people.

Why?

Front line professionals working directly with children and young people are ideally placed to pick up on the early signs of mental distress – but they need the knowledge and skills about mental distress and local services to do this with confidence.

Delivery

One-day session

COURSE CONTENT

Module one- An introduction to Children's and Young People's Mental Health. Child and Adolescent Mental Health services - background and context.

Module two- Understanding Children and their emotional needs. Children's and Young People's mental health, risk and resilience.

Module three- What helps Children and Young People? Effective responses to common mental health problems.

Facilitators

Local mental health professional, with experience of delivering services in partnership with specialist CAMHS

Resources

All delegates will receive a comprehensive resource pack containing details of the information covered on the programme and on local services.

Cost

This training is free to delegates but a no-show fee of £75 will apply, as places are limited to 20 per training session.



APRIL 13 – MARCH 2014

DATES	VENUE	TIME	FACILITATOR
24 th April 2013	Changes Well-Being Centre, Booth Street, Stoke, ST4 4AL	9.30am-4.30pm	Julie Bailey
12 th June 2013	Changes Well-Being Centre, Booth Street, Stoke, ST4 4AL	9.30am-4.30pm	Julie Bailey
24 th July 2013 FULL	Changes Well-Being Centre, Booth Street, Stoke, ST4 4AL	9.30am-4.30pm	Julie Bailey
12 th August 2013	Changes Well-Being Centre, Booth Street, Stoke, ST4 4AL	9.30am-4.30pm	Julie Bailey
13 th September 2013	Changes Well-Being Centre, Booth Street, Stoke, ST4 4AL	9.30am-4.30pm	Julie Bailey
2 nd October 2013 FULL	Changes Well-Being Centre, Booth Street, Stoke, ST4 4AL	9.30am-4.30pm	Julie Bailey
6 th November 2013 FULL	Changes Well-Being Centre, Booth Street, Stoke, ST4 4AL	9.30am-4.30pm	Julie Bailey
4 th December 2013	Changes Well-Being Centre, Booth Street, Stoke, ST4 4AL	9.30am-4.30pm	Julie Bailey
22 nd January 2014	Changes Well-Being Centre, Booth Street, Stoke, ST4 4AL	9.30am-4.30pm	Julie Bailey
5 th February 2014	Changes Well-Being Centre, Booth Street, Stoke, ST4 4AL	9.30am-4.30pm	Julie Bailey

***Please note that lunch is not provided but refreshments will be served throughout the day. The Car Park is for Changes staff only.*



CAMHS Tier 1 Training - Understanding the Mental Health of Children and Young People

Booking reservation form

Course dates:.....

I wish to attend the above CAMHS Tier 1 training course. I understand the course is free of charge, however a fee of £75 will be payable in the event of non-attendance of any part of the course. I have my manager's permission to attend this course.

Signature

Name:

Job title:

Organisation:

Address:

Telephone:

Email:

Any special requirements:

Please return this booking form as soon as possible, and in any event by **NO LATER THAN** one week before your chosen course is due to start. You will receive confirmation of your place by email or post.

Tory Alexander C/o Changes YP Service, Victoria Court, Booth Street, Stoke On Trent, ST4 4AL

Tel no: 01782-413355

email: torychanges@yahoo.co.uk