

6 day Certified Programme in Child and Adolescent Mental Health

October 2009 - March 2010

(see dates below)

Venue: Stratford E15

Introduction:

The *Training programme in Child and Adolescent Mental Health* is outlined below. The training will build the learning outcomes through a course of six sessions. Each session will run from approximately 09.30am to 4.30pm and will comprise a combination of didactic teaching, small group work, work with live case material from participants and reflective practice.

Participants will be provided with a handbook containing training materials for each session including a programme, short biography of the trainer, copies of presentations, additional handouts where appropriate and information about Young Minds.

Participants will also be supplied with a Learning Journal. The journal is a tool that has been found very effective as an aid to reflective practice. Participants will be encouraged to keep entries in the journal throughout the period of the course to consolidate their learning, and these will be reviewed as part of the training sessions.

Certification

Participants who have attended at least five of the six sessions will receive a Young Minds Short Course Certificate in Child and Adolescent Mental Health.

Programme Aim

The short course programme aims to:

- Improve the promotion of positive concepts of mental well-being, a holistic understanding of mental ill health and comprehensive joined-up services.
- Equip practitioners with the skills and knowledge needed to manage the anxieties and stresses arising from their work with children, young people and families.
- Enable participants to increase their confidence and competency in supporting children and young people who are in distress.

- Provide participants with an understanding of some of the key concepts in child development, children's mental health, the difficulties faced by children they work with and give assistance in helping participants deal with the difficulties they face on a day-to-day basis.
- Encourage participants to consider the potential impact of early intervention and multi-agency working in improving the mental health of young people.

Course Content

29 October 2009. Session One: Introduction to Young People's Mental Health -

**Please note that attendance at this session or evidence of attendance at a similar session is a requirement for attending further sessions*

26 November 2009 Session Two: Adolescent Turmoil

17 December 2009 Session Three: Attachment, Behaviour & Learning

21 January 2010 Session Four: The Mental Health of Black and Minority Ethnic groups

18 February 2010 Session Five: Trauma

25 March 2010 Session Six: Deliberate Self Harm in Young People

Overarching Themes

Throughout the programme there will be a range of overarching themes:

- Working with difference
- Human rights
- Legislative framework
- Systemic thinking
- Evidence-based practice
- Practiced-based evidence
- Multi-agency working.

Cost: £650 per person - Payment: Payment in full at least 14 days prior to course commencement please.

People working with young people in the borough of **Tower Hamlets** may be entitled to a training bursary for this event, subject to available funding - please e-mail - flora.dele-ojo@towerhamlets.gov.uk for training bursary eligibility criteria and a bursary application (you will need to allow at least 2 weeks for processing the training bursary prior to the start of training). To book your place on the course please see below

How to join:

Please complete a course application form, available from

<http://www.lecp.org.uk/training/>

Return your completed form to:

LECP Training & Workforce Development,
4th Floor Solar House, 1-9 Romford Road,
Stratford, London E15 4LJ

training@londoneastconnexions.co.uk

Tel: 020-8536-3630, Fax: 020-8534-2830