



# Healthy Minds Team Professional Training Prospectus 2021-2022





### **Who is the Healthy Minds Team?**

The Healthy Minds Team is a Mental Health Support Team based in South Tyneside and provided by South Tyneside & Sunderland NHS Foundation Trust.

The team includes a range of mental health trained professionals providing a range of emotional, behavioural and psychological support services to children, young people, parents and professionals in South Tyneside.

Our team linked with all schools and colleges across South Tyneside promoting a Whole School Approach to Building Resilience and Promoting Positive Wellbeing.

### **Our Training Offer**

The Healthy Minds Team offers a range of training courses for professionals working within South Tyneside. The training prospectus outlines the annual offer available and how to book a place on the course.

We would encourage all staff to complete the Introduction to CAMHS Course as this provides a useful foundation to any future courses.

### **How to book a place?**

If you are interested in booking a place on any of the provided courses you must reside or work in South Tyneside.

All schools and colleges will be sent a calendar with the Eventbrite links for each training course for you to register for a Course we provide. To register onto training you must do so via Eventbrite tickets. You will receive an email prior to the course with the invitation to the online courses. If the course is face to face delivery the location will be stated on the Eventbrite registration.

Due to COVID many of our courses are currently online based, as such, it is important that you have relevant IT access. The course link will be sent through to your provided email via Microsoft Teams prior to the course start and an evaluation will be expected following the session.



For sessions where you want to book more than 1 ticket such as with pupil sessions or for whole class participation, you **must book the number of tickets you require** so that we can ensure we do not overbook the courses.

If you want to cancel a reserved place on a course please do so via your Eventbrite registration and you will be removed from the course attendee list.

Send all Feedback / Course evaluations to:

**Healthy Minds Admin Team**

**Email: [stsft.mhadminteam@nhs.net](mailto:stsft.mhadminteam@nhs.net)**



## Training Course Summaries

### **Introduction to CAMHS**

This is a 4 part training course, it is offered as 4 x 2 hour training sessions. This provides an introduction to emotional and mental health issues in childhood and adolescence. The course provides discussion linked with various risk and protective factors and supports professional understanding of mental health needs of this population. The course covers common disorders and an introduction to how professionals can support resilience building and contribute towards positive mental health. We also offer an introduction to the various evidence based treatments currently available within CAMHS.

1. Introduction to CAMHS
2. Risk & Protective Factors
3. Types of Common Difficulties
4. Evidence Based Treatment & Resilience Building

### **Friends Programme**

The Friends Resilience Programme is an online training program covers the necessary theoretical and practical requirements to deliver the Fun Friends, Friends for Life, My Friends Youth and Adult Resilience programs.

This training enables course participants to deliver the friends programme for the training you have completed once the course is passed.

This is available to Professionals / Teachers in Schools and Colleges in South Tyneside Only. If you would like to be booked in please link with your Healthy Minds Team staff member.

### **5 Ways to Wellbeing**

The 5 ways to wellbeing is a short course designed to provide support to promoting wellbeing and proactive advice and education for pupils and staff using a Whole School Approach to resilience and promoting positive outcomes for children and young people's emotion health and wellbeing. The staff will teach you about 5 Ways to Wellbeing, staff may then share this learning within your school or college through workshops, assembly or lessons. The presentation and resources will be made available for you.

This is open to all School & College Staff within South Tyneside.



## **Everyone Worries**

Everyone Worries is a short course designed to provide support to promoting wellbeing and proactive advice and education for pupils and staff using a Whole School Approach to understanding anxiety and anxiety management. The aim is to provide a proactive approach to positive outcomes for children and young people's emotional health and wellbeing. The staff will teach you about Anxiety using the Everyone Worries Course, staff may then share this learning within your school or college through workshops, assembly or lessons. The presentation and resources will be made available for you.

This is open to all School & College Staff within South Tyneside.

## **Everyone Worries – Parent & Carers**

Everyone Worries is a short course designed to give an overview of useful tips and approaches to supporting and promoting wellbeing using advice and education for parents and carers. The aim is to provide a proactive approach to positive outcomes for children and young people's emotional health and wellbeing. The staff will provide parents with an overview of the Everyone Worries Course which staff teach children, you can use this information and resource to increase your understanding and gain useful tips and tools at home. The presentation and resources will be made available for you.

This is open to all parents and carers for pupils in School & College Staff within South Tyneside.

## **Exam Stress**

This is a short webinar available designed to help young people to manage any stresses caused by pending exams. The course will provide information about the nature of exam stress and useful tips and strategies on how to manage at such times.

This is open to all School & College Staff within South Tyneside.



### **Routine Outcome Measures**

This is a short 1 hour webinar designed to help school staff raise awareness around the different measures and understand the use of routine outcome measures within the Healthy Minds Team for setting goals and achieving change.

### **Wellbeing For Education – Implementation Review**

This is an online focused discussion to review the training and school resources provided by the Anna Freud Centre as part of the Wellbeing for Education Covid 19 Return. We are inviting all schools and colleges to attend. It is of particular use for educational placements who have used provided models, tools or attended the training to implement a Whole School / College Approach to emotional wellbeing and mental health outcomes in their school.

### **Transition Support**

The Healthy Minds Team are offering support with the transition to Secondary School for pupils, parents / carers and staff in South Tyneside. The resources we will share were developed in collaboration with young people, teachers and mental health experts in collaboration with The Anna Freud Centre.

The offer aims to support pupils to:

- Identify potential worries associated with starting secondary school
- Recognise it is okay to feel worried
- Talk to a trusted adult or friend if they have any concerns
- Identify solutions and strategies for looking after their mental health, including self-care
- Top tips for starting a new school / managing endings



### **Emotional Impact of Parental Substance Misuse**

This is a 2 hour webinar exploring the Emotional Impact of Parental Substance Misuse of children and young people. The course covers:

- The scale of the problem
- Impacts on development
- Risk/Hidden Harm
- Protective Factors
- Working collaboratively with Services

### **Bereavement**

Bereavement in schools – A mental health perspective.

### **Specialist Requests**

We have specialist training provision available on a bespoke basis. If your school or college has a special request for training or workshops please let us know and these can be explored as required. Alternatively, you can discuss your school's specific needs with the Healthy Minds Team Link Worker attached to your school or college in the first instance or email us on the address provided.

Training Course Dates 2021/22

Course	Facilitators	Dates & Times	Eventbrite Link for Details & Registration
Introduction to CAMHS Session 1	Joanne & Aaron	6 <sup>th</sup> October at 3.30pm- 5.30pm	<a href="https://www.eventbrite.co.uk/e/introduction-to-childrens-mental-health-icamhs-tickets-163834821361">https://www.eventbrite.co.uk/e/introduction-to-childrens-mental-health-icamhs-tickets-163834821361</a>
Introduction to CAMHS Session 2	Joanne & Aaron	13 <sup>th</sup> October at 3.30pm- 5.30pm	Once booked into the above you are booked into all 4 of the ICAMH events.
Introduction to CAMHS Session 3	Joanne & Aaron	20 <sup>th</sup> October at 3.30pm- 5.30pm	Once booked into the above you are booked into all 4 of the ICAMH events.
Introduction to CAMHS Session 4	Joanne & Aaron	Change of Date – Speak to Leads	Once booked into the above you are booked into all 4 of the ICAMH events.
FRIENDS Programme	ONLINE COURSES	N/A	Available to be booked via your school / college Healthy Minds link worker
Wellbeing For Education – Implementation Review	Sam & Christina	30 <sup>th</sup> September 2021 at 3.30- 5.30pm	<a href="https://www.eventbrite.co.uk/e/wellbeing-for-education-implementation-review-whole-school-approach-tickets-163846492269">https://www.eventbrite.co.uk/e/wellbeing-for-education-implementation-review-whole-school-approach-tickets-163846492269</a>
Exam Stress – Pupil Support	TBA	13 <sup>th</sup> December	<a href="https://www.eventbrite.co.uk/e/coping-with-exam-stress-for-pupils-tickets-163874909265">https://www.eventbrite.co.uk/e/coping-with-exam-stress-for-pupils-tickets-163874909265</a>





Exam Stress – Pupil Support	TBA	February 2022	<a href="https://www.eventbrite.co.uk/e/copy-of-coping-with-exam-stress-for-pupils-tickets-163886164931">https://www.eventbrite.co.uk/e/copy-of-coping-with-exam-stress-for-pupils-tickets-163886164931</a>
Routine Outcome Measures	Christina Gray	4 <sup>th</sup> November 2021	<a href="https://www.eventbrite.co.uk/e/using-routine-outcome-measures-in-practice-tickets-163887522993">https://www.eventbrite.co.uk/e/using-routine-outcome-measures-in-practice-tickets-163887522993</a>
5 Ways to Wellbeing	Healthy Minds Team Link	N/A	Available on Request via your school / college Healthy Minds link worker
Everyone Worries	Healthy Minds Team Link	N/A	Available on Request via your school / college Healthy Minds link worker
Everyone Worries – Parent & Carers	Sam & Natalie	Requests via Healthy Minds Team Link	Available on Request via your school / college Healthy Minds link worker
Impact of Parental Substance Misuse	Elaine Gill	4 <sup>th</sup> October 2022	<a href="https://www.eventbrite.co.uk/e/emotional-impact-of-parental-substance-misuse-tickets-163845200405">https://www.eventbrite.co.uk/e/emotional-impact-of-parental-substance-misuse-tickets-163845200405</a>
As above	Elaine Gill	3 <sup>rd</sup> May 2022	<a href="https://www.eventbrite.co.uk/e/copy-of-emotional-impact-of-parental-substance-">https://www.eventbrite.co.uk/e/copy-of-emotional-impact-of-parental-substance-</a>



[misuse-tickets-163848847313](https://www.eventbrite.com/organizers/misuse-tickets-163848847313)

**HMT**  
HEALTHY MINDS TEAM

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Bereavement in Schools: A Mental Health Perspective	Emma Paxton	Thursday 23rd September 2021 or	<a href="https://www.eventbrite.co.uk/e/bereavement-in-school-a-mental-health-perspective-tickets-164007782693">https://www.eventbrite.co.uk/e/bereavement-in-school-a-mental-health-perspective-tickets-164007782693</a>
As Above	Emma Paxton	Thursday 20th January 2022 15:30-17:00	<a href="https://www.eventbrite.co.uk/e/bereavement-in-school-a-mental-health-perspective-tickets-164008398535">https://www.eventbrite.co.uk/e/bereavement-in-school-a-mental-health-perspective-tickets-164008398535</a>
<b>Transition</b> Moving Up – Teacher Session	TBA	8 <sup>th</sup> June 2022	<a href="https://www.eventbrite.co.uk/e/copy-of-moving-up-teachers-supporting-transitions-to-secondary-school-tickets-163893284225">https://www.eventbrite.co.uk/e/copy-of-moving-up-teachers-supporting-transitions-to-secondary-school-tickets-163893284225</a>
<b>Transition</b> Moving Up – Parent Session	TBA	9 <sup>th</sup> June 2022	<a href="https://www.eventbrite.co.uk/e/moving-up-parents-support-for-child-transition-to-secondary-school-tickets-163894289231">https://www.eventbrite.co.uk/e/moving-up-parents-support-for-child-transition-to-secondary-school-tickets-163894289231</a>
<b>Transition</b> Moving Up – Pupil Session	TBA	10 <sup>th</sup> June 2022	<a href="https://www.eventbrite.co.uk/e/moving-up-year-6-pupil-support-for-transition-to-secondary-school-tickets-163895203967">https://www.eventbrite.co.uk/e/moving-up-year-6-pupil-support-for-transition-to-secondary-school-tickets-163895203967</a>