

*Everything you want to know about  
mental health (almost)*



**Healthy Young Minds in Herts**

Schools training

Hertfordshire CAMHS School Link

**Free Everything you want to know about mental  
health (almost) training**

When?	8th February 2018 9.30-3.30
Where?	St Albans Girls' School, Sandridgebury Lane, St Albans, AL3 6DB. Parking available in the main car park, entrance via the main reception
Who's it for?	Anyone tasked with leading on support for pupil mental health in school, such as Pastoral Leaders and staff, SENCOs, DSPs, Family Support Workers
How long is it?	A school day
How many people?	Maximum approx. 30
Information	Developed in partnership with Hertfordshire Partnership Foundation Trust, the course explores school based approaches and systems as well as the external provision landscape and how to navigate services. Participants will gain the knowledge and confidence to apply a consistent approach to pupil's mental health across the school using various tools. The course has been extended to cover common mental health problems, and practical strategies.
Expected outcomes	<ul style="list-style-type: none"> <li>• Define mental health, understand stigma and how this influences the response in schools</li> <li>• Identify risk and resilience factors as well as triggers and prevalence of mental health problems</li> <li>• Consider behaviours that may alert us to a potential difficulty, how we respond to behaviour and how to intervene early</li> <li>• The expectations on schools and a model to facilitate meeting the expectations, select and use assessment and recording tools</li> <li>• Deconstruct clinical terminology and consider the influence of labels</li> <li>• Identify school based prevention and intervention, whole school approaches</li> <li>• Understand CAMHS provision landscape, how to refer to Tier 2 and 3</li> <li>• Consider some key practical strategies to support pupils</li> <li>• A brief introduction to Anxiety, ADHD, Depression, Eating Disorders, Psychosis, Self Harm and Suicide</li> </ul>
How to book	Email <a href="mailto:admin@dspl7.org.uk">admin@dspl7.org.uk</a>