

# Healthy Young Minds in Herts

## Schools Training Guide



## Hertfordshire CAMHS School Link

As part of the CAMHS Transformation and Government Green paper recommendations, we are working toward all Hertfordshire Schools and colleges nominating a designated Mental Health Lead (MHL). In addition we are encouraging schools to consider a Deputy role to ensure there is capacity to meet the need

The MHL role will include

- Being the key point of contact for staff queries in your school/college for emotional wellbeing and mental health
- Providing staff with information including links to local resources and external support ,coordinating referrals for Specialist support, lead in overall school approach to mental health and supporting prevention and early intervention
- Deliver level 1 training to all school/college staff from the resources provided by the CAMHS School Link

Sarah Chandler, our administrator will be in touch with your school/college to ensure we have the correct contact for your MHL and Deputy MHL to provide details of our training and website tools and information.

If you have any queries about recruiting a lead please contact

Breda O'Neill at [breda.o'neill@nhs.net](mailto:breda.o'neill@nhs.net)

Or Sarah Chandler at [SchoolMHTraining@hertforshire.gov.uk](mailto:SchoolMHTraining@hertforshire.gov.uk)



## Training Offer CAMHS School Link 2018/19

1. 20 Mental Health First Aid training courses which have already been advertised via your DSPL (many dates are still available)
  2. A CAMHS funded Level 2 Mental Health Training in schools/colleges for MHL's
  3. Refresher training for MHL's who have attended the Level 2 course in the last 2 years
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### Level 2 Mental Health Leads Training Course Details

Who is it for?

Mental Health Leads in Schools and Colleges or those who have not previously attended this training – formerly known as **Everything You need to know about Mental Health**

#### **Course Information**

The course explores mental health from a range of perspectives including

- School based systems and approaches
- How to navigate external provisions and services
- How to apply a consistent approach to pupils using a variety of tools



- Strategies and solutions including reflective, creative and practical approaches to behaviour as part of a holistic assessments of a child's/young person's needs.
- Information and resources for MHL's to deliver Level 1 training to staff in your school/college

### **Course Outcomes**

- Define mental health, understand the stigma and how this influences a response
- Identify risk and resilience factors as well as the triggers for mental health problems
- Understand clinical terminology and consider the influence of labels
- Deliver Level 1 training using resources provided to promote whole school/college awareness
- Identify a whole school/college approach linked to school/college self-review
- Embed assessment skills into pastoral and educational practice
- Develop practical strategies to support pupils and staff eg reflective solution focused practice
- Understand local resources, CAMHS provision landscape, how to refer to tier 2 and 3



## **Level 2 Course Dates and Venues**

The course will run from 9.30 to 4.30pm. Tea and coffee will be provided, but please bring your own lunch. Exact venues will be confirmed on booking.

Tuesday 16<sup>th</sup> October 2018 – Watford

Tuesday 20<sup>th</sup> November 2018 – Hitchin

Monday 3<sup>rd</sup> December 2018 – Ware

Thursday 17<sup>th</sup> January 2019 – Hatfield

Thursday 7<sup>th</sup> February 2019 – Hatfield

Tuesday 26<sup>th</sup> February 2018 – Ware

Monday 18<sup>th</sup> March 2019 – Stevenage

Tuesday 26<sup>th</sup> March 2019 – Letchworth

Tuesday 7<sup>th</sup> May - Stevenage

To attend this course please email Sarah Chandler on

[SchoolMHTraining@hertfordshire.gov.uk](mailto:SchoolMHTraining@hertfordshire.gov.uk)

**Please note, due to high demand places are limited to 1 representative per school. A charge of £50 will be made to participants that fail to attend without giving 1 week's prior notice excluding emergency situations**