

Understanding Child and Adolescent Mental Health

(Foundation:2 days) 2009/2010

Good mental health in adolescence and adulthood is rooted in the experiences of childhood.

This course will help you to make the links, recognise key signs of mental distress, show you some invaluable tools for assessment and support and help you gain confidence in talking about these issues with children and young people of ALL ages

Trainers:

Aimee Georgeson

(Primary Mental Health Worker)

Milly Carmichael

(Multi Agency Training Co-ordinator)

Content:

- o The importance of attachment
- o Risk and resilience factors
- o Developing practice skills
- o Referral pathways and local mental health services for young people
- o Recognising common disorders and signs of mental distress
- o Exploring personal values and attitudes about mental health

March 10 th & 17 th 2010	(Wedn)	9:30 – 16:30	Broadgreen
May 5 th & 12 th 2010	(Wedn)	9:30 – 16:30	Oaktree
July 6 th & 13 th 2010	(Tues)	9:30 – 16:30	Oaktree
October 12 th & 19 th 2010	(Tues)	9:30 – 16:30	Oaktree
One more date between Jan-Mar 2011 - tbc			

If you like this...you might like these...

This foundation course complements the other foundation courses, 'Understanding Sexual Health' and 'Understanding Alcohol and Other Drugs' as a well-rounded, holistic foundation.

More advanced courses in 'Self-harm and Eating Disorders', 'Brief Interventions / Solution Focussed Techniques' and 'Psychosis' are good follow-ons to this course.

What have previous delegates said about this course?

"This was the best training course on mental health I have had."

Transitions Care Manager

"Great course, enjoyed the day. Material was excellent and pace was good... I will no longer be afraid to make a referral. ."

Education Key Worker

"I will strongly recommend this course to my colleagues"

Supported Housing Key Worker

****Please note****

This course is fully subsidised but non-attendance and cancellations that cannot be filled will be charged at £75 per day. If you leave early or arrive late you may forfeit your certificate of attendance

All applications to be sent to Tbrown2@swindon.gov.uk or Tracey Brown, Floor 9, DMJ Building, Canal Walk, Swindon, SN1 1LD