

SPOT THE SIGNS & EMOTIONAL WELLBEING CHILDREN AND YOUNG PEOPLE

Spot the Signs & Emotional Wellbeing is a fully-funded programme offering training and workshops to children and young people (CYP), CYP's parents/carers and professionals working with CYP.

The programme provides psychoeducation, emotional resilience and signposting support to empower young people and the adults around them to feel confident enough to manage their mental and emotional health. All sessions listed below can be delivered in person or via webinar upon your request:

TRAINING & WORKSHOP PACKAGES

FIVE WAYS TO WELLBEING (5W2WB)

Overview

The aim of this session is to introduce 5 basic strategies grounded in research that young people and families can use to maintain and improve their wellbeing. The workshop comprises practical activities to increase basic awareness of mental health, self-care & monitoring, as well as learning alternative places for support. It can be delivered in a highly interactive format to engage primary school audiences as well as a version adapted for older audiences.

Learning Outcomes:

By the end of the session individuals will be expected to:

- Have an understanding of what mental health is and how it impacts young people
- Have practical strategies to maintain and improve their own wellbeing in the form of the 5W2WB
- Have a greater awareness and knowledge of other support available across Hertfordshire

Target Audience: Children and young people aged 5-18 years old, families & community based wellbeing events

Length: 1 hour (45mins as a webinar)

INTRODUCTION TO MENTAL HEALTH

Overview

This session provides a universal introduction to mental health by increasing knowledge of how mental health relates to everyone. Individuals will be provided an overview of common mental health issues including, prevalence, signs and how they can affect young

people. The session covers stigma and will help improve confidence in attendees around talking about mental health. The session closes with a brief overview of the 5-W2WB and makes attendees aware of the support available across Hertfordshire. This session is versatile in the audiences it may be tailored for.

Learning Outcomes:

By the end of the session individuals will be expected to:

- Have an increased knowledge and broader understanding of mental health and understand some of the most common signs and symptoms of mental health conditions in young people
- Feel more confident to have conversations around mental health
- Promote early intervention and prevention by knowing how to recognise changes in mental health and how to protect your own mental health
- Have an increased awareness of the range of support and resources available in Hertfordshire, promoting access to early advice and support

Target Audience: Children & Young people; primary (years 5 & 6); secondary schools or college; professionals; community based non-mental health trained organisations & parents/carers

Length: 1.5 hours

ADOLESCENT DEVELOPMENT

Overview

In this workshop we discuss mental health stigma, how adolescence is perceived and how to navigate interpersonal interactions in a way that promotes emotional wellbeing. This will be done in the context of the types of changes adolescents experience socially, psychologically and biologically. Content centred on how to improve resilience and communication will explore the benefits of talking openly, developing a support network, managing expectations and what to do if a conversation around mental health has not gone as planned. Attendees will receive a signposting guide of organisations to contact if they are ever in need of external support.

Learning Outcomes:

By the end of the session individuals will be expected to:

- Have an increased global understanding of the adolescent experience and a broader understanding of mental health
- Feel more confident holding and/or instigating a conversation around mental health and wellbeing
- An understanding of how to foster resilience in young people

- Identify key support networks of who they may have conversations with
- Have a greater awareness and knowledge of other support available across Hertfordshire

Target Audience: Adolescents, parents/carers & professionals

Length: 1.5 hours

EMOTIONAL WELLBEING & COPING STRATEGIES

Overview

This session focuses on how to maintain positive mental health. It gives a brief overview of the psycho-social emotional climate in young people and 3 key steps in how to identify emotions without judgement and choosing a response. You will learn research based self-help strategies for positive emotional wellbeing relevant to young children and young adults, how to establish when further support is needed and how to access other support available.

Learning Outcomes

By the end of the course individuals will be expected to:

- Have a broad understanding of what emotional wellbeing is
- Have practical self-help strategies to further understand and de-escalate strong emotions
- Know when to and where to access additional support

Target Audience: Adolescents, professionals & parents/carers

Length: 1.5 hours

INTRODUCTION TO SPOT THE SIGNS – SUICIDE PREVENTION OVERVIEW

Overview

Note: ***THIS NOT THE FORMAL TRAINING COURSE***

This workshop differs from the formal Spot the Signs Youth Suicide Prevention course as it is a short-format overview of the campaign with prevention techniques and covers young people and adults. Unlike the formal training course this session is suitable for the general public.

Learning Outcomes

By the end of the session candidates will be expected to:

- Have a broad awareness of suicide

- Have an understanding of risk factors and warning signs
- Have a basic understanding of responding to suicidal behaviours
- Know where and when to signpost for additional support

Target Audience: Adults 18+

Length: 2hrs

SPOT THE SIGNS – YOUTH SUICIDE PREVENTION COURSE

Overview

The purpose of this session is to increase participants' knowledge and awareness about youth suicide. We will explore information about which groups of young people are most at risk and why, protective factors and increase confidence in using practical strategies for identifying and responding to signs of risk in young people. You will be provided some of the latest information and statistics in regards to suicide in young people. We will also explore the effects of media and contagion on youth suicide, with the internet having an important contemporary role. This session is most suitable for individuals working/ caring for 9-20 year olds. Please enquire for open training dates for individuals and small groups. We can provide in-house training for groups of 10 or more.

Learning Outcomes

By the end of the session candidates will be expected to:

- Have a broad awareness of suicide in young people, including being able to recognise some of the latest statistics and risk factors
- Understand some of the misconceptions surrounding suicide in young people, and be aware of the impact of stigma.
- Have increased confidence in responding to and supporting young people with suicidal thoughts.
- Have an increased knowledge of services available in Hertfordshire to support young people with suicidal thoughts.
- Know where and when to signpost young people to for additional support.

Target Audience: Professionals working with young people

Length: 4.5 hours

You can book in 2 ways:

1. **IN-HOUSE** - If you have a group of 10 or more and are interested in booking an in-house sessions please contact Jess Whittaker at jessica.whittaker@hertsmindnetwork.org
2. **INDIVIDUAL** – If you would like to attend a course as a solo/small group please follow our Eventbrite to book on and be notified of new courses. Search 'Hertfordshire Mind Network' on Eventbrite or visit <https://bit.ly/2QZqK4f>