

SPOT THE SIGNS & EMOTIONAL WELLBEING TRAINING AND WORKSHOPS MENU

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 can be delivered in-person or online upon your request.

FIVE WAYS TO WELLBEING

Overview:

The aim of this session is to introduce five basic strategies grounded in research that children & young people can use to maintain and improve their wellbeing. The workshop comprises practical activities to increase basic awareness of mental health, self-care and 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.

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

- Have an understanding of what mental health is and how it impacts children and 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 & young people, parents/carers & families and community based wellbeing events.

Length: 45 minutes – 1 hour

INTRODUCTION TO MENTAL HEALTH

Overview:

This session provides a universal introduction to mental health by increasing knowledge of how mental health relates to everyone. Attendees will be provided with an overview of common mental health issues including, prevalence, signs and how they can affect children & young people. The session covers stigma and will help improve confidence in attendees around talking about mental health. The session closes by ensuring attendees are 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 attendees 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 children & 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, youth professionals, community based non-mental health trained organisations and parents/carers & families.

Length: 1.5 hours

ADOLESCENT DEVELOPMENT

Overview:

In this session we discuss mental health stigma, how adolescence is perceived and how to navigate interpersonal interactions in a way that promotes emotional wellbeing. This is 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.

Learning Outcomes:

By the end of the session attendees 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
- Have an understanding of how to foster resilience in adolescents
- Identify key support networks of who adolescents may have conversations with
- Have a greater awareness and knowledge of support available across Hertfordshire

Target Audience: adolescents, youth professionals and parents/carers & families.

Length: 1.5 hours

EMOTIONAL WELLBEING & COPING STRATEGIES

Overview:

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

Learning Outcomes:

By the end of the session attendees 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: children & young people, youth professionals and parents/carers & families.

Length: 1.5 hours

INTRODUCTION TO SPOT THE SIGNS – SUICIDE PREVENTION

Overview:

This session differs from the formal Spot the Signs Youth Suicide Prevention course as it is a short-format overview of the campaign. It covers prevention techniques in less detail than the formal training course and is therefore suitable for youth professionals and community based non-mental health trained organisations.

Learning Outcomes:

By the end of the session attendees 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: youth professionals, community based non-mental health trained organisations

Length: 2 hours

SPOT THE SIGNS – YOUTH SUICIDE PREVENTION COURSE

Overview:

The purpose of this session is to increase attendees' 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. Attendees will be provided with 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 attendees 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: youth professionals only

Length: 4.5 hours

You can book in two ways:

1. **IN-HOUSE** – If you have a group or class of 10 or more and are interested in booking an in-house session either online or in-person, please contact our Children & Young People's team at cyp@hertsmindnetwork.org
2. **INDIVIDUAL** – If you would like to attend an online session individually, please follow our Eventbrite page to book on and be notified of latest session dates. Visit: <https://bit.ly/2QZqK4f>