

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.

TIERED TRAINING & WORKSHOPS PACKAGES

LEVEL 1 – FIVE WAYS OF WELLBEING (5-WOW)

Overview

The aim of this session is to introduce 5 basic strategies grounded in research that young people can use to help 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.

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
- 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: 50 mins - 1 hour

LEVEL 2 – MENTAL HEALTH AWARENES

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 individuals be aware of appropriate ways

of starting a conversation about mental health with young people. The session closes with a brief overview of the 5-WOW 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; secondary schools or college;

professionals; community based non-mental health trained organisations & parents/carers

Length: 1 hour - 1.5 hours

LEVEL 3 – ADOLESCENT DEVELOPMENT

Overview

In this workshop we will discuss mental health stigma 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 relationships 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
- 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 – 1.5 hours

LEVEL 4 – EMOTIONAL WELLBEING & COPING STRATEGIES

Overview

This session focuses on how to maintain positive mental health. It gives a brief overview of the emotional climate in young people and how to identify emotions without judgement. You will learn research based self-help strategies for positive emotional wellbeing, 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 deescalate strong emotions
- Know when to and where to access additional support

Target Audience: Adolescents, professionals & parents/carers

Length: 1 – 1.5 hours

LEVEL 5 – SPOT THE SIGNS SUICIDE AWARENESS

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 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 hours

PARENT/CARERS WORKSHOP

PARENT/CARERS WORKSHOP

Overview

The aim of this session is to enable parents to feel more confident to support young people around mental health. The session will introduce some of the pressures young people feel they are facing, and how this impacts their mental health, as well as how this may present in individuals. Parents/carers will look at the importance of their emotional wellbeing and how this can impact a young person and ways to support the young person, as well as themselves. Information on support available to young people and parents/carers will be provided to promote prevention and early intervention.

Learning Outcomes

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

- Have a better understanding of mental wellbeing in young people.
- Have increased confidence to have conversations with young people about mental health
- Have increased awareness of resources and support available in Hertfordshire
- Have strategies to improve their own wellbeing

Target Audience: Parents/carers who want to understand how best they can support a young person.

Length: 1 – 1.5 hours

If you have a group of 10 or more and are interested in booking an in-house sessions please contact Lara McHale at lara.mchale@hertsmindnetwork.org