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**Wakefield CAMHS**

**Future in Mind MHST Training**

**Booking Form**

Please complete and return this form to [WakefieldCAMHS.Training@swyt.nhs.uk](mailto:WakefieldCAMHS.Training@swyt.nhs.uk) You will receive an email and invite confirming your booking.

**All fields are mandatory to book on to training courses.**

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| **Contact Information** | | | |
| **Name:** |  | | | |
| **Job Title:** |  | | | |
| **Organisation:** | |  | | |
| **Email Address:** *\*\*\*this email address will be used for all correspondence \*\*\** | | |  | |

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| --- | --- | --- |
| **Manager Information** | | |
| **Name:** |  | | |
| **Email Address:** | |  | |

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| **Course Information** | | |
| **Course Title(s):** |  | | |
| **Date of Course(s):** | |  | |
| **Venue** (if known)**:** | | **Microsoft Teams** | |

Sessions will be provided either via Microsoft Teams or Face to Face, all information will also be included in the invites.

If you are interested in any of these modules, please email the booking form

attached to this leaflet to [WakefieldCAMHS.Training@swyt.nhs.uk](mailto:WakefieldCAMHS.Training@swyt.nhs.uk)

and we will be happy to place you on our list.

We will be in touch with you once your booking is received

and invites will be sent for the training sessions on receipt of the booking request form, subject to availability.

**Supporting Children and Young People who have experienced Bereavement or Loss**

**Date: Wednesday 15th May 2024**

**Time: 10:00am-12:00pm**

* To develop our understanding of the impact that loss and change has on those affected.
* To be able to recognise physical and emotional signs of distress when children are experiencing change and loss in their lives.
* To learn strategies and activities that can help children to manage change and loss.
* To think about how to respond when someone has experienced a bereavement or loss.

**Understanding and working with Anxiety in Children and Young People**

**Date: Thursday 02nd May 2024**

**Time: 13:00pm-15:30pm**

**Face to Face Meeting – White Rose House, Wakefield**

* To explore what anxiety is and how it impacts on the children and young people that we work with.
* To think about different ways that you and other people can support children and young people with anxiety.
* To explore strategies to support children and young people with anxiety.

**An Introduction to…Depression and Low Mood in Children and Young People**

**Date: Wednesday 17th April 2024**

**Time: 10:00am-12:30pm**

**Face to Face Meeting – White Rose House, Wakefield**

* To explore what mental health is and how it impacts on children and young people that we work with.
* To identify signs and symptoms of children and young people who are experiencing low mood or depression.
* To develop strategies for working with children and young people with low mood or depression

**An Introduction to Child and Adolescent Mental Health**

**Date: Wednesday 10th April 2024**

**Time: 10:00am – 12:00pm**

* To explore what mental health is and how it impacts on children and young people that we work with.
* To be able to recognise early indicators of mental health issues in children and young people.
* To think about different ways that you and other people can support children and young people with their emotional wellbeing.
* To gain more insight into CAMHS and when to access support from different aspects of the service.

**Summer 2024 Training Dates**

**Introduction to…Attachment in Children and Young People**

**Date: Wednesday 12th June 2024**

**Time: 10:00am-12:00pm**

* To explore and think about the key messages of attachment theory.
* To consider different attachment styles and identify associated trauma presentations.
* To explore strategies, we can use when working with children affected by attachment difficulties.

**The Impact of Sleep on Emotional Wellbeing**

**Date: Thursday 23rd May 2024**

**Time: 13:00pm-15:30pm**

**Face to Face Meeting – White Rose House, Wakefield**

* To explore the importance of sleep and develop an understanding of how the body clock works.
* To develop an understanding of the links between sleep, resilience, and mental health.
* To develop an understanding of the strategies to optimise the chances of getting a good night’s sleep.
* To explore resources available to use with children, young people, and their families in everyday practice.
* To think about sleep difficulties in children.

**Summer Holiday 2024 Training Dates**

**An Introduction to Suicide Awareness and Prevention**

**Date: Wednesday 03rd July 2024**

**Time: 10:00am-12:00pm**

* Consider our thoughts and attitudes about suicide.
* Think about and recognise the signs that someone is struggling with their mental health and considering suicide.
* Learn how to support young people where suicide may be a presenting issue.
* Learn where to access further support and next steps.

**An Introduction to Self Harm**

**Date: Thursday 20th June 2024**

**Time: 13:00pm-15:00pm**

* Develop an understanding of self-harm and why it might happen.
* Consider the difference between helpful and unhelpful attitudes towards self-harm.
* Consider strategies that we can use to support children and young people who are at risk of self-harming.
* Develop confidence when approaching the issue of self-harm.

**Summer 2024 Training Dates Continued**

**Full Day Sleep Workshop for Professionals working with Children, Young People & Families - NEW**

**Date: Tuesday 6th August 2024**

**Time: 09:30am-16:00pm**

**Face to Face Meeting – White Rose House, Wakefield**

* Develop an understanding of the importance of sleep and the strategies to promote good sleep.
* Think about children and young people with additional needs and how we can adapt strategies to meet these needs.
* Learn about sleep medication.
* Develop an understanding of teen sleep.
* Learn about ways to motivate and support families in improving sleep practices.
* Explore resources available to use with children, young people and families to optimise their chances of a good night’s sleep.

**An Introduction to…Depression and Low Mood in Children and Young People**

**Date: Tuesday 30th July 2024**

**Time: 10:00am-12:00pm**

* To explore what mental health is and how it impacts on children and young people that we work with.
* To identify signs and symptoms of children and young people who are experiencing low mood or depression.
* To develop strategies for working with children and young people with low mood or depression

**Summer Holiday 2024 Training Dates**

**An Introduction to Child and Adolescent Mental Health**

**Date: Friday 26th July 2024**

**Time: 10:00am – 12:00pm**

* To explore what mental health is and how it impacts on children and young people that we work with.
* To be able to recognise early indicators of mental health issues in children and young people.
* To think about different ways that you and other people can support children and young people with their emotional wellbeing.
* To gain more insight into CAMHS and when to access support from different aspects of the service.
* To think about the impact that Coronavirus may have had on an individual’s mental health.

**Understanding and working with Anxiety in Children and Young People**

**Date: Monday 05th August 2024**

**Time: 13:00pm-15:30pm**

**Face to Face Meeting – Small Conference Room, Fieldhead Hospital**

* To explore what anxiety is and how it impacts on the children and young people that we work with.
* To think about different ways that you and other people can support children and young people with anxiety.
* To explore strategies to support children and young people with anxiety.

**An Introduction to Self Harm**

**Date: Friday 30th August 2024**

**Time: 10:00am-12:00pm**

* Develop an understanding of self-harm and why it might happen.
* Consider the difference between helpful and unhelpful attitudes towards self-harm.
* Consider strategies that we can use to support children and young people who are at risk of self-harming.
* Develop confidence when approaching the issue of self-harm.

**Introduction to…Attachment in Children and Young People**

**Date: Tuesday 27th August 2024**

**Time: 13:00pm-15:30pm**

**Face to Face Meeting – Small Conference Room, Fieldhead Hospital**

* To explore and think about the key messages of attachment theory.
* To consider different attachment styles and identify associated trauma presentations.
* To explore strategies, we can use when working with children affected by attachment difficulties.

**The Impact of Sleep on Emotional Wellbeing**

**Date: Monday 19th August 2024**

**Time: 13:00pm-15:30pm**

**Face to Face Meeting – Small Conference Room, Fieldhead Hospital**

* To explore the importance of sleep and develop an understanding of how the body clock works.
* To develop an understanding of the links between sleep, resilience, and mental health.
* To develop an understanding of the strategies to optimise the chances of getting a good night’s sleep.
* To explore resources available to use with children, young people, and their families in everyday practice.
* To think about sleep difficulties in children.

**Supporting Children and Young People who have experienced Bereavement or Loss**

**Date: Tuesday 13th August 2024**

**Time: 10:00am-12:00pm**

* To develop our understanding of the impact that loss and change has on those affected.
* To be able to recognise physical and emotional signs of distress when children are experiencing change and loss in their lives.
* To learn strategies and activities that can help children to manage change and loss.
* To think about how to respond when someone has experienced a bereavement or loss.

**Summer Holiday 2024 Training Dates Continued**

**An Introduction to Suicide Awareness and Prevention**

**Date: Tuesday 03rd September 2024**

**Time: 10:00am-12:30pm**

**Face to Face Meeting – Large Conference Room, Fieldhead Hospital**

* Consider our thoughts and attitudes about suicide.
* Think about and recognise the signs that someone is struggling with their mental health and considering suicide.
* Learn how to support young people where suicide may be a presenting issue.
* Learn where to access further support and next steps.

**An Introduction to…Depression and Low Mood in Children and Young People**

**Date: Tuesday 17th September 2024**

**Time: 10:00am-12:30pm**

**Face to Face Meeting – Small Conference Room, Fieldhead Hospital**

* To explore what mental health is and how it impacts on children and young people that we work with.
* To identify signs and symptoms of children and young people who are experiencing low mood or depression.
* To develop strategies for working with children and young people with low mood or depression

**An Introduction to Child and Adolescent Mental Health**

**Date: Monday 09th September 2024**

**Time: 10:00am – 12:30pm**

**Face to Face Meeting – Large Conference Room, Fieldhead Hospital**

* To explore what mental health is and how it impacts on children and young people that we work with.
* To be able to recognise early indicators of mental health issues in children and young people.
* To think about different ways that you and other people can support children and young people with their emotional wellbeing.
* To gain more insight into CAMHS and when to access support from different aspects of the service.
* To think about the impact that Coronavirus may have had on an individual’s mental health.

**Supporting Children and Young People who have experienced Bereavement or Loss**

**Date: Monday 30th September 2024**

**Time: 13:00pm-15:30pm**

**Face to Face Meeting – Large Conference Room, Fieldhead**

* To develop our understanding of the impact that loss and change has on those affected.
* To be able to recognise physical and emotional signs of distress when children are experiencing change and loss in their lives.
* To learn strategies and activities that can help children to manage change and loss.
* To think about how to respond when someone has experienced a bereavement or loss.

**Understanding and working with Anxiety in Children and Young People**

**Date: Friday 27th September 2024**

**Time: 10:00am-12:00pm**

* To explore what anxiety is and how it impacts on the children and young people that we work with.
* To think about different ways that you and other people can support children and young people with anxiety.
* To explore strategies to support children and young people with anxiety.

**Autumn 2024 Training Dates**

**Introduction to…Attachment in Children and Young People**

**Date: Monday 14th October 2024**

**Time: 13:00pm-15:00pm**

* To explore and think about the key messages of attachment theory.
* To consider different attachment styles and identify associated trauma presentations.
* To explore strategies, we can use when working with children affected by attachment difficulties.

**The Impact of Sleep on Emotional Wellbeing**

**Date: Tuesday 08th October 2024**

**Time: 10:00am-12:00pm**

* To explore the importance of sleep and develop an understanding of how the body clock works.
* To develop an understanding of the links between sleep, resilience, and mental health.
* To develop an understanding of the strategies to optimise the chances of getting a good night’s sleep.
* To explore resources available to use with children, young people, and their families in everyday practice.
* To think about sleep difficulties in children.

**Autumn 2024 Training Dates Continued**

**An Introduction to Suicide Awareness and Prevention**

**Date: Tuesday 19th November 2024**

**Time: 10:00am-12:00pm**

* Consider our thoughts and attitudes about suicide.
* Think about and recognise the signs that someone is struggling with their mental health and considering suicide.
* Learn how to support young people where suicide may be a presenting issue.
* Learn where to access further support and next steps.

**An Introduction to Self Harm**

**Date: Friday 08th November 2024**

**Time: 10:00am-12:30pm**

**Face to Face Meeting – Large Conference Room, Fieldhead**

* Develop an understanding of self-harm and why it might happen.
* Consider the difference between helpful and unhelpful attitudes towards self-harm.
* Consider strategies that we can use to support children and young people who are at risk of self-harming.
* Develop confidence when approaching the issue of self-harm.