Mental health training opportunities for Cambridgeshire Children’s Workforce

Prospectus 2015 v1 Nov 14
Please Note

CPFT Learning and Development Team have taken all reasonable care to ensure that this prospectus is accurate on the date of release for publication. The training on offer is under constant development and review, as are the commissioning arrangements, therefore we reserve the right to alter any learning and development opportunities to reflect the latest developments and practices.

Consequently readers are reminded to authenticate information gained from this prospectus either at

www.cpft.nhs.uk/professionals/camh-training.htm

or by emailing CAMHTrainingAdministrator@cpft.nhs.uk

All quotes contained in this prospectus are from feedback from participants on our courses, unless otherwise referenced.
“Tackling mental health problems early in life will improve educational attainment, employment opportunities and physical health, and reduce the levels of substance misuse, self-harm and suicide, as well as family conflict and social deprivation. Overall, it will increase life expectancy, economic productivity, social functioning and quality of life. It will also have benefits across the generations.”

(2010, Royal College of Psychiatrists)
### Improving outcomes through wellbeing

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For more information visit [www.cпт.nhs.uk/professionals/camh-training.htm](http://www.cпт.nhs.uk/professionals/camh-training.htm)
Or email CAMHTrainingAdministrator@cpft.nhs.uk
“My understanding of mental health has been broadened. I am able to listen and help young people to greater effect.”
About this training and what’s new

The Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) Learning and Development Team seek to offer a range of high quality learning opportunities to meet the varying mental health training needs of practitioners within the children and young people’s workforce.

Why? Research has identified a clear link between the wellbeing of children and young people and better learning and health outcomes. This is reflected in both national and local policy which clearly places responsibility for the mental health and emotional wellbeing with everybody who works with children and young people.

More specifically this is reflected nationally in ‘No health without mental health’¹ as well as locally in the priorities set out in Cambridgeshire and Peterborough’s ‘Emotional wellbeing and mental health strategy for children and young people 2014-2016’²

‘No health without mental health: implementation framework’³ and the House of Commons Health Committee Third Report ‘Children’s and adolescents’ mental health and CAMHS’⁴ both emphasise the importance of evidence based training for the workforce in relation to mental health to increase awareness and understanding, as well as ensuring that young people receive appropriate support in a timely fashion.

We recognise the importance of a strategic approach to meaningful workforce development and as such we collaborate with multi-agency partners aiming to ensure that the opportunities we offer are evidence based, and respond to the identified mental health training needs of the children’s workforce. Also that these relate to their professional development and performance appraisal processes, as well as linking directly to workforce and service developments, and both local and national initiatives.

Who is it for? This multi-agency programme offers opportunities for practitioners working directly with children, young people and their families in Cambridgeshire to develop their knowledge and skills in understanding and responding to the emotional wellbeing and mental health needs of children and young people. It is aimed at practitioners who are not employed to deliver specialist mental health interventions i.e. they will usually be working in roles delivering universal and targeted mental health interventions rather than in specialist Child and Adolescent Mental Health (CAMH) services.

¹ DoH (2011) No health without mental health: A cross government mental health outcomes strategy for people of all ages. London, HMSO

²http://www.cambridgeshire.gov.uk/downloads/file/2664/emotional_well_being_and_mental_health_strategy_children_and_young_people


For more information visit www.cpft.nhs.uk/professionals/camh-training.htm
Or email CAMHTrainingAdministrator@cpft.nhs.uk
**What is offered?** We offer a variety of training to meet differing levels of required mental health competence depending on the roles and responsibilities of children’s service practitioners, ranging from mental health awareness courses to the CAMH Foundation Module. All the training is developed and delivered by a range of specialists in this field, and courses are designed to bring together practitioners from across the children’s workforce in order to promote collaborative inter-professional learning and working. The content of courses and delivery methods are regularly reviewed and updated, and we are very happy to consider requests for specific training as needed.

This programme aims primarily to meet the needs of core staff in Cambridgeshire’s Children’s Workforce, however we have also developed training to meet the specific needs of identified groups of workers. For example it is recognised that those that work in residential social care or educational settings, or in first contact/ emergency services will have particular mental health training needs, and with this in mind we have courses aimed specifically at these practitioners.

As part of the Targeted Mental Health in Schools (TaMHS) programme we have developed learning packages aimed specifically at meeting the training needs of teaching and support staff in schools. This training has undergone a comprehensive review, and the updated training programme aims to ensure that there are good quality and accessible learning and development opportunities available in an on-going way (see ‘Raising achievement through wellbeing’).

In addition, we offer Youth Mental Health First Aid (YMHFA) training, which is an internationally recognised course designed specifically for those people who work with young people aged 11 - 18 delivered by fully accredited Youth Mental Health First Aid instructors.

We also offer training aimed at ‘first contact’ staff who encounter children and young people with a mental health concern in an emergency or urgent context, but who do not as a matter of course work with children and young people and/or mental health. Such practitioners will include staff who work in the police, ambulance and emergency departments, social care Emergency Duty Teams, and out of hours GP Services (see ‘Getting it Right’).

“It was great, has really developed my practice and contributed to my skill set. Can’t wait to do more CPFT training!”
Improving outcomes through wellbeing

How is training offered? These learning and development opportunities are offered in a variety of formats to take into account different practitioners training needs, learning styles and availability. All aspects - face to face, online and blended - have been developed and are delivered in collaboration with subject matter experts.

Face to face learning Offered through face to face classroom based learning that, where possible, is offered at venues that can be accessed from across the county. This kind of training works well for practical skills based learning in particular and for those that learn better by direct discussion and peer sharing. Face to face training requires the learner to be able to access training at a specified place and time, which is not always feasible for some.

Online learning Offered through a variety of online learning activities and e-learning packages, which allows flexibility to be completed at a time and place to suit the learner, as it can be accessed using any computer at home, at work or elsewhere where there is internet access. Good for knowledge based training, offering people opportunity to work at their own pace and reflect upon and revisit materials as needed. Learners do however need to be self-motivated, and it’s success does depend on individual learning styles. Whilst some students prefer this independence, others miss the discipline and debate of face to face learning.

Blended learning Comprised of both online and face to face learning. Blended learning combines the benefits of both, and is about developing skills and knowledge by engaging and challenging the learner in a variety of ways.

Using this approach allows learners to cover the knowledge element of a course online enabling maximum benefit of the face to face time with subject experts. As well as allowing learners to focus on skills development, and how best to meaningfully and practically implement learning into their practice it also means, given the diversity of the learners, that they will be able to approach the face to face session coming from a common knowledge base.

eCademy The eCademy, our Virtual learning Environment (VLE), is not just for accessing e-learning content. Here learners are able to access and download other course materials and resources that support face to face learning, as well as view their progress, learning history and access support and other resources.

“The online sessions were a good foundation and more importantly, I've been directed to good resources and wider reading.”

“This practical and interactive session was a very good compliment to the online modules we completed before attending.”

For more information visit www.cpft.nhs.uk/professionals/camh-training.htm
Or email CAMHTrainingAdministrator@cpft.nhs.uk
Are all the training opportunities available included here? We are continually evaluating the quality and impact on practice of the training we offer, as well as working closely with multi-agency partners to respond to the identified training needs of the children’s workforce. We also offer ad hoc training to respond to specific mental health training needs as they arise, for example input on staff induction programmes and team training days, as well as events focused on new initiatives, interventions or research. For the most up to date info please see our website at

www.cpft.nhs.uk/professionals/camh-training.htm

as well as Cambridgeshire Local Safeguarding Children’s Board (LSCB) at

http://www.cambslscb.org.uk/prof_training.html

Bespoke mental health training opportunities Where people are unable to access the training programme or where it does not meet their mental health training needs we are very happy to discuss your particular needs and how these may be best met. We will always endeavour to respond to specific training requests and training needs where possible.

What’s new in 2015? There are a number of developments underway including:

- Training needs ready reckoner linked to revised mental health competency framework for the children’s workforce
- Weekly update of our website to include pertinent news and training updates.
- Review of CAMH Foundation Module, enabling learners to tailor their learning path according to their current knowledge, skills and professional background.
- eCademy, (Virtual Learning Environment), where learners can have online access to their learning records, resources, links and forums to support learning
- Publication of further practitioner guidance resources to support training packages
- On-going development of training packages specifically aimed at meeting the training needs of staff working with children and young people in education and schools
- Publication of a quarterly newsletter to keep people across the Children’s Workforce informed of what is available and what developments are currently underway or being considered.
Identifying the training that is right for you

**What for who?** This table is intended as a guide to which courses may support you to carry out your responsibilities in relation to the emotional wellbeing and mental health of children and young people.

In this instance, *universal* mental health interventions refer to those with all children and young people e.g. mental health promotion, early identification, etc. *Targeted* mental health services provide early interventions for vulnerable children and young people i.e. with mild/moderate and/or emerging mental health needs; e.g. primary healthcare, CFAS Locality Teams, SENCo’s, Early Intervention Workers, etc.

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<th>Suggested Essential Training</th>
<th>Other potentially relevant CPD</th>
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<td><strong>Universal intervention providers without a mental health qualification/ experience.</strong> E.g. Youth Workers, Children’s Centre Staff, Day Nursery Staff, Health Visitors, etc</td>
<td>Understanding and Responding to... Mental health needs, plus Anxiety, Depression and Self-harm and risk of suicide OR Youth Mental Health First Aid (those working with 11yrs + and in generic role rather than working on one to one ongoing basis) AND Resilience based approaches AND Parental mental ill health</td>
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| **Targeted intervention providers.** E.g. Family Workers (Children’s Centres and Locality Teams) Young Peoples Workers (Locality Teams), School Nursing, Social Workers, SENCo’s, Support Workers, etc | CAMH Foundation Module AND Parental mental ill health | CAMH Foundation Module CPD Attachment informed interventions Using mentalization Mental health in adolescence Personality Disorder and parenting |

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<th>Substance use Using mentalization</th>
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<td>Teaching and support staff in schools</td>
<td>Raising achievement through wellbeing (specifically for schools staff) OR As for universal or targeted above depending on role (multiagency) OR Youth Mental Health First Aid (those working 11+ and in universal role, rather than specified pastoral)</td>
<td>As for universal or targeted above depending on role</td>
</tr>
</tbody>
</table>

**Still unsure?** It is recognised that there are many and varied roles that do not fit neatly into one of these categories and therefore if you need advice about which training may best suit your training needs please contact us.
Improve outcomes through wellbeing

For more information visit www.cpft.nhs.uk/professionals/camh-training.htm

Or email CAMHTrainingAdministrator@cpft.nhs.uk
Improving outcomes through wellbeing

How to apply and terms of training

How to apply to attend training Unless otherwise indicated in the specific course information, to apply to attend one of these courses please submit a monitoring form along with the appropriate training application form to the CAMH Training Administrator. Application forms can be found in the appendices of this prospectus or else can be downloaded at

www.cpft.nhs.uk/professionals/camh-training.htm

Please ensure that you complete all the boxes on the application form as any incomplete forms will be returned which will delay the processing of your application. Please also ensure that you enclose your payment or invoice details with your application as applications will not be processed without this. This includes places on courses that are subsidised or offered free of charge, in order that we are able to process a cancellation fee as appropriate.

By submitting an application form you are agreeing to the terms of the training, in particular please see our cancellation policy.

Places are offered on a first come first served basis once fully completed applications are processed, with the exception of the CAMH Foundation Module. For this course there is a closing date for applications after which places are offered following a shortlisting process. This is to ensure there is fair and appropriate allocation of places for this popular course, and that each cohort has a diverse membership.

Learning records and certification Certificates are provided for all completed courses and a full electronic individual learning record is maintained, which can be provided on request. We regularly report to partner organisations in order that the learning records held for employees are automatically updated. All learners, particularly those offered subsidised places, are required to complete evaluation questionnaires as requested in order to be certified as completing a course. This is part of an on-going quality control process, as well as ensuring that training continues to meet the training needs of participants.

Are the courses accredited? Not currently, however this is something we continue to pursue. Please keep an eye on our website for updates as they occur.

For more information visit www.cpft.nhs.uk/professionals/camh-training.htm
Or email CAMHTrainingAdministrator@cpft.nhs.uk
**Cost?** Cost depends on a number of factors including the type of training required and your employing organisation. Differing commissioning arrangements mean that places for employees of some organisations are subsidised and offered either free of charge or at a reduced rate.

At time of publication these include:

- **Fully subsidised places for employees of Cambridgeshire County Council and statutory healthcare services as well as, for a pilot period, voluntary and community sector services working with children and young people in Cambridgeshire (not Peterborough).** This means that places are offered free of charge for all courses for these employees, as long as the training is appropriate to the role of the learner.

- **Fully subsidised places for teaching and support staff in Cambridgeshire Local Authority maintained and Academy schools i.e. offered free of charge for ‘Raising achievement through wellbeing’ programme, as well as some subsidy on other courses on offer.**

Some courses are fully subsidised and offered free of charge to all practitioners working with children and young people in Cambridgeshire, for example substance use courses - please see individual course information for more details.

Please see table below for a guide to course costs/cancellation fees.

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<td>Face to face half day</td>
<td>£65</td>
<td>£80</td>
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<td>Face to face whole day</td>
<td>£100</td>
<td>£125</td>
</tr>
<tr>
<td>Blended per day 50:50 face to face: online learning</td>
<td>£80</td>
<td>£100</td>
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<tr>
<td>Stand alone online learning</td>
<td>£20 per module Or £70 for 4</td>
<td>£30 per module Or £90 for 4</td>
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<td>Youth MHFA</td>
<td>£150</td>
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<td>CAMH Foundation Module</td>
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**For more information visit** [www.cpft.nhs.uk/professionals/camh-training.htm](http://www.cpft.nhs.uk/professionals/camh-training.htm)  
**Or email** CAMHTrainingAdministrator@cpft.nhs.uk
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Cancellation policy Please note that we operate a cancellation policy and once training has been confirmed a fee will be charged to your organisation if you fail to attend or cancel with less than two weeks notice (or with less than 80% attendance for the CAMH Foundation Module).

Once the training has been confirmed failure to attend or cancellation with less than two weeks notice will incur a fee equal to the full cost of the course. This means where you have been offered a subsidised place, your organisation will be charged the full cost of the course, and where you have made a payment to secure your place, no refunds will be issued.

A reduction may be considered if you are able to provide someone appropriate to take your place at the full course, but some charge may still be incurred to cover the costs of administration.

Please also note that it is the responsibility of learners to ensure that they have signed the class register found in the training room (in addition to any venue register procedure). This is the only record of your attendance and failure to do so will incur a cancellation/administration fee, even if you subsequently can evidence your attendance.

If you arrive late you may be turned away in order not to disrupt the delegates attending the course, or because you would not be able to complete due to the nature of missed content. You may also be turned away if you have failed to complete required pre-course learning (including online learning) prior to attending confirmed face to face classroom based training. This will be at the trainers’ discretion, and will also incur a fee for non-attendance.

Consideration for waiver of this cancellation/non-attendance charge will be on a case by case application to the CAMH Learning and Development Consultant.

“CAMH training always widening my perspective great!”
Improving outcomes through wellbeing

For more information visit www.cpft.nhs.uk/professionals/camh-training.htm
Or email CAMHTrainingAdministrator@cpft.nhs.uk
Child and Adolescent Mental Health (CAMH) Foundation Module and Module CPD

The following pages outline the details for the CAMH Foundation Module and associated Continuing Professional Development (CPD) for those that have completed the course previously.

This popular course, now in its seventh year, has been revised to allow more flexibility for participants to follow a specific learning pathway that recognises their own knowledge, skills and professional background.
Child and Adolescent Mental Health (CAMH) Foundation Module

Course overview This course aims to give those practitioners whose roles and responsibilities mean that they are required to work in a more targeted way to meet the mental health needs of the children and young people, an opportunity to develop their knowledge and skills in relation to this important component of their work. The course content includes wide ranging subject matter, and is regularly updated to take into account a comprehensive review of the previous cohorts.

Who is it designed for? Practitioners working directly with children, young people and their families in Cambridgeshire for example those working in CFAS social care and locality teams, specialist teaching teams, primary healthcare, as well as the voluntary and community sector. This training is aimed at those who have a more specific or targeted role working with the emotional wellbeing and mental health of children and young people. This revised course allows participants to follow a learning pathway that recognises their own knowledge, skills and professional background.

What type of training? Blended learning including face to face classroom based training, as well as online and self-directed learning.

Duration? 13 days (includes estimated time to complete online and self-directed learning, as well as 11 ½ days classroom based training).

Delivered by? A wide range of subject matter experts

“I thoroughly enjoyed the course, thought it well run, excellent speakers and trainer and seemed to have thought through peoples needs and requirements from this type of course.”

For more information visit www.cpft.nhs.uk/professionals/camh-training.htm
Or email CAMHTrainingAdministrator@cpft.nhs.uk
**Expected learning outcomes** This course is intended to support participants to;

- Assess vulnerability to developing mental health problems and identify appropriate interventions to build resilience
- Feel confident in engaging with children, young people and their families regarding mental health issues
- Assess mental health risk and identify mental health needs when working with children and young people
- Identify the most appropriate interventions to meet identified mental health needs
- Understand the policy context and roles and responsibilities in comprehensive CAMH services
- Understand when and how to access other services including specialist CAMH Services
- Access and evaluate reliable information and resources for both practitioners and young people and families
- Understand and respond to a range of specific issues including for example self-harm, depression, anxiety, developmental disorders, disruptive behaviour, mental health of those with learning disabilities, etc.
- Reflect on their mental health practice and recognise the needs of practitioners, as well as when and how to seek support and advice
- Understand how best to work collaboratively in a complex multi-agency CAMH context.

**Cost?** Places that are offered to employees of Cambridgeshire County Council and statutory healthcare services, as well as voluntary and community sector services working with children and young people in Cambridgeshire (not Peterborough) are subsidised places, and are offered free of charge, as long as the training is appropriate to the role of the learner.

For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note: Failure to attend the first day without giving at least 2 weeks notice, or less than 80% overall course attendance will incur a cancellation fee (see Terms of training for more information)

**Course details** This course runs twice annually - details of Cohorts 11 and 12 can be found on the following pages, including relevant dates, etc.
CAMH Foundation Module Cohort 11

Course details There is required pre-course learning to complete prior to attending the first face to face session.

Closing date for applications Fri 13 March 2015
(Places confirmed by Mon 23rd March 2015)

Dates for classroom based training:

Wed 15 April 2015 09:30 – 16:30 Cambridge
Tue 21 April 2015 09:30 – 16:30 Huntingdon
Wed 29 April 2015 09:30 – 16:30 Cambridge
Wed 6 May 2015 09:30 – 16:30 Cambridge
Wed 13 May 2015 09:30 – 16:30 Cambridge
Mon 18 May 2015 09:30 – 16:30 Huntingdon
Tue 2 June 2015 09:30 – 16:30 Huntingdon
Wed 10 June 2015 09:30 – 16:30 Cambridge
Tue 16 June 2015 09:30 – 16:30 Huntingdon
Wed 24 June 2015 09:30 – 16:30 Cambridge
Wed 1 July 2015 09:30 – 16:30 Cambridge
Wed 16 Dec 2015 09:30 – 12:30 Cambridge

“This has been one of the best courses I have attended in 23 yrs [of career]. I feel my knowledge base has increased massively and as a result I feel my confidence has grown. Mental health is such a massive part of our workload and one that I was the least confident prior to the course.”
CAMH Foundation Module Cohort 12

Course details There is required pre-course learning to complete prior to attending the first classroom based session.

Closing date for applications Fri 10 July 2015
(Places confirmed by Fri 17 July 2015)

Dates for classroom based training:

- Weds 16 Sept 2015 09:30 – 16:30 Cambridge
- Weds 23 Sept 2015 09:30 – 16:30 Huntingdon
- Weds 30 Sept 2015 09:30 – 16:30 Cambridge
- Weds 7 Oct 2015 09:30 – 16:30 Huntingdon
- Weds 14 Oct 2015 09:30 – 16:30 Cambridge
- Weds 21 Oct 2015 09:30 – 16:30 Huntingdon
- Weds 4 Nov 2015 09:30 – 16:30 Cambridge
- Weds 11 Nov 2015 09:30 – 16:30 Cambridge
- Weds 18 Nov 2015 09:30 – 16:30 Huntingdon
- Weds 25 Nov 2015 09:30 – 16:30 Cambridge
- Weds 2 Dec 2015 09:30 – 16:30 Cambridge
- Mon 15 June 2016 09:30 – 12:30 Cambridge

“...on to a winner and I can only see the course getting better and more popular with time”
CAMH Foundation Module Continuing Professional Development (CPD)

**Course overview** These courses are intended to support practitioners that have completed the CAMH Foundation Module to maintain and continue to develop their practice in relation to the CAMH component of their work.

**Who is it designed for?** Practitioners who have completed the CAMH Foundation Module programme and continue to work directly with children, young people and families in Cambridgeshire.

**What type of training?** Face to face classroom based

**Duration?** One day

**Delivered by?** These CPD days are delivered by a variety of subject experts

**Expected learning outcomes** Topics for these CPD days will include updates regarding local and national initiatives, as well as CAMH service developments, developments in mental health practice, and specific skills development.

**Cost?** Places that are offered to employees of Cambridgeshire County Council and statutory healthcare services, as well as voluntary and community sector services working with children and young people in Cambridgeshire (not Peterborough) are subsidised places, and are offered free of charge as long as the training is appropriate to the role of the learner.

For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

**Course details** This course takes place on the following dates:

- Weds 28 January 2015  09:30 – 15:00  Cambridge
- Tues 24 March 2015  09:30 – 15:00  Cambridge
- Mon 15 June 2015  09:30 – 15:00  Huntingdon
- Thurs 26 Nov 2015  09:30 – 15:00  Cambridge

“The resources and tools we were shown and given were great and really useful.”

“To get the updates about changes in policy. Again refreshing ourselves with the info provided and experiences shared within the room from workers”

“Difficult to pin point one particular point, all of it was really interesting”
Core short course programme

The following pages outline the training offered as part of our core short course programme. These include all the basic mental health knowledge and skills that anyone working with children and young people should seek to have.

It is expected that people complete the course ‘Understanding and responding to the mental health needs of children and young people’ that covers the fundamentals, before going on to complete subject specific courses that build on this baseline knowledge.

There are some exceptions to this expectation: please see individual course details for more information.

“Informative and interactive”

“Great training, really enjoyed”

“Teacher was excellent. Good mix of practical work with theory and info”
Mental health needs of children and young people with learning disabilities

Course overview  Children and young people with learning disabilities are at increased risk of developing mental health problems. Practitioners often report feeling that they lack the skills to recognise and work with mental health/challenging behaviour and intellectual disability. The workshop will have a practical emphasis in terms of recognising and understanding mental health difficulties/challenging behaviour as well as supporting young people and their families.

Who is it designed for? Practitioners working directly with young people with learning disabilities and their families e.g. family workers, youth workers, social workers, respite carers including community support, residential support workers

What type of training? Face to face classroom based

Duration? One day

Delivered by? Julie Elstub (Community Nurse) and Roland Casson (Clinical Psychologist) - CAMH Learning Disability Team

Expected learning outcomes This course is intended to support participants to;

- consider the nature of learning disability; causes and behavioural phenotypes
- consider why people with learning disabilities are at increased risk of developing mental health problems and/or challenging behaviour
- recognise mental health problems within this group and how best to support children, young people and their families
- use a contextual approach to understanding mental health difficulties and challenging behaviour
- consider practical approaches to working with mental health difficulties
- have a clear understanding of the role of the CAMH Learning Disability Team, and when to refer/opportunities for joint working
- have an understanding of resources available for supporting work with young people with learning disabilities and their families

Cost? Places that are offered to employees of Cambridgeshire County Council and statutory healthcare services, as well as voluntary and community sector services working with children and young people in Cambridgeshire (not Peterborough) are subsidised places, and are offered free of charge as long as the training is appropriate to the role of the learner. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

Course details Dates to be confirmed depending on demand. To register your interest please contact us, and we will let you know when dates become available.
Mental health needs of children and young people in residential social care settings

Programme overview This series of short courses are designed with the specific mental health needs of children and young people in residential social care settings in mind.

Looked after children are recognised as having a significantly increased risk of developing mental health problems. These courses aim to support those working in these settings in understanding the mental health needs of children and young people in their care, recognising opportunities to build emotional resilience, as well identifying where there is a concern and how to best support them, including knowing when and how to access specialist services.

Who is it designed for? Practitioners working directly with children and young people in residential social care settings in Cambridgeshire.

What type of training? Face to face

Duration? Half to one day short courses

Delivered by? Subject experts from Children, Family and Adults Services

Courses Examples included (not an exhaustive list):

- Introduction mental health for residential social care workers
- Working with attachment difficulties in residential social care settings
- Understanding and responding to young people who self-harm in residential social care settings
- Understanding and responding to young people with borderline learning disabilities in residential social care settings
- Understanding and responding to traumatised adolescents in residential social care settings

Cost? Places that are offered to employees of Cambridgeshire County Council are subsidised places, and are offered free of charge. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

Course details Dates to be confirmed depending on demand. To register your interest please contact us, and we will let you know when dates become available.

Alternatively should you require some in-house training for your team do contact us to discuss your training needs further.
Understanding and Responding to…

the mental health needs of children and young people

Course overview  Research has identified a clear link between the emotional wellbeing of children and young people and better learning and health outcomes. This course aims to support participants in their role in promoting emotional wellbeing, as well as responding to the mental health needs of children and young people in a timely and effective way. It includes identifying those children and young people who are vulnerable to developing mental health problems, and what interventions practitioners can put in place to build emotional resilience, as well as understanding and responding to mental health concerns, and accessing the most appropriate interventions and services to meet identified mental health needs.

Who is it designed for? Practitioners working directly with children, young people and their families in Cambridgeshire for example those working in Children, Family and Adult Services social care and locality teams, specialist teaching teams, primary healthcare, as well as the voluntary and community sector.

Those working in residential social care settings should see the specific training aimed at this particular staff group.

Those with a more specific or targeted role working with the emotional wellbeing of children might prefer to consider the ‘CAMH Foundation Module’.

Those working with young people more generally on a day to day but not necessarily on a one to one/ongoing basis might wish to consider ‘Youth Mental Health First Aid’ as an alternative.

What type of training? Offered as either face to face classroom based only or blended learning. Learners should decide based on their own learning preferences and availability (see page 13 for further guidance).

Duration? One day (blended learning 50:50 face to face: online learning)

Delivered by? Subject experts from specialist mental health services

“Trainer kept group interested and motivated”

“One very interesting training day that I would recommend to my colleagues”

“Such an enthusiastic presentation, full of energy and passion for the subject”

For more information visit www.cpft.nhs.uk/professionals/camh-training.htm
Or email CAMHTrainingAdministrator@cpft.nhs.uk
**Expected learning outcomes** This course is intended to support participants to;

- Recognise the causes and consequences of stigma in relation to mental health
- Maximise opportunities to promote emotional wellbeing and prevent mental illness among children, young people and their families
- Understand and identify the mental health needs of children and young people as well as the most appropriate interventions to meet these needs
- Understand the roles and responsibilities of self and others in comprehensive CAMHS
- Understand when and how to work with other services including specialist CAMH Services
- Identify opportunities for collaborative multi-agency working.

**Cost?** Places that are offered to employees of Cambridgeshire County Council and statutory healthcare services, as well as voluntary and community sector services working with children and young people in Cambridgeshire (not Peterborough) are subsidised places, and are offered free of charge as long as the training is appropriate to the role of the learner. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

**Course details**

Blended learning; once you have a place confirmed on this course you will receive details in order to complete the online learning component prior to attending the face to face classroom based session:

- Thurs 12 February 2015 10:30 - 13:30 Huntingdon
- Thur 17 September 2015 10:30 - 13:30 Doddington

Face to face only classroom sessions:

- Thurs 16 July 2015 09:30 – 16:30 Cambridge

“I will definitely feel more confident to talk to young people about mental health, who to approach with cases and how to assess the mental health problems.”
Improving outcomes through wellbeing

Understanding and responding to...

anxiety problems in childhood and adolescence

Course overview This is one of a series of short courses designed to build on the ‘Understanding and responding to the mental health needs of children and young people’ short course.

This course aims to support practitioners in understanding the nature of anxiety in children and young people, as well as their roles and responsibilities in identifying and supporting those children and young people where anxiety is a concern, and knowing when and how to access specialist services.

Who is it designed for? Practitioners working directly with children, young people and their families in Cambridgeshire for example those working in Children, Family and Adult Services social care and locality teams, specialist teaching teams, primary healthcare, as well as the voluntary and community sector.

Please note: Participants should already have basic child and adolescent mental health knowledge and skills (please see learning outcomes for ‘Understanding and responding to mental health needs of children and young people’ short course for guidance).

Those working in residential social care settings should see specific training aimed at this staff group.

Those with a more specific or targeted role working with the emotional wellbeing of children might prefer to consider the ‘CAMH Foundation Module’. Those working with young people more generally on a day to day but not necessarily on a one to one basis might wish to consider ‘Youth Mental Health First Aid’ as an alternative.

What type of training? Blended learning

Duration? One day in total (to include online learning to be completed prior to half day face to face classroom based session)

Delivered by? Subject experts from specialist mental health services

“I have found the training useful and has given me some good ideas and places to look for resources to take back to my practice and consider looking at with my client”

“Trainer had a broad amount of knowledge and brought life experiences to support knowledge and understanding”

For more information visit www.cpft.nhs.uk/professionals/camh-training.htm
Or email CAMHTrainingAdministrator@cpft.nhs.uk
**Expected learning outcomes** This course is intended to support participants to:

- Understand the main factors that can contribute to a higher risk of anxiety related problems
- Recognise the signs and symptoms of anxiety
- Identify and understand the needs of children and young people who may be at risk of anxiety related problems, as well as the most appropriate interventions to meet these needs
- Understand their own role and responsibilities in responding to children and young people who may be at risk of developing or have recognised anxiety problems
- Understand when and how to refer to other services including specialist CAMHS.

**Cost?** Places that are offered to employees of Cambridgeshire County Council and statutory healthcare services, as well as voluntary and community sector services working with children and young people in Cambridgeshire (not Peterborough) are subsidised places, and are offered free of charge as long as the training is appropriate to the role of the learner. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

**Course details** Once you have a place confirmed on this course you will receive details in order to complete the online learning component prior to attending one of the face to face classroom based sessions taking place on:

- Mon 20 April 2015 13:30 – 16:30 Huntingdon
- Thur 15 October 2015 13:30 – 16:30 Cambridge

For more information visit www.cpft.nhs.uk/professionals/camh-training.htm
Or email CAMHTrainingAdministrator@cpft.nhs.uk
Understanding and responding to...

depression in childhood and adolescence

Course overview This is one of a series of short courses designed to build on the ‘Understanding and responding to the mental health needs of children and young people’ short course.

This course aims to support practitioners to carry out their roles and responsibilities in identifying, assessing, supporting and referring children and young people who are either depressed or at significant risk of developing depression.

This training incorporates the National Institute for Health and Clinical Excellence (NICE) Guidance CG28 ‘Depression in children and young people’¹

Who is it designed for? Practitioners working directly with children, young people and their families in Cambridgeshire for example those working in Children, Family and Adult Services social care and locality teams, specialist teaching teams, primary healthcare, as well as the voluntary and community sector.

Please note: Participants should already have basic child and adolescent mental health knowledge and skills (please see learning outcomes for ‘Understanding and responding to mental health needs of children and young people’ short course for guidance).

Those working in residential social care settings should see specific training aimed at this staff group.

Those with a more specific or targeted role working with the emotional wellbeing of children might prefer to consider the ‘CAMH Foundation Module’.

Those working with young people more generally on a day to day but not necessarily on a one to one basis might wish to consider ‘Youth Mental Health First Aid’ as an alternative.

What type of training? Blended learning

Duration? One day in total (to include online learning to be completed prior to half day face to face classroom based session)

Delivered by? Subject expert from specialist CAMH Services

“Provided a great overview of what to think about when assessing whether there may be any concerns present and how to monitor this.”

“...linking to NICE guidelines and practical delivery of course [most useful].”

**Expected learning outcomes** This course is intended to support participants to:

- Understand the main factors that can contribute to a higher risk of depression
- Recognise the signs and symptoms of depression
- Identify and understand the needs of children and young people who may be at risk of depression, as well as the most appropriate interventions to meet these needs
- Understand their own role and responsibilities in responding to children and young people who may be at risk of developing or have recognised depression
- Understand when and how to refer to other services including specialist CAMHS.

**Cost?** Places that are offered to employees of Cambridgeshire County Council and statutory healthcare services, as well as voluntary and community sector services working with children and young people in Cambridgeshire (not Peterborough) are subsidised places, and are offered free of charge as long as the training is appropriate to the role of the learner. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

**Course details** Once you have a place confirmed on this course you will receive details in order to complete the online learning component prior to attending one of the face to face classroom based sessions taking place on:

- Mon 20 April 2015 09:30 – 12:30 Huntingdon
- Thur 15 October 2015 09:30 – 12:30 Cambridge
Understanding and responding to...

eating disorders in childhood and adolescence

Course overview This is one of a series of short courses designed to build on the ‘Understanding and responding to the mental health needs of children and young people’ short course.

This course aims to support practitioners to carry out their roles and responsibilities in identifying, assessing, supporting and referring children and young people who have an eating disorder or who are at significant risk of developing an eating disorder.

Who is it designed for? Practitioners working directly with children, young people and their families in Cambridgeshire for example those working in Children, Family and Adult Services social care and locality teams, specialist teaching teams, primary healthcare, as well as the voluntary and community sector.

Please note: Participants should already have basic child and adolescent mental health knowledge and skills (please see learning outcomes for ‘Understanding and responding to mental health needs of children and young people’ short course for guidance).

Those working in residential social care settings should see specific training aimed at this staff group.

Those with a more specific or targeted role working with the emotional wellbeing of children might prefer to consider the ‘CAMH Foundation Module’.

Those working with young people more generally on a day to day but not necessarily on a one to one basis might wish to consider ‘Youth Mental Health First Aid’ as an alternative.

What type of training? Blended learning

Duration? One day in total (to include online learning to be completed prior to half day face to face classroom based session)

Delivered by? Subject experts from the Phoenix Centre (specialist eating disorder services)

“Good insight in such a specialist area made aware of support services in the community. Thoroughly enjoyed the session.”
**Expected learning outcomes** This course is intended to support participants to:

- Understand the main factors that can contribute to a higher risk of an eating disorder
- Recognise the signs and symptoms of eating disorders
- Identify and understand the needs of children and young people who may be at risk of developing an eating disorder, as well as the most appropriate interventions to meet these needs
- Understand their own role and responsibilities in responding to children and young people who may be at risk of developing or have a recognised eating disorder
- Understand when and how to refer to other services including specialist CAMHS.

**Cost?** Places that are offered to employees of Cambridgeshire County Council and statutory healthcare services, as well as voluntary and community sector services working with children and young people in Cambridgeshire (not Peterborough) are subsidised places, and are offered free of charge as long as the training is appropriate to the role of the learner. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

**Course details** Once you have a place confirmed on this course you will receive details in order to complete the online learning component prior to attending one of the face to face classroom based sessions taking place on:

Tues 28 April 2015 09:30 – 12:30 Huntingdon
Understanding and responding to...

psychosis in young people

Course overview This is one of a series of short courses designed to build on the ‘Understanding and responding to the mental health needs of children and young people’ short course.

This course aims to support practitioners to carry out their roles and responsibilities in identifying, assessing, supporting and referring young people who are either experiencing symptoms of psychosis or at significant risk of developing psychosis.

Who is it designed for? Practitioners working directly with children, young people and their families in Cambridgeshire for example those working in Children, Family and Adult Services social care and locality teams, specialist teaching teams, primary healthcare, as well as the voluntary and community sector.

Please note: Participants should already have basic child and adolescent mental health knowledge and skills (please see learning outcomes for ‘Understanding and responding to mental health needs of children and young people’ short course for guidance).

Those working in residential social care settings should see specific training aimed at this staff group.

Those with a more specific or targeted role working with the emotional wellbeing of children might prefer to consider the ‘CAMH Foundation Module’.

Those working with young people more generally on a day to day but not necessarily on a one to one basis might wish to consider ‘Youth Mental Health First Aid’ as an alternative.

What type of training? Face to face classroom based

Duration? Half day

Delivered by? Subject experts from CAMEO (specialist mental health services)

“I had a very limited knowledge of this subject so everything was incredibly useful. All information was relevant to practice and it was really helpful to know how to make a referral”

“Great session, very interesting and great delivery methods. Atmosphere created by facilitator was very open and comfortable to ask questions.”
**Expected learning outcomes** This course is intended to support participants to;

- Understand the main factors that can contribute to a higher risk of developing psychosis
- Recognise the signs and symptoms of psychosis
- Identify and understand the needs of young people who may be experiencing symptoms of psychosis
- Understand their own role and responsibilities in responding to children and young people who may be at risk of developing or have recognised psychosis
- Understand when and how to refer to specialist mental health services.

**Cost?** Places that are offered to employees of Cambridgeshire County Council and statutory healthcare services, as well as voluntary and community sector services working with children and young people in Cambridgeshire (not Peterborough) are subsidised places, and are offered free of charge as long as the training is appropriate to the role of the learner. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

**Course details** This course takes place on the following dates:

To be confirmed and depending on demand - please register your interest by emailing us, and we will inform you as soon as a date is available.
Improving outcomes through wellbeing

Understanding and responding to...

children and young people at risk of self-harm and suicide

Course overview This is one of a series of short courses designed to build on the ‘Understanding and responding to the mental health needs of children and young people’ short course.

“Self-harm among young people is a major public health issue in the UK. It affects one in 15 young people...self-harm blights the lives of young people and seriously affects their relationship with families and friends. It presents a major challenge to all those in services and organisations that work with young people.”¹

This course aims to support practitioners in recognising and responding to the needs of young people who self harm, and in understanding the relationship with suicide, as well as effectively identifying and supporting those who are at risk of suicide. This course has been revised for 2014 incorporating the principles of the national ‘Suicide Prevention Strategy’² and includes comprehensive information about assessing risk of suicide, as well as practical advice and information for supporting a young person who may be considering suicide.

Who is it designed for? Practitioners working directly with children, young people and their families in Cambridgeshire for example those working in Children, Family and Adult Services social care and locality teams, specialist teaching teams, primary healthcare, as well as the voluntary and community sector.

Please note: Participants should already have basic child and adolescent mental health knowledge and skills (please see learning outcomes for ‘Understanding and responding to mental health needs of children and young people’ short course for guidance).

Those working in residential social care settings should see specific training aimed at this staff group.

Those with a more specific or targeted role working with the emotional wellbeing of children might prefer to consider the ‘CAMH Foundation Module’. Those working with young people more generally on a day to day but not necessarily on a one to one basis might wish to consider ‘Youth Mental Health First Aid’ as an alternative.

What type of training? Blended learning

Duration? One day in total (to include online learning to be completed prior to face to face classroom based session)

Delivered by? Liz Nutt (Specialist Psychological Therapist, CPFT)


**Expected learning outcomes** This course is intended to support participants to:

- Consider the nature of, and understand some of the reasons why children and young people might self-harm or consider suicide
- Understand the relationship between self-harm and suicide
- Effectively assess and respond to risk relating to possible suicide
- Understand and respond to the needs of children and young people who self-harm or who may be vulnerable to suicide
- Recognise the needs of self and colleagues when working with self-harm or affected by suicide.
- Identify opportunities for collaborative multi-agency working.

**Cost?** Places that are offered to employees of Cambridgeshire County Council and statutory healthcare services, as well as voluntary and community sector services working with children and young people in Cambridgeshire (not Peterborough) are subsidised places, and are offered free of charge as long as the training is appropriate to the role of the learner. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

**Course details** Once you have a place confirmed on this course you will receive details in order to complete the online learning component prior to attending one of the face to face classroom based sessions taking place:

- Thurs 22 January 2015 09:30 - 14:00 Cambridge
- Weds 4 February 2015 11:00 - 15:30 Huntingdon
- Wed 10 March 2015 10:30 - 15:00 Doddington

This multi-agency training is also being offered in a variety of formats in localities, cluster and partnership groups, schools or other settings, as a stand alone session or as part of mental health training. For more information or to arrange delivery of this training in your setting please contact us.

- Those that were unable to attend the one day conference ‘Self-harm and risk of suicide: improving outcomes through wellbeing’ held on 23rd September 2014, are able to register to be able to access materials from the day, as well as view footage of some of the key speakers.

“All of it as it is all so relevant. Understanding about self harm in schools and an indication as to why this is happening. Understanding the elements behind self-harming, triggers, other coping strategies to deal with self-harm.”

“Having such a knowledgeable trainer who could give real examples of young people who had self harmed, or felt suicidal, and their response.”
Improving outcomes through wellbeing

For more information visit www.cpft.nhs.uk/professionals/camh-training.htm
Or email CAMHTrainingAdministrator@cpft.nhs.uk
Improving outcomes through wellbeing

Parental mental ill health

“Parents with mental health problems and their families are one of the four groups most likely to be excluded from health and social care provision (SEU 2004¹). Changing this requires a new way of working – think child, think parent, think family – across adult mental health and children’s services.” ²

This sections covers a range of courses on offer relating to parental mental health issues. It includes an essential two day course - ‘Think child, think parent, think family’ - designed to bring practitioners from Cambridgeshire children’s services and adult mental health services together in order to promote collaborative multi-agency working when working with families where parents may be experiencing mental health problems.

It also includes a one day course for those working in children’s services to better understand the most common mental health issues that adults may experience. It is recommended that this course - Adult mental health: An overview for those working with children and families’ - is completed prior to attendance at the two day course.

‘Personality Disorder and parenting’ looks specifically at this specialist area of mental health.

There is also the option of a comprehensive online programme for those that are unable to access the face to face training, for whatever reason.

“The opportunity to work with professionals from other agencies and to think about multi agency working and perspectives [was most useful].”

“So interesting - fascinating stuff - consolidated and refreshed existing knowledge but also learned loads of new stuff”

“Facilitators were so interesting and knowledgeable.”

“Incredible subject knowledge and delivery”


Adult mental health:

An overview for those working with children and families

Course overview It is crucial that those practitioners whose work may focus primarily on children and young people, are also able to recognise where the adults in the families they work with may be experiencing mental health issues, as well as to understand how they should most appropriately respond. This course aims to ensure that those working in Children’s Services have a basic awareness of the mental health issues adults may face, when they should be concerned and where to go for support.

Who is it designed for? Practitioners working directly with children, young people and their families in Cambridgeshire for example those working in Children, Family and Adult Services social care and locality teams, specialist teaching teams, primary healthcare, as well as the voluntary and community sector.

What type of training? Face to face classroom based training

Duration? One day

Delivered by? Subject experts from specialist mental health services

Expected learning outcomes This course is intended to support participants to:

- recognise the signs and symptoms of common mental health issues experienced by adults
- provide support to an adult that may be experiencing a mental health crisis
- understand when and how to access and/or signpost towards support services
- identify opportunities for multi-agency working.

Cost? Places that are offered to employees of Cambridgeshire County Council and Cambridgeshire Community Services are subsidised places, and are offered free of charge. Sometimes we are also able to offer a limited number of subsidised places to those employed in other organisations e.g. schools, and the voluntary and community sector. For full cost of places that are not subsidised and cancellation fees please see page 12.

Please note that we do operate a cancellation policy (please see terms of training for more information).

Course details This course takes place on the following date:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 9 February 2015</td>
<td>09.30 - 16.30</td>
<td>Huntingdon</td>
</tr>
<tr>
<td>Thur 23 April 2015</td>
<td>09.30 - 16.30</td>
<td>Doddington</td>
</tr>
<tr>
<td>Tue 13 October 2015</td>
<td>09.30 - 16.30</td>
<td>Cambridge</td>
</tr>
</tbody>
</table>
Improving outcomes through wellbeing
Parental mental ill health:

Think child, think parent, think family

Course overview This course aims to bring practitioners from Cambridgeshire children’s services and adult mental health services together in order to promote collaborative multiagency working when working with families where parents may be experiencing mental health problems. It considers the potential impact that parental mental ill health may have on families, as well as the developing child from pre-conception through to adolescence and beyond. It considers how this may influence interventions that support families for better outcomes for everyone.

Who is it designed for? Practitioners who work directly with children, young people and their families as well as practitioners working directly with adults experiencing mental ill health.

Note: Participants should already have a basic awareness of the mental health issues adults may face (such as gained through attendance at ‘Adult mental health: An overview for those working with children and families’).

What type of training? Face to face classroom based training

Duration? Two days

Delivered by? Susan Cochrane (Specialist Health Visitor for Infant Mental Health) as well as subjects matter experts from adult mental health and safeguarding

Expected learning outcomes This course is intended to support participants to:

- Understand and assess the potential impact of parental mental illness on the developing child from pre-conception into adolescence and beyond
- Recognise how such an understanding may influence interventions that support families.
- Consider and assess the impact of mental health problems on parenting capacity
- Communicate to children and young people the concepts of mental health and treatment
- Understand policy frameworks and approaches for working with children and families with parental mental health problems
- Identify opportunities and structures for multi-agency working, and consider how to address the challenges faced in putting it into practice.

“Brilliant facilitators, very inspiring and knowledgeable”

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For more information visit www.cpft.nhs.uk/professionals/camh-training.htm
Or email CAMHTrainingAdministrator@cpft.nhs.uk
**Improving outcomes** through wellbeing

**Cost?** Places that are offered to employees of Cambridgeshire County Council and statutory healthcare services, as well as voluntary and community sector services working with children and young people in Cambridgeshire (not Peterborough) are subsidised places, and are offered free of charge as long as the training is appropriate to the role of the learner. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

**Course details** This 2 day course takes place on the following dates:

- Mon 2 March 2015 and Tues 3 March 2015 09:30 - 16:30 Huntingdon
- Mon 22 June 2015 and Tues 23 June 2015 09:30 - 16:30 Doddington

This course is also offered through the Cambridgeshire LSCB training programme

“Personal account of parenting with mental health issues was very powerful and good. Also case study throughout was a good way to work right through a case.”

“It is always interesting to come to study days with people from other agencies to gain an insight in to their opinions. Through discussion I feel that I have gained more knowledge about actually questioning the assessments I make to look at what the goals are for the family.”

“Young carers perspectives / videos. talk and info from parent with mental health problems. Discussion re multi agency working and hearing from / speaking to colleagues in other services.”

For more information visit [www.cpft.nhs.uk/professionals/camh-training.htm](http://www.cpft.nhs.uk/professionals/camh-training.htm)
Or email CAMHTrainingAdministrator@cpft.nhs.uk
Personality Disorder and parenting

Course Overview Working with families where one or more parent has a diagnosis of Personality Disorder can be complex and challenging for all those involved. This course aims to bring practitioners from Cambridgeshire children’s services and adult mental health services together to consider how best to work collaboratively when supporting these families. It will consider the nature of Personality Disorder, how it relates to parenting, its potential impact on children’s development, as well as implications for supporting families.

Who is it designed for? Practitioners who work directly with children, young people and their families, as well as practitioners working directly with adults experiencing mental ill health.

What type of training? Face to face classroom based

Duration? One day

Delivered by? Julie Finney (Complex Cases Service) and Debbra Mortlock (Croft Child and Family Unit)

Expected learning outcomes This course is intended to support participants to:

- Understand the nature of Personality Disorder and its affect on relationships and families
- Understand how Personality Disorder relates to parenting, and its potential impact on children’s development
- Understand the most appropriate approaches and interventions for working with parents with a Personality Disorder diagnosis

Cost? Places that are offered to employees of Cambridgeshire County Council and statutory healthcare services, as well as voluntary and community sector services working with children and young people in Cambridgeshire (not Peterborough) are subsidised places, and are offered free of charge as long as the training is appropriate to the role of the learner. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

Course details

Weds 20 May 2015 09:30 - 16:30 Cambridge
Parental mental health and families

Course Overview This e-learning programme produced by the Social Care Institute for Clinical Excellence (SCIE) explores the nature of parental mental health and its impact on families.

Who is it designed for? Practitioners who work directly with children, young people and their families, as well as practitioners working directly with adults experiencing mental ill health.

What type of training? Online learning via eCademy

Duration? Learner rates vary however average times for each module outlined below

Cost? Free of charge

Expected learning outcomes This course is made up of eight modules

Module 1—Introducing the family model (20-30 mins)
- Explore how current organisational structures can work to the disadvantage of families affected by parental mental ill health and what changes might be beneficial
- Understand the impact of inequality on individuals and family members.

Module 2—Think child, think parent, think family (20-30 mins)
- Consider the experiences of all family members where a parent has a mental health problem;
- Review and develop your understanding of the ways social inequalities and discrimination can affect families where a parent has a mental health problem;
- Review different models of understanding mental illness and hear about some of the more common diagnoses, interventions and treatments.
- Explore child development and the parenting tasks needed at different stages of a child’s development.
- Think about how families with a range of needs may experience the different health and social care organisations.

Module 3 - Working together with parents (40-50 mins)
- Identify the key principles of working in partnership with parents
- Consider how to use these principles, in the context of identifying and supporting families affected by parental mental health difficulties, to access and use support
- Understand that a 'Think child, think parent, think family' approach should be used by all professionals - there should be no 'wrong door' to services
- Consider how to use the family model to help balance the needs of the parent with those of the child when making complex decisions about child care.

Modules 4 to 8 continued over...
Module 4 - Working together with professionals (45-50 mins)

- Utilise the Family Model to strengthen professional working relationships
- Consider how the 'Team around the child' process (referred to here as 'Team around the family'), can be used to reinforce a 'Think family' approach
- Explore the challenges facing workers in maintaining a multi-agency approach and how the Family Model can be used to address these
- Understand the importance of meetings as a vehicle for multi-agency working and reflect on elements of successful meetings so as to further a 'Think family' approach
- Consider strategies to resolve differences in situations where agencies do not agree on the best response.

Module 5 - Care planning and review (30-40 mins)

- Identify what makes a plan effective
- Explore ways that practitioners can work together to coordinate plans
- Learn about the different types, and purpose, of plans made in children's services and adult services
- Use the Family Model to help to formulate plans that address family need
- Identify how the priorities for children and parents can be made central to their plans
- Consider how reviewing processes can be used to ensure changing needs are assessed and plans modified as a result, using a case study.

Module 6 - Interventions (35-40 mins)

- Identify the outcomes parents and children want for themselves and how these can be made central to planned supports and interventions
- Use the 'think child, think parent, think family' approach and the Family Model to help to identify interventions that address the needs of all parts of the family system
- Explore screening, active signposting and early intervention, and their importance as points of intervention during the care pathway.
Module 7 - Managing complexity and leading practice (35-40 mins)

- Access the resources available for themselves and their staff in SCIE's Parental mental health and child welfare suite of resources
- Consolidate their knowledge of key messages from the SCIE 'Think child, think parent, think family' guidance and the Family Model as the conceptual framework used in all of the SCIE resources to understand parental mental health and child welfare work
- Explore the complexities involved in collaborative work with families affected by parental mental ill health
- Identify the skills needed to provide leadership to staff groups working with families affected by parental mental illness
- Consider a range of audit tools available for use by team/service managers to gauge the readiness of their staff to implement the 'Think family' guidance and action plan within their team/service to ensure effective implementation.

Module 8 - Communicating with families (20-30 mins)

- Highlighting the importance of communicating sensitively and effectively with all family members
- Providing opportunities for the reader to reflect on their existing communication skills and identify areas for improvement
- Exploring the barriers and enablers to maintaining good communication in parental mental health and child welfare work as identified by parents, children and staff
- Providing practice examples and communication strategies that can be used to talk to parents about their mental health; to children about their parents' mental health and what that means for them; and to help family members talk to each other.

Course details

To access this course please enrol with the eCademy at www.trainingcamh.net or contact us.
Parental substance misuse

Course Overview This e-learning programme produced by the Social Care Institute for Clinical Excellence (SCIE) explores parental substance misuse and the effects on children and parenting capacity.

Who is it designed for? Practitioners who work directly with children, young people and their families, as well as practitioners working directly with adults experiencing mental ill health.

What type of training? Online learning via eCademy

Duration? Learner rates vary however average times for each module outlined below

Cost? Free of charge

Expected learning outcomes This course is made up of three modules

Module 1 - Understanding substance misuse (20-30 mins)
- Be familiar with working definitions of substance use and misuse
- Know about the substances that are most commonly misused, and the three different levels of use
- Recognise when someone may have a substance misuse problem
- Understand how different substances might affect a person's behaviour
- Identify the stages involved in changing substance misusing behaviour
- Consider the range of treatment options and support available to substance misusing adults
- Begin to think about the relationship between an individual user and their family/community.

Module 2 - Understanding the impact on children (20-30 mins)
- Understand how children may be affected by parental substance misuse
- Understand how parenting capacity may be compromised by substance misuse
- Know about relevant research
- Have some insight into the wishes and feelings of affected families
- Approach assessments with greater confidence.

For more information visit www.cpft.nhs.uk/professionals/camh-training.htm Or email CAMHTrainingAdministrator@cpft.nhs.uk
Module 3 - Implications for children’s social care practice (20-30 mins)

- Recognise when an assessment is needed, and at which level
- Have greater confidence in your ability to discuss substance misuse with family members
- Identify different resources that will support the assessment process
- Make balanced judgements about any action necessary to safeguard and promote children’s welfare
- Understand the ongoing support needs of children, whether at home or in alternative care
- Identify the roles and responsibilities of others within the professional network.

**Course details**

To access this course please enrol with the eCademy at [www.trainingcamh.net](http://www.trainingcamh.net) or contact us.
For more information visit www.cpft.nhs.uk.professionals/camh-training.htm
Or email CAMHTrainingAdministrator@cpft.nhs.uk
Improving outcomes through wellbeing

Young people and substance use

The training outlined on the following pages covers a range of topics relating young people their use of substances as well as how that relates to their mental health and emotional wellbeing.

All these courses are delivered by subject experts form the Cambridgeshire Child and Adolescent Substance Use Service (CASUS), and offered free of charge to any practitioner working directly with young people in Cambridgeshire.

For more information visit www.cpft.nhs.uk/professionals/camh-training.htm
Or email CAMHTrainingAdministrator@cpft.nhs.uk
Introduction to young people and substance misuse

Course overview This course aims to support practitioners to carry out their roles and responsibilities in relation to identifying, supporting and referring young people who are may be misusing substances.

Who is it designed for? Practitioners working directly with children, young people and their families in Cambridgeshire for example those working in Children, Family and Adult Services social care and locality teams, specialist teaching teams, primary healthcare and schools, as well as the voluntary and community sector.

What type of training? Face to face classroom based

Duration? Half day

Delivered by? Subject experts from Cambridgeshire Child and Adolescent Substance Use Service (CASUS).

Expected learning outcomes This course is intended to support participants to;

- Gain knowledge of the types and effects of alcohol and drugs used by children and young people
- Become familiar with the principles of screening and clarify their role in the identification of young people’s substance use needs
- Understand referral pathways for a young person requiring specialist treatment to address their substance misuse
- Examine resources and identify support that CASUS can offer young people, families and workers
- Identify opportunities for collaborative multi-agency working.

Cost? This training is subsidised and places are offered free of charge to all practitioners working with children and young people in Cambridgeshire, irrespective of their employing organisation. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

Course details This course takes place on the following dates:

Weds 14 January 2015 13:30 – 16:30 Cambridge

Tues 1 December 2015 09:30 – 12:30 Huntingdon

Fenland TBC (please contact us to register interest)

“Excellent and informative.”

“To understand drugs, their use by young people and to highlight the possible reasons why they may use [was most useful].”
Alcohol Brief Interventions

Course overview This course aims to support practitioners to carry out their roles and responsibilities in identifying hazardous and harmful alcohol use, as well as, supporting and referring young people and adults as needed.

Who is it designed for? Practitioners working directly with children, young people and their families in Cambridgeshire for example those working in Children, Family and Adult Services social care and locality teams, specialist teaching teams, primary healthcare and schools, as well as the voluntary and community sector.

What type of training? Face to face classroom based

Duration? Half day

Delivered by? Subject experts from Cambridgeshire Child and Adolescent Substance Use Service (CASUS).

Expected learning outcomes This course is intended to support participants to;

- Understand units of alcohol and current health guidelines related to drinking
- Use appropriate screening tools for identification of hazardous and harmful alcohol use
- Give brief advice interventions to young people and adults
- Understand appropriate referral pathways for alcohol misuse treatment for young people and adults.

Cost? This training is subsidised and places are offered free of charge to all practitioners working with children and young people in Cambridgeshire, irrespective of their employing organisation. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

Course details This course takes place on the following dates:

Weds 28 January 2015 09.30 - 12.30 Cambridge

Tues 1 December 2015 13.30 – 16:30 Huntingdon

Fenland TBC (please contact us to register interest)

“The course was clearly delivered and covered the original objectives. Very useful and interesting, more confident at which point to refer.”
Improving outcomes through wellbeing

*NEW* Cannabis 2015 Update

Course overview This course considers the current evidence base regarding cannabis use and it’s impact on the wellbeing of young people, as well as how best to respond to young people who may be using cannabis.

Who is it designed for? Practitioners who have completed ‘Introduction to young people and substance misuse’ short course or similar and continue to work directly with young people and their families in Cambridgeshire.

What type of training? Face to face classroom based

Duration? Half day

Delivered by? Subject experts from Cambridgeshire Child and Adolescent Substance Use Service (CASUS).

Expected learning outcomes This course is intended to support participants to;

- Understand the most recent national and local information regarding prevalence and patterns of cannabis use amongst young people
- Evaluate the increasing evidence base regarding the relationship between regular cannabis use and the mental health of young people
- Understand how best to respond to young people regarding their cannabis use.

Cost? This training is subsidised and places are offered free of charge to all practitioners working with children and young people in Cambridgeshire, irrespective of their employing organisation. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

Course details This course takes place on the following dates:


Tues 19 May 2015 13:30 – 16:30 Huntingdon

Fenland TBC (please contact us to register interest)
White powders and legal highs:
New, and not so new, trends in young people’s drug use

Course overview This course is aimed at practitioners that have previously attended the short course ‘An introduction to young people and substance misuse’ or similar and now wish to build on and update their knowledge in this area. It includes a review of local trends, as well as information on identified specific substances including screening tools for harmful alcohol use.

Who is it designed for? Practitioners who have completed ‘Introduction to young people and substance misuse’ short course or similar and continue to work directly with young people and their families in Cambridgeshire.

What type of training? Face to face classroom based

Duration? Half day

Delivered by? Subject experts from Cambridgeshire Child and Adolescent Substance Use Service (CASUS).

Expected learning outcomes This course is intended to support participants to;

- Understand the drug and alcohol use trends for young people in Cambridgeshire
- Gain a more specific understanding of stimulants, legal highs, Ketamine and Cannabis
- Be able to use appropriate screening tools for identification of hazardous and harmful alcohol use.

Cost? This training is subsidised and places are offered free of charge to all practitioners working with children and young people in Cambridgeshire, irrespective of their employing organisation. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

Course details This course takes place on the following dates:


Tues 5 May 2015 13:30 – 16:30 Huntingdon

Fenland TBC (please contact us to register interest)
Substance misuse and mental health:

Co-morbidity in young people

Course overview “If you meet a kid using drugs, think mental health, and if you meet a kid with mental health problems, think drugs”

This course looks at the interrelationship of substance misuse and mental health, and introduces the concept of ‘dual diagnosis’. It will examine the specific risks associated with young people using substances and include guidance on helpful and appropriate interventions that workers can offer.

Note: Delegates should already have a basic awareness of drugs and alcohol and the related issues for young people and their families (basic drug and alcohol awareness will not be covered in this course but is covered in the ‘Introduction to young people and substance misuse’ course).

Who is it designed for? Practitioners working directly with children, young people and their families in Cambridgeshire for example those working in Children, Family and Adult Services social care and locality teams, specialist teaching teams, primary healthcare and schools, as well as the voluntary and community sector.

What type of training? Face to face classroom based

Duration? One day
**Delivered by?** Subject experts from Cambridgeshire Child and Adolescent Substance Use Service (CASUS) - Dr Dickon Bevington (Consultant in Child and Adolescent Psychiatry, CASUS and the Anna Freud Centre), Suzanne Hare (Team Leader, CASUS) and Liz Cracknell (Senior Substance Misuse Nurse, CASUS).

**Expected learning outcomes** This course is intended to support participants to;

- Consider the concept of co-morbidity and dual diagnosis
- Examine the specific risks of the substances most commonly used by young people, and their impact on mental health and development
- Consider the basic principles of motivational and cognitive behavioural approaches to working with a young substance user
- Have an opportunity to use resources and techniques to address substance use.

**Cost?** This training is subsidised and places are offered free of charge to all practitioners working with children and young people in Cambridgeshire, irrespective of their employing organisation. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

**Course details** This course takes place on the following date:

Tue 10 February 2015  09:30 – 16:30  Cambridge

“Confidence increased in addressing with young people and my own children!”

“Thinking about the differences with developmental stage of adolescents and why the impact of substance use can have such a profound effect [was most useful]”

“Methods of working, approach to use with young person. Assessment - mentalising - substances - stages of change [was most useful]”

For more information visit [www.cpft.nhs.uk/professionals/camh-training.htm](http://www.cpft.nhs.uk/professionals/camh-training.htm)

Or email CAMHTrainingAdministrator@cpft.nhs.uk
Improving outcomes through wellbeing

For more information visit www.cpft.nhs.uk/professionals/camh-training.htm
Or email CAMHTrainingAdministrator@cpft.nhs.uk
Approaches for mental health

The courses in this section focus on specific approaches and interventions that practitioners can use in their work with children and young people and their mental health. They are designed to build on the courses available as part of the core short course programme.
Attachment informed interventions with children and families

Course overview Research has identified a clear link between the quality of the early attachments infants form and their future learning and health outcomes. This course aims to support practitioners consider how attachment theory can meaningfully inform their interventions with children of all ages and their families.

Who is it designed for? Practitioners working directly with children, young people and their families in Cambridgeshire for example those working in Children, Family and Adult Services social care and locality teams, specialist teaching teams, primary healthcare, as well as the voluntary and community sector.

Note: Delegates should already have basic knowledge of attachment theory before attending this course

What type of training? Classroom based

Duration? Half day

Delivered by? Susan Cochrane (Infant Mental Health Specialist Health Visitor)

Expected learning outcomes This course is intended to support participants to;

- Consider practical applications of attachment theory in work with families
- Understand when and how they can offer appropriate attachment informed interventions
- Identify opportunities for collaborative multi-agency working.

Cost? Places that are offered to employees of Cambridgeshire County Council and statutory healthcare services, as well as voluntary and community sector services working with children and young people in Cambridgeshire (not Peterborough) are subsidised places, and are offered free of charge as long as the training is appropriate to the role of the learner. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

Course details This course takes place on the following dates:

 Tues 9 June 2015 09:30 – 12:30 Cambridge

“... provided me with a better and more confident way to support families I work with.”
“... All so relevant to my practice - which is mostly parents of adolescents... and has given me some new subtle strategies and motivation to keep going.”
From ‘team around the child’ to ‘team around the worker’: Using mentalization in working with hard to reach youth

Course overview This course aims to support practitioners to become more confident in managing complex behaviour with hard-to-reach young people. It also aims to support practitioners to be able to effectively help their colleagues.

Who is it designed for? Any practitioners who are working in Cambridgeshire with young people in vulnerable situations and who are engaging in risky behaviours.

What type of training? Face to face classroom based

Duration? One day

Delivered by? Subject experts from Cambridgeshire Child and Adolescent Substance Use Service (CASUS) - Dr Dickon Bevington (Consultant in Child and Adolescent Psychiatry, CASUS and the Anna Freud Centre), Suzanne Hare (Team Leader, CASUS) and Liz Cracknell (Senior Substance Misuse Nurse, CASUS).

Expected learning outcomes This course is intended to support participants to;
- Gain an understanding of the key principles of mentalization
- To experience and practice mentalization based interventions, and other effective techniques for engaging and working with this client group
- Increase their knowledge of tools and strategies that can be used with young people, professionals and in clinical supervision
- Identify opportunities for collaborative multi-agency working.

Cost? This training is subsidised and places are offered free of charge to all practitioners working with children and young people in Cambridgeshire (not Peterborough), irrespective of their employing organisation. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

Course details This course takes place on the following date:
Mon 29 June 2015  09.30 -16.30  Cambridge

“Relevant to practical information to improve my practice and those of my colleagues. Superb!”

“Complex subject but with huge scope for improved practice. Links with neuropsychology etc. - excellent. Nice combination of trainers.”
Creating change in health related behaviour of young people:
An introduction to cycle of change motivational techniques

Course overview This practical course aims to support practitioners to effect positive change in the health related behaviours of the children, young people and families that they work with.

Who is it designed for? Practitioners working directly with children, young people and their families in Cambridgeshire for example those working in Children, Family and Adult Services social care and locality teams, specialist teaching teams, primary healthcare, as well as the voluntary and community sector.

What type of training? Face to face classroom based

Duration? Half day

Delivered by? Subject experts from Cambridgeshire Child and Adolescent Substance Use Service (CASUS).

Expected learning outcomes This course is intended to support participants to;

- Gain an understanding of the cycle of change model and the general principles of motivational interviewing
- Practice strategies that support young people to effect change in health related behaviours such as substance use, etc.

Cost? Places that are offered to employees of Cambridgeshire County Council and statutory healthcare services, as well as voluntary and community sector services working with children and young people in Cambridgeshire (not Peterborough) are subsidised places, and are offered free of charge as long as the training is appropriate to the role of the learner. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

Course details This course takes place on the following dates:

Wed 22 April 2015 09:30 – 12:30 Cambridge

“Most enjoyable morning. More of the same please.”

“Enjoyed the course - will look into further courses on this subject.”

“Really informative and interesting. The exercises (role play) Putting into practice the learning (trying to anyway!) Really beneficial”
Mental health in adolescence

Course Overview Adolescence is widely recognised as a time of the critical transitions in a person’s life, as well as rapid development physiologically, socially and psychologically. It is a period where a young person’s attitudes and behaviours change and it is no wonder that this period can be a turbulent time for young people and those around them. This course aims to support practitioners to consider development in adolescence, and how understanding this can inform how their work with young people and their mental health, particularly those vulnerable to developing mental health problems.

Who is it designed for? Practitioners working directly with children, young people and their families in Cambridgeshire for example those working in Children, Family and Adult Services social care and locality teams, specialist teaching teams, primary healthcare, as well as the voluntary and community sector.

What type of training? Face to face classroom based

Duration? One day

Delivered by? Subject expert from specialist mental health services

Expected learning outcomes This course is intended to support participants to:

- Understand the nature of psychological and social development in adolescence, including insights into adolescent brain development
- Consider how these developmental processes may impact on mental health and emotional wellbeing
- Consider behaviour e.g. risk taking behaviour, emotional issues, etc, in the context of adolescent development, and understand when to be concerned about a mental health problem and what to do.
- Identify interventions to build resilience in young people during adolescence
- Consider how else an understanding of developmental process may inform this may inform their work with young people

Cost? Places that are offered to employees of Cambridgeshire County Council and statutory healthcare services, as well as voluntary and community sector services working with children and young people in Cambridgeshire (not Peterborough) are subsidised places, and are offered free of charge as long as the training is appropriate to the role of the learner. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

Course details
Thurs 25 June 2015 09:30 -15:00 Cambridge
Resilience based approaches for children and young people’s mental health

Course Overview “Resilience starts with recognition of the huge individual variation in people’s responses to the same experiences and considers that an understanding will have implications for intervention strategies.”¹

Resilience is learnable and teachable and as we learn we increase the range of strategies available to us when faced with life’s challenges. This course will explore the evidence for resilience based interventions, and cover a range of models that build emotional resilience in children, young people and families.

Who is it designed for? Practitioners working directly with children, young people and their families in Cambridgeshire for example those working in Children, Family and Adult Services social care and locality teams, specialist teaching teams, primary healthcare, as well as the voluntary and community sector.

What type of training? Face to face classroom based

Duration? One day

Delivered by? Subject expert from specialist mental health services

Expected learning outcomes This course is intended to support participants to:

- Consider the evidence base for resilience based approaches
- Identify strategies that build emotional resilience in children, young people and families
- Consider the challenges of implementation and how to address these.

Cost? Places that are offered to employees of Cambridgeshire County Council and statutory healthcare services, as well as voluntary and community sector services working with children and young people in Cambridgeshire (not Peterborough) are subsidised places, and are offered free of charge as long as the training is appropriate to the role of the learner. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

Course details This course takes place on the following date:

Mon 16 March 2015 09:30 - 14:30  Huntingdon

Thurs 19 November 2015 09.30 - 14:30  Cambridge

For more information visit www.cpft.nhs.uk/professionals/camh-training.htm
Or email CAMHTrainingAdministrator@cpft.nhs.uk
Rethinking anger

Course Overview Many young people are being offered ‘anger management’ when they present with aggressive or violent behaviour, however research shows very mixed results when it comes to evaluating the efficacy of this approach.

This course is designed to help practitioners think beyond ‘anger management’ and reflect on all of the factors associated with aggressive behaviours, which might benefit from an alternative approach. It promotes individualised intervention plans that are designed around the young person, rather than adopting a standardised programme approach.

Who is it designed for? Practitioners working directly with children, young people and their families in Cambridgeshire for example those working in Children, Family and Adult Services social care and locality teams, specialist teaching teams, primary healthcare, as well as the voluntary and community sector.

What type of training? Face to face classroom based

Duration? One day

Delivered by? Hayley Thompson (Clinical Psychologist, Youth Offending Services)

Expected learning outcomes This is intended to support participants to:

- Consider current ideas and research on anger management
- Understand some neuropsychological factors that may influence aggressive behaviours
- Understand and practice a cognitive-behavioural formulation of issues that can underlie aggressive behaviours
- Gain a systemic understanding of the functions of aggression
- Consider implications of these factors for work with young people

Please note: This workshop will not cover conflict resolution or de-escalation techniques.

Cost? Places that are offered to employees of Cambridgeshire County Council and statutory healthcare services, as well as voluntary and community sector services working with children and young people in Cambridgeshire (not Peterborough) are subsidised places, and are offered free of charge as long as the training is appropriate to the role of the learner. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

Course details This course takes place on the following date:

Thurs 30 April 2015 10.00-16:00 Cambridge
Wed 3 December 2015 10:00-16:00 Cambridge
Understanding and responding to children and young people affected by trauma

Course Overview The course considers how practitioners can support young people who have experienced trauma, as well as the impact on practitioners of supporting traumatised young people.

Who is it designed for? Practitioners working directly with children, young people and their families in Cambridgeshire for example those working in Children, Family and Adult Services social care and locality teams, specialist teaching teams, primary healthcare, as well as the voluntary and community sector.

What type of training? Face to face classroom based

Duration? One day

Delivered by? Hayley Thompson (Youth Offending Service), Victoria Wallis (MST Service) and Debbra Mortlock (The Croft Child and Family Unit)

Expected learning outcomes: This course is intended to support participants to;

- Understand the common causes of trauma for children and young people
- Recognise the symptoms of Post Traumatic Stress Disorder
- Understand the impact of sustained trauma symptoms on a young person’s behaviour
- Develop strategies for supporting young people experiencing trauma symptoms
- Understand the impact on practitioners working with traumatised children and young people.

Cost? Places that are offered to employees of Cambridgeshire County Council and statutory healthcare services, as well as voluntary and community sector services working with children and young people in Cambridgeshire (not Peterborough) are subsidised places, and are offered free of charge as long as the training is appropriate to the role of the learner. For full cost of places that are not subsidised and cancellation fees please see page 14.

Please note that we do operate a cancellation policy (please see terms of training for more information).

Course details This course takes place on the following date:

Thurs 7 May 2015 10:00 – 16:00 Huntingdon
For those working in schools

The following pages outline the training opportunities on offer that are specifically aimed at teaching and support staff in schools.
Improving outcomes through wellbeing

Raising achievement through wellbeing:
Mental health training for teaching and support staff in Cambridgeshire schools

Concerned about the mental health of children and young people in your school?
Looking for practical ways to promote the emotional resilience of your students?
Want to build confidence in supporting young people in your school who may be depressed, anxious or engaging in self-harm?
Want to understand better risk associated with mental health, for example relating to suicide?
Want to support a school ethos that promotes emotional wellbeing and challenges stigma relating to mental health?

1 in 10 school age children and young people are affected by a diagnosed mental health problem, and research also clearly shows that emotional wellbeing plays an important role in a person’s ability to learn. This flexible programme aims to promote both primary and secondary educational professionals’ understanding of the link between emotional wellbeing and learning, and consider how to most effectively meet their responsibilities in relation to the mental health of their students. It is intended that participants will consider practical ways to meaningfully promote the emotional wellbeing of students, as well as feel confident in supporting those in school that may be experiencing mental health problems.

This training programme is offered as part of the legacy of *Cambridgeshire Targeted Mental Health in Schools (TaMHS)* project. A comprehensive review of the learning and feedback from the initial TaMHS Project has informed the ongoing development of and investment in the programme.

**Recommended approach for maximum impact** Schools that have engaged in this programme previously reporting positive outcomes for both students and staff, identified the following considerations as important:

Ideally your training and implementation plan should include:

- Engagement and backing from senior management team
- A combination of whole school briefing, basic awareness training and targeted more in-depth training for identified staff such as pastoral leads, etc.
- Clear action planning, as part of face to face training, for implementation of strategies to promote the mental health of students in your school.

For more information visit [www.cpft.nhs.uk/professionals/camh-training.htm](http://www.cpft.nhs.uk/professionals/camh-training.htm)
Or email CAMHTrainingAdministrator@cpft.nhs.uk
Improving outcomes through wellbeing

Programme overview The 'Raising achievement through wellbeing' training programme aims to support both primary and secondary educational professionals to:

- Improve outcomes for the children and young people, as well as reach measured targets relating to behaviour and safety in their school
- Build confidence and competence in supporting children and young people who might be experiencing mental health problems in school
- Effectively recognise those children and young people in their school who may be vulnerable to developing mental health problems and intervene at an earlier stage.

Who is it aimed at? Teaching and support staff in Cambridgeshire schools and can be adapted to suit differing roles and level of responsibility

What type of training? Online, face to face and blended learning options

Blended learning - learners complete two foundation modules of online learning before attending the face to face training sessions, and accessing further subject specific training as appropriate to role and setting.

Where and when? Online elements can be completed at a time and place to suit the learner with internet access. The face to face sessions take place at venues across Cambridgeshire.

We have found that these work well offered in school settings, so if you would like to offer your school as a venue for one of these sessions please do get in touch.

Cost? Places on this training are subsidised for education staff in Cambridgeshire Local Authority maintained and Academy schools, and are offered free of charge. Early booking is advised.

Delivered by? This programme has been developed and is delivered in collaboration with educational and mental health specialists.

"Very informative. I have been eager to learn more about this area [self-harm and suicide] so was glad it was included in the programme."

"I am really enjoying this course. The fact that I can do the elearning at home means that I have more time and the course was really helpful in reinforcing what I had done online."

"A fantastically well delivered workshop. Thank you for taking the time to equip me with some of the tools needed to recognise potential issues that my students might be having and how to deal with them."

For more information visit www.cpft.nhs.uk/professionals/camh-training.htm
Or email CAMHTrainingAdministrator@cpft.nhs.uk
Improving outcomes through wellbeing

**Duration?** Depends on option taken, and can be adapted to need (more information available at www.trainingcamh.net)

**Subject specific courses** These can be accessed once foundation training has been completed, and include self-harm and risk of suicide, depression, eating disorders, anxiety and substance use..

**Course details** Online elements can be completed at a time and place to suit the learner with internet access.

The next planned face to face sessions are to take place as follows:

- Thurs 5 February 2015  13:30 - 16:30  Huntingdon
- Thur 19 March 2015  13:30 - 16:30  Cambridge

**YMHFA and bespoke training** School and education staff who do not have a specific identified roles and responsibilities in relation to mental health, may wish to consider the Youth Mental Health First Aid course (see page 67).

Where people are unable to access the training programme or where it does not meet their mental health training needs we are very happy to discuss your particular needs and how these may be best met. We will always endeavour to respond to specific mental health training requests and training needs where possible.

“It was nice to have proper opportunity to discuss what we had been learning about [online] and applied to our particular environment.”

For more information visit www.cpft.nhs.uk/professionals/camh-training.htm
Or email CAMHTrainingAdministrator@cpft.nhs.uk
Improving outcomes through wellbeing

Other courses

The following pages include national programmes that we are able to offer.
Getting it Right: Responding to the acute mental health needs of young people for first contact staff

Course overview “Looking at children and young people who present with a mental health issue in an emergency or urgent context is just as important as tackling physical health. There is so much that can be done and staff can provide appropriate help and support if they have the right information and training.”

Dr Sheila Shribman
(National Clinical Director Children, Young People and Maternity Services)

This training package has been developed by Yorkshire and Humber Improvement Partnership and the Eastern Development Centre to meet the specific needs of people who may encounter a young person in these circumstances.

Who is it designed for? This one day training course is aimed at first contact staff who encounter children and young people with a mental health concern in an emergency or urgent context, but who do not as a matter of course work with children and young people and/or mental health. Such practitioners will include staff who work in the police, ambulance and emergency departments, and social care Emergency Duty Teams.

Expected learning outcomes This course is intended to support participants to increase their knowledge, skills and confidence in working with children and young people in a mental health crisis, including:

- increasing their awareness of the mental health concerns that children and young people commonly experience
- considering the best approaches to children and young people in a mental health crisis
- understanding roles and responsibilities relating to the mental health of the children and young people they come into contact with
- understanding the role of specialist Child and Adolescent Mental Health Services.

Course details This course takes place on the following date:

Tues 27th January 2015 09:30 - 16:30 Cambridge

For more information visit www.cpft.nhs.uk/professionals/camh-training.htm
Or email CAMHTrainingAdministrator@cpft.nhs.uk
Youth Mental Health First Aid

Course overview YMHFA is an internationally recognised course, designed specifically for those people who work with young people aged 11-18. By training ‘mental health first aiders’ within the community and the workplace, Youth MHFA aims to tackle the prejudice and stigma traditionally associated with mental health problems, and to improve outcomes for those young people and their families who are affected.

Who is it designed for? Anyone working with young people aged 11-18 years old. This training will suit those working with young people on a day to day but not necessarily one to one basis, for example those working in youth clubs, school reception staff, some teaching and support staff in schools, etc (depending on roles and responsibilities).

What type of training? Face to face classroom based

Duration? Two whole days

Delivered by? Fully accredited YMHFA instructor(s).

Expected learning outcomes This course is intended to support participants to;

- Spot the early signs of a mental health problem in young people
- Provide help on a first aid basis for depression, anxiety, suicidal behaviour, psychosis, self-harm, substance misuse and eating disorders
- Help reduce the risks associated with a young person hurting themselves or others
- Help prevent a mental health issue from getting worse
- Guide a young person towards the right support
- Reduce the stigma of mental health problems.

Cost? £150 (for 2 day course including a copy of the YMHFA manual).

Please note that we do operate a cancellation policy.

Course details This course takes place on the following dates:

Mon 6 July 2015 and Mon 13 July 2015 09:30 – 16:30 Huntingdon

“Very professionally delivered. Excellent and informative.”

“A really useful course which I will use in my role at school.”

“The instructor was engaging and informative.”

For more information visit www.cpft.nhs.uk/professionals/camh-training.htm
Or email CAMHTrainingAdministrator@cpft.nhs.uk
Improving outcomes through wellbeing

“A good day; well-planned and at an appropriate level”

“The trainers were clearly knowledgeable in their areas and were sensitive considering the subject matter. Excellent speakers.”

“A very informative day, knowledge from which will extend beyond the workplace.”

“Well co-ordinated. Professional trainers.”

“Excellent overview that was clearly embedded in expertise and practical experience and a good accompanying resource for reference. Strong, clear and achievable key messages.”

“As an adult practitioner, it is a constant struggle to keep the child in the forefront of my mind. This day has reinforced the importance of doing just that, every day, and why. It is also really good to take time out at such events to reflect on practice and to network with such a diverse range of practitioners.”
Events and bespoke training

Bespoke training

Where people are unable to access the training programme or where it does not meet their mental health training needs we are very happy to discuss particular needs and how these may be best met. For example we are happy to input on staff induction programmes and team training days or specific CPD programmes, as well as conferences. We will always endeavor to respond to specific training requests and training needs where possible.

Specialist events and conferences

In addition to the training outlined in this prospectus we also offer one off events and conferences to respond to specific mental health training needs as they arise focused on new initiatives, interventions or research. Recent examples include those focused on parent-infant mental health as well as risk of self-harm and suicide. For up to date information and details please see our website or contact us.

Those that were unable to attend the one day conference ‘Self-harm and risk of suicide: improving outcomes through wellbeing’ held on 23rd September 2014, are able to register to be able to access materials from the day, as well as view footage of some of the key speakers. To register please complete an application form with the eCademy at www.trainingcamh.net
Improving outcomes through wellbeing

For more information visit www.cpft.nhs.uk/professionals/camh-training.htm
Or email CAMHTrainingAdministrator@cpft.nhs.uk
Improving outcomes through wellbeing

Contact us and booking

Contact details

Should you require any further information, wish to clarify the contents of this prospectus or to discuss your specific mental health training needs further please do not hesitate to contact us.

We also welcome your feedback on all aspects of what we offer as well as suggestions and thoughts regarding future developments.

CAMH Training Administrator CAMH Learning and Development Consultant

CAMHTrainingAdministrator@cpft.nhs.uk Vanessa.Moore@cpft.nhs.uk

T: 01223 884040  F: 01223 884354  T: 01223 884267 M: 07507596967

Cambridgeshire and Peterborough NHS Foundation Trust Learning and Development, Block 14 Ida Darwin, Fulbourn, Cambridge, CB21 5EE

To view more information about the training provided by us and partner organisations such as the Cambridgeshire LSCB, as well as other useful links and resources please visit

www.cpft.nhs.uk/professionals/camh-training.htm

Booking

Unless otherwise indicated in the specific course information, to apply to attend one of these courses please submit a monitoring form along with the appropriate training application form to the CAMH Training Administrator. Application forms can be found on the following pages or else can be downloaded from our website.

Please ensure that you complete all the boxes on the application form as any incomplete forms will be returned which will delay the processing of your application. Please also ensure that you enclose your payment or invoice details with your application as applications will not be processed without this. This includes places on courses that are subsidised or offered free of charge, in order that we are able to process a cancelation fee as appropriate.

By submitting an application form you are agreeing to the terms of the training (Please see Page 13)
**MONITORING FORM**

It is important to us to find out if we are providing training opportunities for everyone, so that no one feels excluded. It would therefore be very helpful if you would complete the following.

<table>
<thead>
<tr>
<th>Course Title:</th>
<th>Course Date (if known):</th>
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<tbody>
<tr>
<td>Ethnic Origin:</td>
<td></td>
</tr>
<tr>
<td>Asian or Asian British</td>
<td>Black or Black British</td>
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<tr>
<td>□ Indian (I)</td>
<td>□ Caribbean (BC)</td>
</tr>
<tr>
<td>□ Pakistani (P)</td>
<td>□ African (BA)</td>
</tr>
<tr>
<td>□ Bangladeshi (B)</td>
<td>□ Any other Black background (BO)</td>
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<tr>
<td>□ Any other Asian Background (AO)</td>
<td></td>
</tr>
<tr>
<td>Mixed Heritage</td>
<td>White</td>
</tr>
<tr>
<td>□ White and Black Caribbean (WBC)</td>
<td>□ White UK (WU)</td>
</tr>
<tr>
<td>□ White and Black African (WBA)</td>
<td>□ Irish (WI)</td>
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<tr>
<td>□ White and Asian (WA)</td>
<td>□ Any other White background (WO)</td>
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<tr>
<td>□ Any other mixed background (MO)</td>
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<tr>
<td>□ Decline to Answer (D)</td>
<td>Other ethnic groups</td>
</tr>
<tr>
<td>Gender: □ Male</td>
<td>□ Chinese (C)</td>
</tr>
<tr>
<td>□ Female</td>
<td>□ Other (OTH)</td>
</tr>
<tr>
<td>Working hours: □ Full time</td>
<td>□ Part time</td>
</tr>
<tr>
<td>Work Pattern: □ Day time only</td>
<td>□ Nights</td>
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<td>□ Day &amp; evening</td>
<td>□ Other</td>
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<tr>
<td>Is there anything else you would like to add e.g. religious belief, sexual orientation.</td>
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<tr>
<td>□ Yes □ No</td>
<td>If Yes, please give details:</td>
</tr>
</tbody>
</table>

*This form will be detached from your application form, and so will be anonymous.*

**PLEASE RETURN COMPLETED APPLICATION FORMS TO:**

CAMH Training Administrator, Learning & Development Team,  
Block 14, Ida Darwin, Fulbourn, Cambridge, CB21 5EE  
e-mail: CAMHTrainingAdministrator@cpft.nhs.uk  
Telephone Number: 01223 884040
Improving outcomes through well-being; Mental health training for Cambridgeshire Children’s Workforce
CAMH Foundation Module course application form

Please complete all boxes as any incomplete forms will be returned and delay the processing of your application. Please ensure you enclose your payment/ invoice details.

Name: (please PRINT)
Job Title:

Employers full name:

Organisation – please select the most appropriate option

- Cambridgeshire County Council
- Voluntary Community Sector
- Healthcare
- Education
- Other

Service/Team

Full Address: Telephone number:

Mobile number:

Email Address: (Confirmation will be sent by email to yourself and your line manager – therefore please ensure that you check your email regularly)

Managers Name: Managers email:

CAMH Foundation Module
Start date: Cohort

Are you able to commit to attend all aspects of the programme (see prospectus for details) Y / N
If not please outline details

Do you consider yourself to have a disability? Y / N
Please state any special requirements needed to enable you to attend and complete this training

How is this training relevant to your role?

Is this training identified in your PDP? YES / NO

How did you find out about this training?

Note: By submitting this application form you are agreeing to the terms of the training (see current prospectus for full details). We operate a cancellation policy and a fee will be charged to your organisation if you fail to attend confirmed training or cancel at late notice. Please ensure that you enclose your payment or invoice details as applications cannot be processed until these are received.

Invoice Address (for fee/ cancellation fee) Budget code/ref:

FOR LEARNING & DEVELOPMENT TEAM USE ONLY

<table>
<thead>
<tr>
<th>Application received</th>
<th>Initial</th>
<th>Course booked</th>
<th>Date</th>
<th>Initial</th>
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<tbody>
<tr>
<td>Payment received</td>
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<td>Place cancelled</td>
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<td>Comments</td>
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Improving outcomes through well-being; Mental health training for Cambridgeshire Children’s Workforce

Short course application form

Please complete all boxes as any incomplete forms will be returned and delay the processing of your application. Please ensure you enclose your payment/ invoice details.

<table>
<thead>
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<th><strong>Name:</strong> (please PRINT)</th>
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<tbody>
<tr>
<td><strong>Job Title:</strong></td>
</tr>
<tr>
<td><strong>Employers full name:</strong></td>
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</table>

**Organisation – please select the most appropriate option**

- [ ] Cambridgeshire County Council
- [ ] Voluntary Community Sector
- [ ] Healthcare

**Service/Team**

- [ ] Education
- [ ] Other

**Full Address:**

**Telephone number:**

**Mobile number:**

**Email Address:** (Confirmation will be sent by email to yourself and your line manager – therefore please ensure that you check your email regularly)

**Managers Name:**

**Managers email:**

**COURSE TITLE:**

**Date(s):**

**Time:**

**Venue:**

**Do you consider yourself to have a disability? Y / N**

**Please state any special requirements needed to enable you to attend and complete this training.**

**How is this training relevant to your role?**

**Is this training identified in your PDP? YES / NO**

**How did you find out about this training?**

**Note:** By submitting this application form you are agreeing to the terms of the training (see current prospectus for full details). We operate a cancellation policy and a fee will be charged to your organisation if you fail to attend confirmed training or cancel at late notice. Please ensure that you enclose your payment or invoice details as applications cannot be processed until these are received. This also includes places on courses that are subsidised or offered free of charge in order that we are able to process a cancellation fee as appropriate.

**Invoice Address (for fee/ cancellation fee):**

<table>
<thead>
<tr>
<th><strong>Budget code:</strong></th>
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<tr>
<td><strong>Subsidised place? Y / N</strong></td>
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<tr>
<td><strong>Cost -</strong></td>
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</table>

**FOR LEARNING & DEVELOPMENT TEAM USE ONLY**

<table>
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</thead>
<tbody>
<tr>
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<td>Place cancelled</td>
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</tbody>
</table>

Please note – confirmation will be sent by email unless otherwise requested

Please return to: CAMH Training Administrator, Block 14, Ida Darwin, Fulbourn, Cambridge, CB21 5EE.

Email: CAMHTrainingAdministrator@cplt.nhs.uk Tel: 01223 884040 Fax: 01223 884354
Improving outcomes through wellbeing

www.cpft.nhs.uk/professionals/camh-training.htm

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