**Everybody’s Business, Mental Health Awareness:**

## Everybody’s Business (CAMHS) Training

**What will I learn?**

**What are the benefits?**

**You will be able to:**

* Define mental health
* Understand the role of the brain in maintaining mental well-being
* Know what increases the risk of mental health problems and what promotes well-being in children and young people
* Know the signs of common mental health problems
* Understand what CAMHS can offer and what other services can help
* Know what you can do to help children with mental health problems
* Develop a plan to build resilience for a child or young person

*Meet with your line manager to talk about the benefits of attending this course in relation to your continuous professional development.*

Overall objectives are that by the end of the two day programme participants will be able to:

* Identify factors contributing to good mental health
* Identify signs that a child or young person is struggling with their mental health
* Clarify their role and responsibility in responding to a child or young person
* Signpost or access appropriate services, and understand what CAMHS can offer
* Develop strategies to help build children and young people’s resilience

**Who is this course for?**

The overall objective of the programme is to ensure that professionals in universal services for children and young people (such as schools, primary health care, social care, foster care, youth work, fire service, police, voluntary sector) have sufficient knowledge of children’s mental health to be able to identify those who need help, offer advice and support to those with minor problems, and refer appropriately when necessary. This is a multi-agency course for staff and volunteers who work directly with children and young people. Job roles may include pastoral staff, SENCOs, learning support assistants, children’s centre workers, health visitors, police, nurses, social workers, family support workers, residential workers or youth support workers.

**How is this delivered?**

* Two days, both 09:30 – 16:30 classroom based (currently virtual)
* Day One – “What is mental health?”
* Day One – “Mental health problems and disorders”
* Day Two – “How CAMHS are organised”
* Day Two – “What works and what helps”
* Half day refresher course 09:30 – 12.30 for those who have already completed the two day course

**What dates are available?**

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| **Day** | **Date** | **Times** | **Venue** |
| Friday | 11th and 18th Sept 2020 | **09:30 -16:30** | To be held virtually via Zoom, details to follow |
| Thursday | 15th and 22nd Oct 2020 | **09:30 -16:30** | To be held virtually via Zoom, details to follow |
| Friday | 20th and 27th Nov 2020 | **09:30 -16:30** | Likely to be held virtually via Zoom, details to follow. Consort House, Redhill if return to face to face. |
| Thursday | 14th and 21st January 2021 | **09:30 -16:30** | Virtual or Fairmount House, Leatherhead |
| Wednesday | 10th and 17th March 2021 | **09:30 -16:30** | Virtual or Quadrant Court, Woking |
| **Refresher half day course for participants who have completed the two day course** | | | |
| Thursday | 11th February 2020 | **09:30 -12:30** | Virtual or Quadrant Court, Woking |

**How do I book onto this course?**

For SCC employees, please book through the self-service portal Olive.

For external delegates, if you would like to apply for a place on this training course, then please contact our Training Administration team by emailing [surreychildrens.academy@surreycc.gov.uk](mailto:surreychildrens.academy@surreycc.gov.uk)

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