**Upcoming CAMHS Training.**

Book your place to enhance your practice in emotionally supportive engagement.

As demand rises for mental health support, apply an understanding of key well-being needs (including your own) to boost the support you give children, young people and families.

Click on the links below for more details on upcoming multi-agency, practitioner-led training.

* [E-learning](#_E-learning) for an introduction to child and adolescent mental health.
* [CAMHS Digital Well-being Modules](#_CAMHS_Digital_Well-being) for child and adolescent mental health - Three modules.
* [Self-harm and trauma](#_Self-harm_and_trauma) – implementing positive well-being approaches – Two modules.
* [Eating Disorders](#_Eating_Disorders_in) in children and young people – Four modules.
* New for 2021 - [Recharging your batteries](#_Recharging_Your_Batteries_1) workshop for parents/carers











## **E-learning**

**Title: Understanding and supporting emotional safety and resilience in children and young people.**

Begin your journey with this basic introduction to child and adolescent mental health e.g. risk factors, brain development, signs to look out for, prevention approaches. To access:

BDCFT employees via ESR search for the title of the e-learning.

All other Bradford and Craven employees, please register [here](http://www.bdcftelearning.co.uk/) and scroll down for the title.

**The following digital training and workshops are delivered via Microsoft Teams.**

## **CAMHS Digital Well-being Modules**

In module 1, use a self-care approach to help provide enhanced support for children, young people and families. In module two apply learning from module one, to skills and tools for emotionally supportive engagement with children and young people affected by bullying, low mood, stress and other adverse experiences. Module three focuses on helping parents/carers and communities engage with their own well-being to help model and support well-being management of their children.

|  |  |  |  |
| --- | --- | --- | --- |
| **Module** | **Title** | **Dates**  | **Time** |
| Module 1  | Safeguarding your well-being for children and young people’s mental health. | 09.06.202106.07.202114.09.2021 | 09:30 – 12:3009:30 – 12:3009:30 – 12:30 |
| Module 2 | Trauma-informed engagement with children, young people and parents/carers | 15.06.202113.07.202121.09.2021 | 09:30 – 12:3009:30 – 12:3009:30 – 12:30 |
| Module 3 | Parent/carer engagement for children and young people’s mental health. | 22.06.202120.07.202128.09.2021 | 09:30 – 12:3009:30 – 12:3009:30 – 12:30 |

## **To access the self-service training booking system**

[Non-Local Authority staff: CAMHS Digital Well-being Modules - Curriculum](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbradford-external.sabacloud.com%2FSaba%2FWeb_spf%2FEU2PRD0022%2Fguest%2Flearningeventdetail%2Fcurra000000000003100&data=04%7C01%7Csusan.francis%40bdct.nhs.uk%7C64561bb18ce2407073bf08d896d2d7a9%7Cf377edd1c32a465086639fc3ec794b84%7C1%7C0%7C637425179600690269%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=poPee19FznhU0Czd5YEj5vZSjq%2FR6lRwHTDZpTHjDEI%3D&reserved=0)

[Local Authority staff: CAMHS Digital Well-being Modules - Curriculum](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbradford-external.sabacloud.com%2FSaba%2FWeb_spf%2FEU2PRD0022%2Fguest%2Flearningeventdetail%2Fcurra000000000003100&data=04%7C01%7Csusan.francis%40bdct.nhs.uk%7C793c579879064fe4586d08d91f9cb9d1%7Cf377edd1c32a465086639fc3ec794b84%7C0%7C1%7C637575580267127883%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C2000&sdata=bQ%2F5sWSjrpJeHpf473fdCrRowPRdh%2FiwrGLdGcTdptU%3D&reserved=0)

## **CAMHS Digital Self-harm and trauma**

Boost your understanding of self-harming behaviour and the trauma informed support you can provide to affected children, young people and parents/carers.

|  |  |  |  |
| --- | --- | --- | --- |
| **Module** | **Title** | **Dates**  | **Time** |
| Module 1  | Understanding how trauma impacts on self-harming behaviour | 07.07.202114.07.2021 | 09:30am – 12:30 09:30am – 12:30 |
| Module 2 | Roles and responsibilities during crisis, recovery and relapse prevention | 22.09.202129.09.2021 | 09:30am – 12:30 09:30am – 12:30 |

## **To access the self-service training booking system**

Non-Local Authority staff: [CAMHS Digital Self Harm and Trauma](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbradford-external.sabacloud.com%2FSaba%2FWeb_spf%2FEU2PRD0022%2Fguest%2Ftrqledetail%2Fcours000000000046140%23%2Fguest%2Ftrqledetail%2Fcours000000000046140&data=04%7C01%7Csusan.francis%40bdct.nhs.uk%7C793c579879064fe4586d08d91f9cb9d1%7Cf377edd1c32a465086639fc3ec794b84%7C0%7C1%7C637575580267117927%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C2000&sdata=b4uK%2F8wBGw67FBwxhPYAy8rc5dVQtJCbpXyvxachftY%3D&reserved=0)

Local Authority staff: [CAMHS Digital Self Harm and Trauma](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbradford.sabacloud.com%2FSaba%2FWeb_spf%2FEU2PRD0022%2Fapp%2Fme%2Flearningeventdetail%3Bspf-url%3Dcommon%252Fledetail%252Fcours000000000046140&data=04%7C01%7Csusan.francis%40bdct.nhs.uk%7C793c579879064fe4586d08d91f9cb9d1%7Cf377edd1c32a465086639fc3ec794b84%7C0%7C1%7C637575580267117927%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C2000&sdata=RLufHqo%2FvDr1y%2Bf%2Fe%2BpF5ZDmGuiYdN%2BqOhe0LrTpHXQ%3D&reserved=0)

## **Eating Disorders in children and young people**

Apply knowledge about the different kinds of disorder and difficulties and learn about the skills you can apply to existing practice enhancing the support offered.

|  |  |  |  |
| --- | --- | --- | --- |
| **Module** | **Title** | **Dates**  | **Time** |
| Module 1  | What are eating disorders? | 17.06.2021 | 14:30 – 17:00 |
| Module 2  | Food, eating, culture and body image | 24.06.2021 | 14:30 – 17:00 |
| Module 3  | Effective treatment | 01.07.2021 | 14:30 – 17:00 |
| Module 4 | Skills Development and Interactive round up | 08.07.2021 | 14:30 – 17:00 |

## **To access the self-service training booking system**

Non-Local Authority staff: [CAMHS Digital Eating Disorder](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbradford-external.sabacloud.com%2FSaba%2FWeb_spf%2FEU2PRD0022%2Fguest%2Ftrqledetail%2Fcours000000000046080%23%2Fguest%2Ftrqledetail%2Fcours000000000046080&data=04%7C01%7Csusan.francis%40bdct.nhs.uk%7C793c579879064fe4586d08d91f9cb9d1%7Cf377edd1c32a465086639fc3ec794b84%7C0%7C1%7C637575580267107973%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C2000&sdata=FJ%2F0QFSoiYNDQ3wg%2FKwEuEXCcz%2Bud9DDLa%2FDKEimJYw%3D&reserved=0)

Local Authority staff: [CAMHS Digital Eating Disorder](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbradford.sabacloud.com%2FSaba%2FWeb_spf%2FEU2PRD0022%2Fapp%2Fme%2Flearningeventdetail%2Fcours000000000046080%3FregId%3Dregdw000000000300080&data=04%7C01%7Csusan.francis%40bdct.nhs.uk%7C793c579879064fe4586d08d91f9cb9d1%7Cf377edd1c32a465086639fc3ec794b84%7C0%7C1%7C637575580267107973%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C2000&sdata=Ql%2BvdE%2FJaTBoJ4PAx%2Fb4LnnY8SKyLoTF9cfuiWHSiq4%3D&reserved=0)

## **Recharging Your Batteries \* New Digital Workshop for Parents/Carers \***

Parents/carers with low well-being batteries will struggle to meet the emotional support needs of their children and significant others. Staff working with parents/carers can book parents/carers onto a two hour workshop to help them learn about everyday well-being activities they can integrate into their own lives and those of their children. **Practitioners are encouraged to attend alongside the parents/carers they book a place for.**

|  |  |
| --- | --- |
| **Dates**  | **Time** |
| **23.06.2021** | **09:30 – 11:30** |
| **16.09.2021** | **09:30 – 11:30** |

## **To access the self-service training booking system**

[Non-Local Authority staff: Recharging your batteries – Workshop for parents/Carers](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbradford-external.sabacloud.com%2FSaba%2FWeb_spf%2FEU2PRD0022%2Fguest%2Ftrqledetail%2Fcours000000000046280%23%2Fguest%2Ftrqledetail%2Fcours000000000046280&data=04%7C01%7Csusan.francis%40bdct.nhs.uk%7C403080cfa8164aa3d0ba08d920fc6da3%7Cf377edd1c32a465086639fc3ec794b84%7C0%7C0%7C637577090811535979%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=KtxFT5dfKKsNRy1NfHus9Fme%2FxXZtOMJKRWuvcB0fo4%3D&reserved=0)

[Local Authority staff: Recharging your batteries – Workshop for parents/Carers](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbradford.sabacloud.com%2FSaba%2FWeb_spf%2FEU2PRD0022%2Fapp%2Fme%2Flearningeventdetail%3Bspf-url%3Dcommon%252Fledetail%252Fcours000000000046280&data=04%7C01%7Csusan.francis%40bdct.nhs.uk%7C403080cfa8164aa3d0ba08d920fc6da3%7Cf377edd1c32a465086639fc3ec794b84%7C0%7C0%7C637577090811535979%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=l8BRuI9TEGLlZa8d1hCKnRl%2BJcHGMibbxHIjz%2FYBhBg%3D&reserved=0)

**Free to all**

Places on the offer above are free for staff working with children/young people and families in Bradford and Craven and aimed at a universal level of practice (non-mental-health-trained).

## **Testimonies**

“I really enjoyed this training, it was so informative and interesting and is very relevant … So many we come across in our line of work have issues with weight, their looks and eating.” Family Support worker.

“The ‘Activities of Battery Charging’ provided a useful framework with which to consider my own (and others’) wellbeing pathway.” Teacher & Head of Year 12.

## **For more information**

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mobile: 07903845014.