

Bucks PPEP Care *Training Catalogue*

*Training in child & young person
mental health*



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PPEPCare has been designed to help staff in primary care and education to recognise and understand mental health difficulties in children and young people and offer appropriate support and guidance to children, young people and their families using psycho-education and relevant psychological techniques (e.g. using a cognitive behavioural framework).

Training consists of didactic teaching, experiential learning, group discussion and DVD material and is delivered by appropriately qualified staff from local CAMHS services.

How long does the training take and where can it be delivered?

The training can be delivered in a flexible fashion to suit your needs and time, available from 90 minutes over lunchtime to a half or full-day session. Trainers can travel to GP surgeries, hospitals, schools and other appropriate locations and sessions are delivered free of charge by specially trained local CAMHS staff.

Additionally, Buckinghamshire CAMHS offer free locality training events throughout the year to professionals from educational and primary care settings, of anywhere between 40 and 50 people per training event (see or request locality training events dates by contacting TrainingAtBucksCAMHS@oxfordhealth.nhs.uk)

Note:

The PPEP training is for professionals working in an organisation in Buckinghamshire and with Buckinghamshire children. If you are a private counsellor or professional working within the private sector outside of Buckinghamshire or not with Buckinghamshire based children and interested in other training courses, you could contact your local CAMHS or contact the **Charlie Waller Memorial Trust** | <https://www.cwmt.org.uk>

What does the training cover?

PPEPCare modules were developed following consultation with primary healthcare professionals (including GPs), teachers and other school staff. Teaching materials have been written by national and international experts in the field.

The training is not designed to turn primary care and school staff into psychological therapists, nor are they designed to replace existing CAMHS services. However, they do provide development opportunities to:

- enhance primary care consultation skills so that children and young people receive better quality, integrated care and so that health professionals can make more effective use of brief consultation sessions
- enhance knowledge and skill of staff working within the school/health setting to help them more readily identify mental health issues in their students and support them and their families

There are fourteen modules that are currently being offered.

Overview of common Mental Health issues in Children and Young People

This training offers a brief introduction to the MH issues often seen by professionals in front line work with CYP. It highlights risk issues and local and national resources. It is primarily an information giving session designed to help staff identify mental health issues and appropriate help for children, young people and their families.

Low Mood-Supporting young people with low mood (9 -17yr olds)

This training explores what depression is, how it may present in young people, and how it may differ from 'normal' adolescent mood difficulties.

The session looks at how low mood and depression may be maintained and explores some useful techniques (specifically behavioural activation - Cognitive Behavioural Therapy) that can be used to break the maintenance cycles.

Self-Harm-Supporting young people who self-harm

This training explores what self-harm is and how it might present. It explores why young people might self-harm and helps to challenge commonly held assumptions.

The session includes guidance around how to talk to young people who may be self-harming, confidentiality, dealing with your own feelings and supporting young people with alternative strategies.



*“I feel more confident;
I am able to talk to
children and identify
early signs of depression
and anxiety.”*



Anxiety - Overcoming childhood anxiety (under 11s)

This session highlights when anxiety might be a problem (as opposed to a 'normal' developmental phase), describes different anxiety disorders and how these can be assessed. It explores why treatment is important and gives a detailed overview of Cognitive Behaviour Therapy (an intervention that has shown to be effective with children and young people). Key treatment strategies are highlighted, and the role of parental behaviour (how they respond to their child's anxiety) is explored.

Anxiety - Supporting young people with anxiety (12yr -18yr olds)

This training explores the presentation of anxiety in adolescence and how to assess it (including useful questions to ask and relevant questionnaire measures). It highlights the difference between appropriate levels of anxiety and when additional help might be needed. It explores what might keep anxiety going and provides an overview of Cognitive Behavioural Therapy (an evidence-based treatment for anxiety) as well as a number of useful techniques which can be adapted for the primary care or school setting.

Separation Anxiety Disorder - Supporting children with SAD

This session explores what SAD is and how it may present (including what 'healthy' versus 'pathological' separation anxiety might look like). Assessment strategies (including useful questions) are discussed and the role that attachment figures (e.g. parents/carers) may play in SAD is considered. Three key steps for overcoming SAD are explored, along with relevant psychoeducation that can be used to help support parents and carers. It explores what might keep the SAD going and provides an overview of Cognitive Behavioural Therapy (an evidence-based treatment for anxiety) as well as several useful techniques which can be adapted for the primary care or school setting.

Specific Phobia - Supporting children and young people with specific phobia

This session has been designed to help primary healthcare professionals and appropriate staff within the educational setting to assess specific phobias and employ basic Cognitive Behavioural Therapy techniques with children and young people who present with specific phobia. The session highlights useful assessment questions and offers an introduction to the Cognitive Behavioural Therapy model and treatment strategies (including graded exposure and managing physical symptoms).

Obsessive Compulsive Disorder - Supporting children and young people with OCD

This session explores what OCD is, how it presents and how you can assess it (including the kinds of questions that you might want to ask a child or young person). It explores factors that maintain OCD, and how you can help a young person to understand what might be maintaining their difficulties.

Post-Traumatic Stress Disorder - Supporting young people with PTSD

This session explores what PTSD is, and how it may present (including how it may present differently in children and young people). Assessment tools and useful questions are explored, as well as a description of why difficulties may persist.

The session provides an introduction to CBT for children and young people who have experienced trauma, and guidance is given around working with parents.



*“Really useful training.
Very comprehensive ... practical
information was helpful.”*



Eating Disorder - Supporting young people with an Eating Disorder

This session covers how to identify and support young people with possible eating disorders in your setting. The session has a particular focus on what to look out for, when you should become concerned, and practical tips on how you can go about supporting a young person and their family to access specialist help. The session will also explore how eating disorders are defined and experienced and provides an overview of treatment.

NOW – Having constructive conversations with distressed young people

This module is aimed at professionals working directly with children and young people - mainly tailored and focused for a school environment but professionals can adapt to own working environments.

In this module we explore how to recognise distress, how it may present in young people and how to respond, 'in the moment'. We will develop an understanding of the changes to the teenage brain and how this impacts on the young person.

We will identify the barriers to effective communication and develop relevant skills to communicate with distressed young people, and case studies to practise. This module will provide a structure known as 'NOW' to facilitate helpful and constructive conversations with children and young people.

“Great delivery and open environment for questions, now I feel equipped to give some coping strategies and open up conversations about self-harm without ‘prying too much’.”

Autism Spectrum Disorder and Mental Health

This session looks at recognising and describing the way mental health problems develop and present in children and adolescents with autism, particularly anxiety, depression and OCD. It also explores how, and why you can support young people and families by managing risk, talking to young people and their parents about your concerns and developing a tool kit with young people to help them to manage their emotions.

Autistic Spectrum Disorder - ASD

This session is an introduction into Autistic Spectrum Disorder; it explores the key features of the Autism triad using activities to help the attendee understand how it can feel for a young person with ASD. The session also explores the impact of environmental factors on the experience of the young person with ASD and what within a setting we can do to help.

Supporting young people with Attachment issues (Not a PPEP module)

This module is delivered by our specialist clinicians from our Reconnect Looked After and Adopted children's pathway in CAMHS and gives an overview of attachment theory and the importance of early intervention to prevent the development of mental health difficulties.

Please note this module is only delivered 2-3 times a year by specialist clinicians and we do not offer bespoke 1-1 sessions with organisations or school.



Additional modules due to be released in 2020

- ADHD module: Date unconfirmed
- ADHD medication: Medical staff / GPs only

For further information please contact:
TrainingAtBucksCAMHS@oxfordhealth.nhs.uk

“Just to say thank you for your informative session yesterday. The students really enjoyed it and said they had learnt a lot about CAMHS from you. Two of them said they had never considered working in CAMHS before yesterday but were now interested in finding out more after your session.”

Mental Health Students

IMPORTANT NOTICE

Courses available in Bucks only

Please be aware that due to over-subscription we operate a waiting list for all our modules. It is important that delegates are aware that we aim to ensure that as many colleagues as possible can attend the training modules.

We continue to see a high DNA rate on the day, which is disappointing considering our long wait list. We do however understand that exceptional circumstances can arise on the day and therefore kindly ask that you advise us as soon as possible if you are unable to attend.



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