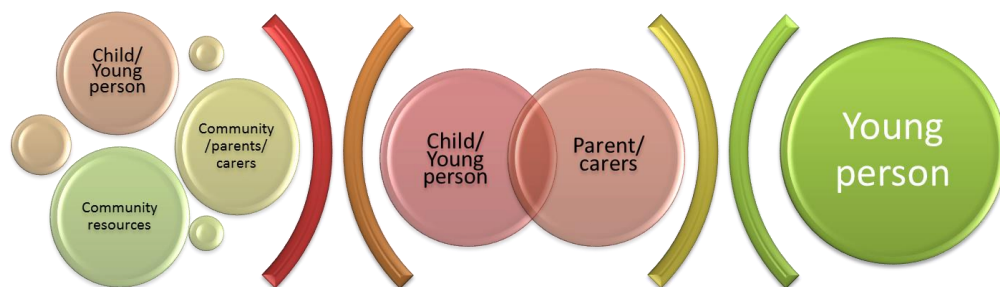


# Making the vision of child and adolescent early mental help a reality



## Shared insights.

### Early Support

Parents/carers and practitioners using a common language, identifying and providing support early e.g. access to community resources

## Supportive relationships

Promoting safe, secure and supportive relationships with parents/carers, peers, and other adults

## Thriving in adulthood

Supportive and positive relationships. Leadership in own well-being and areas like employment, finances etc.

*"Promoting children's emotional and social wellbeing, as well as helping children to develop resilience and the coping skills to deal with adverse experiences, is essential for children to grow into healthy and happy adults, and to protect them from a range of poor outcomes".*

*"Future in mind: Bradford and Craven (2018): Promoting, protecting and improving our children and young people's mental health and wellbeing"*

**Delivered to you via the  
Comprehensive CAMHS Training Service Model (CCTSM) -  
Supporting strategic planning across the child and adolescent workforce**

For more information and an electronic copy of the training strategy contact Sue Francis (CAMHS Trainer/Facilitator). email: [susan.francis@bdct.nhs.uk](mailto:susan.francis@bdct.nhs.uk)  
mobile: 07903845014



**Quality Mark**  
Fully Endorsed

# CAMHS Multi-agency Training

	○	♥	⬡	
E		<p>I ♥ me love</p> <p>I 🗣️ me listen to</p> <p>I 👑 me respect</p>		T O G E T H E R
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**For learning that increases the confidence of  
non-mental health trained child, adolescent  
and family practitioners**

Make use of the evidence-based, highly recommended programme of knowledge, skills and tools to help you do your bit for promoting resilience and supporting recovery

*"ENGAGE Together gives me different ways of approaching resilience building with each way having several avenues to assist"*  
(Residential Practitioner)

# A blended learning offer that informs, provides tools and improves early mental help confidence

## The introductory e-learning offer for the universal workforce... anytime, anywhere.



Start with the basics to help you:

- recognise the signs and symptoms
- identify when more help is needed
- recognise how you and others can help
- know what services are available for support
- understand the risks

*"Well put together"*

*"Impressive"*

*"Everyone should do it"*

*"you can learn even more if you want to"*

## Three-part ½ day face-to-face training offer: Skills and tools for emotional engagement

Take steps towards using a popular locally developed framework and tools for helping:

- ▶ children/young people achieve better mental health
- ▶ parents/carers emotionally engage with their children
- ▶ safeguard your own well-being when working with children /young people and families with increasingly complex needs

*"A useful universal tool"*

*"Will use on a daily basis within my job role"*

*"I feel I can use these tools in all aspects of my work as well as for my own personal well-being"*

### Part 1

Children and young people

### Part 2

Parents and carers

### Part 3

Safeguarding workforce well-being



Illustrations by Bradford Barnardos Participation Senior Group 2016

## 1 day topic-based training offer: upskilling and tools for recovery support

Add knowledge of specific mental health problems/disorders (which may be linked to childhood trauma) to your emotional engagement competencies to support recovery.



*"Great, interactive, well informative. I feel a lot more confident in actions to take as a practitioner."*

*"I know what signs to look out for with children displaying depression"*

**To book a place on any of the CAMHS training options please contact Sue Francis (CAMHS Trainer/Facilitator)**

**email: [susan.francis@bdct.nhs.uk](mailto:susan.francis@bdct.nhs.uk)**

**mobile: 07903845014**

**"Make child and adolescent mental health your business everyday"**