



Children and Young People's Empowerment Project

Mental Health and Emotional Well-being: Training Prospectus 2018/2019



Chilypep would love to hear from you! Whether you are a young person wanting to have a say around mental health, a parent or carer, or a professional please do get in touch!

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Youth Mental Health First Aid—Course Overviews

Youth Mental Health First Aid Training (2 days)

This is an internationally recognised two-day course specifically designed for those people that teach, work, live with or care for young people aged 8 - 18. This course teaches participants how to spot the early warning signs and symptoms of mental ill-health in young people. It provides information about topics such as anxiety, depression, self-harm, eating disorders, alcohol and drug use and explains the impact that mental ill-health in young people can have on adolescent development. A practical, skills based approach helps participants gain the confidence to offer meaningful support to young people in distress.

At the end of the course participants will be able to:

- ◇ Spot the early signs of a mental health problem in young people
- ◇ Feel confident helping a young person
- ◇ Provide help on a first aid basis
- ◇ Help protect a young person who might be at risk of harm
- ◇ Help a young person recover faster
- ◇ Guide a young person towards the right support
- ◇ Reduce the stigma of mental health problems

Participants will receive a manual and certificate from MHFA England on completion of the 2-day course and will be Youth Mental Health 'First Aiders'.

Youth Mental Health First Aid for Schools and Colleges (1-day)

MHFA for Schools and Colleges has been designed especially with schools in mind. Based on the Youth MHFA course but targeted to meet the needs of educational environments, MHFA Schools will cover key topics around young people's mental health and wellbeing, with a strong practical focus on how to support young people experiencing mental distress. Whilst the course is not a replacement for the two-day Youth MHFA course, delegates will become Champions for better mental health in schools.

On the course you will learn about:

- ◇ What is mental health and mental ill health?
- ◇ Stigma and discrimination
- ◇ The five steps to mental health first aid
- ◇ How to spot symptoms of mental health issues such as depression, anxiety, eating disorders, and psychosis
- ◇ Suicide
- ◇ Self-harm
- ◇ Non-judgmental listening skills

Participants will receive a manual and certificate from MHFA England on completion of the 1-day course and will be Youth Mental Health Champions.

YMHFA Lite (3-hour session)

Youth MHFA Lite is an introductory three-hour awareness course offering an overview of young people's mental health and mental health issues.

The course is for everyone and is relevant for people who teach, work, live with and care for 8 to 18 year olds, including young people themselves, although parental consent is required below the age of 16.

On a Youth MHFA Lite course you will:

- ◇ Gain an understanding of some of the common mental health issues affecting young people, including depression, anxiety, eating disorders and psychosis
- ◇ Learn to work more effectively with young people living with mental health issues
- ◇ Identify stigma and discrimination surrounding mental health issues
- ◇ Learn ways to support young people with a mental health issue and relate to their experiences
- ◇ Experience a taste of the contents of the two-day Youth MHFA course.

You'll receive a Youth MHFA Lite manual that you can take away with you at the end of the course and a certificate from MHFA England.

Chilypep Mental Health and Young People—Training Courses

Experienced trainers from Chilypep have developed a flexible training package around mental health awareness and young people. Participants are strongly encouraged to attend a 'mental health awareness' session prior to the more specialist topic areas.

These courses will give you an insight into the issues young people face around their mental health, recognising and responding to young people's wellbeing needs, and signposting and support information.

All courses are delivered in an interactive and open environment, allowing participants the time to explore these issues with other professionals, supported by trainers who have direct experience supporting young people around their mental health.

Participants will receive a certificate of attendance from Chilypep on completion of training sessions.

See below for examples of the courses on offer

One day courses

- ◇ Mental health awareness, anxiety and depression
- ◇ Mental health awareness, self-harm and suicide
- ◇ Mental health awareness and eating disorders

Half-Day courses

- ◇ Mental Health Awareness – What is Mental Health?
- ◇ Building the confidence and self-esteem of young people
- ◇ Exploring the issues affecting young people and signposting
- ◇ Self-help strategies to support young people's wellbeing (including action for happiness, 5 ways to well-being)

Twilight Sessions

- ◇ [What is mental health?*](#)
- ◇ [Anxiety and Depression](#)
- ◇ [Alcohol and substance misuse](#)
- ◇ [Self-harm](#)
- ◇ [Suicide](#)
- ◇ [Eating Disorders](#)
- ◇ [Psychosis](#)
- ◇ [Therapeutic Interventions](#)

*Please note that we strongly encourage participants to complete the basic introduction to mental health 'What is mental health?' ahead of the specialist themed sessions

ASIST Training (New from 2018)

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize to attend the workshop—anyone 16 or older can learn and use the ASIST model when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training

Since its development in 1983, ASIST has received regular updates to reflect improvements in knowledge and practice, and over 1,000,000 people have taken the workshop. [Studies show](#) that the ASIST method helps reduce suicidal feelings in those at risk and is a cost-effective way to help address the problem of suicide.

Learning goals and objectives

Over the course of their two-day workshop, ASIST participants learn to:

- ◇ Understand the ways that personal and societal attitudes affect views on suicide and interventions
- ◇ Provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs
- ◇ Identify the key elements of an effective suicide safety plan and the actions required to implement it
- ◇ Appreciate the value of improving and integrating suicide prevention resources in the community at large
- ◇ Recognize other important aspects of suicide prevention including life-promotion and self-care

Workshop features:

- ◇ Presentations and guidance from two LivingWorks registered trainers
- ◇ A scientifically proven intervention model
- ◇ Powerful audiovisual learning aids
- ◇ Group discussions
- ◇ Skills practice and development
- ◇ A balance of challenge and safety

Adult MHFA Training 2 days (New from 2018)

Mental Health First Aid (MHFA) is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue. MHFA won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening.

You'll learn to recognise warning signs of mental ill health, and develop the skills and confidence to approach and support someone while keeping yourself safe.

You'll also learn how to empower someone to access the support they might need for recovery or successful management of symptoms. This could include self-help books or websites, accessing therapy services through their GP, their school or place of work, online self-referral, support groups, and more.

What's more, you'll gain an understanding of how to support positive wellbeing and tackle stigma in the world around you.

Mental Health First Aiders have:

- ◇ An in depth understanding of mental health and the factors that can affect wellbeing
- ◇ Practical skills to spot the triggers and signs of mental health issues
- ◇ Confidence to step in, reassure and support a person in distress
- ◇ Enhanced interpersonal skills such as non-judgmental listening
- ◇ Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix

We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn.

Participants will receive a manual and certificate from MHFA England on completion of the 2-day course and will be Mental Health 'First Aiders'.

Cost of training courses:

Course	Full Price per course	*Per person equivalent	Max people	Course	Reduced per course	*Per person equivalent	Max people
Y/MHFA 2 day	£3,600	£225	16	Y/MHFA 2 day	£2,100	£131.25	16
MHFA 1 day schools	£2,400	£150	16	MHFA 1 day schools	£1,752	£109.50	16
MHFA Lite	£1,375	£55	25	MHFA Lite	£1,125	£45.00	25
Asist 2 day	£5,760.00	£240.00	24	Asist 2 day	£4,320	£180.00	24
1 day bespoke	£2,025	£81	25	1 day bespoke	£1,250	£50.00	25
Half day bespoke	£1,125.00	£45.00	25	Half day bespoke	£750	£30.00	25
2 hour bespoke	£875	£35	25	2 hour bespoke	£625	£25.00	25

Full price includes trainer and training resources, venue, lunch and refreshments, and booking administration.

***Organisations are responsible for ensuring maximum participants to achieve cost per person equivalent.**

Reduced price Includes trainer and training resources but does not include venues, lunch and refreshments, and assumes the organisation will arrange booking participants onto the courses. ***Organisations are responsible for ensuring maximum participants to achieve cost per person equivalent.**

All prices include certification costs where applicable, and a short report on training outcomes, but does not include trainer travel over 20 miles, and accommodation for trainers for 2 day courses over 20 miles.

For more information or to discuss your training needs, please contact

training@chilypep.org.uk



INVESTOR IN PEOPLE

The Equality Register

Member 2016

mhfa
mental health first aid Youth