



Training Spring & Summer 2020

**Critical Incident, Bereavement and Trauma including
Understanding self-harm/suicide prevention**



**Educational Psychology
& Specialist Support**

We are delighted to share with you our training schedule for Spring & Summer 2020. You can book the training through the Services for Schools site:

<http://s4s.norfolk.gov.uk/Search/critical%20incident>

To keep updated about EPSS training, please check our website <http://www.norfolkepss.org.uk/category/training/> or email cs.epss@norfolk.gov.uk if you would like us to contact you about a specific course. Some sessions can also be booked as Inset in your school.

Critical Incident Training is offered free to all local authority schools, and academies and independent schools which pay an annual subscription to the Norfolk Critical Incident Service. Other schools/academies need to pay £50 for twilight courses, £80 for half-day courses, and £120 for full day courses. A £10 discount is available for schools with an EPSS contract.

If you are a designated teacher for LAC and have children who are looked after on roll, courses may be available at no cost to your school. Please contact the virtual.schools@norfolk.gov.uk

The courses 'Self-harm and Suicide prevention', 'Teaching about mental health and emotional well-being' and 'Eating Difficulties & Eating Disorders' are offered free of charge to all school settings in Norfolk & Waveney as part of suicide prevention activities.

Feel free to contact us if you want to find out more about the Critical Incident Service: bianca.finger-berry@norfolk.gov.uk

Please note that we may need to make changes to the details published.

Summary of training -

Course	Trainer	Date and Time	Educator Solutions Link
Free to all: Eating difficulties and body image	Bianca Finger-Berry, Critical Incident Lead and Tania Pombeiro, CAMHS	3 rd March 4 – 6 pm @ PDC	http://s4s.norfolk.gov.uk/Event/111235
Free to all: Understanding self-harm and suicide prevention	Bianca Finger-Berry, Critical Incident Lead	4 th March 3.30 – 5.30 pm @ Attleborough Academy	http://s4s.norfolk.gov.uk/Event/111630
Free to all: Understanding self-harm and suicide prevention	Bianca Finger-Berry, Critical Incident Lead	25 th March 4 – 6 pm @ PDC	http://s4s.norfolk.gov.uk/Event/111400
Supporting children with traumatic experiences	Bianca Finger-Berry, Critical Incident Lead	29 th April 9.15 – 1 pm @ PDC	http://s4s.norfolk.gov.uk/Event/111396
Free to all: Eating Disorders	Bianca Finger-Berry, Critical Incident Lead and Tania Pombeiro, CAMHS	12 th May 4 – 6 pm @ PDC	http://s4s.norfolk.gov.uk/Event/111245
Supporting bereaved children in school communities	Bianca Finger-Berry, Critical Incident Lead	12 th June, 9.15 – 3.15 pm @ PDC	http://s4s.norfolk.gov.uk/Event/111363

Eating difficulties and body image

(free course, see below for further information)

03/03/2020 Professional Development Centre, 4 – 6 pm
<http://s4s.norfolk.gov.uk/Event/111235>

Outline:

Schools are likely to have a great many pupils who diet, purge or use diet pills, who misuse exercise, and who suffer from body dissatisfaction. Schools are also under pressure to take action on obesity (www.anorexiafamily.com).

Description:

In this training event we will explore eating difficulties and body image, and what schools can do to help.

Recent research clearly indicates that negative body image is common among school-aged children, and in the 2017 Norfolk Well-being survey less than half of pupils indicated that they were happy with their weight. There is a strong relationship between poor body image, disordered eating and weight problems, and this will be further explored in this training session, as well as thinking about the actions schools can take to help.

Outcomes:

This workshop is jointly delivered with colleagues from the CAMHS eating disorder service.

Audience:

SENCO, Medical Needs Co-ordinator, Pastoral Staff, Designated Safeguarding Officer, RSHE co-ordinator

Trainer: Dr Bianca Finger-Berry, Critical Incident Lead Officer, EPSS and Tania Pombeiro, Systemic Family Psychotherapist, CAMHS

Booking Information:

This course is funded as part of our suicide prevention activities for Norfolk & Waveney- we expect attending schools to share the content of this course with all staff. Max. 2 delegates per school.

Understanding self-harm and suicide prevention

(free course, see below for further information)

04/03/2020 Attleborough Academy, 3.30 – 5.30 pm
<http://s4s.norfolk.gov.uk/Event/111630>

Outline:

This training will cover self-harm and suicide prevention within the context of schools. It is free for all Norfolk and Waveney schools.

Description:

We will consider why young people may self-harm and what schools can do to offer support. We will think about when young people are at risk of suicide, and consider carefully what schools need to do when they are worried about a young person.

Outcomes:

- To increase knowledge about self-harm and suicide
- To understand how schools can support young people
- Be confident in using the guidance 'What to do if you believe a child might be at risk of suicide'

Audience:

Headteachers, senior leaders (schools), designated safeguarding staff, school mental health leads, pastoral staff, other school staff interested in self-harm and suicide prevention

Trainer: Dr Bianca Finger-Berry, Critical Incident Lead Officer, EPSS

Booking Information:

This course is funded as part of our suicide prevention activities for Norfolk & Waveney- we expect attending schools to share the content of this course with all staff. Max. 2 delegates per school.

Understanding self-harm and suicide prevention

(free course, see below for further information)

25/03/2020 PDC Norwich, 4-6 pm
<http://s4s.norfolk.gov.uk/Event/111400>

Outline:

This training will cover self-harm and suicide prevention within the context of schools. It is free for all Norfolk and Waveney schools.

Description:

We will consider why young people may self-harm and what schools can do to offer support. We will think about when young people are at risk of suicide, and consider carefully what schools need to do when they are worried about a young person.

Outcomes:

- To increase knowledge about self-harm and suicide
- To understand how schools can support young people
- Be confident in using the guidance 'What to do if you believe a child might be at risk of suicide'

Audience:

Headteachers, senior leaders (schools), designated safeguarding staff, school mental health leads, pastoral staff, other school staff interested in self-harm and suicide prevention

Trainer: Dr Bianca Finger-Berry, Critical Incident Lead Officer, EPSS

Booking Information:

This course is funded as part of our suicide prevention activities for Norfolk & Waveney - we expect attending schools to share the content of this course with all staff. Max. 2 delegates per school.

Supporting children with traumatic experiences

29/04/2020 9.15 – 13.00 PDC Norwich
<http://s4s.norfolk.gov.uk/Event/111396>

Outline:

Children, like adults, sometimes experience or witness something extremely frightening and dangerous. This can cause a traumatic stress reaction, which affects the way the child thinks, feels and behaves. Children can be as severely affected as adults. If you recognise it, you will be better able to help children to recover, and also to know when to seek professional help.

Description:

In this training event we will explore how children are affected by traumatic events, and how schools can support these children. Examples of traumatic events are physical or sexual abuse/assaults, witnessing domestic violence, road traffic accidents, the death of a loved one, war, natural disasters, terrorist attacks.

We will have a look at the impact of adverse childhood experiences (ACE's), how schools can undertake steps to become an ACE aware school, and how this fits in with supporting children with emotional health and well-being.

Outcome:

Attending this workshop will enable you to:

- Know how children are affected by traumatic events and be able recognise signs and symptoms
- Understand the possible impact on learning and behaviour
- Identify strategies which will support children who have experienced trauma
- Know about accessing additional support

Audience:

Any member of staff supporting children with traumatic experiences

Trainer: Dr Bianca Finger-Berry, Critical Incident Lead Officer, EPSS

Booking Information:

This is free to LA schools or schools who have signed up to Critical Incident support.

Eating disorders

(free course, see below for further information)

12/05/2020 Professional Development Centre, 4 – 6 pm
<http://s4s.norfolk.gov.uk/Event/111245>

Outline:

Many eating disorders develop in adolescence, and it is important that schools are clear about their role in supporting children with eating disorders.

Description:

In this training event we will explore eating disorders, and what schools can do to help.

Some eating problems can become serious mental health conditions that need professional help to diagnose and treat.

This training session is delivered jointly with colleagues from the CAMHS eating disorder service, and is provided free to schools as part of our suicide prevention activities.

Audience:

SENCO, Medical Needs Co-ordinator, Pastoral Staff, Designated Safeguarding Officer, RSHE co-ordinator

Trainer: Dr Bianca Finger-Berry, Critical Incident Lead Officer, EPSS and Tania Pombeiro, Systemic Family Psychotherapist, CAMHS

Booking Information:

This course is funded as part of our suicide prevention activities for Norfolk & Waveney- we expect attending schools to share the content of this course with all staff. Max. 2 delegates per school.

Supporting bereaved children in school communities

12/06/2020 9.15 – 15.15 PDC Norwich
<http://s4s.norfolk.gov.uk/Event/111363>

Outline:

The Childhood Bereavement Network estimates that we have 2940 children in Norfolk who have experienced the death of a parent or sibling, this amounts to 1.7% of all children in the county.

This training event is designed for all staff who work with children in schools.

Description:

Children who are bereaved often turn to adults they have a trusting relationship with, and within schools this can be any member of staff.

This course will give an overview of children's needs after a bereavement, and will also explore the specific role that school staff can play. We will look at some typical issues that schools are faced with, and consider what role school can take pro-actively in preparing for and helping children following a bereavement.

Outcome:

Aims of the Training Event

- To develop a good understanding of the effects of bereavement on children, including their learning and their behaviour
- To gain knowledge about how to support bereaved children effectively, and how to respond to bereaved parents
- To gain confidence in supporting children and their families

Audience:

Any member of school staff

Trainer: Bianca Finger-Berry, Critical Incident Lead Officer, EPSS

Booking Information:

This is free to LA schools or schools who have signed up to Critical Incident support.