

Tackling Mental Health Stigma with Children and Young People

Working together to improve the emotional and mental wellbeing of young people

Date: 4th March 2014
5th March 2014
6th March 2014

Location: Great Yarmouth
Norwich
Kings Lynn

Time: 9.30am to 4.30pm

Number of places: 30-35

Aims and objectives

- To improve the knowledge and skills relating to tackling mental health stigma with children and young people
- Participants cascade the knowledge gained to other staff in their organisations

Outcomes

By the end of the course, participants will be able to:

- Understand what stigma is
- Recognise the effects that mental health stigma has
- Describe effective ways of tackling mental health stigma with children and young people on an individual and group basis
- Become familiar with the evidence-base about mental health stigma
- Be equipped to cascade knowledge in their own organisations

Target group

Staff working in Universal (*non specialist mental health settings*) who have some understanding of, or responsibility to support children and young people with mental health issues. Ideally participants will have attended a previous foundation course, i.e. Emotional Health Awareness Foundation Training offered by CAMHS.

Participants will be required to cascade knowledge gained with colleagues in their setting. An opportunity will be given to plan how participants will tackle mental health stigma in their workplace.

Training provider:

Associate Development Solutions Ltd is an organisation made up of people with extensive experience of the mental health of children and young people; working in child and adolescent mental health services, universal services and in training and education. Our aim is to support raising the profile of the mental health of children and young people and to provide a training experience that is informative and useful.

We want people to be as involved as possible. To facilitate this, we will include small group exercises, video clips and explore how we can tackle stigma on an individual and group basis.

Course length: One day

Cost

The course will cost £40.00. Refreshments will be provided but **lunch is not included.**

Venues

Venue information will be sent with confirmation.

Allocation of Places

Places will be allocated on a first come first served basis

Booking:

To request a place please complete and return the attached booking form by **Thursday 13th February** to HRSS Learning & Development, County Hall Annexe, Martineau Lane, Norwich, NR1 2UE: or **fax** to 01603 223015; or **email** to training.team@norfolk.gov.uk

Please be aware that by requesting a place on this Course, you are committing to cascade the knowledge gained to your colleagues within three months of the Course date.

Cancellations and non-appearance

A course will only run with a minimum number. In the event that a course is under-subscribed applicants will be notified and where possible offered an alternative date/venue. No refund will be given for non-attendance; however, we are happy to accept a suitable delegate in your place. Any changes of delegate must be given to the CAMHS Partnership & Commissioning Assistant (as above), prior to the course date.

Confirmation and Course Programme:

We will email confirmation of whether you have been allocated a place by **20th February 2014**. The Course programme and location map will also be emailed to you at this time.

To be added to the distribution list for courses, please email camhs@norfolk.gov.uk