

# Anxiety in Children and Young People

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

**Date:** 8<sup>th</sup> July 2015  
9<sup>th</sup> July 2015

**Location:** Norwich  
**Location:** Dereham

**Time:** 9.30am to 4.30pm

**Number of places:** 30-35

## Aims and objectives

- To improve knowledge and skills relating to recognizing and managing anxiety in 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 anxiety is in children and young people
- Know how to recognise signs and symptoms of anxiety in children and young people
- Describe effective interventions and become familiar with the evidence-base
- Know when, where and how to refer to targeted or specialist services
- 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. This course is now available on line. For further information and to access this on line course via the Learning Hub please click [here](#)

Participants will be required to cascade knowledge gained with colleagues in their setting. A tool to help with this will be provided at the training day.

## 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; and of 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, interactive and useful.

We want people to be as involved as possible. To facilitate this, we will include small group exercises using case studies and games, and we will explore how we can share skills. The day will also include DVD clips, presentations on the theory and interventions, and will include an exploration of the care pathways in Norfolk.

**Course Length:** 1 day course

### **Venues**

Venue information will be sent with confirmation of place.

### **Cost**

The course will cost £40.00. Refreshments will be provided but **no lunch is included.**

### **Allocation of Places**

Places will be allocated on a first come first served basis

To request a place, please fully complete and return the attached booking form by **Friday 12<sup>th</sup> June 2015 to HRSS Learning & Development, County Hall Annexe, Martineau Lane, Norwich, NR1 2UE: or email to [hrlid@norfolk.gov.uk](mailto:hrlid@norfolk.gov.uk)**

**Please ensure a full invoice address is entered on the application or alternatively if you are a Norfolk County Council employee please ensure your departments cost centre code is entered.**

### **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 notified to **HRSS Learning & Development, County Hall Annexe, Martineau Lane, Norwich, NR1 2UE: or email to [hrlid@norfolk.gov.uk](mailto:hrlid@norfolk.gov.uk) prior to the course date.**

### **Confirmation and course programme**

If you are allocated a place we will email confirmation and joining instructions to you by **16<sup>th</sup> June 2015**. 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](mailto:camhs@norfolk.gov.uk)