

**Child & Adolescent Mental Health Training**

[**www.trainingcamh.net**](http://www.trainingcamh.net)

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| **Courses:** | **Details** | **Cost** | **Dates & Venue** | |
| **RATW e-learning module** | An e-learning module, guiding the learner through the issues of risk and resilience for mental and emotional health and wellbeing in children and young people. | **£5pp** | n/a | |
| **MHA e-learning module** | Being developed | **tbc** | n/a | |
| **Mental Health Awareness**  **(1 day)** Max 20 | Mental health awareness - covering how to identify those at greater risk of developing mental health problems, how to promote resilience, what to do with anxiety difficulties, depression, self harm and how to minimise suicide risk. | **Free** – public health funded places for anybody working with young people in Cambridgeshire. | 5th December 2018 Ely  31st January 2019 Ely  7th February 2019 Ely  14th February 2019 Ely  28th February 2019 Ely  3rd July 2019 Ely | |
| **Youth Mental Health First Aid**  **(2 days)**  Max 12 | Delegates will be trained in Mental Health First Aid England certified course which covers: identifying risk, promoting resilience, knowing how to identify and get support for common mental health problems including anxiety, depression, psychosis, eating disorders and self harm. | **Free** – public health funded places for anybody working with young people in Cambridgeshire. | 21&28 November 2018 Ely  6&7 March 2019 Ely  13&14 March 2019 Ely  20&21 March 2019 Ely  27&28 March 2019 Ely  10&17 July 2019 Ely | |
| **CAMH foundation module**  **(12 days)** Max 20 | Delegates will be trained to use generic assessment tools and evidence based interventions to support young people with a variety of mental health difficulties. They will meet key clinicians from CPFT CAMH services and find out about specific treatment pathways. | **Free** – public health funded places for anybody working with young people in Cambridgeshire. | Cohort 17  6/9/18  10/9/18  20/9/18  27/9/18  4/10/18  11/10/18  18/10/18  8/11/18  15/11/18  22/11/18  29/11/18  6/12/18  e-Space-Littleport, Ely | Cohort 18  25/4/19  2/5/19  9/5/19  16/5/19  23/5/19  6/6/19  13/6/19  20/6/19  27/6/19  4/7/19  11/7/19  18/7/19  e-space-Littleport, Ely |
| **Introduction to CBT**  **(6 days)** Max 12 | Delegates will be given a brief overview of cognitive behavioural theory before exploring core CBT principles and how to apply them to depression and anxiety to help YP access guided self help material or run the LLTTF course. | **Free** – public health funded places for anybody working with young people in Cambridgeshire.  *Must have completed the CAMH Foundation module* | Cohort 1  9/5/18  16/5/18  23/5/18  6/6/18  13/6/18  20/6/18  Ely Cathedral centre | Cohort 2  5/9/18  12/9/18  19/9/18  26/9/18  3/10/18  10/10/18  e-space-Littleport Ely |
| **LLTTF how to run a self help group for anxiety & depression**  **(2 days)** Max 10 | An opportunity to experience the 8 sessions of Living Life To The Full (LLTTF) and then practice delivering it. LLTTF is an evidence based, CBT self help programme with 8 sessions than can be delivered in groups or to individuals as part of PSHE or a self help support programme for young people with difficulties with anxiety or low mood. It has a robust evidence base and is delivered across all secondary schools in Scotland. | **£120pp** including LLTTF workbook  *Must have completed at least Youth mental health first aid training* | 7&14 November 2018  19&26 June 2019  e-space, Littleport, Ely | |
| **Continuing Professional Development Days in Mental Health for children and YP**  **(1 day)** | A morning seminar followed by case group supervision delivered by the wellbeing service. | **Free** – public health funded places for anybody working as a CAMHS lead or champion with children or YP in Cambridgeshire. | 17th October 2018 Ely  27th February 2019 Ely  12th June 2019 Ely | |