

**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 Ely31st January 2019 Ely7th February 2019 Ely14th February 2019 Ely28th February 2019 Ely3rd 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 Ely6&7 March 2019 Ely13&14 March 2019 Ely20&21 March 2019 Ely27&28 March 2019 Ely10&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 176/9/1810/9/1820/9/1827/9/184/10/1811/10/1818/10/188/11/1815/11/1822/11/1829/11/186/12/18e-Space-Littleport, Ely | Cohort 1825/4/192/5/199/5/1916/5/1923/5/196/6/1913/6/1920/6/1927/6/194/7/1911/7/1918/7/19e-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 19/5/1816/5/1823/5/186/6/1813/6/1820/6/18Ely Cathedral centre | Cohort 25/9/1812/9/1819/9/1826/9/183/10/1810/10/18e-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 201819&26 June 2019e-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 Ely27th February 2019 Ely12th June 2019 Ely |