



Children and Young People's Mental Health Training Resource Compendium

May 2018

Supported by and delivering for London's NHS, Public Health England and the Mayor of London

Introduction

The aim of this compendium is to provide an overview of available training resources and opportunities relating to children and young people's mental health on offer to the mental health system in London. The compendium provides a summary of each training resource, indicates who the training resource would be suitable for, the availability (online or face to face) and an indicative cost.

Engagement

During the process to develop this compendium two draft versions of this publication were circulated to stakeholders across London during August 2017 and December 2017 for comment. We asked stakeholders to provide details of organisations that provide training resources of packages relating to children and young people's mental health, which were not already included and overview general comments. We have incorporated all examples and comments, where appropriate, within this compendium.

We would like to thank all of those who have provided information contained within this compendium and all the comments received.

If there are training resources or packages which you are aware of which are not included within this compendium please contact hlp.cyp-programme@nhs.net, and we will incorporate these in future publications.

Provider details	Content of training	Suitable for:				Availability		Cost
		CYP	Parents / carers	Non Specialists	Specialists	Online	Face to face	
MindEd	<p>MindEd has e-learning across health, social care, education, criminal justice and community settings that can be used by the wider workforce e.g. school staff, health professionals, police and judiciary staff, social workers, youth workers and volunteers.</p> <p>Suitable for anyone from beginner through to specialist who works with, or cares for children and young people, MindEd aims to give learners the knowledge to support their wellbeing; the understanding to identify a child at risk of a mental health condition; the confidence to act on their concern and signpost to services where needed.</p> <p>Resources to support CAMHS and CYP IAPT learners and those on counselling courses are also available. All registered learners can access a bespoke learning path.</p>	x	x	✓	✓	✓	x	Free
MindEd for Families	<p>MindEd for Families has online advice and information from trusted sources and will help parents, carers and families understand and identify early issues and how to best support your child.</p> <p>MindEd for Families can support parents or carers who are concerned about their child, or would like some hints and tips on parenting.</p>	x	✓	x	x	✓	x	Free
The Tavistock and Portman NHS Foundation Trust	<p>The Tavistock and Portman NHS Foundation Trust offer training in CYP and adult's mental health, as well as social work and social care.</p> <p>Training is derived from two main schools of thought - psychoanalytic and systemic. The psychoanalytic courses draw on theory and ideas around the importance of early childhood experiences in influencing development and understanding unconscious processes and how they manifest in relationships. The systemic courses draw on family therapy theory. This approach views the family as a system and considers the diversity of families within wider social contexts. The = multi-modal courses draw on both of these schools of thought to inform practice.</p> <p>More information can be found here:</p> <ul style="list-style-type: none"> • Working with children, young people and families • Adult mental health • Social work and social care 	x	x	x	✓	✓	✓	Fee's start at £30 and upwards

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	<ul style="list-style-type: none"> Management and leadership Forensic (violent, sexually harmful and criminal behaviours) 							
UCLPartners	<p>Primary Care Development (PCD) programme</p> <p>Through the PCD programme we are supporting our partners to develop their local primary care strategy and implementation plans whilst fostering partnership working across general practice, community, mental health, pharmacy, secondary care and social care.'</p> <p>Primary care leads, senior staff from federations, localities, GP networks, CCG primary care transformation teams, patient groups and the community.</p> <p>NHS Primary care and secondary health care, higher education institutions and social care settings.</p>	x	x	✓	✓	x	✓	Free
UCLPartners	<p>Breaking Down the Barriers training modules:</p> <ul style="list-style-type: none"> Mental health awareness training for NHS acute emergency and urgent care settings Physical health awareness training for mental health settings Child and adolescent mental health and learning disabilities awareness training for GP practices Generic module for NHS healthcare settings 	x	x	✓	✓	✓	x	Free
Disability Matters	<p>Large E-learning training resource centre offering free online learning developed by disabled young people, parent carers and other experts. Modules are arranged into bite-sized learning packages so that the training offered matches the needs of specific individuals, groups, organisations and sectors. It offers practical advice about supporting disabled children, young people and their families.</p>	x	x	✓	✓	✓	x	Free

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Anna Freud National Centre for Children and Families	<p>Together with UCL, the Centre is a world leader in providing courses that focus on child development, psychopathology, psychoanalysis, neuroscience and intervention.</p> <p>Offering training and conferences delivering practical and advanced training to allied mental health professionals and the wide workforce including school staff.</p> <p>A range of UCL postgraduate programmes from certificate to doctoral level for those who wish to advance their research and clinical understanding and skills.</p>	x	x	✓	✓	x	✓	Free and fee
London and South East CYP IAPT Learning Collaborative	<p>Offering training in Evidence Based Interventions: Management and Leadership Supervision Interpersonal Psychotherapy for Adolescents (IPT-A) Cognitive Behavioural Therapy (CBT) Autism Spectrum Disorders & Learning Disabilities (ASD & LD) Infant Mental Health (0-5s) Systemic Family Practice (SFP) Parent Training Outreach Training (short courses and bespoke training) Evidence-Based Counselling Practice (EBCP)</p> <p>Training for supervisors and service leads in leading transformation.</p> <p>Training in Guided Self-Help for early intervention: Wellbeing Practitioner Training for Children and Young People</p>	x	x	✓	✓	x	✓	<p>From January 2019, centrally funded therapist training places and salary support available only for creating new staffing roles (through the Recruit to Train route). Therapist training places for existing staff are available but must be independently funded. There may be some funded places for courses for supervisors and service leads.</p> <p>Whole service and system outreach is centrally funded, and freely available up until March 2019.</p>
Future Learn	<p>Hundreds of free online courses from top universities and specialist organisations. Courses include:</p> <ul style="list-style-type: none"> • Helping Young People with Anxiety • Reading for wellbeing • Helping CYP with challenging behaviour 	x	x	✓	✓	✓	x	<p>Free and fee</p> <p>Small charge for certificates</p>

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	<ul style="list-style-type: none"> Babies in Mind 							
Gender Identity Research and Education Society (GIRES)	Guidance and information on supporting gender diverse young people. Includes tailor made face to face training, e-learning and literature.	✓	✓	✓	✓	✓	✓	Sessions separately costed
National Centre for Suicide Prevention Training UK - Applied Suicide Intervention Skills Training (ASIST)	Safer London is providing training across the UK to raise awareness of suicide, and increase carers and professionals' skills and knowledge, while challenging the stigma that can be a barrier to people at risk accessing help.	x	✓	✓	✓	x	✓	Face to face: £275
Young Minds	Offer training in a wide range of mental and emotional health and wellbeing including: Academic Resilience, ADHD, Adolescence, Anxiety, Attachment, Autism, Behaviour, Bereavement, Bullying, Early Years, Eating Disorders, Inequalities, Looked After Children, Neurodevelopment, Resilience, Schools, Self-harm, SEND, Staff Wellbeing, Technology, Transitions and Young Offenders.	✓	✓	✓	✓	✓	✓	In house (full day £1250 and half day (£650) and Open Access (£195 for one day)
Mental Health First Aid (Youth)	The courses teaches participants the skills and confidence to spot the signs of mental health issues in young people, offer first aid and guide towards the support their needs, to help speed up a young person's recovery and to stop mental health issues from getting worse. The course will teach participants to listen, reassure and respond, even in a crisis.	x	x	✓	✓	x	✓	Two day courses: £300 pp One day courses: £200 pp Half day courses: £75 pp
Talking About Self Harm: Listen, Plan, Act, Feedback delivered in partnership by Anna Freud Centre and Common Room	Support front line staff in schools to better understand self-harm, develop the skills and confidence to have helpful conversations with young people about self-harm, and to plan what to do next in a safe, simple and effective way.	x	x	✓	x	x	✓	Half day training session: £100

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Charlie Waller Memorial Trust	<p>We provide mental health training, talks and workshops to help people look after their mental wellbeing:</p> <p>Training for schools and young people Training for universities and further education Training for GPs and primary care Training in the workplace</p>	✓	✓	✓	x	x	✓ (Workshops)	Free but donations welcome
The Association for Psychological Therapies (APT)	<p>Onsite courses: Aggression and Violence, CBT, CYP, Core clinical skills, Crises, Intervening in, DBT, Diplomas, Essential Series, Health issues, Management, Mindfulness, Personality Disorder, Psychosis, The RAID Approach, Risk and Severe and Intractable Problems.</p> <p>Open courses: CBT essentials, BDT essentials, Running DBT Skills Development Groups, The DBT Masterclass, Extended Training in DBT, The RAID Course for working with Challenging Behaviour, Motivational Interviewing and The Stages of Change, Providing Good Clinical Supervision and MoodMaster.</p> <p>Online courses: The RAID Course for Working with Challenging Behaviour, SFT Essentials, DBT Essentials, Motivational Interviewing and The Stages of Change, CBT Essentials and The DICES Risk Assessment and Management System Refresher.</p>	x	x	✓	✓	✓	✓	Onsite: varies Open: varies Online: varies
Open Talk , led by Common Room in collaboration with the Evidenced Based Practice Unit (UCL and Anna Freud Centre)	<p>Open talk promotes shared decision-making and person centred care in CYP inpatient and community mental health services.</p> <p>Co-designed and co-delivered with young people with experience of using mental health services, Open Talk moves beyond the basic principles of shared decision-making, to support professionals to build on their existing skills and explore how to involve CYP in more complex or challenging decision-making scenarios.</p> <p>Open Talk also explores how inpatient services can develop person centred approaches to ensure young people are more engaged in decisions about their treatment as well as their day-to-day lives in the unit.</p>	x	x	✓	✓	x	✓ (Workshops)	Varies

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Me first , produced by GOSH and Common Room	Introduce participants to the Me first communication model, tools and approaches to support communication with children and young people; increase participants knowledge of the barriers and challenges to communicating with children and young people in health and social care; and build on participants existing skills and increase confidence in communicating with children and young people.	x	x	✓	✓	✓	✓	Open-access Masterclass:£160 In-house training: Varies
We Can Talk (Barts Health/HEE) - Co-produced children and young people's mental health training for hospital staff	We Can Talk is a one day training for acute hospital staff to increase knowledge, confidence and skill in supporting children and young people's mental health. . It utilised a co-produced (with hospital staff, young people and mental health experts) an evidence-based education framework to give all staff who see children and young people the core competencies to support their mental health needs. We Can Talk is suitable for anyone who encounters children and young people in an acute hospital setting including nurses, HCAs, doctors, students, trainees and non-clinical staff.	x	x	✓	x	x	✓	Varies
SLAM Centre for Parent and Child Support (Family Partnership Model)	Promote a strengths based, goal orientated relationship with clients.	x	x	✓	✓	x	✓	5-day FPM Foundation Training is £6,500, plus material and expenses
South London and Maudsley NHS Foundation Trust (SLAM)	SLAM deliver high quality training developed by clinicians, for clinicians. Our links enable us to translate leading research and innovation into evidence based clinical care and training, underpinning a range of undergraduate and postgraduate courses up to PhD level. SLAM organise and attend a range of training conferences and workshops, and are available and open to collaborating with organisations, schools or individual professionals who require bespoke training packages	✓	✓	✓	✓	✓	✓	Varies
www.maudsleysimulation.com	Maudsley Simulation is the UK's first simulation training centre focusing on mental health offer a range of courses such as perinatal mental health. Readymade and bespoke services available.	x	x	✓	✓	x	✓	Varies

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http://www.cues-ed.co.uk/	SLAM provide innovative schools based training programmes such as <i>CUES-Ed</i> , which equips primary school children with emotional resilience tools.	✓	x	✓	x	x	✓	Varies
www.slam.nhs.uk/discover	SLAM provide <i>DISCOVER</i> , a school based training programme, for 16-18 year olds to manage their stress and anxiety within the school setting.	✓	x	✓	x	x	✓	Varies
GOSH/ICH - Autism Diagnostic Observation Schedule (ADOS2) training and ADOS2 Upgrade Course	Clinicians and researchers working with children and adults requiring assessment for autism spectrum disorder	x	x	x	✓	x	✓	Face to Face: Varies (2-3 courses a year)
GOSH - Assessment and Management of ARFID and Rumination in Children and Adolescents	One day clinical workshop for clinicians working with children and adolescents requiring assessment and treatment for ARFID (Avoidant/Restrictive Food Intake Disorder) and Rumination Disorder	x	x	✓	✓	x	✓	Varies depending on group size/ location
GOSH - Use of the Child Version of the Eating Disorders Examination (ChEDE)	Approved one day training for clinicians and researchers working with children and adolescents requiring specialist assessment of an eating disorder (anorexia nervosa, bulimia nervosa and binge-eating disorder)	x	x	x	✓	x	✓	£150.00 pp with group discount
GOSH - Paediatric training for eating disorders (up to 2 days)	Paediatricians working with eating disorders	x	x	x	✓	x	✓	£150.00 pp with group discount

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GOSH - Child and Adolescent Eating Disorders: a practitioner training	Suitable for mental health practitioners working with Eating Disorders	x	x	x	✓	x	✓	Varies. (Can be up to 3 days)
GOSH - Foundation Course In Family Therapy and Systemic Practice, Accredited by AFT	Suitable for applicants with relevant professional training and opportunities to work systemically in their clinical practice. Please contact: Annarita.Locci@gosh.nhs.uk or John.Flynn@gosh.nhs.uk	x	x	x	✓	x	✓	£2,150
GOSH - Complex PTSD	Training seminars in Complex PTSD, its assessment and treatment. Suitable for social workers and mental health practitioners working with LAC or adopted children, or in general CAMHS. Please contact: Sinead.marriott@gosh.nhs.uk	x	x	✓	✓	x	✓	Varies
Tourette Action/ European society for the study of Tourette syndrome (input from GOSH Psychological Medicine Service)	Behavioural therapy training: Comprehensive Behavioural Intervention for Tics (CBIT) is a dynamic therapeutic approach for managing tics. It comprises the key elements of Psycho-education, Functional Analysis, Habit Reversal Therapy, Social Support and Reward System and Relaxation Training. Clinical consultation sessions: Discuss the strategies and techniques of behavioural therapy and how best to deliver the treatment.	x	x	x	✓	x	✓	Varies
GOSH/Young Epilepsy	Epilepsy master classes with Neuropsychiatry teaching (biannual and offered on demand)	x	x	x	✓	x	✓	Varies

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The girl with the curly hair – Autism Spectrum Disorders (ASD)	<p>The curly hair project is a social enterprise based in the UK, which aims to help people with Autism Spectrum Disorders and their loved ones. All our work is based on personal, real life examples and experience.</p> <p>Offer a wide range of training for professionals about ASD, as well as the ability to create bespoke material.</p>	✓	✓	✓	x	✓	✓	Varies
National Autistic Society	Training offer includes a variety of scheduled training events; courses run at your venue tailored to your organisation's needs; a consultancy service that works with you to find creative solutions and a comprehensive range of online training modules .	x	✓	✓	✓	✓	✓	Online modules: £30 F2F: Varies
Royal College of General Practitioners (RCGP) Learning	The RCGP's eLearning website containing courses and updates for general practice. All healthcare professionals, trainees and students can register for a RCGP eLearning account, which provides free access to selected RCGP courses and updates.	x	x	✓	✓	✓	x	Free
The Association for Child and Adolescent Mental Health (ACAMH)	ACAMH run a variety of conferences, training events, special interest groups and master classes on topical issues, as well as providing access to a library of on-line CPD topics delivered by national experts, in order to aid the professional development of all those working to support the mental health of children and young people.	✓	✓	✓	✓	✓ (and podcast)	✓	Varies dependent on nature of training.
Against Violence & Abuse (AVA)	AVA is working to end gender-based violence and abuse offering a variety of training for professionals with particular expertise in children and young people and multiple disadvantage.	✓	✓	✓	✓	✓	✓	One day course ranges from £100-140. Some e-learning modules are free.