



**Child & Adolescent Mental Health Service**  
**Training Programme for Parents and Carers**  
*April - July 2017*

## **About CAMHS Training**

The emphasis throughout the training is on ways to improve outcomes for children and young people. The sessions are designed to be informative and interactive, participation, group work and discussion will be key learning methods used throughout.

The sessions are tailored to parents and carers with no previous mental health knowledge; the session is suitable for parents and carers who wish to develop an understanding of children's mental health issues using a risk and resilience framework.

For further information or to book a place on one or more of the CAMHS parents and carers training sessions, please contact:  
TEWV.CAMHS-Training@nhs.net or 0300 013 2000 (option 1)

## An introduction to....

### ❖ Anxiety

Thurs 25th May                      09:30 – 12:30                      Southlands Centre  
(Middlesbrough)

### ❖ Attachment

Wed 26th April                      09:30 – 13:00                      Billingham Forum

### ❖ Self-harm

Wed 17<sup>th</sup> May – **FULL**                      09:30 – 12:30                      Holiday Inn Express  
(Middlesbrough)

Tues 27th June                      09:30 – 12:30                      Billingham Forum

### ❖ ASD

Tues 13<sup>th</sup> June                      09:30 – 12:30                      Billingham Forum

### ❖ ADHD

Thurs 6<sup>th</sup> April – **FULL**                      09:30 – 12:30                      Redcar Leisure and  
Community Heart

Wed 5<sup>th</sup> July                      09:30 – 12:30                      Summerhill Visitor Centre  
(Hartlepool)

### ❖ Mental Health – Risk & Resilience

Mon 5<sup>th</sup> June                      09:30 – 12:30                      Billingham Forum

***To book a place on one of the training sessions, please contact the  
CAMHS training team direct on:***



**0300 013 2000 (option 1)**



**TEWV.CAMHS-Training@nhs.net**

## *What's included in the sessions.....*

### **An introduction to Mental Health - Risk and Resilience**

This half day session acts as an introduction to the subject of children's mental health, understanding what this means and the impact on young people/families and communities.

The risk and resilience framework is introduced and explores how this can be used to improve outcomes for children/young people and their families.

### **An introduction to Self-harm**

This session will provide an introduction to self-harm, helping parents and carers to understand the definition and prevalence of self-harm and the reasons young people may engage in this behaviour. Consideration will be given to factors that increase a young person's risk of self-harming and factors that can help to increase resilience. The session will outline how to talk to and support young people engaged in self-harming behaviours and help identify which services are available for support and further information.

### **An introduction to ASD**

This introductory session will provide an overview of Autism Spectrum Disorders (ASD) and develop an understanding of how this disorder might present in children and young people. The impact of this disorder on young people and their families will be explored and supportive strategies and approaches discussed.

### **An introduction to ADHD**

This session will provide an awareness of ADHD and the core symptoms that children and young people may experience. The impact of the disorder on children, young people and their families will be explored and an overview of the assessment process will be given. There will be opportunity to discuss support strategies and interventions.

### **An introduction to Attachment**

This session will provide parents and carers with an introduction to the understanding of attachment in children and young people. The session will explore the impact of attachment on children's development and consider the factors that influence both secure and insecure attachment relationships.

### **An introduction to Anxiety**

This session is for parents and carers that are interested in learning more about anxiety difficulties experienced by children and young people. The session will give an overview of anxiety disorders and explore risk factors that may contribute to its development along with factors that can help increase resilience. Consideration will be given to what can help and support young people experiencing anxiety issues and sources identifies for further information and advice.