

Children & Families Workforce Development Programme

'Developing Core Skills & Knowledge to Improve Outcomes for Children, Young People
and their Families'



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| <i>Training Event Title:</i> | Mental Health 1st Aid |
| <i>Trainer:</i> | Jae Harris |
| <i>To book a Place:</i> | <p>Follow this link to book a place and see further programmes available with the Early Help Workforce Development Programme.</p> <p>Any issues with bookings or using CPD, please contact Carol-Anne McNicol on childcare.jobs@bcpcouncil.gov.uk)</p> |
| <i>Event Description:</i> | <p>This is a 2 day course, the skills and techniques are suitable for use with children and young people over the age of 8 years. The Mental Health First Aid course is designed to enable practitioners to understand about young people's emotional and mental health. It provides participants with a simple five basic steps approach to providing support, ALGEE.</p> <ul style="list-style-type: none"> • Ask, assess, act. • Listen non-judgementally • Give reassurance and information • Enable the young person to get appropriate professional help • Encourage self-help strategies. <p>The training has a clear focus on issues faced by young people today and also teaches the importance of promoting wellbeing and protective factors.</p> <p>(Terms and conditions apply, available on website at time of booking.)</p> |
| <i>Learning Outcomes:</i> | <p>By the end of the Event, participants will have had the opportunity to learn about and explore:-</p> <ul style="list-style-type: none"> • Spot the early signs of a mental health issue in young people • Feel confident helping a young person experiencing mental ill health • Provide help on a first aid basis • Help protect a young person who might be at risk of harm • Help prevent a mental health issue from getting worse • Help a young person recover faster • Guide a young person towards the right support • Reduce the stigma of mental health issues. |
| <i>Target Group:</i> | <p>Available for all Bournemouth, Christchurch and Poole practitioners at the subsidised rate, who work with children, young people and their families to improve their outcomes: Including Private, Voluntary and Independent sector, Schools, Health and Local Authority staff.</p> <p>Skills and techniques taught in this course are suitable for use with children of 8 years and above.</p> |
| <i>Closing date:</i> | 2 weeks before event |
| <i>Subsidised cost to</i> | £ 20 <i>Subsidised by the Bournemouth Early Help Workforce Development Programme (the</i> |

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| <i>participant:</i> | <i>full cost before subsidy is £100.</i> |
| <i>Available places:</i> | 16 Limited to 2 practitioners per organisation, (more than this number may register to be included on the waiting list and will be offered a place numbers permitting.) |