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Adolescent Health Training Programme April 2009 - March 2010

FREE TRAINING FOR
ALL MULTI AGENCY
STAFF WORKING WITH
YOUNG PEOPLE IN THE
CITY OF PORTSMOUTH



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Introduction

We are pleased to issue this year's full Adolescent Health Training Programme for 2009/2010.

We have revised some course content in response to your evaluations. New this year is an accredited early intervention and prevention training programme for Substance Awareness Tier 2 with the Open College Network. Also new for part-timers is the chance to attend two morning sessions to complete the Mental Health Tier 1 course and a new Smoking Cessation & Prevention course for all practitioners working with young people in all settings. There are four separate modules for the Mental Health Tier 2: depression, self-harm, eating disorders and psychosis.

All courses are free of charge for any practitioners working with young people in the City of Portsmouth, with the exception of the Behaviour Change and Certificate in Health Promotion courses for which there is an associated costing (please see the course information for further details).

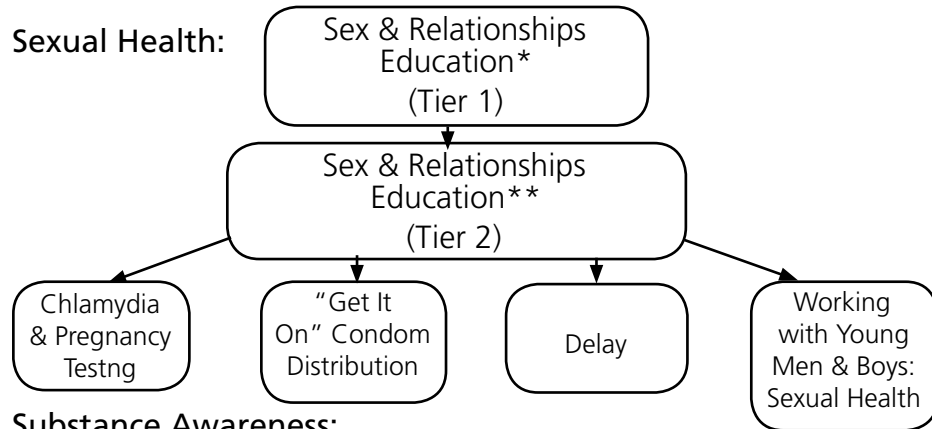
Please note that a cancellation fee of £25 per day, for which the applicant's organisation will be liable, will be charged should they fail to attend without providing a minimum of two working days notice (subject to circumstances). For block applications from the same organisation, we reserve the right to limit the numbers attending any one course.

If there is any subject that you feel your organisation would like to see included in the programme or perhaps has a need for in-house please contact the Training Co-ordinator (sorted@portsmouthcc.gov.uk).

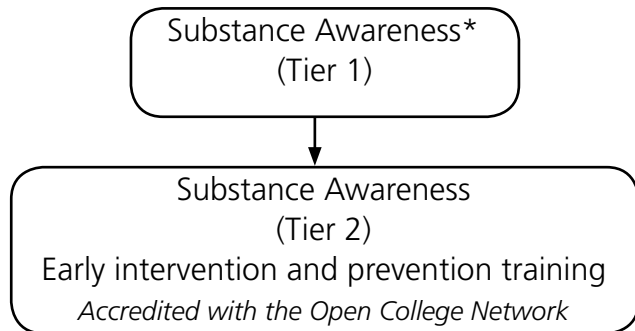
Further sessions may be arranged during the period and these will be advertised via our monthly e-mail bulletin. If you would like to ensure that you receive this please email sorted@portsmouthcc.gov.uk.

The following flowcharts show the paths that should be taken for the Sexual Health, Substance Misuse and Mental Health based training:

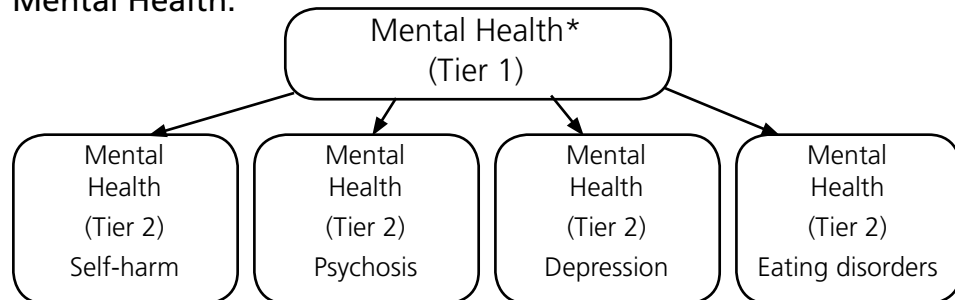
Sexual Health:



Substance Awareness:



Mental Health:



* Must complete Tier 1 before undertaking Tier 2

** Must complete SRE Tiers 1 & 2 before undertaking any further SRE related courses

Separate Modules

Child Sexual Exploitation

Realities of Teenage Pregnancy

Introduction to Youth Work

Smoking Cessation & Prevention

Course Title:

Substance Awareness Tier 1

Target Audience

All front line staff working with young people aged 19 and under in Portsmouth City.

Rationale:

Why do we need to provide substance awareness training? The Health Advisory Service reports (1996, 2001), the 10 year National Drugs Strategy (1998) and Every Child Matters state that addressing substance use is part of everyone's role. National and local targets are set around reducing consumption, risks and harm to children and young people.

The Tier 1 training will enable participants to increase awareness and understanding, provide information and make referrals in relation to substance use/ misuse issues.

Session Outline

- The range of substances used, the format of different substances, how they are used and equipment
- The effects of substances on the body; including effects of depressants, stimulants and hallucinogens
- The Law relating to illegal substances, alcohol, tobacco and volatile substances and prescribed medication
- Staff legal obligations regarding substance use issues
- Personal and societal attitudes
- Referral criteria and service provision

Learning Objectives:

By the end of the course participants will have:

- Increased knowledge of the range of substances and their effects
- Identified how substances are used, the associated methods of use and why young people use substances
- Increased knowledge of the legal status of substances and staff legal obligations
- Explored participant's own and societal attitudes and beliefs about substances and the people who use them
- Increased awareness of the supporting services available in the City

Dates and Venues

16th April 2009

Civic Offices, Portsmouth 9.30 am – 5.00 pm

17th June 2009

Broadside, Portsmouth 9.30 am – 5.00 pm

15th October 2009

Civic Offices, Portsmouth 9.30 am – 5.00 pm

7th January 2010

Civic Offices, Portsmouth 9.30 am – 5.00 pm

4th March 2010

Civic Offices, Portsmouth 9.30 am – 5.00 pm

Facilitator

Jane Ward, Independent trainer and consultant

Course Title:

Substance Awareness Tier 2:

Early intervention and prevention training programme. (Tier 2 accredited training with the Open College Network).

Target Audience

The training modules are for staff working in targeted youth services (Tier 2) and anyone working with vulnerable young people. Candidates for this training must have completed the Tier 1 Substance Awareness training.

Rationale:

Why do we need to provide Tier 2 substance use training? The national children and young people's agenda requires City Councils to undertake more targeted education and prevention work in relation to substance use. In addition the instruction of the Common Assessment Framework will require that children, young people, their families and carers have their needs identified regards substance use.

This accredited training aims to enhance knowledge and understanding of working with substance use issues and develop workers existing skills to address substance use within their role.

Session Outline

The programme of learning is based on a range of competencies including; the Common Core Knowledge and Skills (Every Child Matters), Health Advisory Service competencies – The Substance of Young Needs (1996, 2001) and the Drug and Alcohol National Occupational Standards. The training aims to help staff achieve these competencies by providing more advanced training to cover substance related prevention, targeted education, advice and using counseling skills.

The course consists of three distinct learning modules, which have their own learning outcomes and assessment criteria.

Accreditation is through the Open College Network at level 3, with a credit value of 3 for each module. This equates to about 30 hours learning per module.

Learning Objectives

Module 1: Identifying substance related needs and planning appropriate interventions

Learning Outcomes:

By the end of the module participants will:

- Understand terms and definitions related to substance use and young people
- Understand why young people take substances
- Recognise the impact of parental substance use on children and young people
- Understand the importance of the drug set and context in taking substances

Module 2: Brief and Motivational Skills for Substance Misuse and Misuse

Learning Outcomes:

By the end of the module participants will:

- Understand the theory and practice of brief intervention and motivational interviewing
- Understand the theory and practice of solution focused work for working with young people and their parents/carers
- Create approaches to involve parents/carers to support and maintain behaviour change of their children

continued...

Module 3:

Learning Outcomes:

By the end of the module participants will:

- Understand the role of a multi-disciplinary approach in working with young people and their parents and carers relating to substance use
- Recognise the role and purpose of supervision
- Recognise best practice approaches in recording, monitoring, maintaining case files and action planning

Course participant Requirements:

To comply with the allocation and funding of a place on the training, participants are required to;

- Have completed basic substance awareness training (Tier 1)
- Complete pre-course work and assignments allocated during the training
- Attend all training days
- Apply the learning within their role and responsibilities at work
- Present learning issues from the training at team meetings
- Use supervision to develop competencies
- Develop a portfolio of learning and development
- NB. If a participant should miss a training day, s/he will be set work to cover the training content of the day which should be submitted to the trainer for review

Dates and Venues

Module 1:

9th September 2009

Civic Offices, Portsmouth 9.30 am – 5.00 pm

10th September 2009

Civic Offices, Portsmouth 9.30 am – 5.00 pm

Module 2:

7th October 2009

Civic Offices, Portsmouth 9.30 am – 5.00 pm

8th October 2009

Civic Offices, Portsmouth 9.30 am – 5.00 pm

Module 3:

5th November 2009

Civic Offices, Portsmouth 9.30 am – 5.00 pm

3rd December 2009

Civic Offices, Portsmouth 9.30 am – 5.00 pm

Facilitator

Jane Ward, Independent trainer and consultant

Course Title:

Sex & Relationships Education Tier 1

Target Audience

This introductory course is aimed at staff from any agency who have not undertaken any recent training on SRE with young people and would benefit from gaining an overview and update of the issues.

Rationale:

Why do we need to provide SRE Tier 1 training?
Sex and relationships education (SRE) is lifelong learning about sex, sexuality, emotions, relationships and sexual health. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes (Sex Education Forum 1999).

- To provide an introduction to Sex and Relationships Education and to encourage course participants to look at the issues involved in their work with young people.

Learning Objectives:

By the end of the course participants will have:

- Gain an understanding of what is meant by Sex and Relationships Education.
- Provide information about the Law relating to young people and sexual behaviour.
- Explore some of the issues affecting young people.
- Encourage participants to explore their own values, beliefs and attitudes and how these may impact on work with young people.

Dates and Venues

2nd April 2009

Civic Offices, Portsmouth 9.15 am – 1.30 pm

1st October 2009

Civic Offices, Portsmouth 9.15 am – 1.30 pm

21st January 2010

Civic Offices, Portsmouth 9.15 am – 1.30 pm

Facilitators

Gordon Atkins, Sex Sense

Kelly Huggett, Teenage Pregnancy Worker,
HIDS, Portsmouth City Council

Course Title:

Sex & Relationships Education Tier 2

Target Audience

The course is aimed at staff from any agency who have undertaken the Tier 1 course or those who already have a basic understanding about SRE and young people and who work with and alongside young people in Portsmouth. Candidates for this training must have completed the Tier 1 Sex & Relationships Education training.

Rationale:

To provide an opportunity to explore the issues around sex and relationships facing young people and to develop ways in which staff can undertake SRE, particularly with the most vulnerable young people.

Learning Objectives:

By the end of the course participants will have:

- Provide course participants with up-to-date information about young people and their sexual health and behaviour.
- Discuss confidentiality and the Law in relation to young people and sexual behaviour, together with how this impacts on working with young people.
- Encourage course participants to look at ways of developing SRE within their own work.
- Explore the resources that are available to support staff in their work.

Dates and Venues

7th May 2009
Guildhall, Portsmouth 9.15 am – 4.00 pm
5th November 2009
Guildhall, Portsmouth 9.15 am – 4.00 pm
25th February 2010
Civic Offices, Portsmouth 9.15 am – 4.00 pm

Facilitators

Gordon Atkins Sex Sense
Kelly Huggett, Teenage Pregnancy Worker,
HIDS, Portsmouth City Council

Course Title:

'Get It On' Condom Distribution

Target Audience

Practitioners working with young people in all settings, including staff from the Youth Services, Schools and Colleges, Social Care, Health and Voluntary organisations. **In order to apply for this specialist module, participants must have undertaken SRE Tier 1 & 2 training and work with and alongside young people in Portsmouth.** Workers who, within their role, are interested in offering a condom distribution service to young people, including those under 16 years old in both group work and one to one settings. Attendance at this course is a requirement for organisations and projects wishing to join the Portsmouth Condom Distribution Scheme.

Session Outline:

- Advice / discussion and evidence of individuals' Service Policies, Guidelines, Protocol and Referrals, ensuring these are in place when distributing condoms to young people including those under 16; to include both the management and supervision processes for individual organisations
- Implications of condom distribution within the Sexual Offences Act 2003
- Scenarios that give each individual the opportunity to explore the recommended processes involved when distributing condoms and to recommend these processes be used back in the work place
- Condom demonstration and opportunity for each individual to 'have a go'
- Using the group as resource, discussion about any prior experiences of feelings / practicalities when distributing condoms
- Using fictional scenarios, discussion / information / evidence of other forms of contraception
- Individual action plans

Learning Objectives:

By the end of the course participants will have:

- Continued to look at their own issues relating to sex and relationships and how their attitudes may affect those they work with, whether it is one to one or in group work situations
- Developed more confidence in talking about sex and relationships issues when working with young people
- Gathered up to date local and national information about SRE and condom distribution
- Raised their awareness of the importance of policies and procedures of their individual organisations / agencies, relating to condom distribution and confidentiality
- Shared methods of good practice and continued to develop a framework for the delivery 'at base' of sexual health and condom distribution sessions; these must include Fraser competencies, confidentiality and the distribution of condoms to young people under 16 years old.

Dates and Venues

11th June 2009

Guildhall, Portsmouth 9.15 am – 1.30 pm

10th December 2009

Civic Offices, Portsmouth 9.15 am – 1.30 pm

25th March 2010

Civic Offices, Portsmouth 9.15 am – 1.30 pm

Facilitators

Gordon Atkins, Sex Sense

Kelly Huggett, Teenage Pregnancy Worker,

HIDS, Portsmouth City Council

Course Title:

Chlamydia & Pregnancy Testing

Target Audience

This module is for practitioners working with young people in all settings, including staff from the Youth Services, Schools and Colleges, Social Care, Health and voluntary organisations. Need to have undertaken SRE Tiers 1 and 2 and have an interest in increasing sexual health service provision and would like to develop skills and have an interest in delivering a chlamydia and pregnancy testing service for young people. In order to apply for this specialist module, participants must have undertaken SRE Tier 1 & 2 training.

Rationale

- To increase chlamydia and pregnancy testing service provision to enhance current sexual health services available
- To raise awareness with practitioners around services for young people and their sexual health.
- To raise awareness and implications of the choices available to young people when dealing with issues to do with unprotected sex

Session Outline

- Appropriate timing of chlamydia and pregnancy tests
- Fertility awareness
- Sexual Health Services
- Referral pathways
- Individual Service Protocols

Learning Objectives:

By the end of the course participants will:
Be able to perform a chlamydia and pregnancy test and be aware of local referral pathway.

Dates and Venues

22nd June 2009

Civic Offices, Portsmouth 9.30 am – 12.30 pm

14th December 2009

Civic Offices, Portsmouth 9.30 am – 12.30 pm

23rd March 2010

Civic Offices, Portsmouth 9.30 am – 12.30 pm

Facilitators

Paula Meredith, Contraception & Sexual Health Nurse, Ella Gordon Unit

Clare Schofield, Chlamydia Screening Co-ordinator

Course Title:

Delay

Target Audience

Practitioners working with young people in all settings, including staff from the Youth Service, Schools and Colleges, Social Care, Health and Voluntary Services.

In order to apply for this specialist module, participants must have undertaken SRE Tier 1 & 2 training.

Rationale

Supporting young people to make choices about sex that feel right for them and helping them to decide when they are ready.

Giving young people the skills to say 'no' to pressure they come under to have sex e.g. from peers, boy/girlfriends, the media and cultural assumptions.

The philosophy behind 'delay' has been developed to ensure that young people are enabled and supported to make informed choices, negotiate within a relationship and begin to build aspirations and esteem.

Delaying sexual activity is NOT an abstinence programme but ensuring that young people are made aware that they have choices and also given the skills to explore relationships in other ways.

Learning Objectives:

By the end of the course participants will have:

- An understanding of delay agenda and how it differs to the abstinence approach
- Give practical ideas to support the messages behind the teenage pregnancy strategy
- Provide practical activities and resources that can be used when working with young people
- Explored some of the activities that could be used with young people in addressing choice

Dates and Venues

2nd July 2009

Civic Offices, Portsmouth 9.15 am – 12.30 pm

Facilitators

Gordon Atkins, Sex Sense

Kelly Huggett, Teenage Pregnancy Worker,
HIDS, Portsmouth City Council

Course Title:

Working with Young Men & Boys: Sexual Health

Target Audience

Practitioners working with young people in all settings including staff from the Youth Services, Schools and Colleges, Social Care, Health and Voluntary Services. In order to apply for this specialist module, participants must have undertaken SRE Tier 1 & 2 training.

Rationale

All boys and young men have the legal right to good quality sex and relationships education, which is relevant to their needs and will prepare them for the responsibilities and experiences of adult life. The Sex Education Forum defines SRE as lifelong learning about emotions, relationships, sexuality, sex and sexual health. It involves acquiring accurate information, developing skills and forming positive beliefs, values and attitudes to promote sexual and emotional health and well-being (SEF, 2003).

With increasing understanding of the needs of boys through research and practice and the SEU report in 1999, which identified that boys and young men were 'half the solution', there has been a shifting of attention towards young men, their needs and experiences, and the support that they should be offered. Policy makers and practitioners are now considering not how to change young men, but how to help and support them in developing positive self-esteem and emotional resourcefulness. Yet work with young men is still relatively new and professionals sometimes lack confidence in addressing sex, relationships and sexual health with young men.

Session Outline

- Being a man
- Spheres of Influence
- Risk behaviour
- Attitudes and values
- Developing skills
- Increasing confidence and self-esteem

Learning Objectives:

By the end of the course participants will have:

- Explored what it means to be a young man
- An understanding of how young men and boys learn
- The opportunity to develop skills in working with young men and boys
- Increased confidence and knowledge in working with young men and boys

Dates and Venues

17th September 2009

Civic Offices, Portsmouth 9.15 am – 1.30 pm

Facilitators

Gordon Atkins, Sex Sense

Booking form

Please ensure a separate training booking form is completed for each delegate and each course (photocopy extra copies as required). All applications will be acknowledged; full programme and venue details will be sent when confirmed. Please ensure that all fields are completed.

PERSONAL DETAILS	
Full Name:	
Post Title:	
Organisation/ Department:	
Tel No:	Email:
Full Address (incl postcode):	
COURSE DETAILS (please state the course you wish to attend and on what date)	
Course title:	
Course date:	
Please note: You must be able to attend all training sessions for each course, i.e. 2, 4 days.	
MANAGER'S AUTHORISATION	
Name of Line Manager:	
Line Manager's signature*:	
Post Title of Line Manager:	
*Needed to authorise booking:	
If booking a Tier 2 course, it is expected that line managers agree to release staff to attend Supervision sessions for ongoing support.	
What topics are especially of interest to you on this course?	
What are your personal objectives in attending this course?	
Why did you decide to book this course?	My supervisor recommended do it I requested it It is a requirement of my job It is a requirement for my department Other (please specify) _____
Do you need information on disabled access?	Yes No
Do you have any specific learning difficulties?	Yes No
Would you like to see any other subject included in the programme, or be interested in courses not included in this programme?	
On completion, please post to: Children & Young People's Liaison Officer at: Health Improvement & Development Service, Portsmouth City Council, Floor 5, Civic Offices, Guildhall Square, Portsmouth PO1 2AZ Email: sorted@portsmouthhcc.gov.uk Tel: 023 9284 1714	
NB: please note that a cancellation fee of £25 per session for which your organisation will be liable, may be charged should you fail to attend without providing a minimum of two working days notice.	
For office use only: Rec: / / Ent: / / Conf: / /	

Course Title:

Realities of Teenage Pregnancy

Target Audience

Practitioners working with young people, including staff from the Youth Services, Schools, Colleges, Social Care, Health, Motiv8, PCSOs and voluntary organisations

Rationale

To raise awareness regarding issues surrounding teenage pregnancy and the prevention agenda.

Session Content

- Adolescent Health team
- The Government Strategy
- PHSE and prevention
- Delay strategies
- Resources
- POPT (Positive Outcomes for Parenting Teenagers) – what support is available
- What the team is doing now
- Real life scenarios
- Sign posting

Learning Objectives:

By the end of the course participants will have:

- An insight of the issues facing young parents
- Awareness of myths associated with sexual behaviour and pregnancy
- Awareness and knowledge of different resources available
- Knowledge of roles of the Teenage Pregnancy team
- Information regarding the Government's Teenage Pregnancy Strategy

Dates and Venues

11th November 2009

Civic Offices, Portsmouth 9.30 am – 1.00 pm

Facilitators

Kelly Huggett, Teenage Pregnancy Worker,
HIDS, Portsmouth City Council

Course Title:

Child Sexual Exploitation

Target Audience

Practitioners working with young people in all settings, including staff from the Youth Services, Schools and Colleges, Social Care, Health and Voluntary Organisations.

Rationale

This course will enable agencies to effectively identify and refer young people who may be at risk of or who are being sexually exploited.

This in turn will enable young people to be identified as early as possible and improve outcomes for them.

Session Outline

- What do we mean by Child Sexual Exploitation?
- The grooming process
- The abuse triangle and its variations
- Indicators and vulnerability factors for child sexual exploitation
- The legal perspective
- The physical and mental effects of child sexual exploitation
- Case studies
- Discussion

Learning Objectives:

By the end of the course participants will:

- Have developed their knowledge of Child Sexual Exploitation
- Have explored the definition of child sexual exploitation, its historical context and current legislation
- Have explored the myths, barriers and issues surrounding child sexual exploitation
- Be able to identify the early signs of young people being sexually exploited or those who are at risk of sexual exploitation
- Have found out more about the effects of sexual exploitation on the mental and physical health of young people
- Have discovered more about the Portsmouth project and the consultation/ referral process

Dates and Venues

12th May 2009

Guildhall, Portsmouth 9.30 am – 12.30 pm

14th July 2009

Civic Offices, Portsmouth 9.30 am – 12.30 pm

15th September 2009

Civic Offices, Portsmouth 9.30 am – 12.30 pm

17th November 2009

Civic Offices, Portsmouth 9.30 am – 12.30 pm

12th January 2010

Civic Offices, Portsmouth 9.30 am – 12.30 pm

16th March 2010

Civic Offices, Portsmouth 9.30 am – 12.30 pm

Facilitators

Rachael Courage, Deputy Manager

(Portsmouth), Barnardos Miss U & U Turn

Cheryl Broughton, Project Worker, Barnardos Miss U & U Turn

Course Title:

Mental Health Tier 1

“There’s no health without mental health”

Emotional Health and Wellbeing

Target Audience

Practitioners working with young people in all settings, including staff from the youth services, schools and colleges, social care, children’s homes, family centres, school nurses, health visitors, children’s health professionals and voluntary organisations who would like to understand the importance of emotional and mental health and the impact upon the development of children and young people, their social skills and behaviour.

Rationale

To enhance the knowledge, and skills, of practitioners working with children and young people in Portsmouth.

Session Outline

A broad introduction to the emotional and mental health needs of children and adolescents and the Child and Adolescent Mental Health Service (CAMHS) in Portsmouth.

Learning Objectives:

By the end of the course participants will:

- Be more aware of how emotional and mental health difficulties impact on children and young people’s behaviour, learning, peers & family relationships
- Have acquired a greater knowledge and understanding regarding children and young people’s needs, including what’s normal (Every Child Matters – 5 outcomes & Youth Matters: Next Steps)
- Have more ideas about how to reduce the stigma surrounding mental health problems and mental illness

- Have an enhanced understanding as a practitioner in the Portsmouth children and young people’s workforce and know how to support young people more successfully in your particular role
- Have acquired knowledge of prevalence regarding mental health disorders/ illness
- Be more aware of the research evidence regarding child and adolescent mental health
- Have gained some practical ideas and skills around how to interact meaningfully with children and young people
- Be clearer about CAMH service description, e.g. referral criteria and threshold, service structure, teams within Portsmouth CAMHS and treatments on offer
- Be able to recognise more clearly the emergence of mental health problems/ illness and know when, where and how to refer

Dates and Venues

11th March 2009
Broadside, Portsmouth 9.30 am – 4.30 pm
16th September 2009
Broadside, Portsmouth 9.30 am – 4.30 pm
1st December 2009
Civic Offices, Portsmouth 9.30 am – 4.30 pm

Two Half-day workshops aimed at part-timers

17th June 2009*
Civic Offices, Portsmouth 9.30 am – 1.00 pm
18th June 2009*
Civic Offices, Portsmouth 9.30 am – 1.00 pm

* must attend both half-day sessions to complete course

Facilitators

Kate Olliver-Kneafsey, Senior Mental Health Practitioner, CAMHS & Social Care
Sarah Tollast, Specialist Primary Mental Health Worker, CAMHS & Education

Course Title

Mental Health Tier 2

Sessions to include:

Self Harm
Depression

Target Audience

Practitioners working with young people in all settings, including staff from the Youth Services, Schools and Colleges, Social Care, Health and voluntary organisations. Candidates for this training must have completed the Tier 1 Mental Health training.

Rationale

Each one-day workshop will enable agencies to effectively identify and refer young people who may be at risk of or be developing these mental health disorders. This will enable young people to be treated as early as possible and improve outcomes for them.

Session Outline:

- Explore the statistics relating to young peoples diagnosis of depression or self-injurious behaviours
- Identify the early signs of someone who may be developing depressive illness or developing reliance on self-injurious behaviours
- Gain skills in assessment of mental health difficulties with young people
- Gain intermediate skills in Risk Profiling potential depression in young people and potential therapeutic techniques to be utilised

- Gain intermediate skills in Risk Profiling self-injurious behaviour in young people and potential therapeutic techniques that could be utilised with young people

Learning Outcomes:

Participants will:

- Have gained an understanding of what we mean by these conditions and the acute symptoms they may experience
- Be able to recognise and identify early signs
- Understand the importance of intervening early
- Be able to identify factors that may make a person more vulnerable to experiencing mental health disorders

Please note that these sessions are interactive and involve smaller group work and group discussion. Real case scenarios will be explored and discussed, so please bring any current case based dilemmas that could be utilised for discussion.

Dates and Venues

Self Harm:

1st June 2009

Civic Offices, Portsmouth 9.00 am – 4.30 pm

14th September 2009

Civic Offices, Portsmouth 9.00 am – 4.30 pm

Depression:

27th April 2009

Civic Offices, Portsmouth 9.00 am – 12.30 pm

13th July 2009

Civic Offices, Portsmouth 9.00 am – 12.30 pm

Facilitators

Anna Walker, CAMHS Community Nurse Practitioner

Jennie Eeles, CAMHS Primary Mental Health Worker

Course Title

Mental Health Tier 2

Sessions to include:

Psychosis and related mental health problems

Target Audience

Practitioners working with young people in all settings, including staff from the Youth Services, Schools and Colleges, Social Care, Health and voluntary organisations. Candidates for this training must have completed the Tier 1 Mental Health training.

Rationale

Each half-day workshop will enable agencies to effectively identify and refer young people who may be at risk of or be developing these mental health disorders. This will enable young people to be treated as early as possible and improve outcomes for them.

Session Outline:

- Psychosis – what is it, what are the early signs and what can you do about it?
- A resume on other types of schizophrenia
- Stress and vulnerability model
- Co-morbidity (including anxiety, depression etc).

Learning Outcomes:

Participants will:

- Gain an understanding of what we mean by psychosis
- Understand the importance of intervening early
- Recognise possible early signs of psychosis
- Feel confident in contacting the Psychosis Team and completing checklist for referral.

Please note that these sessions are interactive and involve smaller group work and group discussion. Real case scenarios will be explored and discussed, so please bring any current case based dilemmas that could be utilised for discussion.

Dates and Venues

23rd April 2009

Broadside, Portsmouth 9.00 am – 12.30 pm

8th October 2009

Civic Offices, Portsmouth 9.00 am – 12.30 pm

Facilitators

23rd April 2009:

Trevor Bushell (Outreach Practitioner, Headspace)

Mandy Caddick (Specialist Mental Health Practitioner, Headspace)

8th October 2009:

Alison Smith (CAMHS Specialist Mental Health Practitioner)

Helen Courtney (Specialist Mental Health Practitioner, Headspace)

Course Title

Mental Health Tier 2

Sessions to include:

An introduction to Eating Disorders

Target Audience

Practitioners working with young people in all settings, including staff from the Youth Services, Schools and Colleges, Social Care, Health and voluntary organisations. Candidates for this training must have completed the Tier 1 Mental Health training.

Rationale

Each half-day workshop will enable agencies to effectively identify and refer young people who may be at risk of or be developing these mental health disorders. This will enable young people to be treated as early as possible and improve outcomes for them.

Session Outline:

- Develop knowledge of eating disorders.
- Identifying the early signs of someone who may be developing an eating disorder.
- Gain skills in assessment and become comfortable with using the checklist.

Learning Outcomes:

Participants will:

- Gain knowledge on what is an eating disorder.

- Understand what to do if you think someone has an eating disorder (strategies for those working at primary care level).
- Recognise what services such as CAMHS can offer.
- Have an opportunity to think about your own experiences and anxieties.

Please note that these sessions are interactive and involve smaller group work and group discussion. Real case scenarios will be explored and discussed, so please bring any current case based dilemmas that could be utilised for discussion.

Dates and Venues

18 th March 2009	
Guildhall, Portsmouth	9.00 am – 12.30 pm
9 th September 2009	
Broadside, Portsmouth	9.00 am – 12.30 pm

Facilitators

Dr Penny Hazell (Chartered Clinical Psychologist,
Portsmouth Eating Disorder Service)
Jennie Eeles, CAMHS Primary Mental Health Worker

Course Title

Introduction to Youth Work

Target Audience

This training session is aimed at anyone wanting to find out more about youth work, anyone working with young people, and support group staff and volunteers who may have no formal experience of working with young people.

Rationale

As services become broader and more holistic, all those involved in services supporting young people should have access to developing skills in youth work.

Session Outline:

- What is youth work: using youth work skills and techniques in your own practice
- Supporting young people: health and well-being issues
- Communicating with young people - what works and how to overcome barriers (in relation to health behaviours)
- Youth work opportunities and career framework

Learning Outcomes:

By the end of the course participants will:

- Have awareness of youth work practice
- Have an understanding of how youth work 'fits' with services for young people, and how their own work could support young people
- Have knowledge of career programme/ voluntary opportunities
- Know what works when communicating with young people

Dates and Venues

14th May 2009

Civic Offices, Portsmouth 9.30 am – 4.30 pm

Facilitators

Graham Box, Arts Development Manager, Youth Service, PCC
Marilyn Lawrence, Detached Team Leader, Youth Service, PCC

Course Title

Smoking Cessation and Prevention

Target Audience

Practitioners working with young people in all settings from the Play and Youth Services, Connexions, Schools and colleges, Social Care, Health and Voluntary organizations.

Rationale

The smoking cessation and prevention training will enable participants to increase their awareness and understanding of the issues young people face around smoking and tobacco use, as well as provide information and signposting. The training will enable participants to make referrals and support young people who want to quit.

Session Outline

- Why young people smoke
- Giving up
- Resources and tools
- Supporting a quitter
- Cannabis and lingo
- signposting

Learning Objectives

By the end of the course participants will have:

- Increased knowledge around the effects of smoking
- Looked at why young people smoke and why they want to quit
- Looked at a coordinated approach to young peoples smoking cessation
- Become familiar with relevant paperwork
- Increase awareness of the supporting services
- Looked at the barriers created by young people around smoking cessation

Dates & Venues

12th June 2009

Civic Offices, Portsmouth 9.00 am – 4.00 pm

27th November 2009

Civic Offices, Portsmouth 9.00 am – 4.00 pm

Facilitator

Andy Ames, Young Persons Smoking Prevention and Cessation Co-ordinator

Course Title

Behaviour Change

Dates and Venues

Please register your interest in this course. Dates will be arranged for 2009/10. This course takes place over two days.

NB: you must attend on both days

Target Audience

Practitioners who wish to support behaviour change in their clients using the principles of motivational interviewing.

Rationale

To develop the participants' client-centred skills for behaviour change.

Session Outline/Content

- Evidence of effectiveness of this approach
- Ethical principles and their application to this approach
- Understanding the theory of change
- Reflective practices
- Active listening skills
- Basic skills of motivational interviewing
- Assessing and exploring importance and confidence
- Information exchange
- Reducing resistance
- Negotiation

- Application of skills
- Integration into work setting

Learning Objectives:

By the end of the course participants will be able to:

- Explain the theory and processes involved in behaviour change
- Justify the use of this method for behaviour change
- Demonstrate effective communication skills for behaviour change
- Show evidence of reflection and development of own attitudes and practice

Facilitators

Linda Long, HIDS, Portsmouth City Council
Lee Loveless, HIDS, Portsmouth City Council

Cost

A deposit of £25 must be paid on application (returned once the full course is completed (not applicable to participants working outside Portsmouth where the charge is £25).

Course Title:

Level 2 Award in Health Promotion

Dates and Venues

Please register your interest in this course.
Dates will be arranged for 2009/10.
This course takes place over four days within a month, usually one day per week.
NB: you must attend on all four days

Target Audience

Anyone with a commitment to and interest in Health Promotion and anyone needing to revisit their enthusiasm for Health Promotion.

Rationale

This accredited four-day course is for people with a health promotion aspect to their work but who have no previous qualification in Health Promotion. This course has been developed to support the implementation of the Choosing Health White Paper by staff from a broad range of occupations and employers. This course will also support NHS staff to validate KSF competencies related to Health & Well-being.

Course Outline

All areas relating to health promotion over a four week period. The course also requires participants to complete a reflective journal over four weeks and an option to complete an end of course project within six months. The following topics are covered:

- The determinants of health
- Health promotion models and their application

- The role of a planning framework within health promotion
- Communication theory and practice
- Behaviour change models

Learning Objectives:

By the end of the course participants will be able to:

- Evaluate a range of determinants that influence health
- Outline different approaches to health promotion using health promotion models
- Identify opportunities for the practical application of health promotion
- Describe methods of health promotion planning
- Critically analyse communication theory and practice in relation to health promotion activity
- Discuss behaviour change models

Facilitators

Wendy Cheshire, Independent Facilitator

Cost

A payment of £160 must be paid on application. This can be by cheque, by requesting an invoice or if a PCC employee by providing account details.

Payment includes: assessment fee to the Royal Society for the Promotion of Health, a comprehensive interactive student manual, lunch and refreshments for the four days.



Portsmouth
CITY COUNCIL

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