

Primary Mental Health

Warwickshire's Primary Mental Health Team is providing **FREE** Mental Health Awareness Workshops for professionals working with children and young people in the county.

These introductory workshops aim to raise awareness around key areas of child and adolescent mental health:

- ☀ Eating Disorders
- ☀ Mood
- ☀ Attachment
- ☀ Self-Harm
- ☀ Challenging Behaviours
- ☀ Self-Esteem

We also offer:

- ☀ the Boomerang Resilience Programme
- ☀ Staff Wellbeing training









Please note: Our workshops are often over subscribed. If you cannot attend, please send a delegate in your place or notify us 48 hours before the start time, so we can offer your place to someone else.

There will be a charge of £40 for non-attendance at our workshops without prior notification.

Places on the workshops are subject to availability. To book your place on a workshop or to discuss a bespoke workshop, please email Coventry.RISEWork@covwarkpt.nhs.uk

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Mood Awareness

-  To understand the definitions of stress, anxiety, low mood and depression.
-  To explore the symptoms of anxiety and depression - what do they look like? What are the warning signs?
-  To explore risk and protective factors which may impact upon mood.
-  To introduce a cognitive behavioural model of how mood difficulties may be maintained over time.
-  To introduce strategies that can be used to support a child or adolescent with a mood difficulty.
-  To understand when and how to access specialist services in relation to anxiety and depression.

Date	Venue	Time
Thursday 12th December 2024	delivered via Zoom	9:00am to 1:00pm

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Boomerang Resilience Programme Training

-  The Boomerang Resilience Programme is a resilience intervention delivered at school with children in Years 3 -11.
-  This interactive intervention is deliverable over 5 consecutive weeks.
-  It focuses on understanding thoughts, feelings and behaviours, self esteem, friendships and useful strategies to help build resilience.
-  To be eligible to attend this workshop you must have already attended the PMHT Mood Workshop and be actively working with children and young people.
-  In this workshop the Boomerang course will be outlined and the expectation is that you will be able to deliver it independently.
-  You will be provided with all the course materials to enable you to deliver Boomerang at school.
-  You will be able to access support if needed in your own setting whilst you deliver this course.
-  You will agree to share data with us in regards to this intervention.

Date	Venue	Time
Thursday 16th January 2025	delivered via Zoom	9:00am to 12:00pm

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Attachment

-  To provide an introduction to attachment theory.
-  To consider why attachment is important and what impact it may have upon development.
-  To consider what is meant by attachment difficulties and attachment disorders.
-  To explore risk and protective factors which may impact upon attachment.
-  To introduce strategies for helping children to build relationships and feel secure.
-  To understand when and how to access specialist services in relation to attachment difficulties.

Date	Venue	Time
Thursday 30th January 2025	delivered via Zoom	9:00am to 1:00pm

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Challenging Behaviours in children aged 12+ years







-  You will learn about social learning theory and why some children may develop difficult or challenging behaviours.
-  You will have a greater understanding of some possible underlying causes of these behaviours.
-  You will learn practical strategies and techniques that may be helpful to manage a child's difficult behaviours.
-  You will also find out where you can access local support if you are worried about your child's emotional wellbeing.

Date	Venue	Time
Thursday 13th February 2025	delivered via Zoom	9:00am to 1:00pm

please order the workshops via date soonest first

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Eating Disorders Awareness

-  To understand the definitions of an eating disorder.
-  To explore the symptoms of an eating disorder.
-  To explore risk and protective factors which may impact upon eating disorders.
-  To explore positive messages and helpful ways to talk about eating disorders.
-  To explore real life case studies.
-  To understand when and how to access specialist services in relation eating disorders.

Date	Venue	Time
Thursday 27th February 2025	delivered via Zoom	9:00am to 1:00pm

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Self Harm

-  To develop knowledge and understanding of self-harm behaviour in young people.
-  To explore the reasons why young people self-harm.
-  To understand how to respond to a disclosure of self-harm.
-  To explore alternative coping strategies for reducing self-harm behaviour.
-  To understand when and how to access specialist services in relation to self-harm.

Date	Venue	Time
Thursday 13th March 2025	delivered via Zoom	9:00am to 1:00pm

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Understanding Self-Esteem in children and young people- To understand the definition of self-esteem and development of self-esteem in childhood.

-  To identify and understand what healthy and low self-esteem might look like in a child or young person.
-  To consider and understand the link between self-esteem and mental health.
-  To explore the risk and protective factors which may impact upon anxiety and low mood.
-  To introduce strategies that can be used to support a child or adolescent experiencing low self-esteem.
-  To understand when and how to access specialist services in relation to self-esteem.

Date	Venue	Time
Thursday 27th March	delivered via Zoom	9:00am to 11:00am

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Challenging Behaviours in children aged 3 - 11 years

-  You will learn about social learning theory and why some children may develop difficult or challenging behaviours.
-  You will have a greater understanding of some possible underlying causes of these behaviours.
-  You will learn practical strategies and techniques that may be helpful to manage a child's difficult behaviour.
-  You will also find out where you can access local support if you are worried about your child's emotional wellbeing.

Date	Venue	Time
Thursday 1st May 2025	delivered via Zoom	9:00am to 11:00am

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Staff Wellbeing

-  Understand that we all have mental health and the impact of staff's mental health on the way we support young people.
-  Awareness of some tools and resources we can access for ourselves and for young people.
-  Generate a discussion on how to create a supportive environment when working with children and young people.

Available via bespoke request please email coventry.risework@covwarkpt.nhs.uk		

Places on our workshops are subject to availability.

Please email:

Coventry.RISEWork@covwarkpt.nhs.uk

<https://cwrise.com>

Dimension Tool - Find out more at:
<https://dimensions.covwarkpt.nhs.uk>

Follow us: @CW_Rise

