



# New Beginnings



## How do I sign up?

**Interested in attending an introductory session:**

Visit: [www.enableeast.org.uk](http://www.enableeast.org.uk)

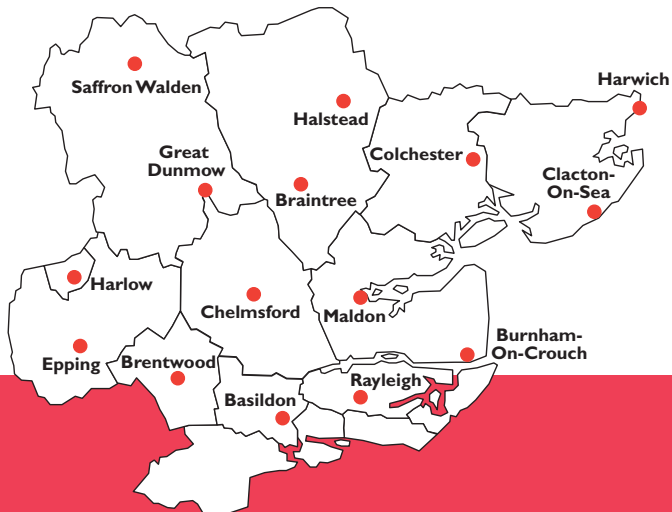
For information and details of the training sessions near you and to download a booking form.

Return your booking form to [enableeast@enableeast.org.uk](mailto:enableeast@enableeast.org.uk)

**Interested in hosting an introductory session:**

Email us at [enableeast@enableeast.org.uk](mailto:enableeast@enableeast.org.uk)

Telephone: Kevin Whiteley on 01206 287595



## Who are Enable East?

Enable East is an exciting university-accredited NHS team with specialist skills and expertise in delivering effective programmes and projects across health and social care. We have a long track record of hands-on-delivery of projects and programmes in the public sector.

The Enable East team working on this project has a wide and extensive experience of mental health and children's services.

Tel: 01206 287595  
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**Mental Health Training for the children and young people's workforce – a resource toolkit**



## A skill for sharing

Enable East is working in partnership with the Essex Joint Commissioning team to deliver practical mental health training to the children and young people's workforce across Essex.

Together with our associates in Cernis, we have developed this bespoke toolkit designed to help you to understand how to identify mental health, emotional and substance misuse issues in children and young people and how to effectively seek help and guidance from the Child and Adolescents Mental Health Services (CAMHS).

This toolkit is designed to meet the needs of a wide range of professionals who come into daily contact with children and young people. Enable East will deliver the introductory training at venues across Essex for sharing in local services.



## Why do we need this?

The National CAMHS Review (2008) states that the whole of the children's workforce should be appropriately trained in emotional health and wellbeing. Essex is leading the way by commissioning Enable East to develop a toolkit resource suitable to deliver bespoke training across the county.

This toolkit is specifically aimed at:

- Schools, including special schools (including teachers, teaching assistants and office staff)
- Social care child protection teams
- Health visitors and school nurses

Other members of the children's workforce will be considered.

The toolkit will be cascaded through FREE locally delivered training sessions for you to take back and share with colleagues. Training others is not mandatory but sharing the knowledge with colleagues will benefit children and young people locally.



## What's in the toolkit?

The toolkit comprises six stand-alone modules with a range of evidence-based handouts and activities with specific learning outcomes to meet the needs of staff from a range of backgrounds. The modules are:

- The structure, role and function of CAMHS
- Understanding mental health and emotional well being
- Child and adolescent development
- Responses to mental health difficulties and emotional problems
- Learning disability
- Substance misuse

This approach will develop staff from localities who can then act as a resource to share the knowledge and toolkit with colleagues. These initial sessions will be delivered by an experienced Enable East team.

In this one day session, you will receive a copy of the full toolkit resource and learn about using the resources in a flexible style to meet the needs of your colleagues locally.