

## **Booking Form**

### ***Child & Adolescent Mental Health Training Courses***

**Please indicate which course you are applying for (please circle)**

**Course applying for:**     **1**     **2**     **3**     **4**     **5**     **6**     **7**

Delegates name:		Position:	
Organisation/Address:			
Postcode:		Telephone:	
		Email:	
What do you hope to gain from this course?			
What is the age range of children you work with?			
Please tell us if you have any special needs or dietary requirements in participating in this course.			



# **Child & Adolescent Mental Health Training Courses December 2008 - May 2009**

Please ensure that all completed booking forms are returned to

**Janet MacKenzie, Admin Assistant**  
**Division of Public Health & Health Strategy**  
**NHS Western Isles**  
**37 South Beach Street, Stornoway**  
**Isle of Lewis, HS1 2BB**  
or e-mail to [Janet.Kenzie@wihb.scot.nhs.uk](mailto:Janet.Kenzie@wihb.scot.nhs.uk)

*“Good mental health is an essential part of our vision for children and young people. Mental wellbeing affects their behaviour, their ability to learn and achieve, and their physical health. And just as importantly, it impacts on their ability to enjoy their childhood and teenage years to the full”.*

Ministerial forward to The Mental Health of Children and Young People: A Framework for Promotion, Prevention and Care.

## **Purpose**

These free training courses aim to increase awareness of mental health and wellbeing and to build confidence, competence and capacity among all those working with children, young people and families. The delivery of the course is being coordinated and funded by NHS Western Isles. It has been based on the national Inter-Agency Training Resource developed by YoungMinds in partnership with HeadsUpScotland.

There are also a range of other courses and workshops which will be delivered and details can be found opposite. It will be of help for people to attend the Introduction to Child & Adolescent Mental Health as a starting point however this is not essential to attend some of the other workshops and training days.

The courses are being delivered by staff from a range of local agencies and services with the support of the Child & Adolescent Mental Health Service.

## **Who should attend?**

People working with children and families in any setting who want to gain a better understanding of mental health and develop their ability to work collaboratively with people in other agencies or disciplines. Anyone with a concern for the wellbeing of children and young people locally whether based in health, education, social care, early years, youth and community services, the voluntary sector, youth justice or other agencies. Priority will be given to staff and volunteers who work with Looked after and accommodated children.

## **Learning objectives**

At the end of the course participants will be better able to;

- Promote the mental health of children and young people
- Identify and support those children and young people experiencing, or at risk of, mental health problems
- Understand the impact of stress on children, families and practitioners
- Work collaboratively with colleagues within the local service system

- Have more knowledge of specific areas where children and young people require more consistent and targeted support.

## **More details will be sent to you after registering for a course.**

***Course 1 - Introduction to Child & Adolescent Mental Health***  
*3<sup>rd</sup> & 4<sup>th</sup> December 2008 - 9.30am until 4.30pm*  
*Hebridean Housing Partnership - Board Room - Stornoway*

***Course 2 - Depression... issues for Children & Young People***  
*28<sup>th</sup> January 2009 - 3pm until 5pm*  
*Voluntary Action Lewis - Stornoway*

***Course 3 - Introduction to Child & Adolescent Mental Health***  
*18th & 25th February and 4th March 2009 - Evening Course*  
*Clinical Skills Area, Western Isles Hospital - Stornoway*

***Course 4 - Anxiety... issues for Children & Young People***  
*18th March 2008 - 3pm until 5pm*  
*Voluntary Action Lewis - Stornoway*

***Course 5 - Introduction to Child & Adolescent Mental Health***  
*18th March 2009 - 9.30am until 4.30pm*  
*Lews Castle College UHI, BARRA*

***Course 6 - Young People & Self-harm Awareness Raising***  
*19th March 2009 - 9.30am until 4.30pm*  
*Lews Castle College UHI, BARRA*

***Course 7 - Young People & Self-harm Awareness Raising***  
*14th May 2009 - 9.30am until 4.30pm*  
*Hebridean Housing Partnership - Board Room - Stornoway*

If you have any queries about the courses please contact  
Mike Sullivan 07887735810 or Janet MacKenzie 01851 708034  
[Mike.Sullivan@wihb.scot.nhs.uk](mailto:Mike.Sullivan@wihb.scot.nhs.uk) or [Janet.Kenzie@wihb.scot.nhs.uk](mailto:Janet.Kenzie@wihb.scot.nhs.uk)