



# HEALTHY TEEN MINDS

## 2018/2019 Training Guide

All trainings developed by [Healthy Teen Minds](#) are designed for professionals who work with young people and/or parents carers in various settings including schools, residential settings, youth projects, voluntary agencies and community organisations (including health visiting and policing).

They are aimed at professionals who want to:

1. Increase their knowledge and understanding of child and adolescent mental health
2. Develop practical strategies and ideas to apply to the young people with whom they work
3. Build confidence to support colleagues and parents/carers involved with these issues

All trainings are delivered by Robin Barker, a senior nurse working in Child and Adolescent Mental Health Services (CAMHS), who has over fifteen years experience working with young people in the United Kingdom and the United States in various roles including education, health and youth services. Robin has trained more than one thousand professionals working with children and young people since he started Healthy Teen Minds in 2013 and has built a reputation for his accessible expertise and energetic delivery.

**Below is a small sample of the feedback received:**

"I would like to say a big thank you for a very inspiring course, my staff were raving about how good you were" JM, School Manager



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"The training you delivered last week was both inspirational and informative. You managed to deliver such a difficult and emotive subject in such a humorous way, a true skill." JM, School Pastoral Team Leader

"I attended the training and very much appreciated your thoughtful and energetic delivery and most of all the pragmatic advice. I now feel that I can give some useful guidance to students and parents whereas previously I felt quite helpless." DA, Teacher

"I would like to share with you that I felt your morning training was probably the best I have ever been on. You made people feel relaxed very quickly and your technique for teaching was unique and unforgettable. Well done!" SC, Family Liaison Officer

### Contact:

If you have any further questions or would like to inquire about the cost for Healthy Teen Minds to deliver training on site to your team please contact Robin on the details below.

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Senior Mental Health Nurse

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# HEALTHY TEEN MINDS

## Understanding: Anxiety

A half-day introductory workshop to explore anxiety in children and young people

### Course Objectives & Benefits

By the end of the day participants will gain:

- Confidence to support colleagues and parents/carers working with young people with anxiety
- Awareness of the various types of anxiety including generalised, separation, social, phobia, panic and obsessive compulsive disorder (OCD)
- Greater insight into how young people might experience anxiety
- Practical strategies to engage and support young people with anxiety
- An overview of anxiety disorder assessment and risk management including appropriate referral pathways
- Information on treatment and care offered by CAMHS (Child & Adolescent Mental Health Services)

### Next Public Date:

Please contact Healthy Teen Minds for details on costings or to express interest in attending future training dates.



# HEALTHY TEEN MINDS

## Understanding: Eating Disorders

A half-day introductory workshop to explore the issue of eating disorders in children and young people

### Course Objectives & Benefits

By the end of the day participants will gain:

- Insight into the development of eating problems in young people
- An understanding of the different types of eating disorders and the signs and symptoms
- Practical strategies to engage and support young people with eating disorders
- Knowledge to aid early identification of eating disorders
- Confidence to support colleagues, parents/carers and young people in responding to eating disorders
- Information on treatment and care offered by CAMHS (Child & Adolescent Mental Health Services)

### Next Public Date:

Please contact Healthy Teen Minds for details on costings or to express interest in attending future training dates.



# HEALTHY TEEN MINDS

## Understanding: Self Harm

A half-day introductory workshop to explore the issue of self harm in children and young people.

### Course Objectives & Benefits

By the end of the day participants will gain:

- Greater insight into the minds of young people who self harm
- Awareness of the various types of self harm and their associated risks
- Practical strategies to engage and support young people who self harm
- Confidence to support colleagues and parents / carers working with young people who self harm
- An overview of self harm and overdose assessment and risk management including appropriate referral pathways
- Information on treatment and care offered by CAMHS (Child & Adolescent Mental Health Services)

### Next Public Dates

Friday 7 December 2018

Maidstone, Kent

Hosted by Kent Safeguarding Children's Board

Please contact [Kent Safeguarding Children's Board](#) for further details.



# HEALTHY TEEN MINDS

## Mental Health Masterclass

A one-day workshop to explore the emotional and mental health needs of children and young people.

### Course Objectives & Benefits

By the end of the day participants will gain:

- Develop an understanding of the common mental health difficulties for children and young people
- Understanding about depression, anxiety, psychosis and self-harm
- Knowledge to support the early identification of illness and risk
- Key approaches to supporting children and young people with mental health difficulties
- Practical strategies to promote emotional resilience and well-being
- Skills to improve engagement with young people
- Confidence to navigate the Child and Adolescent Mental Health System (CAMHS)

### Next Public Date:

Mental Health Masterclass is delivered exclusively as a whole team on site training for up to thirty members of staff. The morning session focuses on introducing additional mental health knowledge around common mental health illnesses and self harm. It explores scenarios in which staff frequently support young people with mental health needs. The afternoon session encourages staff to build on their knowledge by developing skills and techniques to support and improve communication with young people about their mental and emotional health needs.



# HEALTHY TEEN MINDS

## Navigating CAMHS

A half-day workshop to explore the challenges of navigating the Child and Adolescent Mental Health System (CAMHS).

### Course Objectives & Benefits

By the end of the day participants will gain:

- Confidence in supporting children and young people accessing CAMHS
- Understanding about how CAMHS assess risk
- Knowledge about referral routes and what to expect
- Information on treatment and care offered by CAMHS
- Practical strategies to engage and support young people's emotional well-being

### Next Public Date:

Navigating CAMHS is delivered exclusively as an on site for up to thirty members of staff.



# HEALTHY TEEN MINDS

## Bespoke Training

Healthy Teen Minds can also provide bespoke training and consultation based on your organisational needs.

### Past Examples:

- All staff presentations as part of school INSET days
- Workshops with safeguarding leads on early identification and risk assessment
- National mental health policy briefing to senior staff
- Review of existing mental health policies and procedures
- Supervision and staff well-being small group sessions

### Contact

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