

Free Training for School Staff



Funded by:



Thomas Whitham
Sixth Form



Monday 18th March 2019

Understanding and Supporting Young People with Low Mood and Depression

Who Is It For?

This session is aimed at primary and secondary school staff, especially SENCOs, pastoral leads, mentors, or any other staff with specific responsibility for pupils' emotional health. It is particularly relevant for schools developing a 'Designated Lead for Mental Health' role.

What Will I Learn?

- Understand low mood and depression in young people, what influences it and practical ways to help.
- Learn effective evidence-based strategies and share practical resources you can use with students
- Learn about effective motivational and solution-focused techniques you can use to improve engagement and confidence in pupils

This training session is **FREE OF CHARGE** for all primary and secondary school staff in Lancashire schools.

Date, venue and time: Monday 18th March, from 9.30am – 4.00pm at Thomas Whitham Sixth Form College, Burnley

This day is part of a comprehensive suite of sessions providing relevant training for the 'Designated Mental Health Lead' role in schools, as outlined in the recent government Green Paper.

For information on how to book a place, go to: <http://www.p-a-c.org.uk/projects/training/>

Who is providing the training?

The training is provided by the Lancashire Emotional Health in Schools Service. This service is a joint initiative between Lancashire County Council and Lancaster University, funded by LCC Public Health to provide training and support to Lancashire schools around children's mental health issues.

The day will be led by Dr. Richard Slinger, LEHSS Service Lead. Richard is an experienced clinical psychologist with many years' experience of working in NHS CAMHS and child psychology services, and extensive experience of working collaboratively with schools.

What will I learn?

This training day aims to increase understanding of low mood and depression in young people, and introduce you to ideas around how low mood develops, how to identify young people with mood difficulties, and the risks associated with this. We will discuss what helps, and you will be given practical strategies and resources to use with pupils that have been shown to be effective.

You will also be introduced to motivational and solution-focused approaches to talking to/working with young people, and learn how these can be helpful in improving pupils' confidence and motivation to engage and make positive changes.

All slides and resources, and additional training materials, will be available to download after the session, to enable attendees to cascade the training within their school settings.

Where is it being held, and how much does it cost?

This training is free of charge for anyone working in primary and secondary schools in Lancashire.

The training will take place at Thomas Whitham Sixth Form College, Burnley. We will provide refreshments, but lunch is not provided. Parking is free at the venue.

Please share this information with anyone else eligible to attend. Places are limited to 30 and will be allocated on a first come, first served basis.

What have previous attendees said about this training?

"The session was very accessible, relaxed and informative, and was pitched just right, focusing on how we can understand and help."

"I took away some clear strategies, tools and tips that I can implement right away with our students. The resource pack is fantastic."