

Primary Mental Health in Warwickshire

Warwickshire's Primary Mental Health Team is providing **FREE** Mental Health Awareness Workshops for universal professionals within North and South Warwickshire.

These introductory workshops aim to raise awareness of four key areas of child and adolescent mental health (ages 0-18 years):

Eating Disorders, Mood, Attachment, and Self-Harm.

In addition **Boomerang** Training will be available.

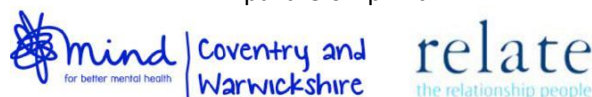
Places on the workshops are subject to availability. To book your place on a workshop or to discuss a bespoke workshop, please email:

Warwickshire.PMHT@covwarkpt.nhs.uk
(please include: Name, Role, Agency, Choice of Workshop/Date)

Please Note: our workshops are often over subscribed.

If you cannot attend our workshop please notify us 48 hours before the start of the course so that we can offer your place to another or send an alternative delegate. There will be a charge of £40 for non attendance at our workshop without prior notification.

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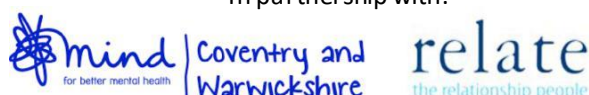
Eating Disorders Awareness

- To consider 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
- Explore positive messages and helpful ways to talk about eating disorders
- To explore real life case studies
- To understand when & how to access specialist services in relation eating disorders.

Eating Disorders Awareness Workshop Dates

Date	Venue	Time
1st October 2018	Foundation House	9am—12pm
4th October 2018	Benn Hall	9am—12pm
25th October 2018	Sacket Room	9am—12pm
7th February 2019	Dormer Place	9am—12pm
28th February 2019	Sackett Room	9am—12pm
28th March 2019	Benn Hall	am—12pm
10th June 2019	Foundation House	9am—12pm

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Mood Awareness

To consider 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 you can use to support a child or adolescent with a mood difficulty.

To understand when & how to access specialist services in relation to anxiety and depression.

Mood Awareness Workshop Dates

Date	Venue	Time
3rd December 2018	Foundation House	9am—1pm
4th April 2019	Dormer Place	9am—1pm
2nd May 2019	Sacket Room	9am—1pm
13th May 2019	Ratcliffe Centre	9am—1pm

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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.

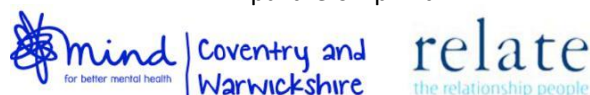
To explore alternative coping strategies for reducing self-harm behaviour.

To understand when & how to access specialist services in relation to self-harm.

Self Harm Awareness Workshop Dates

Date	Venue	Time
22nd November 2018	Bedworth Health Community Centre	9am—1pm
13th December 2018	Dormer Place	9am—1pm
31st January 2019	Benn Hall	9am—1pm
23rd May 2019	Benn Hall	9am—1pm
1st July 2019	The Ratcliffe Centre	9am—1pm

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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 & how to access specialist services in relation to attachment difficulties.

Attachment Awareness Workshop Dates

Date	Venue	Time
14th January 2019	The Ratcliffe Centre	9am—1pm
8th April 2019	Foundation House	9am—1pm
11th July 2019	Dormer Place	9am—1pm

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Boomerang Training

The Boomerang course is a resilience intervention aimed at children in school 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 the course you must have attended the PMHT Mood workshop and be actively working with children and young people

The course will be outlined and the expectation is that you will be able to deliver it independently

We will provide you with all the course material's to enable you to deliver the course

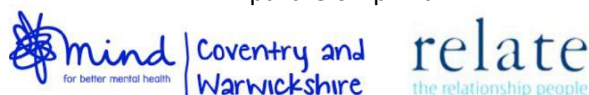
We will provide support to you whilst you deliver this course in your own setting

You will agree to share data with us in regards to this intervention.

Boomerang Workshop Dates

Date	Venue	Time
5th November 2018	The Ratcliffe Centre	9am—1pm
8th November 2018	Benn Hall	9am—1pm
4th March 2019	Foundation House	9am— 1pm
18th March 2019	The Ratcliffe Centre	9am—1pm
20th June 2019	Sackett Room	9am—1pm

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Venues

Benn Hall

Newbold Road
Rugby
CV21 2LN

The Ratcliffe Centre

Ratcliffe Road
Atherstone
CV9 1LF

Sackett Room Jepson House

Manor Court Avenue,
Nuneaton
CV11 5HX

Dormer Conference Centre

Dormer Place
Leamington Spa
CV32 5AA

Foundation House

144 Masons Road
Stratford Upon Avon
CV38 9NF

Bedworth Health Community Centre

181 Smorrall Lane
Bedworth, CV12 0JP

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