

Primary Mental Health Service

The Primary Mental Health Service are providing **FREE** Mental Health Workshops for professionals in Coventry. These workshops will address three key areas of child and adolescent mental health, including **Mood**, **Attachment**, **Self-Harm**, **Eating Disorders** and **Boomerang**.

Mood 9am-1pm	
2019	Tues 5th Feb (P)
	Tues 5th Mar (P)
	Tues 2nd April (P)
	Tues 7th May (P)
	Tues 4th June (P)

Attachment 9am-1pm	
2019	Tues 22nd Jan (P)
	Tues 12th Mar (BG)
	Tues 9th April (P)
	Tues 14th May (P)
	Tues 11th June (P)

Self-Harm 9am-12noon Level 1 & Level 2	
2019	Tues 29th Jan (1) (P)
	Tues 26th Feb (2) (P)
	Tues 26th Mar (2) (P)
	Tues 18th June (1) (P)

Eating Disorders 9am-1pm	
2019	Tues 19th Mar (P)
	Tues 25th June (P)

Boomerang 9am-1pm	
2019	Tues 21st May (P)
	Tues 2nd July (P)

BG = Bell Green Family Hub, Roseberry Avenue, Bell Green, Coventry, CV2 1NE
P = Paybody Building, behind City of Coventry Health Centre, 2 Stoney Stanton Road, Coventry, CV1 4FS
CC = Caludon Centre, Clifford Bridge Road, Coventry, CV2 2TE

Places on the workshops are subject to availability.
 To book your place on a workshop or request a bespoke training session
 please email Coventry.PMHS@covwarkpt.nhs.uk
 (You will then receive a booking form to complete and return)

In partnership with:



Coventry and
Warwickshire



Primary Mental Health Service

Workshop objectives:

Mood

- To consider the definitions of anxiety and depression
- Explore the physical symptoms of anxiety and depression - what do they look like? What are the warning signs?
- To consider how anxiety and depression develop and are maintained over time
- To consider strategies you can use to support a child or adolescent with an mood related disorder
- Understand when & how to access specialist services in relation to anxiety and depression

Attachment

- To provide an overview of attachment
- To highlight the difference between attachment difficulties and attachment disorders
- To discuss the consequences of maltreatment, including trauma
- Explore how attachment difficulties impact upon learning, education and social development
- Strategies for working with CYP
- To discuss support available for signposting CYP

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.
- To explore alternative coping strategies for reducing self-harm behaviour.
- To identify support available for CYP and when to refer on.

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 and how to access specialist services in relation to eating disorders

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 materials 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.