



Train the Trainer

Train the Trainer sessions will be run for small groups across Essex between now and February 2011.

This approach will develop staff from localities who are confident and would like to train colleagues. The 'Train the Trainer' sessions will be delivered by an experienced Enable East team. In this one day session, you will receive a copy of the full toolkit resource, and learn about using the resources in a flexible style to meet the needs of your colleagues locally.



enableeast

Enable East is an exciting university-accredited NHS Team with specialist skills and expertise in delivering effective programmes and projects across health and social care. We have a long track record of hands-on-delivery of projects and programmes in the public sector. We have strong links to government departments, national and even international agencies, and are partners with the University of Essex.



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New Beginnings

**A tool kit for
Mental Health Training
for the Children and
Young People's
Workforce in Essex**

New Beginnings

MENTAL HEALTH TRAINING FOR THE CHILDREN AND YOUNG PEOPLE'S WORKFORCE IN ESSEX

This exciting development

The Enable East team is working in partnership with Essex as part of children's workforce development. Together with our associates in Cernis we have developed this toolkit to be a flexible and sustainable resource to meet Essex's needs.

The Enable East team members are experienced in professional development across mental health and children's services. We will be bringing the Train the Trainer sessions to local venues to improve access and develop trainers around the extended schools clusters.



The National CAMHS Review (2008) states that the whole of the children's workforce should be appropriately trained in emotional health and wellbeing. Essex is leading the way by commissioning Enable East to develop a toolkit resource suitable to deliver bespoke training across the county. Specifically for:

- Schools workforce, including special schools
- Social care child protection teams
- Health Visitors and school nurses

Other members of the children's workforce apart from those specifically mentioned above will be considered.



The toolkit will be cascaded locally through a 'Train the Trainers' mechanism to promote access and sustainability of this exciting new resource.



What's in the Toolkit?

The toolkit comprises 6 stand-alone modules with a range of evidence based handouts and activities with specific learning outcomes to enable flexibility to meet the needs of staff from a range of backgrounds. The modules are:

- ❖ The structure, role and function of CAMHS
- ❖ Understanding mental health and emotional well being
- ❖ Child and adolescent development
- ❖ Responses to mental health difficulties and emotional problems
- ❖ Learning disability
- ❖ Substance Misuse

Interested in attending or hosting a Train the Trainer session?
Then please contact: enableeast@enableeast.org.uk

