

Training Opportunities for the Children and Young People's (CYP) Mental Health Workforce 2022/23



**Health Education England (HEE), National Mental Health Programme,
Children and Young People (CYP)**

Training Opportunities for the Children and Young People's Mental Health (CYP MH) Workforce 2022/23

This brochure includes all of the HEE commissioned upskilling courses across CYP MH that are available in 2022/23.

This brochure covers:

- CYP MH Crisis Training Opportunities
- CYP MH Inpatient Training Opportunities
- CYP MH Eating Disorder Opportunities
- CYP MH Wider Workforce Upskilling Opportunities
- Useful Resources



All training opportunities included within this brochure is either funded by HEE or is free online learning.

Some of the training within this brochure is available now and booking links have been included for those courses. There are a number of training courses that will become available between January - March 2023. HEE will share information about the training via email to HEE Regional Leads as and when the training becomes available.

If you have any questions about any of the training within this brochure, please contact mentalhealth@hee.nhs.uk

To find out more about the HEE CYP MH programme, please visit the [HEE CYP MH webpage](#)

CYP Crisis Training Opportunities

- CYP Crisis Pathway Training (slide 4-8)
- We Can Talk (slide 9)
- Crisis Telephone Lines Foundation Training (slide 10)
- Training to support Young Black Men in Crisis (slide 11)
- Training to support Young LGBTQI+ People in Crisis (slide 12)

Crisis Pathway Training

Delivered by Anna Freud Centre

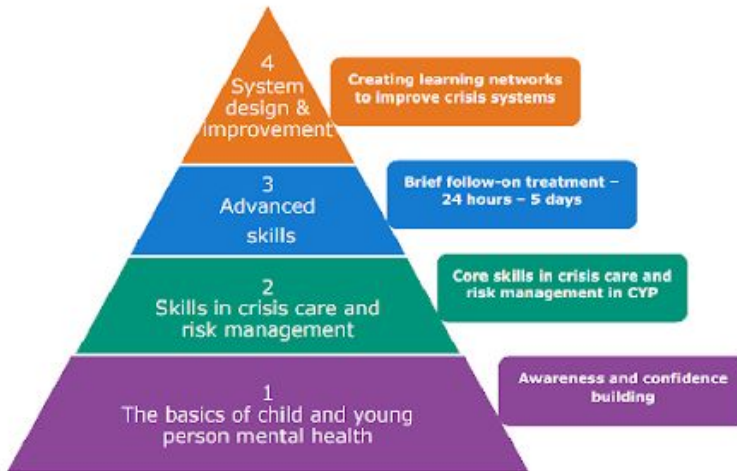


Health Education England



The Anna Freud National Centre for Child and Families offers training for those working with Children and Young People Crisis Pathway services in England. This includes those working within the adult crisis workforce who at times cover crisis care for children and young people e.g., out-of-hours.

The training is free, commissioned by Health Education England. Four training modules are on offer, to meet different levels of need. It is envisioned that some members of the workforce will attend multiple modules, depending upon their role within the service.



Crisis Pathway Training



Health Education England

Two versions of module 1 are available, geared towards different audiences.

Module 1a: An introduction to child and young person crisis mental health: for admin staff

Course content

- the impact of trauma on CYP
- Mental disorder in CYP
- Common crisis presentations in CYP
- Understanding CYP service systems
- Talking to CYP in crisis and their parents/ carers
- Risk management

Who is this course suitable for?

Administrators, receptionists, secretaries

Course length

2 days

[Book a place here](#)

Module 1b: An introduction to child and young person crisis mental health: for non-registered staff working with CYP and families

Course content

As above, but with greater emphasis on applying the learning to direct work with children, young people and families

Who is this course suitable for?

Non-registered staff who work with CYP e.g. support workers, call handlers, nursing assistants

Course length

2 days

[Book a place here](#)

Module 2: An introduction to child and young person mental health: for clinical staff

This 1-day course is for clinicians who are either new to child and young person crisis mental health or who work primarily in adult services but cover child and young person crisis services at times. Participants will learn about common crisis presentations in children and young people as well as how to understand and navigate the often complex service ecologies around them.

Course content

- Trauma informed practice
- Presentation of mental disorder in CYP and how it may differ from that in adults
- Common crisis presentations of CYP
- Needs of CYP with ASD in crisis
- Talking to CYP in crisis and their parents/ carers
- Understanding the legal framework around CYP's health and social care
- Understanding and working within CYP service systems

Who is this course suitable for?

Clinical staff not experienced or trained in child and adolescent mental health

Course length

1 day

[Book a place here](#)

Module 3: AMBIT (Adaptive Mentalization Based Integrative Treatment) as a team approach to crisis care and risk management

AMBIT is a mentalization-based team approach that supports teams to maintain effective practice despite the inevitable impact that high levels of risk and complexity can have on team and system functioning. Participants will receive post training supervision in small groups to support implementation in practice

Course content

- Mentalization
- Applying mentalizing to supporting CYP in crisis, working across complex systems and supporting worker mentalizing in the context of high-stress, high risk situations

Who is this course suitable for?

All clinical staff

Course length

4 days + half day follow-up practice integration session

[Book a place here](#)

Module 4: Motivational Interviewing and Mentalizing: brief treatment and planning in crisis care

This 2-day course presents a model for the provision of brief follow-on treatment by child and young person's crisis pathway teams. Participants will receive post training supervision in small groups to support implementation in practice.

Course content

- The core principles and practices of motivational interviewing
- Theoretically underpinned by an understanding of mentalizing and its role in rapidly establishing therapeutic alliance and in supporting change
- Mentalizing ambivalence around change and adapting ones discourse to meet CYP where they are
- An MI and mentalizing approach to collaborative planning of care post-crisis

Who is this course suitable for?

Clinical staff providing brief follow-on treatment from 24 hours to five days

Course length

2 days + half day follow up practice integration session

[Book a place here](#)

We Can Talk



Delivered by People Unlimited (previously Healthy Teen Minds) Health Education England

Children and young people's crisis mental health training package for staff in acute hospital settings



Training for staff working **in acute settings** to improve mental health crisis support for children and young people and improve the competency and confidence of professionals caring for children and young people with mental health needs.

HEE has funding confirmed until 2023/24 to support roll out of this package nationally.

The funded training offer for acute hospitals includes:

1. Short-course (one-hour) Fundamentals of Compassionate Care training is immediately available to all NHS staff by signing up for a free learning profile at www.wecantalk.online/register.
2. A six-month bespoke support package for acute trusts is also available for a limited number of Trusts nationally, from April 2022. This includes additional online learning via our Core Curriculum (6 hours self-directed, co-produced training), bespoke support from the programme team to design and implement quality improvement initiatives and funding to protect staff time to lead on these projects within your organisation.

Cohorts run twice per year and the next intake will be April 2023.

Please email team@wecantalk.online for further information.

Crisis Telephone Lines Training



Delivered by People Unlimited (previously Healthy Teen Minds), The Crisis Tools Academy

Health Education England

Crisis

Tools

Designed for **crisis line workers** who want to improve their confidence, knowledge and skills when providing mental health care over the phone to young people in mental health crisis. Learners will already be providing a level of telephone support to young people in crisis and as before, priority will be given to NHS organisations.

The learning is delivered across four workshops (three hours each) delivered by young people and mental health experts.

The online Crisis Tools Academy is unique as it is co-designed and co-delivered by young people with lived experience and clinical experts.

Key learning points are:

- Workshop 1: What we need you to know
- Workshop 2: Starting the conversation
- Workshop 3: So, you want to talk about risk?
- Workshop 4: How to end the conversation

Each workshop will be split into two parts: a seminar and a reflective learning set.

Training is expected to be delivered from Jan 23. Further details will be provided by HEE in due course.

Training to support Young Black Men in Crisis



Developed by People Unlimited (previously Healthy Teen Minds) Health Education England

Building on the success of the core Crisis Tools launched in August 2021, HEE has worked with People Unlimited in partnership with 42nd Street, working with young people with lived experience, to launch an extension of Crisis Tools. The Crisis Tools learning **guides are for anyone that supports young people in a mental health crisis**. The four Learning Guides cover key themes including attitudes, communication, practical strategies and complexities when delivering care remotely, all from the perspective of the young men who created them.

Crisis

Tools



Understanding our perspective

This introductory module to the Learning Guides looks at specific challenges and obstacles that young black men face in accessing mental health crisis support.

Barriers to access

This module examines why young black men may not access mental health services in the same way as others do. We will also look at the importance of language when supporting young black men in crisis.

What we need crisis services and practitioners to know

This module examines what young black men need from mental health services that we access when in crisis.

Top tips from young Black men

This module looks at some practical aspects that can help when young black men reach out for support in a mental health crisis.

Training to support LGBTQI+ in crisis



Health Education England

Developed by People Unlimited (previously Healthy Teen Minds)

Building on the success of the crisis tools and the resources to support young black men in crisis, Health Education England has commissioned People Unlimited to co-design training with young advisors, which is specific to young LGBTQ+ people that are in a mental health crisis.

This training will be available in Spring 2023.

Crisis

Tools

CYP MH Inpatient Training Opportunities

- Healthcare Support Worker Certificate e-learning modules (slide 14)
- Core Whole Team Inpatient Training (slide 15)
- Eating Disorder Training (extension to the Core Whole Team Training) (slide 16)

Aligned to the CYP MH Inpatient Competency Framework, the HCSW Certificate will identify core skills and knowledge requirements for healthcare support staff within children and young people's mental health inpatient units. There are 6 e-learning modules designed to improve quality of care for children and young people.

Who is this training for?

The Healthcare Support Worker Certificate is designed for healthcare support staff who provide care as part of a team within a children and young people's (CYP) mental health inpatient service. This could include a General Admissions Unit (GAU), Psychiatric Intensive Care Unit (PICU), Eating Disorder Units (EDU), Low Secure Units (LSU), Medium Secure Units (MSU), Units (under 13's).

This training is free and can be accessed at any time via elearning for healthcare's Hub. To access the online learning, FAQs and to find out more, visit the [Healthcare Support Worker Certificate – Children and Young People's Mental Health Inpatient Settings webpage](#).

Healthcare Support Worker Certificate –
Children and Young People's
Mental Health Inpatient Settings



CYP Inpatient – Core Whole Team Training



Health Education England

HEE have commissioned training providers to deliver this training; supporting transformation of existing inpatient services by adopting and adapting team-based training for staff. The training provides assessment and treatment based on best evidence, that is outcomes focused and co-produced with young people and families.

Core features of the training include:

- Recognition of the importance of providing sustained and appropriate therapeutic milieu alongside the delivery of effective formulations that enable therapeutic interventions and approaches in the different settings within the CYP care pathway.
- Supporting adoption of a whole team training ethos designed to a standardised national training curriculum, aligned with the CYP IAPT principles: increased participation and co-production, a focus on jointly agreed outcomes, accountability, increased accessibility and evidence-based practice and awareness.
- Providing consistency and effectiveness in approaches, methods and interventions delivered in inpatient settings, including group approaches.
- Reducing unwarranted variation as much as possible in access, effective treatment modalities, quality comprehensive formulations and patient outcomes in inpatient settings.
- Ensuring clinically appropriate lengths of stay.

Who is the training for?

The training is available for any staff member, across all banding levels, that work in a CYP-MH Inpatient unit.

Who delivers the training?

- Greater Manchester Mental Health Foundation Trust
- Associate Development Solutions
- University College London / Anna Freud Centre
- University of Exeter
- University of Reading

Please contact your HEE Regional Lead for further information.

CYP Inpatient – Eating Disorder Training



Health Education England

Health Education England (HEE) and NHS England (NHSE) have developed this eating disorder training to increase awareness and competencies on managing eating disorders for staff working as part of an inpatient team. Following the COVID-19 pandemic, there has been a large increase in presentations for eating disorders in children and young people. The training was developed with a group of subject matter experts including professionals, and young people and parents with lived experience. The training is in addition to the Core Whole Team Inpatient Training.

Unit 1: Introduction

This unit will give a brief introduction to eating disorders from the young person (and their family's) perspective to build skills to work more collaboratively with them.

Unit 2: Practical Application

This unit will look at the management of issues which arise in the context of eating disorders. It will look at our understanding of eating disorders and applying these to practice to help build skills to address eating disorders within an inpatient setting

Unit 3: Application to context

This unit aims to focus on how to manage issues that commonly arise with eating disorders within an inpatient unit when eating disorders present with complex co-occurring disorders.

Unit 4: Managing Eating Disorders

The final unit will focus on conditions where eating problems can present as part of other mental health diagnoses such as learning disabilities and autism which can impact on routine inpatient care.

Who is the training for?

All staff working with Children and Young People (CYP) in a mental health inpatient setting.

Who delivers the training?

- Greater Manchester Mental Health Foundation Trust
- Associate Development Solutions
- University College London / Anna Freud Centre
- University of Exeter
- University of Reading

CYP Eating Disorder Opportunities

- **Avoidant Restrictive Food Intake Disorder (ARFID) Training (slide 18)**
- **Family Therapy for Anorexia Nervosa (FTAN) (slide 19)**
- **4-Day Whole Team Training (slide 20)**
- **MindEd Resources Hub (slide 21)**
- **Eating Disorder Simulation for CYP (slide 22)**



Avoidant Restrictive Food Intake Disorder (ARFID)



Delivered by South London and Maudsley NHS
Foundation Trust

Health Education England

Aims of the programme:

- Participants will understand, and where appropriate be able to make, a correct diagnosis of ARFID, to include being able to distinguish between ARFID and other clinical presentations with restricted eating.
- Participants will understand the rationale for, and as appropriate be able to apply, a structured approach to clinical assessment which delivers the information required to make a diagnosis of ARFID and to plan appropriate treatment.
- Participants will develop confidence in decision making regarding the use of optimally targeted treatment and management interventions in a range of settings.
- Participants will understand the heterogeneous nature of ARFID presentations and the relevance of tailored approaches to intervention.
- Participants will acquire up to date knowledge about the published literature on ARFID.

Who is this training suitable for?

Clinicians working within Adult and CYP eating disorders teams

Duration and mode of delivery

The training will be delivered via Zoom. The training will be on two whole days over two weeks per cohort (one full day per week). It will include a combination of live didactic presentation with question-and-answer sessions to ensure points of clarification can be raised by those attending.

The training will be delivered to 7 cohorts (one per NHS England Region) both for clinicians working within Adult and CYP eating disorders teams (Total of up to 14 cohorts for CYP and Adult services). Each cohort will include a maximum of 96 from a range of professional disciplines.

The training will commence in January 2023 and further details will be communicated via HEE in due course.

Family Therapy for Anorexia Nervosa (FTAN)

Delivered by South London and Maudsley NHS
Foundation Trust

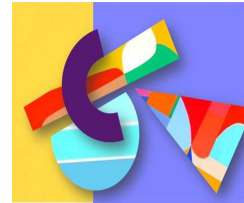
Health Education England

In collaboration with the Maudsley Centre for Child and Adolescent Eating Disorders, this intensive 4-day training provides an overview of the Family Therapy for Eating Disorders model (FTAN).

Aims of the programme:

To promote evidence-based practice in the treatment of Eating Disorder (NICE Guidelines, 2017).

- To present the research and theoretical underpinning of this approach and to illustrate how the theory relates to the practice.
- To offer an overview of the ethos, theoretical and clinical base for the approach with a strong emphasis in multi-disciplinary team (MDT) working.
- To illustrate through facilitative group participation how families engage in treatment by using psycho-educational and therapeutic techniques relevant to treating eating disorders.
- To provide participants with the skills, knowledge and confidence in order to apply this model to their relevant clinical setting



Who is this training suitable for?

Clinicians working within a multi-disciplinary child and adolescent eating disorders team, who hold clinical responsibility (i.e. Psychiatrists, Family Therapists, Psychologists, Psychotherapists, Nurse Specialists). Dieticians, Paediatricians and other professionals working within the team could attend with their colleagues.

Duration and mode of delivery

5 cohorts delivered between January-March 2023 of 4 half-days intensive programme for up to 35 clinicians per cohort. This training will be delivered remotely.

Further details will be communicated via HEE in due course.

4-Day Intensive Foundation Practitioner Training in Eating Disorders in Children and Young People (Whole Team Training)



Delivered by Central and North West London NHS
Foundation Trust

Health Education England

This 4 day in depth training on eating disorders is designed to widen knowledge and skills required to provide optimal evidence based treatment for children and young people (CYP) with eating disorders.

Aims of the programme:

- to equip CYP ED team members with basic knowledge and skills needed to provide an expert eating disorders service and to support strong team development
- to create a consistent treatment context in which empirically supported (NICE concordant) treatments can be delivered
- to support the development of a team philosophy that encourages:
 - ongoing learning and development as a team
 - a culture of collaboration with young people and families
 - the incorporation of routine measurement of outcomes into team clinical practice
 - a shared philosophy of treatment that incorporates knowledge of current best evidence about treatment effectiveness

Who is this training suitable for?

Practitioners in CYP mental health or paediatric services caring for CYP with eating disorders and their families/carers. The focus will be on community care, including medical stabilisation, rather than inpatient psychiatric care. Course materials are designed for practitioners new to working in eating disorders but may also be valuable for professional development for more experienced CYP eating disorders practitioners.

Duration and mode of delivery

The training will be delivered over four days in hybrid format (2 days online, 2 in person).

The training will be accessible to teams throughout England by delivering one cohort in the South (London) and one cohort in the North (Leeds).

The training will be delivered in January and March 2023. Further details will be provided by HEE in due course.

MindEd Resources Hub

MindEd is a free, open-access resource aimed at equipping professionals and members of the public with evidence-based eLearning and resources about the mental health of children and young people. MindEd currently has seven CYP eLearning sessions, all of which are signposted to through the [Learning Resources Hub](#).

The [eating disorders tips and resources](#) will develop the knowledge, confidence and capabilities of healthcare professionals to identify and support adults and older people, and children and young people, with eating disorders.

Eating Disorders Hub

The hub is user-friendly and easily signposts the user to the content relevant for their specific needs.

Tips for Children & Young People - Feeding & Eating Disorders

Developed for professionals working across healthcare; from primary and universal care, to hospital general paediatric services, through to specialist Child and Young People Mental Health Services (CYPMHS).

CYP Feeding Problems and Eating Disorders Learning Resource Hub for professionals working with CYP.

This will collate evidence-based learning resources on CYP feeding problems and eating disorders.

Eating Disorder Simulation Training for CYP ED staff



Health Education England

Delivered by South London and Maudsley NHS
Foundation Trust

At the end of this training, learners will:

- Have improved understanding of different eating disorders.
- Feel more confident in managing the complexities of patients presenting with eating disorders (both physical and mental health)
- Have an increased understanding of legal frameworks that may be relevant to individuals suffering with an eating disorder.
- Feel more confident in how to interact and support an individual suffering with an eating disorder individually and as part of a team.

Who is this training suitable for?

Nurses, Doctors, Healthcare Assistants, Support Workers, Occupational Therapists, Dieticians.

Sectors:

This training is available to anyone who works with children and young people with an eating disorder in Acute Hospitals, Mental Health, Local Authorities, and Primary Care.

This training will be available in Q4 22/23. Further detail will be circulated via HEE.

Wider Workforce Upskilling Opportunities

- **Children and Young People's Mental Health Wider Workforce Training Pilot (slide 24)**
- **Parent Carer Peer Support (slide 25)**

Children and Young People's Mental Health Wider Workforce Training Pilot



Health Education England

Delivered by Anna Freud Centre. Co-designed with the Charlie Waller Trust and National Children's Bureau



The purpose of this programme is to equip the multi-professional children's workforce with the understanding, knowledge and skills to support early identification of and provision of help for children, young people and families with mental health needs. This training will be delivered from January 2023 as a pilot, working with two ICS's, and an evaluation will take place before any further national roll out.

Aims of the programme:

- Apply the THRIVE framework to address the national gap in the number of workers trained to provide mental health and emotional wellbeing support in the 'getting help' domain.
- Collaborate across statutory, voluntary and service user stakeholder groups.
- Coproduce a training model and package that is needs-led, accessible and sustainable.
- Deliver a children's workforce mental health training that builds their capacity and promotes a shared, cross-sector language for child mental health.
- Complement existing 'self-serve' and paid for training and resource offers to the children's workforce.

Who is this training suitable for?

Any professional, practitioner or volunteer working directly with children, young people, parents and carers, whether occasionally, regularly or irregularly but intensively, or predominantly.

Duration and mode of delivery

Delivered as live, online classroom-style webinars for up to 100 delegate per session.

The training package will consist of up to three 2-hour webinars, delivered over four to six weeks, with brief inter-session tasks for delegates to embed their learning. Additional resources and signposting to complete the programme is expected.

Parent Carer Peer Support (PCPS)

Developed by The Charlie Waller Trust, Charlie Waller Institute and Cellar Trust

HEE is funding free training for lived experience led, professionally supported parent carer peer support workers (PCPS) in children and young people's mental health, in recognition of the growing demand across the country for this new workforce to ensure they and their supervisors have the knowledge and skills required to provide sound, effective help in their communities.

What will the course cover?

- Reflective practice and use of supervision
- Diversity and inclusion
- Understanding and navigating the children and young people's mental health system
- Managing groups
- Co-production and the shared lived experience
- Safety and self-care
- Endings, transitions and new beginnings

Duration and mode of delivery

- Half-day online training sessions provided by University of Reading or Northumbria University
- 30 hours of self-directed learning on topics relating to the work
- Each session will be facilitated by a parent or carer with lived experience and a children and young people's mental health professional



The PCPS training will commence in January 2023. Further details about the training, the application process and how to apply, as well as additional work the Charlie Waller Trust are doing around parent carer peer support, can be found at <https://charliewaller.org/parent-carer-peer-support/pcps-training>

Useful resources



Health Education England

HEE STAR

