



Perth & Kinross Community Planning Partnership

Mental Health & Wellbeing

Training Directory

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MENTAL WELLBEING AND MENTAL HEALTH

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MENTAL WELLBEING AND MENTAL HEALTH			
<u>MINDSET</u>			
Learning Outcomes			
<p>Better understanding of mental health and mental ill-health. De-mystifies mental health and addresses stigma Package includes lots of links to helpful resources, helplines etc. Certificate is produced on completion.</p>			
Description of Course			
<p>Six sections are covered:</p> <ul style="list-style-type: none"> • Positive mental health • Mental health problems • Stigma • Recovery • Suicide • Mental health inequalities 			
Organisation Contact details Cost (if applicable)	www.taysidemindset.org.uk On-line self-study package NHS Tayside Contacts: deborah.gray@nhs.net mindset.tayside@nhs.net	Who is the Training For - Target Group and Availability	Anyone - No restrictions on access

MENTAL WELLBEING AND MENTAL HEALTH			
<u>POSITIVE STEPS</u>			
Learning Outcomes			
<p>Better understanding of:</p> <ul style="list-style-type: none"> • What Mental Wellbeing (MWB) means • Influences on MWB • How to protect and promote MWB 			
Description of Course			
40 – 60 mins, Presentation, Discussion, Reflection			
Organisation Contact details Cost (if applicable)	Deborah Gray (NHST Public Health) deborah.gray@nhs.net	Who is the Training For - Target Group and Availability	Usually delivered to NHS staff groups but also available to other groups e.g. Carers

MENTAL WELLBEING AND MENTAL HEALTH

SCOTLAND'S MENTAL HEALTH FIRST AID (ADULTS)

Learning Outcomes

Scottish Mental Health First Aid aims to help participants:

- To preserve life
- To provide help to prevent the mental health problem or crisis developing into a more serious state
- To promote the recovery of good mental health
- To provide comfort to a person experiencing stress
- To promote understanding of mental health issues

The course is designed to teach people how to support a person developing a difficulty with their mental health or in a mental health crisis. The first aid is given to provide comfort and preserve life until appropriate help is received or until the crisis resolves.

NHS Health Scotland Certificated Course.

Description of Course

12 hour course, either 2 x 6-hours or 4 x 3 hours

Sections are divided into one or two hour sessions.

Trainers can divide the sessions into various formats.

Six one hour sessions:

A - Scotland's Mental Health First Aid;

B - Attitudes;

C1 - Recovery (30 minutes)

C2 - Alcohol and drugs (30 minutes);

D - Suicide;

E - Listening skills;

F - Self harm;

Three two hour sessions:

G - Depression

H - Anxiety

I – Psychosis

Organisation Contact details Cost (if applicable)	Delivered by a multi-agency network of instructors. For details and course dates contact: Tayside Mental Health First Aid Administrator smhfa.tayside@nhs.net	Who is the Training For - Target Group and Availability	It has proved successful with members of the general public and different professional groups, including teachers, health workers, front line public sector and voluntary sector workers
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MENTAL WELLBEING AND MENTAL HEALTH			
<u>MENTALLY HEALTHY WORKPLACES</u>			
Learning Outcomes			
Some of the things that help promote mental wellbeing in the workplace, like allowing adequate breaks and keeping an eye on staff workloads, are obvious to most and should be on any manager's watch list. But beyond that, what works and what doesn't? What about accommodating staff who have a disability relating to a mental illness? How should managers and work colleagues behave towards staff members who have become ill?			
Description of Course			
Nationally accredited course materials and trainers			
Organisation Contact details Cost (if applicable)	Healthy Working Lives, NHS Contact: Pat Davidson patdavidson@nhs.net	Who is the Training For - Target Group and Availability	Managers in public private and voluntary sector

MENTAL WELLBEING AND MENTAL HEALTH			
<u>NES PSYCH: EMOTIONS MATTER</u>			
Learning Outcomes			
The aim of this resource is to increase understanding and awareness of the psychosocial implications of living with a long term condition as well as provide some skills that will enable holistic, collaborative and person centred care.			
Description of Course			
Be able to reflect on routine clinical practice and identify the personal impact of working with people with long-term conditions. Online LearnPro Platform.			
Organisation Contact details Cost (if applicable)	NHS Learning Zone	Who is the Training For - Target Group and Availability	NHS Staff - Emotion matters is for all health and social care professionals working with adults with long term physical health issues. A resource for working with children has been developed by NHS Education for Scotland's Children and Young Person's team in the Psychology Directorate.

MENTAL WELLBEING AND MENTAL HEALTH			
<u>MOODJUICE</u>			
Learning Outcomes			
<p>Self help resource site with information, and ready -to -print core guides on a range of common mental health problems: including anxiety, depression, panic, stress, anger, PTSD, OCD, social phobia, sleep problems etc. There are also Problem Solving guides. It gives advice and info on agencies, books, relaxation.</p>			
<p>Organisation Contact details Cost (if applicable)</p>	<p>http://www.moodjuice.scot.nhs.uk on-line self-help package NHS Any enquiries in Tayside, contact: Anne Joiner, 01382 346162 or email Tay-UHB.beatingtheblues@nhs.net</p>	<p>Who is the Training For - Target Group and Availability</p>	<p>No restrictions on access Can be used by someone suffering from mild to moderate mental health problems</p>

MENTAL WELLBEING AND MENTAL HEALTH			
<u>BEATING THE BLUES</u>			
Learning Outcomes			
<p>Computer-based self help programme consisting of 8 sessions, which uses Cognitive Behavioural Therapy. Sessions can be arranged to be used from a home computer or across one of the various sites throughout Tayside.</p>			
Description of Course			
<p>The service is free to anyone living within Tayside who suffers from mild to moderate depression and/or anxiety.</p>			
<p>Organisation Contact details Cost (if applicable)</p>	<p>Contact your GP or Mental Health worker for referral to the programme. Website: www.beatingtheblues.co.uk Further information: Contact Anne Joiner Tel: 01382 346162 or email: Tay-UHB.beatingtheblues@nhs.net</p>	<p>Who is the Training For - Target Group and Availability</p>	<p>Criteria applicable when using from a home computer otherwise no restrictions on access. Can be used by anyone aged 16 years or over, suffering from mild to moderate depression and/or anxiety.</p>

MENTAL WELLBEING AND MENTAL HEALTH			
<u>ANXIETY MANAGEMENT TRAINING</u>			
Learning Outcomes			
6 week course that teaches individuals how to recognise their own symptoms of anxiety and a variety of strategies and coping mechanisms to overcome these.			
Description of Course			
6 weeks / 1 hour per week. The course content can be delivered in shorter condensed sessions if required.			
<ul style="list-style-type: none"> • To be informed about and to be able to recognise personal symptoms of anxiety • To learn strategies and techniques to combat symptoms • To be able to apply strategies and techniques successfully and sustainably 			
Organisation Contact details Cost (if applicable)	David Kydd The Wellbeing Support Team – Blairgowrie 01250 874217 DKydd@pkc.gov.uk <i>Free of Charge</i>	Who is the Training For - Target Group and Availability	People 16+ who reside in rural Perthshire and are experiencing problems with anxiety. Please phone to discuss.

MENTAL WELLBEING AND MENTAL HEALTH			
<u>STRESS MANAGEMENT – OPEN TO ALL</u>			
Learning Outcomes			
6 week course that teaches recognition of personal stressors, stress management techniques and lifestyle changes to promote wellbeing.			
Description of Course			
6 weeks / 2 hours per week The course content can be delivered in shorter condensed sessions if required.			
<ul style="list-style-type: none"> • Recognise the things that cause you stress • Learn how to combat stress • Learn how lifestyle changes can promote wellbeing 			
Organisation Contact details Cost (if applicable)	David Kydd THE WELLBEING SUPPORT TEAM – BLAIRGOWRIE 01250 874217 DKydd@pkc.gov.uk <i>Free of Charge</i>	Who is the Training For - Target Group and Availability	People 16+ who reside in the rural Perthshire area and are experiencing stress. Course open to all, please phone to discuss.

MENTAL WELLBEING AND MENTAL HEALTH

POST-TRAUMATIC STRESS DISORDERS

Learning Outcomes

It provides a general introduction to the topic of trauma and encourages trauma- informed care. It may also provide a good foundation for those attending trauma-focussed skills-based training.

On completion of this module you should be able to:

- Understand the difference between Post-traumatic Stress Disorder (PTSD) and Complex PTSD
- Explain what Post-traumatic Stress Disorder is
- Describe a range of reactions to traumatic experience
- Identify risk factors for developing mental health difficulties as a result of exposure to trauma
- Understand the difference between Trauma-Informed and Trauma-Specific Services
- Be aware of recommendations for the treatment of traumatic stress disorders in adults
- Know some helpful things to say to a trauma survivor

Description of Course

People who have had traumatic experiences, both recent and historical, can present in different ways to health services. Not all survivors of trauma will develop psychological problems, and not all of those who develop problems, will seek help from mental health services. Sometimes a survivor's main point of contact with the NHS may be with a clinician whose main focus is their physical health. An understanding of trauma and its effects can therefore be helpful in facilitating the patient's journey and identifying when further support and intervention may be needed.

Organisation Contact details Cost (if applicable)	NHS Learning Zone access via NHS Intranet .	Who is the Training For - Target Group and Availability	NHS Staff - This module is for people who work in general health settings as well as for those in mental health services.
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MENTAL WELLBEING AND MENTAL HEALTH

MINDFULNESS BASED LIVING COURSE

Learning Outcomes

Cultivating mindfulness allows us to be more present in our lives, to know what is happening when it is happening. Mindfulness training makes us aware of our senses and our emotions. We learn to still the mind and body with meditation techniques including sitting, walking, visualization and movement. It involves the practise of meditation, which helps us become aware of how we are in the present moment. It can help us deal with the stresses in life that can lead to both physical and mental illness.

Participants will learn through practising these techniques both in the group and at home. They will learn, through the gentle process of inquiry, how to look at and value their own experience.

There is also a practice group open on a drop in basis to all, on the 3 rd Friday of every month, details on Mindfulness Perth facebook page.

The trainer also offers 1 to 1 Mindfulness and groups by arrangement.

Description of Course

8 weeks. This will include a practice manual and recordings for home practice.

Organisation Contact details Cost (if applicable)	Email: cataitk@gmail.com Telephone: 07769584163 Perth Yoga Studio Old Academy Building, 7 Rose Terrace, PERTH PH1 5HA,	Who is the Training For - Target Group and Availability	Open to anyone
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MENTAL WELLBEING AND MENTAL HEALTH			
<u>AUTISM AWARENESS TRAINING</u>			
Learning Outcomes			
Staff should be more knowledgeable about autism. Staff will be better prepared to advance in their study in autism i.e. PDA			
Description of Course			
To provide participants with a clearer understanding of how autism affects people. Participants will gain an understanding of the nature of autism and learn some of the strategies that can be used to help those on the spectrum. The course will cover the history of autism, triad of impairments, diagnostics, carers' perspective and sensory issues. To provide participants with a clearer understanding of how autism affects people. Participants will gain an understanding of the nature of autism and learn some of the strategies that can be used to help those on the spectrum. The course will cover the history of autism, triad of impairments, diagnostics, carers' perspective and sensory issues.			
Organisation Contact details Cost (if applicable)	Perth & Kinross Council hcctraining@pkc.gov.uk	Who is the Training For - Target Group and Availability	Primarily Learning Disability staff but with the overall aim of raising awareness throughout Housing and Community Care. This training is also open to carers and any other relevant parties on enquiry.

MENTAL WELLBEING AND MENTAL HEALTH			
<u>ASSERTIVENESS TRAINING</u>			
Learning Outcomes			
4 week course that teaches recognition of assertiveness and how it can be utilised as an effective tool to promote self- confidence and improve interpersonal communication.			
Description of Course			
4 weeks / 1 hour per week. The course content can be delivered in shorter condensed sessions if required.			
<ul style="list-style-type: none"> • To put assertiveness into context socially • To teach techniques and strategies • To facilitate practice of techniques in a safe environment 			
Organisation Contact details Cost (if applicable)	David Kydd THE WELLBEING SUPPORT TEAM – BLAIRGOWRIE 01250 874217 DKydd@pkc.gov.uk <i>Free of Charge</i>	Who is the Training For - Target Group and Availability	People 16+ who reside in rural Perthshire and are experiencing problems with anxiety. Please phone to discuss.

MENTAL WELLBEING AND MENTAL HEALTH			
<u>WELLBEING SUPPORT TEAM – VARIOUS TRAINING</u>			
Learning Outcomes			
Contact Bridget Barker, Wellbeing Support Team Coordinator to discuss your individual or group needs and we can see how we can help.			
Description of Course			
The Wellbeing Support Team deliver a range of community wellbeing groupwork opportunities across rural Perthshire, promoting self-management of positive mental health and wellbeing, including: <ul style="list-style-type: none"> • How to Stop Worrying about Practically Everything • Developing Emotional resilience • Happiness • Communicating with Confidence • Problem Solving 			
Organisation Contact details Cost (if applicable)	Bridget Barker, Wellbeing Support Team Coordinator Tel: 01738 476263 Mob: 07884235519 Email: BBarker@pkc.gov.uk	Who is the Training For - Target Group and Availability	Open to anyone

CHILDREN, YOUNG PEOPLE AND PARENTS

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CHILDREN, YOUNG PEOPLE AND PARENTS

SCOTLAND'S MENTAL HEALTH FIRST AID: YOUNG PEOPLE

Learning Outcomes

SMHFA:YP was developed to meet the demand for a first-aid style approach for adults working with and caring for young people. Topics include:

- Guidance on being a Mental Health First Aider
- Mental health problems that affect young people
- The recovery message
- The impact of alcohol and drugs on a young person's mental health
- Introduction to suicide intervention
- Listening skills
- Understanding cyber-bullying
- Understanding depression
- How to offer first aid to someone experiencing depression
- Understanding anxiety
- Understanding psychosis
- How to offer first aid to someone experiencing a psychotic episode
- Understanding eating disorders

The course does not train people to be mental health workers. It offers basic general information about mental health problems. The knowledge presented and understanding developed in the course helps to remove stigma and fear and to give confidence in approaching a young person in distress.

Mental Health First Aid is an initial response to distress and all participants on the course understand that this help is given only until other suitable or professional help can be found

Description of Course

14 hours blended learning

Module 1: self-directed learning (on-line or workbook) including assessment questions

Module 2: 7 hours face-to-face group training (intervention skills)

Module 3: self-directed learning (on-line or workbook) including written reflective piece to be submitted.

All 3 parts must be completed (in order) and satisfactory assessment outcomes achieved for certificate to be issued.

Organisation Contact details Cost (if applicable)	Joanne Southern Business & Project Manager Children, Young People & Families NHS Tayside Drumhar Health Centre Perth, PH1 5PD Mobile 07793 746525 Email: j.southern@nhs.net	Who is the Training For - Target Group and Availability	Adults (over 18) who significantly support or care for young people aged 11 – 17 N.B. this course is NOT for delivery direct to young people
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CHILDREN, YOUNG PEOPLE AND PARENTS			
<u>CHILD AND ADOLESCENT DEPRESSION</u>			
Learning Outcomes			
These workshops will focus on: Recognising child and adolescent depression Developmental and cognitive issues current research Intervention in mild, moderate and severe depression.			
Description of Course			
Aimed at any frontline worker public/voluntary sectors who wish to increase their awareness and skill in recognising and dealing with emotional problems in children. 2 day course			
Organisation Contact details Cost (if applicable)	NHS Tayside Training Course – access via NHS Intranet	Who is the Training For - Target Group and Availability	NHS Staff

CHILDREN, YOUNG PEOPLE AND PARENTS			
<u>LOOKING AFTER THE MENTAL HEALTH OF LOOKED AFTER CHILDREN</u>			
Learning Outcomes			
Based on the Young Minds training resource pack, which is aimed at professionals caring for and working with children and young people in public care. we plan to use a mental health perspective to revisit developmental theories which allows us to understand some of the complex issues/factors that influence the lives of looked after children			
Description of Course			
2 Days Successful applicants will be informed by letter two weeks before course date – if you do not hear you have not been allocated a place.			
Organisation Contact details Cost (if applicable)	NHS Tayside Training Course – access via NHS Intranet .	Who is the Training For - Target Group and Availability	NHS Professionals and carers working with children.

CHILDREN, YOUNG PEOPLE AND PARENTS			
<u>CHILD PROTECTION LEVEL 3 MULTI AGENCY</u>			
Learning Outcomes			
There are a range of multi-agency courses aimed at front line workers who wish to gain a better understanding about the role and responsibilities of agencies in the protection of children and young people from harm and/or abuse. Staff MUST agree attendance via Line Managers before accessing these courses.			
Description of Course			
1 Day			
Organisation Contact details Cost (if applicable)	NHS Tayside Training Course – access via NHS Intranet .	Who is the Training For - Target Group and Availability	NHS Staff - All staff must attend level 2B before attending level 3 events.

CHILDREN, YOUNG PEOPLE AND PARENTS			
<u>EDUCATIONAL PSYCHOLOGY SERVICES</u>			
Learning Outcomes			
One of the core functions of the Educational Psychology Service is the delivery of training, ranging from twilight to full day opportunities. Following an initial consultation, we will tailor a training session for the target audience and according to the aims of the session. Topics for training may include the development of resilience and wellbeing, attachment, self-regulation, optimistic thinking, restorative approaches and self-harm, although this is not an exhaustive list.			
Description of Course			
Organisation Contact details Cost (if applicable)	To discuss our training services, please contact Julie Martin, Depute Principal Educational Psychologist (jmartin@pkc.gov.uk).	Who is the Training For - Target Group and Availability	Variety of audiences, including school staff and other professionals working with children, as well as parents and carers.

CHILDREN, YOUNG PEOPLE AND PARENTS			
<u>YOUNG PEOPLE WHO SELF INJURE</u>			
Learning Outcomes			
Based on Bristol Crisis Centre Training Pack, the training event will involve participants in a broad range of experiential workshops exploring: what is self-injury? Why do people self-injure? Needs of people who self-injure Issues for workers Exploring alternatives to self-injury			
Description of Course			
2 Days Successful applicants will be informed by letter two weeks before course date – if you do not hear you have not been allocated a place.			
Organisation Contact details Cost (if applicable)	NHS Learning Zone – access via NHS Intranet.	Who is the Training For - Target Group and Availability	NHS Professionals and carers working with children.

CHILDREN, YOUNG PEOPLE AND PARENTS			
<u>CHILD PROTECTION LEVEL 2B (CORE)</u>			
Learning Outcomes			
This workshop is for all staff working directly with children and young people and/or those staff working with their adult carers where positive outcomes for the adult may have benefits for children/young people in need of protection.			
Description of Course			
3 Hours. Child Protection Level 1 e-module prior to attending this workshop. Please bring your certificate of completion with you to this workshop. All staff must complete. Please note: you only have to attend ONE level 2B CORE workshop followed by a 2B UPDATE every two years thereafter.			
Organisation Contact details Cost (if applicable)	NHS Learning Zone – access via NHS Intranet .	Who is the Training For - Target Group and Availability	For NHS staff working directly with children and young people and/or those staff working with their adult carers where positive outcomes for the adult may have benefits for children/young people in need of protection.

CHILDREN, YOUNG PEOPLE AND PARENTS

NHS TAYSIDE: SELF HARM AND SUICIDE IN YOUNG PEOPLE

Learning Outcomes

To enable staff to recognise and take action when faced with self-harm or suicidal behaviours in children and young people.
Know what is meant by self-harm and suicide
Know who to contact for advice and support
Understand responsibilities and know what action should be taken
Be aware of the Tayside Multi-Agency Guidance this module is based upon and where to access the document. If you would like to access this Guidance and Quick Reference Guide, please look at:
<http://www.pkc.gov.uk/CHttpHandler.ashx?id=19224&p=0> and
<http://www.pkc.gov.uk/CHttpHandler.ashx?id=19225&p=0>.

Description of Course

Section 1: Module Context and Definitions
Section 2: Self Harm
Section 3: Suicide
Section 4: Training Opportunities and Services
Online course on LearnPro platform. Duration 1- 2 hours

**Organisation
Contact details
Cost (if applicable)**

NHS Learning Zone -
access via NHS Intranet

**Who is the Training
For - Target Group
and Availability**

NHS Staff

CHILDREN, YOUNG PEOPLE AND PARENTS

NHS TAYSIDE: CHILD PROTECTION CLINICAL

Learning Outcomes

To raise awareness of the key child protection procedures, policies and legislative framework applicable to all staff, and ensure they are aware of their roles and responsibilities in protecting children and take appropriate action within the context of NHS Tayside Child Protection Policy

Have an understanding of why protecting children is important

Be able to identify the key guidance, policies and legislation that can help in the protection of children and young people

Be able to explain what is meant by child abuse and what the different categories of abuse are

Have an awareness of the possible alerting signs of child abuse

Be able to demonstrate an understanding of responsibilities in relation to the protection of children and young people

Be able to demonstrate a clear understanding of the child protection referral process

Have a clear understanding of responsibilities in relation to sharing information with partner agencies, if concerned that a child is being abused, or is at risk of abuse

Description of Course

Section 1: Background and Context
Section 2: Children, Parents and Parental Responsibilities
Section 3: Definitions, Categories and Alerting Signs of Child Abuse
Section 4: Your Responsibilities
Section 5: The Child Protection Process
Section 6: Information Sharing, Confidentiality and Record Keeping
Section 7: NHS Tayside Leadership and Child Protection
Online course on LearnPro platform. Duration 1- 2 hours

**Organisation
Contact details
Cost (if applicable)**

NHS Learning Zone -
access via NHS Intranet

**Who is the Training
For - Target Group
and Availability**

NHS Staff

CHILDREN, YOUNG PEOPLE AND PARENTS

BARNARDO'S HOPSCOTCH HAPPINESS INPUT

An emotional literacy input to support young people identify what gets in the way of happiness (healthy social functioning) and what helps in managing this (resilience).

Learning Outcomes

Young people will have an understanding of how other people's substance misuse affects children and young people; young people will be able to identify a range of experiences, strategies and actions which promote their own happiness; and will be able to identify a range of experiences where stress impacts on their happiness, and a range of strategies and actions which manage and reduce these.

Description of Course

2 @ 45 mins input –work interactively using worksheets, DVD and art materials to produce a visual image of 'Happiness'. This course importantly screens for pupils vulnerabilities in self measured emotional capacity, and identifies pupils at risk of limited or depleted coping mechanisms so that supports might be put in place.

**Organisation
Contact
details
Cost (if
applicable)**

Barnardo's Hopscotch, Lewis Place,
Almondbank House, Perth

Call Paula – 07867 902 241

**Who is the
Training For -
Target Group
and Availability**

Primary and/or
Secondary school
pupils

CHILDREN, YOUNG PEOPLE AND PARENTS			
<u>EDUCATION AND CHILDREN'S SERVICES - SCHEDULE OF DEVELOPMENT OPPORTUNITIES</u>			
Learning Outcomes			
Courses available cover topics such as Early Years, Meeting Children's Needs and Child Protection.			
Description of Course			
Training available can be viewed at: http://ecslearninghub.org.uk/Perth-and-Kinross-CP-Info/			
Organisation Contact details Cost (if applicable)	See link above	Who is the Training For - Target Group and Availability	Courses are open to all Education & Children's Services staff across the Service.

CHILDREN, YOUNG PEOPLE AND PARENTS			
<u>PERTH & KINROSS CHILD PROTECTION COMMITTEE</u>			
Learning Outcomes			
Online child protection training: <ul style="list-style-type: none"> • Key child protection terms, definitions and signs of child abuse • Key child protection policies, procedures and practice • Your responsibilities in relation to child protection • What to do if a child or young person discloses to you • What to do if you are worried about a child or young person 			
Description of Course			
Up to date info on events and training being made available through the Perth & Kinross Child Protection Committee http://www.pkc.gov.uk/article/17733/What-s-new-in-Child-Protection-			
Organisation Contact details Cost (if applicable)	See links above	Who is the Training For - Target Group and Availability	Course for all practitioners working across the public, private and third sectors within Perth and Kinross

Recovery

Section Contents:

- WELLNESS RECOVERY ACTION PLAN WORKSHOPS (See below)

RECOVERY			
<u>WELLNESS RECOVERY ACTION PLAN WORKSHOPS (WRAP)</u>			
Learning Outcomes			
<p>The Wellness Recovery Action Plan (WRAP) is a structured system for monitoring uncomfortable and distressing feelings and behaviours, and through planned responses reducing, modifying or eliminating them.</p>			
Description of Course			
<p>This system was developed by Mary Ellen Copeland and people who had been dealing with a variety of difficult mental health issues for many years.</p> <p>These workshops would benefit anyone who wants to create positive change in the way they feel, or increase their enjoyment of life.</p> <p>We currently plan two methods of delivery, two day courses and 8 week courses.</p> <p>Please contact any of the people below for more information.</p>			
Organisation Contact details Cost (if applicable)	<p>Jackie Fleming 01738 413070 (NHS Tayside)</p> <p>Irma Brown 01577 867320 (Wellbeing Support Team)</p> <p>Andreja McLean 01738 639657 (MindSpace Recovery College)</p>	Who is the Training For - Target Group and Availability	<p>These sessions are open to all and there are a number of facilitators, from a range of backgrounds, users of services, health and local authority colleagues</p>

ADULT PROTECTION

Section Contents:

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- **NHS TAYSIDE: ADULT SUPPORT AND PROTECTION (Page 23)**
- **NHS TAYSIDE: EQUALITY AND DIVERSITY – FOUNDATION (Page 24)**

ADULT PROTECTION			
<u>ADULT SUPPORT AND PROTECTION – BASIC AWARENESS</u>			
Learning Outcomes			
This session will aim to support you in:			
<ul style="list-style-type: none"> • Discussions about what adult protection is • How to recognise harm • To become clearer about your own role and responsibilities in recognising and responding to concerns • Become familiar with the ‘Perth and Kinross Multi-Agency Guidelines’ • Increasing your confidence and ability to recognise and refer appropriately 			
Description of Course			
This is an interactive 3 ½ hour workshop that will require your full participation. We will use activities, videos and presentation material to introduce you to a basic awareness of adult support and protection.			
Organisation Contact details Cost (if applicable)	Perth & Kinross Council hcctraining@pkc.gov.uk	Who is the Training For - Target Group and Availability	This learning opportunity is open to everyone!

ADULT PROTECTION			
<u>NHS TAYSIDE: ADULT SUPPORT AND PROTECTION</u>			
Learning Outcomes			
Participants will learn about how support and protection can be offered to people with disability and/or illness, where these affect their ability to protect themselves from harm.			
<ul style="list-style-type: none"> • Define and identify who may be an adult at risk • Identify types of harm • Carry out your duty to report any concerns about actual or suspected harm • Identify the procedures, guidelines and individuals in your organisation that would support you in reporting concerns • Demonstrate understanding of principles of adult support and protection legislation 			
Description of Course			
Online course on LearnPro platform. Duration 1- 2 hours			
Organisation Contact details Cost (if applicable)	NHS Learning Zone	Who is the Training For - Target Group and Availability	NHS Staff only

ADULT PROTECTION

NHS TAYSIDE: EQUALITY AND DIVERSITY – FOUNDATION

Learning Outcomes

- To raise awareness of equality and diversity within NHS Tayside
- This module should help you to understand relevant equality legislation and policy frameworks. It was developed to show the link between equality, diversity and good working practice.
- Demonstrate an understanding of the need to deliver a fair and equitable service which meets the needs of the diverse population and communities we serve both as a service provider and an employer of people
- Define the terms equality and diversity
- Identify key legislation relating to equality and diversity
- Explain what is meant by disability and who is a disabled person
- Define learning disabilities, autism spectrum disorder and / or Asperger's syndrome
- Recognise the diversity of gender reassignment, transgender identities and sexual orientations which exists within the Scottish population
- Appreciate the range of age groups that exist within the Scottish population
- Recognise the racial, national and ethnic diversity which exists within the Scottish population

Description of Course

Online course on LearnPro platform. Duration 1- 2 hours

**Organisation
Contact details
Cost (if applicable)**

NHS Learning Zone

**Who is the Training
For - Target Group
and Availability**

NHS Staff only

SUICIDE PREVENTION

Section Contents:

- **APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST) (Page 26)**
- **SAFETALK (Page 26)**
- **SUICIDETALK (Page 27)**
- **SUICIDE INTERVENTION AND PREVENTION PROGRAMME (Page 27)**
- **SUICIDE, SELF HARM: TALKING THE DIFFICULT (Page 28)**
- **UNDERSTANDING SELF-HARM (Page 28)**
- **UNDERSTANDING AND RESPONDING TO SELF-HARMING BEHAVIOURS
(Page 29)**
- **MORE QUESTIONS THAN ANSWERS - SUPPORTING PEOPLE BEREAVED
BY SUICIDE (Page 30)**

SUICIDE PREVENTION			
APPLIED SUICIDE INTERVENTION SKILLS TRAINING (CURRENTLY UNDER REVIEW)			
Learning Outcomes			
ASIST is a two day comprehensive workshop for anyone who wants to learn how to recognise the signs of suicidal thoughts and how to intervene to prevent the immediate risk of suicide. The course is designed to help all in communities to become more willing, ready and able to help people at risk of suicide			
Description of Course			
2 Days			
<ul style="list-style-type: none"> • To be able to recognise invitations for help • To reach out and offer support • To be able to review the risk of suicide • To be able to apply a suicide intervention model • To link people with community resources 			
Organisation Contact details Cost (if applicable)	Perth & Kinross Council hcctraining@pkc.gov.uk	Who is the Training For - Target Group and Availability	Any member of staff, members of other statutory and voluntary organisations and members of the public.

SUICIDE PREVENTION			
SAFETALK (COURSE CURRENTLY UNDER REVIEW)			
Learning Outcomes			
SafeTALK is aimed at giving participants the skills to recognise that someone may be suicidal and to connect the person to someone with suicide intervention skills. It is designed for organisations that already have ASIST trained helpers in place to maximise intervention as the main suicide prevention focus.			
Description of Course			
½ day. To give participants the skills to recognise that someone may be suicidal and to connect that person with suicide intervention skills			
Organisation Contact details Cost (if applicable)	Perth & Kinross Council hcctraining@pkc.gov.uk	Who is the Training For - Target Group and Availability	Communities or organisations that already have ASIST trained helpers in place to maximise intervention as the main suicide prevention focus

SUICIDE PREVENTION			
<u>SUICIDETALK</u>			
Learning Outcomes			
<p>It is practice -oriented and allows open and honest dialogue for anyone interested in attending. It lasts between one and three hours with content adapted to the needs of the group.</p> <p>By dispelling the myth that talking about suicide promotes suicidal behaviour, suicideTALK provides a solid foundation for suicide prevention. It aims to reduce stigma around suicide and promote awareness within the community. It also provides an opportunity for networking among participants.</p>			
Description of Course			
SuicideTALK is a short exploration and awareness - raising session of 1-3 hours. It is flexible to meet the needs of each group.			
Organisation Contact details Cost (if applicable)	Perth & Kinross Council hcctraining@pkc.gov.uk	Who is the Training For - Target Group and Availability	SuicideTALK is aimed at all members and groups within communities.

SUICIDE PREVENTION			
<u>SUICIDE INTERVENTION AND PREVENTION PROGRAMME (SIPP)</u>			
Learning Outcomes			
<ul style="list-style-type: none"> • to recognise a person at risk of suicide • to ask about suicide including the essential listening and questioning skills • an awareness of the impact of attitudes to suicide • an awareness of local services in suicide prevention • develop risk management skills with a person at risk of suicide 			
Description of Course			
Develop risk management skills including working with the person at risk of suicide and others to keep the person safe. Where possible work with the person at risk of suicide to improve their problem solving and use of self-help techniques			
Organisation Contact details Cost (if applicable)	Stacey Mitchell NHS Tayside stacey.mitchell@nhs.net	Who is the Training For - Target Group and Availability	Any staff or members of the public, who want to be able to help someone who might be at risk of suicide Or who have patient/client/service user/public contact who have had no previous suicide awareness training or last training was more than three years ago

SUICIDE PREVENTION			
<u>SUICIDE, SELF HARM: TALKING THE DIFFICULT</u>			
Description of Course			
<p>Suicide, Self Harm: Talking the Difficult</p> <p>Support group for people affected by a family member or friend who self-harms or who has died from self-harm or suicide. Support group is held weekly, but people can attend as often as they like. Please email or telephone in the first instance.</p>			
Organisation Contact details Cost (if applicable)	Telephone: Kirstie: 07834193257 Tracy: 07715460590 Email: kirstie.howell@gmail.com tracy.selfharm@hotmail.com	Who is the Training For - Target Group and Availability	Support group, various locations, and phone to confirm.

SUICIDE PREVENTION			
<u>UNDERSTANDING SELF-HARM</u>			
Learning Outcomes			
<p>Participants will gain increased knowledge and understanding of self-harm. Participants will know how to provide appropriate initial support to someone who is self-harming.</p>			
Description of Course			
<p>This is a half day course (3.5 hours), which can be delivered in-house. It can also be delivered as two shorter twilight sessions for school staff.</p> <p>Course content:</p> <ul style="list-style-type: none"> • what is self-harm • reasons why people self-harm • the recovery process (what helps) • the role of harm minimisation • how to respond appropriately 			
Organisation Contact details Cost (if applicable)	Emily Justice Mental Health Trainer emily.justice@mac.com Tel: 07954 604 407 Cost: on application	Who is the Training For - Target Group and Availability	Anyone who wishes to increase their knowledge and understanding of self-harm No prior professional experience or knowledge required

SUICIDE PREVENTION

UNDERSTANDING AND RESPONDING TO SELF-HARMING BEHAVIOURS

Learning Outcomes

- Participants will gain increased knowledge and understanding of self-harm.
- Participants will know how to provide appropriate initial support to someone who is self-harming.
- Participants will have considered the issues to be taken into account when writing self-harm policies and procedures.

Description of Course

This is a full day course, which can be delivered in-house. It can also be delivered as two half day sessions.

Course content:

- what is self-harm
- reasons why people self-harm
- the recovery process (what helps)
- harm minimisation
- how to respond appropriately
- discussing risk
- first steps in writing self-harm policies and procedures

Organisation Contact details Cost (if applicable)	Emily Justice Mental Health Trainer emily.justice@mac.com Tel: 07954 604 407 Cost: on application	Who is the Training For - Target Group and Availability	Anyone who wishes to increase their knowledge and understanding of self-harm Organisations and services that would like to develop policies and procedures on how to respond to self-harming behaviour
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SUICIDE PREVENTION			
<u>MORE QUESTIONS THAN ANSWERS –</u>			
<u>SUPPORTING PEOPLE BEREAVED BY SUICIDE</u>			
Learning Outcomes			
<ul style="list-style-type: none"> • To have an increased awareness of the effects of loss and grief • To have a basic understanding of the experience of people who have been bereaved by suicide • To explore own thoughts, beliefs and feelings about suicide • To have an increased understanding of the impact of suicide and the particular issues and difficulties facing people bereaved by suicide • To learn and practise relevant skills • To feel more confident and competent supporting people bereaved by suicide • To identify areas where you may wish to acquire further knowledge or skills 			
Description of Course			
<p>The 'More questions than answers – supporting people bereaved by suicide' course was developed by Cruse Bereavement Care Scotland in collaboration with NHS Health Scotland as part of its programme of work to support people bereaved by suicide.</p> <p>The course is aimed at three distinct constituencies who may come into contact and have a role in supporting people bereaved by suicide:</p> <p>First responders: professionals and members of specialist teams who are involved with the family in the first 24 hours following the death</p> <p>Secondary responders: professionals and members of specialist teams who are involved with the family after the immediate impact</p> <p>Community support: defined as those involved formally or informally in the longer term support of families (e.g. relatives and friends; health and social care staff).</p> <p>The training is in a blended learning format and consists of two components:</p> <ol style="list-style-type: none"> 1. An online module, estimated 2-4 hours study time 2. A face-to-face workshop. <ul style="list-style-type: none"> First responders workshop: 3.5 hours Secondary responders workshop: 3.5 hours Community support workshop: 1.5 hours 			
Organisation	Emily Justice	Who is the Training For - Target Group and Availability	Anyone who is involved formally or informally in supporting a family that has been bereaved by suicide
Contact details	Mental Health Trainer emily.justice@mac.com		
Cost (if applicable)	Tel: 07954 604 407 Cost: on application		

VIOLENCE AND AGGRESSION

Section Contents:

- **CRISIS AND AGGRESSION LIMITATION AND MANAGEMENT (CALM)**
(Page 32)
- **NHS TAYSIDE: VIOLENCE & AGGRESSION (Page 33)**
- **PREVENTION AND MANAGEMENT OF VIOLENCE AND AGGRESSION.**
(Page 33)
- **GENDER BASED VIOLENCE (Page 34)**
- **NHST: MANAGING AGGRESSIVE BEHAVIOUR IN THE OLDER PERSON**
(Page 34)

VIOLENCE AND AGGRESSION

CRISIS AND AGGRESSION LIMITATION AND MANAGEMENT (CALM)

Learning Outcomes

All CALM programmes are based on a "systems" or "whole organisation" approach, aimed at ensuring effective action at all organisational levels. Programmes therefore enable individual practitioners and managers to consider and address the actions required before, during and after an incident in the context of unit/team service provision.

Description of Course

Two day CALM theory which includes the management of critical incidents/challenging behaviour.

One or two day CALM physical intervention: - A hierarchical model based on "Core" and "Supplementary" curricula. All techniques are non aversive and have been independently bio mechanically evaluated.

Candidates are required to attend an annual refresher course to demonstrate their ability to safely use the techniques taught as well as justify their use within a legal context.

Candidates will also be required to take part in four mandatory practise sessions with a CALM instructor in order that they do not suffer from skill decay.

Other courses which are available on request or as part of CALM quality assurance procedures are as follows: One day escapes Training

Escape technique programmes offer a restricted range of techniques, selected for their effectiveness, safety and versatility. These are based on a limited number of physical principles, an approach which facilitates learning and skill retention. The techniques do not involve inflicting pain and do not require a high level of fitness or athleticism. All programmes can be tailored to the reality of everyday practice through Risk Assessment and Practice audit and seek to support staff to operate within their capabilities.

One day carer's introduction to challenging behaviour.

An aid to managing challenging behaviour, individualised advice and support.

To improve organisational and individual responses to challenging behaviour, including aggression and violence from service users. This training based on risk assessment can include a range of non aversive physical restraint and escape techniques, delivered within a strict quality assurance framework which is compliant with current best practice standards.

Organisation Contact details Cost (if applicable)	Perth & Kinross Council hcctraining@pkc.gov.uk	Who is the Training For - Target Group and Availability	Housing and Community Care staff that may have to manage potentially aggressive or violent service user situations
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VIOLENCE AND AGGRESSION			
<u>NHS TAYSIDE: VIOLENCE & AGGRESSION</u>			
Learning Outcomes			
<p>Have an understanding of aggression and violence that may be encountered during the course of your employment.</p> <p>Be able to recognise and defuse potentially violent episodes.</p> <p>Be able to recognise what can be dealt with safely and what cannot. Have confidence in knowing what you can and cannot deal with.</p>			
Description of Course			
Online course on LearnPro platform. Duration 1- 2 hours			
Organisation Contact details Cost (if applicable)	NHS Learning Zone	Who is the Training For - Target Group and Availability	For NHS staff working within Health Care settings

VIOLENCE AND AGGRESSION			
<u>PREVENTION AND MANAGEMENT OF VIOLENCE AND AGGRESSION.</u>			
Learning Outcomes			
<p>Explain the causes of aggression amongst the patient/client population in their area.</p> <p>Demonstrate the necessary skills to successfully de-escalate a potentially violent situation.</p> <p>Correctly apply at least one breakaway technique under each of the categories demonstrated.</p> <p>Correctly apply the skills and strategies of the three person team in operational situations.</p> <p>Demonstrate skills in Basic Life Support and Automatic External Defibrillation.</p>			
Description of Course			
5 Days. All staff should have completed the Learnpro Module - NHS Tayside: Violence & Aggression prior to attending. Covers the physical skills of 'control & restraint' plus the legal and professional aspects associated with providing care in this area. Also includes Basic Life Support and Automatic External defibrillation training.			
Organisation Contact details Cost (if applicable)	NHS Learning Zone	Who is the Training For - Target Group and Availability	For NHS staff working within Mental Health and Learning Disabilities

VIOLENCE AND AGGRESSION			
<u>GENDER BASED VIOLENCE</u>			
Learning Outcomes			
Explain what is meant by gender-based violence. Define the health impact of gender-based violence. Describe the nature of a sensitive healthcare response to someone who has experienced such abuse. Explain what needs to be recorded following disclosure of abuse. Identify sources of community supports for survivors of gender-based violence			
Description of Course			
Who is at risk of gender-based violence? Gender-based violence and health. What you can do to help? Child protection. Online course on LearnPro platform. Duration 1- 2 hours			
Organisation Contact details Cost (if applicable)	NHS Learning Zone	Who is the Training For - Target Group and Availability	NHS Staff only

VIOLENCE AND AGGRESSION			
<u>NHS: MANAGING AGGRESSIVE BEHAVIOUR IN THE OLDER PERSON</u>			
Learning Outcomes			
This module has been created to help care staff understand, prevent and cope with challenging aggressive behaviours in the care setting. To raise awareness of factors which may contribute towards angry and aggressive behaviour in the older person. To provide an understanding on how to reduce the incidence of aggressive behaviour in the older person.			
Description of Course			
Section 1: Causes of Anger & Aggression in the older person Section 2: Identifying Triggers to Aggressive Behaviours Section 3: Environmental Factors Section 4: Life History (Person centred approach) Section 5: Communication & De-escalation skills			
Organisation Contact details Cost (if applicable)	NHS Learning Zone	Who is the Training For - Target Group and Availability	NHS Staff only

SUBSTANCE MISUSE

Section Contents:

- **CO-OCURRING SUBSTANCE IN MENTAL HEALTH (See below)**

SUBSTANCE MISUSE			
<u>CO-OCURRING SUBSTANCE IN MENTAL HEALTH</u>			
Learning Outcomes			
<p>The goal of this module is to encourage both an awareness and discussion of the complex co-occurring disorders experienced by many seeking treatment in Scottish substance misuse and mental health services, and the challenge of delivering effective treatment.</p>			
Description of Course			
<p>The focus throughout will be on exploring the inter-connectedness of mental health and substance misuse disorders.</p> <p>The key to increasing the effectiveness of work with complex co-occurring disorders often lies with the use of existing interventions and resources, and not necessarily developing new interventions or services. Research emphasises the need to better integrate services and respond to the person-centred needs of each individual. In order to effectively enhance recovery, bridges need to be strengthened and knowledge shared in order to provide effective, person-centred services.</p>			
Organisation Contact details Cost (if applicable)	NHS Learning Zone	Who is the Training For - Target Group and Availability	NHS Staff This module is designed for practitioners with a foundation understanding of mental health disorders.

LOSS AND BEREAVEMENT

Section Contents:

- **MORE QUESTIONS THAN ANSWERS (See Below)**
- **BEREAVEMENT AND LOSS FOR NHS SCOTLAND (Page 39)**

LOSS AND BEREAVEMENT			
<u>MORE QUESTIONS THAN ANSWERS</u>			
Learning Outcomes			
<ul style="list-style-type: none"> • To raise awareness of the effects of loss and grief. • To provide a basic understanding of the experience of people who have been bereaved by suicide. • To explore participant’s own thoughts, beliefs and feelings about suicide, with regard both to people who take their own lives and people who are bereaved by a suicide death. • To increase understanding of the impact of suicide and the particular issues and difficulties facing people bereaved by suicide. 			
Description of Course			
<p>Blended Learning consisting of e-learning module estimated at 2 – 4 hours study, followed by one of three workshops:</p> <p>A: Primary Responders (3.5 hours) B: Secondary Responders (3.5 hours) C: Community Supporters (1.5 hours)</p>			
Organisation Contact details Cost (if applicable)	Any registered trainer Details of courses/trainers available at www.crusescotland.org.uk/mqta Courses can be delivered in-house for an organisation or may be offered publicly. Costs by arrangement with trainer	Who is the Training For - Target Group and Availability	Primary and Secondary responders to suicide. Staff of statutory and voluntary services who may be involved in the support of those bereaved by suicide

LOSS AND BEREAVEMENT

BEREAVEMENT AND LOSS FOR NHS SCOTLAND

Learning Outcomes

Course 1 – “Understanding Loss and Grief” - This is a level 1 course and should be undertaken by all staff.

Course 2 – “The grieving process – get to grips with the theory of grief.” – This is a level 2 course for people who regularly work with dying patients and bereaved relatives or carers.

Course 3 – “Interventions and skills – What works and what doesn’t.” – This is a level 2 course for people who regularly work with dying patients and bereaved relatives or carers.

Course 4 – “Supporting staff – a course for managers” – This is a level 3 course for managers who take on the support of staff affected by grief either at work or in their personal life.

Course 5 – “Supporting bereaved children – How children grieve.” – This is a level 3 course for those whose work brings them into contact with bereaved children.

Course 6 – “Bereavement following sudden death.” This course is aimed at staff in NHSScotland who may come into contact with those affected by a sudden death. This includes nursing and medical staff, allied health professionals and ancillary staff, in hospital or community settings. The course should also be of interest to occupational health, human resources and managerial staff who support NHS employees who have had a personal loss.

Course 7 – “Bereavement following the death of a child.” – This course is aimed at those in NHSScotland whose work brings them into contact with children who are dying, or with parents, families and carers of children who have died. This will include staff in maternity, paediatrics and emergency care and also staff in community settings. The course is relevant for clinical and non-clinical staff.

The course should also be of interest to occupational health, human resources and managerial staff who support NHS employees who work in these areas or have experienced a personal loss by the death of a child.

Description of Course

Online course on LearnPro Platform

Organisation Contact details Cost (if applicable)	NHS LearnPro Module	Who is the Training For - Target Group and Availability	NHS Staff only
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CARERS

Section Contents:

- **NHS TAYSIDE: UNDERSTANDING AND SUPPORTING CARERS (See below)**

CARERS

NHS TAYSIDE: UNDERSTANDING AND SUPPORTING CARERS

Learning Outcomes

This module aims to raise the awareness of carers and provides information about the support and resources available to support carers in fulfilling their "caring" role.

Define the term "unpaid" carer

Identify carers who are involved in supporting individuals, whether they live with the person or not.

Offer support and information to carers in an appropriate and timely manner.

Have knowledge of the prevalence of caring and an understanding of the diversity of caring roles.

Demonstrate an understanding of the impact of caring on a carer's physical and emotional health, finances and quality of life.

Demonstrate knowledge of carer support networks and agencies outside the NHS.

Demonstrate increased understanding and confidence to signpost and refer carers to relevant support agencies

Description of Course

Online course on LearnPro Platform.

**Organisation
Contact details
Cost (if applicable)**

NHS LearnPro Module

**Who is the Training
For - Target Group
and Availability**

NHS Staff only

LIFE SKILLS

Section Contents:

- **MOVEAHEAD (See Below)**
- **PERTH SIX CIRCLE PROJECT (Page 40)**
- **NHS LIVING LIFE (Page 41)**

LIFE SKILLS

MOVEAHEAD

Learning Outcomes

The training Move Ahead provides training in partnership with capacity builders and CLD. The focus is on positive mental wellbeing by learning, making social connections and sign posting into community activities. Groups we run are not specific to mental health but all we do has an outcome towards improved confidence, self-esteem, social connectedness etc. Doing a cooking group, Men group, Taste of Confidence, Book group (in development) and more. All groups focus on the direction from the Mental Health Strategy.

Organisation Contact details Cost (if applicable)	NHS Tayside Cairnwell. Lower Level 1. Maternity Unit. Perth Royal Infirmary. Perth PH1 1NX. Tel: 01738 413 075	Who is the Training For - Target Group and Availability	People with severe and/or enduring Mental Health Issues
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LIFE SKILLS			
<u>PERTH SIX CIRCLE PROJECT</u>			
Learning Outcomes			
<p>3 main outcomes for programmes:</p> <ol style="list-style-type: none"> 1) Reduce social isolation, 2) Improve skills, knowledge and confidence required to live independently, 3) Reduce exclusion and disadvantage through improving health, wellbeing and confidence. <p>Activities delivered within the programmes include; Building Trust, Confidence and Decisiveness; Managing Negative Encounters; Exploring Cultural events; Safety in the Home; Reduce, Recycle and Reuse; Weight Management; Healthy Food Groups; Personal Finance and Budgeting; Cooking.</p> <p>Each activity has its own purpose and objective</p> <p>Aims achieved by attending any or all of the 3 programmes depending on the identified needs of the individual.</p>			
Description of Course			
<p>Ongoing. Service users stay as long as is necessary to learn the skills required, build their confidence etc. to live independently. This could be a few months to a year.</p> <p>Service users must be referred from an external agency who will be asked to complete a referral and risk assessment form and Support Plan which provides crucial information about the person's mental health, signs of them becoming unwell, medication and general medical information and restrictions if applicable.</p> <p>Service users must attend on a regular basis.</p>			
Organisation Contact details Cost (if applicable)	<p>Living Independently Programme, Community Enhancement Programme, Person Wellbeing Programme.</p> <p>www.perthsixcircleproject.co.uk info@perthsixcircleproject.co.uk</p> <p>(01738) 445384</p> <p>Perth Six Circle Project, external organisations as necessary</p> <p>No cost to join the Project.</p> <p>Service users contribute weekly amounts towards refreshments and lunch as and when required.</p> <p>Service users will be asked to contribute to the costs of summer holidays, days trips and excursions etc.</p>	Who is the Training For - Target Group and Availability	<p>Socially Isolated, vulnerable adults including but not limited to; those with prison experience, mental health, long term unemployed, homeless/housing issues, those recovering from effects of substance misuse</p>

LIFE SKILLS			
NHS Living Life			
Learning Outcomes			
<p>Feeling low, depressed or anxious are common problems. Some people recover in a few weeks on their own while others need more specialist help and support. That's where Living Life can help.</p>			
Description of Course			
<p>Living Life is a free, appointment based telephone service based on Cognitive Behavioural Therapy (CBT). We provide help for people suffering from low mood, mild to moderate depression, symptoms of anxiety or a combination of both.</p> <p>The service offers two types of telephone support:</p> <p>1) Guided Self-help: Self- help Coaches guide individuals through self-help workbooks, to help them understand some of the reasons why they are feeling low or anxious (4-8 sessions)</p> <p>2) Cognitive Behavioural Therapy: Therapists support individuals to identify negative patterns of thinking and develop new coping techniques (6-9 sessions).</p> <p>To find out more about Living Life call 0800 328 9655. You will be asked to complete a short questionnaire to ensure the service is best suited to your needs.</p>			
Organisation Contact details Cost (if applicable)	Freephone: 0800 328 9655 Website: http://www.nhs24.com/UsefulResources/LivingLife	Target Group & Availability	Individuals aged over 16 years experiencing low mood, mild/moderate depression and/or anxiety.

For amendments & updates to enclosed information, please contact:

Mental Health Policy Officer
 Perth & Kinross Council
 Tel: 01738 476 779

If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

