

The Decider Skills | The Decider

The Decider Skills are winning strategies for mental health. Effective Cognitive Behaviour Therapy skills for children, young people and adults; enabling them to monitor and manage their own emotions and mental health.

Tayside CAMHS are offering the following training opportunities in Decider Skills:

- 6x 1-day decider skills training on the 12 life skills for schools across Tayside. Can be offered to two schools in each local authority area. We are hoping to offer this as an in service day training. The hope is that interested schools will look to adopt Decider Skills as a whole school approach. The 12 life skills are applicable to all children and young people and can be used on a one-to-one basis, in group work and as a whole school approach.
- 4x 2-day training in the 32 decider skills for any professional working with young people across Tayside. One will be held in each local authority area but staff are welcome to travel to whichever suits them best. This two day training is best suited to those working more intensively on a one-to-one basis with young people and is has been provisionally booked for Perth for the 11th & 12th of May. . The 32 skills include both the 12 life skills covered in the 1-day training and the additional 20 therapeutic skills. There is a distribution list for sign up and CAMHS will release finalised information nearer the time. Staff can email Kirsty Adam, Mental Health Education Officer, to be added to this: kirsty.adam@nhs.scot.
- We are currently developing a community of practice model where we will host bi-monthly online meetings open to all professionals who have attended the training. The hope is that this will support staff to implement the Decider Skills in their setting through sharing good practice.
- An online parents group open to any parent in Tayside. This is a rolling 4-week programme which runs throughout the year.

There is no cost to staff for attending any of the above training days but staff will need to purchase their own manual. The Life Skills manual with the 12 skills is £15 is and the Therapeutic skills manual with the full 32 skills is £30.

More information about Decider Skills can be found here: <https://www.thedecider.org.uk/>