

Psychological Perspectives in Education & Primary Care

PPEPCare: Training in child & young person mental health Information Sheet

PPEPCare has been designed to help staff in primary care and education to **recognise and understand mental health difficulties in children and young people** and **offer appropriate support and guidance to children, young people and their families** using psycho-education and relevant psychological techniques (e.g. using a cognitive behavioural framework). Training consists of didactic teaching, experiential learning, group discussion and DVD material and is delivered by appropriately qualified staff from local CAMHS services.

How long does the training take and where can it be delivered?

The training can be delivered in a flexible fashion to suit your needs and time available - from 60 minutes over lunchtime to a half or full-day session. Trainers can travel to GP surgeries, hospitals, schools and other appropriate locations and **sessions are delivered free of charge by specially trained local CAMHS staff.**

Additionally, Buckinghamshire CAMHS offer free locality training events throughout the year to professionals from educational and primary care settings, of anywhere between 20 and 50 people per training event (*see or request locality training events dates by contacting TrainingAtBucksCAMHS@oxfordhealth.nhs.uk*)

What does it cover?

PPEPCare modules were developed following consultation with primary healthcare professionals (including GPs), teachers and other school staff. Teaching materials have been written by national and international experts in the field.

The training is not designed to turn primary care and school staff into psychological therapists, nor are they designed to replace existing CAMHS services. However, they do provide development opportunities to:

- **enhance primary care consultations skills so that children and young people receive better quality, integrated care and so that health professionals can make more effective use of brief consultation sessions**
- **enhance knowledge and skill of staff working within the school/health setting to help them more readily identify mental health issues in their students and support them and their families**

Eleven modules are currently being offered including:

Anxiety - Overcoming childhood anxiety - This session highlights when anxiety might be a problem (as opposed to a 'normal' developmental phase), describes different anxiety disorders and how these can be assessed. It explores why treatment is important and gives a detailed overview of Cognitive Behaviour Therapy (an intervention that has shown to be effective with children and young people). Key treatment strategies are highlighted, and the role of parental behaviour (how they respond to their child's anxiety) is explored.

Anxiety - Supporting young people with anxiety - This training explores the presentation of anxiety in adolescence and how to assess it (including useful questions to ask and relevant questionnaire measures). It explores what might keep anxiety going and provides an overview of Cognitive Behavioural Therapy (an evidence-based treatment for anxiety) as well as a number of useful techniques which can be adapted for the primary care or school setting.

Autism Spectrum Disorder and Mental Health - This session looks at recognising and describing the way mental health problems develop and present in children and adolescents with autism, particularly anxiety, depression and OCD. It also explores how, and why you can support young people and families by managing risk, talking to young people and their parents about your concerns and developing a tool kit with young people to help them to manage their emotions.

Autistic Spectrum Disorder (ASD)- This session is an introduction into Autistic Spectrum Disorder; it explores the key features of the Autism triad using activities to help the attendee understand how it can feel for a young person with ASD. The session also explores the Impact of environmental factors on the experience of the young person with ASD and what within a setting we can do to help.

Behavioural Difficulties and Conduct Disorder: Supporting children and their parents via a parenting intervention

This module examines what conduct problems are and why it is important to treat them early on. It provides an overview of the key principles and components of a parenting programme and how this option might be introduced to parents.

Eating Disorder – Supporting young people with an Eating Disorder - This session covers how to identify and support young people with possible eating disorders in your setting. The session has particular focus on what to look out for, when you should become concerned, and practical tips on how you can go about supporting a young person and their family to access specialist help. The session will also explore how eating disorders are defined and experienced and provide an overview of treatment.

Low Mood - Supporting young people with low mood- This training explores what depression is, how it may present in young people, and how it may differ from 'normal' adolescent mood difficulties. The session looks at how low mood and depression may be maintained and explores some useful techniques (**specifically behavioural activation- Cognitive Behavioural Therapy**) that can be used to break the maintenance cycles.

Obsessive Compulsive Disorder - Supporting children and young people with OCD - This session explores what OCD is, how it presents and how you can assess it (including the kinds of questions that you might want to ask a child or young person). It explores factors that maintain OCD, and how you can help a young person to understand what might be maintaining their difficulties.

Overview of common Mental Health issues in Children and Young People – This training offers a brief introduction to the Mental Health issues often seen by professionals in front line work with CYP. It highlights risk issues and local and national resources.

Post-Traumatic Stress Disorder - Supporting young people with PTSD - This session explores what PTSD is, and how it may present (including how it may present differently in children and young people). Assessment tools and useful questions are explored, as well as a description of why difficulties may persist. The session provides an introduction to CBT for children and young people who have experience trauma, and guidance is given around working with parents.

Self-Harm - Supporting young people who self-harm - This training explores what self-harm is and how it might present. It explores why young people might self-harm and helps to challenge commonly held assumptions. The session includes guidance around how to talk to young people who may be self-harming, confidentiality, dealing with your own feelings and supporting young people with alternative strategies.

Separation Anxiety Disorder - Supporting children with (SAD) - This session explores what SAD is and how it may present (including what 'healthy' versus 'pathological' separation anxiety might look like). Assessment strategies (including useful questions) are discussed and the role that attachment figures (e.g. parents/carers) may play in SAD is considered. Three key steps for overcoming SAD are explored, along with relevant psychoeducation that can be used to help support parents and carers. It explores what might keep the SAD going and provides an overview of Cognitive Behavioural Therapy (an evidence-based treatment for anxiety) as well as several useful techniques which can be adapted for the primary care or school setting.

Specific Phobia - Supporting children and young people with specific phobia - This session has been designed to help primary healthcare professionals and appropriate staff within the educational setting to assess specific phobias and employ basic Cognitive Behavioural Therapy techniques with children and young people who present with specific phobia. The session highlights useful assessment questions, and offers an introduction to the Cognitive Behavioural Therapy model and treatment strategies (including graded exposure and managing physical symptoms).

For further information please contact: TrainingAtBucksCAMHS@oxfordhealth.nhs.uk