

Child & Youth Mental Health Training Pathway

Excellence Through Quality

Staff are confident and supported to provide support for children and young people in situations of distress, including self harm and risk of suicide



How to use this guide

This guide is intended for use by managers and their staff working in organisations working with children and/or young people. Staff should be supported to enhance their mental health knowledge and skills.

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- 1) **Summary of the key elements of the Mental Health Strategy for Greater Glasgow & Clyde.**
- 2) **Child & Youth Mental Health Training Pathway - Excellence through quality**
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This guide will help you and your staff identify where they are in terms of mental health knowledge and skills in order to meet children and young people needs.

The guide also provides quality assured information which can be used to inform a clear training pathway for staff therefore providing a consistent approach across all partners to training around the subject of mental health.

Staff should

- Have core training in mental health & wellbeing theory and practice.
- Have access to high quality resources on the topic of mental health.
- Have an awareness of referral pathways to more targeted support if required by a child, young person or other.
- Have access to information about local & national mental health services.
- Incorporate the theory and practice gained into their role specific competencies and programmes of work.

Greater Glasgow & Clyde Child & Youth Mental Health strategy

The information in the boxes gives a summary of the key elements of the Mental Health Strategy for Greater Glasgow & Clyde.

Organisations working with children and young people are in a good position to support these elements.

One good adult

A dependable adult to support and protect mental health

Resilience in schools

School approaches to mental health and wellbeing – a nurturing environment that builds emotional literacy

Resilience in communities

Strong networks of youth services, building achievement and skilled staff to support and intervene

Guiding through the service maze

A range of support options for early intervention that can help find appropriate help quickly

Distress, self harm and suicide prevention

Staff are confident and supported to help young people in situations of distress

Peer help and social media

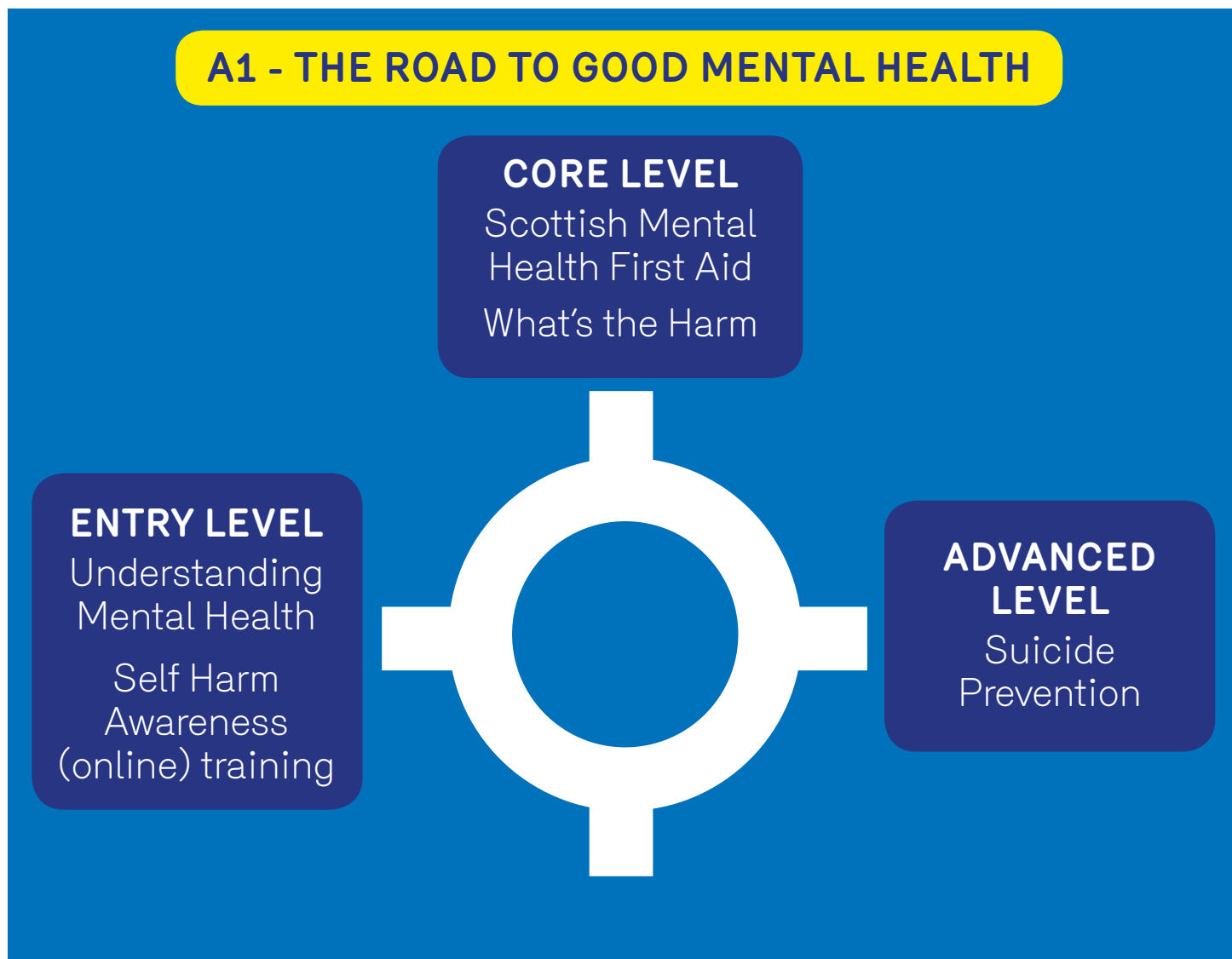
Opportunities for peer help and positive use of social media



Child and Youth Mental Health Training Pathway

As the road to Good Mental Health Map shows, staff should be supported to work through the basic level of training with access to training in more complex areas depending on the needs of the Children and Young People they work with.

The information below sets out the best place to start for staff training, before moving onto more complex learning if required.



Child and Youth Mental Training Pathway

A1 - THE ROAD TO GOOD MENTAL HEALTH

ENTRY LEVEL

Understanding Mental Health

Self Harm Awareness (online) training

Entry Level Training

Name of training	Duration	Course details	Who delivers training?	Universal (open to all staff)	Targeted	Cost	Additional Info
MindSET	6 sections to progress	For people who have no previous training in mental health. It will give you a broad overview of the area of mental health improvement from promoting positive mental health to recovery from mental health problems.	On line module	Yes	No	Free	www.northlanmindset.org.uk
Self-Harm (e-learning module)	6 sections to progress	For people who have no previous training in this area. It will give you an overview of the area of self-harm and how those who do self-harm can be supported.	On line module	Yes	No	Free	www.selfharmlifelines.org.uk

Child and Youth Mental Training Pathway

CORE LEVEL

Scottish Mental Health First Aid
What's the Harm

A1 - THE ROAD TO GOOD MENTAL HEALTH

Core Training

Name of training	Duration	Course details	Who delivers training?	Universal (open to all staff)	Targeted	Cost	Additional Info
> Scottish Mental Health First Aid	12 hours	Course participants will learn How to apply the 5 steps of SMHFA, how to respond if you believe someone is at risk of suicide. How to give immediate help until professional help is available. What to say and do in a crisis. The importance of good listening skills. Practice listening and responding. Self help information Understanding recovery from mental health problems. Understanding the connection between mental health problems and alcohol and drugs Understanding the connection between mental health problems and discrimination. Some basic information about common mental health problems.	Contact your Local HI Team	Yes	No	Free	www.smhfa.com
> Scottish Mental Health First Aid (Young People)	14 hours	The aim of the course is to better understand mental health, how it affects young people, and to learn mental health first aid skills. After completing the training, participants will be able to, recognise the signs of mental distress in a young person, provide initial support and guide a young person towards appropriate help.	Contact your Local HI Team	Yes	For staff working with young people.	Free	www.smhfa.com
> What's the Harm	1 day	Seeks to standardise understanding of and responses to self harm when using self harm as a coping mechanism. The training will help dispel the myths about self harm and equip participants to support people who may self harm.	Contact your Local HI Team	Yes	No	Free	

Child and Youth Mental Training Pathway

A1 - THE ROAD TO GOOD MENTAL HEALTH

ADVANCED LEVEL

Suicide Prevention

Advanced Level Training

Name of training	Duration	Course details	Who delivers training?	Universal (open to all staff)	Targeted	Cost	Additional Info
safeTALK	half day	A four hour session aimed at giving participants the skills to recognise that someone may be suicidal and to connect the person to someone with suicide intervention skills.	Contact your Local HI Team	Yes	No	Free	
Applied Suicide Intervention Skills Training (ASIST)	2 days	In the same way that skills are needed for physical first aid, ASIST develops the skills necessary for suicide first aid. A 2-day intensive, interactive and practice dominated course aimed at enabling people to spot the risk of suicide and provide immediate help to persons at risk.	Contact your Local HI Team	Yes	No	Free	

NHS GG&C Health Improvement - Mental Health

There is a health improvement team operating in your local area, if you would like to find out more about supporting children and young people's mental health, please contact your local team via the contacts shown below.

Carole Anderson

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East Dunbartonshire

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North West Health Improvement Team,
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