

Information

Social Media



The official Health Education England Twitter account will be tweeting about the event all day from @NHS_HealthEdEng. They will also be using the following hashtags:

#HEEMentalHealth

We would love for you to get involved as well and the Twitter team will be retweeting some of your tweets throughout the day, so please use the hashtags above when tweeting about today’s event.

Housekeeping

There are no planned fire alarms today, so if a fire alarm sounds please leave the building via the nearest exit, follow staff to the assembly point.

There is an unmanned cloakroom at reception if you wish to leave any items with them, although please note you do so at your own risk.

If you have any questions or comments during the day, please feed them back through Slido. If you require a response, please look for a member of HEE staff who will be wearing a name badge with an orange border. They will be more than happy to help with your query.

Slido

During the day there will be opportunities for questions both from the floor and also through the App “Slido”.

slido is an interactive app that allows you to ask questions throughout the day. You can join at www.slido.com with this code: **#CYPMHFUNDEVENT**

1. *Simply take out your smartphone and open your browser*
2. *Go to [Slido.com](https://www.slido.com) and enter the event code **#CYPMHFUNDEVENT***
3. *You can now ask questions and upvote the best ones.*
4. *Let’s all start with a poll question.*

Phones

We encourage the use of phones throughout the day to take pictures, tweet and ask questions using Slido.

HEE Children and Young People’s
Education and Training Fund Celebratory Event

Wednesday 14 November,
10.15 – 16.00

The Light, Friends House, 173-177 Euston Road, London NW1 2BJ

Programme

09.45	Arrival and workshop registration		
10.15	Chair's welcome: Professor Dame Sue Bailey, National MH Programme Senior Clinical Advisor, HEE		
10.20	Morning keynote: Professor Lisa Bayliss-Pratt, Chief Nurse, MH Programme SRO and Interim Regional Director for London, HEE		
10.40	HEE Children & Young People Mental Health: the current priorities Elaine Bowden, CYP Mental Health Programme Manager, HEE		
10.50	YoungMinds Addressing Adversity; prioritising adversity and trauma informed care for children and young people		
11.10	Hartlepool Educational Psychology Team & Hartlepool Borough Council 3C Approach; supporting children and young people’s emotional wellbeing		
11.30	Break		
11.45	Hertfordshire County Council Youth Service The Empathy Project; improving the experience of young people attending A&E departments		
12.05	HEE Self-Harm and Suicide Prevention Competency Frameworks Rebecca Burgess-Dawson, National MH Programme Senior Clinical Advisor, HEE		
12.20	Q & A Session		
12.40	Lunch and networking around project stalls		
13.30	Workshop 1: Norfolk & Suffolk NHS Foundation Trust Development of systemic supervision skills to enable grass-roots changes and multi-agency workforce development	Workshop 2: St Michael’s Fellowship Stronger Minds; enabling mental health resilience in young people	Workshop 3: Centrepont Soho Enabling frontline line staff to identify common MH signs and symptoms in homeless young people
14.00	Workshops change over		

14.10 Concurrent workshops	Workshop 4: The Children’s Sleep Charity Addressing behavioural sleep issues to improve mental health outcomes for children and young people with additional vulnerabilities	Workshop 5: Anna Freud National Centre for Children & Families Enabling residential home staff to foster more effective, collaborative and sustainable psychological support for young people.	Workshop 6: School Development Support Agency Creating leadership training to help schools establish the ethos, facilities, culture and partnerships that promote pupil and staff wellbeing.
14.40	Break		
15.00	Audience table discussion and feedback Working together to influence the improvement of children and young people’s mental health and wellbeing outcomes: <ul style="list-style-type: none">• What issues do you currently face in the delivery of CYP services and if you could have one wish what would you change?• What three things have you learned about today that will benefit you / your work when you go back to your organisation?• What more would you like to see in the education and training of people working in CYP MH services?		
15.30	Afternoon Keynote: Frances Oram, Director for Mental Health, Dementia and Disabilities, Department of Health and Social Care		
15.50	Chair’s closing remarks: Professor Dame Sue Bailey		
16.00	Event close		

CYP Education and Training Fund Speakers

Young Minds

As part of the Addressing Adversity project YoungMinds aimed to raise awareness of childhood trauma and adversity on children and young people’s mental health. By running three nationwide conferences followed by 3 days training in each locality YoungMinds worked to build capacity and skills within frontline staff to improve the support young people faced with trauma and adversity receive. YoungMinds simultaneously published the “Addressing Adversity” book in which 6 principles for trauma informed care were outlined with the aim to support commissioners to make services more trauma aware.

Hartlepool Educational Psychology Team & Hartlepool Borough Council

The up-skilling of school staff to be better equipped to support children and young people’s emotional wellbeing was achieved through our ‘3 C Approach’. A team of highly skilled Assistant Psychologists were recruited to coach 30 school staff in the delivery of 11 evidence-based intervention programmes to 350 children and their parents as part of a graduated response to emotional wellbeing. Coaching followed a competency-based model (Miller, 1990) which resulted in staff reporting increased confidence and competence in understanding mental health and delivering appropriate support. Consequently, a positive impact on children’s wellbeing was reported by children, parents and teachers.

Hertfordshire County Council Youth Service

The Empathy Project, run by Hertfordshire County Councils youth service, YC Hertfordshire - combines the best of teen peer-to-peer support and Youth Work to provide valuable emotional support and signposting for young people attending A&E. This independently evaluated initiative has been shown to significantly improve the hospital experience for patients, relieve pressure on hospital staff, boost the commitment of A&E Departments to prioritise mental health and bridge gaps between A&E and specialist mental health. Success has been underpinned by Youth Volunteers working

alongside Youth Workers with specialist skills and experience in developing young people and extensive knowledge of local services.

Anna Freud National Centre for Children & Families

HEE funding supported a joint bid by the AMBIT programme from the Anna Freud National Centre for Children and Families and Manchester City Council to develop and deliver an innovative training to support workers in children’s residential homes to support some of the most vulnerable young people in the country whose outcomes require concerted efforts by all professionals. The AMBIT programme has been built up over the last decade through repeatedly training teams, learning from each training to adapt and improve what is delivered. Initially used by outreach adolescent mental health or “edge of care” services, it is now deployed in many settings and with different populations. This was a structured attempt to adapt this team-based approach to caring for very vulnerable and often challenging children and young people who are in the residential care system. The programme was well received, and there is enthusiasm to carry its learning forwards into a self-sustaining training “hub” based around Manchester.

Norfolk & Suffolk NHS Foundation Trust

This 14-day course enabled senior managers and clinicians to broaden their systemic supervision skills in ways that led to grass-roots changes within their own agency contexts. The training experience provided, enabled candidates to let go of their initial certainty about what constitutes “good supervision” and adopt other approaches that they hadn’t previously tried. This particular training programme helped develop the skills of the multi-agency workforce currently working with vulnerable children across Norfolk and Suffolk. Candidates left the course feeling more confident and in a better position to promote good mental health and wellbeing within their staff teams, thereby vicariously impacting positively on the health of the children themselves.

School Development Support Agency

The Leading a Mentally Healthy School (LaMHS) project was led by the School Development Support Agency (SDSA). The project created a leadership training programme to help schools establish the ethos, facilities, culture and partnerships that promote pupil and staff well-being. A project expert group developed the materials and, following successful trials, the programme has been rolled-out nationally. The SDSA worked in partnership with the Teaching School Council to identify a network of 30 Hub Teaching Schools who have all trained additional Teaching Schools to cover their region. As a result, LaMHS is now being delivered by over 250 Teaching Schools to local schools, and no school in the country is too far from a training provider.

The Children’s Sleep Charity

The Children’s Sleep Charity’s project aim was to support workforce transformation and development in South Yorkshire and Bassetlaw by offering expert training around behavioural sleep issues in order to support improve mental health outcomes for children and young people with extra vulnerabilities. We directly trained 258 practitioners through the project. A specialist workshop around Looked After Children was piloted as well as a specialist parenting programme aimed at supporting families of children with Autism.

St Michael’s Fellowship

Stronger Minds brought together 4 organisations with a Consultant/trainer in South London to develop ways to communicate evidence-based theories and ideas about what enables some people to recover from traumatic events and/or neglectful, abusive childhoods, while others succumb to poor mental and physical health. The activities were devised in workshops with 18 young people and 7 Youth Practitioners who co-produced the learning resource pack. Workshops have been delivered in schools and youth settings to 129 young people and 40 professionals locally and we have made the pack freely available on-line with positive feedback.

Centrepont Soho

Centrepont delivered a large-scale workforce development project on behalf of HEE, helping staff working at the frontline with homeless young people to understand some of the signs and symptoms of common mental health conditions. Working intensively with its specialist team of health professionals, the Skills Development team extracted knowledge and good practice to create a user-friendly toolkit that was released through a formal training course. Over 250 staff – representing Centrepont and some of its 83 small partner organisations – were trained and the toolkit is now in full use across hostels and services across the UK.