

## Introduction

The Health Improvement & Development Service is pleased to issue the Young Person's Health Training Programme for 2010/2011.

New for this year are courses on Working with Girls & Young Women; Embracing Sexual Minorities; Self-Esteem, Resources for Support - during pregnancy and once a young parent; Cooking in the Community; and Introduction to Healthy Eating – Tier 1. The Behaviour Change course format has been reviewed and we are now offering three course levels: Introductory, Full and Refresher.

All courses are free of charge for all multi-agency practitioners working with young people in the city of Portsmouth, with the exception of the Behaviour Change course where for practitioners working outside of Portsmouth there is an associated charge (please see the course information for further details). It must be emphasised that to be accepted your main role must be working with young people within the Portsmouth city. If you are Hampshire-based, then you will need to undertake the Hampshire Training Programme. If your role is mainly adults then these courses are not relevant.

These courses are not intended as CV builders but are to enable participants to use the knowledge in their own practice when working with the young people of Portsmouth.

Please note that the cancellation fee has been increased to £50, for which the applicant's organisation will be liable, and will be charged for non attendance without a legitimate reason being given at least five working days before the course start date.

Due to the popularity of our courses for block bookings from the same organisation, we can only accept a maximum number of three participants per organisation. Once a named place has been booked an organisation cannot replace the person on the day.

It is possible to run bespoke courses for large organisations or groups. Please contact the Training Co-ordinator ([sorted@portsmouthcc.gov.uk](mailto:sorted@portsmouthcc.gov.uk)).

If there is any subject that you feel your organisation would like to see included in the programme or perhaps has a need for in-house please contact the Training Co-ordinator ([sorted@portsmouthcc.gov.uk](mailto:sorted@portsmouthcc.gov.uk)).

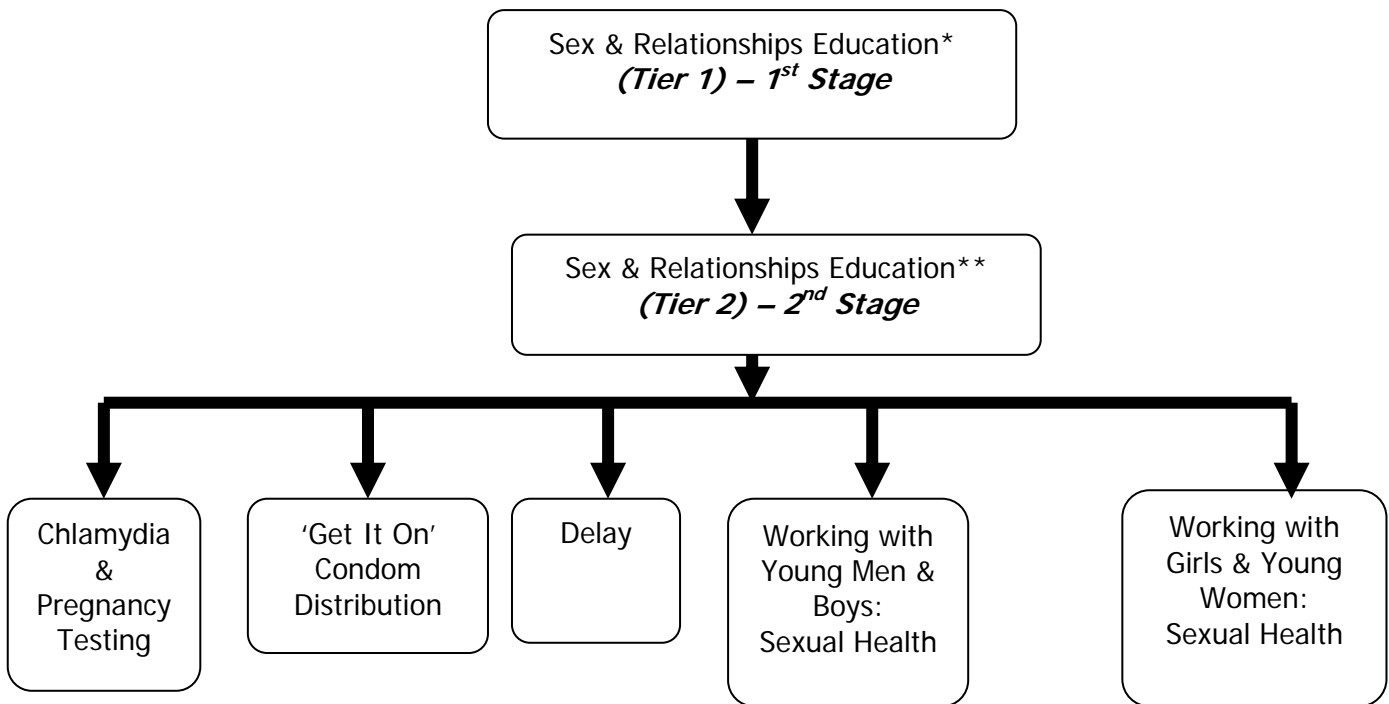
Further sessions may be arranged during the period and these will be advertised via our e-mail bulletin. If you would like to ensure that you receive this please email [sorted@portsmouthcc.gov.uk](mailto:sorted@portsmouthcc.gov.uk).

## Contents:

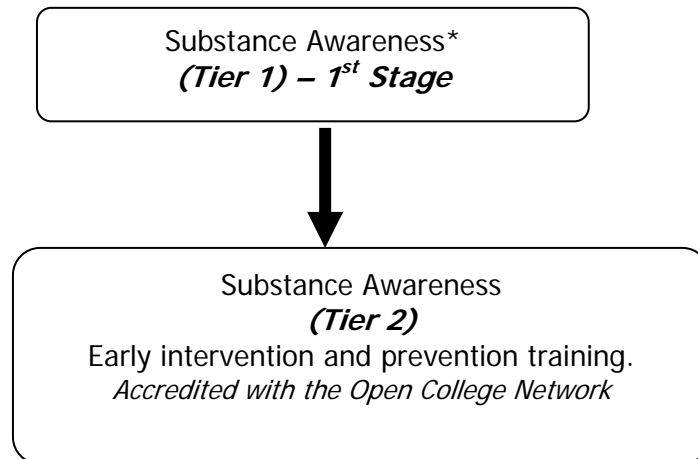
Page 3-4	... ..	Flowchart
Page 5	... ..	Substance Awareness Tier 1
Page 6-7	... ..	Substance Awareness Tier 2: (Accredited training with the Open College Network)
Page 8	... ..	Sex & Relationships Education Tier 1
Page 9	... ..	Sex & Relationships Education Tier 2
Page 10	... ..	'Get It On' Condom Distribution
Page 11	... ..	Chlamydia & Pregnancy Testing
Page 12	... ..	Delay
Page 13	... ..	Working with Young Men & Boys: Sexual Health
Page 14	... ..	Working with Girls & Young Women: Sexual Health
Page 15	... ..	Embracing our local GLBT Sexual Minority Communities
Page 16	... ..	Realities of Teenage Pregnancy
Page 17	... ..	Resources for Support: During Pregnancy and once a Young Parent
Page 18	... ..	Child Sexual Exploitation
Page 19	... ..	Mental Health Tier 1: emotional health and well-being
Page 20	... ..	Mental Health Tier 2: depression & self-harming behaviours
Page 21	... ..	Mental Health Tier 2: psychosis and related mental health problems
Page 22	... ..	Mental Health Tier 2: an introduction to eating disorders
Page 23	... ..	Introduction to Youth Work
Page 24	... ..	Smoking Cessation & Prevention
Page 25	... ..	Cooking in the Community
Page 26	... ..	Tier 1 – An Introduction to Healthy Eating
Page 27	... ..	Self-Esteem
Page 28	... ..	Behaviour Change – 1 day introductory course
Page 29	... ..	Behaviour Change – 2 day full course
Page 30	... ..	Behaviour Change – 1 day refresher course
Page 31-32	... ..	Booking Form

The following flowcharts show the paths that should be taken for the Sexual Health, Substance Misuse and Mental Health based training:

**Sexual Health:**



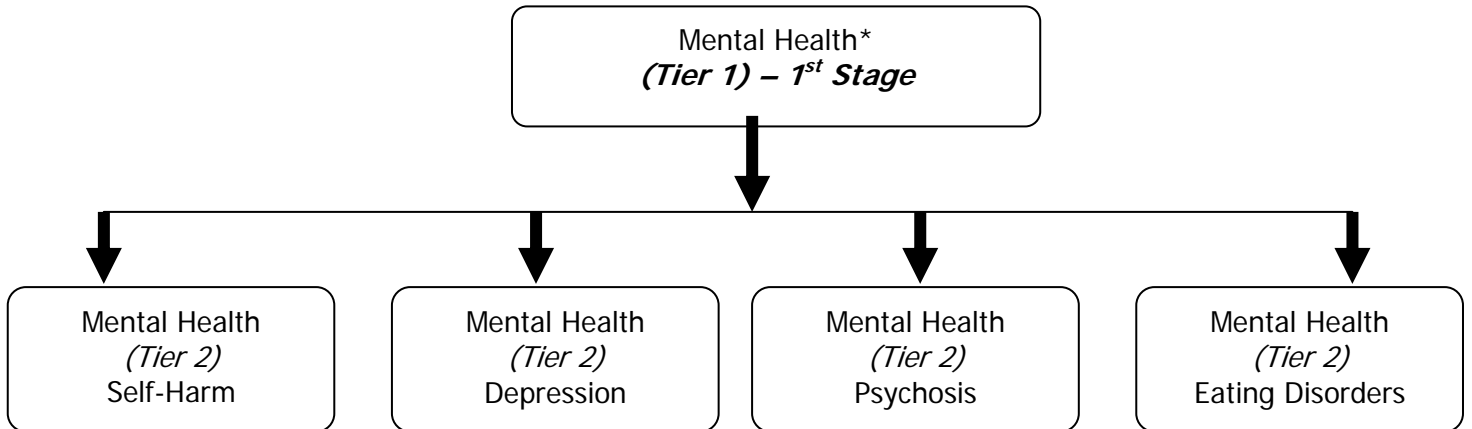
**Substance Awareness:**



\* Must complete Tier 1 before undertaking Tier 2

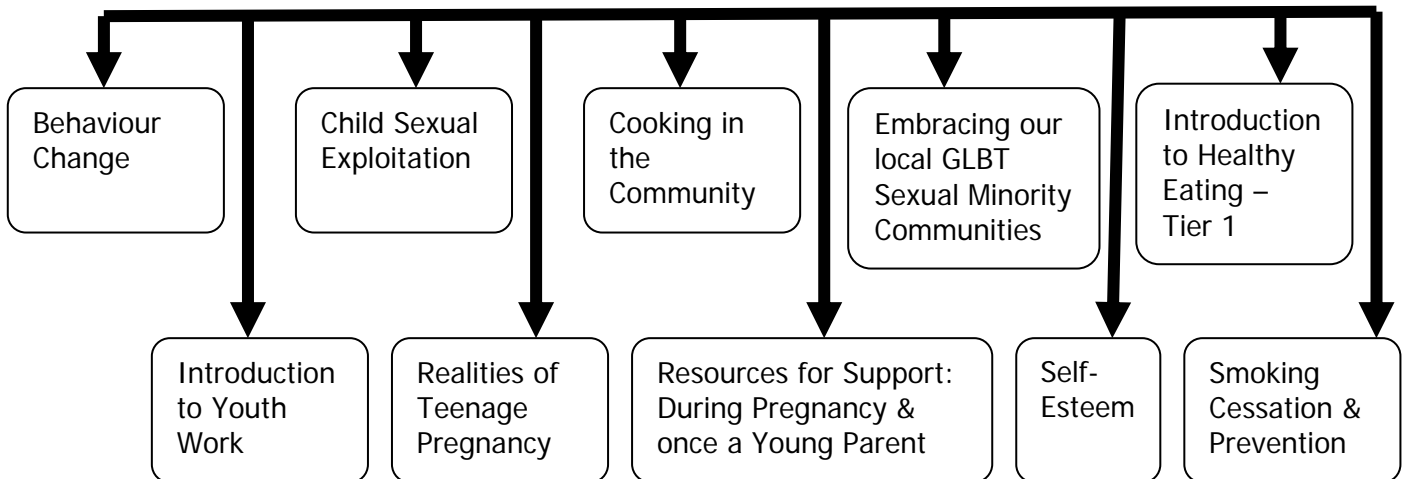
\*\* Must complete SRE Tiers 1 & 2 before undertaking any further SRE related courses

## Mental Health:



\* Must complete Tier 1 before undertaking any of the Tier 2. It is not mandatory to do all four modules

## Separate Modules



**Course Title:**

# **Substance Awareness Tier 1**

**Target Audience**

All front line staff working with young people aged 19 and under in Portsmouth City.

**Rationale:**

Why do we need to provide substance awareness training?

The Health Advisory Service reports (1996, 2001), the 10 year National Drugs Strategy (1998) and Every Child Matters state that addressing substance use is part of everyone's role. National and local targets are set around reducing consumption, risks and harm to children and young people.

The Tier 1 training will enable participants to increase awareness and understanding, provide information and make referrals in relation to substance use/ misuse issues.

**Session Outline**

- The range of substances used, the format of different substances, how they are used and equipment
- The effects of substances on the body; including effects of depressants, stimulants and hallucinogens
- The Law relating to illegal substances, alcohol, tobacco and volatile substances and prescribed medication
- Staff legal obligations regarding substance use issues
- Personal and societal attitudes
- Referral criteria and service provision

**Learning Objectives:**

By the end of the course participants will have:

- Increased knowledge of the range of substances and their effects
- Identified how substances are used, the associated methods of use and why young people use substances
- Increased knowledge of the legal status of substances and staff legal obligations
- Explored participant's own and societal attitudes and beliefs about substances and the people who use them
- Increased awareness of the supporting services available in the City

**Dates and Venues**

4 <sup>th</sup> May 2010	Broadside, Portsmouth	9.30 am – 4.30 pm
22 <sup>nd</sup> June 2010	Civic Offices, Portsmouth	9.30 am – 4.30 pm
15 <sup>th</sup> September 2010	Civic Offices, Portsmouth	9.30 am – 4.30 pm
25 <sup>th</sup> November 2010	Civic Offices, Portsmouth	9.30 am – 4.30 pm
9 <sup>th</sup> February 2011	Civic Offices, Portsmouth	9.30 am – 4.30 pm

**Maximum places available 18 per course**

**Facilitator**

Jane Ward, Independent trainer and consultant

**Course Title:****Substance Awareness Tier 2:**

*Early intervention and prevention training programme. (Tier 2 accredited training with the Open College Network).*

**Target Audience**

The training modules are for staff working in targeted youth services (Tier 2) and anyone working with vulnerable young people. **Candidates for this training must have completed the tier 1 Substance Awareness training.**

**Rationale:**

Why do we need to provide Tier 2 substance use training?

The national children and young people's agenda requires City Councils to undertake more targeted education and prevention work in relation to substance use. In addition the instruction of the Common Assessment Framework will require that children, young people, their families and carers have their needs identified regards substance use.

This accredited training aims to enhance knowledge and understanding of working with substance use issues and develop workers existing skills to address substance use within their role.

**Session Outline**

The programme of learning is based on a range of competencies including; the Common Core Knowledge and Skills (Every Child Matters), Health Advisory Service competencies – The Substance of Young Needs (1996, 2001) and the Drug and Alcohol National Occupational Standards. The training aims to help staff achieve these competencies by providing more advanced training to cover substance related prevention, targeted education, advice and using counselling skills.

The course consists of three distinct learning modules, which have their own learning outcomes and assessment criteria.

Accreditation is through the Open College Network at level 3, with a credit value of 3 for each module. This equates to about 30 hours learning per module.

**Learning Objectives****Module 1: Identifying substance related needs and planning appropriate interventions****Learning Outcomes:**

By the end of the module participants will:

- Understand terms and definitions related to substance use and young people
- Understand why young people take substances
- Recognise the impact of parental substance use on children and young people
- Understand the importance of the drug set and context in taking substances

**Module 2: Brief and Motivational Skills for Substance Misuse and Misuse****Learning Outcomes:**

By the end of the module participants will:

- Understand the theory and practice of brief intervention and motivational interviewing
- Understand the theory and practice of solution focused work for working with young people and their parents/carers
- Create approaches to involve parents/carers to support and maintain behaviour change of their children

### Module 3:

#### Learning Outcomes:

By the end of the module participants will:

- Understand the role of a multi-disciplinary approach in working with young people and their parents and carers relating to substance use
- Recognise the role and purpose of supervision
- Recognise best practice approaches in recording, monitoring, maintaining case files and action planning

#### Course participant Requirements:

To comply with the allocation and funding of a place on the training, participants are required to;

- Have completed basic substance awareness training (tier 1)
- Complete pre-course work and assignments allocated during the training
- Attend all training days
- Apply the learning within their role and responsibilities at work
- Present learning issues from the training at team meetings
- Use supervision to develop competencies
- Develop a portfolio of learning and development
- **NB. If a participant should miss a training day, s/he will be set work to cover the training content of the day which should be submitted to the trainer for review**

#### Dates and Venues

##### Module 1:

8 <sup>th</sup> September 2010	Civic Offices, Portsmouth	9.30 am – 4.30 pm
9 <sup>th</sup> September 2010	Civic Offices, Portsmouth	9.30 am – 4.30 pm

##### Module 2:

6 <sup>th</sup> October 2010	Civic Offices, Portsmouth	9.30 am – 4.30 pm
7 <sup>th</sup> October 2010	Civic Offices, Portsmouth	9.30 am – 4.30 pm

##### Module 3:

3 <sup>rd</sup> November 2010	Civic Offices, Portsmouth	9.30 am – 4.30 pm
1 <sup>st</sup> December 2010	Civic Offices, Portsmouth	9.30 am – 4.30 pm

#### Maximum places available 15

#### Facilitator

Jane Ward, Independent trainer and consultant

**Course Title:**

# **Sex & Relationships Education Tier 1**

**Target Audience**

This introductory course is aimed at staff from any agency working with young people in the city of Portsmouth who have not undertaken any recent training on SRE and would benefit from gaining an overview and update of the issues.

**Rationale:**

Why do we need to provide SRE Tier 1 training?

Sex and relationships education (SRE) is lifelong learning about sex, sexuality, emotions, relationships and sexual health. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes (Sex Education Forum 1999).

- To provide an introduction to Sex and Relationships Education and to encourage course participants to look at the issues involved in their work with young people.

▪

**Learning Objectives:**

By the end of the course participants will:

- Gain an understanding of what is meant by Sex and Relationships Education.
- Provide information about the Law relating to young people and sexual behaviour.
- Explore some of the issues affecting young people.
- Encourage participants to explore their own values, beliefs and attitudes and how these may impact on work with young people.

**Dates and Venues**

22 <sup>nd</sup> April 2010	St James', Portsmouth	9.15 am – 1.30 pm
9 <sup>th</sup> September 2010	Civic Offices, Portsmouth	9.15 am – 1.30 pm
20 <sup>th</sup> January 2011	Civic Offices, Portsmouth	9.15 am – 1.30 pm

**Maximum places available 20 per course**

**Facilitators**

Gordon Atkins, Sex Sense

Representative from Health Improvement & Development Service, Portsmouth City Council

**Course Title:**

**Sex & Relationships Education Tier 2**

**Target Audience**

The course is aimed at staff from any agency who have undertaken the Tier 1 course or those who already have a basic understanding about SRE and young people and who works with and alongside young people in Portsmouth. **Candidates for this training must have completed the tier 1 Sex & Relationships Education training.**

**Rationale:**

To provide an opportunity to explore the issues around sex and relationships facing young people and to develop ways in which staff can undertake SRE, particularly with the most vulnerable young people.

**Learning Objectives:**

By the end of the course participants will:

- Provide course participants with up-to-date information about young people and their sexual health and behaviour.
- Discuss confidentiality and the Law in relation to young people and sexual behaviour, together with how this impacts on working with young people.
- Encourage course participants to look at ways of developing SRE within their own work.
- Explore the resources that are available to support staff in their work.

**Dates and Venues**

13 <sup>th</sup> May 2010	Civic Offices, Portsmouth	9.15 am – 4.00 pm
14 <sup>th</sup> October 2010	Civic Offices, Portsmouth	9.15 am – 4.00 pm
17 <sup>th</sup> February 2011	Civic Offices, Portsmouth	9.15 am – 4.00 pm

**Maximum places available 20 per course**

**Facilitators**

Gordon Atkins Sex Sense

Representative from Health Improvement & Development Service, Portsmouth City Council

Course Title:

## 'Get It On' Condom Distribution

### Target Audience

Practitioners working with young people in all settings, including staff from the Youth Services, Schools and Colleges, Social Care, Health and Voluntary organisations. **In order to apply for this specialist module, participants must have undertaken SRE Tier 1 & 2 training** and work with and alongside young people in Portsmouth. Workers who, within their role, are interested in offering a condom distribution service to young people, including those under 16 years old in both group work and one to one settings. Attendance at this course is a requirement for organisations and projects wishing to join the Portsmouth Condom Distribution Scheme.

### Session Outline

- Advice / discussion and evidence of individuals' Service Policies, Guidelines, Protocol and Referrals, ensuring these are in place when distributing condoms to young people including those under 16; to include both the management and supervision processes for individual organisations
- Implications of condom distribution within the Sexual Offences Act 2003
- Scenarios that give each individual the opportunity to explore the recommended processes involved when distributing condoms and to recommend these processes be used back in the work place
- Condom demonstration and opportunity for each individual to 'have a go'
- Using the group as resource, discussion about any prior experiences of feelings / practicalities when distributing condoms
- Using fictional scenarios, discussion / information / evidence of other forms of contraception
- Individual action plans

### Learning Objectives:

By the end of the course participants will have:

- Continued to look at their own issues relating to sex and relationships and how their attitudes may affect those they work with, whether it is one to one or in group work situations
- Developed more confidence in talking about sex and relationships issues when working with young people
- Gathered up to date local and national information about SRE and condom distribution
- Raised their awareness of the importance of policies and procedures of their individual organisations / agencies, relating to condom distribution and confidentiality
- Shared methods of good practice and continued to develop a framework for the delivery 'at base' of sexual health and condom distribution sessions; these must include Fraser competencies, confidentiality and the distribution of condoms to young people under 16 years old.

### Dates and Venues

10 <sup>th</sup> June 2010	Civic Offices, Portsmouth	9.15 am – 1.30 pm
18 <sup>th</sup> November 2010	Civic Offices, Portsmouth	9.15 am – 1.30 pm
17 <sup>th</sup> March 2011	Civic Offices, Portsmouth	9.15 am – 1.30 pm

**Maximum places available 20 per course**

### Facilitators

Gordon Atkins, Sex Sense

Representative from Health Improvement & Development Service, Portsmouth City Council

**Course Title:**

## **Chlamydia & Pregnancy Testing**

### **Target Audience**

This module is for practitioners working with young people in all settings, including staff from the Youth Services, Schools and Colleges, Social Care, Health and voluntary organisations who have undertaken SRE Tiers 1 and 2 and who have an interest in increasing sexual health service provision and would like to develop skills and have an interest in delivering a chlamydia and pregnancy testing service for young people.

**In order to apply for this specialist module, participants must have undertaken SRE Tier 1 & 2 training.**

### **Rationale**

- To increase chlamydia and pregnancy testing service provision to enhance current sexual health services available
- To raise awareness with practitioners around services for young people and their sexual health.
- To raise awareness and implications of the choices available to young people when dealing with issues to do with unprotected sex

### **Session Outline**

- Appropriate timing of chlamydia and pregnancy tests
- Fertility awareness
- Sexual Health Services
- Referral pathways
- Individual Service Protocols

### **Learning Objectives:**

By the end of the course participants will:

Be able to perform a chlamydia and pregnancy test and be aware of local referral pathway.

### **Dates and Venues**

20 <sup>th</sup> May 2010	Civic Offices, Portsmouth	9.30 am – 12.30 pm
23 <sup>rd</sup> September 2010	Civic Offices, Portsmouth	9.30 am – 12.30 pm
2 <sup>nd</sup> December 2010	Civic Offices, Portsmouth	9.30 am – 12.30 pm

**Maximum places available 18 per course**

### **Facilitators**

Paula Meredith, Contraception & Sexual Health Nurse, Ella Gordon Unit  
Carole Druce, Chlamydia Screening Co-ordinator

**Course Title:****Delay****Target Audience**

Practitioners working with young people in all settings, including staff from the Youth Service, Schools and Colleges, Social Care, Health and Voluntary Services.

**In order to apply for this specialist module, participants must have undertaken SRE Tier 1 & 2 training.**

**Rationale**

Supporting young people to make choices about sex that feel right for them and helping them to decide when they are ready.

Giving young people the skills to say 'no' to pressure they come under to have sex e.g. from peers, boy/girlfriends, the media and cultural assumptions.

The 'philosophy behind' delay has been developed to ensure that young people are enabled and supported to make informed choices, negotiate within a relationship and begin to build aspirations and esteem.

Delaying sexual activity is NOT an abstinence programme but ensuring that young people are made aware that they have choices and also given the skills to explore relationships in other ways.

**Learning Objectives:**

By the end of the course participants will have:

- An understanding of delay agenda and how it differs to the abstinence approach
- Give practical ideas to support the messages behind the teenage pregnancy strategy
- Provide practical activities and resources that can be used when working with young people
- Explored some of the activities that could be used with young people in addressing choice

**Dates and Venues**

6 <sup>th</sup> May 2010	Civic Offices, Portsmouth	9.15 am – 1.30 pm
4 <sup>th</sup> November 2010	Civic Offices, Portsmouth	9.15 am – 1.30 pm

**Maximum places available 20 per course**

**Facilitators**

Gordon Atkins, Sex Sense

Representative from Health Improvement & Development Service, Portsmouth City Council

**Course Title:**

## **Working with Young Men & Boys: Sexual Health**

**Target Audience**

Practitioners working with young people in all settings including staff from the Youth Services, Schools and Colleges, Social Care, Health and Voluntary Services. **In order to apply for this specialist module, participants must have undertaken SRE Tier 1 & 2 training.**

**Rationale**

All boys and young men have the legal right to good quality sex and relationships education, which is relevant to their needs and will prepare them for the responsibilities and experiences of adult life. The Sex Education Forum defines SRE as lifelong learning about emotions, relationships, sexuality, sex and sexual health. It involves acquiring accurate information, developing skills and forming positive beliefs, values and attitudes to promote sexual and emotional health and well-being (SEF, 2003).

With increasing understanding of the needs of boys through research and practice and the SEU report in 1999, which identified that boys and young men were 'half the solution', there has been a shifting of attention towards young men, their needs and experiences, and the support that they should be offered. Policy makers and practitioners are now considering not how to change young men, but how to help and support them in developing positive self-esteem and emotional resourcefulness. Yet work with young men is still relatively new and professionals sometimes lack confidence in addressing sex, relationships and sexual health with young men.

**Session Outline**

- Being a man
- Spheres of Influence
- Risk behaviour
- Attitudes and values
- Developing skills
- Increasing confidence and self-esteem

**Learning Objectives:**

By the end of the course participants will have:

- Explored what it means to be a young man
- An understanding of how young men and boys learn
- The opportunity to develop skills in working with young men and boys
- Increased confidence and knowledge in working with young men and boys

**Dates and Venues**

3 <sup>rd</sup> June 2010	Broadside, Portsmouth	9.15 am – 1.30 pm
3 <sup>rd</sup> March 2011	Civic Offices, Portsmouth	9.15 am – 1.30 pm

**Maximum places available 18 per course**

**Facilitators**

Gordon Atkins, Sex Sense

Representative from Health Improvement & Development Service, Portsmouth City Council

**Course Title:**

**Working with Girls & Young Women: Sexual Health**

**Target Audience**

Practitioners working with young people in all settings including staff from the Youth Services, Schools and Colleges, Social Care, Health and Voluntary Services. **In order to apply for this specialist module, participants must have undertaken SRE Tier 1 & 2 training.**

**Rationale**

This course is aimed at those who have undertaken Tier 2 SRE Training and have an interest in or their role is working with/supporting girls and young women.

**Session Outline**

Understanding of the issues involved in working with young women around SRE and to share good practices and resources when undertaking this work.

**Learning Objectives:**

By the end of the course participants will have:

- Explored the issues involved in working with young women around SRE, what it means to be a young woman.
- Explore attitudes and values when working with young women.
- Peer pressure and influences.
- Increasing confidence and self-esteem.
- Look at ways of developing their own practice within this area of work.

**Dates and Venues**

27<sup>th</sup> May 2010

Civic Offices, Portsmouth

9.15 am – 1.30 pm

**Maximum places available 18 per course**

**Facilitators**

Louise Gibbs, Sex Sense

Representative from Health Improvement & Development Service, Portsmouth City Council

**Course Title:**

## **Embracing our local GLBT Sexual Minority Communities**

**Target Audience**

Practitioners working with young people in all settings working in the city of Portsmouth.

**Rationale**

To increase participants awareness of GLBT communities issues and experiences of PCT services to service providers. To help service providers and practitioners to develop their services and care giving so that they are sensitive and accessible to GLBT clients.

**Session Outline**

To highlight the journey of marginalised GLBT communities through recent history. Share good practice from national, statutory and non-statutory organisations.

**Learning Objectives:**

By the end of the course participants will:

- Be aware of some of the cultural, social and historical barriers that have prevented GLBT clients accessing local services.
- Participants will have been provided with anecdotal evidence of client/patient satisfaction/dissatisfaction of service/client experience.
- Be informed of good practice from national, statutory and non-statutory organisations on providing sensitive and appropriate services.

**Dates and Venues**

21<sup>st</sup> June 2010

Civic Offices, Portsmouth

9.30 am – 4.00 pm

**Maximum places available 18 per course**

**Facilitators**

Representatives from Inscape, Portsmouth

**Course Title:**

**Realities of Teenage Pregnancy**

**Target Audience**

Practitioners working with young people, including staff from the Youth Services, Schools, Colleges, Social Care, Health, Motiv8, PCSOs and voluntary organisations

**Rationale**

To raise awareness regarding issues surrounding teenage pregnancy and the prevention agenda.

**Session Content**

- Adolescent Health team
- The Government Strategy
- PHSE and prevention
- Delay strategies
- Resources
- POPT (Positive Outcomes for Parenting Teenagers) – what support is available
- What the team is doing now
- Real life scenarios
- Sign posting

**Learning Objectives:**

By the end of the course participants will have:

- An insight of the issues facing young parents
- Awareness of myths associated with sexual behaviour and pregnancy
- Awareness and knowledge of different resources available
- Knowledge of roles of the Teenage Pregnancy team
- Information regarding the Government's Teenage Pregnancy Strategy

**Dates and Venues**

11 <sup>th</sup> May 2010	Civic Offices, Portsmouth	9.30 am – 12.30 pm
9 <sup>th</sup> November 2010	Civic Offices, Portsmouth	9.30 am – 12.30 pm

**Maximum places available 18 per course**

**Facilitators**

Representative from Health Improvement & Development Service, Portsmouth City Council

**Course Title:**

**Resources for support: During Pregnancy & once a Young Parent**

**Target Audience**

Practitioners working with young people, including staff from the Youth Services, Schools, Colleges, Social Care, Health, Motiv8, PCSOs and voluntary organisations

**Rationale**

To raise awareness of resources available to support pregnancy and young parents.

**Session Content**

- Government Strategy
- Issues faced by young parents and during pregnancy
- Benefit and grants what are the rules
- Understanding of NEET and EET
- Lone Parent New Deal
- Going back to work
- Case Studies
- Care to Learn & Engagement
- Resources

**Learning Objectives:**

By the end of the course participants will have:

- An insight of the issues facing young parents and while pregnant
- Awareness and knowledge of different resources available
- Knowledge of Care to Learn
- Better knowledge of benefits
- Knowledge of government and local strategy
- Pathways

**Dates and Venues**

11 <sup>th</sup> May 2010	Civic Offices, Portsmouth	1.30 pm – 4.30 pm
9 <sup>th</sup> November 2010	Civic Offices, Portsmouth	1.30 pm – 4.30 pm

**Maximum places available 18 per course**

**Facilitators**

Representative from Health Improvement & Development Service, Portsmouth City Council

**Course Title:**

## **Child Sexual Exploitation**

**Target Audience**

Practitioners working with young people in all settings, including staff from the Youth Services, Schools and Colleges, Social Care, Health and Voluntary Organisations working in the city of Portsmouth.

**Rationale**

This course will enable agencies to effectively identify and refer young people who may be at risk of or who are being sexually exploited.

This in turn will enable young people to be identified as early as possible and improve outcomes for them.

**Session Outline**

- What do we mean by Child Sexual Exploitation?
- The grooming process
- The abuse triangle and its variations
- Indicators and vulnerability factors for child sexual exploitation
- The legal perspective
- The physical and mental effects of child sexual exploitation
- Case studies
- Discussion

**Learning Objectives:**

By the end of the course participants will:

- Have developed their knowledge of Child Sexual Exploitation
- Have explored the definition of child sexual exploitation, its historical context and current legislation
- Have explored the myths, barriers and issues surrounding child sexual exploitation
- Be able to identify the early signs of young people being sexually exploited or those who are at risk of sexual exploitation
- Have found out more about the effects of sexual exploitation on the mental and physical health of young people
- Have discovered more about the Portsmouth project and the consultation/ referral process

**Dates and Venues**

2 <sup>nd</sup> June 2010	Civic Offices, Portsmouth	9.30 am – 12.30 pm
22 <sup>nd</sup> September 2010	Civic Offices, Portsmouth	9.30 am – 12.30 pm
24 <sup>th</sup> November 2010	Civic Offices, Portsmouth	9.30 am – 12.30 pm
23 <sup>rd</sup> March 2011	Civic Offices, Portsmouth	9.30 am – 12.30 pm

**Maximum places available 18 per course**

**Facilitators**

Rachael Courage, Deputy Manager (Portsmouth), Barnardos Miss U & U Turn  
Cheryl Broughton, Project Worker, Barnardos Miss U & U Turn

**Course Title:**

**Mental Health Tier 1 – “There’s no health without mental health”**

*Emotional Health and Well-being*

**Target Audience**

Practitioners working with young people in all settings, including staff from the youth services, schools and colleges, social care, children’s homes, family centres, school nurses, health visitors, children’s health professionals and voluntary organisations who would like to understand the importance of emotional and mental health and the impact upon the development of children and young people, their social skills and behaviour working in the city of Portsmouth.

**Rationale**

To enhance the knowledge, and skills, of practitioners working with children and young people in Portsmouth.

**Session Outline**

A broad introduction to the emotional and mental health needs of children and adolescents and the Child and Adolescent Mental Health Service (CAMHS) in Portsmouth.

**Learning Objectives:**

By the end of the course participants will:

- Be more aware of how emotional and mental health difficulties impact on children and young people’s behaviour, learning, peers & family relationships
- Have acquired a greater knowledge and understanding regarding children and young people’s needs, including what’s normal (Every Child Matters – 5 outcomes & Youth Matters: Next Steps)
- Have more ideas about how to reduce the stigma surrounding mental health problems and mental illness
- Have an enhanced understanding as a practitioner in the Portsmouth children and young people’s workforce and know how to support young people more successfully in your particular role
- Have acquired knowledge of prevalence regarding mental health disorders/ illness
- Be more aware of the research evidence regarding child and adolescent mental health
- Have gained some practical ideas and skills around how to interact meaningfully with children and young people
- Be clearer about CAMH service description, e.g. referral criteria and threshold, service structure, teams within Portsmouth CAMHS and treatments on offer
- Be able to recognise more clearly the emergence of mental health problems/ illness and know when, where and how to refer

**Dates and Venues**

15 <sup>th</sup> April 2010	Broadside, Portsmouth	9.30 am – 4.30 pm
15 <sup>th</sup> July 2010	St James’, Portsmouth	9.30 am – 4.30 pm
14 <sup>th</sup> October 2010	St James’, Portsmouth	9.30 am – 4.30 pm
13 <sup>th</sup> January 2011	Civic Offices, Portsmouth	9.30 am – 4.30 pm

**Maximum places available 20 per course**

**Facilitators**

Stephen Hendra, Primary Mental Health Worker, CAMHS  
Kate Nicholls, Primary Mental Health Worker, CAMHS

## Course Title

# Mental Health Tier 2

*Sessions to include:*

- *Self Harm*
- *Depression*

### Target Audience

Practitioners working with young people in all settings, including staff from the Youth Services, Schools and Colleges, Social Care, Health and voluntary organisations. **Candidates for this training must have completed the Tier 1 Mental Health training.**

### Rationale

Each one-day workshop will enable agencies to effectively identify and refer young people who may be at risk of or be developing these mental health disorders. This will enable young people to be treated as early as possible and improve outcomes for them.

### Session Outline:

- Explore the statistics relating to young peoples diagnosis of depression or self-injurious behaviours
- Identify the early signs of someone who may be developing depressive illness or developing reliance on self-injurious behaviours
- Gain skills in assessment of mental health difficulties with young people
- Gain intermediate skills in Risk Profiling potential depression in young people and potential therapeutic techniques to be utilised
- Gain intermediate skills in Risk Profiling self-injurious behaviour in young people and potential therapeutic techniques that could be utilised with young people

### Learning Outcomes:

Participants will:

- Have gained an understanding of what we mean by these conditions and the acute symptoms they may experience
- Be able to recognise and identify early signs
- Understand the importance of intervening early
- Be able to identify factors that may make a person more vulnerable to experiencing mental health disorders

Please note that these sessions are interactive and involve smaller group work and group discussion. Real case scenarios will be explored and discussed, so please bring any current case based dilemmas that could be utilised for discussion.

### Dates and Venues

Self Harm:

7 <sup>th</sup> June 2010	Civic Offices, Portsmouth	9.30 am – 12.30 pm
8 <sup>th</sup> November 2010	Civic Offices, Portsmouth	9.30 am – 12.30 pm

Depression:

21 <sup>st</sup> June 2010	Civic Offices, Portsmouth	9.30 am – 12.30 pm
22 <sup>nd</sup> November 2010	Civic Offices, Portsmouth	9.30 am – 12.30 pm

**Maximum places available 18 per course**

### Facilitators

Anna Walker, CAMHS Community Nurse Practitioner  
Jennie Eeles, CAMHS Primary Mental Health Worker

## Course Title

# Mental Health Tier 2

### *Sessions to include:*

- Psychosis and related mental health problems

### **Target Audience**

Practitioners working with young people in all settings, including staff from the Youth Services, Schools and Colleges, Social Care, Health and voluntary organisations. **Candidates for this training must have completed the Tier 1 Mental Health training.**

### **Rationale**

Each half-day workshop will enable agencies to effectively identify and refer young people who may be at risk of or be developing these mental health disorders. This will enable young people to be treated as early as possible and improve outcomes for them.

### **Session Outline:**

- Psychosis – what is it, what are the early signs and what can you do about it?
- A resume on other types of schizophrenia
- Stress and vulnerability model
- Co-morbidity (including anxiety, depression etc).

### **Learning Outcomes:**

Participants will:

- Gain an understanding of what we mean by psychosis
- Understand the importance of intervening early
- Recognise possible early signs of psychosis
- Feel confident in contacting the Psychosis Team and completing checklist for referral.

Please note that these sessions are interactive and involve smaller group work and group discussion. Real case scenarios will be explored and discussed, so please bring any current case based dilemmas that could be utilised for discussion.

### **Dates and Venues**

24 <sup>th</sup> June 2010	Civic Offices, Portsmouth	9.30 am – 12.30 pm
6 <sup>th</sup> Dec 2010	Civic Offices, Portsmouth	9.30am – 12.30 pm

### **Maximum places available 18 per course**

#### **Facilitators**

24<sup>th</sup> June 2010:

Catch Canning, Outreach Practitioner, Headspace  
Leah Robinson, Headspace

6<sup>th</sup> Dec 2010:

Catch Canning, Outreach Practitioner, Headspace  
Rick Lewis, Headspace

## Course Title

# Mental Health Tier 2

### *Sessions to include:*

- An introduction to Eating Disorders

### **Target Audience**

Practitioners working with young people in all settings, including staff from the Youth Services, Schools and Colleges, Social Care, Health and voluntary organisations. **Candidates for this training must have completed the Tier 1 Mental Health training.**

### **Rationale**

Each half-day workshop will enable agencies to effectively identify and refer young people who may be at risk of or be developing these mental health disorders. This will enable young people to be treated as early as possible and improve outcomes for them.

### **Session Outline:**

- Develop knowledge of eating disorders.
- Identifying the early signs of someone who may be developing an eating disorder.
- Gain skills in assessment and become comfortable with using the checklist.

### **Learning Outcomes:**

Participants will:

- Gain knowledge on what is an eating disorder.
- Understand what to do if you think someone has an eating disorder (strategies for those working at primary care level).
- Recognise what services such as CAMHS can offer.
- Have an opportunity to think about your own experiences and anxieties.

Please note that these sessions are interactive and involve smaller group work and group discussion. Real case scenarios will be explored and discussed, so please bring any current case based dilemmas that could be utilised for discussion.

### **Dates and Venues**

13 <sup>th</sup> May 2010	Civic Offices, Portsmouth	9.30 am – 12.30 pm
2 <sup>nd</sup> November 2010	Civic Offices, Portsmouth	9.30 am – 12.30 pm

**Maximum places available 18 per course**

### **Facilitators**

Dr Penny Hazell, Chartered Clinical Psychologist, Portsmouth Eating Disorder Service  
Jennie Eeles, CAMHS Primary Mental Health Worker

## Course Title

# Introduction to Youth Work

## Target Audience

This training session is aimed at anyone wanting to find out more about youth work, anyone working with young people, and support group staff and volunteers who may have no formal experience of working with young people.

## Rationale

As services become broader and more holistic, all those involved in services supporting young people should have access to developing skills in youth work.

## Session Outline: Participants will:

- What is youth work: using youth work skills and techniques in your own practice
- Supporting young people: health and well-being issues
- Communicating with young people - what works and how to overcome barriers (in relation to health behaviours)
- Youth work opportunities and career framework

## Learning Outcomes:

By the end of the course participants will:

- Have awareness of youth work practice
- Have an understanding of how youth work 'fits' with services for young people, and how their own work could support young people
- Have knowledge of career programme/ voluntary opportunities
- Know what works when communicating with young people

## Dates and Venues

13th May 2010

Civic Offices, Portsmouth

9.30 am – 4.30 pm

**Maximum places available 18 per course**

## Facilitators

Graham Box, Arts Development Manager, Youth Service, Portsmouth City Council

Marilyn Lawrence, Detached Team Leader, Youth Service, Portsmouth City Council

## **Course Title**

# **Smoking Cessation and Prevention**

### **Target Audience**

Practitioners working with young people in all settings from the Play and Youth Services, Connexions, Schools and colleges, Social Care, Health and Voluntary organizations.

### **Rationale**

The smoking cessation and prevention training will enable participants to increase their awareness and understanding of the issues young people face around smoking and tobacco use, as well as provide information and signposting. The training will enable participants to make referrals and support young people who want to quit.

### **Session Outline**

- Why young people smoke
- Giving up
- Resources and tools
- Supporting a quitter
- Cannabis and lingo
- signposting

### **Learning Objectives**

By the end of the course participants will have:

- Increased knowledge around the effects of smoking
- Looked at why young people smoke and why they want to quit
- Looked at a coordinated approach to young peoples smoking cessation
- Become familiar with relevant paperwork
- Increase awareness of the supporting services
- Looked at the barriers created by young people around smoking cessation

### **Dates & Venues**

18 <sup>th</sup> June 2010	Civic Offices, Portsmouth	10.00 am – 4.00 pm
19 <sup>th</sup> November 2010	Civic Offices, Portsmouth	10.00 am – 4.00 pm

**Maximum places available 18 per course**

### **Facilitator**

Representative from Health Improvement & Development Service, Portsmouth City Council

## Course Title

# Cooking in the Community

### Target Audience

This course is designed to support people that are delivering or wish to deliver practical healthy eating sessions to a community group. It is suitable for individuals who have limited or no experience of delivering practical cookery workshops within a community setting.

### Rationale

Each session / workshop will enable staff to deliver the key messages and principles of healthy eating together with a good understanding and knowledge of basic cookery skills.

### Session Outline

### Learning Objectives

By the end of the course participants will have:

- Developed an understanding of how to run a practical cookery session within the community
- Be aware of the points to consider when setting up or starting a new cookery project
- Have learnt the basic practical cookery skills and confidence needed to deliver a session and how to transfer the skills learnt within their group
- Have a basic understanding of the 'eat well plate'
- Have an awareness and basic knowledge of resources available to assist with the delivering the healthy eating message
- Health & Safety / food hygiene
- Risk assessments
- Setting aims and objectives
- Lesson planning

The programme will be delivered over 4 days, 9.30 am – 2.30 pm with the emphasis being on practical cookery skills, and how to deliver a cookery session within the community. All attendees who complete the course will receive a certificate of attendance and a cook4life apron, bag and resource folder.

### Dates & Venues

11/12/13/20 May 2010	Carer's Centre, Portsmouth	9.30 am – 2.30 pm
28/29/30 September & 7 <sup>th</sup> Oct 2010	Carer's Centre, Portsmouth	9.30 am – 2.30 pm
23/24/25 November & 2 <sup>nd</sup> Dec 2010	Carer's Centre, Portsmouth	9.30 am – 2.30 pm
2/3/4 & 11 <sup>th</sup> February 2011	Carer's Centre, Portsmouth	9.30 am – 2.30 pm

**Maximum places available 5 per course**

### Facilitator

Jayne Gentle, Health Improvement & Development Service, Portsmouth City Council

## Course Title

# An Introduction to Healthy Eating – Tier 1

## Target Audience

Practitioners working with young people in all settings, including staff from youth services, schools, social care and colleges who would like to know more about healthy eating.

## Rationale

To enhance participant's knowledge and skills around healthy eating and help them understand the importance of a healthy diet for young people.

## Session Outline

- The Eatwell Plate (including portion sizes and daily allowances)
- Food Labels
- Food & Behaviour
- Health implications related to diet
- Activities/practical ideas for future work
- Signposting and resources.

## Learning Objectives

By the end of the course participants will have:

- Have an increased knowledge and skills around healthy eating.
- Have an understanding of the importance of a healthy diet for young people.
- Have an awareness and understanding of the eatwell plate.
- Have an awareness and understanding of food labels.
- Have an awareness and understanding of food and mood.

## Dates & Venues

18 <sup>th</sup> May 2010	Civic Offices, Portsmouth	9.30 am – 4.00 pm
9 <sup>th</sup> July 2010	Civic Offices, Portsmouth	9.30 am – 4.00 pm
13 <sup>th</sup> September 2010	Civic Offices, Portsmouth	9.30 am – 4.00 pm

## Maximum places available 12 per course

## Facilitator

Asha Lal, Health Improvement & Development Service, Portsmouth City Council

There will also be a chance to do some cooking on the dates below. These dates are not compulsory and practitioners only need attend if they feel they need more experience in the kitchen with young people.

25 <sup>th</sup> May 2010	Carer's Centre, Portsmouth	10.00 am – 1.00 pm
14 <sup>th</sup> July 2010	Carer's Centre, Portsmouth	10.00 am – 1.00 pm
23 <sup>rd</sup> September 2010	Carer's Centre, Portsmouth	10.00 am – 1.00 pm

## Course Title

# Self-Esteem

### Target Audience

Teachers, Youth Advisors, Agency Workers, Youth Practitioners

### Rationale

A two-day workshop that will provide practitioners with the tools and techniques they need to lay the foundations for raising the self-esteem and aspirations of young people.

### Session Outline

- What is Self-Esteem?
- Why Self-Esteem is crucial to the health and happiness of young people.
- The effect of the media, parent's views and opinions on Self-Esteem.
- How and why young people with low Self-Esteem are more likely to engage in risky behaviour and negative activities such as disordered eating, cutting, bullying, smoking or drinking.
- What can be done to raise Self-Esteem?

### Learning Objectives

By the end of the course participants will have:

- Gain skills in assessing a young person's self-esteem.
- Be able to identify factors that make a person more vulnerable to low self-esteem.
- Gain immediate skills in raising self-esteem and inspirations.
- Have a filled-to-the-brim toolbox of great ways to encourage young people to feel good about themselves inside and out.

### Dates & Venues

8 <sup>th</sup> & 9 <sup>th</sup> July 2010	Civic Offices, Portsmouth	9.30 am – 4.00 pm
20 <sup>th</sup> & 21 <sup>st</sup> September 2010	Civic Offices, Portsmouth	9.30 am – 4.00 pm

**Maximum places available 18 per course**

### Facilitator

Lisa Clark – author Mizz Agony Aunt, Self-Esteem Consultant to the Government and Dove

## Course Title

# Behaviour Change

## 1 Day Introductory Course - Behaviour Change Training

### Target Group:

All staff in Adult Social Care and Children's Services who wish to support behaviour change in their clients using the principles of motivational interviewing.

### Learning Outcomes:

By the end of the course, participants will have an insight into the:

- Theory/processes involved in Behaviour Change
- Awareness of approaches to Behaviour Change
- Demonstrate effective communication skills for Behaviour Change
- Demonstrate reflective practice with regards to Behaviour Change

### Special Notes:

This course is a 1 day introduction to Behaviour Change raising awareness around theory and practice in a skills based and experiential learning environment.

### Prior preparation:

**Participants are required to bring with them 4 typed copies of one client based case study of their own, appropriate for Behaviour Change interventions. This must be anonymous and disclosure appropriate.**

### Dates & Venues

1 day Introduction course in Behaviour Change:

10 <sup>th</sup> June 2010	DJPC, Cosham	9.30 am – 4.00 pm
30 <sup>th</sup> September 2010	DJPC, Cosham	9.30 am – 4.30 pm

**Maximum places available 18 per course**

### Facilitators

Linda Long, Health Improvement & Development Service, Portsmouth City Council  
Lee Loveless, Health Improvement & Development Service, Portsmouth City Council

### Cost

For Portsmouth organisations the cost is free. For outside the Portsmouth City there will be a charge of £25 per participant payable in advance with the booking (payable to 'Portsmouth City Council').

## Course Title

# Behaviour Change

## 2 Day Full Course - Behaviour Change Training

### Target Group:

All staff in Adult Social Care and Children's Services who wish to support behaviour change in their clients using the principles of motivational interviewing.

### Learning Outcomes:

By the end of the course, participants should be able to:

- Describe the theory and process involved in behaviour change
- Justify this method for behaviour change
- Demonstrate effective communication skills for behaviour change
- Demonstrate reflection and development of own attitudes and practice

### Special Notes:

This is an 11 hour skills based course run over 2 whole days. It is essential that participants attend both sessions to provide time for practice of skills taught.

### Prior preparation:

Attendees will need to familiarise themselves with the Behaviour Change manual and associated activities prior to course attendance. The course manual will be sent out prior to the training. In the event of non-attendance the manual must be returned or a charge will be made.

**Participants are required to bring with them 4 typed copies of one client based case study of their own, appropriate for Behaviour Change interventions. This must be anonymous and disclosure appropriate.**

### Dates & Venues

2 day Full Course in Behaviour Change:

30 <sup>th</sup> June & 1 <sup>st</sup> July 2010	DJPC, Cosham	9.30 am – 4.00 pm
8 <sup>th</sup> & 9 <sup>th</sup> Dec 2010	DJPC, Cosham	9.30 am – 4.00 pm

**Maximum places available 15 per course**

### Facilitators

Linda Long, Health Improvement & Development Service, Portsmouth City Council  
Lee Loveless, Health Improvement & Development Service, Portsmouth City Council

### Cost

For Portsmouth organisations the cost is free. For outside the Portsmouth City there will be a charge of £25 per participant payable in advance with the booking (payable to 'Portsmouth City Council').

## Course Title

# Behaviour Change

## 1 Day Refresher Course Behaviour Change Training

### Target Group:

All staff in Adult Social Care and Children's Services who have previously completed a full Behaviour Change training course and wish to extend their skills and knowledge in support of behaviour change in their clients using the principles of motivational interviewing.

### Learning Outcomes:

- Consolidating previous knowledge associated with Behaviour Change
- Enhance skill base
- Extend effective strategies for Behaviour Change

### Special Notes:

This course is a 1 day Refresher course for those who have previously attended the 2 day full course or equivalent in Behaviour Change. This will be an experiential training session where participants will have the opportunity to develop, hone and enhance their existing skills.

### Prior preparation:

**Participants are required to bring with them 4 typed copies of one client based case study of their own, appropriate for Behaviour Change interventions. This must be anonymous and disclosure appropriate.**

### Dates & Venues

1 day Refresher course in Behaviour Change:

10<sup>th</sup> February 2011

DJPC, Cosham

9.30 am – 4.00 pm

**Maximum places available 12 per course**

### Facilitators

Linda Long, Health Improvement & Development Service, Portsmouth City Council

Lee Loveless, Health Improvement & Development Service, Portsmouth City Council

### Cost

For Portsmouth organisations the cost is free. For outside the Portsmouth City there will be a charge of £25 per participant payable in advance with the booking (payable to 'Portsmouth City Council').



**MANAGER'S ENDORSEMENT\***

I agree to support this application and the terms laid out in the course outline. I understand that in the event of this person failing to attend the course without a valid reason, that a fee of £50 will be incurred. I also accept that if booking a Tier 2 course, I agree to release staff to attend Supervision sessions for ongoing support.

Signature:

Date:

Name:  
(Print)

**In the event of a cancellation (mandatory to complete this section):**

Department Cost Code (PCC Employees only).....

Invoice to be made payable to (non-PCC Employees):

Name.....

Address (Inc post code).....

.....

Would you like to see any other subject included in the programme, or be interested in courses not included in this programme? If so, please list below:

On completion, please post to:  
Children & Young People's Liaison Officer at:  
Health Improvement & Development Service, Portsmouth City Council, Floor 5, Core 5,  
Civic Offices, Guildhall Square, Portsmouth PO1 2AZ

Any queries please Email: [sorted@portsmouthcc.gov.uk](mailto:sorted@portsmouthcc.gov.uk) Tel: 023 9284 1714

NB: please note that a cancellation fee of £50 per session for which your organisation will be liable, may be charged should you fail to attend without a valid reason.

Maximum number of three participants from the same organisation per course.

If you are unable to attend under no circumstances should another representative attend on your behalf

Please complete all information on the booking form else this will be returned.

**Electronically completed booking forms will be acceptable only if emailed by the Manager.**

**For office use only:**

Rec: ..... / ..... / .....

Ent: ..... / ..... / .....

Conf: ..... / ..... / .....

Should this application be emailed back to [sorted@portsmouthcc.gov.uk](mailto:sorted@portsmouthcc.gov.uk) it is understood that all terms and conditions have been agreed by the Candidate and the Candidate's Manager. A reminder that electronic bookings should only be returned from the Manager directly. Any forms not fully completed will be returned.