

TRAINING FOR EDUCATION STAFF

Cardiff and Vale School In-Reach Service

A core aim of School In-Reach is to upskill education staff to be better able to support the emotional and mental wellbeing needs of learners. School In-Reach Service have developed a range of training on emotional wellbeing and mental health topics. These are freely available to education staff working in Cardiff and Vale.

BITE SIZE VIDEOS

Brief, pre-recorded introductions to emotional wellbeing and mental health topics for education staff



FOUNDATIONS

Training to provide knowledge and understanding on how to support learners' emotional wellbeing generally.



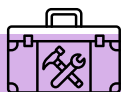
KNOWLEDGE BUILDING

Training and workshops that build knowledge and understanding on more specific topics and groups



THERAPEUTIC TOOLKIT

Interactive workshops that build skills and knowledge to deliver emotional wellbeing interventions



THE TIERED APPROACH

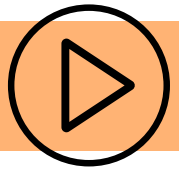
Foundational training may benefit whole staff groups, while specialist topics may be more appropriate for those in specific roles ie. ALNCo, Pastoral staff, wellbeing leads, key adults.

Our passport for learning is often reviewed and developed based on feedback. We aim to develop our training in conjunction with colleagues from health, local authority and education services supporting children and young people.



Please see the final page for sign up details and contact information

BITE SIZE VIDEOS



- **INTRODUCTION TO ANXIETY** (15 MINUTES)

A brief overview of what anxiety is and how it may present in young people, including the signs and symptoms. Some general ideas of how to support a learner who is anxious or worried.

- **INTRODUCTION TO OCD** (15 MINUTES)

A brief overview of Obsessive Compulsive Disorder (OCD), common myths, what maintains OCD and how it impacts learners. Some general ideas on how to support a learner who is experiencing OCD.

- **INTRODUCTION TO 'PACE'** (10 MINUTES)

A brief overview of the elements of PACE (Playfulness, Acceptance, Curiosity and Empathy) and an introduction to how this way of being can be helpful in interactions with learners.

- **INTRODUCTION TO TICS AND TOURETTES** (10 MINUTES)

A brief introduction to Tourette's Syndrome and Functional Tic Disorder, exploring their features, impact on learners, and practical strategies for education staff to offer informed and compassionate support. Developed in conjunction with Cardiff and Vale Health Psychology team.

FOUNDATIONS



- **INTRODUCTION TO SCHOOL IN-REACH** (1 HOUR)

A 1 hour introduction to the School In-Reach Service and how it relates to the context of the Emotional Wellbeing and Mental Health (EWMH) care group structure and services within it. The session provides information to education settings on the who, what, and how of referrals and accessing services. It shares information on the School In-Reach Team structure and our service offer (including training and groups).

- **EMBEDDING 'PACE' IN THE CLASSROOM** (2 HOURS IN-PERSON)

This 2 hour training is a short introduction to PACE (Playfulness, Acceptance, Curiosity and Empathy) which is one aspect of DDP (Dyadic Developmental Psychotherapy) developed by Dr Dan Hughes. We aim to give you an understanding of some ways of relating to young people and each other which can become embedded into your culture and practice within education settings. For more information on DDP, visit: <https://ddpnetwork.org/>. Please watch the 10 minute bitesize video prior to the training: <https://www.youtube.com/watch?v=U1SC2w9tJ0w>

- **UNDERSTANDING AND RESPONDING TO SELF-HARM** (PRE RECORDED)

A short pre recorded training on what self-harm is, the signs and risk factors associated with self-harm, how to respond effectively to a young person who is self-harming and raise awareness of support available. Developed by School In-Reach Service in conjunction with Crisis Team and Cardiff Education Psychology Service.

Link to recording:

KNOWLEDGE BUILDING



These training packages building upon knowledge and understanding from our 'foundations' training such as 'Understanding and Responding to Distress' and 'Embedding PACE in the classroom'. Therefore, we would expect staff to already have foundational knowledge of these topics, before accessing the 'knowledge building' training.

- **MANAGING TRANSITIONS AND ENDINGS WELL (3 HOURS - IN PERSON)**

A 3 hour interactive workshop that will explore the impact of transitions and endings on learners and staff, and builds skills and knowledge around universal and enhanced transition support for learners and their families. The training provides creative tools and activities that can be utilised during times of transition and endings. **Maximum attendees: 20 staff members per group, as the session is experiential and allows space for practical examples.**

- **'PACE' IN PRACTICE (2 HOURS - IN INDIVIDUAL SETTINGS)**

A 2 hour case study based workshop to further embed knowledge from 'Embedding PACE in the Classroom' training. Opportunities to practice responding PACE-fully to a range of case studies and situations that have been highlighted by the school receiving training. **If you have already completed 'Embedding PACE in the Classroom' and you would like a PACE in Practice session for your school, please discuss with your linked In-Reach practitioner. For primary schools, please email schoolinreach.cavewales.nhs.uk and the team will get back to you.**

- **UNDERSTANDING AND RESPONDING TO DISTRESS (3 HOURS - IN PERSON)**

A 2 hour training on how children and young people's brains work and how this links to strong emotions; factors that might influence a child or young person's wellbeing; how distress might present in the classroom; introduction to ways people can support children and young people in distress in order to improve outcomes.

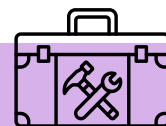
- **RESPONDING TO BEHAVIOUR WITH TWO HANDS (3 HOURS - IN PERSON)**

A 2 hour training session that supports staff to respond to behaviours with a 'two-hands' approach (of connection and correction) to help children and young people to thrive. The training aims develop understanding of the ways learners respond to behaviour management strategies, and build curiosity about responding differently to behaviour. Prior attendance at 'Embedding PACE in the Classroom' training is necessary. **Information for SLT: When booking this training for your individual school/setting, we would hold expectations that the school are working towards being trauma informed, and policies are aligned with or moving towards the ethos of this training.**

- **SENSORY NEEDS IN THE CLASSROOM (3 HOURS - IN INDIVIDUAL SETTINGS)**

This year, School In-Reach Service will be focusing on working jointly with the Occupational Therapy service to promote their sensory needs training, and support with the delivery. Our joint approach aims to highlight sensory difficulties learners may experience and provide practical tools to aid in the classroom and education setting. The session is face to face as it is experiential and allows space for practical examples. **Requests for this training in individual secondary settings will be considered between services to best respond to need. Please discuss with your School In-Reach practitioner linked to your school/setting.**

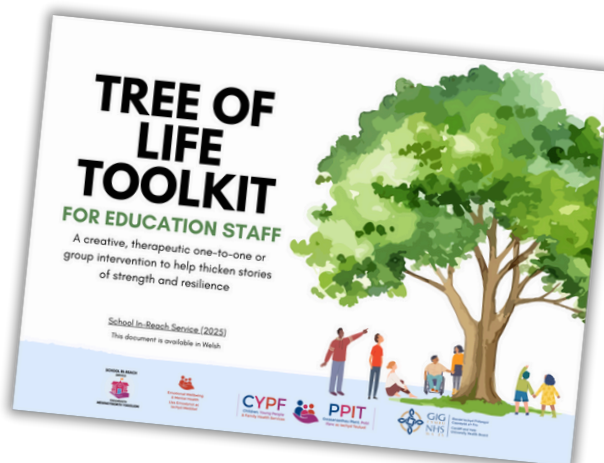
THERAPEUTIC TOOLKIT



Interactive workshops that build skills and knowledge to co-deliver emotional wellbeing interventions. Attendees must have prior knowledge of 'foundational' and 'knowledge building' training topics.

● TREE OF LIFE (3 HOURS - IN PERSON)

In this 3 hour interactive and experiential workshop, attendees will experience the Tree of Life intervention for themselves. Tree of Life is a form of narrative therapy, that can help build stories of strength and resilience. The experience and knowledge gained in this workshop will provide a foundation of skills to be able to co-facilitate Tree of Life group interventions.



● FEELINGS ARE FUNNY THINGS (3 HOURS PER WORKSHOP - IN PERSON)

These workshops are offered to education settings who are co-facilitating the 'Feelings are Funny Things' group programme alongside School In-Reach.

- **Part 1: Using Storytelling to build Emotional Literacy Skills (3 hours):** An interactive and experiential workshop, exploring ways of utilising storytelling and activities to build emotional literacy.

- **Part 2: Storytelling Masterclass (3 hours):** A follow up interactive and experiential workshop, for members of staff to develop confidence and skills in storytelling and delivering the FAFT group.



If you are a secondary school interested in running a Feelings are Funny Things group in your school, please discuss training requirements with your linked School In-reach practitioner.

For interested primary schools, please email schoolinreach.cav@wales.nhs.uk and the team will get back to you.

ACCESSING TRAINING



FOR INDIVIDUAL SCHOOLS / SETTINGS

Training can be delivered within individual secondary schools or settings and organised through termly prioritisation meetings. Our capacity to offer whole staff training in primary schools is limited, so please contact us to enquire.

OPEN ACCESS TRAINING

All Cardiff and Vale education staff can attend as part of our open access training programme, which is delivered in person. Education staff will be offered priority booking. If there is availability in the days leading up to the training, spaces will be offered to those outside of education who have shown an interest.

Open access training dates will be shared in our termly newsletters. You can [sign up to our newsletter here.](#)

Or scan the QR code



WEBSITE



NEWSLETTER



For more information, please contact
schoolinreach.cav@wales.nhs.uk



Visit **www.cavyoungwellbeing.wales** for Emotional Wellbeing and Mental Health information and resources.

This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg