

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

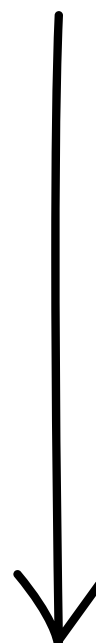
Interactive workshops that build skills and knowledge to deliver emotional wellbeing interventions



THE TIERED APPROACH

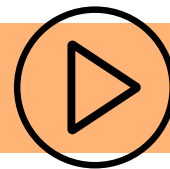
Foundational training may benefit whole staff groups, while specialist topics may be more appropriate for those in specific roles ie. ALNCo, Pastoral staff, wellbeing leads, key adults.

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



Our bitesize training offers short, pre-recorded videos under 15-20 minutes, each giving a clear overview of key topics to build initial understanding and practical skills when working with young people. These sessions are regularly updated. The best way to stay up to date is by checking our website.

INTRODUCTION TO ANXIETY (15 MINUTES)

INTRODUCTION TO OCD (15 MINUTES)

INTRODUCTION TO LOW MOOD (10 MINUTES)

INTRODUCTION TO 'PACE' (10 MINUTES)

INTRODUCTION TO TICS AND TOURETTES (10 MINUTES)

INTRODUCTION TO SELF-HARM (10 MINUTES)

INTRODUCTION TO SCHOOL IN-REACH (10 MINUTES)

To access the following Bite size training, scan the QR code:



<https://cavyoungwellbeing.wales/young-people/emotional-wellbeing-mental-health/our-services/school-in-reach/resources-for-education-staff/>



FOUNDATIONS

Our foundations training offers staff a clear, accessible starting point for understanding and supporting learners' emotional wellbeing. It builds a shared foundation for our wider therapeutic toolkit sessions and ongoing knowledge development.

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=UISC2w9tJ0w>

ADVERSE CHILDHOOD EXPERIENCES & TRAUMA INFORMED PRACTICE - TRAUMA AWARE LEVEL (1 HOUR E LEARNING MODULE)

This course introduces the principles of Adverse Childhood Experiences (ACEs) and trauma-informed practice in Wales. It has been developed by ACE Hub Wales, an organisation hosted by Public Health Wales, to help professionals and organisations embed universal trauma-informed approaches into their work. This course focuses on the "trauma aware" level and aims to support support resilience through connection, inclusion and compassion. Visit: <https://acehubwales.com/>

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 PERSON)

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.cav@wales.nhs.uk and the team will get back to you.**

SUPPORTING DISTRESSED LEARNERS (3 HOURS - IN PERSON)

A 3 hour workshop to consider the causes and impacts of distress and how this may look in the classroom. The second half will look at ways to help distressed learners, including a tool to support wellbeing check ins with young people.

RESPONDING TO BEHAVIOUR WITH TWO HANDS (2 HOURS - IN PERSON)

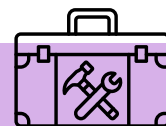
A 2 hour training session that supports staff to respond to behaviours with a 'two-hands' approach (of connection and correction) to help children and young people to thrive. The training aims develop understanding of the ways learners respond to behaviour management strategies, and build curiosity about 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.**

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TRAUMA-INFORMED PRACTICE SKILLS AND STRATEGIES (TIPSS) - TRAUMA SKILLED AND ENHANCED LEVELS (6 HOURS - IN PERSON)

Developed by Traumatic Stress Wales, TIPSS is a training and resource package designed to help professionals support people who have experienced trauma. It is aimed at people working with children, young people, and adults in health, education, and social care. The training will be delivered by School In-Reach, and includes trauma skilled and trauma enhanced levels to build an understanding of trauma and skills that can be used when working with children who have experienced trauma. **Please note this training is only available to education settings in the Vale of Glamorgan.**

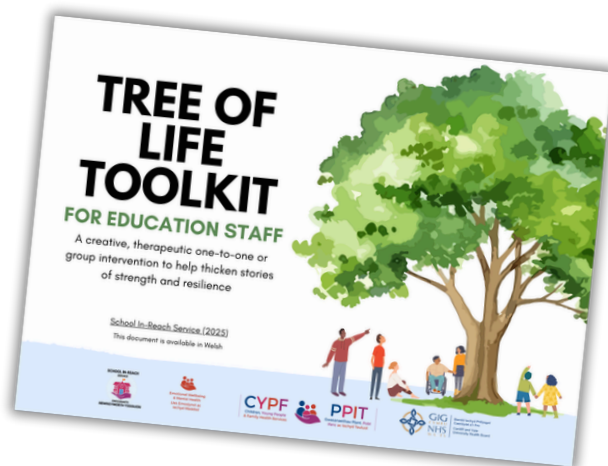
THERAPEUTIC TOOLKIT



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.



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.

ACCESSING TRAINING



FOR INDIVIDUAL SCHOOLS & EDUCATION SETTINGS

Training can be delivered within individual secondary schools and organised through termly prioritisation meetings.

Training updates are regularly communicated through our newsletter and website. Visit: <https://cavyoungwellbeing.wales/young-people/emotional-wellbeing-mental-health/our-services/school-in-reach/>

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