



Since the advent of the National Programme in 2001 there has been a huge growth in the availability of mental health improvement/suicide prevention training funded by the Scottish Government throughout Scotland. This creates fantastic training opportunities for people in all areas of Scotland.

For a quick guide to what's currently available under the National Programme have a look below. You might be looking for training for yourself or your colleagues, or maybe you want to apply to become a trainer. You'll find a brief overview and contact details for all the courses below.

For more information or if you are not sure which course is for you we have created a webpage which will help you decide which mental health/suicide prevention training most suits your needs. Simply go to www.healthscotland.com/mental-health-wizard.aspx and click on the options which are most relevant to you and this will lead you to a training course to suit your needs.

The 10 Essential Shared Capabilities for Mental Health Practice Learning Materials (Scotland)

What is it?

An action-focused resource which aims to support cultural change in services by promoting rights-based, recovery-focused practice. The materials have been designed to meet the learning needs of a wide range of service users, carers and professionals active in mental health services in Scotland. The activities that appear throughout each of the modules will play a key part in helping mental health workers develop the knowledge, skills and attitudes that are central to the delivery of best practice.

What will I learn?

- ❖ What are The 10 Essential Shared Capabilities
- ❖ Involving service users and carers
- ❖ Values-based practice
- ❖ Equality and diversity – respecting difference
- ❖ Developing socially inclusive practice

Who is it for?

This resource is mainly aimed at those working in mental health services, but it is also relevant to people, in all roles and settings, who are involved in mental health work. This includes service users, families and carers, managers, practitioners, volunteers, peer support workers and all workers within the wider mental health community.

Training for trainers available?

Each NHS Board has participated in a trainers programme and there are trainers available who can train others as trainers. For further information contact Susanne Forrest.

For more information on the training contact

Further information is available from Susanne Forrest, Programme Director, NES:

Susanne.Forrest@nes.scot.nhs.uk

Website

The materials are available on-line at: www.nes.scot.nhs.uk/mentalhealth/work#values

Recovery Training

What is it

These learning materials have been developed by NHS Education for Scotland (NES) and the Scottish Recovery Network (SRN) and are due to be published at the end of June 2008. These materials enable *all* mental health workers to develop their knowledge, skills and values to maximise the involvement of service users, embrace the belief that recovery is possible, and facilitate new relationships between people who use services and the communities they live in.

What will I learn?

- ❖ How to develop your practice in ways that foster a recovery focus
- ❖ Building on the 10 Essential Shared Capabilities (Scotland) learning materials
- ❖ The knowledge, skills and values they need to work alongside service users as they create their own unique recovery journeys.

Who is it for?

These learning materials are aimed at all mental health workers.

Training for trainers available?

Each NHS Board has participated in a trainers programme and there are trainers available who can train others as trainers. For further information contact Susanne Forrest.

For more information on the training contact

Further information is available from Susanne Forrest, Programme Director, NES:

Susanne.Forrest@nes.scot.nhs.uk

Website

www.nes.scot.nhs.uk

Scotland's Mental Health First Aid

What is it?

“Mental Health First Aid is the initial help provided to a person developing a difficulty with their mental health or in a mental health crisis. The first aid is given to provide comfort and preserve life until appropriate help is received or until the crisis resolves”

What will I learn?

The 12-hour Scotland's Mental Health First Aid course aims to help participants:

- ❖ Preserve life where a person may be a danger to themselves or others
- ❖ Provide help to prevent a mental health problem developing into a more serious state
- ❖ Promote recovery of good mental health
- ❖ Provide comfort to a person suffering mental illness.

The course covers a number of topics including:

- ❖ What is meant by mental health and mental ill health

- ❖ The signs and symptoms of common mental health problems, including depression, anxiety disorders, and psychosis
- ❖ The range of effective interventions and treatments
- ❖ How to access professional help and support.

Who is it for?

Anyone likely to come into contact with those at risk of mental health problems, such as police, nurses, community workers and employment agency staff.

Training for trainers available?

Yes, we train new SMHFA Instructors twice a year. For more information on the criteria for Instructors, a list of current Instructors and forthcoming courses please go to the web site.

For more information on the training contact

NHS Health Scotland
SMHFA Programme Administrator
0131 537 4753

smhfa@health.scot.nhs.uk

Website

www.smhfa.com

Mentally Healthy Workplaces

What is it?

This course aims to encourage employers to promote positive mental health in the workplace by giving them the understanding, knowledge and skills to address a wide variety of issues relating to employment and mental health. It also aims to reduce the barriers around employability and mental health by addressing stigma, discrimination and negativity towards mental health within the workplace. As well as raising awareness of mental health issues, the course covers relevant aspects of the Disability Discrimination Act (DDA).

What will I learn?

- ❖ A broad understanding of mental health issues
- ❖ The key factors that contribute to a mentally healthy workplace
- ❖ An awareness of mental health issues in the workplace
- ❖ The economic benefit of positive mental health in the workplace
- ❖ Skills and confidence in dealing with mental health and wellbeing in the workplace
- ❖ Managers' legislative responsibilities in relation to health and wellbeing

Who is it for?

Employers, managers and supervisors from all organisations.

Training for trainers available?

For further information please contact Scottish Centre for Healthy Working Lives

For more information on the training contact

Scottish Centre for Healthy Working Lives
Nina Torbett
Health Promotion Development Manager
01698 208195

Advice line: 0800 019 2211

Website

www.healthscotland.org.uk/hwl/

Applied Suicide Intervention Skills Training (ASIST)

What is it?

ASIST is designed to help everyone to become more willing, ready and able to help persons at risk of suicide. Just as "CPR" skills make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid. It is a two-day intensive, interactive and practice dominated course designed to help people learn how to recognise the signs of suicidal thoughts and how to intervene to prevent the immediate risk of suicide.

What will I learn?

- ❖ How to recognise invitations for help
- ❖ How to reach out and offer support
- ❖ How to review the risk of suicide

- ❖ How to apply a suicide intervention model
- ❖ How to link people with community resources

Who is it for?

- People concerned about family or friends
- Natural helpers and advisers
- Emergency service workers
- Counsellors, teachers and ministers
- Mental health practitioners
- Workers in health, welfare or justice
- Community volunteers

Training for trainers available?

Yes, we run these regularly throughout the year. For more information contact either Greig.Ferguson@health.scot.nhs.uk or Rashda.ismail@health.scot.nhs.uk

For more information on the training contact

Choose Life

info@chooselife.net

Website

www.chooselife.net

safeTALK

What is it?

safeTALK is a half-day 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. It is designed for communities or organisations that already have ASIST trained helpers in place.

Who is it for?

Anyone who wants a short session to give them the basic skills of recognising someone who may be suicidal.

Training for trainers available?

Yes, we run these regularly throughout the year. For more information contact either Greig.Ferguson@health.scot.nhs.uk or Rashda.ismail@health.scot.nhs.uk

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Choose Life

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SuicideTALK

What is it

A short exploration and awareness session. It can take between one to three hours with the content adapted to meet the needs of the group. The talk encourages participants to explore their attitudes and feelings about suicide, based around the question "should we talk about suicide?"

Who is it for?

Anyone who wants to explore their attitudes and feelings about suicide.

Training for trainers available?

No

For more information on the training contact

Choose Life

info@chooselife.net

Website

www.chooselife.net

Skills-based Training On Risk Management (STORM)

What is it

STORM is a suicide prevention training package which focuses on developing, through rehearsal, the skills needed to assess and manage a person at risk of suicide. The STORM package is designed to be flexible and adaptable to the needs of a service. Training is cascaded throughout an organisation, with four members of staff becoming facilitators and delivering STORM to the remainder of the workforce.

What will I learn?

- ❖ Skills and confidence in assessment and management of suicide
- ❖ Option modules on problem solving and crisis prevention
- ❖ Have a forum for discussion of related practice issues
- ❖ A common language around assessment and management of suicide
- ❖ Networking opportunities with other professionals or agencies

Who is it for?

Front-line workers in health, social and criminal justice services

Training for trainers available?

Yes, we run these regularly throughout the year. For more information contact either

Greig.Ferguson@health.scot.nhs.uk or Rashda.ismail@health.scot.nhs.uk

For more information on the training contact

Choose Life

info@chooselife.net

Website

www.chooselife.net

Interagency Resource – Introduction to Child and Adolescent Mental Health

What is it?

A resource for running a training event to increase awareness of mental health and well-being, and to build confidence, competence and capacity among all those working with children, young people and families. The materials are free to download from the HeadsUpScotland web-site. The resource contains all the materials needed for a facilitator to lead the training course.

What will I learn?

Participants will learn:

- ❖ How to promote the mental health of children and young people
- ❖ How to identify those children and young people experiencing, or at risk of, mental health problems
- ❖ The impact of stress on children, families and practitioners
- ❖ How to work collaboratively with colleagues within their local service system

Who is it for?

All staff working with children and young people, whether in universal or specialist mental health settings.

Training for trainers available?

No, the materials are free to download from the HeadsUpScotland web-site. The resource contains all the materials needed for a facilitator to lead the training course.

For more information on the training contact

Heads up Scotland

Website

www.headsupscotland.com

Promoting Mental Health Improvement: Raising Awareness

What is it?

This course aims to increase the awareness of people working at both strategic and operational levels, across the different settings, about the importance of mental health to overall health and well-being. It identifies the many factors that contribute to well-being and the contribution which each agency makes to improving mental health and well-being.

What will I learn?

- ❖ Better awareness and understanding of the concept of mental health improvement and its role in promoting well-being, preventing illness, and promoting the well-being of those experiencing illness

- ❖ Improved knowledge of mental health improvement issues
- ❖ The impact of equality and diversity issues on mental health and well-being
- ❖ Information about initiatives effective in promoting mental health improvement
- ❖ A range of practical activities to develop the mental health improvement role
- ❖ Ways in which mental health improvement activities can be planned, monitored and evaluated

Who is it for?

Anyone working at strategic or operational levels across all settings. It is most effective when participants are drawn from a mix of statutory and voluntary agencies.

Training for trainers available?

Around 40 trainers have already been trained across Scotland. The T4T course is currently under review. For more information contact us on the email address below.

For more information on the training contact

NHS Health Scotland
 Erica Stewart-Jones
 Learning and Development Advisor
 0131 536 5585
LWDTeam@health.scot.nhs.uk

Website

www.healthscotland.com/mental-health-promote-improvement.aspx

Wellness Recovery Action Planning (WRAP)

What is it?

WRAP is a 'self-management' tool which is now used in many countries around the world to help people who experience mental health problems better manage their well-being and recovery. It is a simple tool which helps people take more control of their recovery. It is intended to help people plan for themselves how to maintain wellness, and reduce and better manage periods of illness. WRAP does not necessarily replace other treatments or supports, but it can be used to complement them.

What will I learn?

- ❖ How to use the WRAP self-management tool to plan and manage your wellbeing.

Who is it for?

WRAP was initially developed by and for people who have experience of significant mental health problems. Despite this, WRAP can be useful to anyone in planning and managing their well-being.

Training for trainers available?

It is hoped that Facilitator training will be run again in the future though no firm plans have been set.

For more information on the training contact

Scottish Recovery Network
info@scottishrecovery.net
 0141 240 7790

Website

www.scottishrecovery.net

Mental Health Improvement: Evidence into Practice

What is it?

This workshop aims to strengthen knowledge, skills and expertise in evidence based mental health improvement. It is designed to give experienced practitioners from a range of different backgrounds an opportunity to reflect on key issues around effectiveness and mental health improvement and develop greater confidence in delivering and supporting evidence based practice.

What will I learn?

- ❖ How to critically assess current debates about evidence of effectiveness and their relevance to mental health improvement
- ❖ How to demonstrate the value of mental health improvement in different sectors and settings

Who is it for?

Experienced practitioners in strategic mental health improvement roles or with a remit for mental health improvement.

Training for trainers available?

No. This course is currently under review.

For more information on the training contact

NHS Health Scotland
Erica Stewart-Jones
Learning and Development Advisor
0131 536 5585
LWDTeam@health.scot.nhs.uk

Website

www.healthscotland.com/

Infant Mental Health Project:

What promotes Infant Mental Health and Child Development; parenting and supporting families with relationship difficulties

What is it?

A one-day seminar to increase awareness and consider interventions around the importance of early years, and the quality of the relationship between young children and their caregivers for infant mental health and child development. The aim of the day is to look at what promotes and what gets in the way of infant mental health and child development.

What will I learn?

- ❖ Why infant mental health matters: the effects of early parenting on child development and emotional well-being
- ❖ Policy context
- ❖ What does good infant mental health look like?
- ❖ Emerging themes, theory into practice - How do early family risk factors affect children, what interventions work
- ❖ Available resources

Who is it for?

Child care health staff including health visitors, midwives, nursery nurses, social work childcare staff, foster carers and early years workers

Training for trainers available?

No, to access a course as a participant contact Julie Watson.

Other training available:

- ❖ **Observing Infants and Assessment Skills (4 days)**
- ❖ **The Act of Supervising Practitioners Using Observation in Childcare Assessments (3 days)**

For more information on the training contact

Julie Watson,
SIHR
IMH Project Manager,
0131 454 3240,
j.watson@sihr.org.uk

Website

www.sihr.org.uk

Visit our corporate website www.healthscotland.com
for information and resources to support health
practitioners and partner organisations working to
improve health and reduce health inequalities.
