

COURSE CONTENT OVERVIEW

# Child Mental Health Training



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Research has found that one in eight children and young people has a diagnosable health condition, which translates to an average of four children in every classroom. If you spend time around children or young people, it's essential that you are aware of some of the mental health difficulties they may be experiencing.

This child mental health course will give you an understanding of the different types of mental health conditions that children can experience, including emotional, behavioural and hyperkinesia disorders. You will learn how to recognise signs of a mental health problem, what you should do to support and help and how to promote good mental health and wellbeing.

### **Module 1: Introduction to Child Mental Health**

This module will provide you with an introduction to child mental health, providing statistics on the prevalence of mental health, some common myths surrounding mental health, and the impact of adverse childhood experiences.

- What is mental health?
- What is mental ill-health?
- Mental health statistics
- The continuum of mental health
- Potential causes and risk factors
- Adverse childhood experiences
- Being online
- COVID-19 and mental health
- Promoting positive mental health
- Common myths

### **Module 2: Mental Health Problems: Emotional Disorders**

This module is the first of two that look at common emotional disorders. You will learn about these types of mental health problems and how to recognise when they're occurring.

- Anxiety disorders
- Depression
- Bipolar disorder

### **Module 3: Mental Health Problems: Behavioural, Hyperkinesia and Less Common Disorders**

This module will look at further mental health problems, namely behavioural, hyperkinesia and less common disorders, and explain how to recognise them.

- Behavioural disorders
- Hyperkinesia
- Less common disorders - tics and eating disorders
- Psychosis
- Schizophrenia
- Self-harm
- Suicidal ideation

### **Module 4: Promoting Positive Mental Health and Prevention**

This module looks at some of the methods that schools can use to promote mental health and ensure good student wellbeing.

- Policies and procedures
- Overview of procedures
- Mental health and safeguarding
- Assess, plan, do, review
- Prevention
- Promoting mental wellbeing: primary and secondary school
- Promoting positive mental health in schools
- Promoting positive mental health outside of school
- Further resources

### **Module 5: Identification and Support**

This module will help you to identify when you need to take action and where to get early support for a child or young person. It will look at the various psychotherapies available and how to talk to a child or young person about their mental health.

- Identification
- Signs and symptoms
- Knowing when to help
- Continuum of mental health
- Early support
- Talking about mental health
- Responding in a crisis
- Diagnosis: specialised support
- Psychotherapies
- Mindfulness
- Play therapy
- Cognitive Behavioural Therapy (CBT)
- Emotionally Focussed Therapy (EFT)
- Assisting the therapy,
- Medication
- Working with parents

### **Module 6: COVID-19 and Mental Health**

This final module will explore the effects that the COVID-19 pandemic is having on children's mental health and explain how to respond to a child who you have concerns about.

- Effects of COVID-19 on a child's mental health
- COVID-19 risks to children
- Mental health conditions and COVID-19
- Spotting the signs
- Returning to school
- Readjusting to school
- Responding to mental health concerns
- Bereavement

## Aims of the training

Upon completion of this course, you will:

- Understand the common mental health problems that children and young people face and the impact they can cause.
- Know the common signs of mental health problems in children.
- Understand the factors that are likely to increase the risk of a child developing a mental health problem.
- Understand the impact external factors, such as social media, can have on a child's mental health and how to promote positive mental health in your environment.
- Develop the skills needed to broach sensitive subjects with children and young people and be aware of the role you have in supporting positive mental health.
- Know what actions to take when you consider a child to be at risk of a mental health problem.
- Understand the interventions that organisations can introduce to help improve a child's mental health, including the benefits of play therapy.