

Welcome!



This session will be recorded. If you would rather turn your cameras off, please feel free.

We want people to participate but please use the 'raise hand' facility to ask questions and contribute when others are talking.

Please be considerate to others - together we want to create a safe, open and reflective space to learn.

You can turn on live captions by clicking on the 3 dots at the top of your screen if you need this.

The link to the feedback form will be put in the chat.

Please do take the time to complete it after the session.

Thank you!





THE TALK CENTRE

www.talkcentre.org

The TALK Team



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OUR MISSION

We will provide a place to go to find information, training and support about mental health and wellness for:

- Everyone who works with children and young people
- Mental Health Champions
- Local parents and carers

We will offer accurate, up to date and relevant training and information.

We will do all we can to support people to support young people.

The TALK Journey

1

Commissioned in 2022

TALK is commissioned by the ICB for Norfolk and Waveney.

December 2022

Our website opens to act as a bridge for professionals in Norfolk and Waveney.

2

January 2023

TALK hosts its first training for the workforce.

Website users can register to become TALK members and access full website content.

3

February 2023

TALK issues its first newsletter, to be able to share up to date news with all TALK members.

TALK has issued 10 regular newsletters each year, with additional special editions.

4

Spring 2023

TALK partners with The Better Sleep Programme to regularly organise their training events. TALK begins to host regular external training events, open to all those in the professional and voluntary workforce with CYP in Norfolk and Waveney.

5

Spring 2024

TALK is recommissioned by the ICB.

TALK gains TALK trainers who will deliver Mental Health Champion Training and other courses on a regular basis.

6

September 2024

TALK opens to all organisations working with young people in Norfolk and Waveney.

TALK opens to parents and carers.

7

Autumn 2024

TALK's new in person and online training courses open. CPD hours available with some courses.

TALK's new digital learning system opens.



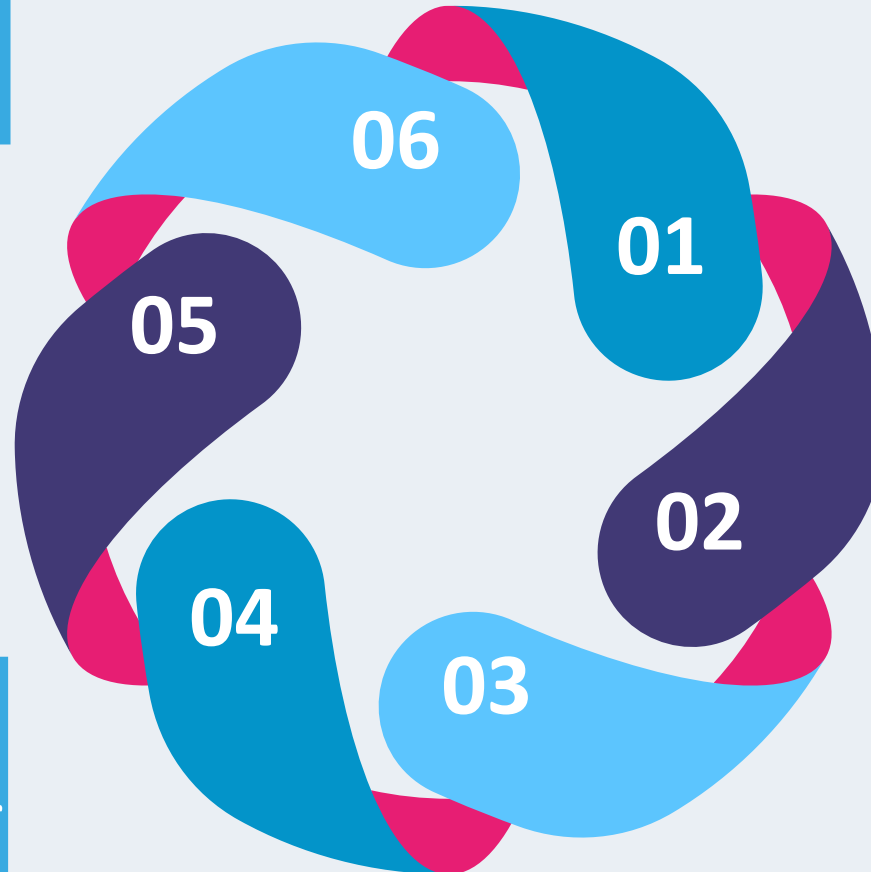
WHAT DOES TALK OFFER?

Digital Learning Platform

Hosted external training and support to organisations

*Better Sleep Training
ARFID Training
Single Session Therapy
And many others*

Website with resources, training access, links to organisations and up-to-date research



Regular newsletter releasing new training and information

Regular TALK training in

- Mental Health Champions
- Reflective Practice
- Adult Safeguarding
- Anna Freud NATP Training

Social media sharing upcoming training and new resources

How can we support you?

The TALK Centre can support trusted partners by:

- Offering free promotion of your research, training and events via our newsletter, website and social media
- Use of our booking systems and administrative support to deliver your training
- Use of our digital learning platform to host your own anytime training.

Quality assurance and GDPR apply

Reasonable adjustments are made so that everyone can easily access health services in the UK. Offering reasonable adjustments was made law in the Equality Act 2010. You can find guidance on the act at the government website here and you can use this link to access the act itself. You can also find information about requirements in the Autism Act 2009, which can be accessed here.

The NHS has published extensive resources, which can be found on their website by clicking this link. Please do watch their excellent video about the difference that reasonable adjustments can make to people's lives.

The Norfolk and Waveney Integrated Care system has funded the next videos to explore reasonable adjustments with the Norfolk and Waveney setting, as seen by people with lived experience.

This film highlights an experience of an appointment without reasonable adjustments

Improving lives together
Norfolk and Waveney Integrated Care System
Manage consent

family voice
together improving services



...women and 1 in 5 men will experience domestic abuse in their lifetime, and 750,000 children are affected by domestic abuse each year in the UK every year.

Aged 11-25? Whoever you are, whatever you need, we are here for you.

Frozen Light creates exciting and original multi-sensory theatre for audiences with profound and multiple learning disabilities (PMLD) and tours it to theatre venues and arts centres nationwide.

...s Trust



FYI, self-help for 11-24 year olds



Better Sleep Bite-Size Training Sessions



...s Trust provide twins, triplets and more - and their families - with information needed to make informed decisions.

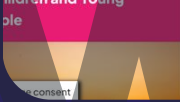
The creation of the FYI website has been an 18-month journey of incredible system working and, most importantly, co-production and collaboration with over 300 young people.

The Better Sleep Programme is a project funded by the Norfolk and Waveney ICB to improve awareness of the role of poor sleep in youth mental health and to improve access to effective interventions.

...ful Sexual Behaviour

ADHD UK

Newsletters 2024



TALK Hub > Young Parents Resources at MAP

Routine Outcome Measures (ROMs) in Children and Young People's Mental Health Services

TALK hosted an introduction to Routine Outcome Measures (ROMs) in Children and Adolescent...

MIND Norfolk and Waveney Suicide Awareness Training

Free training for the CYP workforce

May 2024

TALK Hub > MIND Norfolk and Waveney Suicide Awareness Training

Suicide Prevention and Awareness

As part of the National Suicide Prevention Programme, Norfolk County Council have contacted Norfolk and Waveney Mind to expand the provision of suicide prevention training across Norfolk and Waveney.

Norfolk and Waveney Mind are specialists in suicide awareness and intervention skills training. Over the next 12 months they will be offering skilled, enhanced and specialist workshops for anyone who is interested in developing their knowledge and understanding of suicide.

All places are fully funded by Norfolk County Council and are open to adults aged 18 and above, however you need to meet certain criteria in order to attend the Suicide Responders and ASIST courses.

As specialists in suicide prevention and intervention training, we are offering free courses, fully funded by Norfolk County Council.



Manage consent

National Autism Trainer Programme (NATP)

Anna Freud and AT-Autism have joined forces to develop a groundbreaking autism train the trainer programme for NHS England.

August 2023

TALK Hub > National Autism Trainer Programme (NATP)

The National Autism Trainer Programme (NATP) will be delivered to 4,800 trainers over three years. This course is suitable for mental health professionals, across all seven NHS England regions, who currently work or may work with diagnosed or undiagnosed autistic people from the following settings:

- Adult and children and young people inpatient mental health hospitals
- Secure welfare, youth justice and special residential schools and colleges
- All age community mental health settings, including CAMHS

The training programme is co-designed, co-produced and co-delivered with autistic people and promotes an experience-sensitive, trauma-informed approach. During the pilot in 2022, most of our trainees agreed or strongly agreed that the course was informative and relevant to their role, and that trainers were engaging and knowledgeable.



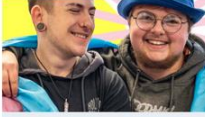
Interventions Training



...for three sessions covering introduction, situation and self-help single point interventions. Find resources from past sessions.

Read more

Creating Inclusive Spaces



We hope you make good use of the insight, knowledge and wisdom that the group are offering.

Read more

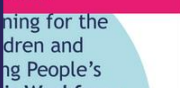
Information for GPs about Accessing Mental Health Support for CYP 0-25 years



Information for GPs about accessing mental health support for 0-25 years

Read more

Training for the Children and Young Peoples Crisis Workforce



...er 2023- May 2024

...training is designed for clinical and non-clinical staff working with young people in mental health crisis.

Read more

Eating Disorder Training



The availability of slots for courses can be quite limited, and they will be assigned on a first-come, first-served basis for each specific region.

Read more

Crisis Line Course Crisis Tools



Are your team confident managing mental health crises? Do you need additional tools to support children and young people or their parents/carers, in crisis?

Read more

Screening Tools for Children and Young People



Trauma Informed Care



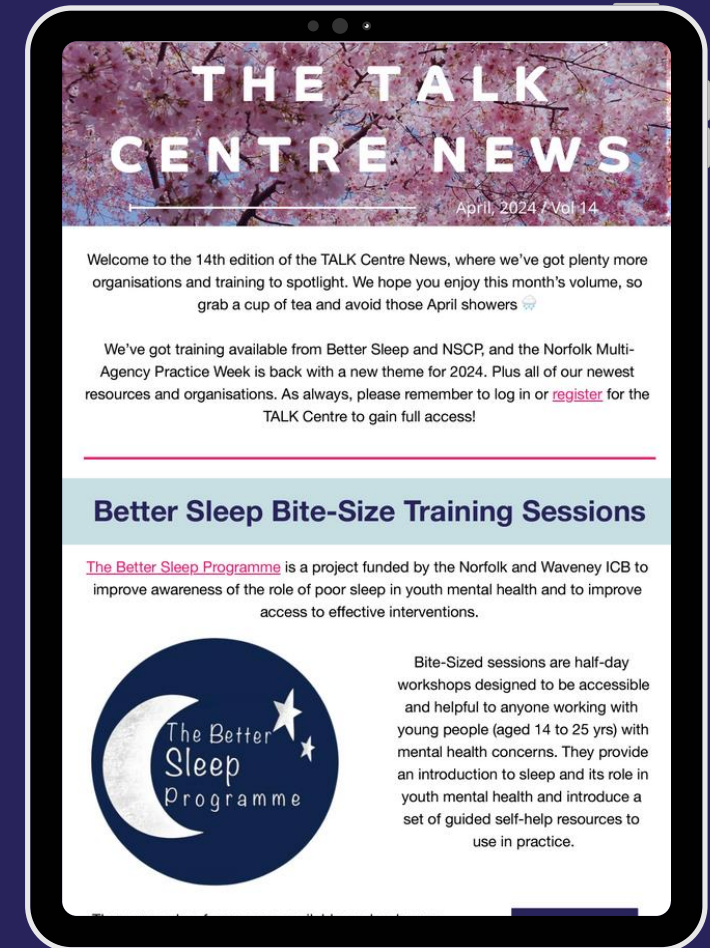
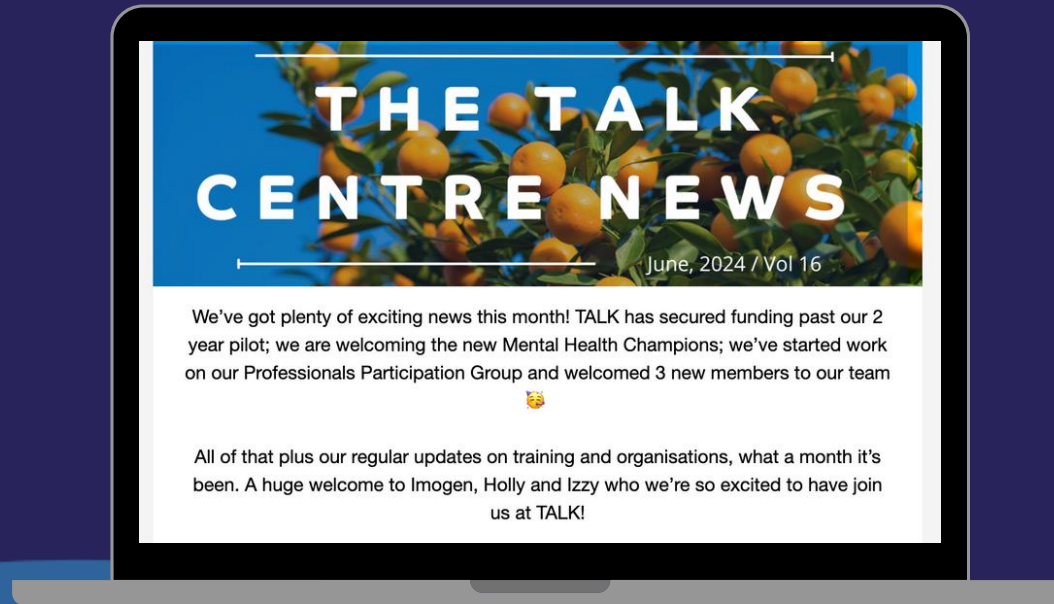
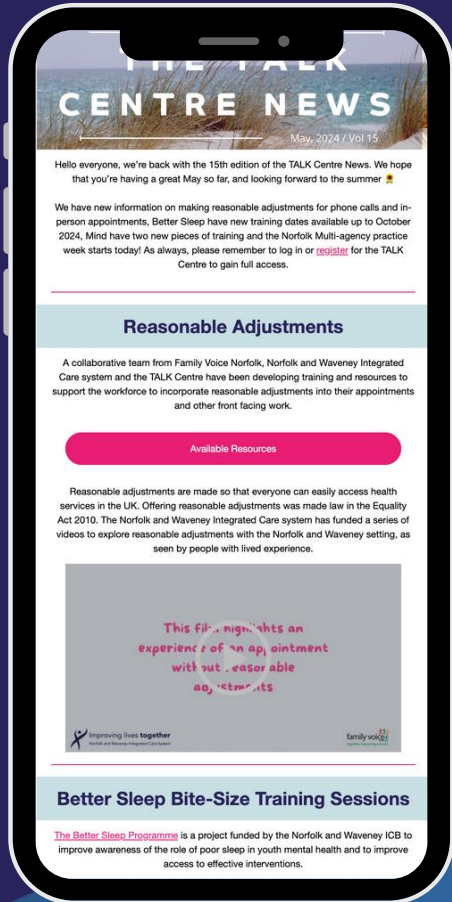
Interpersonal Psychotherapy



talkcentre Following Message 11 posts 18 followers 5 following

TALK is Responsive: We listen to children, young people and the workforce at all levels, to ensure that we provide the service needed to enable transformational change within mental health services. We adapt to fit the need of the workforce at any specific time.

TALK Centre Newsletter



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TALK Training

The TALK Training Offer includes:

- Mental Health Champion training
- SLT Mental Health Champion training (for senior leaders in education)
- National Autism Trainer Programme (NATP)
- Reflective Practice training

Our hosted external training has included:

- The Better Sleep Programme
- Brave Futures
- Restorative Practice Facilitator training
- Single Session Intervention training
- ARFID training
- THRIVE Framework training

COMING SOON

TALK Centre Digital Learning Platform

Learn at your own pace
at a time that suits you



Introduction to
iThrive in Norfolk...

Resume ▶



My Courses

See courses you are enrolled in



Inbox

Your priority messages

0

You have completed Introduction to TALK Comms

Welcome to the Reviewer Experience



Resources

Browse or download resources

Mental Health Champion Training

The TALK Mental Health Champion training supports any professional working with children and young people in Norfolk & Waveney.

It includes evidence-based, research-led content that has been informed by children and young people living in the county via our Children's panels.

By the end of the training, participants will:



Feel more confident in talking to young people about their mental health.



Feel more knowledgeable about the symptoms of poor mental health in young people.



Develop a toolkit of simple strategies and resources to use in their setting.



Feel more aware of the services available to young people and how to access them.

Talking About Mental Health

Talking about mental health can feel difficult for anyone. These conversations can feel daunting and it is normal to feel nervous about broaching the topic.

According to the Common Room, children and young people don't need an expert to 'fix' their problems right away, they just need someone who will listen.

Some children might think that their problems aren't 'big' or 'serious' enough to share, but we can use validation to let children and young people know that anything they want to share is important to us.

- I wonder if you're feeling...
- Can I just check that I've understood that...
- It's okay to feel that way.
- That sounds tough, thank you for sharing with me

I'm here for you,
but if you need to
talk to someone
else, that's okay
too.

Empathy V Sympathy

The way that we speak to others in difficult times can have a huge influence on how effective our support is.

Dr Brené Brown is a renowned author, speaker and researcher. She looks at topics like courage, blame and empathy for others. This animation, made in collaboration with the RSA, explores the difference between empathy and sympathy and how we can be more present for other people in our lives.

You can watch the animation on the RSA website here:

<https://www.thersa.org/video/shorts/2013/12/brene-brown-on-empathy>

Spotting the Signs

Physical Signs

- Changes to eating habits
- Changes to sleeping patterns
- Changes to personal hygiene routine
- Feeling sick or nauseous
- More frequent headaches, aches & pains
- Racing heart & quick breathing



Spotting the Signs

Behavioural Signs

- Spending more time alone
- Withdrawing from friends and family
- No longer taking part in activities they enjoy
- Increase in risk-taking behaviours
- Avoidance behaviours
- Difficulty concentrating or following instructions



Spotting the Signs

Emotional Signs

- Becoming upset more easily
- Feeling frustrated and irritable
- Increase in arguments and conflicts
- Talking negatively about themselves
- Feeling pessimistic and hopeless
- Feeling numb





Feelings Taboo

Can you describe the feeling to your group, without using the name of the emotion?

Making a Request for Support

In Norfolk & Waveney, we used the iThrive model to structure our mental health services. This model helps to simplify getting support, meaning that children and young people will receive the right help at the right time.

Part of the model includes changes to the language that we use.

One example of this is the switch from 'referral' to 'request for support'.



Making a Request for Support

As part of this change, there is now one portal for all mental health referrals for children and young people's mental health.

You can complete a request for support via the Advice, Support & Access page on the Just One Norfolk website.



www.justonenorfolk.nhs.uk/mhsupport

Making a Request for Support

Families are advised to self-refer. If they need support completing the form, they can call Just One Norfolk on [0300 300 0123](tel:03003000123).

Young people aged 14 and older can also refer themselves via the FYI Norfolk website.



www.fyिनorfolk.nhs.uk/mhsupport

Mental Health Champion Training

We have a variety of upcoming online and in-person training dates available. To secure your place, book via the TALK website.

Online Training:

- 2nd, 9th & 16th December
- 8th, 15th & 22nd January 2025

Senior Leaders in Education training:

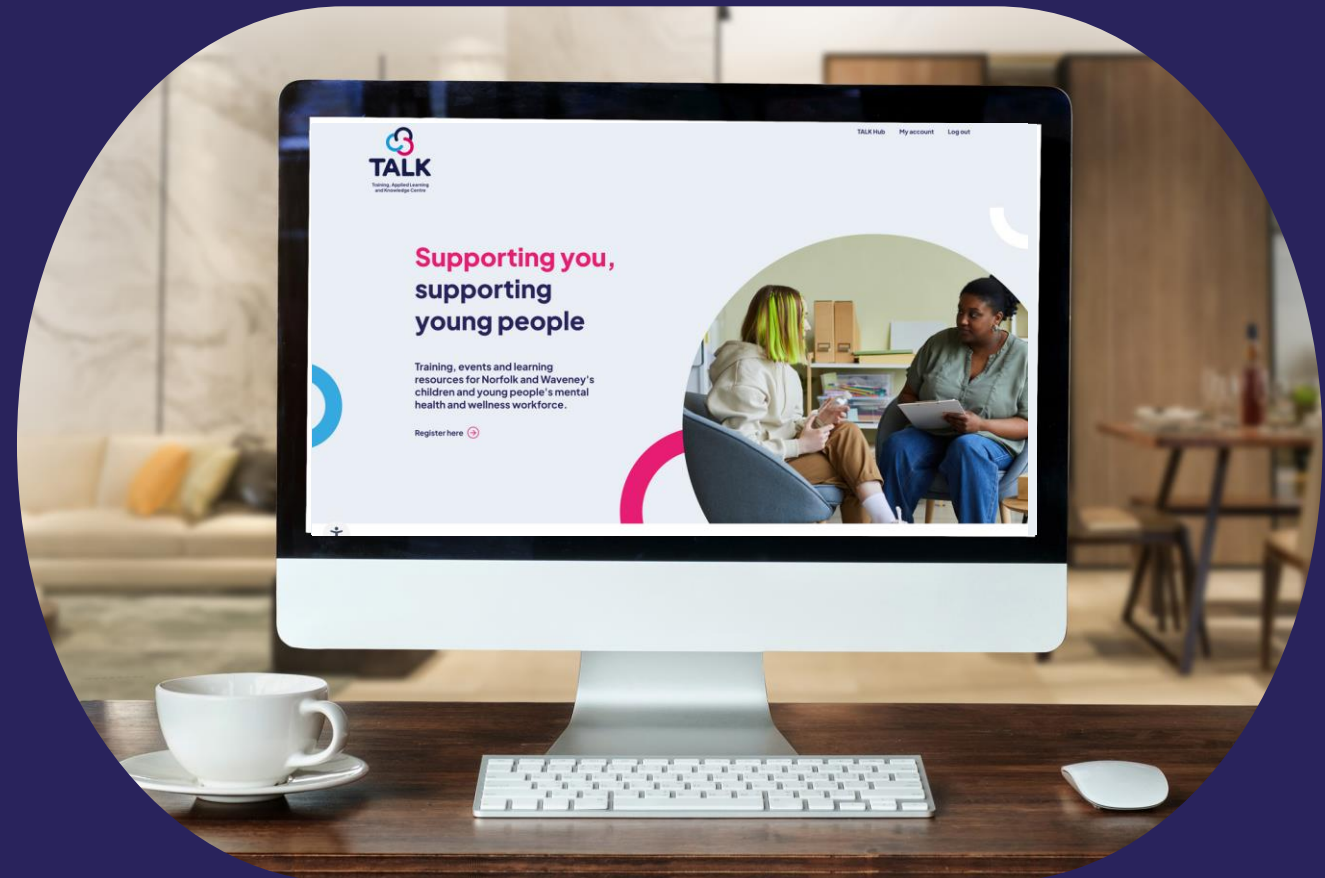
- 6th & 13th February (in-person training)
- 13th, 20th & 27th March (online training)

Thank you for listening

Please do get in touch if you would like to work with us, attend training or if we can support you further:

www.talkcentre.org

learn@talkcentre.org



Please let us know what you think



<https://forms.office.com/e/PqVNki3HUA>

