FROM THE UK'S LEADING PROVIDER OF ONSITE MENTAL HEALTH TRAINING



MENTAL HEALTH FIRST AID TRAINING.



Mental Health First Aid training. Recognise, Respond, Refer.

Supporting individuals and organisations to better-recognise the signs and symptoms of mental disorder, to improve interactional skills, increase confidence, manage risks and signpost concerns.



This course is designed to help organisations, managers and staff better identify individuals who are vulnerable to mental health problems and to support them in a meaningful and effective way. It is delivered by a psychology-qualified consultant trained in psychiatry through the NHS. The training is dedicated to the wellbeing of all.

Mental illness (psychiatric disorder) is a complex area of study and can be a challenging topic. Yet psychiatric disorder is prevalent in society and most individuals or their families have some experience of mental health problems, either directly or through friendships. Organisations support individuals with psychiatric disorder whether they realise it or not. Signs and symptoms of psychiatric disorder may manifest in unusual thought patterns,

emotional vulnerabilities and / or behaviours that may challenge organisation's and its staffs' personal resources.

Mental health relapse and recurrence of symptoms is a common challenge to individuals and this workshop supports organisations and staff to better understand and manage.

This training supports staff to better-understand the world of psychiatric illness, recognise and contextualise patterns of behaviour and to fine-tune skills to improve outcomes for all. This training does not stigmatise or use any inappropriate language. This is a welcoming and articulate training course that embraces life's experiences and our common vulnerabilities.

There is a difference between psychological problems / vulnerabilities and diagnosable mental health / psychiatric disorder. Some of the irrational behaviours that may present in the workplace would not be recognised as symptoms of mental illness in primary or secondary care. Consequently, this workshop will clarify the differences between psychiatric illness and irrational and challenging behaviours which allows staff to manage challenging behaviours with increased insight and appropriate interventions.

Stigmatising language will be avoided in all cases. This mental health training is designed to improve knowledge, improve confidence (and reduce anxiety), improve interactional skills, understand the importance of escalating concerns and assessing risks where appropriate.

This is an interactive and flexible workshop which is dedicated to mental health first aid in the workplace.







Learning outcomes:

This course is designed to help organisations, managers and staff better identify individuals who are vulnerable to mental health problems and to support them in a meaningful and effective way. It is delivered by a psychology-qualified consultant trained in psychiatry through the NHS. The training is dedicated to the wellbeing of all.

This workshop offers a stepwise approach to developing a more comprehensive working model of mental illness, to both reduce anxieties and improve support. It takes a close look at typical mental health 'emergencies'. This may be the consequence of psychiatric disorder or medication complications.

The issues, challenges and risks to individuals with mental health difficulties are addressed in a disorder specific format. Delegates will learn to recognise symptomology and be better prepared to act appropriately, supportively, to improve risk management and understand the basics of the therapeutic alliance.

At the end of this training, delegates will have:

An improved understanding of mental disorder and psychiatric illness with a key focus on:-Major Depression, Bipolar Disorders; Anxietyrelated Disorders including OCD, Panic Disorder & Agoraphobia; Chronic Psychosis & Schizophrenia; Personality Disorders, Dementia-related Syndromes, Mental Disorder associated with Substance Misuse;

- Understanding stress and its relationship with mental health;
- Improving communication and interactional skills. Recognising risks and emergencies and escalating appropriately.
- Understand the importance of appropriate boundaries;
- A clearer understanding of the experience of mental disorder from the perspective or service users;
- An improved ability interact appropriately including validation skills, appropriate non-verbal behaviours and signposting skills;
- A 50-page industry-standard diagnostic workbook (DSM5) and access to further learning materials and peer-reviewed articles;
- Access to free post-training support.

The workshop usually starts at 9.15am for 9.30 and finishes at 4.15pm

Best course I've been on. Great delivery, Very comprehensive information which was targeted perfectly to the audience at a level which was understandable and absolutely relevant to our roles as support / key workers. Brilliant day and cannot think of an ways in which it could have been improved'

- Riverside



Course Overview: Step-by-step through the day (This workshop is designed for social housing settings and uses accessible clear language and concepts at all times)

Course Start 9.30 9.30 to 9.45 am:

Introduction to the course, the agenda, introduction to the workbook (DSM 5)

This training is dedicated to lone working and public-facing work in the social housing settings

Introduction to the human mind:

- Cognitions;
- Emotions;
- Behaviours;
- Human Brain;
- Body & Physiology (and its relationship to mental wellbeing)
- Childhood & Developmental Experiences and their relationship with mental wellbeing

Understanding the problems associated with abnormal processes of the above and how these may potentially present in Mental Disorder.

Training format:

Interactional teaching style

9.45 – to 12.30 pm (with appropriate break)

Focus on the primary mental disorders as recognised in Psychiatric Medicine and appropriate to the workplace.

(When someone is unwell due to the 'state' of their mental wellbeing)

Key Disorders:

- Major Depression / Depressive Episodes;
- Bipolar Disorder;
- Anxiety Disorders with a focus on Generalised Anxiety; Panic Disorder; Agoraphobia; Social Phobia, Object Phobias PTSD & OCD
- Chronic Psychosis & Schizophrenia;
- Demystifying workplace stress;
- Mental Disorders due to an underlying physical health problem
- Mental Disorder associated with substance misuse
- Stress' will also be considered alongside the above disorders to allow delegates to understand the differences and misunderstandings.
- Primary & Secondary Gain processes (when an individual uses /mental health' to justify behaviours / reduce personal responsibilities and gain empathic connections)

Training format:

Interactional teaching style.
Use of workbook to support
knowledge and enhance learning
/ management after completion
of training

- Format of training (for each disorder):
- Video examples and patient experiences:
- Interpreting the symptoms in clients. Patients and service users;

Key Learning Objectives:

- Understanding the world through the eyes of an individual with mental disorder to improve empathic communications, supports, interactions and appropriate awareness of risk
- Recognising the diagnosis / diagnoses and putting staff behaviours into a psychiatric diagnosis;

understanding treatment and Understanding 'Malingering' service provisions in the NHS defined as fabricating or and how these may affect / (exaggerating the symptoms of complicate service-user mental or physical disorders for behaviours. a variety of "secondary gain" Discuss the risks, motives, which may include financial compensation) complications and challenges to you & the Service User ■ The perspective of the NHS including treatment and levels of service How can you help? What are the Mistakes? Improving interactional styles, validating skills and signposting Understanding The Mental Health Act and what it means to be 'Sectioned'; ■ What to do in an emergency. This training is designed to improve knowledge, reduce anxiety, improve interactional styles and improve risk 12.30 to 1.15 (Lunch management where appropriate. break) -flexible 1.15 to 2.30 pm: Personality Disorder, Self **Training format:** Interactional teaching style. Harm & Suicide-related Use of workbook to support **Focus on the Personality** problems knowledge and enhance learning Disorder spectrum and its / management after completion relevance to the of training. workplace: Understanding the psychological, emotional and psychiatric vulnerabilities of individuals on the Personality Disorder Spectrum (PD) is important. ■ Tailoring responses and interactions to better-manage client / service user vulnerabilities – saying the right words Understand how PD psychopathology complicated key psychiatric disorders;

		Understand the behaviours associated with self-harm and suicide. Recognise the behaviours associated with increased risk (and where behaviours may be manipulative); Improve communicational styles and appropriate responses; Escalate concerns to the appropriate authorities; Risk Management protocols for lone working staff and public-facing staff; This training is designed to improve knowledge, reduce anxiety, improve interactional styles and improve risk management where appropriate.
3.45 to 4.15 pm: This training is dedicated to lone working and public-facing work in the social housing settings	Improving / Managing Interactions –	Responding effectively; Understanding the potential consequences of inappropriate responses to unwelcome / emotionally-volatile behaviours and tailoring responses appropriately; The principles of validation and empathic communications; Understanding the importance of appropriate boundaries; Understanding the principles of Mental Health First Aid, and how to signpost concerns and keep people safe with appropriate behaviours and actions. This training is designed to improve knowledge, reduce anxiety, improve interactional styles and improve risk management where appropriate.

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Post training Support

All delegates will be given access to our Cloud storage which maintains:

- A wide range of further reading material,
- Free access to peerreviewed literature,
- Other workbooks;
- Cognitive Behavioural Therapy training material;
- Risk Assessment tools;
- Screening tools used in Psychiatry;

- Understand the behaviours associated with self-harm and suicide.
- Recognise the behaviours associated with increased risk (and where behaviours may be manipulative);
- Improve communicational styles and appropriate responses;
- Escalate concerns to the appropriate authorities;
- Risk Management protocols for lone working staff and public-facing staff

This training is designed to improve knowledge, reduce anxiety, improve interactional styles and improve risk management where appropriate.

Training completion and further learning opportunities / support

Access to help after the event:

All delegates are encouraged to use our free post-training telephone service which may be invaluable due to the complexity of general psychiatry and abnormal psychology.

We can:

- give guidance impartial on risk management & diagnosis, treatment considerations,
- mental health law / capacity legislation, getting the best service from the statutory services;

- Responding effectively;
- Understanding the potential consequences of inappropriate responses to unwelcome / emotionally-volatile behaviours and tailoring responses appropriately;
- The principles of validation and empathic communications;
- Understanding the importance of appropriate boundaries;
- Understanding the principles of Mental Health First Aid, and how to signpost concerns and keep people safe with appropriate behaviours and actions.

This training is designed to improve knowledge, reduce anxiety, improve interactional styles and improve risk management where appropriate.

Complimentary Course:

Understanding & Managing Workplace Stress. A workshop for managers

Bespoke training for managers and staff. Delivered by the UK's leading provider of mental health and psychology-based training.



'Stress' is what we experience when the threat and demands of our environment exceed our perceived ability to cope Goldstein's (1959). It is generally accepted that 'stress' is the consequences of environmental and situational demands and will be exacerbated by individual vulnerabilities / differences which may include:

Individual differences:

- Perfectionism:
- External loss of control;
- Poor communication skills;
- Emotional lability and vulnerability to anger
- Rumination & obsessing;
- Individual 'schemas' and distorted thinking (conditional beliefs and attributional errors);
- Physiology (HPA Axis response)

Signs of stress can be seen in people, especially in changes in cognition and behaviour. Acute responses to stress may be in the areas of feelings (for example, anxiety, depression, irritability, fatigue), in behaviours (for example, being withdrawn, aggressive, tearful, unmotivated), in thinking (for example, difficulties of concentration and problem solving) or in physical symptoms (for example, palpitations, nausea, headaches). If stress persists, there are changes in neuroendocrine, cardiovascular, autonomic and immunological functioning, leading to mental and physical ill health (for example anxiety, depression, heart disease).

An individual exposed to stress in the workplace may develop a sense of resentment; believing that management misrecognise their concerns or invalidate their experiences. This scenario may manifest in uncomfortable group dynamics, compromised performance, potentially subversive behaviours and escalation to primary care providers which may results in staff absences and negative consequences for all.

Clearly, stress has consequences to the wellbeing of people and inevitably the organisations that support them. This is a uniquely complex area of psychology and psychiatry and must addressed in a skilled and organised way if individuals, organisations and managers are to make healthy changes with better-managed interventions. Whilst physical and psychiatric illness can manifest in, or exacerbate individual's stress, irrational psychological processes may be central to the problem. Managers can effectively manage employee stress with better knowledge of the problem and appropriate interactional styles. The training seminar: This workshop looks closely at the 'Cycle of Stress', and supports managers to understand the psychological interactions and factors that commonly underpin stress-related behaviours in the workplace psychopathology.



What do our clients say?

'Really excellent and intellectually challenging training Course was fantastic!' Trainer is fantastic!' - Barnet Council

'Best Course I've done for years! Bloody Brilliant'!
-AMHP Social Worker, Haringey Council

'The best lone working & violence and aggression course that I have ever been on. Very interesting' - London Barking & Dagenham Council

'This comment does not come from politeness. I'm a business trainer and have been on hundreds of courses, or many types. This is by far the best delivered, best informed, most useful and relevant course I have ever been on'

- Broadlands District Council

'Best course I've been on. Great delivery, Very comprehensive information which was targeted perfectly to the audience at a level which was understandable and absolutely relevant to our roles as support / key workers. Brilliant day and cannot think of an ways in which it could have been improved'

- Riverside

An amazing course. It was nice to attend a course which stimulates us and was set at an appropriate academic and knowledge base level. Please can we have access to more training of this level instead of the usual superficial ones. Excellent. Please can we have more, whatever the cost.

- Conwy County Council

'Hands-down the best training that I have had at Redbridge! Appropriately academic, excellent practical tips. This was brilliant, more of the same calibre training would be appreciated'.

- Redbridge Borough Council

'Best training I have done. Totally suited my role.'
- Riverside

'This comment does not come from politeness. I'm a business trainer and have been on hundreds of courses, or many types. This is by far the best delivered, best informed, most useful and relevant course I have ever been on'

-Broadlands District Council

'Wish I could do more training like this. Best training I have ever done'

- Guinness Housing

'It was mind blowing. Communication and understanding the tenant's mentality and attitude'

- Riverside

'Fabulous! – informative, and showing absolute empathy for this difficult client group.

- Conwy County Council

'I haven't gained so much from a day's training for a long while. It's a subject in which I have gained a great interest, I gained much in terms of revision and also new information. I haven't enjoyed learning so much for a while – excellent trainer – Haringey Council

'Simon is a great tutor and has great knowledge. It's lovely to be able to enjoy a course from start to finish. From the science to the backgrounds of people, to the videos and situations, couldn't fault a thing.

- Walsall Housing

Fantastic tutor, would hope that I would be on a course with Simon again. Best one I have been on. Great material and information. More courses like this, hands down the best course I have been on. The information and knowledge is fantastic.

- Accent Foundation Housing

Can I come again? Please, Please Please!

- Haringey Council

I was impressed by the trainer's vast knowledge around the subject. It was invaluable the psychology behind risk and behaviours and as delivered in a way we all levels and background knowledge could understand. Thank you so much for a brilliant course.

- Waltham Forest Council

'Fantastic!' More training at this level please.
-Conwy County Council

"Most beneficial training I have ever had - relevant, interesting, inspiring - wish there could be more training like this".

- Northampton Probation Services

Great course! Wealth of information relevant to my role. Interesting combination of research, evidence based practice and psychological interventions. This training is at a better academic level than lots of the other training within service at times. Really enjoyed the day!

- Haringey Council

"Simon is the best teacher & facilitator of any workshop I have ever been on".

- Riverside

The whole learning package was greatly presented and you are great energised passionate trainer. All the best keep up the good work!!

Riverside



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"Simon is the best teacher & facilitator of any workshop I have ever been on".

- Riverside

"Hands-down the best training that I have ever had at Redbridge"

- London Borough of Redbridge Council

'Very interesting course, learned a lot of valuable tools for use with individuals. Excellent delivery!'

- Pembrokeshire County Council Social Care Workforce

"Excellent training, thank you! Interesting and thought provoking. All really relevant"

- West - Yorkshire Partnership NHS Foundation Trust

'Five star! Incredibly interesting, informative, clear and concise. Well done'!.

- London Borough of Bexley Council

'Similar, I assume, to being machine-gunned. Most enjoyable and informative course I have ever attended!'

- Pembrokeshire County Council Social Care Workforce

It was excellent. A training course that I got a lot from and one that I will remember for a long time!'

France Council

- Erewash Council

'Excellent. Best course I've been on'!

- Barnet Council

'Thank you. A most stimulating and thorough experience for learning and consolidation. Very enjoyable course!'

- West Yorkshire Partnership NHS Foundation Trust

'This training is possibility the best I have ever been on. I found it all relevant to my role and I now feel more confident in spotting behaviour that could turn nasty and how to take measures to prevent it or to deal with it if the worst came to the worst! Very

valuable information to have in my job!. The trainer was extremely knowledgeable and excellent in his training methods'

- Ascis Housing

'This was an excellent training day. I have learnt so much and will be able to put what I have learnt into practice. Great Trainer!'

- Nottingham Community Housing

'Brilliant. Great use of PowerPoint / videos etc - suited different learning styles'

- Royal Windsor & maidenhead Borough Council

'The course was extremely stimulating and probably the best that I have been on with Longhurst Housing'

- Longhurst Housing

'The course has been most interesting and will be put to good use. I could have quite happily covered more on the subject matter'

- Thames Valley Police

'Most Interesting course I've been on in years!'

- Nottinghamshire Probation

'Excellent. Would recommend to colleagues. Very good!'

- Staffordshire County Council

Best training I have ever attended: Interesting, relevant & beneficial.

- Southern Housing Group

'Ok there... just say a big thank you to Simon for today's presentation.... I was totally absorbed for hours! It was probably the best training day I have ever had'!

- North Wales Housing

'Very, very useful. One of the best courses I have been on. Will certainly use what I have learnt. Highly recommended for anyone at all that works with tenants and the public Almost essential in my opinion'

- Guinness Housing

'How could it be improved? I don't think that it could be improved at all!

- Thurrock Council

'Excellent tutor!'. London Borough of Bexley Council 'Excellent knowledge, pitched at right level. Explained in 'Layman's terms'.

- London Borough of Bexley Council

(we have hundreds of simillar evaluations, please ask for more information)



Client List

Accent Group Accord Housing Addaction

Affinity Sutton Housing Aire Valley Homes Aldingbourne Trust Anchor Trust Anglessey Council Ascis Housing Ashfield Homes Askham Bryan College

Aske Haberdashers Foundation Aylesbury Youth Offending Service BPHA

Babergh District Council Barca Leeds Barking & Dagenham Council Barnet & Enflield NHS Trust

Barnet Homes Barnsbury Housing
Affinity Sutton
Avon & Somerset Probation Services
Basildon Council
Barnet Council

Barnet & Enfield Mental Health Trust

Blaby District Council
Blackburn with Darwen Borough Council
Blackpool Coastal Housing
Blackpool Council
Blackpool and the Fylde College

Blue Mountain Homes

Boston Mayflower

Bournemouth Borough Council Bradford Community Housing Trust Bridgnorth District Council Brighton & Hove City Council Bromsgrove Borough Council Broadland District Council

Broadway Park Housing Association

Broxbourne Council
Broxtowe Borough Council
Buckinghamshire County Council
Building Design Partnership Capita

Capita
Cambridgeshire County Council
Cambridge YMCA
Cardiff Bus Company
Cardiff Community Housing Association
Cardinal Newman College
Care & Repair Cymru
Carlisle City Council Carlisle Housing Association

Carrgomm
Castle Rock Edinvar Housing (Scotland)

Charnwood Council Cheltenham Borough Council Cherwell District Council Cherwell District Council
Cheshire East County Council
Cheshire Peaks & Plains Housing
Chesterfield Borough Council
Christian Action Housing
Christchurch Borough Council
City West Homes

City West Homes
Corby Council
Coventry City Council
Cross Keys Homes
Cumbria County Council
Cymdeithas Tai Clwyd Cyf (Housing)
Dartford Borough Council
Delos Community
Darbardina Fina & Rescue Service

Derbyshire Fire & Rescue Service Derbyshire Probation Services Derviento Housing

Derviento Housing
Derwent Living
Devon County Council
Devon & Somerset Fire & Rescue
Dover District Council
Dumfries & Galloway Housing
Dumfries & Galloway Council (social services)

Dunbritton Housing
Dunbritton Housing
Dunstable College
Durham County Council
Dover Council (HR Partnership)
Ealing Council

East Hertfordshire District Council East North East Homes East Northamptonshire Council

East Staffordshire Borough Council East Sussex County Council

Eden Housing Elim Housing Emmaus Oxford

Endeavour Housing
English Churches Housing Group
Erewash Borough Council
Falconwood Academy

Family Mosaic Fareham Borough Council

Farenam Borough Council
Flintshire Council
Futures Housing
Glaxo Smith Kline
Gloucestershire Council
Gloucester City Homes
Gloucestershire Housing Association
Great Yarmouth Borough Council
Grange Housing

Grange Housing Granta Housing Society

Groundwork
Guildford Borough Council
Guiness Northern Counties Housing
Gwynedd Council

Harrow Council of London
Hart Council
Havebury Housing
Havering Council
Heantun Housing
Hertfordshire Housing Association

Hestia Housing

Hightown Praetorian & Churches Housing Haringey Council Homes for Haringey Hornsey YMCA

Hornsey YMCA
Hull Churches Housing
Humberside Fire & Rescue
Huntingdonshire District Council
Hyde Housing
Hythe Rotary Housing
Incommunities Housing
Impact Housing
Impact Housing Innisfree Housing

Keepmoat Homes Keniston Housing Association

Kent Probation Kettering Borough Council

Lakehouse Lambeth College Langstane Housing Leicestershire NHS Lincolnshire YMCA

Lincolnshire YMCA
London Borough of Lambeth Council
London Borough of Bexley Council
London Borough of Richmond upon Thames

Council

London Borough of Hounslow Council London Borough of Harrow Council London Borough of Camden Council

London Cyrenians Longhurst Housing Group Lorretto Housing Lowestoft College

L&Q Group
Macclesfield Borough Council
Manchester Specialist Midwifery Services
Margaret Blackwood Housing Association
(Scotland)

Melton Borough Council Mid Beds District Council Mil Beds District Council
Milton Keynes Council
Milton Keynes Council
Mole Valley Council
National Autistic Society
NCLD / Caretech
Network Housing
Newcastle-Under-Lyme Council
New Boundaries Group
Newcastle City Council

Newcastle City Council
Newham College of Further Education
Newark & Sherwood District Council / Homes
New Forest District Council
New Forest National Parks Authority

New Forest National Parks Authorit Newydd Housing Association Northampton College Northampton Probation Services Northern College Nottingham Communiity Housing Nottinghamshire County Council

Nottingham Probation Trust Nottinghill Housing North Dorset District Council North Herts District Council North Kesteven Borough Council North Nofolk Council Novas Scarman Nuneaton & Bedworth Borough Council

Orchard Shipman Oxfordshire County Council Oxfordshire Crossroads Pembrokeshire County Council Peveral Management

Peveral Management
Pfizer Limited
Plus Dane Group
Positive Steps
Preston City Council
Progress Housing Group
Redbridge Borough Council
Redditch Borough Council
Reliance Security Task Management (Prisoner
Services)
Rhondda Cynon Taf County Borough Council

Rhondda Cynon Taf County Borough Council Richmond upon Thames College Ridghill Housing Association

Riverside Housing Rochdale Boroughwide Housing Rotherham Borough Council Royal Berkshire Fire & Rescue

Royal Borough of Kingston upon Thames

Royal Borough of Windsor & Maidenhead

Council Rutland County Council

SAM Sanofi Aventis Selby District Counci

Serco

Seton Care
Sheffield City Council
Shropshire Council
Shropshire NHS
Staffordshire Moorlands District Council

Spire Housing Stafford and Rural Homes Staffordshire County Council

South Derbyshire District Council South Cambridgeshire District Council

South Cambridgeshire District Council
Southwark College
Southern Housing Group
Southend Council
South Northamptonshire Council
South Norfolk Council
South West Yorkshire NHS –Foundation Trust

Spectrum Housing
St Mungos
Sussex Downs Conservation Board

Taff Housing
Tewkesbury Borough Council
Thanet District Council Thales Training
The Ashdown Forest Centre
Thames Valley Police
Torfaen County Borough Council

Thurrock Council
Triangle Housing (Belfast)
Trust Housing

Tuntum Housing Tuntulii Flousing
Tyndale Council
United Welsh Housing
Royal Windor & Maidenhead Youth Offending
Team
Team

Vertex

Wakefield District Housing Wallsall Housing Group Waltham Forest Borough Council

Wandle Housing
Waterloo Housing
Watmos Community Housing
Wealdon Council

West Devon Homes West Kent Housing

Westway housing
West Edinburgh Action (WEACT) West Gloucestershire PCT Wiltshire Fire & Rescue Wigan Council





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