



# The Mental Health Professional Learning Framework

## Introduction

The Mental Health Professional Learning Framework is a key component of the Mental Health and Wellbeing toolkit. This framework provides opportunities to build knowledge and skills that are required for everyone who works with children and young people to provide effective support to those in need.

Aberdeenshire is committed to ensuring that everyone who works with children and young people has access to core mental health training. Our Core Multi-Agency Mental Health Professional Learning Framework highlights details of these core learning opportunities which are endorsed and recommended by Senior Leaders across different agencies, alongside suggestions of further optional training opportunities.

The training opportunities have been separated into three levels according to the nature of contact that people have with children and young people within their job roles. These levels are:

### **INFORMED (Category 1 – Support for All)**

Knowledge and skills required by everyone who encounters children and young people as part of their job role.

### **SKILLED (Category 2 – Early Support)**

Knowledge and skills required by workers who have direct and/or substantial contact with children and young people.

### **ENHANCED (Category 3 – Additional Support)**

Knowledge and skills required by workers who have regular and intense contact with children and young people who are known to have mental health problems and who can deliver targeted interventions with appropriate training and support.

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## Informed – Support for All

Examples of Informed Level Staff are:

Janitorial, Admin, Catering, Technician, Domestic, SDS career advisors, Drivers, all Police Officers, Volunteers

### Core Training

Training	Training Provider	Length of Training	Method of Training	Comments
<b>An introduction to Mental Health and Wellbeing (for those working with CYP in Aberdeenshire)</b>	<a href="#">ALDO</a>	30 mins	ALDO	
<b>Trauma Level 1 Universal</b>	<a href="#">ALDO</a>	Animations/presentations of varying lengths	ALDO	This training can be completed in one session or over several sessions

### Optional Training

Training	Training Provider	Length of Training	Method of Training	Comments
<b>Children and Young People’s Mental Health and Wellbeing – A Professional Learning Resource for all School Staff(relevant to all disciplines)</b>	<a href="http://www.cypmh.co.uk">www.cypmh.co.uk</a>	Total – 6 hours but can be completed module by module (each module lasting 20-40 minutes).	Online	This training is made up of 7 separate modules. Whilst this resource specifies that it is for school staff, it has been assessed as being appropriate for all.

## Skilled – Early Support

Examples of Skilled level staff are:

Teachers, School Nursing assistants, Family Support Workers, Children and Young Person Officers, Community Beat Officers, Volunteer Co-ordinators, Pupil Support Assistants

### Core Training

Training	Training Provider	Length of Training	Method of Training	Comments
<b>Children and Young People’s Mental Health and Wellbeing – A Professional Learning Resource for all School Staff(relevant to all disciplines)</b>	<a href="http://www.cypmh.co.uk">www.cypmh.co.uk</a>	Total – 6 hours but can be completed module by module(each module lasting 20-40 minutes).	Online	This training is made up of 7 separate modules. Whilst this resource specifies that it is for school staff, it has been assessed as being appropriate for all.
<b>Supporting Children and Young People through Bereavement and Loss</b>	<a href="#">ALDO</a>	40-50 mins	ALDO	
<b>Supporting and Managing Low Level feelings of Anxiety for Children and Young People</b>	<a href="#">ALDO</a>	40-50 mins	ALDO	
<b>Supporting Depression and Low mood in Children and Young People</b>	<a href="#">ALDO</a>	30-40 mins	ALDO	
<b>Self-Harm in Children and Young People</b>	<a href="#">ALDO</a>	20-30 mins	ALDO	
<b>Suicide Prevention Awareness</b>	<a href="#">ALDO</a>	30 mins	ALDO	

<b>Trauma Skilled Practice</b>	<a href="#">ALDO/TURAS</a>	6 hours total (4 separate modules lasting between 45 mins – 2 hours each)	ALDO	This training can be completed in one session or over several sessions
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#### Optional Training

<b>Training</b>	<b>Training Provider</b>	<b>Length of Training</b>	<b>Method of Training</b>	<b>Comments</b>
<b>The Decider Life Skills</b>	The Decider/Authorised Decider Skills Trainer	1 day	Face to face or online option	Managers seeking to book this training or find out more should <a href="#">email</a> .
<b>Mental Health e-learning for Teachers</b>	<a href="#">SAMH</a>	Approx. 2 hours	Online	This training has been assessed as relevant to other skilled level workers.
<b>Mindful breathing with Children &amp; Teens (30 mins)</b>	<a href="#">Beacon House</a>	30 mins	Online	
<b>Self-Harming in Children and Teens</b>	<a href="#">Beacon House</a>	30 mins	Online	
<b>How to talk to Children and Young People about War/Understanding and Supporting our Refugee Children</b>	<a href="#">Evidence for Learning</a>	1 hour	Webinar	This training is relevant to all Skilled level workers supporting refugees.
<b>Understanding and Supporting Autistic Learners: Universal Autism Training</b>	<a href="#">ALDO</a>	4-5 hours total (5 separate modules each lasting approximately 1 hour).	ALDO	This training has been assessed as relevant to other Skilled level workers. Each module can be completed individually.
<b>Introduction to Youth Suicide Prevention</b>	SAMH	2 hours	Virtual course	Sessions are run on a monthly basis and bookings are made by contacting <a href="#">SAMH</a> .
<b>Training in Psychological Skills – Early Intervention for Children</b>	NES (delivered by the Early Intervention Team from CAMHS Grampian).	2 days face-to-face training, plus follow up to support reflective practice.	Face to face workshops – CAMHS Link Unit,	Local GIRFEC groups prioritise practitioners for training. For more information, please e-mail <a href="mailto:ASNInclusionEquityWellbeing@aberdeenshire.gov.uk">ASNInclusionEquityWellbeing@aberdeenshire.gov.uk</a>

			City Hospital, Aberdeen.	
<b>Power of the senses: Rebuilding Sensory Systems and supporting regulation in children impacted by early trauma</b>	Beacon House	6 hours	Online via ALDO	This course is inclusive of a three-part workshop alongside access to a toolbox of practical sensory strategies to support regulation.  There are a limited number of licenses and therefore a code is required to access. Any requests require line management approval and should be emailed to <a href="mailto:ASNInclusionEquityWellbeing@aberdeenshire.gov.uk">ASNInclusionEquityWellbeing@aberdeenshire.gov.uk</a>

### Enhanced – Additional Support

Examples of Enhanced level staff are:  
School Nurses, Intervention and Prevention Teachers, Wellbeing Team Practitioners, Senior Practitioners, Pupil Support Workers, Community Learning & Development Team Leader/Service Manager

<b>Training</b>	<b>Training Provider</b>	<b>Length of Training</b>	<b>Method of Training</b>	<b>Comments</b>
<b>Let's Introduce Anxiety Management (LIAM)</b>	CAMHS	2 days (+3 hours pre-course training and ongoing coaching)	Virtual course	Local GIRFEC groups prioritise practitioners for training. For more information, please e-mail <a href="mailto:ASNInclusionEquityWellbeing@aberdeenshire.gov.uk">ASNInclusionEquityWellbeing@aberdeenshire.gov.uk</a>
<b>Brief Behavioural Activation(BA) for Depression</b>	CAMHS	2 days (and ongoing coaching)	Virtual course	This is currently only offered to experienced LIAM practitioners. For more information, please contact CAMHS Early Intervention team.
<b>Trauma informed, infused and responsive supervision and reflective spaces</b>	Safe Hands Thinking Minds	4.5 hours approx.	Online via ALDO	This is an introductory module exploring how to integrate Trauma Informed Principles into staff supervision practices.  Presented by Clinical Psychologist and Author Dr Karen Treisman, it is aimed at staff working within a managerial and/or supervisory capacity to support

				<p>practitioners engaged in work with children and young people.</p> <p>There are a limited number of licenses and therefore a code is required to access. Any requests require line management approval and should be emailed to <a href="mailto:ASNInclusionEquityWellbeing@aberdeenshire.gov.uk">ASNInclusionEquityWellbeing@aberdeenshire.gov.uk</a></p>
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