

Coach 2 Cope: The Responder Toolkit by Dr. Stephen Spencer (PhD)

Created for educators and professionals that support young people, you will learn the latest practical strategies & skills to better support young people who experience acute mental health issues, emotional dysregulation & challenging behaviours. You will also be shown how to assist your staff in practically applying the evidence-based framework (TAR3 model) & support plans (risk management plans) that are now being used by thousands of educators and professionals across NSW.

Details	Value
<ul style="list-style-type: none"> -Learn a trauma-informed approach to support the mental health and wellbeing of young people and how leadership, culture and language in regard to mental health impacts mental health outcomes for staff and young people. -Child & Adolescent mental health expert gives you guidance on why child and adolescent mental challenges are more prevalent than ever and your role in improving mental health outcomes for children and young people. -Understand role delineation and responsibilities, within and across systems, to maximise efficiency (time and resources) when supporting mental wellbeing. -Demonstration of a new approach developed from PhD research project on how to respond 'in the moment' to psychological distress. -Learn the evidence based individualised support planning (risk management plans) with practical examples on how to help your staff with implementation. -Learn a simple reflective process to assess your response to incidents to improve processes and support staff wellbeing. -Simple examples on how you can best respond to distress and anxiety and assist children and young people to develop coping, resilience and positive help seeking behaviours. -Coaching in the use of scripts and engagement strategies using the TAR3 Psychological First Aid framework. -Your own take home Toolkit to guide you and your staff in supporting young people with mental health challenges. 	<p>\$245 per person (excl GST)</p> <p>Karuah RSL 9am to 2.30pm 20th December 2022</p> <p>(lunch included)</p> <p>*After training access to Dr Stephen Spencer, including two complimentary one hour follow up sessions (via Zoom) to help you with implementation of frameworks to support young people in your care.</p> <p>*To encourage a comprehensive setting wide approach to better mental health, we will provide a complimentary training program for families/carers of the organisations that complete this training.</p> <p>To book please email Ben at info@eeyouth.org.au</p> <p>www.eeyouth.org.au</p>

We believe in young people. Bringing out their best is what we do.