

Emotional First Aid Training is an accredited course for professionals who work with children and young people.

At the end of the two day course, successful delegates will be recognised and accredited as an “Emotional First Aider” by the Solent NHS Trust.

Emotional First Aid (EFA) training supports the North Yorkshire County Council strategy to improve the emotional and mental health of children and young people. EFA is the initial support given to a child or young person experiencing emotional distress, creating a healthy emotional environment with the child before any appropriate or specific professional help is sought and obtained.

With 1/10 children and young people having a diagnosed mental illness which can follow them into adult life, and a further 1/10 children and young people having a mental health problem, there needs to be more of an emphasis on early intervention.

EFA training is about building the understanding, capacity, capability and confidence in professionals who work with children and young people by exploring:

- a range of influences in the children and young people’s emotional health
- effective strategies that could be implemented to support the children and young people to encourage them to explore and understand their emotions.

EFA is an innovative training course based on evidence based practice. EFA seeks to dispel the myth that mental health means mental illness.

The training raises awareness of worry and anxiety in children and young people, encouraging appropriate emotional expression and the development of helpful strategies which we hope may reduce the likelihood of many children and young people developing a mental health problem or a mental illness.

The course is aimed at a range of staff. Previous participants who have benefitted from attending the course have been teaching assistants, learning mentors, pastoral leaders, classroom teachers and senior leaders in a school.

Feedback about the course has been very positive:

“I feel it gave me the confidence to discuss issues with parents and staff more openly and provided me with a range of strategies and interventions that could be used/adapted to meet the needs of the children in our school.” (Assistant Headteacher)

“The content and delivery was excellent and I particularly enjoyed working with staff from other schools to share our experiences and ideas. The course has provided excellent and current strategies which I have used on many occasions as part of my role this year. The pack provided with the course was great and I returned to it for ideas on several occasions.” (Teaching Assistant)

If you require any further information please contact NYES:

T: 01609 533222

E: nyes@northyorks.gov.uk

www.nyeducationsservices.co.uk

Primary Emotional First Aid training

Course code: SI-0218-T003

Please note this is a two day course and participants must attend all two days:

- 1st May 2018
- 8th May 2018

Venue: Northallerton Library Headquarters, entrance on Grammar School Ln, Northallerton DL6 1DF

Timings

All courses (all days): 8:45 for a 9am start - 4pm.

Please note:

- Refreshments will be provided but participants must bring their own lunch
- There is a cost for attending this training

Booking

To book on the course please go to the North Yorkshire Education Services (NYES) website:

www.nyeducationsservices.co.uk

Due to the nature of the training the maximum number of participants per course is 12. If the courses are over-subscribed priority will be given to schools with a high number of service families, as funding to pay for the trainers in North Yorkshire came from funding to support service family pupils.

If you have any general questions about the training please contact Clare Barrowman, Health and Wellbeing Adviser at clare.barrowman@northyorks.gov.uk or call 01609 536808.

If you require any further information please contact NYES:

T: 01609 533222

E: nyes@northyorks.gov.uk

www.nyeducationsservices.co.uk