

Primary Mental Health Team Consultations and Parent Information Sessions

Parent 1:1 Consultations

Are you a parent or carer of a child/young person living in Warwickshire?

Would you like the opportunity to speak in confidence with one of our Primary Mental Health Practitioners about your child/young person?

We offer one-off 45min 1:1 consultations where you are able to discuss your child/young person's current difficulties with a professional!

We use a solution-focussed framework to explore strategies and ways to help you better support them.

You will be asked to complete the Dimensions tool and forward to us prior to your attendance.



You are welcome to book onto ONE consultation and booking is ESSENTIAL! Please email risecommunityoffer@covwarkpt.nhs.uk or call 07917 504682 to book your time slot. Please DO NOT call the Rise Navigation Hub. These consultations are for parents/carers ONLY. Please DO NOT bring children to the appointment.

We also offer FREE Parent Information Sessions, during the current restrictions these will be delivered via the online platform ZOOM. At these sessions you will have the opportunity to meet other parents and learn about common emotional wellbeing concerns in children/young people and find out what you can do to help!

Parent Information Sessions are structured sessions on a particular topic.

TOPIC	DATES AND TIMES
<p>Understanding and supporting children aged 3-11 years with Anxiety</p> <p>You will learn about anxiety and how we can help our children manage their worries. You will learn to identify the signs and symptoms of anxiety and how it might present in children of different ages.</p> <p>You will learn to differentiate between the usual stresses of childhood and anxiety that may be more problematic for your child.</p> <p>You will learn practical strategies and techniques you can do at home to support your child when they are feeling anxious. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p>	<p>20th January 2021 @ 10am – 11.30am</p> <p>17th March 2021 @ 1pm – 2.30pm</p>
<p>Understanding and supporting children aged 12+ with Anxiety</p> <p>Similar to the above topic, you will learn about anxiety in relation to young people aged 12+ years.</p> <p>You will learn some new strategies to support a young person within this age group.</p> <p>You will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p>	<p>20th January 2021 @ 1pm – 2.30pm</p>
<p>Understanding Sensory Needs in school aged children</p> <p>You will learn about sensory processing in children/young people and gain an understanding of how it affects them in their day to day life.</p> <p>You will learn about your child's sensory needs and how you can support them to better manage their anxiety, low mood and other common mental health difficulties. You will learn practical strategies and techniques to try at home to manage your child/young person's sensory needs and will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p>	<p>12th October 2020 @ 10am – 11.30am</p> <p>7th November 2020 @ 10am – 11.30am (Saturday)</p> <p>21st January 2021 @ 6pm – 7.30pm</p> <p>18th June 2021 @ 10am – 11.30am</p>

TOPIC	DATES AND TIMES
<p>Understanding and supporting healthy Emotional Development in children aged 3-11 years</p> <p>You will learn about healthy emotional development in childhood and understand what healthy emotional development looks like at different ages.</p> <p>You will learn about the challenges children and parents face at different ages and what can you do to help.</p> <p>You will learn practical strategies and techniques that may be helpful to support your child's emotional development and you will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p>	<p>12th January 2021 @ 1pm – 2.30pm</p> <p>9th March 2021 @ 1pm – 2.30pm</p>
<p>Understanding and supporting young people aged 12-18 years who Self-harm</p> <p>You will learn about self-harm, what it is and how you can help your child/young person?</p> <p>You will learn about some of the reasons young people self-harm and what can maintain this behaviour.</p> <p>You will learn practical strategies and techniques that may be helpful for a child/young person who is self-harming. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p>	<p>21st October 2020 @ 11am – 12.30pm</p> <p>1st March 2021 @ 10am – 11.30am</p>
<p>Understanding and managing Challenging Behaviours in children aged 4-11 years</p> <p>You will learn about social learning theory and why some children may develop difficult or challenging behaviours.</p> <p>You will have a greater understanding of some possible underlying causes of these behaviours.</p> <p>You will learn practical strategies and techniques that may be helpful to manage your child's difficult behaviours at home. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p>	<p>20th October 2020 @ 6pm – 7.30pm</p> <p>28th November 2020 @ 10am – 11.30 (Saturday)</p>
<p>Understanding and managing Challenging Behaviours in children aged 12+ years</p> <p>You will learn about social learning theory and why some children may develop difficult or challenging behaviours.</p> <p>You will have a greater understanding of some possible underlying causes of these behaviours.</p> <p>You will learn practical strategies and techniques that may be helpful to manage your child's difficult behaviours at home. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p>	<p>16th December 2020 @ 1pm – 2.30pm</p> <p>9th February 2021 @ 1pm – 2.30pm</p> <p>3rd May 2021 @ 10am -11.30am</p>

TOPIC	DATES AND TIMES
<p>Understanding and supporting children and young people with School Refusal</p> <p>You will gain an understanding of what school refusal is, who it affects and why. You will learn practical strategies and techniques you can do at home to support your child who may be refusing to attend school. You will learn about developing an action plan to support your child to improve school attendance.</p> <p>You will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p>	<p>11th November 2020 @ 10am – 11.30am</p>
<p>Understanding and Supporting children back to school with anxiety following COVID-19</p> <p>To understand the complexities of returning back to school following COVID 19.</p> <p>To understand different types of anxiety such as generalised anxiety, separation anxiety and panic.</p> <p>To explore the symptoms of the different types of anxiety-what do they look like? What are the warning signs?</p> <p>To explore risk and protective factors which may impact upon anxiety and low mood.</p> <p>To introduce a cognitive behavioural model of how anxiety difficulties may be maintained over time.</p> <p>To introduce strategies that can be used to support a child or adolescent with anxiety.</p> <p>To understand when & how to access specialist services in relation to anxiety.</p>	<p>14th November 2020 @ 10am – 11.30am (Saturday)</p> <p>25th November 2020 @ 6pm -7.30 pm</p>
<p>Understanding Self-Esteem in children and young people</p> <p>To understand the definition of self-esteem and development of self-esteem in childhood.</p> <p>To identify and understand what healthy and low self-esteem might look like in a child or young person.</p> <p>To consider and understand the link between self-esteem and mental health.</p> <p>To explore the risk and protective factors which may impact upon anxiety and low mood.</p> <p>To introduce strategies that can be used to support a child or adolescent experiencing and low self-esteem.</p> <p>To understand when & how to access specialist services in relation to self-esteem.</p>	<p>21st November 2020 @ 10am – 11.30am (Saturday)</p> <p>9th December 2020 @ 6pm – 7.30pm</p> <p>12th May 2021 @ 1pm – 2.30pm</p>

TOPIC	DATES AND TIMES
<p>Understanding and supporting Siblings</p> <p>You will understand how siblings can be affected by the difficulties of their sibling. You will learn strategies and techniques to support siblings to better understand each other and support each other in the home environment.</p> <p>You will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p>	<p>27th January 2021 @10am – 11.30am</p>

Please note these sessions are for **parents/ carers ONLY** and **booking is ESSENTIAL**

Please do NOT bring children to these sessions

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 or call 07917 504682
 to book your place

Please DO NOT call the Rise Navigation Hub