

Welcome to The YMCA Menu of Services

YMCA Trinity Group's
definitive guide to services
for schools and partners

YMCA TRINITY GROUP



YMCA

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Other Services

YMCA Trinity Group are committed to developing services based on your needs. Therefore, please get in touch if you have any needs in areas that are not covered in this guide. Additional developments we are also looking at include:

- **Staff Counselling** – To support staff mental health needs
- **Feel Stress Free App** – a comprehensive self-help tool to support all students and staff, whilst also identifying and signposting those that need help
- **Clinical Assessments** – to include class observations, 1to1 meetings
- **Well-being measurement** – support to measure well-being and develop whole school programmes
- **Consultancy** – Providing clinical and/or bespoke support, including CPD for existing pastoral/inclusion teams, strategic development and recruitment, bid writing
- **Research** – support to evidence need for future funding bids
- **Licencing/school membership** – to allow established organisations including alliances and trusts to access our resources; measurement tools; and specialist management, recruitment and tailored intervention functions
- **Physical Activity provision** – to provide wider health and well-being solutions through physical activity and sport.

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

Introduction to The YMCA Menu of Services

The YMCA Menu of Services was designed to offer schools and partners a range of services to improve the physical, emotional and psychological well-being of young people in their care.

We appreciate that this will vary between organisations, according to the demographics of young people using them. For this reason, we have arranged our services so that you can select the ingredients that will best address their needs.

The YMCA Menu of Services allows you to:

- Identify, measure and address multiple physical, psychological and emotional needs of children and young people in one comprehensive package of support
- Receive professional advice on the types of support you need, amount, and in what order
- Create a bespoke package of support tailored to your needs
- Concentrate on your curriculum or other priorities, confident that these additional priorities are being managed appropriately
- Receive information on the impact the services are making, both within your organisation, as well as across the spectrum of the YMCA Menu of Services
- Discuss particular needs even if they don't fit with the current list of options (e.g. consultancy packages, training and other interventions).
- Develop a positive well-being culture to enable all children, young people and staff to thrive



The YMCA Menu of Services is committed to upholding YMCA Trinity Group's values of **Integrity, Respect, and Belief in Potential**, through a **Holistic Approach** to its care of young people.

The adjacent wheel shows the six priority areas that the YMCA Menu of Services will implement. We hope that you will find this guide clear and informative.

For further details about any of our services, or to arrange a consultation to determine the best provision for your organisation, please contact 01733 373187 or email lisa.smith@theymca.org.uk

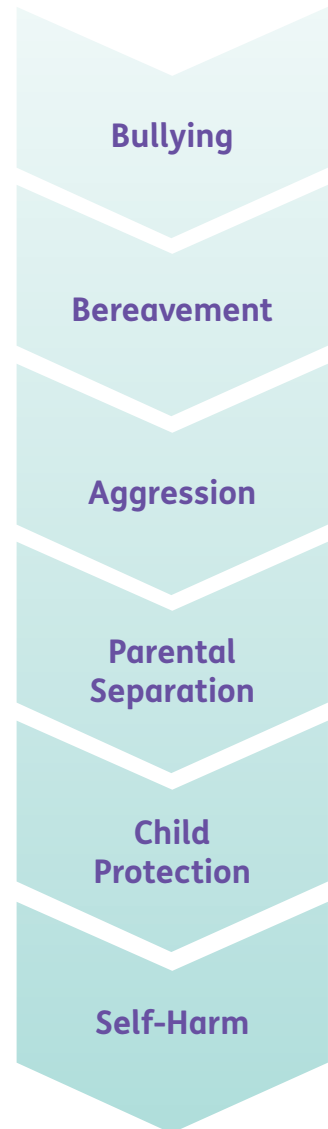


Mental Health & Early Intervention

Counselling & Therapy

It is an upsetting reality that children are not immune to the psychological and emotional traumas in the world around them. More sophisticated research and training has brought a greater awareness of just how deeply social issues are felt by even the youngest children in our society. However the positive news is that, whilst our awareness of this issue has increased, so has the repertoire of tools and techniques available for therapeutic intervention.

The YMCA Menu of Services can offer trained and registered therapists or counsellors. The techniques used will be applicable to the age or understanding of the young person – including play and art therapy or other creative therapeutic techniques for younger children. Secondary school ages may benefit more from talking therapies. In each case, a consultation with the school will help to determine the best course of action and the most appropriate therapist for the task.



The Therapy/ Counselling process

In order to meet national standards and to provide clarity in service costs, the following list explains how a typical referral would be dealt with:

- An assessment of the child – using evidence-based impact measurement tools (1 session)
- Perspectives from Teachers and Carers
- An initial number of therapy sessions (usually a minimum of 12 for Primary/Special Schools and 5 for Secondary age)
- Flexibility in the contract to offer additional sessions dependant on the needs and circumstances of the individual*
- A follow up assessment and/or feedback session for teachers/carers
- Sessions last a maximum of 50 minutes – some younger children may require shortened sessions
- 1 credit per session – which includes the assessment and feedback sessions
- 1-2 credits^ per school/setting for a formal review by a trained therapist/counsellor to discuss young people's needs and progress (covering all young people)
- Optional use of additional credits for drop-in sessions, additional reports, or attendance at staff/service meetings

*Needs will vary for each child and some young people may require more than others.

^3 or more referrals will automatically require 2 credits



“Really impressed with the service. Our pupils showed a real change in their feelings”

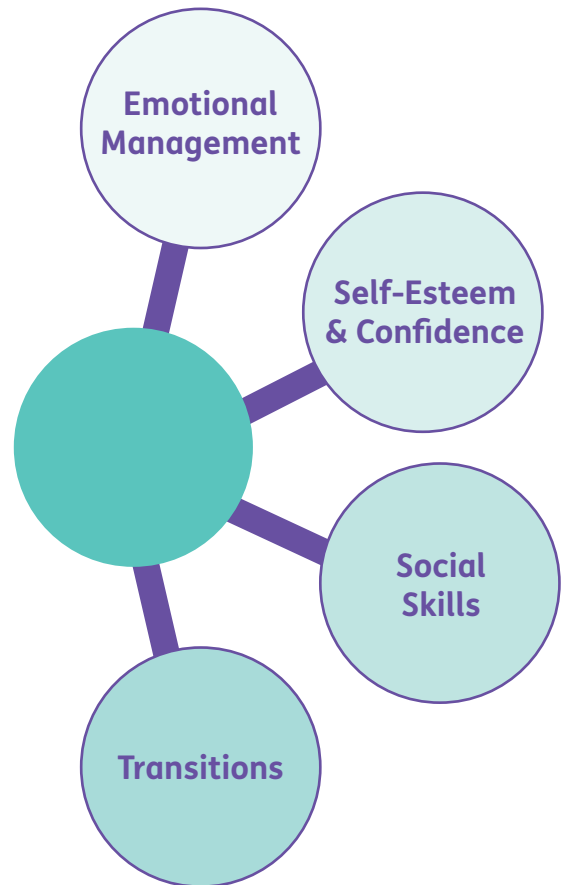
Head Teacher.

Mental Health & Early Intervention (continued)

Building Resilience - Group Work

YMCA has eight years of experience and expertise in designing and implementing robust, evidence-based group work programmes. We have designed separate group-work modules for KS1-4, and a Transitions module for Yr6 and Yr7, which have been built based on feedback from schools and partners, as being the most valuable areas for attention.

Each group work module is 6 weeks in duration – with one session per week, lasting for approximately one hour. Up to two Interventions Workers will facilitate each session depending on numbers and needs. Evidence-based outcome assessments are used to monitor the impact made.



Emotional Management is a skill, and for various reasons, breakdowns in communication and well-being can lead to impaired development of this skill. This module assists young people to identify and recognise various emotions in themselves and others. It explores ways in which emotions can be misrepresented, and the effect this can have. It goes on to explore techniques for identifying when/how poor emotional management may arise, and how to regain control in order to express oneself effectively.

Self Esteem & Confidence is a crucial ingredient in child & adolescent development. Without this, a series of psychological defence mechanisms can produce pervasive problems, lasting into adulthood. This module helps young people to overtly recognise strengths in themselves and their peers. It uses Positive Therapies to develop optimism, perspective-taking and resilience. Exploring verbal and body language skills increases young people's ability to express themselves with confidence. Meanwhile, the module looks at ways in which young people can respond to bullying and intimidation. It also teaches young people how to break down goals to increase confidence in achievement.

Social Skills is a small term for an enormous concept. Each young person will have strengths and challenges in this area. Alienation in some/all areas of their social life will impact on all things from performance in classes (academic achievement) to level of exercise (physical health). This module explores differences between aggressive, passive and assertive behaviours. It involves an exploration of strengths to refine what young people believe they contribute in a social context. It uses cognitive-behavioural exercises to teach young people how to increase the social aspects of their lives and to realise why this is important.

Transitions is a programme that focuses on the seismic shift from Primary to Secondary school. We realise some young people find this a challenge, and require help to cope with this change. It assists young people to reflect on their time in Primary school – what they have learned and what they will take away. An additional or alternative programme can then be provided once they start in their new school, to help them explore the differences between the two environments. It provides techniques for forming new friendships as well as coping mechanisms, which will improve resilience for future use in all contexts.

Additional Options for Secondary Schools

Secondary settings with KS4 or 5 pupils may want to consider choosing our health and well-being qualifications as a way of providing academic outcomes alongside learning. Please go to the relevant section below or contact us for more information.

In addition, we also have a tailored building resilience programme for KS3-5 students covering the following areas: Introduction to Mental Health, Food and Mood, Coping with Stress, Body Confidence and Self Esteem, Self-Help. This can be used as a wider programme for all students, or targeted to those with low level needs.

Structure of Group Work

Each Group Work module involves:

- Pre intervention assessment with the school and/or young people (1 credit)
- Min. 6 weeks of 50min-1hr interventions for up to 8 young people*
- Post intervention review session (1 credit) to discuss progress and next steps
- Total cost of 1.5 credits per session per worker (two required for most groups)
- A structured syllabus of topics covered, tailored to the age and needs of the group
- Impact monitoring and tools for schools to help assess suitability prior to intervention
- Option to use additional credits for more sessions, 1 to1 Mentoring or Therapy where a young person needs additional support or time to reach outcomes.
- **Total: Min. 11 credits (one worker); 20 Credits (two workers)**

*Please note that group work is focussed on early intervention. It is not suitable for those with high needs or a history of mental health issues. In this instance, therapy should be considered. One worker will only be suitable for groups of 4 or less that have mild to moderate needs. The assessment will establish need.

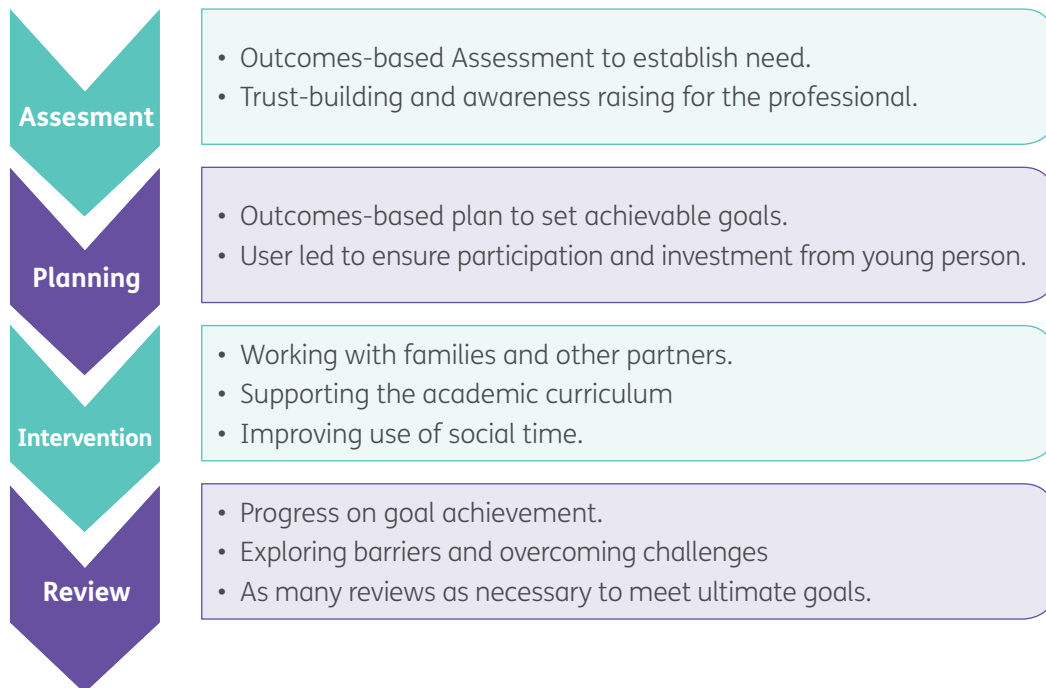


Mental Health & Early Intervention (continued)

Building Resilience – Mentoring

In some cases, a young person may not require intensive therapeutic intervention, but continue to present as having signs and symptoms of personal issues that cause you concern. These might be issues that you feel, if left unresolved, could exacerbate over time. The young person may not be suitable for group work, or you feel that the group work modules on offer would not address the very specific issues you have noticed. Alternatively, it can also be used as a way of topping up group work sessions for those that need a little extra support. You want something bespoke, supportive and flexible. One to One mentoring is an evidence-based model of intervention used across the spectrum of statutory services, charities, and organisations to meet individual need.

The Process works as follows:

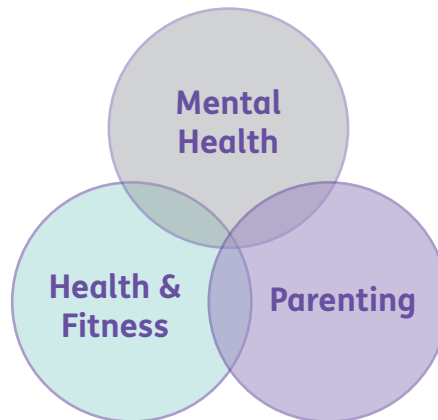


Structure of Mentoring:

- Min. 8 sessions of 50min-1hr on a 1to1 basis (assessment is built into the initial sessions)
- Post intervention review session to discuss progress and next steps
- One worker per young person
- A semi-structured programme designed specifically around the needs of the young person
- Impact monitoring using the Outcomes-based Assessment & Planning tool
- 1 Credit per session
- **Total: Min 9 Credits per referral**

Family Work

The family unit is regarded as one of the most important and pivotal ingredients in the development of healthy emotional well-being in young people. Fraught with complications and difficulties, the family environment can be a context for emotional friction that manifests in all other areas of a young persons life.



Working under a similar model to the Mentoring Service, Family Work operates alongside families in a relaxed, cooperative and non-judgemental way.

Utilising Cognitive-behavioural and Resource-based therapeutic models, families are supported to work more closely, understand each other, and create mutually positive systems and structures

Designed for families not in receipt of higher threshold interventions, but for those who without intervention could find their circumstances deteriorating beyond control. This is ideal for families wishing to improve their relationships, lifestyle and overall family environment.

Structure of Family Support:

- Min. 8 sessions of 1-2hrs each (assessment is built into the initial sessions)
- Post intervention review session with the school to discuss progress and next steps
- One worker per family (large families may require an additional worker to be purchased)
- A semi-structured syllabus designed specifically around the needs of the family
- Impact monitoring using the Outcomes based assessment & planning tool
- 1.5 credits per session (some sessions may require several hours of intervention, specifically work in the home)
- 1-2 credits per review session
- Flexible working arrangements – including weekends and evenings, 1to1, or group sessions as mutually agreed
- Option to run alongside 1to1 Mentoring
- **Total: Min 13 Credits (based on one hour sessions)**

“Parents have found that the support offered has helped improve behaviour and attitudes at home”

Family Care Manager

Mental Health & Early Intervention (continued)

Cost of Service

The mission for The YMCA Menu of Services is to tackle the breadth of physical and psychological well-being issues among children and young people in our area. For this to work, our service must be of a high quality, yet affordable to all who need it.

The YMCA Menu of Services operates a credit system, which (alongside advice and guidance from The YMCA Menu of Services staff) allows each organisation to draw down the services that will meet the needs of their cohort – without leaving gaps or being wasteful (see examples below).

We also offer additional services such as staff training and health & well-being qualifications (see pages later in the document).

1 credit for 1to1 work and per 1hr review session
1.5 credits per worker for group or family work

The YMCA Menu of Services adopts the following structure for any given individual:

Primary School Therapy Standard minimum of 14 sessions (inc an initial assessment session; a final feedback session; and 12 sessions of individual therapy).	14 Credits* (plus a mid-term review of 1-2 credits depending on referral numbers)
Secondary School Counselling Standard minimum 6 sessions (inc an initial assessment session; and five sessions of individual therapy).	6 Credits*
One-to-One Mentoring Standard 8 sessions (inc an initial assessment) plus a formal review.	9 Credits
Structured Group Work A total of six sessions, delivered weekly, plus a school assessment and feedback session.	11 Credits (one worker) 20 Credits (two workers)
Family Work Standard 8 sessions (inc an initial assessment; closing assessment, school feedback session and 8-16 hours of Family Work – dependent on need).	13-26 Credits

*Please note that pupils often require more than this number of sessions, and it would be detrimental to their well-being should therapy finish abruptly. Therefore, enough credits should be purchased to increase provision as recommended by the Therapist or Counsellor.

Credit Rates depend on the number of referrals that can be seen on a day and the amount purchased.

Package	No. of sessions per day	Cost per credit	Saving (based on primary therapy)
Bronze	1-2	£47.50	N/A
Silver	3-4	£45	8%
Gold	5-6	£40	19%
Purple	Fixed rate £220 per day [^]		29%

[^]Based on 6.5hrs per day with a min commitment of 39 weeks. Bespoke packages available. Please contact us for more information

Examples of typical agreements

The following tables give examples of how much a typical agreement would cost depending on whether you cater for primary or secondary aged children. Of course, the agreement will depend on your needs, and so a tailored package will always be developed.

Primary Bronze @ £47.50 per credit:

- FREE Consultation about needs (if required)
- 2 pupils to be given the standard sessions of therapy (including all assessment and feedback sessions) (28 credits)
- Formal mid-intervention review with therapist (1 credit)
- **Total credits = 29 plus flexible credits**
- **Total Cost = £1,377.50**

Primary Silver @ £45 per credit:

- FREE Consultation about needs (if required)
- 2xStructured Small Group Work Programmes – 1 worker up to 4 pupils in each (18 credits) plus assessment (1 credit) and feedback (1 credit)
- 2 pupils to be given the standard sessions of therapy (including all assessment and feedback sessions) (28 credits) plus formal mid-intervention review (1 credit)
- **Total credits = 49 plus flexible credits**
- **Total Cost = £2,205**

Primary Gold & £40 per credit:

- FREE Consultation about needs (if required)
- Formal mid-intervention review with therapist (2 credits)
- 5 pupils to be given the standard 14 sessions of therapy (including all assessment and feedback sessions) (70 credits)
- **Total credits = 72 plus flexible credits**
- **Total Cost = £2,880**

Mental Health & Early Intervention (continued)

Secondary Bronze @ £47.50 per credit:

- FREE Consultation about needs (if required)
- 2xStructured Group Work Programmes – 2 worker up to 8 pupils in each (36 credits) plus assessment (1 credits) and feedback (1 credits)
- Total = 38 Credits
- **Total Cost = £1,805**

Secondary Silver @ £45 per credit

- FREE Consultation about needs (if required)
- 2 pupils to be given standard 9 sessions of One-to-One Mentoring including assessment and feedback (18 credits)
- 4 pupils to be given the standard 6 sessions of therapy (including all assessment and feedback sessions) – 2 per day alongside mentoring (24 credits)
- Total = 42 Credits
- **Total Cost = £1,890**

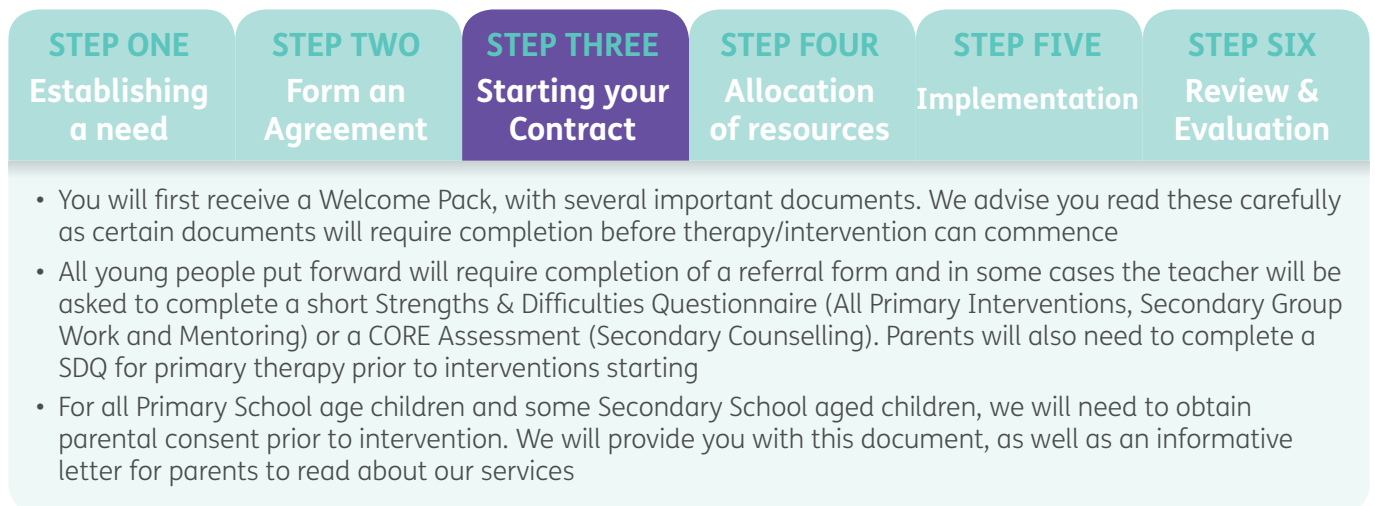
Secondary Gold @ £40 per credit

- FREE Consultation about needs (if required)
- 10 pupils to be given the standard 6 sessions of therapy (including all assessment and feedback sessions- 5 per day (60 credits)
- Total = 60 Credits
- **Total Cost = £2,400**

**Want to help your pupils, but are worried about the cost?
Need help to raise funds whilst increasing awareness of wellbeing?
Get in touch to access our school fundraising pack**

Setting Up a Package for your Organisation

The following flow-chart provides a synopsis of the procedure used to set up a package of services for your organisation. It details the various necessities required before services can commence. However, we aim to be as flexible to your needs as possible. If you have any bespoke requirements, please do not hesitate to contact us and we would be more than happy to discuss these with you.



Please note: careful consideration should be given to identify appropriate young people for intervention. A formal consultation will help with this process and avoid a situation whereby the intervention has to stop or not achieve its aims due to inappropriate referrals being made.

Mental Health & Early Intervention (continued)

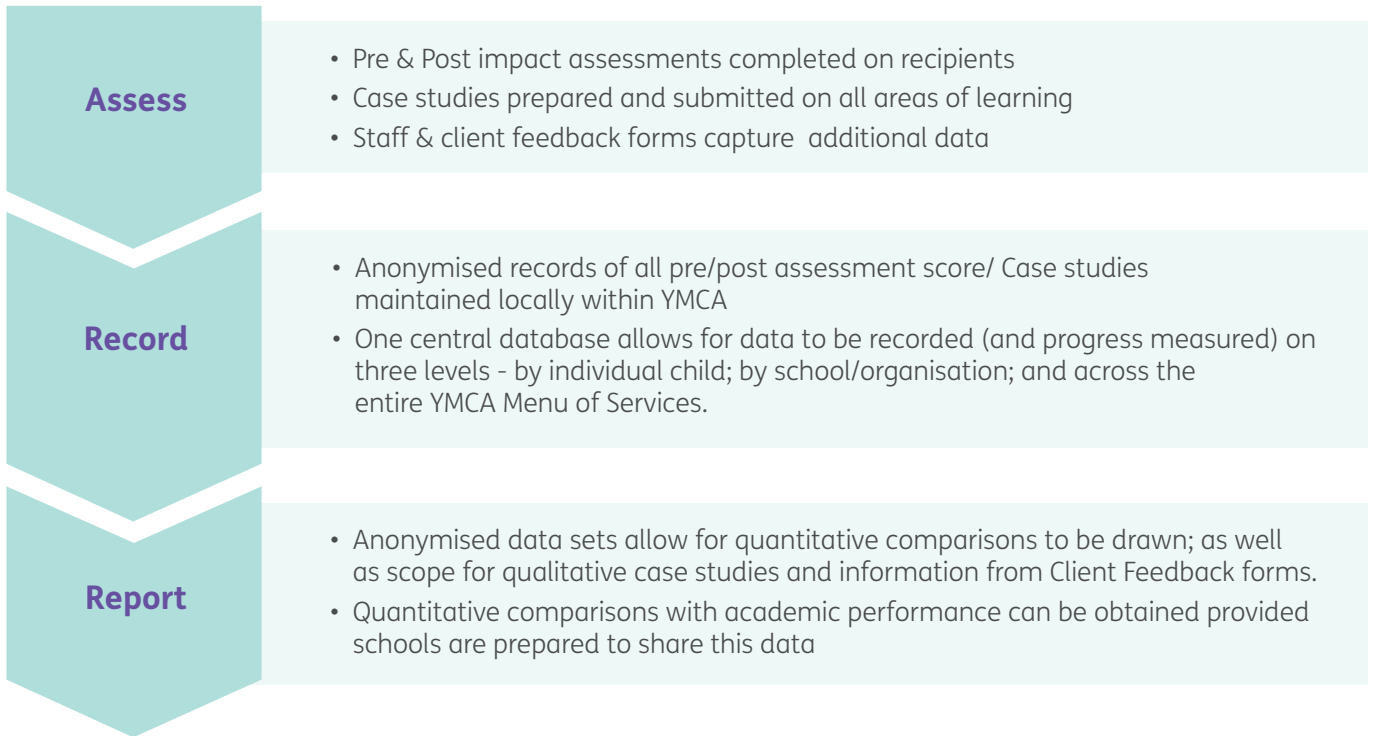
STEP ONE Establishing a need	STEP TWO Form an Agreement	STEP THREE Starting your Contract	STEP FOUR Allocation of resources	STEP FIVE Implementation	STEP SIX Review & Evaluation
<ul style="list-style-type: none"> • At this stage, we will nominate and allocate the appropriate number of trained therapists/ interventions workers to meet the needs of your agreement • We will facilitate direct contact between yourselves and YMCA Menu of Services workers, in order that an initial visit can take place as necessary • Here, you would show YMCA Menu of Services staff the spaces provided for therapy/ group work. This should take place in the same space each week and be free from loud noise and interruption. This is also when The YMCA Menu of Services staff are given access to your policies around Health & Safety, Anti-Bullying & Safeguarding • Finally, we will agree a mutually convenient start date. 					

STEP ONE Establishing a need	STEP TWO Form an Agreement	STEP THREE Starting your Contract	STEP FOUR Allocation of resources	STEP FIVE Implementation	STEP SIX Review & Evaluation
<ul style="list-style-type: none"> • Initial sessions with young people often involve an assessment. This is completed in the most appropriate format for the type of intervention. • During the course of your agreement, The YMCA Menu of Services staff will maintain contact with key school staff to inform them of progress or arising issues. Any safeguarding referrals will be discussed with you as and when they arise. If a therapist/ interventions worker has reason to believe a young person may be in need of additional therapeutic work, this will be raised at the earliest opportunity and discussed/agreed. • For primary therapy, a formal review will be held at the mid-way point to enable the therapist to discuss progress and any potential for extension with a key school staff member. • Therapists and interventions workers will submit confirmation of all sessions completed with young people - which in turn, are recorded and stored by YMCA in accordance with Data Protection policy. 					

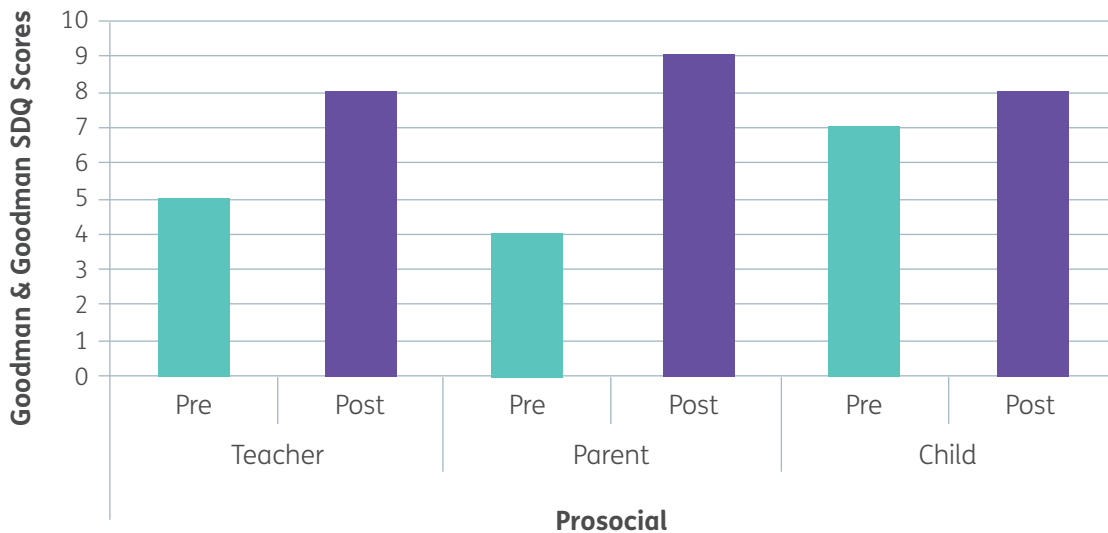
STEP ONE Establishing a need	STEP TWO Form an Agreement	STEP THREE Starting your Contract	STEP FOUR Allocation of resources	STEP FIVE Implementation	STEP SIX Review & Evaluation
<ul style="list-style-type: none"> • When an agreement is nearing completion, YMCA will inform you and provide an opportunity to discuss the extension of any services according to your requirements. • Following completion of therapeutic interventions, YMCA Menu of Services will submit copies of their pre & post assessments in order that the impact of intervention can be monitored and reported upon. Schools are required to also complete post intervention questionnaires to help demonstrate impact. These are kept on a central database within YMCA, and anonymised data or generic reports can be made available upon request. • We welcome any feedback in order that we can continually improve upon our interventions and general service. We will ask you to complete a feedback form, and would be very appreciative of any suggestions you would like to make. 					

Measuring our Impact

The YMCA Menu of Services sees a thorough, ongoing evaluation of its impact as crucial in a climate where budgets are limited and the emotional well-being of young people is paramount. Like you, we want to ensure that the work we do is having an impact, and that all partners and young people see and feel the benefits of this important work. The following diagram shows the process used to create graphs such as that shown below:



Goodman & Goodman Strengths & Difficulties Questionnaire (Prosocial skills – Pre & Post for Teacher, Parents & Child)



Prosocial skills – Pre & Post (for Teacher, Parents & Child)

Staff Training

The YMCA Menu of Services recognises that successful implementation of our programmes requires a united effort. It is therefore important for the on-going sustainability and impact of our work that staff have access to additional knowledge and training. YMCA are specialists in young people, and as such have the knowledge and partnerships to offer a wealth of support to schools.

In response to teacher's feedback we have developed a variety of training packages to suit individual schools budgets and requirements. These include:

- An Introduction to Mental Health
- Building Resilience (e.g. Self Esteem, Emotional Management)
- Anxiety & Depression
- Self Harm
- Sexual Health
- Substance Misuse
- Risk Taking Behaviour
- Body Image
- **COMING SOON – Staff Wellbeing, and Implementing a Whole School Well-being Strategy**

In addition, we can also provide accredited qualifications, including:

- First Aid – Paediatric and Emergency
- Award in Education

We can also offer be-spoke training, consultations and conferences on topics of your choice, so please contact us to discuss your needs.

Prices start from just £20 per delegate!



“We know that helping young people cope in the modern world and reach their potential cannot be achieved without a strong, unified network of capable, well-supported professionals. We are very excited about the potential of these training packages in creating a strong, resilient generation of young people now and in the future”

Jonathan Martin – CEO, YMCA Cambridgeshire & Peterborough

Staff Training Packages

These options provide settings with the flexibility to meet your needs and budgets. We can either come to you and deliver basic training, or can take all the hassle away and provide a venue, lunch and even a full conference with an expert panel and post event support to answer all questions!

Bronze Package

- A structured (two hour) training programme, delivered by a fully qualified clinical mental-health practitioner.
- Venue provided by client (e.g. school)
- Printed hand-outs supplied
- Cost: £400.00 per event + VAT for up to 20 delegates
- Additional places charged at £20 per head

Silver Package

- Two structured (two hour) training programmes or workshops, delivered by a fully qualified clinical mental-health practitioner, on a topic according to your needs and interests.
- Venue supplied in either Cambridge or Peterborough
- Tea/Coffee all day
- Lunch provided (fresh filled sandwiches & fruit)
- Learning materials provided
- Cost: £3,000 per event + VAT for up to 50 delegates
- Additional places charged at £60 per head

Gold Package

- A structured training day, delivered by a fully qualified clinical mental-health practitioner, on a topic according to your needs and interests.
- Key note speakers
- Training to include interaction, demonstration and tasks as agreed
- Panel of Experts (providing opportunity for questions and answers from audience)
- Follow-up period (taking additional questions/queries for 72 hours after the event)
- Venue supplied in either Cambridge or Peterborough
- Tea/Coffee all day
- Hot Buffet Lunch provided (vegetarian options included)
- Learning materials provided
- Cost: £8,500 per event + VAT for up to 100 delegates
- Additional places charged at £85 per head

DISCOUNTS AVAILABLE ON MULTIPLE BOOKINGS OR LARGE NUMBERS

Staff Training (continued)

The following are examples of outcomes associated with some of the training we offer. All training is led by an experienced professional, and we can tailor some outcomes according to need.

Mental Health

Delegates will be given a brief introduction about mental health, what happens during therapy and strategies you can use in your setting. You will therefore feel better equipped and confident to offer solutions and identify those that need support. This is an ideal session for those already accessing or looking to access therapy provision.

Learning Outcomes:

- To consider how children with mental health difficulties present
- To have an understanding of how a child can develop a mental health condition
- To understand what impact a mental health condition can have on a child's ability to learn
- What you, as their teachers, can do to help them and yourselves
- Update you, as teachers, about the structure and condition of child and adolescent mental health services

Anxiety and Depression

Drawing on the latest research, with consideration to the experiences of pupils and staff we will discuss your needs as a whole-school approach to wellbeing. Offering increased awareness of anxiety, stress and depression in the hope that you will feel better equipped and confident to offer solutions and support.

Learning Outcomes:

- To gain a better understanding of the symptoms of anxiety and depression
- To feel more confident in recognising the signs of anxiety and depression in children and young people
- To explore how to manage disclosures of anxiety and depression
- To identify practical strategies to support young people through periods of difficulty

Building Resilience

Delegates will be more aware of the principles of resilience, giving consideration to protective and risk factors; enabling them to better support and develop resilience and self esteem in the young people they work with, and reduce the likelihood of long-term mental health issues. This is an ideal session for those already accessing or looking to access our building resilience programme.

Learning Outcomes:

- To gain a better understanding of what resilience is and the factors which affect resilience
- To consider how signs of low self esteem can reflect a young person's levels of resilience
- To introduce the Resilience Framework as a tool to support schools in developing strategies to build resilience
- To explore how schools can build resilience at student and whole school levels
- To have opportunities to share good practice and explore practical strategies to build resilience within your school.

Body Confidence

Delegates will gain an insight into recent research about Body Image and Confidence amongst young people, and strategies to support and talk about issues with young people.

Learning Outcomes:

- To gain an understanding of body image and body confidence
- To consider young people's understanding of body image and influences on their perceptions
- To identify signs of body image anxiety including low self esteem
- To examine the link between body image and eating disorders
- To discuss how we can support young people with body image anxiety
- To consider a whole school approach to building body confidence

Sexual Health (11+)

To inform delegates of the Sexual Health Choices available; enabling them to better support and empower young people to make timely life choices.

Learning Outcomes:

- To gain an understanding of what we mean by sexual health
- To be aware of the law and young people's sexual health
- To gain knowledge of common STIs and available contraception
- To consider sexual health issues for young people
- To recognise signs of unhealthy sexual behaviour
- To discuss how school staff can support young people with sexual health issues
- To explore how schools can promote access to sexual health services

Risk Taking Behaviour

This workshop focuses on risk taking behaviour in young people, such as risks online, smoking, drug and alcohol misuse, sex and inappropriate relationships.

During the session we will look at the influences of media, their peers, family and general misinformation. The session culminates in an explorative discussion of effective interventions and solutions enabling us to better support young people to make positive choices when faced with risk.

Learning Outcomes:

- To gain an overview of risk taking behaviour in young people
- To consider the findings of recent research on risk taking behaviours
- To explore why young people take risks
- To discuss how we can support young people with risk taking behaviour
- To consider the whole school approach to risk taking behaviour and share good practice

Staff Training (continued)

Substance Misuse

Delegates will gain a comprehensive overview of the factual effects of drug and alcohol misuse on health, with a focus on strategies that support young people to make healthy and timely choices.

Learning Outcomes:

- To gain a better understanding of the issue of substance misuse in young people today
- To be able to identify signs of substance misuse in young people
- To gain a better understanding of why young people misuse substances
- To understand the consequences of substance misuse
- To discuss how we can support young people who are misusing substances
- To consider the whole school approach to substance misuse and share good practice.

Self Harm

Delegates will be more aware of the issues and concerns around Self Harm, as well as the implications for young people and those supporting them.

Learning Outcomes:

- To gain a better understanding of what self-harm is and why young people may self-harm
- To consider some of the signs of self harm
- To gain confidence in managing disclosures of self harm
- To discuss how schools can support young people around the topic of self-harm

Other topics are available on request, including: Staff Wellness and Implementing a Whole School Well-being strategy. We can also provide tailored packages and one to one consultancy s necessary.

Train The Trainer

To enable schools to deliver their own non non-clinical staff training and pupil interventions, we have developed a series of training courses to provide resources and support to deliver many of our programmes. Not only is this an extremely cost effective solution, but it will also enable more children to be reached with on-going clinical support, advice and access to the latest resources and updates on a yearly basis.

Train The Trainer courses include the following:

- **Working with Specific Mental Health Issues – 3 days:** To learn the content, understand roles & responsibilities, and cascade the workshops to other staff: Building Resilience, Anxiety & Depression, Risk Taking Behaviour, Self-Harm, Substance Misuse, Body Confidence, and Sexual Health
- **Delivering Early Intervention Group Work Programmes – 1 day:** To learn the theory behind our group work modules and how to deliver interventions using our resources. Modules include Emotional Management, Self Esteem & Confidence, Social Skills and Transitions
- **Delivering Early Intervention 1to1 Mentoring and Family Work – 1 day:** To learn the theory behind our mentoring and family work programmes and how to use our accompanying resources.
- **Raising Awareness through Parent and Student Workshops – 1 day:** How to run a variety of different separate workshops for parents and students to raise awareness of mental health and well-being
- **Delivering Health & Well-being Qualifications – 1 day:** A look at our accredited Young Health Champion Award resources and how to deliver the programme in your setting.

Please get in touch to find out more.

Gold Package: Example of Typical Agenda

AGENDA	
09:00 - 09:20	Registration & Tea/Coffee Reception
09:20 - 09:30	Key note Speaker: The Perfect Storm
09:30 - 10:45	Presentation by YMCA Therapist (Part One): Understanding Trauma in Children
Coffee Break (15 minutes)	
11:00 - 12:15	Presentation by Therapist (Part Two): The Expanding Role of the Teacher – challenges faced by educators, and how these can be overcome.
12:15 - 12:30	Panel Member Presentation
Lunch Break & Networking (45 minutes)	
13:15 - 13:45	Demonstration of Therapy – Theory in Practice
13:45 - 14:00	Panel Member Presentation
Coffee Break (15 minutes)	
14:15 - 16:00	Ask the Experts – Your questions answered
16:00 - 16:30	Closing speeches & attendee feedback

The content and agenda for the Gold Package can be tailored to your needs and include multiple workshop options if you wish.

Staff Training (continued)

Additional Training Courses offered to School Staff

YMCA Trinity Group has a pool of accredited trainers that can also provide courses to support other professional development needs. Prices include a fixed tutor cost, and a fee per candidate to cover their registration and certification. This means you can make big savings per head as numbers increase. Courses we offer include the following:

Emergency First Aid in the Workplace (Level Two Award):

Cost:	£300 plus £32.50 per candidate (min of 8) +VAT
Guided Learning Hours:	6 (1 day)
Units Covered Include:	<ul style="list-style-type: none"> • Primary Assessment & Secondary Assessment • Principles of Resuscitation • Airway Obstruction and Breathing Disorders • Shock and Anaphylaxia • Wounds, Bleeding, Burns and Scalds • Disorders of Consciousness • Bones Joints Muscle and Eye Injuries • Bites, Stings and Poisoning • Effects of Heat and Cold

Paediatric First Aid in the Workplace (Ofsted Recognised):

Cost:	£600 plus £32.50 per candidate (min of 8) +VAT
Guided Learning Hours:	12 (2 days)
Units Covered Include:	<ul style="list-style-type: none"> • Primary & Secondary Assessment • Principles of Resuscitation • Airway Obstruction and Breathing Disorders • Shock and Anaphylaxia • Wounds, Bleeding, Burns and Scalds • Disorders of Consciousness • Bones Joints Muscle and Eye Injuries • Bites and Stings, Poisoning • Meningitis and Croup • Effects of Heat and Cold • Breath Holding • Sickle Cell Anaemia

Award in Education:

Cost:	£1600 plus £65 per candidate (min of 6) +VAT
Guided Learning Hours:	32 (4 days)
Units Covered Include:	<ul style="list-style-type: none"> • Understanding roles, responsibilities and relationships in education and training • Understanding and using inclusive teaching and learning approaches in education and training • Facilitate learning and development • Understanding the principles and practices of assessment

Parent & Student Workshops

Parent Workshops

In response to the demand for parental support and to promote awareness of mental health across the school, we have developed the following 45-60min workshops that can be delivered and tailored according to your needs. They can be delivered either within the school day or after school, and can form part of existing support e.g. through transition seminars.

Anxiety

- The difference between stress and anxiety
- Signs and Symptoms
- Panic Attacks
- Supporting young people with anxiety

Anger

- What is anger and how does it work
- When does it become a problem
- The cycle of anger
- Supporting young people with anger issues

Self Harm

- What is self-harm
- Dispelling the myths
- Self Harm safety
- Supporting a young person who is self harming

Depression

- What is depression – signs and symptoms
- Young people's views
- Supporting young people with depression

Student Workshops

In addition to our tailored building resilience programmes for those with mental health issues, we are able to deliver bespoke 45-60 min sessions for wider student involvement, including the following:

- An Introduction to Mental Health
- Body Image & Self-Esteem
- Food and Mood
- Physical Activity & Stress Busting

Prices vary according to the length of sessions and numbers attending, but start from just £2.50 per child and £5 per parent (based on minimum numbers).

Additional workshops can be developed on request.

Health & Well-Being Qualifications

Health & Well-being Qualifications for young people

At times, reaching potential is about developing our strengths and not just addressing our issues. Awards and qualifications can often be a hugely effective approach, as they improve skills and experiences as well as providing formal recognition of achievement. In this section, the YMCA Menu of Services describes the range of National Vocational Qualifications (NVQ) it offers to young people **aged 14 years and over** (except the mini medics course for 8-11 year olds, and Level 2 Fitness Instructor Award for 16 years plus).



All qualifications can be delivered as whole awards or as individual units. They can form part of PSHE lessons for an entire Year Group, or be used to develop skill-sets in individual pupils with identified needs. With this flexibility, schools can create bespoke alternatives to learning in order to ensure maximum opportunity for young people to gain skills and qualifications prior to entering the work place. The awards also include the opportunity to become a 'Young Health Champion', thus empowering pupils to adopt a role that involves promoting health and well-being to all young people in your school/college.

Structure:

- Most qualifications can be delivered in schools, although certain qualifications will require completion within one of The YMCA equipped gyms
- Pricing varies according to nature and level of award (see overleaf)
- Minimum numbers are required for the courses to go ahead
- Where qualifications are spread over a number of weeks, sessions must be at least 2hrs at a time to cover the guided learning hours
- Full details can be found on our website: www.theymca.org.uk or by contacting us using the details at the back of this document

Well-being Awards & Qualifications

Total costs for each course are shown, with an additional cost per student covering individual registration and certification. Some courses have a mix of mandatory and optional units; in which case the optional units may need to add up to a credit value. When choosing optional units, these must be the same for the whole group.

Level 1 Award: Body Image & the Relationship to Well-being

Cost: £300 plus £32.50 per candidate (min of 6) +VAT

Guided Learning Hours: 9

Units Covered Include:

- Body Image
- Understanding healthy diet and activity

Level 1 Award: Introduction to Personal Well-being

Cost: £1950 plus £32.50 per candidate (min of 6) +VAT

Guided Learning Hours: 54

Units Covered:

- Eating disorders
- Body Image
- Confidence
- Dealing with Bullying
- Understanding feelings and emotions

Level 1 Award: Lifestyle Management

Cost: £2500 plus £32.50 per candidate (min of 6) +VAT

Guided Learning Hours: 70

Units Covered:

- Personal Management
- Self-development
- Maximising leisure time
- Optional
- Healthy eating

Level 1 Award: Young Health Champion

Cost: £1800 plus £45 per candidate (min of 6) +VAT

Guided Learning Hours: 33 for Mandatory units plus 14-19 from optional units

Units Covered:

Mandatory Units

- Peer Leadership
- Health improvement

Optional Units: Minimum of 2 credits from the list below (one credit each unless specified):

- Body Image
- Confidence/ Self-Esteem Building methods
- Dealing with Bullying (2 credits)
- Feelings & Emotions
- Encouraging Physical Activity
- Healthy Eating

Health & Well-Being Qualifications (continued)

Health & Fitness Awards & Qualifications

Level 1 Award in Fitness and Physical Activity

Cost:	£2150 plus £130 per candidate (min of 6) +VAT
Guided Learning Hours:	60
Units Covered:	<ul style="list-style-type: none"> • Exercise and Fitness Knowledge; Participate in Physical Activity; Explore Personal Fitness; Understand the fitness industry; Healthy Eating

Level 2 Award: Fitness Instructing (must be 16 at the time of assessment)

Cost:	£6600 plus £165 per candidate (min of 10) +VAT
Guided Learning Hours:	158
Areas Covered Include:	<ul style="list-style-type: none"> • Anatomy & Physiology; Health, Safety & Welfare in a Fitness Environment; Principles of Exercise & Supporting clients; Know how to support clients; Planning a Gym-based Programme; Instructing Gym-based Exercise

Level 1 Award: Diploma in Sport & Active Leisure

Cost:	£10700 plus £130 per candidate (min of 10) +VAT
Guided Learning Hours:	150 Mandatory Plus 150-165 from Optional Units
Areas Covered Include:	<p>Mandatory</p> <ul style="list-style-type: none"> • Safe learning in the workplace; Investigate rights and responsibilities; Manage health at work; How the Body Works; Improving Own Fitness; Taking Part in Exercise and Fitness; Planning Own Fitness Programme <p>Optional Units: Minimum of 20 Credits from this group:</p> <ul style="list-style-type: none"> • Work in Sport & Leisure; Assist a leader , plan and deliver; Risks and hazards; Sport and active leisure project; Physical activities for children (4 credits) • Take part in sport (3 credits) • Understand the active leisure sector (2 credits)

Level 1 Award: Mini Medics Course (suitable for 8 -11 year olds)

Cost:	£150 plus £15 per candidate (min of 10) +VAT
Guided Learning Hours:	3
Areas Covered Include:	<ul style="list-style-type: none"> • Basic First Aid & Cardio Pulmonary Resuscitation • Recovery Position • Responding to patients in Shock • Responding to wounds & choking

Employability Awards & Qualifications

Level 1 Award: Employability & Personal Development

Cost:	£1650 plus £45 per candidate (min of 6) +VAT
Guided Learning Hours:	Mandatory 20 hours Plus 20-25 hours from Optional unit choice
Units Covered Include:	<ul style="list-style-type: none"> • Mandatory: Planning for Progression Optional units (one of the following): • Effective Skills, Qualities & Attitudes • Rights and Responsibilities • Manage personal finance • Contribute to a team • Preparing for and learn from Interview • Candidate project

Level 1 Certificate: Business Administration

Cost:	£4650 plus £100 per candidate (min of 6) +VAT
Guided Learning Hours:	140
Units Covered Include:	<ul style="list-style-type: none"> • Making and receiving calls • Welcoming Visitors • Handling mail • Creating business documents • Using the internet • Professional behavior in an office environment • Preparing for work placement (placement to be organised by the school)

Level 1 Certificate Customer Service

Cost:	£5850 plus £100 per candidate (min of 6) +VAT
Guided Learning Hours:	60 hours from Mandatory Units 83-107 hours from Optional units
Units Covered Include:	<p>Mandatory:</p> <ul style="list-style-type: none"> • Communicate using customer service language, • Following rules to deliver customer service <p>Optional: Complete at least 1 Unit from each optional group to achieve a further 14 credits minimum</p> <p>Group 1 - 6 credits</p> <ul style="list-style-type: none"> • Make telephone calls; Live up to customer service promises; Go the extra mile; Promote services and products; Make customer service personal (6 credits) • Adapt behavior for good impression; Maintain positive attitude; Deal with telephone calls; Process customer information; Communicate effectively; Deal with customers face to face (5 credits) <p>Group 2</p> <ul style="list-style-type: none"> • Do your job in a friendly way; Questioning techniques; Recognise diversity (5 credits) • Customers (3 credits) <p>Group 3</p> <ul style="list-style-type: none"> • Deal with and recognise problems (5 credits) • Take details of problems (4 credits) • Resolve problems (6 credits)

Contact

For more information about anything in this guide, please call the office on 01733 373187 or email lisa.smith@theymca.org.uk

For general information about YMCA Trinity Group, please visit our website or contact one of our offices:

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YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.