

Course Title: Recognising Depression in Children and Young People.

Trainers:

Chris Anderson is a professionally qualified social worker and manager who has worked in Children's Services for over 26 years. She has a long standing interest in children who have challenging and complex needs.

Chris is currently the Chair of a fostering panel and is regularly involved in training and supporting foster carers and others who care for children. In addition, she is a practice assessor for a social work degree course.

Peter Sadler is a teacher, trainer and facilitator with more than thirty years experience in the field. He was instrumental in setting up one of the first Behaviour Support Services outside London.

Peter is committed to working in a research based and reflective way. He is now applying these skills to foster care where his interests lie in creating a professional development structure for the carers. He is particularly interested in the issues which are faced by men in care work

Aims and Objectives:

The course is designed to enable carers and other professionals who undertake direct work with children and young people to recognise the potential signs of depression.

Depression is a multi-faceted condition, and the course aims to explore the biological, personal and social aspects of the condition. The presentation from mild to severe forms of depression is examined.

The course examines what carers can do to help and provides an overview of the wide range of professional interventions that are available to children and young people once the problem is identified.

Duration of course:

Whole day (9.30 - 4.30 with breaks)

Numbers:

Between 12 and 20 participants

Target Audience:

The course is designed for all professionals working with children and young people in health, social care, foster carers, and education workers, in both the voluntary and statutory sectors

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Teaching Method:

The course is conceived in seminar format, to enable maximum interaction between trainer and course participants. There is a comprehensive PowerPoint presentation, together with small group exercises to facilitate experiential learning

Course Synopsis:

- What is depression?
- How common is depression in children and young people?
- Biological and personality factors
- Potential 'triggers' for depression
- Signs and symptoms
- The approaches to treatment
- Professional service overview
- How can you help a child overcome depression?
- Peer group support
- Managing the potential risks
- Mental illness and discrimination
- Important messages about young people and mental health