

AUTISM & ADHD

Mental Health Training Programme



For parents & carers in West Sussex

ABOUT THE TRAINING PROGRAMME:

We are pleased to announce a new programme of learning events for parents and carers of children and young people with Autism and ADHD/ADD funded by the Clinical Commissioning Group and West Sussex County Council.

The programme offers a varied selection of workshops, and courses, some led by parents and carers, others by professionals, to enable you and your family to develop your understanding of the conditions and issues experienced by your children. New dates will be added throughout the year, so look out for updates.

OUR TRAINING PARTNERS:

Training will be carried out by our training partners Amaze, Aspens, Compass, Impact Initiatives, Reaching Families and the West Sussex County Council Autism and Social Communications Team.

AM I ELIGIBLE TO BOOK ONTO A COURSE?

These funded courses are available to parents and carers of children and young people in West Sussex.

HOW TO BOOK:

Courses are free, but must be booked through our Eventbrite page here: <https://www.eventbrite.co.uk/o/coastal-west-sussex-mind-8288439768>

As we are anticipating a high demand for these courses, please let us know as soon as possible if you need to cancel your place.

COURSE LEVELS:

Foundation: An introduction to the subject for people with little or no knowledge of the subject.

Developing Knowledge: Looks at a particular aspect of Autism and ADHD in more depth.

FOR MORE INFORMATION AND TO CONTACT US:

Please contact the Coastal West Sussex Mind training team on: **01903 277010** or **training@coastalwestsussexmind.org**

COURSE DETAILS

Making Sense of Challenging Behaviour (Level: Foundation)

REACHING FAMILIES - 09.07.18 in Bognor Regis / 12.09.18 in Crawley -

We look at the reasons for behaviour and how positive behaviour can be encouraged and challenging behaviours reduced. Information on local resources will be shared.

Making Sense of Autism (Level: Foundation)

REACHING FAMILIES

- 16.07.18 in Horsham / 28.09.18 in Worthing / 06.12.18 in Chichester -

Learn more about your child's diagnosis and how Autism and social communication difficulties may impact upon your son/daughter in the home, school and wider community. Basic strategies for helping her/him will be explored and information on local resources that could be available to you and your child will be shared.

ASC & ADHD Strategies (Level: Developing Knowledge)

ASPENS - 14.09.18 in Shoreham -

This workshop looks at 'why' children and young people with ASC and ADHD behave and experience the world as they do. We will present a diverse range of practical strategies to use with children and young people with ASC and ADHD as well as explain the theory behind them.

Developing Practical Resources (Level: Developing Knowledge)

ASPENS - 17.09.18 & 19.11.18 in Worthing -

This two part workshop is a very hands on experience for parents and carers, and includes an introduction to the strategies associated to ASC and ADHD. There will be demonstrations, and parents can make a resource/s relevant to supporting their child, tailored to their child's difficulties and interests. There will be laminators, sticky back plastic and more—you might get messy, so suitable clothing should be considered.

Autism, Adolescence & Education—An Autistic Perspective

(Level: Developing Knowledge)

IMPACT INITIATIVES (ASPIE TRAINERS)- 18.09.18 in Bognor Regis /

16.10.18 in Worthing / 07.11.18 in Crawley -

This session focuses on the difficulties faced by some young autistic individuals in education during adolescence, and gives guidance on practical ways which they can be supported both in the classroom and at home. The session is provided by Aspie Trainers, a local training organization, designed and delivered by autistic individuals.

Understanding Emotional Regulation (Level: Developing Knowledge)

COMPASS - 21.09.18 in Horsham -

Emotional regulation is a life-long developmental process – it supports attention, motivation and social engagement. This course will look at practical ways in which parents can support their children to develop emotional regulation in childhood.

Total Communication (Level: Developing Knowledge)

ASPENS - 08.10.18 in Crawley -

This workshop identifies the importance of communication for an individual with ASC and ADHD, and will provide an overview of different communication systems which includes Vocals, PECS, Sign Language and/or Technological Aids; and how to teach them. This workshop has been designed for parents and carers who have a child who is at the early stages of communication, with limited language.

Making Sense of Anxiety (Level: Foundation)

REACHING FAMILIES - 09.10. 18 in Chichester / 26.03.19 in Burgess Hill -

This workshop helps parents gain an understanding of anxiety and what it is, learn strategies to cope with anxiety in children (contain, externalize and distract) and manage their own anxiety in caring for their child.

Managing Anxiety with Children with ASC (Level: Developing Knowledge)

AUTISM AND SOCIAL COMMUNICATION TEAM - 11.10.18 in Bognor Regis -

The course aims to consider some of the reasons as to why your child with ASC or social communication difficulties experiences anxiety and explores some strategies to support and reduce your child's anxiety.

Handling Stress and Building Resilience (Level: Foundation)

REACHING FAMILIES - 06.11.18 in Worthing / 18.03.19 in Bognor Regis -

This workshop helps parents identify and better understand stress and its early warning signs, develop strategies to minimise stress whilst learning how to build and nurture their own resilience.

Insiders Guide for Parents & Carers of Children with ADHD—6 WEEK COURSE (Level: Foundation)

AMAZE - 09.11.18, 16.11.18, 23.11.18, 30.11.18, 07.12.18, 14.12.18 in Worthing -

The Insiders' Guide for parent carers of children with ADHD includes 6x3 hour modules and is co-delivered by a parent of a child with ADHD and a practitioner with experience of ADHD. Information on each module can be found on our Eventbrite page. **Please note that this course consists of 6 sessions (dates above).**

All courses must be attended and will take place at Field Place in Worthing, 9:30am - 12:30pm.

Understanding the Importance of Visual Resources

(Level: Developing Knowledge)

COMPASS - 09.11.18 in Horsham -

Many children on the Autism Spectrum (and other related conditions) take in information more effectively from visual prompts than aural ones. This is a hands-on course where you will make your own examples of Social Stories/Comic Strip Conversations and Visual Time-tables. Please bring a memory stick and a laptop/tablet with 'Word' on it if you can.

Anxiety & Wellbeing (Level: Developing Knowledge)

ASPENS - 12.11.18 in Horsham -

This workshop explores why anxiety is so prevalent with children and young people with ASC and ADHD. We will explore ways of encouraging well-being, promoting motivational values and interests, focusing on increasing quality of life while maintaining a healthy balance of anxiety and wellbeing.

Understanding School Support, Needs Assessment and Education & Health Care Plans (EHCPs) (Level: Developing Knowledge)

COMPASS - 30.11.18 in Horsham -

Confused about processes? How should schools be supporting children with SEND? This course is designed to answer some of your questions and help you to become more knowledgeable about the Special Educational Needs Code of Practice and how schools and the local authority support your child.

Raising Awareness & Understanding of Autism and Spectrum Conditions (Level: Developing Knowledge)

AUTISM AND SOCIAL COMMUNICATION TEAM - 06.12.18 in Haywards Heath -

This session will provide you with an understanding of many aspects of autism; how it affects your child's/pupil's understanding of social language, their ability to communicate and interact with those around them as well as their sensory processing differences and explain why they 'see' the world differently. The session will also provide some practical strategies to enable you to support your child/pupil.

Parents Solution Circle (Level: Developing Knowledge)

ASPENS - 17.01.19 in Bognor Regis -

Solution Circles is a short and powerful tool which builds on community capacity, effective in helping people to get unstuck from a problem in life or work. Developed by Inclusive Solutions, it assumes and demonstrates how nearby people have the capacity to help if asked. During this workshop we will introduce the tool and explain how it can be used. It does not guarantee a solution, but it usually gets people unstuck and at least points to the next logical step, it also demonstrates that TOGETHER WE'RE BETTER.

Understanding Friendships & other Social Relationships

(Level: Developing Knowledge)

COMPASS - 18.01.19 in Horsham -

Human beings are social creatures. The ability to make connections, to have friends, to form relationships and bonds is a vital skill that develops naturally in some children, but others may need more of a direct intervention and helping hand to be able to do this effectively. This course will look at why being able to connect and communicate with others is important and what we can do to help children who struggle in this area.

Understanding Sensory Profiles (Level: Developing Knowledge)

ASPENS - 05.02.19 in Burgess Hill -

This workshop will provide an in depth understanding of how sensory processing issues can impact children and young people with ASC and ADHD. The attendees will also learn practical activities to encourage more organised and purposeful behaviour to suit the needs of their child. Part of this workshop will be interactive and practical therefore attendees are encouraged to wear comfortable clothing!

Understanding Jargon:

Looking at 'Reasonable Adjustments' & other SEND Concepts

(Level: Developing Knowledge)

COMPASS - 08.02.19 in Horsham -

This will be a flexible question and answer-based session based on the needs of attendees: a chance to ask questions and gain further understanding of the terms and common processes. There will be particular focus on the concept of 'reasonable adjustments'. Questions and suggestions welcome in advance or on the day.

Sensory Processing Differences

(Level: Developing Knowledge)

AUTISM AND SOCIAL COMMUNICATION TEAM - 13.02.19 in Horsham -

The course aims to raise awareness and understanding of sensory processing differences in children and young people with ASC. The course considers the implications for children and young people who experience sensory processing differences and explore strategies and resources to support children and young people with sensory processing differences.

Making Sense of ADHD (Level: Foundation)

REACHING FAMILIES - 15.02.19 in Haywards Heath -

This course will help parents and carers to understand ADHD and the impact it has on their child's relationships, behaviour and day-to-day life. It explores some basic strategies and will share information on local resources.

A Different Difference—Girls & ASC

(Level: Developing Knowledge)

AUTISM AND SOCIAL COMMUNICATION TEAM - 04.03.19 in Chichester -

The course will consider how ASC may present in girls, the differences between girls and boys who have ASC and explore strategies to support girls with ASC.

FOR MORE INFORMATION:

If you have any questions or would like to know more, please contact the Coastal West Sussex Mind training team on:

01903 277010 or training@coastalwestsussexmind.org

