

Accessing Essential CAMHS on TURAS Learn

Access to Modules 1-3 of Essential CAMHS is open to anyone with a registered TURAS Learn account. New accounts can be created from the TURAS home page. See back of leaflet for link.

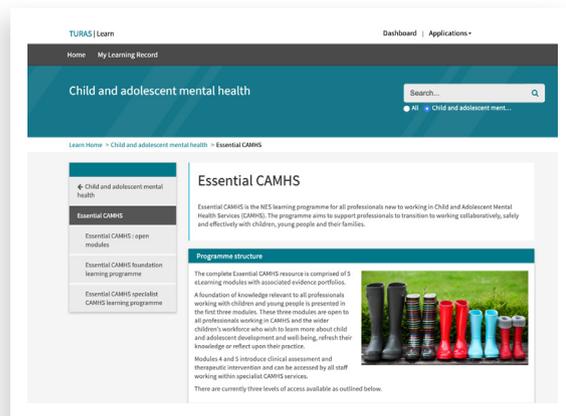
Searching for “Essential CAMHS” brings you to the resource’s landing page. There is more information there about the resource and its development.

The modules open to all are represented by the open door. They are presented as the first option alongside the Foundation and Specialist Learning Programmes which are aimed at staff working within Scottish NHS CAMHS services.



The Learning programmes involve the learner completing an evidence portfolio under supervision, in addition to reading the eLearning module content.

Completion of the open e-learning modules will be recognised for learners who subsequently join the Foundation Learning programme.



Further Information

Register for an account, find and access Essential CAMHS on TURAS Learn:



<https://learn.nes.nhs.scot/>

In some health board areas, it may be possible to complete the open access modules in group facilitation with colleagues from the NHS and wider children’s services. Please make contact with your local CAMHS team to enquire about this.

For more information, contact the CAMHS workstream at NHS Education for Scotland:



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NESD1146 | Designed and typeset by the NES Design Team.



ESSENTIAL CAMHS

OPEN E-LEARNING MODULES



Essential Child and Adolescent Mental Health Services

Essential CAMHS is an online educational resource designed to increase knowledge and understanding of factors relating to children and young people's mental health and wellbeing. The materials promote the development of knowledge, skills and attitudes which will help to facilitate collaborative, safe and effective work with children, young people and families.

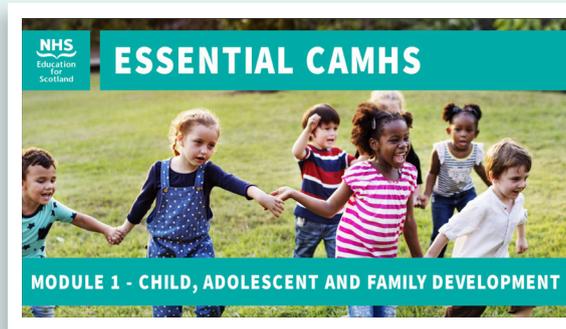
The aims of the resource are:

- ▶ To communicate core knowledge about child and family development, the process of engaging with children and families and the mental health of children and families to a wide range of children's services workers
- ▶ To support staff through the transition to working with children and young people in wider children's services and in specialist health settings
- ▶ To promote collaborative, safe and effective working practices which will benefit users of children's services

Once completed, the modules are available as a resource to be revisited.



Module 1 – Child, Adolescent and Family Development



This module introduces theories of cognitive, social and attachment relationship development in children and adolescents and the path of typical developmental from birth through to adolescence.

The role of the family is also discussed in relation to the development of children and young people, including the functions that families fulfil and the ways in which it meets the developmental needs of its members.

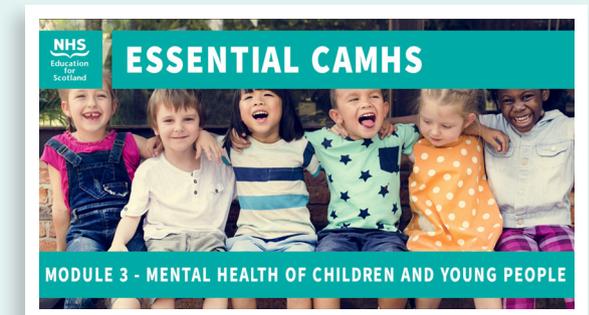
Module 2 – Engaging with Children, Young People and Families



Module 2 introduces some of the reasons why young people and families attend mental health services to seek support around their wellbeing. For some it is an easy process, for others it is complicated by various factors.

Personal beliefs and experiences of helping professionals and how these can impact on the delivery of care and therapeutic relationships are discussed. The importance of supporting the development of young people's emotion regulation skills and the value of reflective practices and supervision of staff is also raised.

Module 3 – Mental Health of Children Young People



Module 3 introduces terminology around mental health and well-being, and how these terms are used in society. Issues around stigma, prejudice and intolerance are explored.

Risk and resilience factors that impact mental health in children and young people are presented. The main types of mental health problems that appear in childhood and adolescence are described, along with the different classifications systems used.