



## Nessie Training delivers courses, individual trainings & 'Train the trainer' models

Course	Audience	Certification	Length of course	Online or in-person	Benefits	Cost
<b>DfE Senior Mental Health Leads Training</b>	Professionals Mental Health Leads/SLT	Quality assured by DfE as a part of their SMHL Training.  Certificate	8 x 2.5hr Weekly sessions	Weekly live sessions online. Additional learning needs supported	<ul style="list-style-type: none"> <li>Delegates gain greater insight into a range of MH aspects</li> <li>Opportunity to strategically plan school MH transformation</li> <li>Opportunity to work with other SMHL to explore, discuss and plan</li> </ul>	£800
<b>Foundation in Mental Health</b>		NESSie Certified	8 x 2hr weekly session	Weekly live sessions online. Additional learning needs supported	<ul style="list-style-type: none"> <li>Greater insight into a range of MH aspects</li> <li>Explore strategies to support early intervention with young people in school</li> <li>Hands on practical tools</li> </ul>	£800
<b>Midday Support staff training</b>		NESSie Certified	2hr Training	Online or In-person	<ul style="list-style-type: none"> <li>Broader understanding of children's mental health</li> <li>Developing appropriate and effect responses</li> </ul>	£500
<b>Governors</b>		NESSie Certified	2.5hr Training	Online or In-person	<ul style="list-style-type: none"> <li>Greater awareness of a range of MH aspects</li> <li>Auditing and exploring early intervention provision</li> </ul>	£500

MH Training					<ul style="list-style-type: none"> <li>• Considering effective management structures linked to policies</li> </ul>	
Choice of individual topics offered by Nessie						Cost
<b>Professionals</b>  <i>Approximately 2.5 hour training delivered online or in-person</i>	<ul style="list-style-type: none"> <li>• <b>Anxiety &amp; developing resilience:</b> early years; adolescents or additional needs</li> <li>• <b>Emotional Based School Avoidance – EBSA:</b> supporting children back to school with practical, evidence-based strategies</li> <li>• <b>Bereavement &amp; loss</b> (including divorce and separation)</li> <li>• <b>Self-harm:</b> Foundation training</li> <li>• <b>Positive Behaviour Support</b> (PBS – BILD) An effective evidence-based and ethical model of supporting people with additional or complex needs who are at risk of behaviours that cause concern</li> <li>• <b>LGBTQ+ &amp; Diversity</b> – supporting trans and gender questioning young people within the school community</li> <li>• <b>Trauma &amp; Attachment</b> – Looking at the effect of early trauma on a young person’s attachment and how we can support.</li> <li>• <b>Assessment &amp; Evaluation</b> – How to use assessment and evaluation tools to ‘Plan, Do, Review’ progress for emotional and mental health needs and interventions whilst gathering data to support EHCPs, referrals and effective tracking.</li> <li>• <b>Staff Wellbeing</b> – A systemic approach to planning and implementing staff wellbeing in your setting</li> <li>• <b>Arts for wellbeing</b> – a one off or an 8-week course providing experiential sessions and guidance on using creative techniques to support the well-being of children and young people in your setting.</li> </ul>					<b>£500 for individual training. £800 for two consecutive bookings</b>
<b>Parent/Carers</b>  <i>2hr training delivered online or in-person</i>	<ul style="list-style-type: none"> <li>• <b>Anxiety &amp; developing resilience:</b> early years; adolescents or additional needs</li> <li>• <b>Emotional Based School Avoidance – EBSA:</b> supporting children back to school with practical, evidence-based strategies</li> <li>• <b>Bereavement &amp; loss</b> (including divorce and separation)</li> <li>• <b>Self-harm:</b> Foundation training</li> <li>• <b>Positive Behaviour Support</b> (PBS – BILD) An effective, evidence based, ethical way model of supporting people with additional or complex needs who are at risk of behaviours that cause concern</li> <li>• <b>LGBTQ+ &amp; Diversity</b> – supporting trans and gender questioning young people within the school community</li> </ul>					<b>£500 for individual training. £800 for two consecutive bookings</b>

	<ul style="list-style-type: none"> <li>Managing Meltdowns – how to support my child when they can't regulate – managing conflict at home</li> <li>Spot the signs – how do I know if my child is ok?</li> <li>Do's and don'ts - building positive relationships at home and supporting my child with emotional coaching</li> <li>A place for me – parent/carer wellbeing</li> </ul>	
<p><b>Parent/Carer forums for children with ASC and/or ADHD</b></p>	<p><b>Supporting children with ASC:</b></p> <ul style="list-style-type: none"> <li>Displaying self-harming behaviours</li> <li>Understanding relationships and sexuality</li> <li>Trans and Gender questioning</li> <li>Who are masking</li> <li>Managing meltdowns</li> </ul> <p><b>Supporting children with ASC / ADHD with:</b></p> <ul style="list-style-type: none"> <li>Anxiety</li> <li>Bereavement and loss</li> <li>Behaviours that challenges</li> <li>Emotional Based School Avoidance</li> </ul>	<p><b>£500 for individual training. £800 for two consecutive bookings</b></p>
<p><b><i>'Train the trainer' models for individual settings.</i></b></p>	<ul style="list-style-type: none"> <li><b>NESSie 'My world and me'</b> A school 12-week programme for children who struggle to emotionally regulate. These children often present with emotional/behavioural difficulties</li> <li><b>NESSie 'My time'</b> A child led, 'Arts for wellbeing' developmentally reparative and nurturing creative programme for school</li> <li><b>NESSie EBSA</b> A school 12-week programme for children and young people who are struggling to attend school</li> <li><b>Single session Thinking</b> – a brief therapy model or framework for solution focused, one off sessions</li> <li><b>Solution circle training</b> – a simple, peer supported structured model to enable professionals to effectively run in-house supervision</li> </ul>	<p><b>£500 for individual training. £800 for two consecutive bookings</b></p>

	<p><i>These 3 hour trainings share the programmes and upskill your staff to work directly with the children and young people</i></p>	
<p><b>Supervision and Consultation</b></p>	<p><i>NESSie support professionals with 1-1 and group supervision and consultation. Working with children can be rewarding and it is also challenging. NESSie supports Head Teachers, DSPs and frontline staff with confidential support and supervision.</i></p> <p><i>NESSie also provides Senior Leaders an opportunity to audit their current in-school provisions and implement effective change.</i></p> <p><i>For more information email: <a href="mailto:vofstedahl@nessieined.com">vofstedahl@nessieined.com</a></i></p>	<p><b>£65 per hour per individual or £200 per hour for a group – up to approximately 8 participants</b></p>