

What is Psychological Perspectives in Education & Primary Care (PPEPCare)?

The PPEPCare project aims to help staff in **primary care** (GPs, nurses, health visitors and so on) and **education** (teachers, TAs, SENCOs) to (i) **better recognise and understand mental health difficulties in children and young people** and (ii) **better support these children, young people, and their families by providing psycho-education and drawing on relevant psychological techniques (using a cognitive behavioural framework)**. It currently comprises ten training modules (see below for list), each consisting of a training presentation, experiential exercises, DVD training material and hand-outs. **Training is delivered by appropriately qualified staff from CAMHS and/or specially trained other health professionals.**

How long does the training take and where can it be delivered?

Each training module has been designed to take around 90 minutes to deliver. However, the training can also be delivered in shorter or longer sessions – e.g. 30 minutes over lunchtime or a half-day session. Training can be arranged to take place at a location that is convenient for those being trained – trainers can travel to GP surgeries, hospitals, schools and other appropriate locations. **Sessions can be delivered free of charge by specially trained, local CAMHS staff and adapted to local needs.**

What does the training cover?

The areas covered by PPEPCare were originally identified by GPs, other primary healthcare professionals, teachers and other school staff to meet their identified learning needs, and training has been written by national and international experts in the field. Modules cover mental health issues seen in children and young people and cover (i) identification of relevant signs and symptoms of mental health difficulties, (ii) understanding why disorders persist (using a cognitive behavioural framework), and (iii) basic ways of supporting children and young people and their families. Modules titles include:

- Understanding and supporting children with **specific phobia and separation anxiety disorder**
- Understanding and supporting children and young people with **Obsessive Compulsive Disorder**
- Understanding and supporting children and young people with **Post Traumatic Stress Disorder**
- Understanding **Behaviour Problems** and helping parents to support their children
- Understanding and supporting **young people with anxiety** and young people who **self-harm**
- Understanding and supporting **young people with depression and low mood**
- Introduction to **childhood anxiety** – helping parents to support their children
- Understanding and supporting children who suffer with **eating disorders**

The training is not designed to turn primary care and school staff into psychological therapists, nor is it designed to replace existing CAMHS services. However, they do provide development opportunities to **enhance knowledge and skill of staff working within the school setting to help them more readily identify mental health issues in their students and support them and their families.**