

Understanding Mental Health and Wellbeing in Child Contact Centres



Dates: Tuesday 12th November 2024

Time: 4.00-6.30pm

Venue: Online via Zoom

**For: Child Contact Centre
Practitioners**

Presenter: Alison Ebbitt

**Cost: RS Members £25/
Non-Members n/a**

CPD Category A Points: 2.5

In this workshop participants will explore mental health and wellbeing concerns that may arise when working to support Child Contact in Member Services.

The session will consider different mental health diagnoses, such as depression, anxiety and bipolar disorder. There will also be the opportunity to talk about suicide.

Talking about suicide can trigger difficult feelings for some people, so please keep yourself safe and if needed the trainer will speak with you after the workshop.

Some parents using child contact centres may share that they have a mental health diagnosis or experience emotional difficulties and this session aims to help participants to feel more confident to support parents, children and colleagues.

The workshop will be interactive and will use different training methods such as discussion, films and exercises.

Learning Outcomes: By the end of the session participants will:

- have a better understanding of the impact of mental health on our thoughts, feelings and behaviours.
- be able to have conversations with parents about their mental health and wellbeing.

Presenter: **Presenter: Alison Ebbitt** has worked in the field of mental health for many years. She is a qualified social worker and mental health officer and a member of the national training team for Public Health Scotland delivering and advising on mental health training. She is also a qualified counsellor, experienced family mediator and child consultant mediator.

HOW TO BOOK

This event is designed for child contact centre practitioners who are currently working in a Service that is a Member of Relationships Scotland. Booking early is encouraged as spaces may be limited. We use an online booking process which can be used by:

- Member Services to book on behalf of practitioners.
- Practitioners from Member Services who wish to self-fund.

The link to the online booking form for this event can be found here: <https://forms.office.com/e/dzeLBS8sSk>

If you have any questions about the booking process, please contact Diana Sinclair:

diana.sinclair@relationships-scotland.org.uk

BOOKING TERMS

Booking for CPD events will be confirmed by email within 10 days of submission. Please check your inbox and/or junk mail, if you have any issues receiving this email please contact us immediately. Member Services or Self-funded practitioners will be sent an invoice for the course fee before the event, please do not make a payment until you have received this invoice as it will have a unique invoice number for the payment reference.

Cancellations within 14 days of the event and non-attendance will be charged in full. Member Services/practitioners must notify us of any cancellations by email. Where appropriate, Member Services may transfer a place to another attendee if the original person cannot attend, we must be informed of this ahead of the event taking place. If a CPD event is cancelled by Relationships Scotland (because of insufficient numbers or unforeseen circumstances) then all fees will be fully refunded. We are unable to reimburse out-of-pocket expenses, such as travel and accommodation.

In exceptional circumstances, Member Services/practitioners may request a refund of the cost of the training event or a free place at a future event. Examples of exceptional circumstances include admission to hospital at short notice, or a family bereavement. We are unable to reimburse out of pocket expenses, such as travel and accommodation. Requests for refunds or credits for future events will be considered by the Office Bearers Group (Chair, Vice-Chair, Treasurer of the National Office). All request for refunds/free places at future events should be made in writing or by email to the CPD Manager, sonia.bruce@relationships-scotland.org.uk

SYSTEM REQUIREMENTS

The session will be delivered using the Zoom platform. You can attend this CPD event from a private space anywhere using a compatible computer or tablet connected to the internet. You will need to download Zoom to access the session: <https://zoom.us/> Please make sure you have the most recent version of Zoom. Please note, some organisations have additional security settings that may prevent you from accessing the CPD event on an organisational device.

Please also ensure that you have the required bandwidth and internet speed. You can test whether you are able to join a Zoom meeting here: <https://zoom.us/test> Relationships Scotland are unable to provide refunds when there are issues with a participant's IT which prevent them from accessing the CPD event. Please contact the CPD Manager if you are unsure about the use of the technology sonia.bruce@relationships-scotland.org.uk

ACCESSING THE EVENT ONLINE

A link to the session will be sent out a few days before the event. Please ensure that the email address to which the link should be sent is clear in the Booking Form. It is also important that the Zoom account uses the same name that you used to register for the event. The Relationships Scotland CPD Host will use this information to admit participants into the event and to confirm attendance certificates. The username for your Zoom account can be amended by signing into Zoom and going to the profile section of your account.

