

# East Midlands personalised care & support planning for people experiencing mental health challenges

## Half day training

This interactive training has been co-designed to develop the confidence, knowledge and skills of frontline staff to take a holistic and biopsychosocial-focused approach to assessment and care planning.

By the end of the session, participants will:

- understand how it looks and feels when assessments take psychological and social wellbeing into account
- understand the factors that impact on mental health, including an introduction to the biopsychosocial model.
- be more knowledgeable about models of care and the benefits to using them, including person-centred care and holistic care.
- understand the purpose of mental health assessments, what should be included in them and the responsibilities around completing them (considering all aspects of the biopsychosocial model and Care Act).
- have developed their communication skills during assessments and in developing a holistic care plan.

### Feedback from previous participants:

- **98% agreed or strongly agreed that as a result of the training they had increased knowledge of how it feels when assessments take the whole person into account.**
- **100% agreed or strongly agreed that they understood the purpose and value of holistic assessment and that they had increased confidence in undertaking a holistic assessment as a result of the training.**

### Dates:

Monday 9<sup>th</sup> December - 9:30am – 2:30pm

Friday 17<sup>th</sup> January - 9:30am – 2:30pm

Monday 3<sup>rd</sup> February - 9:30am – 2:30pm

Thursday 27<sup>th</sup> February - 9:30am – 2:30pm

### Who is it for?

Anyone who works with people with mental health challenges, including those working in social care, health or the voluntary and community enterprise sector.

This training is provided free of charge, funded by DHSC through Partners in Care & Health. Participants will be expected to support and evaluation of the training.

Places will be limited so please **register early** via [Eventbrite](#)

# Feedback from Previous Training Events

*"The training was surprisingly very useful and enjoyable"*  
(West Midlands)

*This was really well planned and paced training....*  
(East Midlands)

*"My key takeaway - the voice of the person is paramount in all aspects from assessing to supporting planning "*  
(South West)

*"The different learning styles, course material and ease of the presenter were great"*  
(East of England)

*"All aspects of this course were very useful"*  
(West Midlands)

*"As a newer member of my team it was really useful to gain more understanding around the topics presented"*  
(South East)

*"I would highly recommend the training to other colleagues"*  
(London)

*All the information was relevant and useful*  
(East of England)

*"I have picked up some tools that other colleagues will benefit from"*  
(North East)

*"The focus on care planning and reflection in care planning was really useful"*  
(South East)

*"I think we do work in a holistic way, but this training has helped provide a greater understanding"*  
(East of England)

*"I enjoyed this training very much"*  
London

*"Great training"*  
(South West)

*"I valued the practice examples – not just sitting and listening"*  
(Yorkshire & Humber)