

Mental Health and Wellbeing Training – Three Day Workshop



At a glance...

Customised Provision

Delivery Method:	Classroom
Recognised by:	Lantra Awards

Introduction

Wellness Recovery Action Planning (WRAP) has been delivered worldwide for the last 25 years, but is still relatively new in the UK and very new in Scotland. However you define “wellness” WRAP can help you achieve wellness, step by step, in **your** way, on **your** terms. WRAP is a simple and powerful process for creating the life and wellness you want. Through WRAP training you can discover simple, safe and effective tools to maintain wellness.

Overview in brief

This Lantra-accredited Customised Award is exclusively developed and delivered by a Lantra-approved Training Provider, who meets our quality standards. The course is specifically tailored to meet learners’ needs. For further details about the course content and delivery locations, please contact the Training Provider using the details provided below.

The minimum age to undertake this course is 12.

The three day course also enables you to support others to keep on track with their mental health and wellbeing through identifying what throws you, or them, off track and developing a plan to move forward.

The finer details

Format: Three Day Training Course (9.30-4.30)

Interactive discussion, including presentation of information and group activities, going into greater depth than the two or one day course is able to due to time constraints of those training days. This training workshop offers additional material enabling learners to deepen their understanding of the pertinent issues.





Day 1

8.45-9.30 Registration

9.30-10.00 Introductions including an ice-breaker activity, plus site information, safety contract and agenda.

10.00-11.00 Key Concepts in Recovery

- *Hope

- *Personal Responsibility

- *Education

11.00-11.15 BREAK

11.15-12.00 Key Concepts in Recovery

- *Self Advocacy

- *Support

12.00-12.30 Issues that need to be addressed

- *Exploring medical issues

- *Medication Management

12.30-1.30 LUNCH

1.30-2.30 Suicide Prevention

2.30-3.00 Develop a Wellness Recovery Action Plan (WRAP)

Techniques and strategies for reducing difficulties, as well as for ongoing management and prevention, to be used in developing a WRAP.

3.00-3.15 BREAK

3.15-4.15 Continuing from previous session:

- *Supports

- *Working with Health Care Providers

- *Counselling





*Focusing

*Stress Reduction and Relaxation Techniques

4.15-4.30 Summary and Close

Day 2

8.45-9.30 Registration

9.30-11.00 Wellness Toolbox

*Diversionary activities

*Journaling

*Music

*Exercise

*Diet

*Light

*Sleep

*Adjusting and securing the environment

*Daily planning

11.00-11.15 BREAK

11.15-12.30 Wellness Toolbox Continued

12.30-1.30 LUNCH

1.30-2.30 Developing Action Plans

*Daily Maintenance List

*Stressors or triggers

*Early Warning Signs

2.30-2.45 BREAK





2.45-4.15 Crisis Planning

Post Crisis Planning

4.15-4.30 Summary and Close

Day 3

8.45-9.30 Registration

9.30-11.00 Addressing Specific Issues

*Trauma

*Building Self-Esteem

11.00-11.15 BREAK

11.15-12.30 Addressing Specific Issues

*Changing Negative Thoughts to Positive Ones

12.30-1.30 LUNCH

1.30-2.45 Developing a Lifestyle that Enhances Wellness

*Careers and interests

*Refining your lifestyle

2.45-3.00 BREAK

3.00-4.00 Motivation and Problem Solving

4.00-4.30 Summary, Evaluation and Close

Who should attend?

This three day training course is ideal for Mental Health First Aid Responders, for Senior Managers, Human Resources or Welfare Staff responsible not only for their own wellbeing but for supporting the mental health of other staff within the workplace. It is also suitable for staff who have identified that they are currently struggling with their mental health/wellbeing and are looking for additional strategies to address this. This three day course would also be suitable to frontline staff working in the emergency services who are dealing with trauma every day which



inevitably impacts on their own wellbeing. Within the school or college setting it would be ideal for teachers and Head teachers dealing with the welfare of pupils.



What will be covered?

Key Concepts of WRAP are discussed in more depth than can be offered through the one or two day courses, due to the time constraints of the shorter courses, however the topics remain the same. Please look at the one or two day course for the subject matter. The three day course allows Learners to consolidate the course material and provides more time for reflection and active participation.

Course objectives are to provide Learners with hope, empowerment, personal responsibility, self advocacy and education on the broad subject of mental health and wellbeing, both personal and colleagues. The three day course aims to focus on ongoing work of dealing with trauma, suicide prevention, building self-esteem, changing negative thought patterns to positive ones and building a lifestyle that promotes wellness.

