



## BOOK YOUR PLACE

Whilst all events are free, due to the limited capacity of some venues, we recommend booking via our website:

[www.hampshirecamhs.nhs.uk/events](http://www.hampshirecamhs.nhs.uk/events)

Please keep a record of which sessions you book onto at which times.

Due to high numbers of bookings it is not possible for us to identify the specific sessions that you might book onto.

## OTHER THINGS TO REMEMBER

Please check directions and parking. Allow enough time to park and arrive to sessions on time.

Most venues **do not** have free parking on site.

Ideally, we would ask that children, infants and babies are not brought to the event.

Refreshments are not provided

If you are unable to attend an event, check our website; parent, carer or professional self-help section as some sessions have been recorded and can be watched for free online.

For more information please check out website: [www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk)

## INFORMATION STAND REQUEST

If you/ your organisation would like to have an information stand, you can make an online request here:

[snt.hantscamhsinnovation@nhs.net](mailto:snt.hantscamhsinnovation@nhs.net)

Please note, we only allow non-profit organisations to attend this event. Due to limited space at some venues, please complete your request for an information stand as soon as possible. Information stands will be agreed on a first come first served basis.

## DETAILS OF 2020 EVENTS

**31<sup>st</sup> January**, CAMS Hill School, Shearwater Ave, Portchester, **Fareham** PO16 8AH

**5<sup>th</sup> May**, Court Moor School, Spring Woods, **Fleet** GU52 7RY

**3<sup>rd</sup> June**, Basingstoke CAMHS Clinic, Bramblys Drive, **Basingstoke** RG21 8UN

**17<sup>th</sup> September**, Crestwood School, Cherbourg Campus, **Eastleigh**, Cherbourg Rd, Eastleigh SO50 5EL

**13<sup>th</sup> November**, Andover Baptist Church, Charlton Rd, **Andover** SP10 3JH

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## P.A.C.E. (Parent, Carer & Professional) EVENTS 2020

Information, advice and support for parents, carers, professionals and any adult supporting or working with a young person.

Sessions and information stands on a variety of key relevant topics for young people's health and wellbeing.

## FREE EVENTS

## Aims

- To provide information, advice and strategies
- To increase knowledge and understanding of different difficulties
- To increase confidence in how to support young people
- To provide practical strategies of how to help young people
- To access accurate and up to date information
- To raise awareness of where to go for more help & support

## WHAT TO EXPECT

PACE events consist of two main components:

- 1) Information stands from local and national organisations.
- 2) A number of 45 minute sessions on young people's emotional health and wellbeing.

Attendees can choose which sessions they would like to attend; select as many or as few as you would like to attend.

PLUS! Get a free information pack which has useful summary sheets of each session along with links of where to access further information and support for each session topic.

## Sessions

### What to expect from each session:

#### Anxiety Management

- What is anxiety? Spotting the signs and symptoms
- How to support a young person who experiences anxiety (practical strategies)
- Where to go for more help and support

#### Coping with Crisis (Depression and Self-Harm)

- What is self-harm? Why do young people self-harm?
- Signs and symptoms that a young person may be engaging in self-harm behaviour
- How to support a young person who is in crisis (practical strategies)
- Where to go for more help and support

#### Eating Disorders

- This workshop solely focuses on eating disorders as a mental health disorder; it does not address eating difficulties in the context of neurodevelopmental difficulties such as Autism
- Signs and symptoms; what to look for
- Next steps and practical strategies to support a young person
- Where to go for more support and referrals to the Eating Disorder Team

## Attention Deficit Hyperactivity Disorder (ADHD)

- What is ADHD? Spotting the signs and symptoms
- Diagnosis; the process and things to know about the diagnostic assessment
- How to support a young person with ADHD
- Where to go for more help and support

## Autistic Spectrum Condition (ASC)

- What is Autistic Spectrum Condition? Spotting the signs and symptoms
- Diagnosis; the process and things to know about the diagnostic assessment
- How to support a young person with ASC
- Where to go for more help and support

## Teenage Turmoil

Teenage development and mental health. Stereotypical adolescent behaviour has clear explanations in science. This workshop explains typical teenage behaviour and what you can do, as a parent or carer, to help them during this important stage of development.

## Boosting Body Image and Self-Esteem

- Impact of social media/ digital technology (including gaming) and Photoshop
- Strategies to help boost positive body image and self-esteem