



## SSCP Face to Face Course

### Stressed out Brain

#### Overview

This is a full day training course built around a new and engaging animation and resource workbook to support professionals and volunteers working with young people.

The training will help partner agencies understand how the teenage brain develops, how stress can impact this and the coping strategies young people develop to cope including serious youth violence and mental health issues.

With this knowledge, participants will be walked through a series of tailor-made interventions and resources designed to explore topics such as sleep, anxiety, types of stress, healthy relationships, knife violence and cannabis use. These resources can then be taken back to agencies and communities, to share the tools and interventions as a starting point for working with young people and signpost them to Early Break if they need more specialist support and interventions.

More information can be found here:

<https://earlybreak.co.uk/2022/10/20/stressed-out-brain-a-new-trauma-informed-resource-for-the-city/>

Date	Time	Closing date for Nominations	
Tuesday 16 <sup>th</sup> May 2023	9.30am – 3.00pm	Thursday 20 <sup>th</sup> April 2023	<a href="#">Application form</a>

Places are not guaranteed this will depend on the number of applications received and to ensure multi-agency representation.

Confirmation that a place has been allocated and details of the venue will be forwarded to the nominee following the closing date for nominations.

### **CHARGING POLICY**

**From 1<sup>st</sup> April 2023 the SSCP is re-introducing the non-attendance charging policy. Agencies will be charged if staff fail to attend if we are not informed of cancellation at least 5 working days before the session. This includes participants who arrive late and are not admitted by the trainers as they have missed a section of the course or participants who on the day inform the trainers they need to leave early. The charge will be £50.**