



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	Venue
Monday 12 May 2025	9.30am – 3.00pm	14 April 2025	The Beacon Centre
Monday 30 June 2025	9.30am – 3.00pm	2 June 2025	The Beacon Centre
Thursday 9 October 25	9.30am – 3.00pm	11 September 2025	The Beacon Centre
Thursday 26 February 26	9.30am – 3.00pm	29 January 2026	The Beacon Centre

To apply for a place, please complete the [Application form](#), places are not guaranteed and 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

The SSCP has reintroduced 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 and the charging notification will be circulated to your manager following the course.