

Troubled Families Programme – Health Skills and Training

Introduction

This document has been developed to help troubled families teams to find information and training they may benefit from when supporting families with their health needs. As health will be a more prominent feature of the expanded programme, troubled families teams will have an increasing role in identifying where families need support with their health needs and understanding what services are available.

This document is a starting point for local troubled families teams to identify and discuss potential health training courses that workers may benefit from. It is being launched on the [LGA Knowledge Hub](#) to enable local authorities to provide feedback on courses they have accessed, and to suggest additional courses that others may want to consider. We envisage that the list of identified courses will continue to grow as areas share their knowledge and experiences.

Health training courses can support those working with troubled families to develop the following key competencies:

- Confidence in having **conversations with families** about their health;
- Ability to **identify health issues**;
- Ability to **provide basic advice** on maintaining good health;
- Ability to get families to **resolve low level health issues independently**;
and
- Knowledge of **how to access local health services** for high level needs.

They can also help to increase workers knowledge in key areas such as sexual health, dietary health, dental health, mental health and common physical health issues, thereby helping workers with their discussions with Troubled Families.

Training options

There is a wide range of healthcare training available from both public and private providers, which is available to non- healthcare professionals. A substantial proportion of this information is available for free.

As outlined in the introduction to this document, **this is not a comprehensive list of available training** and is intended as a starting point for discussions locally. We encourage all areas to share the details of further training options that they think other Troubled Families Teams would be interested in hearing about on the [LGA Knowledge Hub](#).

Provider	Competency/ knowledge area	Cost	Overview
e-Learning for Healthcare	<ul style="list-style-type: none"> Confidence in having conversations with families about their health Ability to identify health issues Ability to provide basic advice on maintaining good health Ability to get families to resolve low level health issues independently Very wide range of subject learning 	<p>Free to any NHS employee, and registered social workers.</p> <p>Some courses are free to all, otherwise, variable fees for an annual licence to a programme, (normally around £100 per programme)</p>	<p>Includes a very broad range of nationally-validated e-learning programmes across a range of healthcare topics.</p> <p>Some programmes require proof of NHS employment to access free of charge; however several (including those listed below) have modules open to all.</p> <ul style="list-style-type: none"> Compassion in Healthcare Safeguarding Adults Shared decision making Perinatal Mental Health Domestic Violence and abuse (under development)
Royal Society of Public Health	<ul style="list-style-type: none"> Confidence in having 	Costs vary	Training delivered face to face through accredited

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Health	<p>conversations with families about their health</p> <ul style="list-style-type: none"> • Ability to provide basic advice on maintaining good health • Ability to act to get families to resolve low level health issues themselves 		<p>centres, including:</p> <p>(a) Level 2 Award in Understanding Behaviour Change – development of skills around observation, listening and developing relationships to support behaviour change, plus improved knowledge of engaging through advice and brief interventions to support improved health and wellbeing.</p> <p>(b) Level 2 Award in Understanding Health Improvement - basic health advice and methods of supporting people to adopt and maintain healthier lifestyles (for example identifying barriers to change, setting goals). This programme is also available via e-learning</p> <p>(c) Level 2 Award in Understanding Mental Wellbeing – to help understand the effect of mental wellbeing on the individual and community, and how mental wellbeing can be maintained or improved.</p> <p>The RSPH also Level 2 Awards on specific health issues, including:</p> <ul style="list-style-type: none"> • Understanding Alcohol Misuse • Encouraging Physical Activity • Encouraging a Healthy Weight and Healthy Eating • Understanding Sexual health • Supporting Smoking Cessation • Understanding the Misuse of Substances
PHORCaST	<ul style="list-style-type: none"> • Ability to identify health issues 	Costs vary.	Public Health online resource for careers, skills and

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	<ul style="list-style-type: none"> Ability to provide basic advice on maintaining good health Ability to get families to resolve low level health issues independently 	E-learning modules available at £30+VAT	<p>training. Includes information and advice on training options related to public health. E-learning available includes:</p> <ul style="list-style-type: none"> Parental Mental Health Hidden Harm – the effect of parental drug and alcohol misuse on children Childhood Obesity and HENRY (Healthy, Exercise and Nutrition for the Really Young)
Institute of Health Visiting	<ul style="list-style-type: none"> Confidence in having conversations with families about their health Ability to provide basic advice on maintaining good health Ability to act to get families to resolve low level health issues themselves Knowledge of how to access local health services for high level needs 	Access for iHV associate members. Those with an NHS number can access the e-learning on the Healthy Child Programme e-Learning for Health site. iHV will be developing a programme of courses in the future open to others.	<p>The IHV have developed training for Health Visitors to become Domestic Violence Experts and Perinatal Mental Health Champions who will be available in local areas to provide training on these issues through local networks.</p> <p>A number of e-learning modules are available through the IHV website with an NHS number. You may also find the guidance on 'Good Practice Points for Health Visitors' a useful resource – this is open to all and includes information on topics such as: engaging with fathers; managing difficult behaviour; promoting a healthy infant and toddler diet; and promoting healthy attachment.</p>
Royal College of Psychiatrists	<ul style="list-style-type: none"> Ability to identify health issues Mental health 	Individual one year subscription for online e-learning £142.80. Reduced price available for	<p>Range of online courses available through CPD Online portal including c170 modules and 80 podcasts.</p> <p>Courses which may be relevant include:</p> <ul style="list-style-type: none"> ADHD in under-18s: background and

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		group purchase.	<p>assessment</p> <ul style="list-style-type: none"> • Psychiatric aspects of perinatal loss • Recognising autism spectrum disorders in children with normal-range intelligence
<p>Mental Health First Aid England</p>	<ul style="list-style-type: none"> • Ability to identify health issues • Ability to provide basic advice on maintaining good health • Mental Health 	£300 per person	<p>Available nationally, this course teaches people how to identify, understand and help a person who may be developing a mental health problem.</p> <p>In the same way as physical first aid is taught, mental health first aid improves understanding about how to recognise those crucial warning signs of mental ill health.</p> <p>They also offer in-house training directly to large organisations.</p>
<p>Everybody's Business - National CAMHS support service</p>	<ul style="list-style-type: none"> • Ability to identify health issues • Ability to provide basic advice on maintaining good health • Mental Health 	<p>Free.</p> <p>Not formally accredited.</p>	<p>Set of free e-learning materials about the mental health of children and young people. It is aimed at people who work with children, young people and their families who are not mental health professionals.</p> <p>Three courses are available, it is recommended to start with 'Understanding Mental Health'.</p> <ul style="list-style-type: none"> • Understanding Mental Health • Mental Health Promotion • Perinatal and Infant Mental Health
<p>Mental Health Foundation</p>	<ul style="list-style-type: none"> • Ability to identify health issues • Ability to provide basic advice 	£750 plus trainer travel expenses for a 12 participant	<p>Face to face training delivered by the Foundation.</p> <p>The Mental Health Awareness course details mental health conditions (Bi-polar, Dementia, Depression,</p>

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	<p>on maintaining good health</p> <ul style="list-style-type: none"> • Mental Health 	<p>session in your workplace. There are also courses delivered for individuals in the Foundation's offices.</p>	<p>General Anxiety Disorder, Obsessive Compulsive Disorder, Phobias, Post Natal Depression, Post Traumatic Stress Disorder, Schizophrenia), and provides participants with an understanding of issues, practical guidance, and where to go for support. It looks at case studies and how to deal with arising situations.</p>
<p>PHE Alcohol Learning Resources</p>	<ul style="list-style-type: none"> • Ability to provide basic advice on maintaining good health; • Drug and alcohol misuse 	<p>Free</p>	<p>Provides online resources and learning for commissioners, planners and practitioners working to reduce alcohol-related harm</p> <p>Includes e-learning modules on:</p> <ul style="list-style-type: none"> • Alcohol Identification and Brief Advice <p>You may also find the following resources useful:</p> <ul style="list-style-type: none"> • mentor-ADEPIS: Alcohol and Drug Education and Prevention service • Drugs and Alcohol recovery resources
<p>Reducing Violence in Your Community: Emergency Department Datasharing</p>	<ul style="list-style-type: none"> • Ability to identify health issues; • Domestic violence 	<p>Free</p>	<p>E-learning module which aims to help learners within the medical, criminal justice and local communities improve their knowledge of how violence in the community can be reduced.</p>
<p>Royal College of Speech and Language Therapists</p>	<ul style="list-style-type: none"> • Ability to identify health issues; • Ability to provide basic advice on maintaining good health; 	<p>E-learning course is free.</p> <p>There is a charge for the two day course.</p>	<p>The Box: What it's like to be inside – speech and language therapy to support children involved in the criminal justice system.</p> <p>Incorporates an e-learning and 2 day course, available nationally and supported by the Youth Justice Board.</p>

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			The RCSLT also provides a wide range of e-learning modules for members.
<u>The Communication Trust</u>	<ul style="list-style-type: none"> Ability to provide basic advice on maintaining good health; 	Many resources available for free, with a small charge for others (£20-25)	<p>Range of resources available aimed at everyone who works with children and young people in England to support their speech, language and communication needs (SLCN) as well as supporting all children and young people to communicate to the best of their ability.</p> <p>Resources for practitioners include:</p> <ul style="list-style-type: none"> <u>Speech, language and communication progression tools</u> – improve understanding of children's language skills at certain ages <u>Listen to Us</u> - practical resource for people providing training support or professional development in SLCN