



# A free health & wellbeing event for all parents, carers & professionals who support or work with young people.

## WHAT CAN I EXPECT?

PACE events consist of two main components:

1. A number of specialist workshops on young people's emotional health and wellbeing.
2. Information stands from local and national organisations.

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

THURSDAY 21<sup>ST</sup> NOVEMBER 2024

LYNDHURST COMMUNITY CENTRE,  
MAIN CAR PARK, LYNDHURST, SO43 7NY

## WORKSHOPS:

**NEW** Obsessive Compulsive Disorder (OCD), Tourette's Syndrome and Tics, Supporting your Autistic Child to Thrive, and Disability, Difficulty, SEND & Mental Health.

BOOK YOUR WORKSHOP SPACE AT:

[hampshirecamhs.nhs.uk/events](https://hampshirecamhs.nhs.uk/events)

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## TIME

## WORKSHOP 1

## WORKSHOP 2

<p>9:30 - 10:30</p>	<p><b>Supporting a child with eating difficulties including AFRID</b> This workshop solely focuses on eating disorders as a mental health disorder for young people. This will cover Avoidant Restrictive Food Intake Disorder is a feeding and eating disorder. People with ARFID find it hard to eat enough for healthy growth, development and functioning.</p>	<p><b>Supporting trauma recovery</b> Understanding the Impact of trauma on children and young people and how together we can help them to recover.</p>
<p>10:45 - 11:45</p>	<p><b>Introduction to managing ADHD - ADHD Team</b> What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.</p>	<p><b>Supporting a young person in crisis &amp; managing self-harm</b> Supporting a young person in crisis &amp; managing self-harm.</p>
<p>12:00 - 13:00</p>	<p><b>Coping and resilience strategies to support children &amp; young people</b> Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This workshop uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.</p>	<p><b>Introduction to autism</b> 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.</p>
<p>13:30 - 14:30</p>	<p><b>New Understanding and supporting a young person with Obsessive Compulsive Disorder (OCD)</b> This workshop aims to give an introduction for parents and carers supporting a young person with Obsessive Compulsive Disorder (OCD). It will provide information regarding what OCD is, how this develops and what keeps it going. It will give an overview of the treatment options for OCD and ways family members can support a young person at home.</p>	<p><b>Looking after yourself to support your child</b> This workshop will focus on the needs and challenges for parents and carers, as well as provide a range of practical advice and strategies around how to look after yourself in order to better support the wellbeing of your child.</p>
<p>14:45 - 15:45</p>	<p><b>New Disability, difficulty, SEND &amp; mental health</b> An awareness session to offer a space for Q&amp;A around Learning needs and how mental health issues can present; difficulty with language used when children and young people have varying learning needs with or without formal diagnosis.</p>	<p><b>Understanding &amp; managing anxiety</b> What anxiety is and how to spot the signs and symptoms of anxiety in children and young people. How to support a child and young person who experiences anxiety with practical strategies.</p>
<p>16:00 - 17:00</p>	<p><b>Coping and resilience strategies to support children &amp; young people</b> Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This workshop uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.</p>	<p><b>Supporting a young person in crisis &amp; managing self-harm</b> How to recognise crisis and how crisis develops. How emotional regulation difficulties can lead to mental health crises such as becoming suicidal or self-harming.</p>
<p>17:15 - 18:15</p>	<p><b>New Introduction to managing &amp; supporting a young person with Tics and Tourette's</b> This workshop aims to give an introduction for parents and carers supporting a young person with Tics &amp; Tourette's. It will provide information regarding what Tourette's is, how this develops and what keeps it going. It will give an overview of the treatment options and ways family members can support a young person at home.</p>	<p><b>New Supporting your autistic child to thrive</b> This two-hour workshop will consider what areas of life can be challenging for autistic young people. We will think about how we can adapt our communication and the environment around the young person to make life easier and more suited to their needs. We will discuss practical changes that can be made in all the areas and give example of what these look like in real life. We will support you to think about the specific needs of your child and develop the beginnings of an individualised plan, providing the opportunity for discussion with other group members and the facilitators.</p>
<p>18:30 - 19:30</p>	<p><b>Introduction to managing ADHD</b> What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.</p>	<p><b>New Supporting your autistic child to thrive</b> This two-hour workshop will consider what areas of life can be challenging for autistic young people. We will think about how we can adapt our communication and the environment around the young person to make life easier and more suited to their needs. We will discuss practical changes that can be made in all the areas and give example of what these look like in real life. We will support you to think about the specific needs of your child and develop the beginnings of an individualised plan, providing the opportunity for discussion with other group members and the facilitators.</p>