

YMCA TRINITY GROUP



# TRAIN THE TRAINER

## Empowering and Cascading



These training courses enable schools to deliver their own staff training or pupil wellbeing services using comprehensive tried and tested resources.

This enablement programme allows you to deliver highly cost effective interventions in schools of all sizes. However, please note that issues which include deep trauma can only be delivered by mental health professionals. Please contact us for content delivered by our own clinically-trained professionals.

# The Process

- Step 1: Choose your TTT programme(s) from the following options:
  - Delivering Early Intervention Programmes for pupils at risk
  - Running a Parent or Student Workshop
  - Delivering Health & Wellbeing Student Qualifications
- Step 2: Book your place on your chosen programme(s)^
- Step 3: Use the annual licence to deliver the programme in your school as many times as you like, with ongoing support to help answer questions that come up during course delivery, and advice on further resources linked to the subject matter\*
- Step 4: Attend the annual refresher training to access new materials, discuss provision and share good practice

\*It is recommended that all school staff attend the Introduction to Mental Health training (delivered by YMCA mental health professionals) before implementing any of the above programmes.

^The minimum attendance is 8 for the programme to go ahead (i.e. 8 schools). Cancellation fees may apply if insufficient notice is given. Schools must commit to a minimum of a 3-year licence period.

# The Benefits

- Long-term support for specialist health and wellbeing provision in your school
- Ability to work with as many children/young people as you wish without having to keep paying for external workers (equivalent course cost would only enable you to access one externally led group)
- Expertise from a well-recognised organisation – we have been delivering mental health services locally for 30 years, and we understand the needs of young people. Our trainers are mental health professionals with a wealth of experience
- Direct links to service provision – we can also deliver interventions directly to young people, providing immediate support if a referral is required
- Tailored solutions – all our programmes have been designed based on feedback from schools. We can design new programmes when needs are identified
- Charitable support – by accessing our programmes, you are directly enabling us to support more young people. Any income we receive is put back into providing more services at a local level. We can also help schools with fundraising to provide more direct support in those schools that need it most.

## The Annual Licence Fee

- Unlimited use of the materials in your school – by signing up, you can deliver our programmes and access our resources for 3 years
- Tried and tested resources and materials based on sound research
- Regular updates – we do all the research and find the most useful resources for you, saving you time and money. We will also source additional materials and content as necessary, based on your feedback.
- Peer support – our licensing agreement and annual refreshers allows schools to share good practice. We will also facilitate peer support opportunities so you can always access additional help or shadowing.
- Clinical support and advice – our dedicated service means you can contact us if you have any questions about the material. We will offer support – and signpost you to additional information sources, so you aren't left on your own.

## The Cost

Our costs have been set to minimise the impact on budgets whilst maximising the number of young people that can benefit. Each programme includes the following:

- Course fee to attend the Train The Trainer days
- Annual licence fee to deliver the programme(s) in your school
- The licence fee is based on pupil numbers to reflect the scope for use. The pricing bands are as follows, and can be referred to in the tables for each programme. (If your school doesn't fall into one of these bands, please contact us.):
  - Primary Schools
    - B1. Up to 150 pupils
    - B2. Up to 300 pupils
    - B3. Up to 450 pupils
    - B4. Over 450 pupils
  - Secondary Schools
    - B5. Up to 500 pupils
    - B6. Up to 1000 pupils
    - B7. Up to 1500 pupils
    - B8. Over 1500 pupils
- Annual refresher training
- Bring a second staff member FREE of charge
- Access further support or specialist training
- Licence paid annually (with a minimum commitment of 3 years)

For more details, please call 01733 373187 or email [lisa.smith@ymcatrinity.org.uk](mailto:lisa.smith@ymcatrinity.org.uk)