



Bedfordshire Hospitals  
NHS Foundation Trust

# Mental Health Training\*

This catalogue lists the current training available on the topic of Mental Health. This has been categorised into 2 sections:

Section 1: Supporting patients with mental health issues within a hospital setting.

Section 2: Looking after your own mental health and wellbeing.

\*The Mental Health Training Group are currently reviewing all mental health training provisions to ensure that any future training meets the needs of the organisation, departments, staff and patients. Updates will be communicated via the Week, Training and Learning Newsletter and the Training website.



## Section 1

# Supporting patients with mental health issues within a hospital setting

- Mental Capacity Act
- Mental Capacity Act & Mental Health Act
- Dementia
- Adolescent Mental Health
- Eating Disorders
- Substance Misuse
- Sexual Assault and Abuse
- Perinatal Mental Health
- Neonatal Care
- General Mental Health Awareness
- Care of Veterans
- Trauma Informed Care



# Mental Capacity Act

## Face to Face

**Course details can be found on the next page.**

- MCA, Best Interest Decisions & Deprivation of Liberty Safeguards
- Completing a Mental Capacity/BI Assessment Form

## E-Learning (Click on the course title for a course overview)

**Search on ESR for:**

- [000 Mental Capacity Act – SCIE](#)
- [000 Mental Capacity Act: Assessing Mental Capacity](#)
- [000 Mental Capacity Act: Best Interests](#)
- [000 Mental Capacity Act: Deprivation of Liberty](#)
- [000 Mental Capacity Act: Mental Capacity Act and Adult Safeguarding](#)
- [000 Mental Capacity Act: Mental Capacity Act and Young People aged 16 or 17](#)
- [000 Mental Capacity Act: Mental Capacity Act as Part of Human Rights](#)
- [000 Mental Capacity Act: Planning Ahead Using the MCA](#)
- [000 Mental Capacity Act: Relationship with the Mental Health Act](#)
- [000 Mental Capacity Act: Research Involving People who Lack Capacity](#)
- [000 Mental Capacity Act: Restraint](#)
- [000 Mental Capacity Act: Settling Disputes and Disagreements](#)
- [000 Disability Matters - Mental Capacity Act Matters](#)
- [000 Disability Matters - Deprivation of Liberty Safeguards](#)



# MCA, Best Interest Decisions & Deprivation of Liberty Safeguards

## Course Content

The training will cover:

- The MCA 2005
- The key principles of the MCA 2005
- How the code affects practice relating to the MCA
- The best interests principles
- How & when the MCA protects health carers from liability
- How the deprivation of the liberties (DoL) affects care practice
- Responsibilities in relation to MCA/BI & DOLS

## Target Audience

Training is aimed at Professionally Registered Staff who are assessing patients' mental capacity, supporting with best interest decisions and requesting authorisation for DOLS.

## Course Delivery

This course will be delivered virtually on MS Teams.

## Booking Instructions

To book yourself onto this course, please [click here](#)

If you are unable to book on yourself, please contact your relevant site.

Luton – [trainingbookings@ldh.nhs.uk](mailto:trainingbookings@ldh.nhs.uk)

Bedford – [educationcentrebookings@bedfordhospital.nhs.uk](mailto:educationcentrebookings@bedfordhospital.nhs.uk)



# MCA, Best Interest Decisions & Deprivation of Liberty Safeguards

Date	Time	Venue
13 <sup>th</sup> February 2024	14:00 – 15:00	Virtual – MS Teams
9 <sup>th</sup> April 2024	14:00 – 15:00	Virtual – MS Teams
13 <sup>th</sup> June 2024	14:00 – 15:00	Virtual – MS Teams
15 <sup>th</sup> August 2024	14:00 – 15:00	Virtual – MS Teams
11 <sup>th</sup> October 2024	14:00 – 15:00	Virtual – MS Teams
5 <sup>th</sup> December 2024	14:00 – 15:00	Virtual – MS Teams
10 <sup>th</sup> February 2025	14:00 – 15:00	Virtual – MS Teams



# Completing a Mental Capacity / BI Assessment Form

## Course Content

The training will provide guidance to support staff to complete the Mental Capacity/Best Interest tool as downloaded from the Intranet,

## Target Audience

Training is aimed at Professionally Registered Staff who are needing to use Mental Capacity/ BI Assessment Form to assess the patients' mental capacity for making a specific decision & supporting with best interest decisions.

## Course Delivery

This course will be delivered virtually on MS Teams.

## Booking Instructions

To book yourself onto this course, please [click here](#)

If you are unable to book on yourself, please contact your relevant site.

Luton – [trainingbookings@ldh.nhs.uk](mailto:trainingbookings@ldh.nhs.uk)

Bedford – [educationcentrebookings@bedfordhospital.nhs.uk](mailto:educationcentrebookings@bedfordhospital.nhs.uk)



# Completing a Mental Capacity / BI Assessment Form

Date	Time	Venue
16 <sup>th</sup> January 2024	14:00 – 15:00	Virtual – MS Teams
8 <sup>th</sup> March 2024	14:00 – 15:00	Virtual – MS Teams
16 <sup>th</sup> May 2024	14:00 – 15:00	Virtual – MS Teams
15 <sup>th</sup> July 2024	14:00 – 15:00	Virtual – MS Teams
17 <sup>th</sup> September 2024	14:00 – 15:00	Virtual – MS Teams
5 <sup>th</sup> November 2024	14:00 – 15:00	Virtual – MS Teams
14 <sup>th</sup> January 2025	14:00 – 15:00	Virtual – MS Teams
6 <sup>th</sup> March 2025	14:00 – 15:00	Virtual – MS Teams



# An Introduction to the Mental Capacity Act and Mental Health Act – E-learning provided by Maudsley Learning

## **Course Content**

The Mental Health Act (MHA) and Mental Capacity Act (MCA) provide legal coverage for a wide range of mental health and physical health interventions that can be just as relevant in the acute hospital setting as in mental health trusts. Recent challenging cases have highlighted the need for further training in this area for nursing staff at all levels in acute hospitals. In addition, the imminent change from Deprivation of Liberty Safeguards to the new Liberty Protection Safeguards means that understanding the MCA and how it interacts with the MHA in patients under coercive or restrictive treatment is even more important for frontline staff.

This programme seeks to cover principles of the MHA/MCA with a focus on relevant clinical cases and 'need to know' learning for nurses, doctors, and allied health professionals working in inpatient medical environments.

## **Learning Objectives**

By the end of the course you will have learned how to:

Recognise when a capacity assessment may be required

Make a capacity assessment at a level appropriate to your role

Making decisions for those who lack capacity

Identify when the Mental Health Act should be used instead of the Mental Capacity Act

Provide care for patients detained in hospital under the Mental Health Act

Access this E-learning via the Maudsley Learning online platform

[An introduction to the Mental Capacity Act and Mental Health Act \(maudsleylearning.com\)](https://maudsleylearning.com)





# Dementia

## Face to Face

Course details can be found on the next page

- Dementia Tier 2

## Workbook

- Dementia Tier 1

## E-Learning

### Dementia Tier 1

All staff are required to complete a minimum of dementia tier 1. Tier 1 is for non-clinical staff. Some non-clinical staff may be required to complete tier 2 if they are in a patient facing and/or ward based role. Please check your personal ESR

The preferred method for completing this training is via e-learning on ESR. To access this course search for the certification **“E-Learning – Dementia Training – Tier 1”**

### Dementia Tier 2

To access this course via E-Learning please search for the certification **“E-Learning – Dementia Training – Tier 2”**. This will enrol you onto the 11 modules required to be compliant.

[000 Dementia: Person-centred Dementia Care](#)

[000 Dementia: Dementia Identification, Assessment and Diagnosis](#)

[000 Dementia: Dementia Risk, Reduction and Prevention](#)

[000 Dementia: Communication, Interaction and Behaviour in Dementia Care](#)

[000 Dementia: Health and Well-being in Dementia Care](#)

[000 Dementia: Living Well with Dementia and Promoting Independence](#)

[000 Dementia: Families and Carers as Partners in Dementia Care](#)

[000 Dementia: Equality, Diversity and Inclusion in Dementia Care](#)

[000 Dementia: Law, Ethics and Safeguarding in Dementia Care](#)

[000 Dementia: End of Life Dementia Care](#)

[000 Dementia: Pharmacological Interventions in Dementia Care](#)



# Dementia Tier 2 Study Day

## Course Content

The aim of this session is to build on the participant's basic dementia awareness. To increase their knowledge around the causes of dementia and the effects dementia may have on the person's mind and body. The participant will gain knowledge that they can implement when caring for and supporting someone with dementia with the overall aim of improving the quality of care for people with dementia in the Trust.

## Target Audience

All staff working with people who have a diagnosis of dementia.

## Course Delivery

This course will be delivered face to face in a classroom.

## Booking Instructions

To book yourself onto this course, please [click here](#)

If you are unable to book on yourself, please contact your relevant site.

Luton – [trainingbookings@ldh.nhs.uk](mailto:trainingbookings@ldh.nhs.uk)

Bedford – [educationcentrebookings@bedfordhospital.nhs.uk](mailto:educationcentrebookings@bedfordhospital.nhs.uk)



Date	Time	Venue
Tuesday 7 <sup>th</sup> May 2024	09:00 – 17:00	Bedford Borough Hall (Bedford)
Friday 31 <sup>st</sup> May 2024	09:00 – 17:00	Fountain Suite (Luton)
Monday 10 <sup>th</sup> June 2024	09:00 – 17:00	Fountain Suite (Luton)
Thursday 15 <sup>th</sup> August 2024	09:00 – 17:00	Bedford Borough Hall (Bedford)
Friday 13 <sup>th</sup> September 2024	09:00 – 17:00	Fountain Suite
Monday 30 September 2024	09:00 – 17:00	Bedford Borough Hall (Bedford)
Thursday 17 October 2024	09:00 – 17:00	Bedford Borough Hall (Bedford)
Tuesday 29 <sup>th</sup> October 2024	09:00 – 17:00	Fountain Suite
Thursday 26 November 2024	09:00 – 17:00	Bedford Borough Hall (Bedford)
Wednesday 18 <sup>th</sup> December 2024	09:00 – 17:00	Fountain Suite



# Adolescent Mental Health

**E-Learning (Click on the course title for a course overview)**

**Search on ESR for:**

[000 Adolescent Health 10: Self Harm and Common Mental Health Problems](#)

[000 Adolescent Health: Substance Use and Misuse](#)

# Eating Disorders

**E-Learning (Click on the course title for a course overview)**

**Search on ESR for:**

[000 Eating Disorder training for Nurses](#)

[000 Medical Monitoring in Eating Disorders](#)

[000 Understanding Eating Disorders for Dietitians, Oral Health & Pharmacy Teams](#)

# Substance Misuse

**E-Learning (Click on the course title for a course overview)**

**Search on ESR for:**

[000 Co-occurring Mental Health, Alcohol and Drugs \(COMHAD\)](#)

[000 Misuse of Illicit Drugs and Medicines](#)



# Sexual Assault and Abuse

**E-Learning (Click on the course title for a course overview)**

**Search on ESR for:**

[000 Identifying and Responding to Sexual Assault and Abuse](#)

# Perinatal Mental Health

**E-Learning (Click on the course title for a course overview)**

**Search on ESR for:**

[000 Perinatal Mental Health](#)

# Neonatal Care

**E-Learning (Click on the course title for a course overview)**

**Search on ESR for:**

[000 Psychologically-Informed Neonatal Care](#)



# General Mental Health Awareness

**E-Learning (Click on the course title for a course overview)**

**Search on ESR for:**

- [000 All Our Health: Mental Health and Wellbeing](#)
- [000 Internet Safety, Suicide and Self-Harm](#)
- [000 Making Every Contact Count: Five Ways to Wellbeing](#)
- [000 Work and Health: Supplementary Information - Mental Health](#)
- [000 Physical Activity and Health: Mental Health: Being Active](#)
- [000 Care Certificate Standard 9: Mental Health, Dementia and Learning Disability](#)

## Care of Veterans

**E-Learning (Click on the course title for a course overview)**

**Search on ESR for:**

- [000 NHS Healthcare for the Armed Forces: Care of Veterans](#)



# Trauma Informed Care

**E-Learning (Click on the course title for a course overview)**

**Search on ESR for:**

[000 Trauma-Informed Care](#)

## **Course Content**

Recognising that NHS and social care staff are routinely exposed to trauma at work and experience moral injury, NHSE has worked in collaboration to design bespoke 'trauma-informed care training', ensuring these workforces become truly trauma informed. Whilst we acknowledge that embedding trauma-informed care requires a systematic, multifaceted approach, the aim of the trauma-informed training is to support the learner in deepening their understanding on the importance of becoming more trauma sensitive in the way care is delivered, both as an individual and within a team or service. The learning journey will be an ongoing and adaptive process which fosters a trauma-sensitive culture throughout all health and social care settings. The endpoint will be all staff understanding the impact of actual, potential and vicarious trauma on the lives of those who access services, and those who work within them, in order to reduce the potential for trauma to cause lasting harm and instead promoting post traumatic growth.



## Section 2

# Looking after your own mental health and wellbeing.

- Impactful Personal Resilience (formally known as Resilience Power Skill)
- Compassion fatigue
- Mental Health First Aid
- Building Resilience
- Mental Health in the Workplace – Stress
- Workplace Health





# Impactful Personal Resilience

## Course Content

Proven techniques (supported by science & research) that build impactful personal resilience to life and work pressures. This is a full day split into 3 sessions:

### Session 1 – Emotional Regulation

#### Learn how to self-regulate your emotions (90 minutes)

This session explains why 'coherence' is a critical life wellbeing skill for everyone. It shows how you can physiologically influence your reaction to any stressful (or potentially stressful) situation using a technique that positively influences Heart Rate Variability.

### Session 2 – Relationships

#### Learn how to flex the way you communicate with others (90 minutes)

This session shows NHS employees how to be more self-aware of their own, and other people's behavioural preferences. Knowledge of how to adapt and flex your own preference builds rapport and enables effective communication with others, including patients, work colleagues, friends and family. Miscommunication is often a root cause of stress.

### Session 3 – Wellbeing

#### Learn how to improve your sleep, thinking patterns and habits (90 minutes)

This session shares key knowledge and techniques for supporting mental wellness, sleep quality, thinking patterns and learning new beneficial habits. By referencing session 1 and 2 (attaining coherence and understanding behavioural preferences), delegates will discover how many of the techniques shared can be synergised for maximum effect.



# Impactful Personal Resilience

## Target Audience

Nurses, Midwives, AHPs, NAs, TNAs, Support Workers. Admin may be considered if patient facing.

## Course Delivery

Classroom

## Dates

### **Bedford Hospital:**

26<sup>th</sup> June 2024

26<sup>th</sup> September 2024

### **Luton and Dunstable Hospital:**

18<sup>th</sup> July 2024

8<sup>th</sup> October 2024

## Booking Instructions

To book yourself onto this course, please [click here](#)

If you are unable to book on yourself, please contact your relevant site.

Luton – [trainingbookings@ldh.nhs.uk](mailto:trainingbookings@ldh.nhs.uk)

Bedford – [educationcentrebookings@bedfordhospital.nhs.uk](mailto:educationcentrebookings@bedfordhospital.nhs.uk)



# Compassion Fatigue

## Course Content

**Part 1** - Recognising the emotional impact of working in a caring role. The first part of the course explores the physical and emotional effects of the stress response, vicarious trauma and the impact of an empathetic connection. Then identifies the stages of Compassion Fatigue and looks at the risk factors.

**Part 2** - Responding for resilience Part two explores a variety of practical and sustainable self-care strategies, including how diet, exercise and sleep affect mental health and influence emotional resilience. We share tools and strategies that enable participants to make simple but effective and sustainable changes.

**Part 3** - Recovering through self-care and self-compassion. The third part concentrates on practical techniques that have been proven to enable relaxation including, breathing techniques and mindfulness. It also addresses the concept of self-compassion and includes ideas and strategies to prioritise self-care

## Target Audience

Nurses, Midwives, AHPs, NAs, TNAs, Support Workers. Admin may be considered if patient facing.

## Course Delivery

This course will be delivered virtually on MS Teams.

## Dates

26<sup>th</sup> June 2024

13<sup>th</sup> November 2024

## Booking Instructions

To book yourself onto this course, please [click here](#)

If you are unable to book on yourself, please contact your relevant site.

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# Compassion Fatigue – Annual Refresher

## Course Content

This online 3-hour module is offered to all participants of the other courses approximately 12 months after they complete the training.

## Target Audience

Nurses, Midwives, AHPs, NAs, TNAs, Support Workers. Admin may be considered if patient facing.

## Course Delivery

This course will be delivered virtually on MS Teams.

## Dates

24<sup>th</sup> July 2024

16<sup>th</sup> October

## Booking Instructions

To book yourself onto this course, please [click here](#)

If you are unable to book on yourself, please contact your relevant site.

Luton – [trainingbookings@ldh.nhs.uk](mailto:trainingbookings@ldh.nhs.uk)

Bedford – [educationcentrebookings@bedfordhospital.nhs.uk](mailto:educationcentrebookings@bedfordhospital.nhs.uk)



# Mental Health First Aid

## Course Content

This course is available as either an online or face-to-face training session.

This introductory course raises awareness of mental health. Your employees will gain:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after their own mental health and maintaining wellbeing
- Confidence to offer support someone in distress or who may be experiencing a mental health issue

## Format

This is a half day course delivered either face-to-face or via online video conferencing. Learning takes place through a mix of presentations, group discussions and workshop activities.

We limit numbers to 25 people per course so that the instructor can keep people safe and supported while they learn.

## Target Audience

Nurses, Midwives, AHPs, NAs, TNAs, Support Workers. Admin may be considered if patient facing.

## Course Delivery

This course will be delivered virtually on MS Teams.

## Dates

tbc

## Booking Instructions

Please contact [cpd@bedsft.nhs.uk](mailto:cpd@bedsft.nhs.uk) for further information



# Building Resilience

## E-Learning

### Search on ESR for:

418 E-Learning - Skills Boosters – Building Resilience

### Course Overview:

Building resilience is all about developing the skills we need to withstand pressure, change and trauma in our lives and improving our ability to bounce back from adversity. In the working environment, resilience enables us to cope with increased pressure and demand, handle problems and setbacks more constructively and approach organisational challenges such as redundancies, downsizing and restructuring with greater equanimity. This short course looks at the benefits that resilience can bring in both our personal and professional lives and sets out how we can embark on our own resilience-building journey.

# Managing Stress

## E-Learning

### Search on ESR for:

418 E-Learning - Skills Boosters - Mental Health in the Workplace: Managing Stress

### Course Overview:

This course shows how managing stress effectively is key to supporting well-being for your staff

### E-Learning Search on ESR for:

[000 Managing Stress in the Workplace](#)

### Course Overview:

This module will introduce you to some guidelines for managing the impact of stress within your team. If you are suffering from stress yourself, the guidelines in this module are just as relevant.



# Stress less

## E-Learning

### Search on ESR for:

418 E-Learning - Skills Boosters - Mental Health in the Workplace: Stress Less

### Course Overview:

This course looks at some of the common triggers for stress and provides some effective tools for dealing with them

# Workplace Health

## E-Learning

### Search on ESR for:

[000 All Our Health: Workplace Health](#)

### Course Overview:

This is a bite-sized course to give health and care professionals an overview of social workplace health - including key evidence, data and signposting to trusted resources to help prevent illness, protect health and promote wellbeing.