

# Training at Birchwood Highland



## + About Birchwood Highland

Birchwood Highland is a progressive organisation that cares about its staff and its service users. We aim to support people through mental ill health towards mental wellbeing.

Operating from four locations, Birchwood Highland has led the way in setting up the Highland's first **Recovery Centre** at Muirfield Lane, Inverness. Our Housing Support teams, based in **Inverness, Easter Ross, Caithness** and **Lochaber**, help people in their own homes and provide personal care where necessary.

Birchwood Highland takes pride in its staff training programme. Such training involves:

## + Mandatory

- First Aid
- Food Hygiene
- Moving and Handling
- Managing Violence and Aggression
- De-escalation techniques
- Introduction to personal care (for Care at Home services)
- Administration of medication (for care at Home services)

## + Team training

The following training has included service users:

- Mental Health Act
- Human Rights Act
- Risk Assessment
- Essential Shared Capabilities (ESC)
- Care Standards
- Adults at Risk
- Team objectives and outcome measures

## + Mental Health Related

- Dual Diagnosis
- Substance Misuse Issues
- Recovery and Person Centred Planning
- Value of Inclusion
- Suicide prevention
- Hearing Voices
- Mental Health Awareness
- Peer Support Training
- Restraint Training
- Challenging Behaviour

## + Qualifications

- Job related SVQ
- Management and Leadership
- Certificate in Personnel Practice

## + Other

- Employment Law
- Support Workers Forum
- Management Team Training