



Child and Adolescent Mental Health Support Training Course

21 – 25 December 2026
Dubai

Child and Adolescent Mental Health Support Training Course

Ref: 1428_205353 **Date:** 21 – 25 December 2026 **Location:** Dubai **Fees:** 4500 Euro

Overview

Child and Adolescent Mental Health Support Training Course is a one-week intermediate course for healthcare managers, school health teams, social-service professionals, clinical coordinators, educators, and youth-support staff who leave with a Youth Support and Escalation Pathway. Participants connect child and adolescent development, mental health risk and protective factors, structured observation, trauma-informed communication, safeguarding response, referral pathways, and family-school-service coordination. Agile Leaders Training Center presents child and adolescent mental health support through applied decisions and service improvement.

Who Should Attend

- Healthcare coordination functions responsible for access, continuity, and safe escalation
- School health and education functions responsible for student well-being and early support
- Social-service functions responsible for family support, safeguarding, and case coordination
- Clinical support functions responsible for observation, documentation, and referral
- Youth-support functions responsible for safe communication and help-seeking pathways

The course assumes participants support children, adolescents, families, or related services at work and leaves out diagnosis, psychotherapy, prescribing, and clinical treatment.

Departments and Industries

The course supports departments and industries that coordinate child and adolescent well-being and access to care.

- Hospitals, primary care, community health, and outpatient services
- Schools, colleges, student support, and educational services
- Social care, family services, and child protection functions
- Community organizations, youth services, and humanitarian support
- Healthcare quality, service design, and clinical governance teams

Learning Objectives

By the end of this course, participants will be able to:



- Apply developmental context to mental health observations
- Analyze risk and protective factors across settings
- Use trauma-informed communication and safeguarding response methods
- Prioritize referral and escalation decisions
- Build family-school-service coordination pathways
- Evaluate a youth mental health support improvement plan

Course Agenda

Day 1: Development and Well-Being Context

- Child and Adolescent Development Context Map
- Mental Health Continuum Classification Tool
- Risk and Protective Factors Ecosystem Map
- Functional Change Observation Framework
- Strengths and Resilience Asset Profile

Day 2: Recognition and Structured Response

- Behavior and Emotion Observation Checklist
- Distress Persistence and Impact Matrix
- School and Community Context Review
- Supportive Conversation Preparation Guide
- Immediate Concern Triage Pathway

Day 3: Trauma-Informed Support and Safeguarding

- Trauma-Informed Principles Application Grid
- Psychological Safety Communication Method
- Child-Centered Listening Practice Model
- Safeguarding Concern Response Checklist
- Confidentiality and Information-Sharing Decision Map

Day 4: Referral and Service Coordination

- Stepped Support and Referral Pathway
- Family Engagement Planning Canvas
- School-Health-Social Service Coordination Map
- Escalation Threshold Decision Record
- Support Plan Monitoring Dashboard



Day 5: Integrated Support Practice

- Exercise: Analyze a Developmental Context Case
- Exercise: Map Risk and Protective Factors
- Exercise: Conduct a Trauma-Informed Support Conversation
- Exercise: Design a Multi-Agency Referral Route
- Capstone Exercise: Youth Support and Escalation Pathway

Practical Exercises

The course uses suggested activities from healthcare, education, social care, and community settings.

- Suggested activity: distinguish transient stress from persistent functional change using a structured observation record.
- Suggested activity: plan a trauma-informed conversation that supports voice, choice, safety, and appropriate boundaries.
- Suggested activity: assess a safeguarding concern and document proportionate referral and escalation steps.
- Suggested activity: build a Youth Support and Escalation Pathway with roles, handoffs, feedback loops, and review measures.

FAQs

Who suits child and adolescent mental health support training, and what does it assume?

Child and adolescent mental health support training suits health, education, social-service, coordination, and youth-support functions. It assumes workplace responsibility for well-being or service access and does not prepare participants to diagnose or provide clinical treatment.

How does child and adolescent mental health support differ from clinical mental health training?

Child and adolescent mental health support focuses on observation, communication, safeguarding, referral, coordination, and service improvement. Clinical mental health training prepares regulated practitioners for assessment or treatment within their professional scope.

What are risk and protective factors in child and adolescent mental health?

Risk and protective factors are individual, family, school, community, and social conditions that can increase vulnerability or strengthen well-being and resilience. They guide support planning but do not predict an individual outcome.



What makes communication trauma-informed for children and adolescents?

Trauma-informed communication emphasizes emotional and physical safety, trust, choice, collaboration, strengths, and developmentally appropriate language while avoiding pressure to disclose experiences.

When should child and adolescent mental health concerns be escalated?

Concerns should be escalated when safety, safeguarding, persistent distress, functional decline, or service thresholds require action. Staff follow their organization's procedures, document observations, and involve qualified professionals or emergency services when appropriate.

Conclusion

The course links developmental context, structured observation, trauma-informed communication, safeguarding, and service coordination. Participants take back a Youth Support and Escalation Pathway. The pathway clarifies concerns, roles, handoffs, feedback loops, and improvement measures across health, education, social care, and community services.