

Team learning activity: *Building Trust*

About the children and young people's crisis worker films

These films provide heavily anonymised scenarios shared by workers in the crisis workforce who have previously taken part in our children and young people's crisis workforce training programme. They highlight good practice and learning from the perspective of crisis workers. Crisis workers who volunteered were asked to outline an example of good crisis work or relevant learning. The workers then helped us to shape this situation into a script which is played by actors and accompanied by learning objectives and exercises for training.

About *Building Trust*

This video offers a scenario of a practitioner working with a young person who is finding it difficult to trust her. The worker wants to create a safety plan with the young person and is trying to work out how to create a context in which the young person feels okay to do that with her.

Learning objectives



- Reflect on trust and mistrust and how to adapt practice in response to this.
- Think about engagement skills and techniques for when emotional temperature gets too high or low.
- Consider how to support young people back into the green zone.
- Consider how to create and facilitate meaningful discussions in safety planning.

Team learning activity

This team learning activity will take around 20 minutes. We recommend looking at the crisis learning activity slide deck prior to completing the activity below.



1 Watch the film together

2 In teams, discuss:

- What is your team's approach to addressing trust and mistrust?
- What sorts of things do you do to bring down or raise the emotional temperature in a young person when they are in the red or blue zone?
- What examples of good practice can you share with each other in relation to supporting young people to open up and discuss difficult thoughts, feelings and experiences?
- How do you create meaningful safety plans with young people? Share examples of good practice.
- How could we improve our practice in these areas?

3 Give us feedback

Please let us know how it went by scanning this QR code to access a brief survey. This will help us to improve our learning resources.



Anna Freud
building the mental
wellbeing of the
next generation