



The MAST programme is about promoting the safety of young people in London, by making it easier for practitioners to take appropriate action to support young people when there are signs that they are suffering from mental health issues and/or emotional trauma.

The training provides front-line professionals including teachers, police officers, council workers, health and social care workers, specialised training in understanding gang culture. This is also a chance to gain valuable learning from leading experts and network with other professionals in your field.

- Day one training will cover key areas including Myth Busting and Mental Health, Risk and Resilience, Gangs and Associated Mental Health Issues, Effective Interventions and Skills Practice and Referral Pathways.
- Day two training is split into 3 modules to provide appropriate training based on your personal expertise. To get the most out of this MAST programme you can attend all 3 fully funded modules.
 - Mental Health, Early Warning Signs And Triggers For Young People (Gangs)
 - Working With Transition
 - Understanding Street Gangs (Gangs, Girls in Gangs)

Anyone attending two or more of these training events in any combination will be eligible for a City and Guilds certificate of endorsement.

You can book a single place on our open events or contact us to arrange a group session at your premises, we offer training at weekends and evenings too. Remember all MAST Training is fully funded!

To book your place on one or all the modules please visit www.masttraining.co.uk











Mental Health Awareness and Safeguarding Training

Session 1 "Welcome and Introductions"

The facilitator to build credibility and manage expectations by running through the programme objectives, timings, health and safety. To establish familiarity with each other and acknowledge the group's multiple roles and positions with young people and the difficulties of their work. To agree common and individual goals and create space of trust and respect.

Session 2 "Myth-busting and Mental Health"

To draw out the practitioner's current understanding of mental health, mental illness, and mental distress. To place mental health in the context of wider social, political, and cultural understandings. To Increase the understanding of stigma and its effects, and explore how their own values, beliefs, behaviour, and attitudes (e.g. unconscious bias) may escalate a situation.









Session 3 "Risk and Resilience"

To better understand what risk and resilience is in the context of Mental Health and Safeguarding and what you/they can do to support these.

Session 4 "Gangs and Associated Mental Health Problems"

This session will look at the prevalence of mental health problems in young people involved in gangs and how this might differ to the prevalence of mental health problems in the general population of children, adolescents and young people. It will consider how to identify early mental health problems and begin to consider how working together with other agencies, can improve access to services and support. It will also allow Practitioners to begin to consider what are effective psychological interventions to tackle the mental health problems in young people involved in gangs.

Session 5 "Interventions & Skills"

Examine different interventions and put them into practice.

Session 6 "Referral Pathways"

Explore and identify existing referral pathways and demonstrate the benefits of multi-agency working and what it looks like, as well as sharing effective practice.

Session 7 "Action Planning"

To reflect on the days learning and develop an Action Plan









Mental Health, Early Warning Signs And Triggers For Young People (Gangs)

The purpose of this training is to give practitioners who are involved or working with young people (who are gang affiliated), a comprehensive understanding of the common mental health problems for this group. The training will focus on those conditions which evidence has found to be most common with young gang members and / or young people affected by gangs.

Many Mental Health issues are often diagnosed in early adulthood with symptoms beginning from a young age — usually in secondary school. However a referral to a mental health service /GP can sometimes be over looked due to a lack of awareness around conditions, symptoms and the early warning signs. For example a child with attention deficit hyperactivity disorder (ADHD) can often be mis-diagnosed as a 'naughty kid'.









Trainers profile



Young people involved in Gangs have an increased rate of Mental Health problems compared to the general and young offender population. Some symptoms make a young person more susceptible to being involved within a gang and can be heightened as a result, or can evolve into new illnesses, for example developing post traumatic stress order after witnessing a violent crime.

This training will help practitioners develop their ability to identify early warning signs and symptoms of mental health conditions in order to facilitate the process of a diagnosis and prevent a crisis situation.

It will also help practitioners work more effectively with young people by improving their understanding of the mental health conditions that are common amongst young people in gangs. With the identification of early warning signs, practitioners will then be able to sign-post accordingly and work with the young person to ensure they receive the correct care.

Evexia Psychology & Training is a London based company which was founded by Stella Michaelides to deliver psychology related training to the private and public sector, specialising in Mental Health Awareness, Stress Management, Assertiveness Training, Coaching Techniques and Confidence building. We also offer counselling and Psychotherapy for individuals with various health problems such as bereavement, depression, anxiety, etc.

Stella has a degree in Psychology and a Masters in Occupational Psychology. She started her career supporting people with mental health conditions back into work. She later went on to study counselling, Cognitive Behavioural Therapy, life coaching and group psychotherapy. Stella then began to design and facilitate CBT groups for various psychological conditions as well as offer time limited one to one counselling of up to 12 weeks.

Stella also worked on the government programme 'Support for families with multiple problems' where she worked as a therapist with families who were identified by the local authority as troubled. Stella now works two days a week for the NHS in a secondary mental health recovery team and focus's her other time working with Evexia

We believe at Evexia Psychology & Training that any psychology based training is best delivered by a registered mental health professional and therefore all our trainers are equipped with dealing with the sensitive nature of the training and the technical questions that are often asked.











Working with Transition

This module focuses on exploring the different stages of development that young people go through (from childhood through to late adolescence), which can have a significant impact on their mental health. Within these developmental stages, children and young people go through challenging times. However, these growing up struggles are further exacerbated if the young person has suffered trauma, neglect or attachment disruptions with caregivers.

This module aims to develop practitioners' understanding of the difficulties, that can impede a young person's emotional and psychological development, which greatly influences their mental health and ability to form healthy relationships in future life.











Trainers profile



Aims and Objectives

- To develop an understanding of how identity is influenced and constructed through early life experiences and cultural disposition and the impact this has on mental health.
- To learn how the stage of adolescence is one of significant transition that has the potential to shape behaviour in the here and now and pave the way for future gang activity.
- To reflect on how "identity" influences interpersonal dynamics between young people and civil service professionals and the likelihood of vulnerable young people being drawn towards gangs.
- To better understand the impact that transition, as a life event, can have on a young person's mental health.

Julianne Mullen is a Health & Care Professions Council registered Arts Therapist (AS13548), registered clinical supervisor and a full member of Badth, British Association of Dramatherapists. She works in private practice, education, and is the resident therapist at The Tinnitus Clinic (Harley St.). She is an associate lecturer at Anglia Ruskin University and Royal Central School of Speech and Drama in Dramatherapy and is currently completing her PhD. Her area of research focuses on implementing clinical supervision into teacher training with the long term goal of reducing teacher attrition rates. Julianne is also a qualified secondary school teacher and taught drama and theatre studies for ten years in London schools and colleges.









Understanding Street Gangs (Gangs, Girls In Gangs)

The aim of this course is for practitioners to learn and develop a greater understanding of the issues affecting young people involved in and at risk of being involved in gangs and gang violence. This course will enable practitioners to identify, understand and develop skills to work with those involved in this lifestyle. The course also aims to demystify media stereotypes as well as core beliefs surrounding gang culture.

The course will look at the growing and emerging trends of female and child exploitation within gang culture, for example how children as young as 10 years old are being groomed, or coerced into selling drugs on behalf of older gang members and in some cases hold weapons for the "olders" in the gang.











The course will also explore the violent world which some of these young men and women have become accustomed to, which has not only jeopardised their own personal safety, but has also placed their immediate families at serious risk. The course has been designed by a former gang member, utilising 28 years' experience of engaging with hardened gang members.

Trainers profile

Sheldon Thomas is the Founder of Gangsline, A consultant on gangs, and Director for ST Solutions Global. He has an unprecedented insight into gangs through his own experience as a leading gang member in the 1970s.

Sheldon also spent four years advising
Trident, (2008 – 2011) a specialist unit dealing
with black-on-black gun related crimes in
London. He was also invited to sit on the
Home Office round table discussion on gangs
by the Home Secretary Teresa May (2010).
Sheldon is currently one of the advisors to the
Home Office on the "Ending Gang Violence
Strategy" (2011 - Present) and is also a
trained peer reviewer for the Home Office on
gangs across the UK.

Sheldon has also been trained by Capital Conflict Management (CCM) as a trained mediator and is an expert at mediating high profile gang rivalry and violent conflicts amongst gangs and individual members. Sheldon currently delivers gangs training to DWP staff and management on behalf of the Home Office and has delivered training to over 4000 professionals over the last 3 years.

In recognition of his work and service to the community, Sheldon has received The Mayor of London award for "outstanding contribution to life in London" 2004; and the Metropolitan Police Service Specialist Crime Directorate – Trident Commendation for "Outstanding commitment, innovation and leadership" 2008'.





