

# Decider Skills

## CAMHS Psychology Group Service

Information for young people

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### What is Decider Skills?

An 11-week program to teach you practical skills to provide a helpful way of managing difficult emotions and/or impulsive behaviour (such as self-harm).

The group aims to enable you to become more:

- Resilient
- Reflective
- Resourceful
- Responsible.

The Decider Life Skills can be used at home, in school, at work, and in social and health settings.

### Who is the group for?

- Young people aged 13-17 years old
- Who are motivated to find helpful ways to managing difficult emotions and/or impulsive behaviour.

## Why should I take part in Decider Skills?

### You will have the opportunity to:

- Learn 12 new skills in a friendly and safe setting.
- Learn to cope better when you are angry, sad, confused, or upset.
- Learn alternatives to unhelpful or impulsive behaviours.
- Practice and refine your new skills with CAMHS clinicians.

## What to expect from Decider Skills?

- 9 group sessions to learn the decider skills.
- Opportunity for group discussion.
- 3 individual appointments with group facilitators to check on your progress.
- 2 parent/carer workshops to teach decider skills.

## When and where will the group run?

- The group will be delivered on Monday afternoons from 2pm-3pm.
- CAMHS Tipperlinn building at the Royal Edinburgh Hospital in Edinburgh.

## Feedback from previous groups

### What young people say

“The skills, they help a lot with school”

“Really fun course! Had a blast”

### Parent feedback

“My young person seems to be able to regulate a bit quicker and I can use the tools to help them think things through”

