

CAAS Training and Services for Schools



Thank you for your interest in our school services. We hope to work with you soon in building neuro-affirmative spaces for your students.

At CAAS, our mission is to support, educate, and empower ADHD and autistic individuals, their families, and their supporters. We aim to create opportunities for the community to learn together, ultimately improving the experiences of neurodiverse children, young people, and adults.

Since 2014, we have provided training to schools and educational settings, equipping hundreds of educators with the knowledge and skills to support neurodivergent students.

Why is there a need for training?

In the UK, as many as one in twenty children are either ADHD and/or autistic. Schools wish to support these students effectively and value strategies to help them reach their full potential. Neurodivergent students face unique challenges, including difficulties accessing learning, bullying, and social isolation. These barriers can be significantly reduced when educators understand and cater to their needs.

By offering training to schools, we help your team build greater awareness, enhance their understanding, and feel better equipped to support neurodivergent students. Our training enables educators to foster a more inclusive environment and implement strategies that promote success for all learners.

Booking CAAS' School Services

All of our School Training and Family Support sessions can be hosted on school premises, making them convenient and accessible, and our training sessions can also be delivered via remote video link. To book, please complete the following form:

<https://forms.office.com/e/JGwBwNTb9x>



Our Teacher Training Offer

Our training can be customised to meet the specific needs of your school or educational setting. Here are some of our most popular training offers.

- Understanding Autism: 1-hour session £250 (£220 online)
- Understanding Autism with Strategies: 1.5-hour session £350 (£320 online)
- Understanding ADHD: 1-hour session £250 (£220 online)
- Understanding ADHD with Strategies: 1.5-hour session £350 (£320 online)
- Half-Day Training: Covers both ADHD and autism, featuring a guest speaker who shares their lived experience and breakout discussions. £700

We offer training for small groups or for the entire staff body, available as twilight sessions or inset days, depending on your needs and availability.



Parent Workshops & Facilitated Coffee Mornings: Supporting Families Through Education

At CAAS, we understand the importance of providing not just training for staff, but also creating a space for parents and carers to gain understanding and practical strategies to support their neurodivergent children. That's why we offer Parent Workshops and Coffee Mornings to schools, helping families connect, learn, and navigate their child's diagnosis.

Our Facilitated Coffee Mornings offer a relaxed, informal space for parents and carers to come together and share their concerns or questions. Facilitated by one of our experienced Family Support Team members, these sessions provide an opportunity for parents to:

- Gain insights into their child's diagnosis
- Share challenges they may be facing
- Connect with other parents who understand similar experiences
- Receive compassionate guidance and advice

Facilitated Coffee Mornings provide a sense of community and a chance for parents to feel heard and supported in a safe, welcoming environment. £175 (or £125 if booked alongside one of our other school training packages)



Workshops for Parents

For more in-depth support, we offer targeted workshops designed to provide practical strategies and knowledge on specific topics. Our workshops help parents understand their child's unique needs and equip them with tools to support their development.

Popular workshop topics include:

- **Understanding Your Child's Diagnosis:** Gaining a deeper understanding of autism and ADHD
- **Supporting Communication:** Exploring strategies to improve communication and interaction with their child.
- **Managing Sensory Issues:** Understanding sensory processing challenges and how to create a supportive environment.
- **Managing Challenging Behaviours:** Learning techniques to address and manage behaviours in a positive and constructive way.
- **Self-Care for parents-** understanding stress and the impact on health, with strategies and signposting to increase parents/carers wellbeing.

Workshops can be tailored to the needs of your school community, offering parents the resources they need to feel empowered in supporting their children. £300.



Peer Assemblies: Fostering Understanding and Inclusion

At CAAS, we also offer Peer Assemblies designed to foster understanding and inclusivity among students. Led by a member of our experienced Youth Team, these assemblies create an engaging and supportive environment where children and teenagers can learn about ADHD and autism.

By increasing awareness and helping students understand the experiences of their neurodivergent peers, these assemblies aim to promote understanding, empathy, and acceptance. Our goal is to empower students to be allies in creating a more inclusive and supportive school community. £100, or free if you run a 'mufti-day' fundraising day for us.



“The training was excellent, the practical examples as well as the suggested way of communicating to students was so helpful.”

School Support Worker

Did you know we also offer a package for secondary schools to embed one of our Youth and School Support workers into the school community. Based at your school for a day a week, we offer one2one pupil support, lunchtime clubs, parent support and teacher advice as you need it. Find out more by emailing blaise@adhdandautism.org