

Senior Mental Health Lead Training

DfE-assured and CPD-accredited training for a whole school or college approach to mental health.

Level: Intermediate

Cost: £800

DfE funding code: SMHL 004

Course overview

Day 1	Reflection session	Day 2	Post-course
9.30am - 4.30pm	2 hours	9.30am - 4.30pm	1.5 hours
Delivered by two trainers online via Zoom	Delivered online via Zoom	Delivered by two trainers online via Zoom	Delivered online via Zoom
<p>Module 1: Understanding the role of a leader in creating an environment and culture that promotes wellbeing</p> <p>Module 2: Identifying and understanding need</p> <p>Module 3: Developing and supporting staff</p> <p>Module 4: Embedding mental health and wellbeing into an existing curriculum</p>	<p>An optional session for peer support, reflecting on the learning so far and reviewing progress on whole school planning. This session takes place between day 1 and day 2.</p>	<p>Module 5: Harder to reach?</p> <p>Module 6: Targeted support</p> <p>Module 7: Creating a targeted approach for referrals</p> <p>Module 8: Engaging the systems around a child or young person</p>	<p>Taking place a term after the course, these optional online sessions give delegates a chance to share good practice with other SMHLs and discuss challenges.</p> <p>Trainers lead these session to provide advice and guidance to delegates, supporting them to build a sustainable whole school approach to mental health and wellbeing.</p>

Course outcomes

By the end of day 1 you will be able to:

- Articulate a plan for how you will put in place whole-school approach to positive mental health and wellbeing, which embodies respect and values diversity.
- Set out how you will make use of the existing systems (e.g. behaviour/safeguarding processes) to put in place a whole-school approach to mental health and wellbeing throughout the school environment.
- Make use of school/college data and systems to support earlier identification of, and intervention for, pupils/students with mental health needs or an increased vulnerability to developing them.
- Demonstrate how you will work with all staff in the school/college to raise mental health awareness and literacy, and support staff wellbeing, using existing school systems.
- Illustrate how you will use any formal curriculum teaching opportunities and resources in your education setting to promote good mental health, and outline how you will use existing systems to do this.

By the end of day 2 you will be able to:

- Implement a process to identify and support students who may require alternative approaches to meeting their mental health and wellbeing needs
- Adopt and monitor the impact of a range of interventions provided to individuals or groups of students and adapt the approach as needed
- Engage with the mental health provision in your local area in order to develop a good understanding of outcome measures used by mental health professionals and recognise any gaps that need filling in terms of mental health provision for your pupils/students in the school/college setting.
- Set out an approach for how you will involve the wider community in the co-production, and embedding, of your whole-school approach, including identifying opportunities for peer-led wellbeing support.
- Plan for how you will involve parents/carers/families and the outside community to ensure, where possible that they 'buy into' the culture of wellbeing the school/college is trying to create, and are able to continue the focus on this outside school hours.

What do our attendees say?

99% would recommend our training course to a colleague.

"Full of real-world advice and ideas for implementation in school. Well explained/supported and resourced to back up learning."

"It was inspiring and comprehensively covered issues that affect the mental health of children and staff."
