

SENIOR MENTAL HEALTH LEAD TRAINING COURSE:

Creating an ethos, teaching and learning environment that promotes wellbeing and mental health in your setting

This course has been assured for DfE grant-funded senior mental health lead training.

Dates: 1st February 9:30-12:30 and 29th March 1:30-3:00pm

Cost: £250

The Warwickshire Educational Psychology Service are delivering a quality assured DfE training course:

This comprehensive training course is an opportunity to **explore in detail and further develop your school/college's ethos, teaching and learning environment to support mental health and well-being**. These are two key principles identified by Public Health England as essential to supporting a whole school/college mental health and well-being approach. Facilitated by two Senior Specialist Educational Psychologists, the course is informed by applied educational psychology and evidence-based practice, drawing upon extensive experience working directly within a wide range of education settings. A key outcome of the course is that Senior Leads will be supported to create and review a bespoke action plan, to enhance the school/college ethos, teaching and learning environment and make a meaningful change in the educational setting that promotes mental health.

Course Overview

- * To understand how school ethos and culture impacts upon wellbeing and mental health
- * To consider the importance of relationships in promoting an environment of belonging and safety in schools
- * To be aware of wider interventions that young people may be accessing and what local services and resources can enhance wellbeing
- * To be familiar with statutory and evidenced based curriculums which promote resilience and social emotional learning
- * To ensure collaboration and application of curriculum content that promotes well-being and mental health.
- * To complete a baseline audit to identify key developmental areas which will link to creating a bespoke Action Plan to implement within the Senior Lead's setting.
- * To use coaching conversations and 'train the trainer' approaches to further transform the school/college ethos to one that is conducive of promoting mental health, wellbeing and diversity.



Course structure

Following the completion of a pre-course training audit, Senior Leads will attend a **3 hour online interactive training** session, with a **follow-up online workshop for 1.5 hours** (8 weeks later) to review progress towards Action Plans and share learning experiences. In between the sessions, Senior Leads will have access to a **'virtual collaborative workspace'** to foster peer networking, sharing reflections and opportunities for trainer feedback.

To ensure a quality training experience, each course will be **limited to 20 Senior Leads**. Please book early to avoid disappointment. Places will be allocated on a first come first service basis.

Who is the course for?

This course is recommended for Senior Mental Health Leads who are in the earlier stages of developing their role or Senior Leads more experienced who wish to reflect and focus in-depth on the two key principles of the Public Health England whole school/college approach to mental health: 'creating an ethos and environment' and 'curriculum, teaching and learning'. The course is suitable for all setting types.

Meet your trainers



Dr Gemma Gough and Dawn Preece are Specialist Senior Educational Psychologists for Social, Emotional and Mental Health needs. They are employed by Warwickshire County Council and support Warwickshire schools and families. Gemma and Dawn have extensive experience supporting education staff from working daily in Warwickshire and in out of

county educational settings. They have significant amounts of experience delivering training that supports systemic change in educational settings. They are very experienced in supporting staff navigate the challenges that can be experienced when implementing and embedding change and new initiatives. Gemma and Dawn work within a wide range of educational settings and with 0-25 population. Gemma and Dawn are members of the British Psychological Society and are registered with Health Care Professionals Council.



Key Course Dates

- * Tuesday 4th January – Pre-course training audit will be sent to Senior Mental Health Leads
- * Tuesday 1st February – 3 hour online interactive training session (9:30-12:30)
- * Access to a 'virtual collaborative workspace' – available to access between 1st February until 29th March
- * Tuesday 29th March – Follow up online workshop (1:30-3:00pm)

Cost: £250 per Senior Mental Health Lead.

For further information about DfE Grant Funding click [Link](#)

HOW TO BOOK YOUR PLACE:

Booking enquiries: To book your place please click on the [link](#) or use the QR code. For more course information please contact:

Telephone: 01926 742911 Email: janetmander@warwickshire.gov.uk

