



CARNEGIE CENTRE OF EXCELLENCE FOR MENTAL HEALTH IN SCHOOLS MASTERCLASSES 2022/23

EMBEDDING MENTAL HEALTH IN THE CURRICULUM

This masterclass will enable senior leaders to prepare for the new 2021 curriculum and develop good practice when it comes to ensuring mental health across the school curriculum. Delegates will leave with an understanding of the main requirements around the mental health curriculum and steps that they can take to embed these across their school.

Outcome: ability to develop their mental health curriculum.

Who can apply: Middle or Senior leaders who have a responsibility for the embedding mental health into the curriculum.

Delivery Model: Online forum and certification

Dates: 23/11 10:00 – 11:30

Cost: £55 per delegate*

WHAT IS MENTAL HEALTH AND HOW SCHOOLS CAN SUPPORT THE MENTAL HEALTH OF STUDENTS

This masterclass will enable senior leaders to develop an understanding of the different definitions around mental health and gain an overview of evidence-based strategies that can support the mental health of students within your own setting. Delegates will leave with a clear understanding of what mental health means across their whole school community. This assists with informing your mental health policy, or related documents. Delegates will also leave with the start of a toolkit of supportive strategies that can be used to support the most likely mental health needs of your students. We will introduce key strategies for mental health promotion, identification of mental health needs and the prevention of mental health problems.

Outcome: ability to define mental health within the educational context and understand ways in which you can support the mental health of your students.

Who can apply: Senior Mental Health Leads, or other senior colleagues with strategic responsibility for school mental health.

Delivery Model: Online forum and certification

Dates: 07/12 13:30 – 15:00

Cost: £55 per delegate*

DEVELOPING YOUR SCHOOL'S MENTAL HEALTH POLICY

This masterclass will enable senior leaders to develop an effective school mental health policy, with due regard to other statutory and advisory policies, such as SEND, safeguarding and behaviour. Delegates will leave with a clear understanding of the main components of a school mental health policy along with sample policies that can support their work.

Outcome: ability to develop and apply a school mental health policy.

Who can apply: Senior Mental Health Leads, or other senior colleagues with strategic responsibility for school mental health.

Delivery Model: Online forum and certification

Dates: 11/01 13:30 -15:00

Cost: £55 per delegate*

* please ask us about group discounts, our loyalty scheme and our CPD packages.

For more information about our masterclasses please email
schoolmh@leedsbeckett.ac.uk or call Martina Sanna on **0113 812 2423**.



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LEADING WITH EMOTIONAL INTELLIGENCE

This masterclass will enable senior leaders to identify and understand emotional intelligence traits. It will also support leaders in being able to assess their own emotional intelligence as well as being able to support leaders in developing emotional intelligence in others and applying it back in their own educational setting.

Delivery Model: Online forum and certification

Dates: 25/01 10:00 - 12:00

Cost: £55 per person *

ENGAGING PARENTS WHERE THEIR CHILDREN HAVE A MENTAL HEALTH CHALLENGE MASTERCLASS

This masterclass will enable colleagues to build stronger rapport and more effective communication with the parents of their more vulnerable students. Delegates will have a deeper understanding of the parents' perspectives and different ways of working with these parents that can foster stronger school-parent relationships. N.b. this will not address issues of adult / parental mental ill-health.

Outcome: ability to improve parental-school relationships.

Who can apply: colleagues regularly engaging parents or carers where mental health challenges for the student are a factor in the discussions

Delivery Model: Online forum and certification

Dates: 08/02 13:30 - 15:00

Cost: £55 per person *

STRENGTHENING STAFF MENTAL HEALTH MASTERCLASS

This masterclass will enable senior leaders to put effective staff support strategies in place across their school or setting. Delegates will have a clear understanding of the main risks around staff mental health and the steps that can be taken to address these. N.b. this workshop will look at supporting mental health and preventing mental ill-health, not at providing treatments or interventions for adult mental ill-health.

Outcome: ability to make improvements to staff wellbeing across their setting.

Who can apply: Senior Mental Health Leads or other senior colleagues with strategic responsibility for staff mental health.

Delivery Model: Online forum and certification

Dates: 22/02 10:00 - 11:30

Cost: £55 per person *

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