



LEEDS
BECKETT
UNIVERSITY

CARNEGIE CENTRE OF EXCELLENCE FOR MENTAL HEALTH IN SCHOOLS

PROFESSIONAL DEVELOPMENT PROGRAMMES FOR SIXTH FORM AND FURTHER EDUCATION COLLEGES

Minds
Ahead

ABOUT US

The Carnegie Centre of Excellence for Mental Health in Schools has been established to strengthen the mental health of the next generation by supporting schools, sixth forms and further education colleges to make a positive change at all levels of the UK's education system, thereby improving outcomes and life chances. This partnership between The Carnegie School of Education at Leeds Beckett University and Minds Ahead is focused on evidence-based solutions which address schools' needs; the development of a professional community of school mental health experts; and leading innovation within the area.

Further Education Mental Health Award

The Department for Education recognises the direct link between positive mental health and successful educational outcomes; the Further Education Mental Health Award builds on this link and provides a framework for educational institutions to evidence policies and initiatives that work towards improving emotional health and wellbeing for both staff and students.

The award ensures sixth form and further education colleges are using evidence-based approaches that align to professional and government guidelines. Using a developmental framework, you will evaluate current mental health practices, identify gaps, develop and strengthen these and work towards building an emotionally healthier environment. Through this process, you commit to making mental health a strategic priority and developing a positive culture that promotes mental wellbeing for everyone.

What does the School Mental Health Award cover?

The award takes a whole sixth form and further education colleges approach to mental health and covers eight key areas, each with a series of statements that you will use to self-evaluate their current practice.

The eight areas are:

- Leadership and strategy
- Organisational structure and culture – staff
- Organisational structure and culture – students
- Support for staff
- Support for students
- Staff professional development and learning
- Working with parents and carers
- Working with external services

Why attain the award?

- Improves pupil and staff self-confidence, resilience and mental health.
- Improves pupil outcomes.
- Creates a culture of awareness of mental

- health, tolerance and acceptance, helping to reduce behavioural problems and promotes positive mental health strategies.
- Increases staff retention rates and attracts high calibre staff.
- Demonstrates commitment to adhere to professional and government guidance.

How much does the award cost and how long is it valid for?

The award costs £350 excluding VAT and lasts for three years, after which you can apply for re-assessment to maintain your level or strive for higher quality standards.

Our aim is to work with schools, organisations and professionals committed to ensuring that mental health difficulties do not limit success at school and beyond.

We have created a range professional programmes specifically designed to help staff to develop a range of strategies to improve and manage staff and pupils mental health across a Sixth form or Further Education College

To find out more about any of our programmes or to book a place please contact:-

Tim Hirst T: **0113 812 2434** E: **schoolmh@leedsbeckett.ac.uk**

Twitter: **@schoolmhealth**

Developing a Whole College Approach to Mental Health

The mental health and wellbeing of both pupils and staff are important concerns for all colleges. Designed around the School Mental Health Award this course will leave you with a solid understanding of mental health, evidence based approaches and practical steps to implement at your college.

This course includes:

- An understanding of mental health - what it is and dispelling myths.
- An overview of the latest school related mental health evidence.
- Strategies schools can take to design and embed a whole school improvement plan.
- Practical examples and case studies from schools who are leading the way in the field of mental health improvement.

Who can apply?

Senior leaders in colleges.

Duration: One day.

Start dates and location: Cohorts will take place across the UK.

Cost: £195 per delegate including refreshments and lunch.

Counselling Skills, Solution focused and cognitive behavioural approaches to supporting good mental health and well-being Workshop

This programme is for any teacher, lecturer or member of staff in a supportive role wanting to develop skills to work with vulnerable students and who is currently working with the mental health and emotional wellbeing of students.

The main focus of the course is on reviewing and understanding the theory of counselling and the approaches to Person-Centred Counselling, Solution Focused Therapy/ Coaching and Cognitive Behavioural Coaching.

You will also cover skills practice exploring different methods which can be used to assist students experiencing emotional difficulties.

Who Can Apply?

The programme is aimed at anyone who is currently working directly with students, especially colleagues with pastoral responsibilities such as Head of Year, Deputy Head of Year, Safeguarding Leads, whether they have prior training in counselling or not. It also serves as a good introduction to counselling as a future career option.

Duration: One day

Start Dates and Locations: Cohorts will take place across the country

Cost: £250 per person

High Risk Adolescents; focussing on suicidal ideation and self-harm

This programme is for any teacher, lecturer or member of staff in a supportive role wanting to develop skills to work with vulnerable students and who is currently working with the mental health and emotional wellbeing of students.

The main focus of the course is understanding the differences between safeguarding versus general support, defining suicidal ideation and self-harm.

The programme also includes:

Reviewing practical issues – looking at internal structures; policies and procedures, student support systems, counselling services, external links, staff training, facilitating information sharing with staff, support for staff and signposting.

Who Can Apply?

The programme is aimed at anyone who is currently working directly with students, especially colleagues with pastoral responsibilities such as Head of Year, Deputy Head of Year, Safeguarding Leads, whether they have prior training in counselling or not. It also serves as a good introduction to counselling as a future career option.

Duration: Half day workshop

Start Dates and Locations: Cohorts will take place across the country

Cost: £150 per person

Depression and Anxiety Workshop

This programme is for any teacher, lecturer or member of staff in a supportive role wanting to develop skills to work with vulnerable students and who is currently working with the mental health and emotional wellbeing of students.

The main focus of the course is understanding the Anxiety and Depression and how to support students.

The programme also includes: Essential Core Conditions of Person-Centred Therapy; Unconditional Positive Regard, Empathy and Congruence, Reviewing practical Day to Day applications, signposting and reviewing case studies.

Who Can Apply?

The programme is aimed at anyone who is currently working directly with students, especially colleagues with pastoral responsibilities such as Head of Year, Deputy Head of Year, Safeguarding Leads, whether they have prior training in counselling or not. It also serves as a good introduction to counselling as a future career option.

Duration: Half day workshop

Start Dates and Locations: Cohorts will take place across the country

Cost: £150 per person



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