

Carnegie Centre of Excellence for Mental Health in Schools

Professional Learning Programmes 2020



LEEDS BECKETT UNIVERSITY
CARNEGIE SCHOOL OF EDUCATION

**CARNEGIE CENTRE
OF EXCELLENCE FOR
MENTAL HEALTH IN
SCHOOLS**

**Minds
Ahead**

Contents

About Us	2
The School Mental Health Award	4
Mental Health and Wellbeing Lead Governor E-Module E-Delivered (in Collaboration with the School Bus)	5
Developing a Whole School Mental Health Approach Workshop	6
Essential Mental Health Skills	7
Leading Mental Health from the Middle	8
Development Programme for School Mental Health Lead	10
ACCREDITED PROGRAMMES	
Level 2 Mental Health Skills For Learning Practitioners Programme (Accredited By OCN London)	11
Level 3 – Essential Mental Health Skills (accredited by OCN London)	12
Half Day Workshops	13
PGDip / Masters in Leadership of Mental Health and Wellbeing in Schools	

ABOUT US

The Carnegie Centre of Excellence for Mental Health in Schools has been established to strengthen the mental health of the next generation of supporting schools 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.

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 of professional programme specifically designed to help teachers, support staff and governors develop a range of strategies to improve and manage staff and pupils' mental health across all education settings.

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

James Armstrong

schoolmh@leedsbeckett.ac.uk



[@schoolmentalhealth](#) [@schoolmhaward](#)

"As one of the country's best performing providers of teacher education, we're committed to working with schools across the country to improve outcomes for children. But focusing on improving classroom practice is not enough, we need to address the mental health of children first and this Centre will lead the way in addressing what has rightly been described as 'social injustice'. With the mental health expertise of Minds Ahead and the educational expertise of Leeds Beckett, we'll make real impact in improving the life chances of children in our schools."

Professor Damien Page

Dean of the Carnegie School of Education

Leeds Beckett University

THE SCHOOL MENTAL HEALTH AWARD

Improve self-confidence, resilience & emotional intelligence for pupils and staff. The Department for Education recognises the direct link between positive mental health and successful educational outcomes; the Mental Health Award for Schools 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 pupils.

The award ensures schools are using evidence-based approaches that align to professional and government guidelines. Using a developmental framework, schools will evaluate current mental health practices, identify gaps, develop and strengthen these and work towards building an emotionally healthier environment. Through this process, schools 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 school approach to mental health and covers eight key areas, each with a series of statements that schools will use to self-evaluate their current practice.

The eight areas are:

- Leadership and strategy
- Organisational structure and culture – staff
- Organisational structure and culture – pupils
- Support for staff
- Support for pupils
- 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 £395 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.

Please contact us for more information on the process for gaining the award and what our quality mark accreditation includes.

'Working strategically through this award has been a fantastic way of pointing us, as a school, in the right direction to develop an exciting, bespoke and effective programme of mental health & wellbeing for all staff and pupils.'

It is very evident that there has been a huge impact on any previous stigma surrounding talking about and experiencing difficult mental health issues. Both staff and pupils are now more comfortable sharing difficulties with their peers and are practising their own coping strategies effectively. There is an increase of understanding from staff in regards to reaching out to the parents and the local community and we are aware of where to signpost our parents to access support.

Headteacher, North Yorkshire

MENTAL HEALTH AND WELLBEING LEAD GOVERNOR E-MODULE (IN COLLABORATION WITH THE SCHOOL BUS)

Creating and assigning link governor roles to individual members of a governing body is an effective way to ensure governance remains strategic and focused on key issues.

The development of a Wellbeing Governor role demonstrates the governing bodies commitment to supporting the mental health and wellbeing of both staff and pupils. The creation of the role also emphasises the importance of establishing robust mental health provisions in schools, providing equal opportunities, building resilience and developing support strategies and tools.

Completing the e-module will give you the status of being a 'Carnegie Mental Health and Wellbeing Lead Governor'.

Included in the e-module.

- Self-assessment diagnostic for the governing board to assess their strategic approach to supporting mental health and wellbeing in their school
- A description of role and responsibilities for the Lead Governor Role
- Recommended questions for in-school visits
- Up to date information on school policy
- A multiple choice assessment [awarding the accreditation element of the programme]
- Access to a private facebook group specifically developed for Wellbeing Governors
- Certificate/E-certificate confirming accreditation

Who can apply? Any member of a school governing body.

Duration: The multiple choice assessment will take a maximum of one hour to complete.

Start dates and locations: The programme is delivered online and can be started at any time. If you are a cluster of schools and would like to discuss face to face delivery please email us

Cost: £50 per person.

DEVELOPING A WHOLE SCHOOL MENTAL HEALTH APPROACH WORKSHOP

The mental health and wellbeing of both pupils and staff are important concerns for all schools and 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 school.

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 schools and colleges.

Duration: One day

Start dates and locations: Cohorts will take place across the UK – please contact us for a schedule.

Cost: The cost is dependent on the delivery model. Please email for more information.

'Very clear and informative course with great content. Gave lots of advice and ideas for taking mental health forward in school.'

Primary School Middle Leader, Rotherham

ESSENTIAL MENTAL HEALTH SKILLS

This programme is for any teacher or member of staff in a supportive role wanting to develop evidence-based skills to work with vulnerable pupils and who is currently working to promote the mental health and emotional wellbeing of children and young people.

The main focus of the course is on reviewing and developing an understanding to counselling theory and applying this within the context of your school. You will also develop techniques to help establish effective one to one relationship with children and young people.

The programme includes:

- An introduction to the main schools of thought for counselling theory; professional ethics and ethical practice and attachment theory
- Skills practice – exploring different methods which can be used to assist children.

Who can apply? The course is phase specific and has a primary and secondary version, this is to ensure that approaches and skills are age appropriate. The programme is aimed at anyone who is currently working directly with students, especially colleagues with pastoral responsibilities, whether they have prior training in counselling or not. It also serves as a good introduction to counselling as a future career option.

Duration: Two day

Start dates and locations: Cohorts will take place across the UK – please contact us for a schedule.

Cost: The cost is dependent on the delivery model. Please email for more information.

“Leeds Beckett is the first UK university to be establishing a centre for mental health in schools. There is one in the US and one in Canada, so it was only right that school colleagues and children in the UK deserve such a resource too. Minds Ahead is committed to finding innovative solutions so that mental health difficulties don’t limit success at school and beyond. Starting this centre with Leeds Beckett University is a key part of this plan.”

Dean Johnstone, CEO

Minds Ahead

LEADING MENTAL HEALTH FROM THE MIDDLE

This programme will challenge and develop middle leaders, allowing you to deliver evidence-informed support for students experiencing mental health or emotional wellbeing difficulties.

You will explore recent research and best practice examples relating to school mental health and wellbeing support. You will then use this knowledge and understanding to audit your own practice and develop strategies which you can apply in school. You will leave with a deeper understanding of evidence-based school mental health interventions and improved confidence around implementation within your role and the wider school.

On completion of the programme you will have further developed your ability to deliver interventions relevant to your context. Using a process of development and feedback, you will have also grown your capacity to lead mental health interventions in your school. The programme comprises of two modules covering:

- Auditing current practice of mental health support within a department or school
- Learning from peers what methods have worked in different mental health and wellbeing support situations and how these can be applied in school
- The application of new methods, including evaluating success and areas for improvement
- Leading change amongst colleagues, including how to lead others to improve mental health practice across their area of responsibility

Who can apply? This programme is for middle leaders who currently hold or are interested in taking on a role focused on leading pastoral care, wellbeing or school mental health. This may include but is not limited to pastoral leads, including leads, Heads of Year, or other middle leaders with a wellbeing or school mental health remit or Special Educational Needs leaders. The course is relevant for both primary and secondary schools.

Duration: Two full days spread across a half term

Start dates and locations: Cohorts will take place across the UK – please contact us for a schedule.

Cost: The cost is dependent on the delivery model. Please email for more information.

LEADING MENTAL HEALTH FROM THE MIDDLE e-module

This programme will challenge and develop middle leaders so that they are more confident and able to support mental health strategies across their department and team.

You will explore recent research and best practice examples relating to the leadership of school mental health and wellbeing support and then use this knowledge and understanding to audit your own practice and develop strategies which will be applied in school.

You will leave with a deeper understanding of evidence-based school mental health interventions and an improved confidence around implementation within your role and the wider school.

On completion of this online programme you will have further developed your ability to design interventions relevant to your Schools context and will have also grown your capacity to lead mental health interventions in your school.

The programme comprises a workbook with four sections covering:

- Auditing current practice of mental health support within a department or school.
- Learning various methods which have worked in different mental health and wellbeing support situations and how these can be applied in school.
- The application of new methods, including evaluating success and areas for improvement.
- Leading change amongst colleagues, including how to lead others to improve mental health practice across their area of responsibility.

Who can apply? This programme is for middle leaders who currently hold or are interested in ensuring effective mental health support for their area of responsibility. This may include but is not limited to pastoral leads, inclusion leads, Heads of Year, or other middle leaders with a wellbeing or school mental health remit or Special Educational Needs leaders. The course is relevant for both primary and secondary schools.

Duration: 8 hours

Cost: £125

DEVELOPMENT PROGRAMME FOR SCHOOL MENTAL HEALTH LEAD

This innovative programme is for those schools willing to lead the mental health agenda by contributing to the national debate on this important topic.

You will explore what effective whole school mental health policy looks like and the steps needed to ensure effective implementation and review. You will undertake a research project to identify mental health challenges within your school and use this to create a highly targeted mental health development plan.

On completion of the programme you will have grown your capacity and confidence for leading whole school mental health strategies. You will have also developed a deeper understanding of the latest thinking on effective mental health practice and improved your ability to identify children at risk of poor mental health and the implementation of effective supportive strategies. You will be able to evaluate your school's mental health approach and implement improvement strategies and form a professional network of peers who are leading mental health in their schools.

The whole school development programme includes:

- A detailed school research project to understand the current level of mental health support within the school
- The development of school mental health policy or guidance document which can subsequently be approved by the school's board of directors or governors if required
- Your case study written up by a Professor and published to support other schools

Who can apply? This programme is for senior mental health lead, responsible for mental health policy and strategy across the whole school.

Duration: Two and half a day of workshops and group learning. In addition, each school will have an individual school visit. Participants will also undertake a research project and create a school mental health improvement plan.

Start dates and locations: Spread across two full terms (6 months) – Cohorts will take place across the UK – please contact us for a schedule.

Cost: The cost is dependent on the delivery model. Please email for more information.

ACCREDITED PROGRAMMES

LEVEL 2 MENTAL HEALTH SKILLS FOR LEARNING PRACTITIONERS PROGRAMME (Accredited by OCN London)

This programme will deepen your understanding and offer practical advice in supporting learners with mental health challenges. You will develop techniques that you can use in school to support children and young people.

You will deepen your understanding and practice of your role in supporting learners with mental health challenges.

You will explore the role of the learning support practitioner and deepen your understanding of developing safe relationships with your learners

You will understand the importance of Education Health Care Plans (EHCP) and why a learner may need additional support

You will deepen your understanding of the barriers to learning for vulnerable learners

You will understand the triggers and long-term impact of mental health challenges and develop further understanding of mental ill-health

You will develop an awareness of the signs and symptoms of mental ill-health

You will develop strategies to reduce the barriers to learning for learners with mental health, behavioural and social difficulties

You will develop an understanding of the possible causes of challenging behaviour and social difficulties in Learners and develop verbal and non-verbal strategies to support learners who are experiencing social and emotional difficulties

You will develop strategies to address challenging behaviour in the classroom

Who can apply: This programme is aimed at Learning Support Practitioners interested in enriching their understanding of the policy context, strategies and skills that can support mental health in the classroom. It is appropriate for school staff who have frequent 1-2-1 interactions with students.

Duration: 2 Days **Cost:** The cost is dependent on the delivery model. Please email for more information.

Assessment Model: This course is assessed through a written workbook completed on the course which will then be marked and moderated. Your qualification is accredited through OCN.

LEVEL 3 - ESSENTIAL MENTAL HEALTH SKILLS (accredited by OCN London)

This programme is for any teacher or member of staff in a supportive role wanting to develop evidence-based skills to work with vulnerable pupils and who is currently working to promote the mental health and emotional wellbeing of children and young people.

The main focus of the course is on reviewing and developing an understanding to counselling theory and applying this within the context of your school. You will also develop techniques to help establish effective one to one relationship with children and young people.

The programme includes:

- An introduction to the main schools of thought for counselling theory; professional ethics and ethical practice and attachment theory
- Skills practice – exploring different methods which can be used to assist children.

Who can apply? The course is phase specific and has a primary and secondary version, this is to ensure that approaches and skills are age appropriate. The programme is aimed at anyone who is currently working directly with students, especially colleagues with pastoral responsibilities, whether they have prior training in counselling or not. It also serves as a good introduction to counselling as a future career option.

Duration: Two day

Start dates and locations: Cohorts will take place across the UK – please contact us for a schedule.

Cost: The cost is dependent on the delivery model. Please email for more information.

Assessment Model: This course is assessed through a written workbook completed on the course which will then be marked and moderated. Your qualification is accredited through OCN.

HALF DAY WORKSHOPS*

*Please note these half day workshops are only available to be booked as full day workshops by schools, clusters of schools, MATs, TSAs, Local Authorities. It is possible to have 2 different themes in one day (ie one workshop in the morning and one in the afternoon)

Briefing and developing my staff on mental health

This interactive workshop will enable the mental health lead to design and run a mental health briefing or short training session for their staff. Delegates will leave with clear development aims they want for their staff and a plan as well as sample resources that they can draw on to run meet these aims. As all schools are at different starting points, delegates will design a workshop relevant to their school.

Outcome: a plan to run a school specific mental health briefing for their staff.

For: Designated Senior Lead for Mental Health.

Strengthening staff mental health

This engaging workshop will enable senior leaders to put effective staff support strategies in place across their school or setting. Delegates will leave with 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.

For: Designated Senior Lead for Mental Health or other senior colleague with strategic responsibility for staff mental health.

Leading mental health from the middle

This engaging workshop will enable pastoral leaders to locate their role in supporting the whole school approach to mental health and improve mental health practice across their area of influence. Delegates will leave with a clear understanding of school mental health and the steps that they can take to plan for, evaluate and implement mental health improvement strategies across their area of leadership.

Outcome: ability to improve student mental health across their area of responsibility.

For: the middle-level or departmental leaders who have responsibility for pastoral care and mental health of students.

Engaging parents where their children have a mental health challenge

This engaging workshop will enable colleagues to build stronger rapport and more effective communication with the parents of their more vulnerable students. Delegates will leave with 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.

For: colleagues regularly engaging parents or carers where mental health challenges for the student are a factor in the discussions.

Embedding mental health in the curriculum (new 2020 curriculum)

This engaging workshop will enable senior leaders to prepare for the new 2020 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 and prepare for the 2020 changes.

For: the senior colleague with strategic responsibility the curriculum or the designated senior lead for mental health.

Developing our school's mental health policy

This engaging workshop 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.

For: the designated senior lead for mental health, or other senior colleague with strategic responsibility for school mental health.

POSTGRADUATE DIPLOMA / MASTERS IN LEADERSHIP OF SCHOOL MENTAL HEALTH AND WELLBEING (DISTANCE LEARNING)

The Carnegie Centre of Excellence for Mental Health in Schools is the first University to have a PGDip and Masters Programme in Leadership of Mental Health and Wellbeing in Schools

Programme Course Details

Mental health is everybody's business and all schools play a key role in supporting the mental health of their students. This course will enable you to promote positive mental health and wellbeing, help your school adopt strategies which prevent mental illness and improve your support processes for children and young people in schools.

Working alongside fellow school leaders and teachers, you will gain an understanding of the evidence of effective whole school mental health and be able to apply this to your role as a school leader. You will learn how to recognise issues such as low self-esteem, anxiety and depression, so that you can take early steps to improve the mental health of the children in your care, developing sophisticated and original interventions to build their resilience and nurture appropriate coping mechanisms. You will provide an inclusive and enabling environment where every student's mental health can be supported and strengthened.

The course will adopt a multidisciplinary, whole systems approach to the improvement of mental health and wellbeing. You will draw on expertise from school leadership and teaching, organisational change, child therapy, education psychology and social work, and you will develop the knowledge, confidence, independence and leadership skills to be able to provide effective mental health support for all your students.

By strengthening your self-awareness and reflective skills, you will be able to confidently lead on best practice in the support and promotion of student resilience and mental health across your community.

"The learning and development gained from the masters has given me the confidence, as a school leader, to try new things to positively enhance my school. Using research, programmes and initiatives from the course has enabled me to think more strategically as well as critically about our school practice around mental health and plan new provisions to further impact on our work. We are now designing a bespoke curriculum, underpinned by learning from the masters course incorporating resilience, neuroplasticity and cognition theory to support child and learning development across our school. It is genuinely helping to transform our whole school approach."

Kerry Hill, Headteacher, Eyres Monsell Primary