

09.00	<b>Registration and introductions</b>
09.15	<b>Mental Health in Schools &amp; Colleges</b> An Overview of the most current evidence and research into the state of mental health in UK schools and colleges, including the range of mental health issues likely to be encountered in schools and colleges.
10.45	<b>COMFORT BREAK</b>
11.00	<b>The Role of the Senior Mental Health Lead: Developing and Effective Whole School/College Approach</b> <ul style="list-style-type: none"><li>• Effective auditing; accurately assessing your current situation and provision</li><li>• Establishing or developing a culture for positive mental health</li><li>• Developing a high-impact and cost-effective strategy</li></ul>
12.45	<b>LUNCH BREAK</b>
1.30	<b>Staff Development</b> - To support their own mental wellbeing and that of pupils and students. <ul style="list-style-type: none"><li>• Evidence-based approached for effective and cost-effective staff wellbeing programmes and support options</li><li>• A culture of engagement and collective leadership of the mental health and wellbeing agenda</li></ul>
3.45	<b>Q&amp;A</b>
4pm	<b>FINISH</b>



**PROGRAMME  
DAY 2**

**09.00 Registration**

**09.15 Student Voice and Leadership**

**Including:**

- Strategies for developing and promoting awareness, meaningful engagement and action from your pupils / students.
- The role of pupils/students in developing an inclusive approach, and the importance of feedback

**10.45 COMFORT BREAK**

**11.00 Wider School/College Community Involvement**

**Including:**

- Working with Parents, families and carers - the importance of, and strategies to improve effective engagement.
- The Role of Governors / Trustees
- Sources of community support

**12.45 LUNCH BREAK**

**1.30 Curriculum**

**Including:**

- Developing an evidence-based, preventative mental health and wellbeing curriculum
- Integrating mental health and wellbeing into the wider curriculum
- The mental health and wellbeing content in the statutory PSHE and RSHE Programmes

**Q&A**

**3.45**

**FINISH**

**4pm**



**PROGRAMME  
DAY 3**

**09.00 Registration**

**09.15 Identifying need and monitoring impact**

Including:

- Understanding the impact and indicators of poor mental health on children and young people
- The risk factors associated with specific groups
- Differentiating need for interventions and monitoring their impact

**10.45**

**COMFORT BREAK**

**11.00**

**Targeted support and appropriate referrals**

Including:

- Enhancing your current provision: effective early identification and interventions
- The range of statutory and independent mental health services available and the needs they meet
- Thresholds for various services such as CYPMHS/CAMHS and strategies for supporting students who don't meet their thresholds.

**12.45**

**LUNCH BREAK**

**1.30**

**Future planning: Maintaining the momentum**

Including:

- Long term strategic planning and measuring progress
- Ongoing Peer networking and support
- Financing and funding
- Preparing for inspection and accreditation models
- Supervision and self-care

**3.45**

**Q&A**

**4pm**

**FINISH**