

09.00 **Registration and introductions**

09.05 **Section 1: Mental Health & Wellbeing - The Current Landscape**

- **Facts**
- **Misconceptions**
- **What has changed**

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 **COMFORT BREAK**

11.00 **Section 2: The Role of the Senior Mental Health Lead: Developing and Leading an Effective Whole School/College Approach**

- **Effective auditing; accurately assessing your current situation and provision**
- **Establishing or developing a culture for positive mental health**
- **Developing a high-impact and cost-effective strategy**

12.45 **LUNCH BREAK**

1.30 **Section 3: Staff Training & Development - Creating a Nurturing and High Performance Culture**

- **Strategies to support their own mental wellbeing and that of pupils and students**
- **Evidence-based approached for effective and cost-effective staff wellbeing programmes and support options**
- **A culture of engagement and collective leadership of the mental health and wellbeing agenda**

3.45 **Q&A**

4pm **FINISH**



PROGRAMME DAY 2

09.00 **Registration**

09.05 **Section 4 : 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 **Section 5: 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 **Section 6: Curriculum - Not just PSHE**

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

The afternoon session will include a 10 minute comfort break

3.45 **Q&A**

4pm **FINISH**



**PROGRAMME
DAY 3**

09.00 Registration

09.05 Section 7 - Part 1: Identifying need

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 Section 7 - Part 2: Targeted support

Including:

- Enhancing your current provision: effective early identification and interventions

12.45 LUNCH BREAK

1.30 Section 7 - Part 3: Appropriate Referrals/Engaging with Outside Agencies

- 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.

2:35 Comfort Break

2:45 Section 8 - 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