



LEEDS BECKETT UNIVERSITY
CARNEGIE SCHOOL OF EDUCATION

THE CARNEGIE CENTRE OF EXCELLENCE
FOR MENTAL HEALTH IN SCHOOLS

PROFESSIONAL DEVELOPMENT PROGRAMMES FOR SCHOOLS

leedsbeckett.ac.uk/schoolMH

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 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 programmes 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:-

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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 of counselling theory and applying this within the context of your school. You will also develop techniques to help establish effective one to one relationships 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 experiencing emotional difficulties.

WHO CAN APPLY

The course is phase specific and has a primary and a secondary school 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 days.

Start dates and location: 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, 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: Two full days spread across a half term.

Start dates and location: 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.

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 practices and improved your ability to identify children at risk of poor mental health and the implementation 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 a 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 the senior mental health lead, responsible for mental health policy and strategy across the whole school.

Duration: Two and half 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 location: 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.

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 location: 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.

“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 a ‘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

MENTAL HEALTH AND WELLBEING LEAD GOVERNOR E-MODULE - DELIVERED 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 focussed 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 provision in schools, providing equal opportunities, building resilience and developing support strategies and tools.

The programme will accredit you as a Wellbeing Lead Governor and provide support through an online portal which includes:

- A description of role and responsibilities.
- 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 an online portal for a year with resources for Wellbeing Governors (further subscriptions can be bought).
- Access to an online forum specifically develop 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 location: The programme is delivered online and can be started at anytime.

Cost: £50 per person.

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 £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.

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