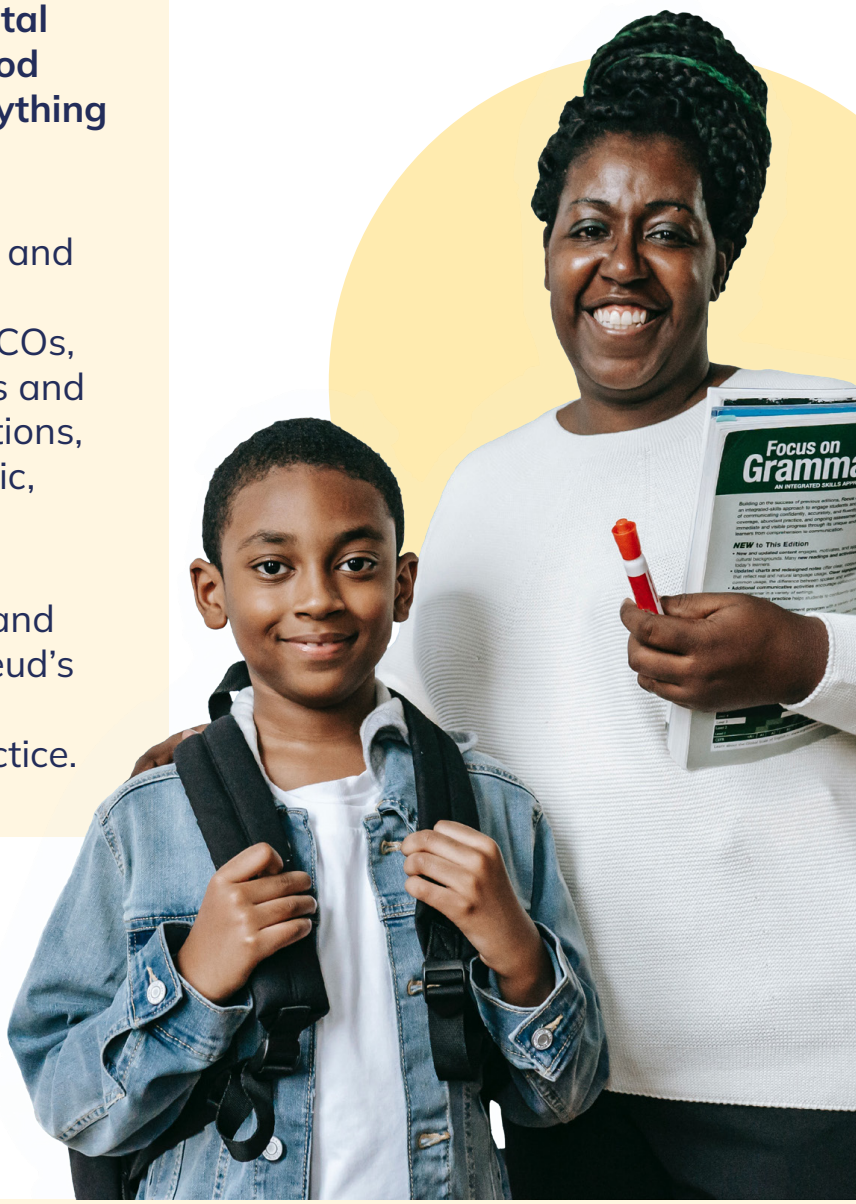
Online training for senior mental health leads

CPD-accredited training

This training will give you the knowledge and skills to implement a whole-school approach to mental health and wellbeing, placing good mental health at the core of everything you do in your school.

The training is offered at beginner and intermediate level and is ideal for headteachers, deputy heads, SENCOs, pastoral leads, safeguarding leads and all those in school leadership positions, who are passionate about strategic, whole-school change.

Both options are delivered online and combine the expertise of Anna Freud's clinicians and tutors with a knowledgeable community of practice.



Anna Freud
building the mental wellbeing of the next generation

Beginner senior mental health lead training

Who is it for?
New to the role and/or who have not previously completed senior mental health leads.

Course content
The foundational knowledge and skills you need to implement a whole-school approach to mental health and wellbeing, using Anna Freud's 5 Steps framework and action planning tool.

Cost
£500 per person

Length
Two half days (three to four weeks apart)

Includes

- Optional coaching sessions following the training course
- An online network to collaborate with peers
- A monthly senior mental health lead newsletter for ongoing advice, tips and quality-assured resources

Intermediate senior mental health lead training

Who is it for?
Familiar with the role and/or who has completed some previous senior mental health leads.

Course content
Thorough exploration of Public Health England's 8 principles for a whole school approach to mental health and wellbeing, with practical examples and strategies for implementation.

Cost
£800 per person

Length
Two full days (three to five weeks apart)

Includes

- An optional reflective session between training days
- Optional post-course support sessions
- An online network to collaborate with peers
- A monthly senior mental health lead newsletter for ongoing advice, tips and quality-assured resources

Beginner course overview

5 Steps to a whole-school approach -an introduction for senior mental health leads

The course is delivered by two expert trainers online via Zoom. Training runs from 9.30-13.00 for morning sessions and 13.00-16.30 for afternoon sessions.

Session one

Content covered

- Step one: Leading change
- Step two: Working together
- Step three: Understanding need

By the end of session one, you will:

- Have an understanding of a whole-school approach to mental health and wellbeing and a framework to support its implementation.
- Know how to lead your school to create an environment and culture that promotes wellbeing and consider the challenges you'll face as the senior mental health lead.
- Understand how to bring everyone in the school community together, including students, staff, parents and carers, governors and wider stakeholders to support pupil mental health and wellbeing.
- Have a greater awareness of how to assess and understand the needs of students, including identifying those at risk, measuring student wellbeing and how to develop and measure interventions.
- Be able to start reviewing your setting's current mental health and wellbeing provision to identify what is working well and start creating an action plan to fill the gaps.

Session two

Content covered

- Coaching: Group coaching on 5 Steps audit
- Step four: Promoting wellbeing
- Step five: Supporting staff

By the end of session two, you will:

- Have reflected on and shared your progress following the first part of your senior mental health lead training on Steps one, two and three.
- Be able to continue auditing what is working well and where there are gaps within your whole-school provision for mental health and wellbeing.
- Have a greater understanding of how to create a safe environment for students and staff and how to establish a peer support programme.
- Be able to identify how your school integrates mental health and wellbeing across its curriculum and culture.
- Be aware of the importance of staff wellbeing and the value in supporting each other.
- Have increased knowledge of practical strategies to support your own wellbeing and your colleagues'.
- Be able to continue auditing what is working well and where there are gaps within your whole-school provision for mental health and wellbeing.

Post-course coaching sessions

These five optional sessions are designed to support the continuous professional development of senior mental health leads and help them to develop a sustainable ongoing plan for leading whole school mental health and wellbeing. They provide the opportunity to explore the challenges faced and provide support from trainers and peers to help overcome those challenges. All sessions are delivered online via Zoom and last one and a half hours.

Intermediate course overview

Senior mental health lead training: a community-wide approach to improving mental health outcomes in your school or FE college.

The course is delivered by two expert trainers online via Zoom. Training runs from 9.30–16.30 on both days.

Day one

Content covered

- **Module one:** Understanding the role of a leader in creating an environment and culture that promotes wellbeing
- **Module two:** Identifying and understanding need
- **Module three:** Developing and supporting staff
- **Module four:** Embedding mental health and wellbeing into an existing curriculum

By the end of day one, you will:

- Articulate a plan for how you will put in place whole school approach to positive mental health and wellbeing, which embodies respect and values diversity.
- Set out how you will make use of the existing systems (e.g. behaviour/ safeguarding processes) to put in place a whole-school approach to mental health and wellbeing throughout the school environment.

Day two

Content covered

- **Module five:** Harder to reach?
- **Module six:** Targeted support
- **Module seven:** Creating a targeted approach for referrals
- **Module eight:** Engaging the systems around a child or young person

By the end of day two, you will:

- Implement a process to identify and support students who may require alternative approaches to meeting their mental health and wellbeing needs.
- Adopt and monitor the impact of a range of interventions provided to individuals or groups of students and adapt the approach as needed.
- Engage with the mental health provision in your local area in order to develop a good understanding of outcome measures used by mental health professionals and recognise

- Make use of school/college data and systems to support earlier identification of, and intervention for, pupils/students with mental health needs or an increased vulnerability to developing them.
- Demonstrate how you will work with all staff in the school/college to raise mental health awareness and literacy, and support staff wellbeing, using existing school systems.
- Illustrate how you will use any formal curriculum teaching opportunities and resources in your education setting to promote good mental health, and outline how you will use existing systems to do this.

any gaps that need filling in terms of mental health provision for your pupils/ students in the school/college setting.

- Set out an approach for how you will involve the wider community in the co-production, and embedding, of your whole-school approach, including identifying opportunities for peer-led wellbeing support.
- Plan for how you will involve parents/ carers/families and the outside community to ensure, where possible that they 'buy into' the culture of wellbeing the school/college is trying to create, and are able to continue the focus on this outside school hours.

Reflection session

An optional session for peer support, reflecting on the learning so far and reviewing progress on whole school planning. This session takes place between day one and day two. All sessions are delivered online via Zoom and last two hours.

Post-course support

Taking place a term after the course, these optional online sessions give delegates a chance to share good practice with other senior mental health leads and discuss challenges. Trainers lead these sessions to provide advice and guidance to delegates, supporting them to build a sustainable whole-school approach to mental health and wellbeing. All sessions are delivered online via Zoom and last one and a half hours.

What do our attendees say?

100%
of attendees would recommend this training to a colleague*

"I really valued the training, and very much appreciate the resources and research provided by Anna Freud going forwards to support me and the school. Brilliant organisation."

"Full of real-world advice and ideas for implementation in school. Well explained/supported and resourced to back up learning."

"It was inspiring and comprehensively covered issues that affect the mental health of children and staff."

"An excellent course with experienced tutors who were listeners as well as facilitators. It is clear Anna Freud is at the heart of making a difference to the future of mental health in schools."

*Feedback from 588 attendees (263 beginner, 325 intermediate) surveyed between September 2023 to July 2024.

If you would like to commission a group online or in-person training course, please complete this form and we will respond to your request as soon as possible.

For queries, please email: **school.training@annafreud.org**

Book now
annafreud.org/smhl

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