

About the course

A course designed to train a Designated Mental Health Lead as outlined in the 2017 Transforming Children and Young People's Mental Health Provision green paper. The focus of the training is on ensuring that early interventions are accessible in the setting and that when issues do arise pupils are able to quickly access support.

About the programme

The Mental Health Awareness Programme is a part of the Root Of It, a multi-award winning training provider covering the whole UK. Founded by expert Richard Daniel Curtis. In 2013, they have provided training and consultancy to over 2% of schools and colleges in the country. They run the National Special Educational Needs and Disability Awards, a free-to-enter annual celebration of good practice for 0-25 year olds.



Designated Mental Health Leader

Training leads to ensure that positive mental health is everyone's business in a school or college



MORE INFO

For more information contact:

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Mental Health Awareness
P R O G R A M M E



WHAT IS IT

Mental health difficulties in our pupils are on rise and this is forecast to worsen as the impact of the pandemic becomes clear.

The **Designated Mental Health Leader** is a course designed to train a member of school or college to coordinate the response to pupils' mental health and wellbeing.

As a middle or senior leadership role within a school or college, it is key to the success of the coordination and oversight of the mental health and wellbeing policy.

Whilst settings may have accessed Mental Health First Aid training to help pupils in crisis, they often lack someone who is trained to oversee the provision, hence this course was developed in accordance with Department for Education guidance and conforms to the Standard for Teachers' Professional Development.

The course primarily focusses on topics affecting the deployment of a mental health strategy across a school or college. Beginning with a review of the role and an audit their own skills, before moving through the topics to train them the skills required for the role and leads to a level 4 qualification.

ROLE PURPOSE

To oversee and monitor the provision of mental health and wellbeing strategy, resources and interventions for young people across the setting, including those in special groups, such as young carers or who have special educational needs or disabilities.

A role description is available for free as part of our toolkit [here](#).

BENEFITS

- Improved knowledge
- Reviewed procedures and policies
- Assess resources and interventions for effectiveness
- Increased confidence to advise others
- Address mental health difficulties in new ways
- Evidence of good practice
- Review mental health protocols
- Accreditation

COMMITMENT

In-person - 3 x full days. *Currently not available*

Online - 15 x pre-recorded online seminars.

PROGRAMME AIMS

The aims of the Programme for Participants are:

- To understand what is involved in the role of Designated Mental Health Lead;
- To be able to undertake an audit of provision and generate an action plan;
- To reflect on how to have oversight of pupils' mental health and wellbeing;
- To be able to identify pupils at risk or those exhibiting signs of mental ill health;
- To develop a knowledge of local mental health services;
- To be able to coordinate responses to pupils' mental ill health;
- To be able to provide staff advice in supporting pupils' mental ill health;
- To be able to monitor the outcomes of mental health interventions;
- To reflect on own skills and attributes;
- To become a Designated Mental Health Lead.

PROGRAMME CONTENTS

Facilitated learning:

- Reflecting on the role and self-audit
- Identifying need for, and impact of, mental health interventions
- Targeted approach and appropriate referrals
- Staff development
- Creating an ethos and environment that promotes respect and values diversity
- Leadership and management
- Enabling the student voice
- Working with parents, families and carers

Project:

- To research and set up a wellbeing or mental health project.

HOW IS IT ASSESSED

The Programme is assessed through a portfolio to gain a level 4 qualification from Open Awards.