

About the course

Setting a national standard for those leading on mental health and wellbeing ethos in universities, the course seeks to support the development of a strategy and action plan, plus also recognise the skills of those involved. The course is focused on the conversations and considerations of the strategic leaders in mental health and wellbeing, including considering what proactive interventions would benefit your staff and students.

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.



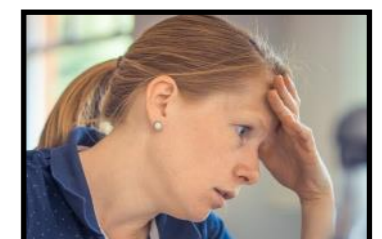
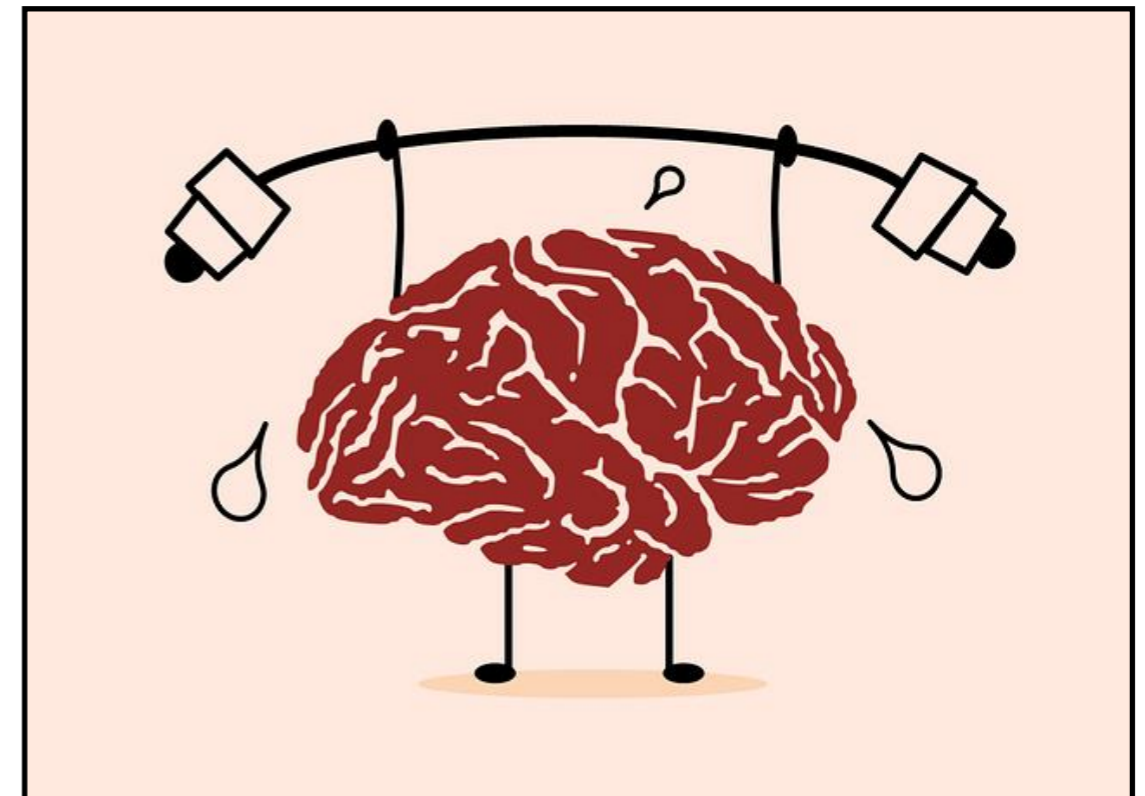
MORE INFO

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National Educational Leaders in Mental Health for Universities

For creating and embedding a mental health and wellbeing friendly environment



Mental Health Awareness
PROGRAMME



WHAT IS IT

The **National Educational Leaders in Mental Health for Universities** is a course designed to recognise those with the greatest influence over policy and practice in educational settings, plus also develop their own action plan for ensuring a mental health and wellbeing friendly environment. Suitable for academic departments and complimented with the Mental Health Aware Leadership course for non-academic departments.

The course covers topics affecting the leadership of mental health and wellbeing in the university environment. Beginning with an audit of current need, the 3 whole-day sessions (or 15 online seminars) encourage the reflection on topics related to the development and implementation of a strategy to address the wellbeing needs of both staff and students.

Participants study core modules and self-study an additional two modules, allowing them to ensure the course is most suitable for their situation. They are assessed through a portfolio submission, to become a National Educational Leader in Mental Health and can complete a Level 4 qualification in Mental Health Aware Leadership.

IS IT FOR US

If your University or Faculty has a number of key leaders all invested in ensuring they lead a mental health and wellbeing friendly environment, then this course is suitable.

The participants work through the self-audit, content and action planning, often suiting situations where approaches are fragmented or there are gaps.

COMMITMENT

In-person

3 full days, plus group-led peer sessions.

Online

15 x pre-recorded seminars.

Additional commitment

Between sessions there are workplace activities. In addition leaders self-study two units.

HOW IS IT ASSESSED

Participants on the course are entitled to submit a portfolio to gain the National Educational Leader certificate. This consists of reflections on the learning, delivery and implementation, in addition to their own self-studied learning.

WHO SHOULD ATTEND

If being delivered at a University Executive Board or University level, then a strategic leads from each faculty should attend.

If being delivered at a faculty or departmental level, then appropriate leaders should attend. A cohort might consist of: the faculty lead, academic lead, student support lead, admin staff lead, and postgraduate student representation. Suitable for non-academic departments too.

PROGRAMME CONTENTS

Facilitated sessions:

- Auditing and action planning
- Leadership in mental health
- Beliefs, values and attitudes
- Bias and reactions to mental health
- Reflecting on leadership approaches
- Statutory expectations
- Emotional coping
- Mental Health Difficulties
- Student wellbeing

Self-studied units, choose two of the following:

- Multi-team working
- Voice of the student
- Voice of staff
- Support for students
- Support for staff
- Disabilities and medical conditions
- Mental health difficulties
- Mental wellbeing

BENEFITS

- Ethos development
- Unified approach
- Action planning
- Staff and student engagement
- Improved knowledge, skills or behaviours
- Evidence of good practice
- Accreditation

MENTAL HEALTH TRAINING

Self-audits often identify a need for awareness training for staff. As an additional part of the Programme, we can also arrange for all of your staff to access universal online Mental Health Awareness training, in addition to Mental Health First Aid for those in appropriate roles.