

### About the course

A course designed to study factors affecting the strategic leadership and ethos required for having a mental health and wellbeing friendly environment. The accredited course has been delivered to educational leaders across the country and is designed as a modern-day equivalent to the National Programme for Specialist Leaders in Behaviour and Attendance but focussing on staff as well as pupil needs, the course includes taught content, relevant to their situation and self-researched modules. The course is designed for current headteachers and senior leaders in education, academy trust, local authority staff and those aspiring to these roles.

### 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.



# National Educational Leaders in Mental Health Certification

*Celebrating effective leaders who make a difference to staff and pupil wellbeing*



MORE INFO

For more information contact:

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Mental Health Awareness  
PROGRAMME



the **root**  
of it

## WHAT IS IT

The **National Education Leaders in Mental Health** is a Programme designed to recognise those with the greatest influence over policy and practice in educational settings.

Suitable for:

- Heads
- Deputy Heads
- Assistant Heads
- Year Leaders
- Academy Trust staff
- Aspiring leaders
- Local authority staff

The Programme is primarily focussed on topics affecting the leadership of social, emotional and mental health in our staff and in turn our young people. The programme begins with a self-audit of provision and builds skills and knowledge to help address the resulting action plan, giving an individual experience to the programme.

Participants study core modules with a facilitator and self-study an additional two modules, allowing them to ensure the learning is most suitable for their situation. The Programme is assessed through a portfolio submission in order to gain the **National Educational Leader in Mental Health** certificate. This course and portfolio meets the requirements for the Designated Mental Health Lead role and leads to a Mental Health Aware Leadership level 4 qualification from Open Awards.

## BENEFITS

- Improved knowledge or leadership
- Reviewed procedures and policies
- Address mental health difficulties in new ways
- Evidence of good practice
- Review mental health protocols
- Accreditation
- School improvement

## COMMITMENT

### In-person

3 x full days. *Currently unavailable*

### Online

15 x pre-recorded online seminars.

### Additional commitment

Between sessions there are reflective activities and some self-study.

## PROGRAMME AIMS

The aims of the Programme for Participants are:

- To understand yourself more
- To understand other staff more
- To audit your own provision for staff and pupils
- To understand factors affecting Mental Health
- To develop Mental Health and Wellbeing friendly ethos and values
- To develop Mental Health and Wellbeing policy and provision
- To understand how to be or manage a Designated Mental Health Lead
- To become a National Educational Leader in Mental Health

## HOW IS IT ASSESSED

The Programme is assessed through a portfolio based on implementation of the learning and action plan leading to a level 4 qualification from Open Awards.

## PROGRAMME CONTENTS

Facilitated learning:

Mental Health and Wellbeing Audit and Action Plan  
Leadership in Mental Health  
Mental Health Beliefs, Values and Attitudes  
Bias and reactions to mental health  
Reflecting on Leadership Approaches  
Statutory expectations and curriculum  
Emotional coping  
Common Mental Health Difficulties  
Managing the Mental Health Lead

Self-studied unit, ideas include:

Support services for mental health  
Supporting staff  
Disabilities and medical conditions  
Mental health difficulties  
Factors affecting mental health  
Trauma and life events  
Attachment  
Mental wellbeing  
Community Partnerships  
Staff feedback