

Professional Development Sessions for Mental Health Leaders

A series of CPD Sessions to deepen the skills of mental health leaders in schools and colleges and further embed the mental health and wellbeing strategy.

Completion of the activities leads to a Diploma in Mental Health Aware Leadership for those who already hold a Certificate in Mental Health Aware Leadership.

PROGRAMME DETAILS



Live Online sessions



Online Assessment



Mental Health CPD

Accredited by:



This course is suitable for:

- Headteacher
- Deputy Headteacher
- Assistant Headteacher
- Mental Health Lead
- SENCO
- Inclusion Lead
- Phase Leader
- Head of Year



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EMBEDDING MENTAL HEALTH AND WELLBEING



FURTHER EMBED YOUR STRATEGY

Now that you have passed your Level 4 Certificate in Mental Health Aware Leadership you can consider how you will now embed this learning into your school culture.

Learn the intricate details of how to turn theory into practice with our short CPD sessions covering key aspects of mental health and wellbeing.

Embedding this practice into your whole school approach will enable the creation of an expert and dynamic strategy unique to your setting. Grow in confidence as you unravel the practical applications of your learning and how they will positively impact your staff and students.

ASSESSMENT

You must complete the activities from one mandatory session and three additional CPD sessions (5 available) to enable you to obtain your Diploma.

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SESSION BENEFITS:

- Learn how to practically apply the learning from your mental health lead training
- Embed a culture of mental health and wellbeing at your setting
- Create a dynamic and unique strategy for your setting
- Be able to monitor and assess the outcomes of your strategy

SESSION CONTENTS:

These sessions will give you the tools that you need to use the knowledge that you have gained from your Mental Health Lead training:

- Implementing a Mental Health Strategy
- Writing a Mental Health and Wellbeing Strategy Action Plan
- Using a Cross-Curricular Approach
- Working with Pupils, Families and Communities on a Mental Health Strategy
- Monitoring and Reporting a Mental Health Strategy
- Understanding Staff Wellbeing



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IMPLEMENTING A MENTAL HEALTH STRATEGY

Mandatory module for Diploma

SESSION BENEFITS:

- Review your current strategy with a critical eye
- Learn how data can help you to make changes
- Positively impact your school culture



SESSION CONTENTS:

- Reviewing actions
- Using data
- Identifying and overcoming barriers or challenges

WRITING A MENTAL HEALTH AND WELLBEING STRATEGY ACTION PLAN

Module for Diploma

SESSION BENEFITS:

- Be more strategic in your approach
- Review and scrutinise your current offer
- Create a targeted approach, specific to your setting
- Make improvements based on data



SESSION CONTENTS:

- Using the free [Mental Health Setting Audit](#)
- Planning actions
- Prioritising areas of need
- Reviewing good practice

USING A CROSS CURRICULAR APPROACH

Module for Diploma

SESSION BENEFITS:

- Support your central team in their work
- Create a stronger school community
- Monitor the outcomes, to analyse trends
- Improve overall communication and affect culture



SESSION CONTENTS:

- Research review
- Supporting subject leaders
- Supporting teaching staff
- Monitoring a cross-curricular approach



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UNDERSTANDING STAFF WELLBEING

Module for Diploma

SESSION BENEFITS:

- Effect real change in your school culture
- Understand the factors which influence wellbeing
- Find solutions which work for you and your team
- Positively impact staff wellbeing across your setting



SESSION CONTENTS:

- Research review
- Identifying staff needs
- Staff wellbeing solutions
- Monitoring the impact of staff support

MONITORING AND REPORTING A MENTAL HEALTH STRATEGY

Module for Diploma

SESSION BENEFITS:

- Learn the impact that your strategy is having across your whole school
- Create a more targeted approach to improvement
- Gain confidence writing reports and reviewing data



SESSION CONTENTS:

- Monitoring a whole-school/college strategy
- Report writing
- Reviewing good practice

WORKING WITH PUPILS, FAMILIES AND COMMUNITIES ON A MENTAL HEALTH STRATEGY

Module for Diploma

SESSION BENEFITS:

- Understand the reasons for poorer engagement
- Be targeted in your solutions
- Gain insight through improved communication
- Improve engagement across the whole setting



SESSION CONTENTS:

- Research review
- Barriers to engagement
- Pupil engagement
- Community engagement



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