

Senior Mental Health Lead Training

Course Overview

Senior Mental Health Lead training is a two-day DfE fully funded course that provides a designated senior leader at your setting with the tools to develop a positive whole school or college approach to wellbeing and mental health.

Your school or college can decide who your Senior Mental Health Lead is and could be your;

- Headteacher
- Deputy headteacher
- Member of the senior leadership team (SLT)
- If not a senior leader, an appropriate member of staff, working with colleagues, who is empowered to develop and oversee your whole school or college approach

A Senior Mental Health Lead is not a mental health professional and should not diagnose mental health conditions or deliver interventions.

Learning Outcomes

The course learning outcomes align with Public Health England's eight principles for promoting children and young people's emotional health and wellbeing, these are:

1. **Leadership and management** that champions efforts to promote emotional health and wellbeing
2. **Identifying need and monitoring impact** of interventions to meet pupil's wellbeing needs
3. **Targeted support and appropriate referrals** to ensure that pupils receive timely support
4. **Staff development** to support their wellbeing and that of students
5. **Creating an ethos** and environment that promotes respect and values diversity
6. **Enabling the student voice** to influence decisions
7. **Working with parents, families and carers** to ensure shared aims and strategies
8. **Curriculum, teaching and learning** to promote resilience and social and emotional learning

For a full list of learning outcomes, please go to bit.ly/smhl-learning-outcomes

"The course was excellent. The trainers and facilitator were superb. The content of the course and the way it was delivered was exceptional. It allowed for a lot of reflective practice. I also appreciated the opportunity to receive training among a supportive group of like-minded professionals and practitioners, which led to great discussions on best practice"

Photini Bohacek, Principal, West Heath School

Why is this training free?

This training is funded by the Department for Education (DfE). Each setting can apply for a fixed value grant of £1200 to train one person. The funding consists of £800 for the training and £400 to implement further wellbeing initiatives such as Mental Health First Aid, staff training sessions and pupil workshops.

How to apply for your Department for Education (DfE) funding

You can apply for your DfE Senior Mental Health Lead training grant in three simple steps:

1. Complete senior mental health lead form 1 via gov.uk/guidance/senior-mental-health-lead-training to confirm your eligibility and reserve your grant.
2. Book your DfE quality assured training altruistuk.com/services/public-courses, to start by 31st March 2024. You will need to keep evidence of your booking i.e. Altruist course confirmation and invoice.
3. Complete senior mental health lead form 2 via gov.uk/guidance/senior-mental-health-lead-training to claim your grant. Your evidence must include the course code SMHL067 and your training start date.

How is the training delivered?

Before the course, delegates will complete a 20 minute self-guided E-learning session that introduces the topic and offers useful digital resources.

Delegates will then engage with a two-day programme, delivered to a minimum of 8 and a maximum of 16 delegates, over consecutive weeks via Zoom.

Courses are facilitated by an expert Altruist trainer and a young person facilitator with lived experience of mental ill-health.

Course Feedback

- 99% of delegates were very satisfied or satisfied with our Senior Mental Health Lead trainers*
- 96% of delegates were very satisfied or satisfied with the practical support provided by the course
- 93% of delegates would recommend the training to a fellow Senior Mental Health Lead

*External evaluation: sample size of 206 delegates from 18 deliveries of the Senior Mental Health Lead training.

“Altruist provided high-quality training that was delivered to an excellent standard. The training has allowed me to reflect on our school’s capacity to support the mental health needs of our pupils and take a more structured and cohesive approach towards planning for longer-term outcomes. I could not recommend the training enough! Thank you to Altruist”

Elisa Yañez, Associate Assistant Head/SENDCo, St Peter’s Catholic School Solihull

About Altruist Enterprises

Altruist Enterprises is a passionate, expert provider of tailored mental health and wellbeing training, consultancy and support to schools and organisations. Altruist were one of the first DfE approved quality assured providers of Senior Mental Health Lead training. Since October 2021, Altruist has trained over 300 senior leaders to successfully develop and implement a whole school approach to wellbeing.

How to book

To find out more and book your training, please call **0121 271 0550**, email info@altruistuk.com or contact us via our website www.altruistuk.com/contact



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