

Senior Mental Health Lead Training West Midlands Schools and Colleges

Course Overview

Senior Mental Health Lead training is a two-day 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 to 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

This CPD course (continuous professional development) will enable your Senior Mental Health Lead to fulfil their role effectively, complementing existing frameworks within education.

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



For more information on our Senior Mental Health Lead training, please call **0121 271 0550** or email paul@altruistuk.com

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 will consist of £800 for the training and a contribution to backfill the senior lead engaged in the course by bringing in a supply teacher.

The funding is offered on a first-come-first-served basis, with grants available to train a senior lead in a third of state schools and colleges in England until March 2022.

How is the training delivered?

Before the course, delegates will complete a 45-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 over consecutive weeks in person or virtually via Zoom or Microsoft Teams.

Delegate numbers per course are restricted to a minimum of 8 and a maximum of 16 to keep participants supported while they learn.

Courses are facilitated by an expert Altruist trainer with a wealth of experience in engaging with senior leaders and supporting them to foster cultural and organisational change. The trainer will be supported by a young person facilitator who will share their lived experience of mental ill-health whilst in education.

During the training, a peer network will be established to encourage the sharing of ideas and best practices. This support will exist beyond the training and will involve meetups and a Facebook group.

Following the training, each Senior Mental Health Lead will be offered a one-to-one coaching session with an Altruist trainer to provide personalised support with their whole school/college approach.

About Altruist Enterprises

Altruist Enterprises are a specialist provider of Resilience, Stress Management and Mental Health Awareness training to schools and organisations in the West Midlands. Our team of experts have over 200 years combined experience working in the field of mental health and in assisting with bespoke well-being programmes.

Altruist Enterprises was founded in 2013 by Katie Buckingham, an award-winning social entrepreneur from the West Midlands with personal experience of mental ill-health.

Altruist is a purpose-led organisation, formed with the vision of achieving 'parity of esteem' between physical and mental health in society.

How to book

Schools will have the opportunity to 'opt in' to access the funding through a digital platform in September 2021. From here, schools will be able to book an Altruist Enterprises course.

Senior Mental Health Lead training courses will commence in mid-September 2021.

To express an interest in this training and keep up to date with the latest developments, **please complete our online form here bit.ly/smhlcourse**

Alternatively, please call **0121 271 0550** or email **paul@altruistuk.com** for further information



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