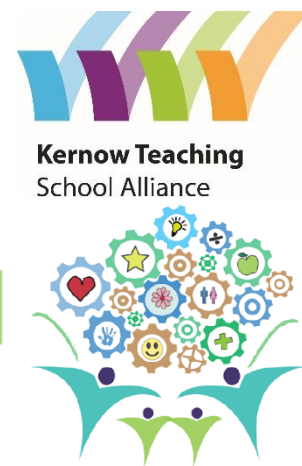


Leading a Mentally Healthy School



Leading a Mentally Healthy School

2-Days Professional Development Training

Thursday 7th March and Thursday 28th March 2019: 9.00am to 4.00pm
Atlantic Centre, Trenance Leisure Park, Newquay, TR7 2LZ
£100 per delegate

There are many CPD packages and resources available to target specific conditions and help develop programmes in schools. However, 'Leading a Mentally Healthy School' aims to provide something different!

This 2-day training will support SLTs and result in a clear understanding of what needs to be done to ensure good mental health. The training will also support school leaders to develop a strategic approach to addressing and improving their current provision for mental health and wellbeing.

Participants will come away with a greater awareness of how promotion of good mental health is developed and plans are created and realised resulting in mentally healthy schools for all.

Places are restricted – Book your place now! – Email: gaynor.shepherd@tlat.org.uk

Key aims:

- To enable and empower SLT to put mental health at the heart of strategic school improvement
- To equip senior leaders with practical and sustainable approaches that can be implemented on return to school
- To support CPD for SLT on mental health to reduce stigma and improve the conversation around mental health



Agenda:

- Module 1: Building the picture: mental health and mental fitness. Subject knowledge. Signs and symptoms.
- Module 2: Ethos, Culture and Strategic Leadership
- Module 3: Policies and Procedures

By the end of the training delegates will:

- Have a basic understanding of the mental health challenges of young people
- Have a strategic plan for developing their schools mental wellbeing approach
- Devised or refined new policies focusing on mental wellbeing
- Further identified any CPD needs

Key Facts



**Kernow Teaching
School Alliance**

1 in 10

Children and young people aged 5-16 worldwide have a clinically diagnosable mental health condition
That's about 3 children in every classroom

35 – 50%

Of people with severe mental health conditions will receive no treatment.

50%

Half of all adult mental health problems are evident before the age of 14.

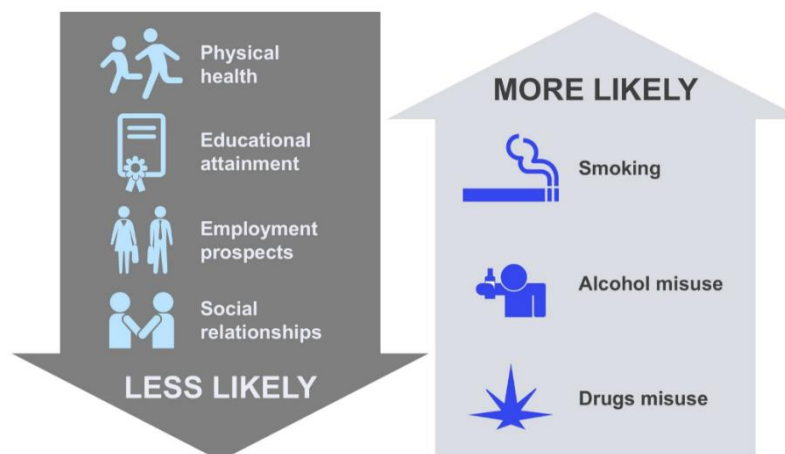
£105 billion

The wider economic costs of mental illness in England.

5%

Children and young people receive less than 5% of the funding for mental health care.

Mental health illnesses are a **leading** cause of health-related disabilities in CYP and can have **adverse** and **long-lasting** effects:



Facts about mental health illness in CYP:

