

Mental Health and Wellbeing in Schools

Practical skills and hands-on training to raise staff awareness and provide support for all students experiencing mental health difficulties across your school

23rd Nov – Manchester

09:00 – 09:45	Registration and refreshments				
09:45 – 10:00 Chair's introduction	Chair's introduction and welcome: The changing role of the school practitioner amidst limited external support and growing mental health concerns <i>Professor Dame Sue Bailey, Chair, Children and Young People's Mental Health Coalition</i>				
10:00 – 10:25 Keynote 1 Mental health stigma	Overcoming the stigma and social prejudice that still surrounds mental health - How to create a school atmosphere where it's ok not to be ok - Embed simple structures to enable more open communication around mental health - Successfully develop and sustain a culture of wellbeing that all staff and students feel part of <i>Nina Jackson, Speaker, Author and Education Consultant</i>				
10:25 – 10:45 Keynote 2 Digital environment	Using the digital environment to spot the early warning signs of mental health issues and identify those at risk <i>Mark Donkersley, Managing Director, eSafe</i>				
10:45 – 11:10 Keynote 3 whole school Mental Health First Aid	Youth Mental Health First Aid and a whole school approach: How to create a mentally healthy school for pupils, parents and staff <i>Caroline Hounsell, Director of Business and Partnerships, Mental Health First Aid England</i>				
11:10 – 11:20	Questions				
11:20 – 11:50	Morning refreshments				
11:50 – 12:40	Practical workshops 1				
	1A	1B	1C	1D	1E
	Staff training	Self-harm and eating disorders	Curriculum	Grief and bereavement	Depression
	Innovative whole-school training ideas to increase awareness and understanding of the breadth of mental health difficulties and the level of support required <i>Naomi Russell, Manager, Children and Young People, Time to Change</i>	Understand the 'cycle of self-harm', identify the signs and open up a dialogue to find the route cause without risking further damage <i>Take away a guide to the early indications of eating disorders</i> <i>Gemma Fieldsend, Waller Trainer, Charlie Waller Memorial Trust</i>	Embed mindfulness and emotional literacy into the curriculum to empower students and ensure staff have the confidence to engage with mental health <i>Jan Lever, Creator and Director: Jigsaw, the mindful approach to PSHE</i>	Practical coping strategies to offer children and young people dealing with grief, bereavement or trauma at home <i>Cath Hunter, Therapeutic Consultant, Author and Trainer, Therapeutic Family Interventions</i>	A range of techniques to support students with low mood and depression and ensure all staff understand the signs and symptoms that indicate risk <i>Nina Jackson, Speaker, Author and Education Consultant</i>
12:40 – 13:40	Lunch, networking and exhibition				
13:40 – 14:20 Keynote 4 Case studies	How to help when no external support is available – multiple case studies Strategies to combat a lack of external support and slow responses from CAMHs. An overview of meaningful, cost-effective support that you can offer in school when thresholds are not met <i>Sharon Goldstone B.Ed., Deputy Safeguarding Lead & Mental Health Officer, Chingford Foundation School</i> <i>Martin Staniforth, Dove Self-Esteem Project Catalyst</i>				
14:20 – 14:30 Keynote 5 Wellbeing award	In partnership with the National Children's Bureau, clarify how your school can achieve the accredited Wellbeing Award to develop and improve current practice and show your commitment to promoting wellbeing as part of school life <i>Matthew Dodd, Principal Officer, National Children's Bureau</i>				

14:30 – 14:40	Questions				
14:40 – 15:30	Practical workshops 2				
2A	2B	2C	2D	2E	
Stress & anxiety	Self-esteem	Play therapy - primary	Empowering children & young people	Suicidal ideation	
<p>Practical techniques to help students develop emotional intelligence, build resilience and manage the high expectations from school, parents and peers</p> <p><i>Plus, gain six easy strategies to help pupils cope with stress</i></p> <p><i>Nina Jackson, Speaker, Author and Education Consultant</i></p>	<p>Simple strategies to boost children's self-esteem and self-image and embed an inclusive culture across your school</p> <p><i>Dr Ruth M. MacConville SENDIST Tribunals Manager</i></p>	<p>What is play therapy, how does it work in primary schools and how it can help children communicate their feelings and challenges</p> <p><i>Ruth Lazarus & Helen Gedge, Qualified Play Therapists, BAPT</i></p>	<p>Develop a school culture in which relevant, honest and practical conversations around mental health are encouraged and student-led</p> <p><i>Sarah Newton, Author, Speaker and Teenologist</i></p>	<p>Indicators to look for and how to offer support: Gain the confidence to discuss suicide openly and remove the fear of making things worse</p> <p><i>Access our webinar on supporting students with suicidal ideation</i></p> <p><i>Gemma Fieldsend, Waller Trainer, Charlie Waller Memorial Trust</i></p>	
15:30 – 15:50	Afternoon refreshments				
15:50 – 16:40	Practical workshops 3				
3A	3B	3C	3D	3E	
Staff wellbeing	Attachment issues	Parents and families	Autism spectrum disorder	Peer mentoring	
<p>Practical ideas to promote the wellbeing and emotional health of staff and ensure your own mental health is prioritised and transferred to the classroom</p> <p><i>Nina Jackson, Speaker, Author and Education Consultant</i></p>	<p>Attachment Issues: Practical guidance to work with and support children who experience trauma</p> <p><i>Access our guide to meeting the emotional needs of young people with attachment difficulties</i></p> <p><i>Phil Rowley, Trainer and Consultant, YoungMinds</i></p>	<p>Communicate effectively with parents: Open a dialogue with families about mental health, increase their awareness and ensure support is provided at home as well as school</p> <p><i>Samantha Garner, Director, Garner Education Services Ltd</i></p>	<p>Ensure your school and staff are fully equipped and trained to support children with autism to enable improved social interaction and Communication</p> <p><i>Dr Sile McDaid, Consultant Child & Adolescent Psychiatrist & Dr Libby Artingstall, Consultant Forensic Psychiatrist, Team Mental Health</i></p>	<p>Empowering our youth to have a hand in their own path to mental well-being: Using student-led peer mentoring effectively to improve mental wellbeing</p> <p><i>Read our school case study on peer support to build resilience</i></p> <p><i>Sarah Newton, Author, Speaker and Teenologist</i></p>	
16:40	Conference Close				