



Oxfordshire
mind



What we are doing

Oxfordshire Mind have been commissioned by the county council to build a pilot programme aimed at supporting Senior Mental Health Leads in Schools and education environments around the county to help implement a whole school approach to mental health.

This pilot programme will be open to 10 schools initially. These schools will make up the first cohort of delegates and also be integral in the coproduction of the course itself. We will be working with schools, CAMHS School In Reach and CYP teams within Oxfordshire Mind to build something robust and fit for purpose.





What The Role Is

A Senior Mental Health Lead (SMHL) is a senior staff member who is responsible for mental health and wellbeing in the education environment.

They develop and implement strategies to improve mental health and wellbeing, and they work with stakeholders to create a positive culture. They are a key part of a whole school approach to mental wellbeing.

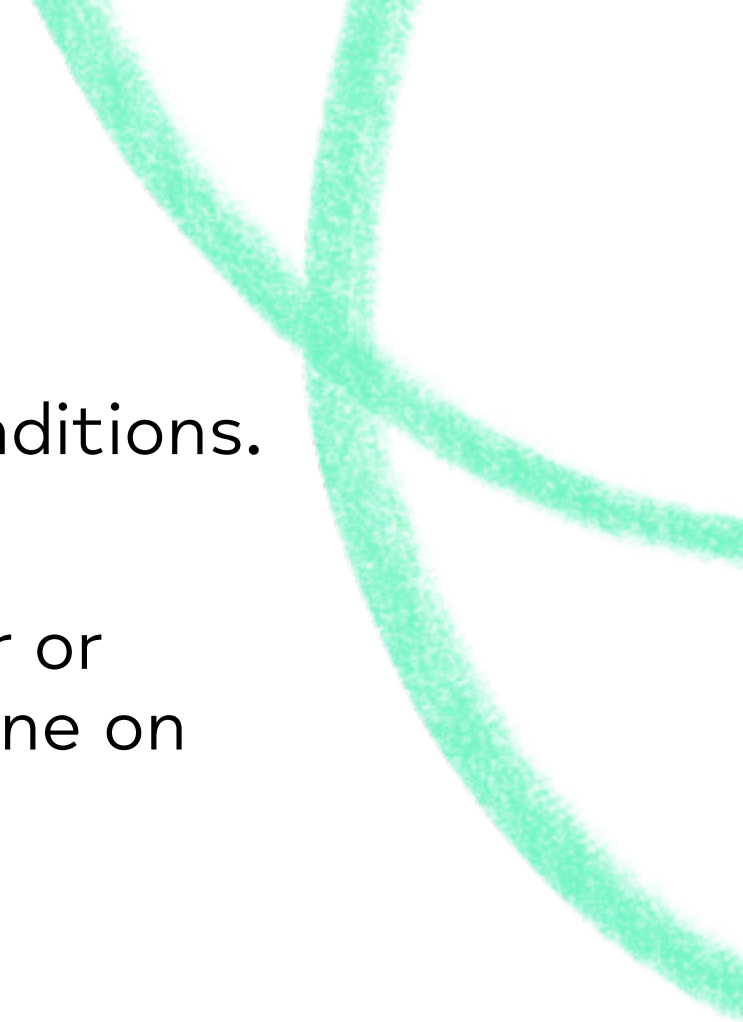




What The Role Isn't

A senior mental health lead's remit does not include diagnosing or treating mental health conditions.

The senior mental health lead is not a counsellor or other role that is expected to regularly deliver one on one intervention in a mental health crisis.





Delivery Model

To begin, we are engaging in a pilot period. We will engage with 10 schools representing a balance of education environments across the county.

These schools will be the first recipients of training and be involved in the coproduction of content as we define the programme. Our aim is for the programme to be built around schools' needs.



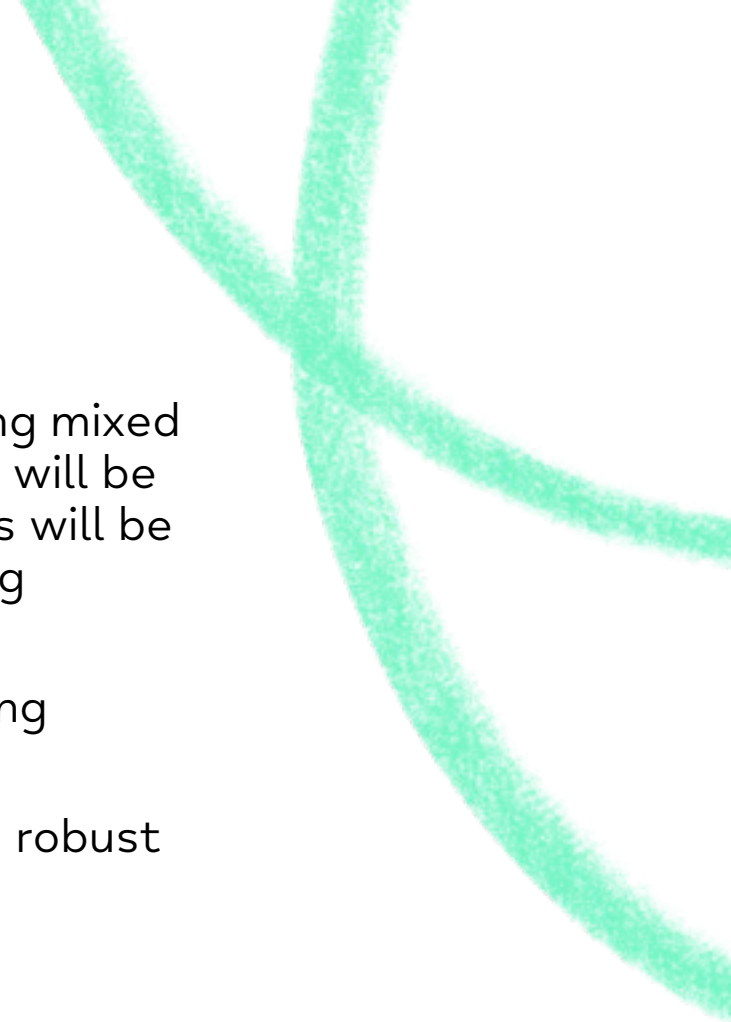


Initial Approach Breakdown

Our initial starting point is aimed at rolling out two days of in person learning mixed with optional coursework and supplemental learning alongside. The training will be delivered in person at our offices or a suitable “neutral” location. These days will be split across terms to allow for implementation and reflection on the learning outcomes.

In between sessions one and two, we will make materials and further learning available. Groups will be capped at sixteen places maximum.

As well as training, this programme will look to create shared resources and robust network links to help take the project as far as it can go.





Day 1 Breakdown

At the end of day one, delegates will have learnt and evidenced how to put forward a plan for how to put in place a whole school approach to positive mental health and wellbeing, which embodies respect and values diversity.

- **Module One:** Introduction to the role of Senior Mental Health lead.
- **Module Two:** Recognising need and understanding the impact of intervention.
- **Module Three:** Developing and supporting staff.
- **Module Four:** Integrating mental health and wellbeing into the curriculum.

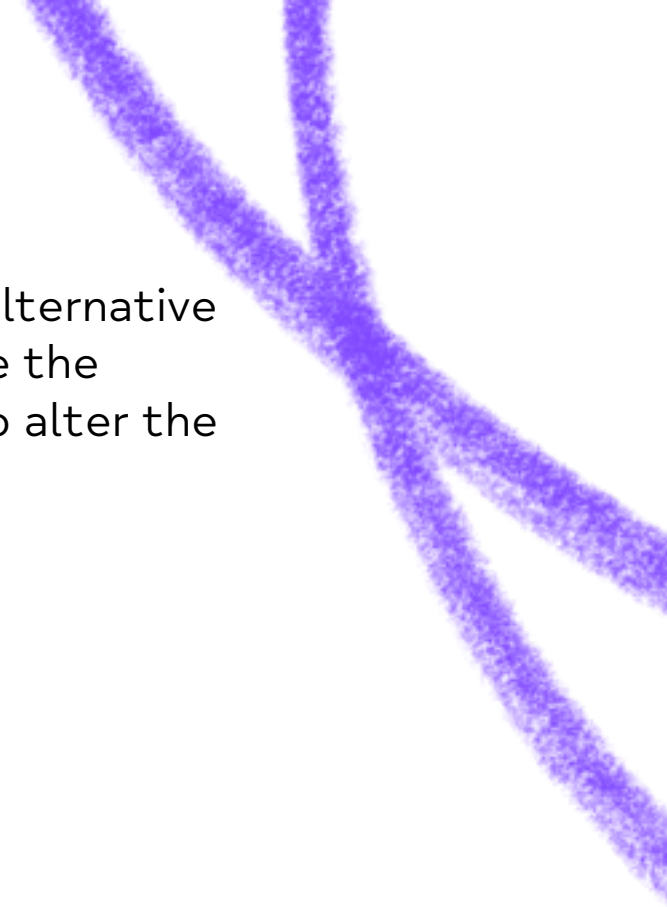




Day 2 Breakdown

Learn to engage processes that identify and support students who require alternative provision to meet their needs. Delegates will be able to provide and evaluate the impact of a range of interventions with individuals and groups, and be able to alter the approach as needed.

- **Module Five:** Targeted support.
- **Module Six:** The role of the student
- **Module Seven:** Building an ethos and environment.
- **Module Eight:** Working with support frameworks.





Post and Mid-Course Support



- Reflective Session for Peer Support –

Each cohort of delegates will be offered an optional session for support midway through the training between day one and day two. This will include reflections on how the training was received, reflection on learning so far and how delegates have put learning into practice.

Post-course support-

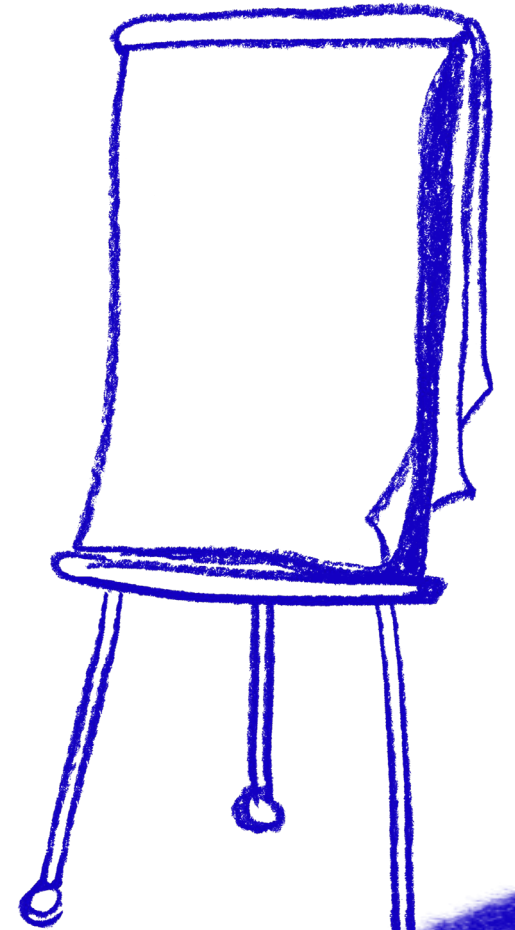
- An optional online session held a term after the end of the second day's training. This would be a trainer led session offering advice and guidance to delegates. It is also an opportunity for delegates to engage with one another and share experiences from their own education environment.



Supplementary Learning

Alongside the core days of training, we will be making supplementary learning documents available to delegates on a range of related topics. These would be designed to take the SMHL further on their journey of professional development on the topic of mental health. These might include:

- Relevant Mental Health Legislation in the UK
- Grounding Practice and Breathing Techniques
- How to implement Trauma-informed Care
- How to implement Reflective Practice
- How to support healthy sleep



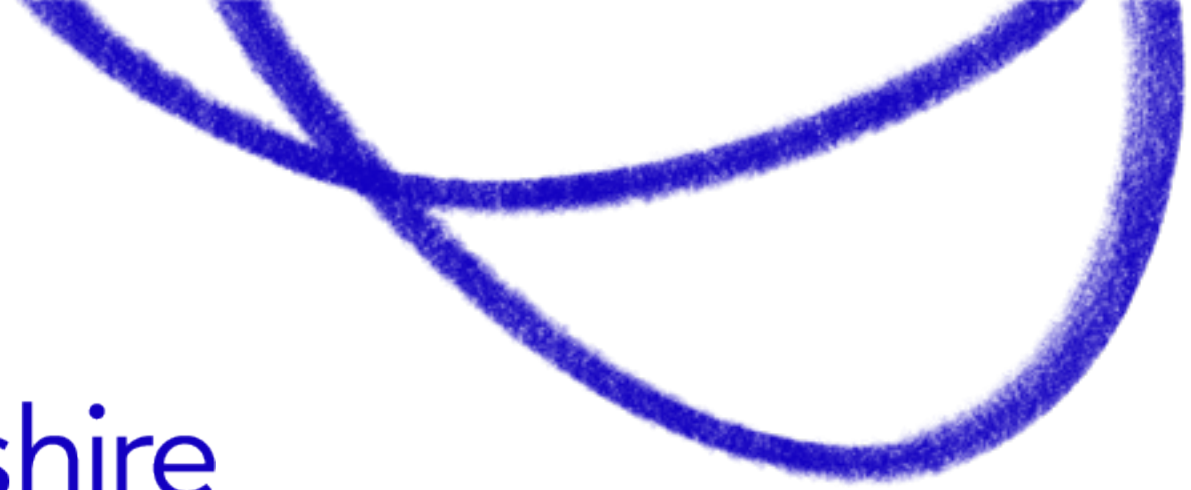


Timeframes + How To Get Involved

Initial interest will be expressed via email to myself and Zaheer. We will then share a formal document with questions to fill in to confirm expression of interest. Once pilot schools are chosen, we will gather the network for an initial kick off discussion that will help us to design the programme around needs.

- Express interest by the 17th January 2025
- 10 schools chosen for pilot by mid February 2025
- Programme content to be defined by end of March 2025
- Programme rollout to begin April 2025





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Thank you for listening

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