

#oeMH17

# 11th Annual MENTAL HEALTH & WELLBEING *in Schools Conference*

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



*“The best conference I have been to – inspirational speakers, quality resources and clarity on how to share my learning back at school”*

WELLBEING LEAD, AVENUE PRIMARY ACADEMY

In partnership with:



# Mental Health & Wellbeing in Schools

8th November 2017 - London

23rd November 2017 - Manchester

**“Mental health problems affect 1 in 10 children and young people but 70% have not had appropriate interventions at a sufficiently early age.”**

**MENTAL HEALTH FOUNDATION, 2017**

Teachers are not mental health professionals, but your school remains on the front line and plays a crucial role in identifying issues and supporting children's mental health provision.

It is crucial therefore, in a landscape of increasing mental health concern, that you and your colleagues have the practical skills and knowledge to offer meaningful support to students across your school.

This year's **Mental Health & Wellbeing in Schools conference** will give you the tools and techniques to develop your own skills in the face of a lack of external support. You will receive a wealth of take-away resources to ensure your whole school can support these vulnerable students.

Please take a moment to look through the programme. We look forward to welcoming you in November.

## Key topics on the day include:

- **Overcoming stigma:** Create a school atmosphere where “it's ok not to be ok” and open conversations around mental health
- **Stress & anxiety:** Practical techniques to help students develop emotional intelligence and build resilience
- **Staff training:** Innovative whole-school training ideas to increase awareness and understanding of mental health difficulties
- **Combating a lack of external support:** Multiple practitioner-led case studies on meaningful, cost-effective support strategies
- **Staff wellbeing:** Practical ideas to promote the wellbeing and emotional health of your colleagues

Plus, targeted workshops covering self-harm, grief and bereavement, depression, the impact of social media on self-esteem, peer support and much more.

Last year we welcomed over 350 delegates to this essential event from schools and academies across the country. Here's what they had to say:

*“A fantastically informative day – so much to take away. I feel so fired up and will take so many ideas back to school”*

**SENCO, FORESTERS PRIMARY SCHOOL**

*“The conference was such a positive experience. I left feeling far better equipped to deliver mental health and wellbeing support”*

**HEAD OF YEAR, ST PAUL'S CATHOLIC COLLEGE**

*“An excellent conference, informative and practical. It has been instrumental in developing work once back at school to support our young people even further”*

**ASSISTANT PRINCIPAL, TOMLINSCOTE SECONDARY SCHOOL**

*“A very thought provoking, fascinating and developmental conference”*

**ASSISTANT HEAD, YSGOL ABERCONWY**

09:00 – 09:45	<b>Registration and refreshments</b>				
09:45 – 10:00	<b>Chair's introduction and welcome</b> Chair's introduction and welcome: The changing role of the school practitioner amidst limited external support and growing mental health concerns				
10:00 – 10:25 <b>Keynote 1</b> Mental health stigma	<b>Overcoming the stigma and social prejudice that still surrounds mental health</b> <ul style="list-style-type: none"> <li>How to create a school atmosphere where “it’s ok not to be ok”</li> <li>Embed simple structures to enable more open communication around mental health</li> <li>Successfully develop and sustain a culture of wellbeing where all staff and students feel they belong</li> </ul> <b>Nina Jackson</b> , Speaker, Author and Education Consultant				
10:25 – 10:50 <b>Keynote 2</b> Whole school Mental Health First Aid	<b>Youth Mental Health First Aid and a whole school approach:</b> How to create a mentally healthy school for pupils, parents and staff <b>Caroline Housell</b> , Director of Business and Partnerships, Mental Health First Aid England				
10:50 – 11:00	Questions				
11:00 – 11:30	Morning refreshments				
11:30 – 12:20	<b>Practical workshops 1</b>				
<b>1A</b>	<b>1B</b>	<b>1C</b>	<b>1D</b>	<b>1E</b>	
<b>Staff training</b>	<b>Self-harm and eating disorders</b>	<b>Curriculum</b>	<b>Grief and bereavement</b>	<b>Depression</b>	
Innovative whole-school training ideas to increase awareness and understanding of the breadth of mental health difficulties and the level of support required <b>Naomi Russell</b> , Manager, Children and Young People, Time to Change	Understand the ‘cycle of self-harm’, identify the signs and open up a dialogue to find the route cause without risking further damaged <i>Take away a guide to the early indications of eating disorders</i> <b>Rachel Welch</b> , Waller Trainer, Charlie Waller Memorial Trust	Embed mindfulness and emotional literacy into the curriculum to empower students and ensure staff have the confidence to engage with mental health <b>Jan Lever</b> , Creator and Director: Jigsaw, the mindful approach to PSHE	Practical coping strategies to offer children and young people dealing with grief, bereavement or trauma at home	A range of techniques to support students with low mood and depression and ensure all staff understand the signs and symptoms that indicate risk <b>Nina Jackson</b> , Speaker, Author and Education Consultant	
12:20 – 13:20	<b>Lunch, networking and exhibition</b>				
13:20 – 14:00 <b>Keynote 3</b> Case studies	<b>How to help when no external support is available – multiple practitioner case studies</b> 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 <b>Clare Erasmus</b> , Director of Mental Health and Wellbeing, The Magna Carta School <b>Sharon Goldstone</b> B.Ed., Personalised Learning Co-ordinator, Chingford Foundation School				
14:00 – 14:20 <b>Keynote 4</b> Social media	<b>Understanding the impact social media has on mental wellbeing:</b> How to combat the negative effects of being ‘plugged in’ 24/7, and speak to students about the dangers in ways that resonate <b>Holli Rubin</b> , Psychotherapist and Body Image Specialist				

14:20 – 14:30 <b>Keynote 5</b> Wellbeing award	In partnership with the National Children’s Bureau, clarify how your school can achieve the accredited <b>Wellbeing Award</b> to develop and improve current practice and show your commitment to promoting wellbeing as part of school life <b>Matthew Dodd</b> , Principal Officer, National Children’s Bureau			
14:30 – 14:40	Questions			
14:40 – 15:30	<b>Practical workshops 2</b>			
<b>2A</b>	<b>2B</b>	<b>2C</b>	<b>2D</b>	<b>2E</b>
<b>Stress &amp; anxiety</b>	<b>Self-esteem</b>	<b>Play therapy - primary</b>	<b>Data management and support</b>	<b>Suicidal ideation</b>
<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><b>Nina Jackson</b>, Speaker, Author and Education Consultant</p>	<p>Simple strategies to boost children’s self-esteem and self-image and embed an inclusive culture across your school</p> <p><b>Dr Ruth M. MacConville</b> SENDIST Tribunals Manager</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><b>Ruth Lazarus &amp; Helen Gedge</b>, Qualified Play Therapists, BAPT</p>	<p>Strategic use of data to manage the increasing volume of cases, identify patterns and trends and enable quick and effective support for vulnerable children</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><b>Rachel Welch</b>, Waller Trainer, Charlie Waller Memorial Trust</p>
15:35 – 15:55	Afternoon refreshments			
15:55 – 16:45	<b>Streamed Sessions 3</b>			
<b>3A</b>	<b>3B</b>	<b>3C</b>	<b>3D</b>	<b>3E</b>
<b>Staff wellbeing</b>	<b>Attachment issues</b>	<b>Parents and families</b>	<b>Autism spectrum disorder</b>	<b>Peer support</b>
<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><b>Nina Jackson</b>, Speaker, Author and Education Consultant</p>	<p>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><b>Bianka Kuhn</b>, Training Team Leader, YoungMinds</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><b>Samantha Garner</b>, Director, Garner Education Services Ltd</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>Understand the different approaches to peer mentoring and peer support in schools and how it can be used to promote emotional wellbeing</p> <p><i>Read our school case study on peer support to build resilience</i></p> <p><b>Clare Erasmus</b>, Director of Mental Health and Wellbeing, The Magna Carta School</p>
16:45	<b>Conference Close</b>			

## Keynote speakers Include

### Nina Jackson

Speaker, Author and Education Consultant

Nina is an International Education Consultant, best-selling author and a leading International Mental Health Ambassador.

Winner of the IPDA International Prize for Education and described by the TES as an 'inspirational, evangelical preacher of education', Nina is a tour-de-force when it comes to enlivening teaching and learning for all.

Nina believes that if your students, teachers and school community are not happy and emotionally well, the environment for effective teaching and learning does not exist. Her personal and professional experience in this area will totally transform this most taboo of subjects into an open and honest philosophy for development in your school.



### Holli Rubin

Psychotherapist and Body Image Specialist

Holli has been working tirelessly engaged in initiatives to raise awareness of body image and provide a platform for girls and boys to begin to understand their relationship with their own bodies and to ultimately live comfortably in them. A prominent body-image specialist, Holli contributes to several government projects including the All-Party Parliamentary Group campaign on Body Image. Her insight and experience is helping drive change at a national level so that body image education becomes part of a bigger conversation. Holli continues to engage Government in the idea that early intervention is essential in order for body image problems to cease endangering the lives of boys and girls.



### Caroline Housell

Director of Business and Partnerships, Mental Health First Aid England

Caroline Housell was one of the first MHFA England Instructors to be trained and joined the national MHFA England training team in 2007, taking on the role as national Quality Assurance Lead in 2012. In 2015 she was appointed into a new role as MHFA England's Director of Partnerships and Business.

With a previous background as a careers consultant and psychometric testing expert for schools across Europe and UK, Caroline has a clear understanding of how MHFA fits into the Youth market and is very informed around this subject area. She also has lived experience of being a young carer for a family member who had mental health issues.



## Other speakers attending

### Matthew Dodd

Principal Officer, National Children's Bureau



### Rachel Welch

Waller Trainer, Charlie Waller Memorial Trust



### Clare Erasmus

Director of Mental Health and Wellbeing, The Magna Carta School



### Bianka Kuhn

Training Team Leader, YoungMinds



### Samantha Garner

Director, Garner Education Services Ltd



### Ruth Lazarus

Qualified Play Therapists, BAPT



### Sharon Goldstone B.Ed.

Personalised Learning Co-ordinator, Chingford Foundation School



### Naomi Russell

Manager, Children and Young People, Time to Change



### Jan Lever

Creator and Director: Jigsaw, the mindful approach to PSHE



## This year...

Due to overwhelming demand for this event, we will now be running the conference in two separate locations:

**8th November – London**  
**23rd November – Manchester**

Gain access to 15 practical workshops, 4 expert-led keynotes and join a network of over 300 peers and experts to support your practice.

## Unlimited CPD is here

Now you can attend all our one-day conferences for one annual cost, as well as having full access to our Knowledge Centre and over 40 download-and-deliver professional training courses.

Find out more at  
**[optimus-education.com](http://optimus-education.com)**

# Mental Health & Wellbeing in Schools

8th November 2017 - London

23rd November 2017 - Manchester

## How to register

1. Book online and receive instant confirmation

[www.oego.co/MH17](http://www.oego.co/MH17)

2. Email: [james.allen@optimus-education.com](mailto:james.allen@optimus-education.com)

3. Questions: Call James on 020 3325 0362

Please see

[www.oego.co/TandCs](http://www.oego.co/TandCs) for our subscriptions, cancellations and refund policy

## Pricing

Prices	Book before 21/07/17	Book after 21/07/17
Primary	£269 + VAT	£299 + VAT
Secondary	£349 + VAT	£379 + VAT
LAs	£399 + VAT	£429 + VAT
Others	£429 + VAT	£459 + VAT
Unlimited CPD	Included in your Unlimited CPD membership fee	

## 4 steps to delivering Mental Health & Wellbeing in Schools

1

**Before**  
the day

**Read our guide to getting started with mindfulness in the classroom.**

**PLUS**

- Use the self-assessment survey to identify areas of current provision in need of support
- View our webinar on emotion coaching in the classroom

2

**During**  
the day

**Access a network of experts and peers to support the mental health of your students**

**PLUS**

- Use our guide to meeting the emotional needs of young people with attachment difficulties
- Tailor your CPD by choosing workshops to suit your specific needs
- Take away a resource on the early indications of eating disorders

3

**After**  
the day

**Watch our webinar on using therapeutic techniques to support pupils with anxiety**

**PLUS**

- Download the speaker presentations
- Use the self-assessment survey to see what you've learnt
- Gain strategies for supporting young people who have been bereaved

4

**Share**  
across your school

**Access unit 1 of the Managing Self-Harm in-school training programme\***

**PLUS**

- Share our toolkit for supporting students with suicidal ideation
- Distribute our resources on using positive psychology to boost pupil wellbeing

Start accessing these resources today by creating a free delegate account on [oego.co/MH17](http://oego.co/MH17)

**Remember, Optimus Unlimited members can attend and access resources for 35+ conferences a year!**

**Get in touch to learn more**

\*Access for Unlimited members only