

#oeMH

# 12th Annual MENTAL HEALTH & WELLBEING *in Schools*

Gain the latest strategies, practical skills and resources to prevent and support mental health issues in children and young people

[oego.co/MH18](http://oego.co/MH18)



*“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

14 November 2018 - London

22 November 2018 - Manchester

## “School referrals for mental health treatment rise by over a third”

**NSPCC, MAY 2018**

A recent article from the NSPCC highlighted the increasing challenges schools are facing around mental health, with an average of 183 referrals made per school in 2017/18.

With the number of pupils with mental health difficulties continuing to rise and access to specialist support increasingly challenging, it's vital you and your colleagues can provide meaningful support to students across your school.

This year's **Mental Health & Wellbeing in Schools** conference is your opportunity to gain the latest strategies, practical skills and resources to ensure your whole school can support these vulnerable students.

### Key focuses on the day include:

- **Designated mental health lead:** Clarify the latest recommendations from the green paper and the new role of the designated mental health lead in schools.
- **Person-centred approach:** Ensure all staff are proactive and create a person-centred approach to supporting mental health needs.
- **Anxiety:** Know the root causes of anxiety and how to offer meaningful support to students suffering high levels of anxiety.
- **Staff Training:** Gain new engaging methods to lead mental health training for all staff.
- **Workload:** Know how to manage the increasing workload of supporting mental health needs in school.

Plus, targeted workshops covering stress, resilience, staff wellbeing, suicidal thoughts, peer support and much more.

Last year we welcomed over 500 delegates across both events. Here's what they had to say:

*“Absolutely fantastic, a thoroughly enjoyable experience to network, listen and take practical ideas back to school. Thank you!”*

**TEACHER OF MATHEMATICS & MINDFULNESS,  
LINCROFT SCHOOL**

*“A very well organised day with a great range of topics covered by some very knowledgeable and engaging speakers”*

**DEPUTY HEADTEACHER, MERSEY PARK**

*“Very motivating and inspiring. Made me determined to do more mental health work at work and to really forge ahead with this work”*

**INCLUSIONS OFFICER, THE HEATH SCHOOL**

*“An excellent day that was very inspiring and informative. Thank you!”*

**ASSISTANT HEADTEACHER/SENCO, HIGHFIELDS  
PRIMARY SCHOOL**

## This year's speakers include:

### Caroline Hounsell

Director of Partnerships, Product Development and Training, MHFA England



Caroline was one of the first MHFA England instructors to be trained and joined the national MHFA England training team in 2007. In 2015, she was appointed into a new role as MHFA England's director of partnerships and business. Caroline runs MHFA instructor refresher workshops, is a regular speaker at conferences and is an all-round advocate of MHFA.

### Claire Eastham

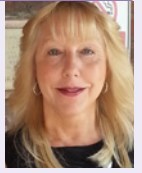
Author and award-winning mental health blogger



Claire Eastham is a mental health blogger and bestselling author of the book 'We're All Mad Here.' Drawing on her own experiences to talk about social anxiety and panic attacks, Claire is known for her relatable and honest approach, bridging the gap between health professionals, doctors and those who live with mental illness.

### Sharon Goldstone B.Ed.,

Deputy Safeguarding Lead, Early Help Officer, Mental Health & Wellbeing, Chingford Foundation School



Last year Sharon shared her plans with us to counteract Mental Health Services being scaled back by up-skilling students and support staff. This year, she shares how this became a reality through setting up 'The Listening Club' at school, with hints and tips for others to do the same.

### Julia Watson

Clinical Hypnotherapist and Psychotherapist, Oxford Family Hypnotherapy



Julia Watson is a solution-focused hypnotherapist, wellbeing consultant and Optimus Education Wellbeing Award for Schools advisor. Her work is based in modern neuroscience, bringing a brain-based, solution-focused approach to staff wellbeing. Julia also runs her own retreat company, bringing stress-busting retreats to organisations and businesses.

### Naomi Russell

Manager, Children and Young People, Time to Change



Naomi has worked for the Time to Change Children and Young People's team since 2013, aiming to improve the knowledge, attitudes and behaviour of young people and families around mental health. Naomi convenes a mental health network of senior leaders from 15 Bristol secondary schools and is also a trained person-centred psychotherapist working with women affected by domestic violence.

### Martin Staniforth

Dove Self-Esteem Project Catalyst



Martin is the co-founder of Laughing Phoenix, a consultancy that helps organisations with their 'purposeful positioning'. As such, he has facilitated the global Dove Self-Esteem Project since 2003, creating a range of body image resources for teachers, youth leaders, parents and young people. He also co-leads Creative Beings CIC, a social enterprise using artistic processes for wellbeing.

### Anna Bateman

Education Consultant and Trainer



Anna has over 24 years' experience in education as a teacher, national and international trainer, consultant and head of service for a transformative emotional literacy curriculum. Most of her working week is spent actively working in primary and secondary schools. Anna has been on two interim executive boards, is an associate lecturer, an Optimus Education Wellbeing Award for Schools advisor and an academic resilience facilitator for Young Minds.

### Rebecca Baxter

Head of Middle School, St Albans School



Having joined the teaching profession in 2008 after a brief spell working in the film industry, Rebecca has a firm belief in the need for a holistic approach to pastoral care and the importance of supporting wellbeing in order to enable young people to achieve in all aspects of their lives. Rebecca has recently been working on campaigns related to screen time and mental health, as well as research into the benefits of yoga and mindfulness for pupils.

### Wendy Gleave

Trainer, YoungMinds



Wendy Gleave is part of the training and consultancy team at YoungMinds and has experience in both the primary and secondary sector. Wendy has developed and delivered bespoke training on a range of issues concerning mental health including digital resilience and trauma and has undertaken the Facilitating Academic Resilience Approach course accredited by the University of Brighton.

See who else will be joining our fantastic line-up by visiting [oego.co/MH18](https://oego.co/MH18)

**Gain access to 15 practical workshops, three expert-led keynotes and join a network of over 500 peers and experts to support your practice.**

Optimus Education offers a wealth of expertise to support your whole-school improvement. From non-curricular awards, timely and informative conferences, packaged and bespoke consultancy, to in-house training and membership, Optimus is your one-stop-shop for your school or academy.

Head to

**[oego.co/Optimus-18](https://oego.co/Optimus-18)**

to find out more.

09:00 – 09:45	<b>Registration and refreshments</b> <b>Morning mindfulness session, Teen Yoga</b>				
09:45 – 10:00 <b>Chair's introduction</b>	Chair's introduction and welcome <b>Caroline Hounsell</b> , Director of Partnerships, Product Development and Training, MHFA England				
10:00 – 10:30 <b>Keynote 1</b>	<b>Transforming children and young people's mental health provision:</b> understand the latest recommendations from the green paper and the role of the new designated mental health lead in schools				
10:30 – 11:00 <b>Keynote 2</b>	Engage and communicate effectively with parents and families about their child's mental health Know how to open a dialogue with all parents about mental health to increase awareness. Learn how to have difficult conversations with parents. Equip parents with the skills to provide appropriate support at home. <b>Claire Eastham</b> , Author and Mental Health Blogger, We're All Mad Here				
11:00 – 11:10	Questions and answers				
11:10 – 11:40	Morning refreshments				
11:40 – 12:30	<b>Practical workshops 1</b>				
<b>1A</b>	<b>1B</b>	<b>1C</b>	<b>1D</b>	<b>1E</b>	
<b>Anxiety &amp; Depression Secondary</b>	<b>Anxiety &amp; Depression Primary</b>	<b>Staff Training</b>	<b>Workload</b>	<b>Parents Mental Health</b>	
New, proven and adaptable strategies to respond to and support the growing number of pupils experiencing anxiety and depression	Practical strategies for primary schools to ensure all staff can provide support for pupils showing signs of anxiety, depression and panic attacks  <b>Julia Watson</b> , Clinical Hypnotherapist and Psychotherapist, Oxford Family Hypnotherapy	Fresh and engaging methods to lead mental health training for staff and ensure all staff know the steps to take to support pupils  <b>Naomi Russell</b> , Manager, Children and Young People, Time to Change	Practical ways to manage the increasing workload of supporting mental health needs in school and create a healthy work-life balance	How to appropriately support children whose parents struggle with mental health issues  <b>Sarah Berman</b> , Trainer, YoungMinds	
12:30 – 13:30	<b>Lunch, networking and exhibition</b> Spotlight: Provision mapping for superhero SENCOs, Edukey				
13:30 – 14:00 <b>Keynote 3</b>	<b>How to create a person-centred approach to supporting mental health needs:</b> ensure all staff are being proactive, understand the importance of listening and can provide effective support <b>Caroline Hounsell</b> , Director of Partnerships, Product Development and Training, MHFA England				
14:00 – 14:05	Questions and answers				

14:05 – 14:55		<b>Practical workshops 2</b>				
<b>2A</b>	<b>2B</b>	<b>2C</b>	<b>2D</b>	<b>2E</b>		
<b>Stress - Secondary</b>	<b>Behaviour - Primary</b>	<b>Online</b>	<b>Media</b>	<b>Peer Support</b>		
<p>Learn new techniques to share with pupils to manage stress and create a culture where they pursue a positive mindset</p> <p>Plus, read our six ways to reduce pupil stress</p>	<p>How to identify pupils whose behaviour suggests they may have unmet mental health needs and ensure all staff can provide the extra support</p> <p>Find out how one school took steps to recognise the needs behind poor behaviour</p> <p><b>Judith Staff,</b> Teacher, Trainer, Safeguarding &amp; Protective Behaviours</p>	<p>Understand the impact of social media on pupils mental health, the pressure it creates on pupils and how to manage cyberbullying</p> <p>Take away our guide to the effects of online disinhibition and how to discuss it with pupils</p> <p><b>Wendy Gleave,</b> Trainer, YoungMinds</p>	<p>Learn to confidently discuss how the body is portrayed in the media and challenge pupils misconceptions of the 'perfect' body to promote a healthy approach to body image</p> <p>Includes a USB with resources from the Dove Self-Esteem Project</p> <p><b>Martin Staniforth,</b> Dove Self-Esteem Project Catalyst</p>	<p>Understand what works in peer support for children and young people's mental wellbeing and how to build it within your school</p> <p><b>Sharon Goldstone</b> <b>B.Ed.,</b> Deputy Safeguarding Lead, Early Help Officer, Mental Health &amp; Wellbeing, Chingford Foundation School</p>		
14:55 – 15:15		<b>Afternoon refreshments</b>				
15:15 – 16:05		<b>Practical workshops 3</b>				
<b>3A</b>	<b>3B</b>	<b>3C</b>	<b>3D</b>	<b>3E</b>		
<b>Suicidal Thoughts - Secondary</b>	<b>Resilience - Primary</b>	<b>Stigma</b>	<b>Bereavement</b>	<b>Staff Wellbeing</b>		
<p>Understand your legal responsibilities when working with a student experiencing suicidal thoughts and know the questions you need to ask</p>	<p>Learn how to build resilience and confidence and equip pupils with the ability to bounce back</p> <p><b>Anna Bateman,</b> Education Consultant and Trainer</p>	<p>How to run mental health awareness training for pupils, staff and parents to reduce the stigma and highlight the importance of positive mental health</p> <p><b>Rebecca Baxter,</b> Head of Middle School, St Albans School</p>	<p>Know how to provide meaningful support to bereaved pupils and manage the possible long-term impact</p> <p>Plus, share our guide to supporting bereaved pupils with your staff</p>	<p>How to reduce staff stress and gain proven methods to manage challenges and promote staff wellbeing</p> <p><b>Julia Watson,</b> Clinical Hypnotherapist and Psychotherapist, Oxford Family Hypnotherapy</p>		
16:05		<b>Conference close</b>				

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## How to register

1. Book online and receive instant confirmation  
[www.oego.co/MH18](http://www.oego.co/MH18)
  2. Email: [conference.booking@optimus-education.com](mailto:conference.booking@optimus-education.com)
  3. Questions: call us on 0845 4506404
- Please see [oego.co/TandCs](http://oego.co/TandCs) for our subscriptions, cancellations and refund policy

## Pricing

Prices	Book before 14/09/18	Book after 14/09/18
Primary	£279 + VAT	£309 + VAT
Secondary	£359 + VAT	£389 + VAT
LAs	£399 + VAT	£429 + VAT
Others	£439 + VAT	£469 + VAT
Premium Plus	You could attend this event as part of your Premium Plus package. For further information please contact your Account Manager.	

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

1

**Before**  
the day

**Create your account at [oego.co/MHResources](http://oego.co/MHResources) and gain access to pre-event reading and resources**

**PLUS**

- Share our guide to supporting bereaved pupils with your staff
- Read our six ways to reduce pupils stress

2

**During**  
the day

**Have your burning questions answered by our experts and outstanding practitioners**

**PLUS**

- Discuss challenges with peers and build up a network of support
- Select targeted workshops to suit your specific needs

3

**After**  
the day

**Log in at [oego.co/MHResources](http://oego.co/MHResources) to download the speaker presentations and share these with colleagues**

**PLUS**

- Gain access to our case study on how one school took steps to recognise the needs behind poor behaviour
- Read our guide to the effects of online disinhibition and how to discuss it with pupils

4

**Share**  
across your school

**Use 5 units of our Managing Neglect training programme\***

\*Access to download and deliver training modules for Premium Plus members only. Get in touch to find out more about the benefits of becoming an Optimus Premium Plus member.