

Mental Health & Wellbeing in Schools

Develop in-school support to provide early help to children experiencing mental health issues and promote wellbeing

Four digital modules
4 November – 16 November 2020

London
24 November 2020



Expert speakers include:

Professor Barry Carpenter OBE

Professor of Mental Health in Education, Oxford Brookes University

Samantha Garner

Director, Garner Education Services Ltd

Sharon Gray NLE OBE

Educational Consultant, Wholehearted Learning

Nicola S Morgan

Education Consultant, NSM Training & Consultancy LTD

RE-CONNECTION

Explore the theory and practice of re-connection, recovery and resilience

MULTI-AGENCY WORK

Learn about growing trends in young people's mental health and how to get the most out of multi-agency work

TRAUMA AND ANXIETY

Benefit from best practice and support young people and their families

With the need for pastoral support, safeguarding and wellbeing services predicted to reach an all-time high, schools remain on the front line in promoting and protecting children and young people's mental health and wellbeing.

Now in its 14th year, our Mental Health & Wellbeing in Schools conference enables you to network with leading experts and practitioners and take away proven strategies and resources to make a real difference to students affected by mental health issues.

Key focuses of the event include:

- Re-connection, recovery, and resilience: the theory, neuroscience and practical implementation
- Growing mental health needs and trends: gain an overview of the changing nationwide mental health needs of young people from a clinical consultant psychologist
- Individual needs: support the positive mental health of young people with special educational needs, including girls with autism
- Gain strategies to support students affected by trauma, adverse childhood experiences, bereavement, and anxiety

Speakers include:



Samantha Garner (Chair)

Director, Garner Education Services Ltd

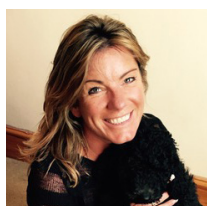
Sam is a renowned speaker, trainer, and author on mental health and SEN. Additionally, Sam is a qualified cognitive behaviour therapist and a child and adolescent counsellor.



Professor Barry Carpenter OBE CBE, PhD

Professor of Mental Health in Education, Oxford Brookes University

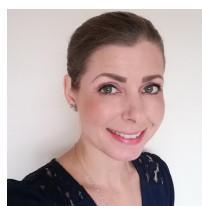
Barry is the UK's first professor in mental health in education, awarded both OBE and CBE for his services to children with special needs.



Sharon Gray OBE NLE

Education Consultant, Wholehearted Learning

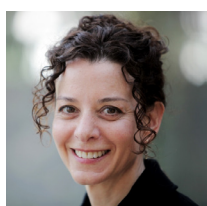
Sharon has 28-years' experience working with children, including having been a headteacher for 20 years, an Ofsted inspector for 9 years, and is currently an education consultant for Wholehearted Learning.



Alice Newton-Leeming

Founder, Mental Health Learning

Alice has worked and studied in the field of mental health and suicide prevention for more than 12 years, focusing particularly on young people. Alice was one of the first UK trainers to provide the ASK workshop - Assessing Suicide Risk in Kids.



Dr Emma Silver

Consultant Clinical Psychologist, Tavistock and Portman NHS Foundation Trust

Emma has more than 25-years' experience working in a range of settings with children, young people, and families.

I always leave the Mental Health & Wellbeing in Schools conference bursting with ideas and re-energised

DEPUTY HEADTEACHER AND DSL, ALLFARTHING

PRIMARY SCHOOL

Programme includes:

Chair's introduction and welcome

Samantha Garner, Director, Garner Education Services Ltd

Reconnection, recovery, and resilience

Professor Barry Carpenter, OBE, CBE, PhD, Professor of Mental Health, Oxford Brookes University
Sharon Gray, OBE NLE, Education Consultant, Wholehearted Learning

Growing mental health issues and working with other agencies

Dr Emma Silver, Consultant Clinical Psychologist, Tavistock and Portman NHS Foundation Trust

Interactive sessions

Anxiety:

Hear why students may be struggling with anxiety, explore the biology and key developmental stages of anxiety and gain strategies to help support anxious students

Supporting transition and building resilience:

Recognise how to build students' resilience, identify and explore their worries about moving to secondary school and gain possible solutions

Emotion coaching and early wellbeing:

Gain tools such as emotion coaching to enhance the wellbeing of EYFS and primary children

Trauma:

Learn more about how trauma, adverse childhood experiences, and attachment theory impact on pupil mental health

SEND wellbeing:

Learn from experts on how best to assist the mental health and wellbeing of students with special educational needs and disabilities

Friendship resilience and self-esteem:

How to support students to recognise and resolve friendship issues and develop resilience and self-esteem

Bereavement and grief:

Benefit from expert knowledge to best support the mental health and wellbeing of students who are affected by bereavement

Self-harm and harmful behaviours:

Understand more about why students self-harm, the language you can use to support students and their families, and gain strategies to share with your whole school team

Containment:

Explore how to create a safe space for SEMH students through the theory of containment

Children missing education:

Support children who are missing from education, strategies for helping reintegration, and reducing anxiety or school avoidance

Working with families:

Understand the latest advice on how to communicate with families, improve parental engagement and foster positive relationships

Supporting girls with autism:

Top tips and strategies to recognise and support the mental health of girls with autism

To see the full programme visit oego.co/MH20

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Best CPD/training I've attended in a long time! Fabulous speakers who were informative, engaging, and drew on both experience and research to substantiate their views whilst offering great strategies

DEPUTY HEADTEACHER, MOOR HOUSE SCHOOL AND COLLEGE

Prices	London price	Digital price
Primary	£309 + VAT	£209 + VAT
Secondary	£389 + VAT	£289 + VAT
LA	£429 + VAT	£329 + VAT
Other	£469 + VAT	£369 + VAT
Premium Plus Member	This event may be part of your subscription. For further details contact your account manager	

Book online at: oego.co/MH20

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