



Staff and Pupil Mental Health and Wellbeing CPD & Resources

Staff Mental Health and Wellbeing	
Staff group	CPD
All staff	<p>Building Resilience (equally applicable to staff and pupils) free online recording – Hope Smith (The Pilgrim School) one hour:</p> <p>#NCELive Podcast Special with Amy Edmondson - author of The Fearless Organisation Building psychological safety in our schools and organisations - free 40 minute recording</p> <p>BUPA Wellbeing for Educators free whole-staff workshops and follow-up support. Wellbeing for Educators workshops will help you to:</p> <ul style="list-style-type: none">• Raise self-awareness about your personal motivations for having good energy and what’s affecting your energy and wellbeing• Understand how you treat your body affects your energy, with tools to keep a positive mindset• Identify simple ways to manage your energy every day with a personal action plan. <p>2x 90 minute workshops, SLT must be involved, follow up support and resources.</p> <p>Creative Education with Pooky Knightsmith Schools can freely access podcasts, resources, one weekly free time-limited online on-demand CPD linked to staff and personal wellbeing as well as pupil wellbeing; certificates can be saved and printed on completion. Sign up for a free 14-day trial; you will then receive email alerts about upcoming free webinars and free online on-demand cpd. For full access to all courses £7 individual, £620 per school to include CPD tracking.</p> <p>Anna Freud recommended training and resources to support those with responsibility for mental health and wellbeing (staff and pupil)</p> <p>Education Support Mental Health and Wellbeing Hub Free elearning modules focused on personal reflection practice and peer support models – available June 21 date tbc</p>



Staff and Pupil Mental Health and Wellbeing CPD & Resources

KYRA in partnership with Hope Smith, The Pilgrim School: Staff wellbeing and resilience

F2F Lincoln and possibility online £75 or 2 KYRA credits

This half-day workshop will support your staff team to:

- Acknowledge where they are
- Normalise and validate feelings
- Engage in psychoeducation – mental health and resilience
- Develop strategies to support themselves in the short and longer-term

The session will combine delivery of content with discussion-based activities and opportunities for Q and A. This workshop can be booked as an open course or bespoke for your school group/Trust. An optional follow-up workshop is available to support you to evaluate your progress and plan next steps.

[Book here for course on 17.11.21](#)

[Book here for course on 19.01.22](#)

Caring2Learn (Lincolnshire Schools only) free whole-staff and group CPD linked to staff wellbeing e.g. raising awareness of secondary or vicarious trauma/avoiding burnout and mindfulness. CPD details for summer 21 and 2021-22 to be published soon. Contact Krysta Parsons for more information: Krysta.Parsons@lincolnshire.gov.uk

Futures in Mind Bespoke Psychological Services

We can create bespoke, tailor-made supervision and coaching packages for your school. From individual to group supervision and coaching, we can create a package that will meet the needs of your school and your staff.

It is imperative that schools support staff wellbeing for many reasons: to promote resilience; avoid staff 'burnout' and reduce the possibility of 'vicarious trauma'. Supervision and coaching sessions, facilitated by highly trained and experienced educational psychologists, provide multiple benefits:

- Develop resilience and wellbeing
- Support feelings of belonging
- Develop problem-solving and solution finding skills
- Increase feelings of competence
- Reduce stress; avoid 'burnout'

Cost: tbc depending on number of sessions commissioned.

Contact Futures in Mind to find out more: <https://futuresinmind.org/our-services/bespoke-supervision-support-packages/>



Staff and Pupil Mental Health and Wellbeing CPD & Resources

<p>Senior Mental Health Leads/Wellbeing Champions</p>	<p>Mental Health First Aider (MHFA) 2-day certificated training MHFA online training (MHFA England)</p> <p>Supporting Staff seminar Supporting Staff seminar free recording (Anna Freud)</p>
<p>Governors</p>	<p>How and why school governors should support staff mental health and wellbeing – Governors for Schools free one- hour webinar Governors for Schools: School staff wellbeing resources for Governors DfE Governance Handbook (2020) 3.1 Boards’ relationship with executive leaders, School Staffing Regulations, The Working Time Regulations, 3.4 staff workload. National Governance Association (NGA) Teacher workload and wellbeing resources (membership required).</p>
<p>Senior Leaders</p>	<p>Mental Health First Aider (MHFA) 2-day certificated training MHFA online training (MHFA England)</p> <p>MHFA England additional courses - Mental Health Knowledge/Skills for Managers Aims: Identify if an employee may be experiencing mental health issues; feel confident having open conversations about mental health with their team members; appropriately signpost to available support and know where to go for support and guidance for themselves; role model good self-care practice, inspiring their teams to look after their own mental health and wellbeing. Group booking required.</p> <p>KYRA Mobilise Staff Wellbeing Project Are you looking to prioritise and improve staff mental health and wellbeing in your school? This one-year 5 PLC project will support schools to develop approaches that genuinely ‘put staff first,’ exploring whole-school and targeted approaches to promote positive staff mental health and wellbeing, considering the evidence and exploring best practice in:</p> <ul style="list-style-type: none"> • Staff mental health and wellbeing within a whole-school approach and the role of the Governing Body • System, workplace and individual response to wellbeing • The role of leadership and trauma-informed organisational culture • Workload and wellbeing



Staff and Pupil Mental Health and Wellbeing CPD & Resources

- Reflective Practice
- Reducing mental health stigma in schools
- Professional and career development

Clusters will receive additional support from a range of outside agencies and services, local charities and healthcare professionals, raising awareness of the support available to staff in schools. Schools will be supported to develop an evidence-informed tiered framework promoting staff wellbeing, ensuring universal, targeted and specialist support is coherent and consistent. Registered schools will have exclusive access to a resource bank to support the implementation of this project in school.

Cost: £3.75 per pupil minimum £400, maximum £1875 per school. You can book here: <https://forms.gle/bLZcjKUdkLEBMXc57> (Federations/Trusts wishing to register multiple schools should contact the Mobilise Team directly: Mobilise@kyra.anthemtrust.uk)

Supervision for Headteachers, Senior Leaders and staff who would benefit from supervision

[Education Support Headteachers' facilitated peer support](#) – 4 free sessions; there may be future opportunities to access free supervision for Headteachers, check via the same link.

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- Increase feelings of competence
- Reduce stress; avoid 'burnout'

Cost: tbc depending on number of sessions commissioned.

Contact Futures in Mind to find out more: <https://futuresinmind.org/our-services/bespoke-supervision-support-packages/>

Supporting Staff seminar – free one hour recording. Keynote from Sinead McBrearty – Education Support, Peterhouse school case study, mentalization: [Supporting Staff seminar free recording \(Anna Freud\)](#)



Staff and Pupil Mental Health and Wellbeing CPD & Resources

[KYRA Thriving and Flourishing](#) £375

This Leadership Development Programme for senior leaders, consists of 1 F2F and 6 bitesize online sessions. Lead by Maggie Farrar it will explore ways in which you can attend to your own well-being, create a sense of inner safety and balance, and draw on your inner resources of wholeheartedness compassion and resilience to lead during times of change and uncertainty.

KYRA in partnership with The Pilgrim School: Mental Health for Senior Leaders: Creating a healthy workplace and workforce £75 or 2 KYRA credits

This half-day session will focus on raising awareness of mental health through a staff perspective.

Overview and aims –

- Understand the difference between mental health and mental illness.
- Raise awareness of stress, possible causes and signs.
- Gain insight into the state of mental illness nationally.
- Be aware of mental illness within the education sector.
- Recognise the importance of investing in employee mental health.
- Raise awareness of strategies that can support employee mental health.
- Recognise the link between mentally healthy schools and mentally healthy pupils.

[Book here for course on 18.05.22](#)

[Book here for course on 09/02/22](#)

KYRA Staff wellbeing and workload – making a real difference and creating a culture of care - £175 or 4 KYRA credits

Bringing the DfE Workload Reduction Toolkit to life with a strong focus on the evidence-base and effective school-based practice examples, this 6-session online programme will equip senior leaders with the tools to make changes to policy and practice, impacting positively on teacher workload and wellbeing whilst maintaining the core focus of improving pupil outcomes. Best-practice guidance to support effective implementation and evaluation of impact is a focus within all sessions.

Session 1: Identifying the issues – what’s really going on with workload and wellbeing? Action planning for growth.

Thursday 23rd September 13:00-15:00

Session 2: Purposeful assessment – what works for learners and teachers? Tuesday 23rd November 2021 9.30-11.30

Session 3: Less marking, more feedback! Exploring the principles of effective feedback. Wednesday 2nd February 13:00-15:00

Session 4: Curriculum planning – high impact, time-effective approaches. Tuesday 22nd March 2022 9.30-11.30



Staff and Pupil Mental Health and Wellbeing CPD & Resources

	<p>Session 5: Supporting children and young people’s mental health and behaviour – why getting this right is key to impacting positively on teacher wellbeing. Monday 25th April 13:00-15:00</p> <p>Session 6: Staff wellbeing and workload – promoting a work/life balance and maintaining personal boundaries. The importance of proactive, universal and targeted approaches to promote staff wellbeing. Tuesday 14th June 9:30-11:30</p> <p>Course booking link</p>
<p>DSLs/Deputy DSLs/SENCOs/Support staff/Pastoral Team</p>	<p>Futures in Mind Bespoke Psychological Services We can create bespoke, tailor-made supervision and coaching packages for your school. Supervision and coaching sessions, facilitated by highly trained and experienced educational psychologists, provide multiple benefits:</p> <ul style="list-style-type: none"> • Develop resilience and wellbeing • Support feelings of belonging • Develop problem-solving and solution finding skills • Increase feelings of competence • Reduce stress; avoid ‘burnout’ <p>Cost: tbc depending on number of sessions commissioned. Contact Futures in Mind to find out more: https://futuresinmind.org/our-services/bespoke-supervision-support-packages/</p> <p><u>Maintaining Boundaries for TAs</u> KYRA in partnership with The Pilgrim School £75 or 2 KYRA credits This ½ day course for TAs explores:</p> <ul style="list-style-type: none"> • What are boundaries and why do we need them? • Working as a Professional Helper – what does this mean and what does it look like? • How to support children and young people to engage in learning in a safe and bounded way. <p>Online July 2021 F2F (Lincoln) 11.05.22 with possibility of online also</p>
<p>Teachers</p>	<p>KYRA Staff wellbeing and workload – making a real difference and creating a culture of care -£175 or 4 KYRA credits</p>



Staff and Pupil Mental Health and Wellbeing CPD & Resources

	<p>Bringing the DfE Workload Reduction Toolkit to life with a strong focus on the evidence-base and effective school-based practice examples, this 6-session online programme will equip senior leaders with the tools to make changes to policy and practice, impacting positively on teacher workload and wellbeing whilst maintaining the core focus of improving pupil outcomes. Best-practice guidance to support effective implementation and evaluation of impact is a focus within all sessions.</p> <p>Session 1: Identifying the issues – what’s really going on with workload and wellbeing? Action planning for growth. 23.09.21 13:00-15:00</p> <p>Session 2: Purposeful assessment – what works for learners and teachers? 23.11.21 9.30-11.30</p> <p>Session 3: Less marking, more feedback! Exploring the principles of effective feedback. 02.02.22 13:00-15:00</p> <p>Session 4: Curriculum planning – high impact, time-effective approaches. 22.02.22 9.30-11.30</p> <p>Session 5: Supporting children and young people’s mental health and behaviour – why getting this right is key to impacting positively on teacher wellbeing. 25.04.22 13:00-15:00</p> <p>Session 6: Staff wellbeing and workload – promoting a work/life balance and maintaining personal boundaries. The importance of proactive, universal and targeted approaches to promote staff wellbeing. 14.06.22 9:30-11:30</p> <p>Course booking link</p>
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Resources/Recommended Reads

[Education Support Mental Health and Wellbeing Hub](#) Information, tools and resources on staff mental health and wellbeing.

[Anna Freud 5 Steps to Mental Health and Wellbeing: Supporting Staff](#) Four key actions, part of the 5 Steps action planning tool for schools; includes resources and case studies

[Wellness Action Plans from Mind](#) All staff can complete a Wellness Action Plan as part of a proactive strategy. Guides for managers and templates available.

[Wellbeing and Coping](#) Alternative Wellness Action Plan template and useful coping strategies 30/3/30 approach.

[Your Mind Plan - Public Health England](#) A tool to help adults ‘check in with themselves’; answer 5 short quiz questions to receive tailored advice and guidance; this can be emailed as a plan.

Use the short [Warwick and Edinburgh Wellbeing survey](#) online to ‘check in with yourself’ and receive advice and signposting to support.

[The National Hub for Supervision in Education](#) Professional learning programmes and how to work towards a Supervision in Education Award.

[DfE Education Staff Wellbeing Charter](#) DfE Education Staff Wellbeing Charter available to download now and to sign up in the Autumn term.

[Putting Staff First: A Blueprint for Revitalising our Schools](#) - John Tomsett and Jonny Uttley (2020)

Staff and Pupil Mental Health and Wellbeing CPD & Resources



Pupil Mental Health and Wellbeing	
Staff group	CPD
All Staff	<p>Building Resilience free online recording – Hope Smith (The Pilgrim School) one hour:</p> <p>Place2Be Mental Health Champions Foundation programme This online children and young people’s mental health training enhances professionals’ understanding of children and young people’s mental health and introduces approaches that foster positive wellbeing in schools and communities. Free to all teachers/TAs and pastoral staff who have a permanent contract in a school. Booking open now for September 21. Length: 5-week online programme, 1–1.5 hours per week online on-demand CPD. Certified programme.</p> <p>ACES Early trauma online learning Free certificated online on-demand course; 50 minutes. Useful introduction and refresher course.</p> <p>Anna Freud recommended training and resources to support those with responsibility for mental health and wellbeing (staff and pupil)</p> <p>Anna Freud NEW Mental Health training courses for schools and colleges A variety of online courses to support schools to develop a whole school approach to mental health and wellbeing. Also offers more specific courses e.g. traumatic bereavement.</p> <p>Caring2Learn (Lincolnshire Schools only) free support to become a certified Bronze/Silver/Gold Caring School. Schools can access a Caring Schools Toolkit, free CPD on a wide range of topics from Restorative Practice to Kids Skills and mindfulness. CPD details for summer 21 and 2021-22 to be released soon. Contact Krysta Parsons for more information: Krysta.Parsons@lincolnshire.gov.uk</p>



Staff and Pupil Mental Health and Wellbeing CPD & Resources

KYRA in partnership with The Pilgrim School: Mental Health in Adolescents £75 or 2 KYRA credits

- Overview of some of the theories around how teenagers develop during adolescence.
- Gain insight into some of the mental health and wellbeing issues young people may face.
- Understand some of the more challenging teenage behaviour that can be exhibited.
- Learn practical ways to help support and build resilience in young people.
- Explore tools and coping strategies.
- Build confidence in working with and supporting young people.

[Book here for course on 09.02.22](#)

[Book here for course on 18.05.22](#)

Offers from LEARN – further information and booking links to follow:

MHFA Awareness; Mental Health in the Classroom and Beyond; Behaviour and inclusion; Behaviour and Engagement; Introduction to Attachment; Emotional Regulation/Self-regulation; Resilience; Positive Psychology for Building Resilience; Restorative Practice; De-escalation (positive communication approaches); Nurture Group

Lincolnshire BOSS (Behaviour Outreach Support Service) offer support to develop whole-school approaches to behaviour management, including behaviour policy audit, training and development for school staff, managing breaks and identifying the needs of pupils with behaviour that challenges.

[Healthy Minds Lincolnshire](#) CPD for schools on hold but professionals training will resume online - date tbc

All staff can [sign up](#) for a free elearning account in the MindEd Hub to access a wealth of online on-demand learning, staff can create their own CPD log. Great online courses and support available in: **MindEd Education** to include the Wellbeing for Education Return full and brief resources. In brief resources, the one hour *Every Interaction Matters* webinar is recommended. Very useful resources in: **Student self-harm and prevention: skills for schools, Anna Freud Online Link programme resources, MindEd ACES, MindEd Core Content, MindEd Digital Risk resources** and signposting is recommended to **MindEd for Families**.



Staff and Pupil Mental Health and Wellbeing CPD & Resources

KYRA in partnership with Clare Boardman Counselling and Restorative Services:

[Bringing Therapy Techniques into the Classroom](#) £75 or 2 KYRA credits (19.01.22)

This course brings some basic techniques from the therapy room into the classroom. It covers the principles of person-centred therapy and cognitive behavioural solutions to help deal with strong emotions such as anxiety. It will look at the theory of how thoughts affect your feelings that can then affect your behaviour. It will explore unhelpful thinking habits and some self-help exercises that can be used to overcome worries or fears with the aim of helping children and young people to normalise their emotions and find more positive ways of working through them, to increase their confidence and resilience. Strategies and approaches shared within this session can be adapted for use with children, young people, and adults of all ages.

[An Introduction to Solution-focused Coaching](#) £75 or 2 KYRA credits

Solution-focused coaching is a relational approach used in therapy to look for solutions with a focus on resources and past successes. This workshop will give an outline of the theory of Solution-Focused Coaching with an introduction to the solution-focused questions and techniques. Activities will include looking at ways to help children, young people and adults to achieve their goals; with the use of reframing and scaling questions which promote helpful thinking patterns. Solution-focused coaching can be used to support very young children, adolescents and adults alike.

[Restorative Circles Workshop](#) £75 or 2 KYRA credits (19.01.22)

This session provides an introduction to restorative circles/workshops, exploring restorative theory and principles and how these are applied when delivering circles or workshops. It will include the dynamics of a circle with a focus on connection, reflection and understanding of others' needs. There will be a variety of group activities tailored to look at specific themes relating to social and emotional competence, plus how to use circles to problem and deal with conflict. Restorative circles can be used with children and young people of all ages and adults.

[Regulation and Relating](#) £75/2 KYRA credits

This session deepens understanding of polyvagal theory which details how the nervous system works and how it relates to regulation and the need for co-regulation. It covers how a young person's responses and development can be affected by trauma and their attachment style. The session focuses on the neuro-sequential model of therapeutics by Dr Bruce Perry (the 3 R's – Regulate, Relate, Reason) covering grounding techniques and putting the relationship at the centre enabling adults to move through the different stages when working with young people. In addition, the session will focus on repair; using restorative techniques.



Staff and Pupil Mental Health and Wellbeing CPD & Resources

<p>Senior Mental Health Leads/Wellbeing Champions/PSHE/RSHE Leads</p>	<p>Youth Mental Health First Aider (YMHFA) 2-day certificated training. F2F training in Lincoln KYRA in partnership with Hope Smith, The Pilgrim School- *booking link and dates to follow. Youth Mental Health First Aider-MHFA England online training</p> <p>Covid 19: Psychological First Aid course (PFA) Psychological First Aid (PFA) is the globally recommended training for supporting people during emergencies and offers guidance on delivering psychosocial care in the immediate aftermath of the emergency event. On this 3-week online on-demand (approximately 3 hour course), you'll explore the psychological impact of the COVID-19 pandemic and what you can do to help people cope. This free course has been produced by Public Health England and is based on international guidance from the World Health Organisation, United Nations and partners. The course covers: What is psychological first aid? How do emergencies impact mental health? The PFA stages: Prepare, look, listen, link. Supporting yourself and your colleagues.</p> <p>Measuring mental wellbeing to improve the lives of children and young people (CORC) Free short, interactive, evidence-informed online course. Aims: Understanding mental wellbeing, introduction to outcome measures, benefits of measuring wellbeing, selecting and using measures, best-practice guidance, using and interpreting data.</p> <p>Register for a FutureLearn account to access CPD (some free courses) to include: PSHE Education: Helping Children Navigate a Complex World.</p> <p>L.E.A.D Equate offer fully funded DfE CPD to support the development of PSHE/RSHE: https://leadequatetsa.co.uk/cpd/rshe-overview/relationships-sex-and-health-education/</p> <p>KYRA Mobilise Mental Health & Wellbeing (MHWB)</p>
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Staff and Pupil Mental Health and Wellbeing CPD & Resources

	<p>This one-year project will support schools to develop an effective whole-school and targeted approach to mental health and wellbeing, considering the evidence and exploring best practice in:</p> <ul style="list-style-type: none">• Curriculum teaching and learning to promote resilience and social & emotional learning• Universal and targeted approaches to support mental health and wellbeing• Monitoring and evaluating the impact of evidence-based interventions• Staff wellbeing and development• Positive parental engagement• Effective transition <p>Clusters will receive additional support from a range of outside agencies and services, local charities and healthcare professionals to build and strengthen support networks within the county. Registered schools will have exclusive access to a resource bank to support the implementation of the project in school. This project is suitable for all schools. Cost: £3.75 per pupil minimum £400, maximum £1875 per school. You can book here: https://forms.gle/bLZcjKUdkLEBMXc57 (Federations/Trusts wishing to register multiple schools should contact the Mobilise Team directly: Mobilise@kyra.anthemtrust.uk)</p>
Governors	<p>Wellbeing Governors: Children and young people's mental health and wellbeing free one-hour elearning module; set up an account to access.</p> <p>Governors for Schools: Pupil mental health and wellbeing free resources and webinars</p> <p>DfE Governance Handbook for Academy Trusts and Maintained Schools (2020) 6.5.3 Cultural Education, 6.5.4 RSHE, 6.5.5 PE and Sport, 6.9 Pupil Wellbeing, 6.9.2 Pupil Voice</p> <p>National Governance Association (NGA) Pupil mental health and wellbeing/mentally healthy schools resources (membership required).</p>
Senior Leaders	<p>Youth Mental Health First Aider (YMHFA) 2-day certificated training.</p> <p>F2F training in Lincoln (KYRA in partnership with The Pilgrim School)- booking link and dates to follow</p> <p>Youth Mental Health First Aider-MHFA England online training</p> <p>KYRA Mental Health & Wellbeing Review – booking link and cost tbc</p> <p>The mental health and wellbeing review offers specific advice and guidance to your school to support the development of an effective whole-school and targeted approach to mental health and wellbeing.</p> <p><u>Bronze (2 days)</u></p> <p>2 days of support to include: data collection and analysis to support accurate baselining using validated tools focused on pupil and staff mental health and wellbeing; 1 day school visit to assess current practice to include environment</p>



Staff and Pupil Mental Health and Wellbeing CPD & Resources

	<p>audit, curriculum provision, leadership and culture; facilitation of focus groups; comprehensive written report analysing current practice and recommended next steps.</p> <p>Silver (3 days) Bronze package plus one further day of support to include a collaborative approach to short and long-term action planning; in addition, one bespoke CPD session to meet the specific needs of the school.</p> <p>Gold (4 ½ days) Silver package plus 1½ days of support to include: follow-up school visit to monitor and evaluate progress; data collection and analysis, comprehensive written report highlighting best-practice and recommended next steps.</p> <p>KYRA Mobilise Behaviour Project (BEH) This project is suitable for all schools (all phases) wishing to develop evidence-informed practice to effectively support pupils' social, emotional and mental health needs and behaviour. Focusing on the recommendations in the EEF Guidance Report: Improving Behaviour in Schools, proactive and reactive behaviour strategies as well as effective implementation of whole-school and targeted approaches to behaviour will be explored. Recommendations centre on:</p> <ul style="list-style-type: none">• The importance of knowing pupils well and developing good relationships• Explicitly teaching learning behaviours• Using classroom management strategies to promote positive behaviour• Adopting simple approaches to promote positive behaviour• Targeted approaches to meet the needs of individual pupils• 'Consistency is key;' ensuring approaches to support pupil behaviour are coherent and consistent with approaches to support mental health and wellbeing <p>Concurrently, the project will focus on county priorities, deepening of approaches such as trauma-informed and restorative understanding practice. Clusters will receive additional support from a range of outside agencies and services, local charities and healthcare professionals to build and strengthen support networks within the county. Registered schools will have exclusive access to a resource bank to support the implementation of the project in school.</p> <p>Cost: £3.75 per pupil minimum £400, maximum £1875 per school. You can book here: https://forms.gle/bLZcjKUdkLEBMXc57 (Federations/Trusts wishing to register multiple schools should contact the Mobilise Team directly: Mobilise@kyra.anthemtrust.uk)</p>
Support Staff/Pastoral Team	<p>Pastoral Team - Youth Mental Health First Aider (YMHFA) 2-day certificated training. F2F training in Lincoln KYRA in partnership with The Pilgrim School- booking link and dates to follow.</p>



Staff and Pupil Mental Health and Wellbeing CPD & Resources

[Youth Mental Health First Aider-MHFA England online training](#)

[Covid 19: Psychological First Aid course \(PFA\)](#) **Psychological First Aid (PFA)** is the globally recommended training for supporting people during emergencies and offers guidance on delivering psychosocial care in the immediate aftermath of the emergency event. On this 3-week online on-demand (approximately 3 hour course), you'll explore the psychological impact of the COVID-19 pandemic and what you can do to help people cope. This **free** course has been produced by Public Health England and is based on international guidance from the World Health Organisation, United Nations and partners. The course covers: What is psychological first aid? How do emergencies impact mental health? The PFA stages: Prepare, look, listen, link. Supporting yourself and your colleagues.

ELSA (Emotional Literacy Support Assistant) programme is an evidence-informed nationally recognised programme to supporting children and young people (primary and secondary) with a range of social and emotional needs. Programme aims: Develop confidence in supporting vulnerable children and young people; develop knowledge and understanding of social and emotional needs; enhance skills in planning and implementing a range of bespoke interventions.

[Lincolnshire provider - Futures in Mind Bespoke Psychology Services](#) F2F courses commence from September 2021 in Grantham, Lincoln, Horncastle and Market Rason. A **five-day** training programme, plus **four 2-hour** supervision sessions, delivered by **two** highly experienced educational psychologists. £495, 10% discount for 2 or more courses.

Emotion Coaching Training

Suitable for trained ELSAs and staff in pastoral roles

Discover how to use Emotion Coaching to support positive relationships and behaviour in your classroom and school.

Cost: £95, 10% discount when you order 2 or more ELSA courses

Book directly through Futures in Mind: <https://futuresinmind.org/elsa-courses/>

Learning to Listen

Suitable for trained ELSAs and staff in pastoral roles

This informative, engaging and practical course is designed to support you in developing your relationship building and 'repairing' capacities to enable you to work more effectively when supporting children and young people.

Cost: £175, 10% discount when you order 2 or more ELSA courses

Book directly through Futures in Mind: <https://futuresinmind.org/elsa-courses/>



Staff and Pupil Mental Health and Wellbeing CPD & Resources

	<p>Supporting Children Through Grief and Loss This training is for teachers or support staff who want to feel equipped and confident when asked to support a child in school who is experiencing bereavement or a loss impacting on emotional well-being. Cost: £175, 10% discount when you order 2 or more ELSA courses Book directly through Futures in Mind: https://futuresinmind.org/elsa-courses/</p> <p>Measuring mental wellbeing to improve the lives of children and young people (CORC) Free short, interactive, evidence-informed online course. Aims: Understanding mental wellbeing, introduction to outcome measures, benefits of measuring wellbeing, selecting and using measures, best-practice guidance, using and interpreting data.</p> <p>Offer from LEARN – further information and booking links to follow: Midday Supervisors – De-escalation and Behaviour Management</p> <p>Maintaining Boundaries for TAs (KYRA in partnership with The Pilgrim School) £75 This ½ day course for TAs explores:</p> <ul style="list-style-type: none">• What are boundaries and why do we need them?• Working as a Professional Helper – what does this mean and what does it look like?• How to support children and young people to engage in learning in a safe and boundaried way. <p>Online July 2021 F2F (Lincoln) 11.05.22 with possibility of online also</p>
Teachers	<p>KYRA Mobilise Mental Health & Wellbeing (MHWB) This one-year project will support schools to develop an effective whole-school and targeted approach to mental health and wellbeing, considering the evidence and exploring best practice in:</p> <ul style="list-style-type: none">• Curriculum teaching and learning to promote resilience and social & emotional learning• Universal and targeted approaches to support mental health and wellbeing• Monitoring and evaluating the impact of evidence-based interventions• Staff wellbeing and development• Positive parental engagement• Effective transition <p>Clusters will receive additional support from a range of outside agencies and services, local charities and healthcare professionals to build and strengthen support networks within the county. Registered schools will have exclusive access to a resource bank to support the implementation of the project in school. This project is suitable for all schools.</p>



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Resources

[Anna Freud 5 Steps to Mental Health and Wellbeing: A framework for schools and FE colleges](#) **Anna Freud 5 Steps** - useful framework to explore; includes objectives for each 'step', resources, cases study examples and an interactive tool for schools and colleges to plan and track progress towards becoming a mentally healthy school.

[ncb - A whole school framework for emotional health and mental wellbeing](#) **Supporting resources for school leaders**

[ncb - A whole school framework for emotional wellbeing and mental health](#) **A self-assessment and improvement tool for school leaders**

[5 Ways to Wellbeing resources](#) **5 Ways to Wellbeing** Devon Partnership NHS Trust

Join the [Schools in Mind network](#) to access termly newsletters and events, updates on current research, thinking and training, in regards to the **mental health and wellbeing of children and young people.**

[Carnegie Centre of Excellence for Mental Health in Schools](#) **The Carnegie Centre of Excellence for Mental Health in Schools** offer: professional development for staff, professional membership for Senior Mental Health Leads and Mental Health Awards for schools and FE.

[UK Trauma Council](#) **Free resources – Childhood trauma and the brain, traumatic bereavement, Coronavirus and trauma, responding to critical incidents in schools and colleges**

[Beacon House resources](#) **Freely available resources focused on the repair of trauma and adversity.**

[Mentally Healthy Schools](#) **Resource bank for primary and secondary schools** to include wide range of themes including supporting effective transition.

[Healthy Minds Lincolnshire](#) **Freely available to all schools online on-demand workshops and workbooks suitable for primary and secondary aged pupils** on a range of topics to signpost to parents/carers or complete with children and young people in school; workshops include: Survival guide to change and Staying emotionally healthy.

[Improving Social and Emotional Learning in Primary Schools - EEF Guidance Report](#) **6 evidence-based recommendations for schools**

[Working with Parents to Support Children's Learning - EEF Guidance Report](#) **4 evidence-based recommendations for schools**

[Improving Behaviour in Schools - EEF Guidance Report](#) **5 evidence-based recommendations for schools**