

# Certificate in Child and Adolescent Mental Health for Designated Mental Health Leads (policy, practice and leadership)

Devised and run by Senior Psychologists and Senior Educators

**5 day training (2 x 2 day modules and 1 assessment day leading to the award)**

**Fees: £700 payable in advance**

- Become champions of mental health through the development of robust, visible, credible leadership.
- Understand the causes of mental ill-health, prevention and intervention.
- Be up to date with psychiatric diagnoses/ medication and trauma-informed alternatives.
- Learn therapeutic interventions for trained emotionally available adults in school
- Develop a PSHE curriculum informed by the latest research on effective child mental health interventions.
- Gain access to vital materials, resources and model policies, tried and tested in 1000s of UK schools, to create a Mentally Healthy School for staff, students and to support parents.

**Admissions:** Designated Mental Health Leads and staff identified and appointed to fulfil this leadership position within the school  
Contact [info@traumainformedschools.co.uk](mailto:info@traumainformedschools.co.uk) for more info.



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## Benefits from attending:

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| <b>Leadership and Management</b>               | <ul style="list-style-type: none"> <li>• Become champions of mental health through the development of robust, visible, credible leadership.</li> <li>• Learn key relational skills necessary to implement and evaluate cultural change to promote mental health across the whole school community.</li> <li>• Understand the most recent neuroscientific and psychological research on mental health and ill-health (underlying causes and effective interventions).</li> <li>• Learn to identify community risk factors for poor mental health.</li> <li>• Gain appropriate knowledge and understanding of whole school interventions to buffer the impact of childhood adversity and toxic stress.</li> </ul> |  |
| <b>School Ethos and Environment</b>            | <ul style="list-style-type: none"> <li>• Explore the resources and practices required to create a Trauma Informed and Mentally Healthy School for staff and students.</li> <li>• Understand how Relationship and Behaviour policies informed by social engagement theory, can create an environment of psychological safety and maximise learning potential.</li> <li>• Learn how sensorially rich physical environments can impact on staff and student wellbeing.</li> <li>• Learn interventions for whole community responsibility to ensure against discrimination and to bring about respect for and celebration of difference and diversity.</li> </ul>                                                   |                                                                                    |
| <b>Curriculum Teaching and Learning</b>        | <ul style="list-style-type: none"> <li>• Understand how to develop a curriculum informed by the most recent research on adverse childhood experiences (ACES) and their impact on mental health, learning and behaviour.</li> <li>• Gain key knowledge of protective factors/ social buffering from emotionally available adults in the school environment.</li> <li>• Learn ways to up-skill specific staff with the knowledge, skills and confidence to deliver the PSHE curriculum on social and emotional learning (an in-depth evidence based psychological perspective rather than simply supporting children and young people with better coping strategies for 'managing' strong emotions).</li> </ul>   |                                                                                    |
| <b>Student Voice</b>                           | <ul style="list-style-type: none"> <li>• Learn effective ways to engage children and young people in the debate around mental health and to give them the confidence and courage to talk about their own mental health.</li> <li>• Learn interventions to bring student voice into discussing the changes needed in the school community to meet vital emotional needs (psychological safety, belonging, being valued, seen, understood and thereby good self-esteem).</li> </ul>                                                                                                                                                                                                                               |                                                                                    |
| <b>Staff Development Health and Wellbeing</b>  | <ul style="list-style-type: none"> <li>• Gain practical ways of promoting staff wellbeing.</li> <li>• Develop and enhance skills in reflective and proactive listening and in the provision of therapeutic supervision for staff (vital for staff wellbeing, staff retention and reduction in stress related illness).</li> <li>• Learn to empower staff in key listening skills as prevention of and intervention for child and student mental health.</li> </ul>                                                                                                                                                                                                                                              |                                                                                    |
| <b>Identifying Need and Monitoring Impact:</b> | <ul style="list-style-type: none"> <li>• Reflect on current policy and practice in light of all of the above</li> <li>• Learn key tools, techniques and interventions to support assessment of need.</li> <li>• Learn effective ways to monitor and evaluate practice throughout your organisation.</li> <li>• Gain access to a range of materials and resources to use in your organisation: assessment tools, staff wellbeing questionnaires, student questionnaires and model policies tried and tested over thousands of schools in the UK</li> </ul>                                                                                                                                                       |                                                                                    |
| <b>Working with parents and carers</b>         | <ul style="list-style-type: none"> <li>• Learn how to inform and support parents to enhance their child's mental health and developing a mentally healthy family culture.</li> <li>• Learn specific interventions that support the parent's own mental health and strategies to break down home-school barriers and promote parental engagement.</li> </ul>                                                                                                                                                                                                                                                                                                                                                     |                                                                                    |
| <b>Targeted support</b>                        | <ul style="list-style-type: none"> <li>• Explore appropriate therapeutic interventions for trained emotionally available adults in the school environment, to support vulnerable children and young people.</li> <li>• Know how to recognise when to refer on for specialist support, identifying appropriate provision and targeted intervention based on identified needs.</li> </ul>                                                                                                                                                                                                                                                                                                                         |                                                                                    |

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