

# Whole staff training: Trauma and Mental Health-Informed Schools & Communities

Half or Full Day Training



This training is designed to support whole school implementation of trauma informed and mentally healthy practices into schools and organisations. TISUK recognises the importance of the commitment and determination of the whole staff team to fully embed any approach or cultural change. The session will ensure that staff have the knowledge, skills and understanding to optimise the well being of both adults and pupils in their school and support this crucial cultural change.

This training is supported by over 1000 evidence-based research studies, is designed to empower school staff to understand the needs of all children and teenagers, including those who have suffered a trauma or have a mental health issue. Delegates will also learn what happens in Trauma and Mental Health Informed schools in terms of key relational approaches and interventions to positively impact the whole school culture

The full day option offers more opportunity to explore practical skills and experiential learning.

## Overview of course content

- **The neuroscience and psychology of child and adolescent mental health and mental ill-health: what all staff need to know**
- **Model One: ACE (Adverse Childhood Experience) study and Protective Factors in schools that change children's lives.**
- **Model Two: Professor Jaak Panksepp's model of mental health, mental ill-health and theory of change**
- **Model Three: PROTECT/RELATE/REGULATE/ REFLECT and how this informs school policy, procedures and school culture and ethos**
- **The role of emotionally available adults in schools: Benefit to staff and students**
- **'I wish my teacher knew' They want to tell us. Are we ready to hear?**
- **Key skills in responding to and understanding challenging and/or trauma triggered behaviour.**