

# Awards for Trauma and Mental Health-Informed Schools and Organisations

Is your school or organisation trauma and mental health informed?



If having read our website you think that your organisation, school or community is Mental Health Informed or Trauma and Mental Health Informed, you may want to apply for one of our four prestigious awards:

1. Mentally Healthy School Award
2. Mentally Healthy Organisation Award
3. Trauma and Mental Health Informed School Award
4. Trauma and Mental Health Informed Organisation Award

## About the awards

The awards are presented jointly by The Centre for Child Mental Health and Trauma Informed Schools UK. If successful you will be invited to attend our prestigious awards ceremony. At the ceremony you will be awarded a certificate and a plaque for your organisation or school. There will be a keynote speech by a celebrity in the field and you are welcome to bring guests. It will be held at the beautiful London Art House Islington (10 minutes from Kings Cross station London). At the ceremony you will be invited on the stage to accept your award and to speak for five minutes about your school/organisation in terms of what you are most proud (relevant to the award). Film footage/photos on PowerPoint are most welcome. The purpose of this is to inspire best practice for others in the field of mental health.

## What to do next

### Step One

If you are interested in applying, please email us at [info@traumainformedschools.co.uk](mailto:info@traumainformedschools.co.uk), expressing interest in one of our awards (stating which award). Please accompany this with two sides of A4 stating why you think you are eligible, based on the assessment criteria below. Please use Protect, Relate, Regulate & Reflect as subheadings.

### Step Two

On reading your application, if we think you are eligible for an award, we will start the assessment process. This will mean writing to you to confirm your eligibility and asking for the assessment fee (see below). Once we receive this, we will send you our implementation list (which is based on the assessment criteria below, but more detailed). We will ask you to fill it in and return it to us. Feel free to email at any time if you are not clear about what we mean in terms of any of the criteria on the implementation list. In addition please send us a few dates, which would be suitable for us to visit and observe your school/organisation in action. We need a morning including observation from doors opening time.

### Step Three

**The visit:** (3 to 4 hours) We will visit your school/organisation on a date of your choice. During the visit, we would like to see evidence of your submission portfolio in practice. Don't worry – we don't require you to evidence everything on our implementation list. We will also take into account what you have written in your two-page application, as you may be doing amazing things, relevant to the awards that are not on our list.

### Step Four

Within two weeks of the visit we will write to you with the result and a report. If successful we will congratulate you on having achieved an award. We will then send you your Award Certificate and date and details of the award ceremony. (If for any reason you cannot attend the ceremony we will send you your plaque by post).

## Step Five for some applicants

If you are unsuccessful, we will highlight areas where further change is required, with the hope that you will apply again once specific criteria have been set in place. We will give you more time to meet these criteria and then you can call us again when you are ready and we will come to visit once more. There needs to be a 9-month interval between first and second application

## Eligibility

### Assessment criteria for Awards 1 and 2

After Step One in the application process (see above) we will send you an implementation sheet, with more detail of the criteria below, but the following will give you a sense of the broad categories at this stage.

### Protect

Schools/organisations are proactive in ensuring that the ethos, environment and relationships not only protect all children and young people from harm, but also actively promote positive emotional and mental health and social development. (Mental Health and Safety not just Physical Health and Safety, for both staff and students).

### Relate

Schools/organisations will ensure that all children and young people have access to an emotionally available adult. Children who have experienced one or more ACES (adverse childhood experiences) have daily access to a trusted adult. This needs to be someone that they like, respect and have a positive relationship with. Trusted adults must be consistently available to children at agreed times and places and alternative plans for support need to be in place when the trusted adult is not available.

### Regulate

Schools/organisations are committed to reducing stress in children, young people and staff. Leaders understand the importance of positive interactions between all members of the school /community as key for calming and emotional regulation. This underpins the school/organisation's values and ethos. All adults know how to be in relationship with children, young people and each other in ways that will reduce stress and promote positive physical and mental health.

### Reflect

All staff are trained in the art of good listening and 'the words to say it' for reflective and empathic response to pupils, staff and parents.

## Assessment criteria for Awards 3 and 4

### In addition to assessment criteria for Awards 1 and 2:

1. Schools/organisations must have completed the following trainings run by Trauma Informed Schools UK: a) The whole school training and b) Senior Lead/Head has completed the 10 day Diploma in Trauma and Mental Health Informed Schools and Communities. In settings where all senior team have attended the 2 day SLT training an alternative member of staff attending the 10 day course will suffice.

2. For Schools awards: evidence of implementation and monitoring written into the SEF and SIP (self-evaluation form and school improvement plan) as an ongoing area of focus.
3. Trauma Informed Schools/Organisations must evidence that vulnerable children are offered the time and space to make sense of painful life events with an emotionally available adult who is trained to listen, understand and provide verbalised empathic responses. They understand that children and young people who are not supported to process painful experiences and trauma are at risk of low self esteem, mental health problems and may go on to engage in inappropriate often harmful relationships with self and others and are likely to grow up to become vulnerable adults. (ACE research).

## Fees

Please note that these awards are not only non-profit making but subsidised by The Centre for Child Mental Health and Trauma Informed Schools UK. This is due to our mission to promote and celebrate best trauma and mental health informed practice as an inspiration to others.

You can apply free of charge. We will read your application free of charge (see Step One) only if we think you are eligible will we charge a fee at Step Two (see above).

**£895** at Step Two

**£300** Re-accreditation fee after three years subject to annual validation of continuing practice. Where there is significant organisational change, re-accreditation may be required early – for example where there is changes in leadership, academisation or a change of Multi- Academy Trust.

An additional **£300** if a second visit is required due to unsuccessful application first time round.

## Fees cover

1. Assessing completed implementation list
2. Visit
3. Report
4. Awards Ceremony in prestigious London Art House
5. Plaque and Certificate

### Once accreditation is approved

Schools will be listed on our website as Mentally Healthy Schools/Organisations or Trauma and Mental Health Informed Schools/Organisations. To remain on this list, schools should submit an annual validation that practice, leadership and culture remain as stated in the original accreditation. Where there is significant organisational change such as a new Head, Academisation or joining a new Multi-Academy Trust, schools must apply for reaccreditation within the next year in order to remain as an awarded school.

This is necessary as organisational change may impact on culture and priorities in the school. It is naturally important for us that the highest standards that we set for schools and organisations are in evidence in those holding the award.