



School mental health and wellbeing training



**"I genuinely think
this
training should
be compulsory for
all newly qualified
teachers"**

CONTACT US

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Positive Effect is the trading company of Compass.

WHO WE ARE

Positive Effect provides health and wellbeing consultancy and training for schools and colleges and is the trading company of national established charity Compass.

Compass began in 1986 and has continued to innovate, finding creative solutions to local problems to create healthier lives and safe communities. Services are aimed at vulnerable children, young people, adults and families facing multiple issues that impact their life chances, such as lifestyle behaviours and mental health and wellbeing.

HOW WE CAN HELP

At Positive Effect we are passionate about providing holistic health and wellbeing solutions, tailored to each school or college setting. Working directly with senior leaders we focus on pupil and student mental health to deliver practical solutions such as wellbeing strategies and training to help schools and colleges support their children and young people. These solutions:

- Support pupil/student attainment
- Increase pupil/student attendance
- Reduce mental health stigma
- Increase pupil/student mental health support
- Increase staff confidence



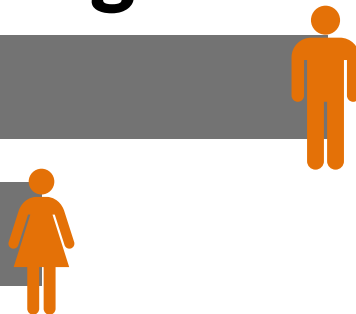
WHY WORK WITH POSITIVE EFFECT

As the trading company of Compass; we are:

- Experts at delivering bespoke education solutions
- Experienced at supporting schools and colleges to improve their pupil / student and staff mental health and wellbeing through low cost or no cost approaches
- Experienced in successfully providing mental health and wellbeing training across a large number of schools and colleges, such as nearly 400 North Yorkshire schools and colleges through Compass's BUZZ project
- Skilled at bringing best practice and policy from Ofsted, Health Education England and government green papers into schools and colleges

All profits from Positive Effect will be used by Compass to fund programmes to support the health and wellbeing of the wider community.

Mental health disorders are more common in boys than girls



In an average class of thirty 15-year-old pupils 3 could have a mental disorder



**Almost
1 in 4**

children and young people show some evidence of mental ill health

Half of all mental health problems manifest by the age of 14, with 75% by age 24

1 in 8

children and young people aged 5-19 years in the UK have a clinically diagnosable mental health disorder



CONSULTANCY



We work with education settings to understand their current approach to mental health and wellbeing, highlight any issues or challenges and identify changes needed to policy and procedures to create positive effects. We use a wide range of audit techniques to really understand the culture of a school or college:

- Targeted staff interviews with representatives at all levels
- Review of relevant policies and procedures
- Impact review of health and wellbeing against targets/ key performance indicators
- Online staff questionnaire

OUTCOME

We will then consult with senior leaders to develop an holistic approach based on audit results and our expertise in developing education mental health approaches.

Together, we will produce a clear and measurable action plan to implement change and monitor its success and effect on the wellbeing of pupils, students and staff.



TRAINING



Whether you are a senior leader or governor looking to develop a whole school / college approach to health and wellbeing or an individual looking for ways they can improve their personal or pupil / student wellbeing, we have a course that will suit you.

'This training has enabled us to cultivate our whole school approach and support ALL of our pupils fully and appropriately'.

**Whole School / College
Approach**

**Wellbeing Champion
Programme - Train The Trainer**

**Advanced Level - Early Identification
Of Need And Intervention**

**Foundation Level - Prevention
And Promotion**



Whichever course you choose, it will make a real difference to your school's / college's mental health and wellbeing by growing children and young people who are mentally healthy and happy.

All of our courses are CPD (Continuing Professional Development) verified.

WHOLE SCHOOL APPROACH

Provides senior leaders with the knowledge to create a whole school/college approach to mental health and wellbeing.

We utilise best practice from Public Health England's 'promoting children and young people's emotional health and wellbeing' document to set out the key actions education establishments can take to embed and promote emotional health and wellbeing.

Our approach creates a framework for mental health and wellbeing that is tailored to suit each education setting.

'This training has helped us to 'futureproof' our offer for our children and to make sure the changes we are making are sustainable'.

TRAINING STYLE LENGTH

- Interactive discussion
- Group Activity

3 hours



LEARNING OUTCOMES

- Awareness of the key roles and responsibilities needed within your educational environment
- Understanding of how to embed approaches that identify and respond to pupil's / student's mental health
- Knowledge of the key actions needed to embed emotional health and wellbeing change
- Knowledge of how to create healthy environments
- Awareness of the solutions to barriers within the workforce
- Understanding of mental health policy and procedure

WELLBEING CHAMPION PROGRAMME - TRAIN THE TRAINER

Provides schools / colleges with a sustainable peer champion package that contributes to a whole school / college approach to mental health and wellbeing.

Through our train the trainer course, designated mental health leads will prepare for the introduction of a pupil / student wellbeing programme and leave feeling confident in supporting and training wellbeing champions to carry out their roles.

By investing in wellbeing champions, your school/college will become empowered to eradicate stigma, promote mental health and advocate wellbeing.

TRAINING STYLE

- Interactive discussion
- School / college planning

LENGTH

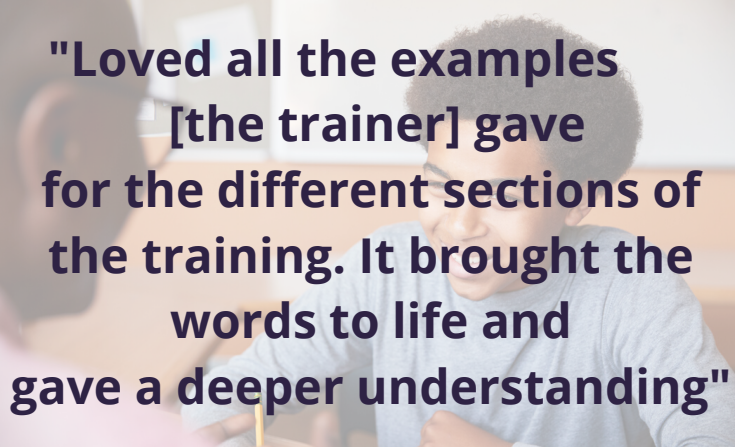
1 Day

LEARNING OUTCOMES



- Understanding of the role of a wellbeing champion
- Awareness of the skills and values needed to become a successful champion
- Knowledge of how champions can promote wellbeing
- Understanding of how champions need to be supported
- Awareness of how to discuss confidentiality and safeguarding with champions





"Loved all the examples
[the trainer] gave
for the different sections of
the training. It brought the
words to life and
gave a deeper understanding"

LEARNING OUTCOMES



- Understanding of emotions including emotional regulation and literacy
- Awareness of common mental health problems
- Knowledge of how to make a basic assessment
- Understanding of therapeutic skills
- Awareness of evidence based approaches
- Understanding of how to successfully refer to other services for support

ADVANCED LEVEL - EARLY IDENTIFICATION OF NEED AND INTERVENTION

For those staff selected by their school / college who need to be able to assess pupil / student need and use evidence based tools to support mild to moderate mental health concerns within the educational setting.

Through the course, delegates will gain the skills to deliver focused, therapeutic, tailored interventions and knowledge of how to recognise and respond to common mental health problems such as low mood, anxiety, low self esteem, eating problems and self harm.

LENGTH

2 Days

TRAINING STYLE

- Interactive discussion
- Case study planning
- Practical reflection

FOUNDATION LEVEL - PREVENTION AND PROMOTION

Empower all school / college staff to develop skills and build confidence around mental health and wellbeing, enabling them to strengthen the support children and young people receive.



LEARNING OUTCOMES

- Knowledge of mental health
- Understanding of the impact of mental health stigma
- Awareness of resilience
- Awareness of risk and protective factors
- Knowledge of how to promote wellbeing

TRAINING LENGTH

2.5 hour workshop

"We are seeing reduced stigma around mental health, with children feeling happy and safe to discuss their mental health"

TRAINING STYLE

- Group activity
- Interactive discussion
- Reflection





E-RESOURCE PACK

Our electronic packs are filled with evidence based resources that can be used during mild to moderate mental health interventions. Each pack is tailored for the type of education setting and covers common mental health problems such as emotional regulation, worry/anxiety, low mood, self esteem, eating problems, bereavement and bullying.

Emma Tymon



Rachel Bundock

Project Manager Emma is passionate about utilising existing resources to create real, impactful, measurable frontline change within education.

She has produced and delivered a number of mental health training packages, using her experience of training design and delivery within HM Prison Service and in leading a team of wellbeing workers to deliver the Compass BUZZ service. This service is improving the mental health and wellbeing of children and young people across North Yorkshire, through workforce training and a bespoke package of tools.

Compass Chief Executive Rachel has worked in the voluntary sector for over 20 years designing and delivering health and wellbeing services. Her knowledge, based on her experiences as a front line practitioner, service manager and eventually chief executive, allows her to develop innovative and practical solutions that can be easily implemented.

The models she has developed for Positive Effect build on those she has designed for multi-million pound contracts delivering health and wellbeing services.

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