

Senior Mental Health Leads Training

Assured for the Department
for Education Grant

Welcome

Innovating Minds is a multi-award-winning social enterprise that cares about supporting mental health leads to create a whole school approach to mental health

Our team of Clinical Psychologists with 20+ years of experience are working nationally with senior leaders and designated mental health leads to create a sustainable culture that provides early mental health interventions and support for future generations.

Senior Mental Health Leads Training

Our courses have been assured for DfE grant funded senior mental health lead training.

Senior mental health lead training is a major training initiative that combines our clinical expertise with valuable access to one-to-one coaching, peer support, our online community and access to EduPod. Our online platform EduPod enables Mental Health Leads to plan, manage and evaluate their journey to creating a whole school approach to mental health whilst supporting their professional development.

**APPLY FOR
THE GRANT
HERE**

Use your grant to pay for training & resources.

Our courses have been assured for DfE grant funded senior mental health lead training. This means your school can apply for £1200 of grant funding to fully subsidise your course.

Evidence Based Approach

Everything we do has been carefully researched and comes from a strong evidence base. We pride ourselves in being able to transform the evidence base into practice.

Our training pulls together our clinical experience, research and national guidance.

Department for Education (DfE)

DfE identifies a whole school approach to promoting good mental health as a protective factor for child and adolescent mental health.

DfE have identified that a national mental health leads training programme is required for schools to implement the whole school approach.

Mental Health Green Paper

Inspectors will consider the extent to which school and college leaders take account of the workload and wellbeing of staff.

Ofsted

These inspections will help us to see where children's mental health needs are being met and where things need to improve.

National Director for Social Care,
Yvette Stanley

National Association of Head Teachers

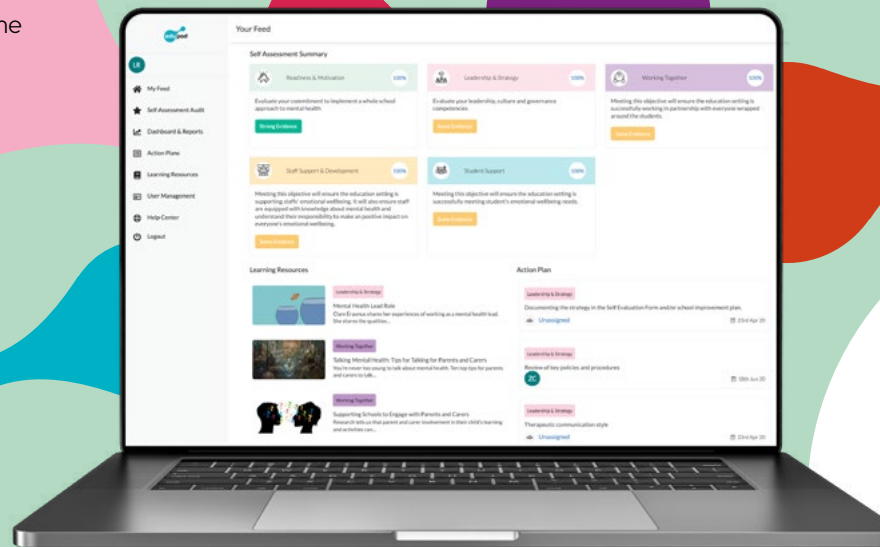
Teachers are dedicated, committed professionals whose instinct is to put children and their jobs first. But teaching is not the kind of job that can be done effectively when you're not at your best. Time spent ensuring good mental health benefits the whole school – and early intervention is key.

Public Health England (PHE)

PHE identifies eight principles to promoting a whole school approach to mental health. These principles are integrated into EduPod.

National Institute for Health and Care Excellence

Advises that primary schools and secondary schools should be supported to adopt a comprehensive, 'whole school' approach to promoting the social and emotional wellbeing of children and young people.



Every school doesn't know quite where to start or they have started, but where do we go from here? Or we've started, we've done the research, we've actually started roll out initiatives but how do we measure impact? EduPod will allow schools to enter into the programme at different stages of their journey, so it's not a one size fits all, it becomes quite bespoke.

Clare Erasmus, Mental Health Lead.



APPLY
TODAY

Course Code: SMHL019

Beginners

Senior Mental Health Leads Training Course

This course is for Senior Mental Health Leads that are new to the role and/or have not previously completed Senior Mental Health Leadership training. It is suitable for Mental Health Leads working in primary, secondary, and alternative provisions.

Starting this journey of implementing a whole school approach to mental health can feel exciting and overwhelming all at the same time. You may not know where to start or how to implement the eight core principles into your school setting.

This course is designed by Dr Asha Patel (Clinical Psychologist) and her team. She has a vast amount of experience of supporting schools to implement a whole school approach. The 2-day course will provide lots of opportunities for you to access peer support and it is filled of practical information and activities that will enable you to start thinking about your strategy. This package will

enable you to evaluate your current provision, create an action plan, access resources, and strategically implement solutions that will support the school community's mental health. We recognise that each journey is different therefore the coaching and access to our online platform (EduPod) will help you to confidently take the strategic lead, work efficiently and evaluate the impact of the strategy.

We provide wrap-around support, so you have access to experts, peer support and the resources you need to successfully implement the eight principles to create a sustainable whole school approach to mental health beyond the training course.

Wrap Around Support Package



2 day training
via zoom



Full access to
EduPod



2 hours
1:1 coaching



3 hours
Peer Group Coaching



Online
community forum



Ongoing access
to CPD

We envisage it will take two school terms to complete your training course, however everyone's journey is unique therefore we will work with you to ensure you have the support you need every step of the way.

APPLY
TODAY

Cost is £800 (excl VAT) per person.



APPLY
TODAY

Course Code: SMHL054

Intermediate Senior Mental Health Leads Training Course

This training course is designed for senior mental health leads that are familiar with the role and/or who have completed limited senior mental health leadership training.

This course will deepen your knowledge and skills as a mental health lead and help you to navigate the next part of your journey to create a whole school approach that is consistently applied throughout the school.

This course is designed by Dr Asha Patel (Clinical Psychologist) and her team. She has a vast amount of experience of supporting Mental Health Leads that have prior training and experience in the role and are looking for support to take their skill set to the next level.

This package will enable you to evaluate your current provision, create an action plan, access resources, and strategically implement solutions that will support you to strengthen your skills and strategy as a mental health lead.

Access to EduPod will help you to confidently take the strategic lead, work efficiently, evaluate the impact of the strategy, and showcase the results to senior stakeholders.

We provide the wrap-around support to ensure you also supported beyond the training course.

Wrap Around Support Package



2 day training
via zoom



Full access to
EduPod



3 hours
1:1 coaching



3 hours
Peer Group Coaching



Online
community forum



Ongoing access
to CPD

We envisage it will take two school terms to complete your training course, however everyone's journey is unique therefore we will work with you to ensure you have the support you need every step of the way.

APPLY
TODAY

Cost is £800 (excl VAT) per person.

Terms & Conditions Apply



COMING
SOON



Advanced Senior Mental Health Leads Training Course

This course will consolidate the vast amount of experience and knowledge you have as a mental health lead and support you to develop long-term sustaining strategy that does not solely rely on the mental health lead. By doing so you are ensuring the school can develop upcoming mental health leads and creating a sustainable whole school approach. The intense mentoring and peer support will enable you to devise an action plan that is relevant to creating a future proof strategy.

This course is designed by Dr Asha Patel (Clinical Psychologist) and the that have a vast amount of experience of supporting Leads that are advanced in their journey to implementing whole school approach. This course is combined with one training day and lots of lots of opportunities for you to access peer support and 1:1 coaching.

This package will enable you to evaluate your current provision,

create an action plan, access resources, and strategically implement solutions that will support the school community's mental health. Access to EduPod will help you to confidently take the strategic lead, work efficiently, evaluate the impact and showcase the results to senior stakeholders.

The wrap-around support ensures you are supported beyond the training course.

Wrap Around Support Package



1 day training
via zoom



Full access to
EduPod



4 hours
1:1 coaching



6 hours
Peer Group Coaching



Online
community forum



Ongoing access
to CPD

We envisage it will take two school terms to complete your training course, however everyone's journey is unique therefore we will work with you to ensure you have the support you need every step of the way.

APPLY
TODAY

Cost is £1050 (excl VAT) per person.

Terms & Conditions Apply

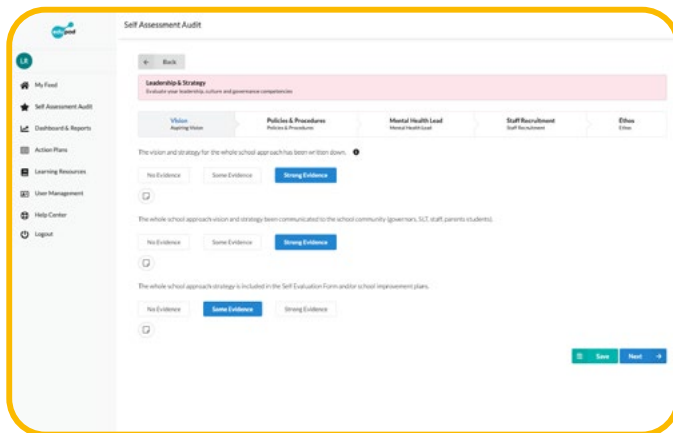
EduPod Features & Benefits

EduPod is a new way for mental health leads to plan, manage and evaluate their journey to creating a happy and mentally healthy environment for the school community. EduPod is described as a one stop shop to support the implementation of the mental health strategy. It is accessible, affordable and addresses the key challenges.

Self-Assessment Audit Tool

A logical and prescriptive self-assessment tool bringing together professional clinical experience, with Public Health England's and DfE recommendations.

Complete the standardised self-assessment audit tool to strategically assess your current progress and identify the areas to focus on.

The screenshot shows the 'Self Assessment Audit' interface. On the left is a sidebar with navigation links: My Feed, Self Assessment Audit (selected), Dashboard & Reports, Action Plans, Learning Resources, User Management, Help Center, and Logout. The main content area is titled 'Leadership & Strategy' and includes a sub-header 'Evaluate your leadership, culture and governance competencies'. Below this are five tabs: Vision, Policies & Procedures, Mental Health Lead, Staff Recruitment, and Other. The 'Vision' tab is active, showing three statements with evidence levels: 'The vision and strategy for the whole school approach has been written down', 'The whole school approach vision and strategy has been communicated to the school community (governors, S.T, staff, parents, students)', and 'The whole school approach strategy is included in the Self Evaluation Form and/or school improvement plans'. Each statement has buttons for 'No Evidence', 'Some Evidence', and 'Strong Evidence'. At the bottom right are 'Save' and 'Next' buttons.

Clone previous self-assessment audits

No need to start again when you review your self-assessment audit, EduPod can copy the information from the previous assessments.



Measure Impact

Keep track of the impact you are having on exclusions, attendance and staffing costs.



Add notes

Add notes under each statement so you can log your evidence.

Surveys

Capture the school community's voice with a simple click of a button with pre-generated surveys for staff, parents, students and governors.



Unlimited surveys

Send pre-generated surveys to students, staff, caregivers and governors;



Anonymous surveys

Send anonymous surveys to capture people's voices.

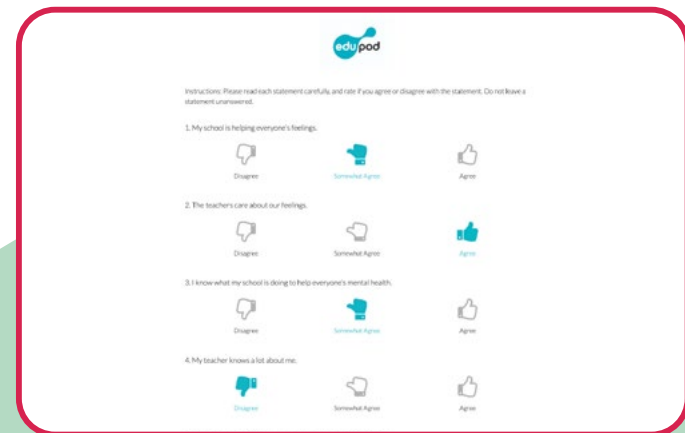


Easy to send

Using your methods to communicate with the school community, send the survey by sharing the URL link

The schools will benefit by having support. Mainly because they will have a platform, which they will connect with other people, specialists as well, but also looking at the best practices from other teachers or other schools. And I think it's important to realise that EduPod will bring the communities together as well as the schools.

Gilda Scarfe Founder, Positive Education

The screenshot shows a survey interface with the EduPod logo at the top. Below the logo are instructions: 'Please read each statement carefully, and rate if you agree or disagree with the statement. Do not leave a statement unanswered.' There are four statements, each with three response options: 'Disagree', 'Somewhat Agree', and 'Agree'. The statements are: 1. 'My school is helping everyone's feelings.', 2. 'The teachers care about our feelings.', 3. 'I know what my school is doing to help everyone's mental health.', and 4. 'My teacher knows a lot about me.' Each statement has corresponding icons for the response options.



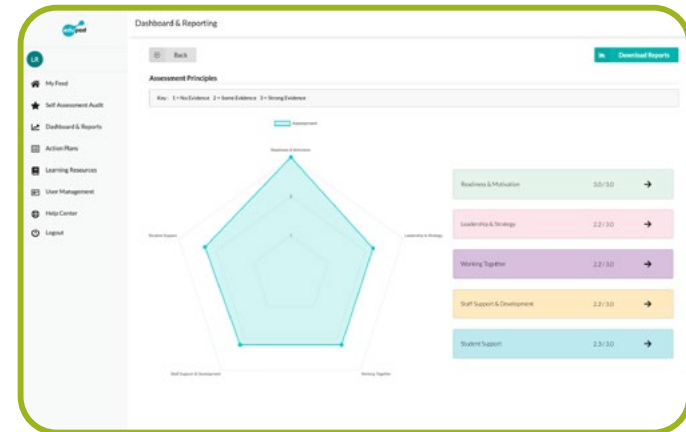
The structure of EduPod is clear, logical and effective. Dr Asha Patel has obviously put a huge amount of thought and expertise into designing it.

Specific features I find particularly attractive include the numerous resources to support the wellbeing of both learners and staff, the surveys to measure the impact of creating a mentally healthy environment, and its' capacity to produce easy read data, enabling us to measure the success of the journey, and to use further resources to continue developing.

Jacqueline Van-West,
Director of Safeguarding, Wellbeing and Learning Support Services

Dashboard & Reports

The results dashboard will analyse your self-assessment audit, survey responses and track your action plans. You can produce reports to track progression and present information to Ofsted, governors and senior leaders.



Compare your self-assessment audit results

Compare your self-assessment audits to monitor progression.



Deep Dive

Deep dive into the data to review your results within each principle of the self-assessment audit.



Downloadable Reports

Download the results into a PDF document, making it easy for you to share the results.



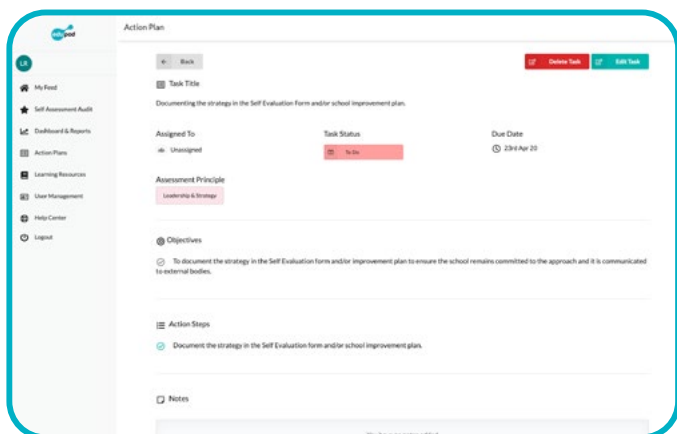
Action Plan

Monitor the implementation of the action plan. Review progression status and target dates.

Action Planning

Monitor actions, tasks and to-dos in one place.

The action plan module provides an easy to use template to log your tasks and link them to your self-assessment audit tool.



Recommended action plans

Created by our professionals and automatically recommended to you based on the results from the self-assessment audit tool.



Share the plan

Share a non-editable version of the action plan with the school community through a shareable URL link.



Assign actions

Assign action to the team.



Monitor the progression

Monitor of your action plan by changing the status, assigning dates and writing notes.

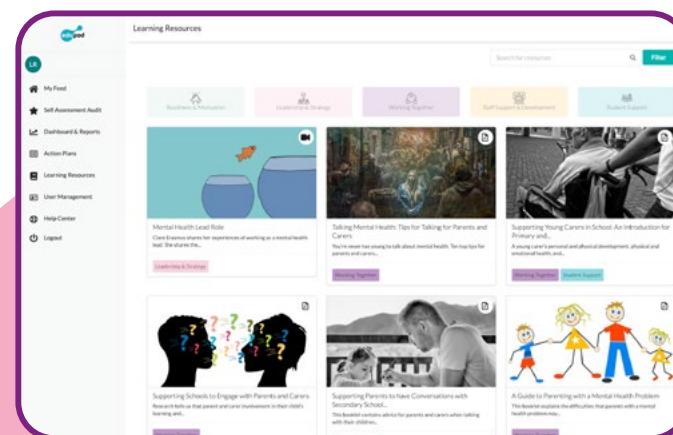
What's exciting about EduPod is the fact that it is accessible platform. People can access whenever they want to and whenever they need to. It's not dependent on necessarily somebody coming into your school, so it can have quite a broad reach.

Dr Licette Gus, Emotion Coaching UK,
Educational Psychologist



Learning Resources

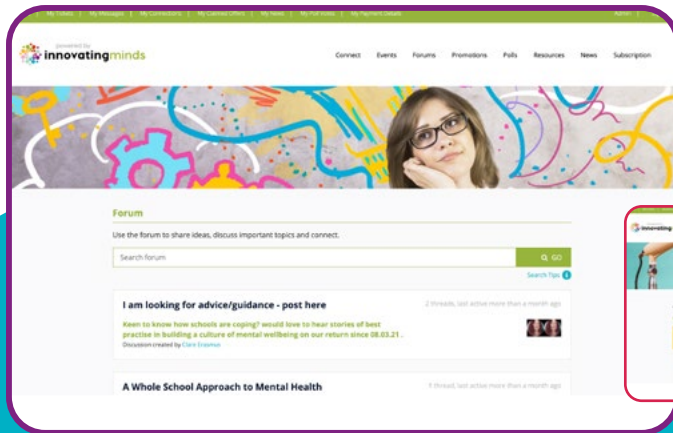
Our resources are prepared, written, recorded and produced by clinical psychologists and complementary professionals. These professionals are often deemed to be out of reach. You can also learn from schools that have already implemented the whole school approach.



Recommended resources based on your self-assessment audit results.



Search for resources by keyword search, principles or file format (Video, PDF, Weblink).



Online Community Forum

The online community forum 'Mind Space™' enables you to connect, engage and share. We bring together educational and health care professionals to enable collaboration to take place.

You will maintain your community forum membership after you have completed your training course.



Connect

Send friend requests
& chat privately



Share

Forums and Polls to share
resources and opinions



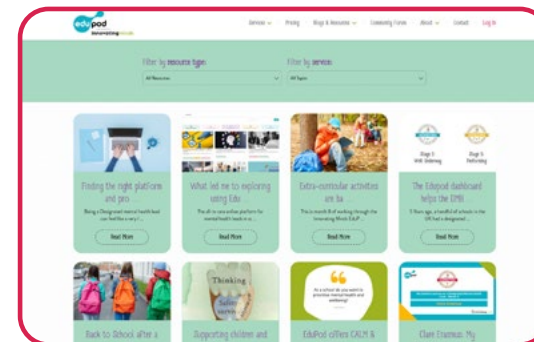
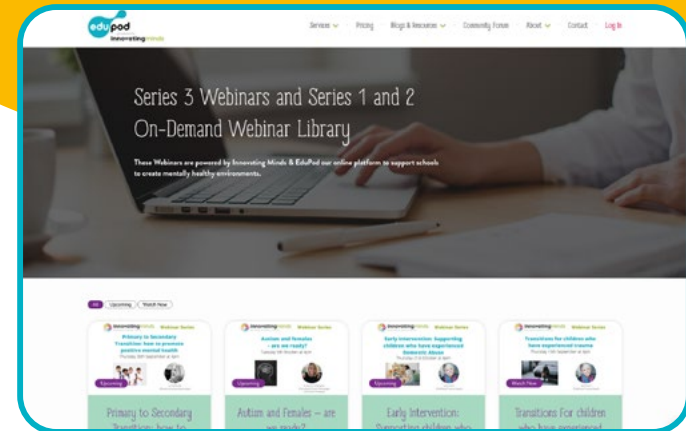
Promote

Promote your work,
news, and events



Webinars On Demand

Join our online live webinar series to access CPD on mental health related topics. We bring the experts to you at the click of a button. You can catch up on the previous series and share them with your school colleagues. Investing in your CPD is crucial to implementing a whole school approach to mental health.



We bring the
experts to you
at the click of
a button



Get Your School Accredited

We offer every participating school an exclusive award. The award process supports and helps schools to excel in creating sustainable mentally healthy environments and celebrates their achievements.

The award criteria are based upon implementing the principles within our self-assessment audit tool. This tool brings together the recommendations from Public Health England, The Department for Education and our own clinical expertise to enable schools to implement best practice.

The awards process supports schools to excel in creating a whole school approach to mental health and celebrates their achievements as they progress from establishing skills to excellence. This progression is reflected in our three awards.



Acknowledges schools that have made a significant commitment to investing in mental health.



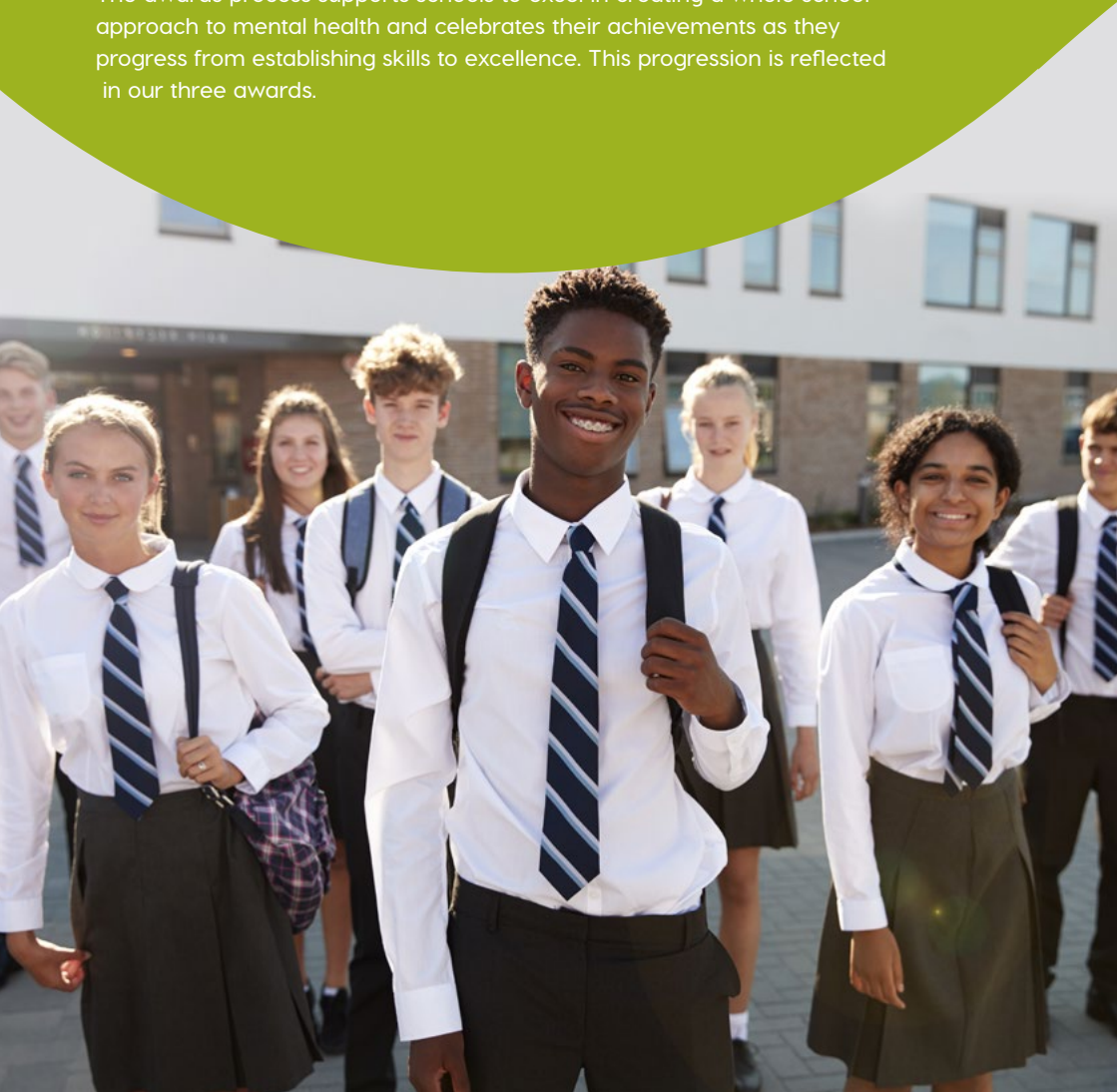
Celebrates the achievement of implementing fundamental changes to create a mentally healthy environment.

Now you're on the journey and you've publicly committed to delivering a whole-school mental health support system. Make sure everyone knows you're starting to achieve excellence and performance.









Outstanding recognition for schools that have successfully implemented a whole school approach to mental health.

This is our top recognition award. Reaching this level is part of your biggest journey yet in achieving mental health excellence at your school. Celebrate and be proud.



Course Comparison

	Beginners	Intermediate	Advanced
 zoom day(s) training via zoom	2 days	2 days	1 day
 edupod Full access to EduPod	Yes (12 mths)	Yes (12 mths)	Yes (12 mths)
 1:1 coaching	2 hrs	2 hrs	4 hrs
 Peer Group Coaching	3 hrs	3 hrs	6 hrs
 Online community forum	Yes	Yes	Yes
 Ongoing access to CPD	Yes	Yes	Yes
	Beginners £800	Intermediate £800	Advanced £1050

Contact us if you need support in identifying the right course for you.

t: 0121 820 0313 | e: info@innovatingmindscic.com | w: www.myedupod.com





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