

# Mental Health Conference: Thursday 7<sup>th</sup> November 2019 Ashford International Hotel

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## **1) 8 Practical strategies to support students who are struggling**

8 very practical ideas to engage and support children and young people who are struggling with a range of issues such as anxiety / depression / self-harm. Inspired by what we know works and clinical best practice, but developed to be usable by anyone, these simple ideas can all be used right away to support your students.

## **2) Why and how to write a wellbeing action plan – a practical self-care workshop for school staff**

During this workshop we'll take a practical approach to school staff wellbeing and self-care by working through a wellbeing action plan – a evidence-based approach to promoting wellbeing and responding in times of difficulty. In addition to creating an action plan for their own wellbeing, delegates will go away with a template that can easily be adapted to support colleagues, students or parents. The workshop and materials will be made freely available for anyone wishing to run a similar workshop back at school.

## **3) Lessness Heath Primary School – Title?**

Headteacher, Kate O'Connor, and Wellbeing, Leader Kelly Hannaghan, will share on their passionate journey in successfully embedding wellbeing into a whole-school community, with outstanding results. Lessness Heath Primary school has recently been awarded with the Optimus Education Wellbeing Award for Schools, in partnership with the National Children's Bureau. They were recognised as the first school to achieve this award. Case studies will be shared, showcasing the impact of measurable outcomes for pupils, staff and parents. Attendees will gain a deeper understanding of the learning for life approach and sustainable strategies in growing a culture of resilience for our future generations.

## **4) Practical Strategies to foster our Wellbeing in School: Wellbeing Toolkit for Professionals Working with Children and Young People**

We know that teachers must be able to 'connect' with children and young people if they are to make a difference in their learning, health and wellbeing. To do this, teachers need to be able to identify strategies to remain well – for themselves and the future of our children and young people. It is important to recognise the importance of their own health and wellbeing, which will contribute to their longevity and productivity.

This workshop is based on the extremely popular publication by Tina Rae, which encourages and supports staff to develop the appropriate skills and knowledge needed to be the best they can be. It will focus on fostering staff's own emotional wellbeing, providing practical strategies and tried and tested activities, to take back to their own settings.

## **5) Effective Interagency working to ensure that the recommendations of the DfE Transforming Children and Young People's Mental Health Provision can be fulfilled**

The way in which Public health, Education and other child related agencies work together to address children and young people's mental health. Intelligence from Public Health and Healthwatch surveys are used to inform the CPD required to address local mental health needs.

## **6) The Wellbeing of Teens**

In this workshop Tina will focus on key issues for teens in terms of maintaining and protecting their mental health and overall wellbeing. This can seem a big ask in today's complex social context in which social networking and on-line presence is so important and pervasive. We now know that there is an abundant body of research by positive psychologists that shows us that there is not a contradiction between happiness and achievement and that both are fully embodied in Seligman's (2011) concept of positive education. Autonomy support is the process of giving students a sense of inner independence and thus encouraging their resilience and self-reliance. Tina will highlight how the distinction between making and encouraging is vital. We can encourage but we cannot make others flourish.

This session will provide participants with an over view of the Well Being Tool Kit for Teens (NurtureUK) which aims to enable students to understand that happiness and wellbeing for all of us is at least in part about how we think of ourselves and our place in the world. It's not about things. Key messages include the importance of being optimistic and to view ourselves as strong individuals with a sense of purpose. Also, the fact that happiness is at least partly in our heads and some ways of viewing the world make us happier, even if our objective circumstances remain the same. Learning to use key tools of effective thinking supports us in the process of maintaining our wellbeing and these are the life skills that we can continue to use into adulthood.

## **7) Mental Health in Schools - Getting a Head Start**

Following the implementation of the Green Paper 'Transforming Children and Young People's Mental Health Provision' and the NHS Transformation Board's Trailblazer programmes in North Kent, HeadStart Kent will share their good practice, practical tools, and learning so that you are equipped for the changes ahead to best support your school community.

## **8) Self-Belief: Helping Children Thrive**

Helping young people to build their confidence and self-esteem can give them the skills they need to find their own solutions to problems.

This workshop provides a practical model for helping children and young people to develop resilience and emotional wellbeing. The course is based upon proven, solution-focused techniques.

Participants will come away with confidence in their ability to support children and young people move beyond problems.

What it covers:

- Building confidence and self-esteem
- Empowering children and young people to solve their own problems
- An introduction to the use of solution-focused techniques with children and young people