

In-house training brought to you ... high quality, flexible, cost effective

Mental Health Skills for Primary School Staff The Essential Toolkit

One in five children suffers mental health problems before the age of eleven, which can impact hugely on their attendance, academic progress and wellbeing. Staff have a crucial role to play in supporting these pupils, yet many feel out of their depth and powerless to do something practical to help. This interactive course has been specifically designed to build colleagues' knowledge and confidence, enabling them to offer effective initial and ongoing support to pupils in need.

- Offering pupils support for anxiety, stress, friendship & separation issues, sleep problems, grief, depression, low self-esteem and eating disorders
 - Key information and the do's and don'ts
 - Essential knowledge, practical responses and therapeutic techniques
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- Enhancing your understanding of the causes of key mental health issues in primary schools
 - Identifying risk amongst your pupils
 - Clarifying your role and responsibilities
 - Dealing with safeguarding issues
 - Using mindfulness to help pupils in need
 - Using self-massage and tapping techniques to promote emotional self-regulation
 - Creative ideas, practical techniques and effective strategies to help pupils 'bounce back'
 - Using child centred brief solution-focused techniques
 - Building a toolbox of age-appropriate interventions to help pupils in crisis and at risk
 - Supporting pupils by expanding your listening skills
 - Identifying and sharing best practice in other primary schools

“ One of the best courses I have been on in 20 years ”

Please see the full In-house programme overleaf

The course can be presented by one or both of the following presenters:

Esther Usiskin Cohen

Esther is a Specialist Psychotherapist who has worked in schools for 5 years, as well as delivering services in a GP practice and running clinics in CAMHS. She has experience of supporting pupils with a range of mental health issues and has delivered training to school staff in her role as lead CAMHS therapist in Inner City London Secondary Schools. Esther also works as a family and systemic psychotherapist, supervisor, tutor and trainer at the Tavistock and Portman NHS trust and in private practice.

Mandy Sarankin

Mandy is an Integrative Child and Adolescent psychotherapist, with over twelve years' clinical experience working with children and families in NHS settings, primary schools, and private practice. Eight years ago she pioneered a model for establishing a therapeutic service specifically for primary school settings, and has since extended this model to other primary schools. Before becoming a psychotherapist, Mandy worked with children as a nursery school teacher in Johannesburg, South Africa and New York City.

This professional training course is supported by a comprehensive manual written specifically for the event. The manual contains all materials used throughout the day, reducing the need for extensive note taking. All in-house participants will be provided with a manual and individual certificate of attendance.

9.30 - 10.00	Registration and refreshments
10.00 - 10.20	<p>Mental Health in Primary Schools - what do I need to know?</p> <ul style="list-style-type: none"> • Overview of current and prevalent mental health issues in Primary Schools • What's really happening - facts, figures and current trends • Knowing why some pupils are more at risk than others • How to identify risk amongst your pupils
10.20 - 11.20	<p>Mental Health in Primary Schools - what is my role?</p> <ul style="list-style-type: none"> • Your role and responsibilities explained • Practical activity – using a Treasure Trunk to: <ul style="list-style-type: none"> o clarify your role o promote mental health awareness-raising in your school • Identifying what you need to deliver effective support to your pupils • How to understand the challenging behaviour caused by mental health issues • Effective strategies to support pupils and staff • How to reach pupils who need help • Working effectively with parents and carers • Making difficult conversations easier • Dealing appropriately with safeguarding issues • What does best practice in other Primary Schools look like?
11.20 - 11.50	Mid-morning refreshments
11.50 - 12.50	<p>Mental Health in Primary Schools - what can I do to help?</p> <ul style="list-style-type: none"> • Useful techniques and effective strategies to use in school • Understanding mindfulness and why it is so helpful • Using mindfulness to support pupil growth and resilience • Using self-massage and tapping techniques to promote emotional self-regulation • Practical activity – a chance to try out some mindfulness techniques and self-massage techniques, including: <ul style="list-style-type: none"> o grounding exercises o breathing exercises o stress reduction exercises • Knowing what to say, how to say it...and what NOT to say
12.50 - 1.30	<p>Mental Health in Primary Schools - what else should I be doing?</p> <ul style="list-style-type: none"> • Creative ideas to help pupils 'bounce back' • Building a toolbox of age-appropriate techniques, interventions and practical strategies • Using child centred brief solution-focused techniques with pupils • Supporting pupils by expanding your listening skills
1.30 - 2.30	Lunch
2.30 - 4.00	<p>Sharing practical strategies to help improve pupil mental health in your school</p> <ul style="list-style-type: none"> • Practical activity – effective techniques to help pupils deal with: <ul style="list-style-type: none"> o depression o anxiety o low self-esteem o eating disorders o friendship issues o grief o separation issues o sleep problems • Your concerns explored – what should I do if...? • Your next steps - how to move forward from here • Your final questions answered
4.00	Depart

This course is can be delivered to a max of 30 participants (for quality purposes)

Please contact Emma for a quote on emma@rta-training.co.uk or feel free to contact the office directly on 01823 413313