

Strengthening SEMH through Parental Engagement

Exceed Institute

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About Us

Positive Regard TSA, part of Wellspring Academy Trust, provides a range of education support services including specialist consultancy that places the needs of children and young people at the heart of school improvement. Our offer includes a suite of services that can be adapted to suit all needs, over extended periods of time, and offer highly focused specialist training, advice and guidance.

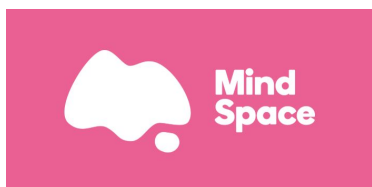
Project Team

- Jonny Wathen (Executive CIO) - Professional Services Lead
- Dave Whitaker (Executive Director of Learning) - Behaviour Services Lead
- Judith Smith (Executive Principal SEND) - SEND Services Lead
- Michelle Sault (Director of MindSpace) - Wellbeing Services Lead



Specialist Services

This project draws on the specialist expertise from other Wellspring education services:



Client

Exceed Institute, part of Exceed Academies Trust are located within the Bradford district and serve communities with some of the highest levels of social and economic deprivation in the city. Despite significant socio-economic challenges and the vast majority of the pupils having English as an additional language and a high proportion of those being completely new to English. The Trust recognises its moral purpose to support schools and academies across the city and the region.

Project Scope

Positive Regard TSA (Wellspring Academy Trust) to work in partnership with Exceed Institute to provide a comprehensive, multi-tiered programme of professional development that includes content for mental health and wellbeing services alongside specialist and behaviour support (SEMH lens).

The delivery mode should have the ability to *scale* to ensure access for all and has the options for pre-recorded content through to 'train the trainer' delivery models to ensure future *sustainability*.

The programme will be available to **10** primary schools and will include an offer for; leadership development via a train-the-trainer model whilst also supporting the development specialist staff such as Parent Involvement Workers.

Additional opportunities for further development programmes and programme enhancement will continue throughout this strategic partnership.

Exceed Institute Programme

Overview:

The programme aims to improve parental engagement and improve confidence through the lense of SEMH in support of COVID recovery.

Programmes have been designed by a team of expert practitioners and utilise a variety of delivery methods supported by online resources including; live webinar broadcasts and interactive on-line workshops, in addition to In-person training sessions.

Event	Focus	Date/s & Time
Programme Launch	Creating a relational culture, SEMH Lens, Parental Engagement Strategies	Term 1 - Oct
Wellbeing Review Programme	Baseline review, recommendations, professional reflections.	Term 1 - Nov/Dec Term 2 - Mar/Apr Term 3 - June/July
Mental Health First Aid (Online) 4 x ½ day sessions	Signs and symptoms, strategies and toolkits	Term 1 - Nov
Launch SEMH Online Modules	6 x SEMH (Health and Wellbeing) modules	Term 1 - On demand
Parent Involvement Worker 2 Day training	Developing knowledge, skills and confidence to support children and families.	Term 1 - Jan

Launch Event

Enhanced Opportunity Programme

Keynote: Dave Whittaker (Director of Learning - Wellspring Academy Trust) - Creating a relational culture

Case Study: Emma Beveridge (Executive Principal - LaceyFields) - Primary Leadership through an SEMH lens

Case Study: Natalie Wathen (Head of School - The Forest Academy) Parental Engagement: An unconditional positive regard approach

Whole School Reviews (Mental Health & Wellbeing) & Leadership Development

Mental Health & Wellbeing Review / Leadership Development

You will be assigned a professional partner who will lead the review process. An initial (virtual) planning meeting will introduce the review framework and produce a review schedule. A 1 day intensive review will be followed by a comprehensive report containing recommendations. This will form the basis for the subsequent *Professional Partner Support* session and *follow on review*.

Mental Health & Wellbeing Package (6 x WEBINARS: ON DEMAND)

1. Supporting a positive return (1 hour) Webinar Workshop

The public health emergency and recent lockdown has had far reaching consequences on society. This module begins by supporting leaders to spot the signs from afar for mental ill-health conditions. You will prepare for holding a supportive conversation with learners and their families before developing a range of strategies and toolkits to support a transition to a 'new normal'.

2. A whole school approach for every young person (1 hour) Webinar Workshop

Consider the benefits of establishing a whole school approach that promotes mental health and wellbeing. Identify the positive impact of this approach on workforce wellbeing that supports recruitment and retention. Overcome pupil absenteeism and exclusion through building resilience and prioritising self-care.

3. Conflict Resolution (1 hour) Webinar Workshop

An introduction to conflict resolution, causes of conflict and associated behaviours. De-escalation techniques and protecting the workforce.

4. Attachment & Trauma (1 hour) Webinar Workshop

You will develop an overview of attachment theory, including its origins, and learn about the 4 types of attachment disorder and the characteristics of attachment types.

You will also develop an awareness of your own reactions to challenging behaviour, and an appreciation of the importance of a whole school approach. Learn how to respond to challenging incidents and discover strategies for working with each type of attachment disorder.

5. De-escalation (1 hour) Webinar Workshop

You will learn a range of preventative de-escalation techniques that focus on calming and distracting children rather than using punitive strategies to deter challenging behaviour. The session will focus on becoming stress regulators rather than behaviour managers.

6. Restorative Practice (1 hour) Webinar Workshop

You will focus on what can be put in place following an incident to prevent challenging behaviours reoccurring. Using the principles of cognitive behaviour therapy you will understand how to successfully and confidently have a restorative conversation. We will focus on active listening, removing our frame of reference and variety of active listening skills. The session will also focus on how we can help staff recover following incidents through problem solving circles.

Mental Health First Aid

7. Adult Mental Health First Aid

Become a qualified Mental Health First Aider with us by attending our 2 full day course (option of 4 half days) covering the following:

- An in-depth understanding of mental health and the factors that can affect wellbeing.
- Practical skills to spot the triggers and signs of mental health issues.
- Confidence to step in, reassure and support a person in distress.
- Enhanced interpersonal skills such as non-judgemental listening.
- Knowledge to help someone recover their health by guiding them to further support. The learning takes place through a mix of presentations, group discussions and workshop activities.

CPD

Parental Involvement Worker sessions

Day 1:

- How Covid has impacted on children and their parents behaviour
- Understanding the impact of trauma and attachment on young people and parents
- What can we do to support Parents mental health
- Strategies for parents to use at home with their children

Day 2:

- Strategies for parent support workers in confrontational situations
- Theraplay skills toolkit
- The art of difficult conversations
- Counselling skills

Mental Health & Wellbeing Package (Additional modules available on request)

The following sessions are available at an additional cost delivery in-person or virtual webinar delivery.

<p>Mental Health Awareness (1 hour)</p> <p>This introductory module will provide an overview of mental health conditions. You will identify warning signs and how to challenge stigmas associated with mental ill health. You will also develop an understanding of some of the most common mental health issues and look at ways you can maintain your own mental health and wellbeing.</p>
<p>Stress & Anxiety (1 hour)</p> <p>Feelings of stress and anxiety are common place occurrences. You will explore the six major types of anxiety and understand the root causes including how best to support someone with anxiety.</p> <p>This module supports the identification of physical and emotional symptoms of anxiety and the associated effects of anxiety on individual's, their family and friends. You will understand what happens in a cycle of negative thinking and how personality and outlook on life can increase or decrease anxiety. You will also consider the effects of positive thinking and self-help for anxiety including the use of activities to manage anxiety and information on a range of support services.</p> <p>You will learn to recognise the causes and effects of stress and how best to manage stress before considering wider workplace wellbeing and understanding workplace stress.</p>
<p>Building Resilience (1 hour)</p> <p>What is resilience? You will learn about the five key stress resilient skills and understand ways to build your resilience. Develop strategies and toolkits to increase self-awareness, improve attention and sustain positive emotion.</p>

CBT - Motivational Interviewing (1 hour)
Understanding motivational interviewing and its positive results when dealing with some mental health difficulties.
Self-harm (1 hour)
What is self-harm, why do people self-harm and the prevalence of self-harm amongst different groups. You will consider the risk factors and warning signs of self-harming behaviours and understand individual vulnerabilities and the best ways to respond. Learn about support services and treatment available for those who self harm and the importance of protecting yourself as a support worker.
Low Mood & Depression (1 hour)
Develop an understanding of the difference between 'feeling low' and clinical depression. Recognise the causes and symptoms of depression. Understand how depression can affect individual's their family and close friends. Explore techniques in how to competently manage these pressures and demands alongside possible treatments and local resources which can help sufferers of depression.