

## We believe the £1200 funding for Senior Mental Health Training should make a real difference in your school...

Because, following the pandemic, this investment in mental well-being has never been more timely or needed.

But there's a real danger of spending that money on training that won't result in a difference in the classroom.

Especially when there are scores of training providers out there who all **appear** to be offering the same thing - and it doesn't look like it matters **who** we choose.

And as school leaders, we have to remember that £1200 is real money. We wouldn't spend £1200 in any other area of school without an expectation of results.

### Here's why that investment is so important:

When our students are struggling with mental health issues, it affects their progress, attendance, engagement, energy, social relationships and concentration in school.

And the impact isn't just limited to our pupils.

In a recent survey, almost 3 in 10 teachers reported visiting a doctor about their mental health in the last 12 months – with 9% using anti-depressant drugs to cope.

The result? Teachers who are more stressed, less able to plan and teach engaging lessons, and who struggle to manage classroom behaviour.

## BUT HERE'S THE PROBLEM WITH MOST SMHL TRAINING...



It's written "by experts for experts"... so they lack accessibility and focus on academic information that's divorced from everyday practice



Your member of staff walks away with lots of high-level theory... but no insight about how to apply that information at a strategic, whole-school level



So when they return to the whirlwind of demands at school... you see very little change. It's like the training never happened - and your £1200 spend feels like a lost opportunity

All these programmes miss out one vital ingredient...



Without **systems**, knowledge does not lead to change.

Systems are a way of taking information and implementing it - every single day - in a way that **has impact**.

So when your SMHL lead walks away from their training, they need step-by-step practices and checklists they can start using the moment they get back into school.

Done-for-you systems that translate theory into action.

And without those systems, your lead is likely to get stuck - and be unable to support the mental wellbeing of your stakeholders at the whole-school level.

**THAT'S WHY MY SENIOR MENTAL HEALTH LEAD TRAINING BRINGS TOGETHER KNOWLEDGE AND SYSTEMS IN A WAY THAT FREES YOUR SMHL LEAD TO HAVE A MEASURABLE IMPACT IN SCHOOL**

## My name's Cathal Lynch and I'm a former Outstanding SEMH Headteacher, MAT co-founder and COO.

I've also worked as Director of Education and National Director of Day Schools for a group of SEMH schools, consultant educational expert for The Key, and I've spoken at a range of national and regional conferences.

And now I'm condensing all that practical expertise into my Senior Mental Health Lead training programme.



### PRAISE FOR CATHAL LYNCH:

*"[Cathal's] aspiring leaders' course was one of the best things I've ever done for my personal development... He taught us how to make change from the top and how to measure its impact. Implementation was definitely the most exciting part of the course and Cathal was always with me every step of the way."*

Abed Ahmed

*"[Cathal's] approach has been instrumental in restoring confidence, fostering positive working relationships, and in creating the foundation upon which Springfield House's recovery has been built. He's truly been a catalyst for instilling a shared sense of purpose at Springfield House."*

George Craig, Chair of IEB, Springfield House SEMH Special School

### PRICE: This training is **FREE to schools**

The DfE are providing a grant of £1200 to cover the £800 cost of the course. The surplus (£400) can be spent on supporting mental health in your school - including on resources - or for supply cover for those attending the training.

I offer highly interactive training for individual schools or clusters of schools. I can travel to you and deliver in situ on consecutive days anywhere in the country please contact me to discuss further. If you haven't taken advantage of the grant contact me to see how I can help on 07801790217 or [clynch@esseducation.org](mailto:clynch@esseducation.org) currently a range of dates are available but don't delay!

The course covers all 8 of the learning objectives in the DfE/PHE document Promoting children and young people's mental health and wellbeing. A whole school approach as outlined below. Delegates will audit current provision and create an action plan to create a whole school approach.

