

Senior Mental Health Lead

Frequently Asked Questions

This list is not exhaustive, but we wanted to capture the commonly asked questions regarding our Senior Mental Health Lead course. If you have any further questions, please do not hesitate to contact us here at:

info@connex-academy.com





What is the Senior Mental Health Lead course?

The Department for Education (DfE) is offering a grant of £1,200 for eligible state-funded schools and colleges in England to train a senior mental health lead to develop and implement a whole school or college approach to mental health and wellbeing. This training is not compulsory, but it is part of the government's commitment to offer this training to all eligible schools and colleges by 2025. Connex Education Academy, previously known as Thirsty Scholars Partnership, have been recognised as an approved provider.

Why is it being run?

Following research from [The Prince's Trust Youth Index 2021](#) and [Early Intervention Foundation](#), alongside many other research publications, the Department of Education have recognised that there needs to be training at school level to help with mental health in young people. The DfE has recognised children need to be supported in the most effective ways possible, with schools being identified as playing a crucial role. They have set aside funding for every eligible state school in England to receive funding to train a dedicated Senior Mental Health Lead in their school. This individual will strategically lead to implement a Whole School Change Programme to support positive Mental Health and Wellbeing within the school community.

How is the training delivered?

Connex Education Academy's Senior Mental Health Training is delivered through a series of online modules which are available on demand, with additional optional live sessions to provide directed reflection and coaching to best suit your needs.

How many training days are there?

As the core elements of our course are on demand and online there are no allocated training days, aside from optional webinars, meaning that you do not need to take time out of your school calendar to train.

Is there an assessment or an in-school project?

Throughout the modules, you are asked to reflect and develop an action plan or road map along your journey. We provide links to key recommended resources that will equip you to implement your action plan. During the course you will be set short tasks and activities which will build an action plan for you to use in your school. You will review your action plan or road map individually with one of our experts to help ensure you've covered all the key elements prior to getting started within your school community. Although this is an important outcome of your training, this is not a formal assessment.

Does it have to be a member of Senior Leadership Team?

No, whilst it is important that the Senior Leadership Team are engaged with the initiative, we actually recommend that it is someone who is outside of the Senior Leadership Team with the capacity to invest and focus time to ensure this project is successful. Please note the individual put forward for the SMHL program ideally should have the capacity to influence and drive forward a whole school change project.

Will I get to meet anyone else whilst on the training?

We recognise the importance of human connection and sharing best practice, so alongside our optional webinar sessions, we also have our own unique Senior Mental Health Lead community hub. Fully online you will be able to share and connect with fellow Senior Mental Health Leads during and after you have completed the training as an Alumni. This is offered free as part of our programme.

What is the end date of the course?

We have a rolling program and therefore your end date is linked to when you start the course. Typically, the estimate time commitment for this course is around 16 hours over a term to complete. We estimate this to be two hours a fortnight.

How can my school access the Department of Education grant?

Please see [here](#) our handy "How to guide" to access the funding, our key relationship manager will also be able to support you at info@connex-academy.com

What happens if we are not publicly funded?

The grant is only available for state funded schools in England, however we welcome all potential Mental Health Leads, if you would like to join us and you are unable to access the grant we have a self-funded route. Please register for further information [here](#).

Is this course completed in or outside of school time?

This is dependent on your school; however, we would recommend you set aside two hours a fortnight to focus on the training and action plan development.

Is this a registered qualification?

Whilst this is not a registered qualification, it is recognised and approved by the Department of Education. Every successful delegate will receive a CPD certificate to confirm their completion which is equivalent to 16 CPD points with cpduk.co.uk

Who certifies the course?

Our experts, Dr Elke Paul and Ella Savell-Boss are trained experts in mental health and wellbeing, and safeguarding. They will provide you with group coaching and review your plan individually at the end of the programme, offering you development suggestions. Further information about their experience can be found [here](#).





If you need more help, please get in touch. We're more than happy to assist you!



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