**Training for Schools**

It is estimated that one in eight 5 to 19 year olds have suffered from at least one diagnosable mental disorder, therefore it is likely that many more will struggle with their mental health and emotional wellbeing at some point during their school years.

We all have our role to play in supporting children and young people, and schools pay an important part in supporting young people that may be struggling with their mental health. It is vital that everyone working within a school has an understanding of what mental health is and has the confidence to recognise and respond to common issues.

**What is the mental health competency framework?**

Local Authority Public Health, YMCA Trinity Group, educational establishments and local NHS services have developed a competency based model of assessment to guide schools and colleges in identifying their training needs. The framework was created to simplify the complex picture of mental health training available. The aim is to ensure staff at all levels have the confidence to support children and young people by building core resilience skills, identifying emerging concerns at an early stage, and signposting to appropriate care pathways or interventions where possible. There is no expectation that education staff will diagnose or treat mental health problems.

[Click here](https://healthyschoolscp.org.uk/wp-content/uploads/2020/10/Training-Competency-Framework-FINAL-29.9.20.docx) to download the mental health competency framework.

**How do I use the framework?**

The framework has been designed as a self-assessment tool. One approach might be to review the tool within a staff meeting or with a smaller group including senior leads (including the mental health lead). The tool can be used to understand where current levels of understanding of mental health are within different staffing groups, and to highlight areas for improvement.

**What next?**

There are lots of local and national providers that can provide training, some of which is free to access. If you decide to purchase training, the procurement checklist below can help to ensure that you receive a quality service that fits your needs.

[Click here](https://healthyschoolscp.org.uk/wp-content/uploads/2020/10/Quality-Assurance-checklist-for-schools-March-2020.pdf) to download the procurement checklist.

**Local provision**

There is a range of training available for schools, some of which is funded. Training includes:

Mental Health Forums for Schools – The Forums have been developed locally with a range of services to help schools set up the role of the Designated Senior Lead for Mental Health and adopt a whole school approach to mental health. Free to access and facilitated by professionals across Cambridgeshire and Peterborough, they will help schools assess their own provision, share good practice and signpost to support. The Forums will also be delivering the locally adapted national training package funded by the Department for Education in response to Covid-19. Information about the Forums will be circulated via the Local Authority education department. (The Forums will support achieving competencies in framework assessment **stages 3 as well as other stages depending on theme**).

Emotional Health and Wellbeing Service (Free) – For more information 0300 555 50 60 or [ccs.ehw@nhs.net](mailto:ccs.ehw@nhs.net) (will support achieving competencies in framework assessment **stages 1, 2 and 3**)

[YMCA Trinity Group](https://ymcatrinitygroup.org.uk/mental-health-training/) (there is a charge for some of this training) – For more information contact 01733 373187 or lisa.smith@ymcatrinity.org.uk (will support achieving competencies in framework assessment **stages 1, 2 and 3**)

[Cambridgeshire & Peterborough NHS Foundation Trust Learning & Development](http://www.trainingcamh.net/) (there is a charge for some of this training) - For more information contact [CAMHTrainingAdministrator@cpft.nhs.uk](mailto:CAMHTrainingAdministrator@cpft.nhs.uk) (will support achieving competencies in framework assessment **stages 1 and 3**)

**National provision**

[MindEd (Free)](https://www.minded.org.uk/) - Online training for families and those working with children and young people. There are e-learning opportunities across a range of mental health topics.

[Young Minds](https://youngminds.org.uk/training/training/) offer training on a range of subjects from anxiety to social media.

[The Anti-Bullying Alliance](https://www.anti-bullyingalliance.org.uk/) (free) - CPD training for teachers and school staff, it also has a range of resources on tackling the subject of bullying.

[Zero Suicide Alliance](https://www.zerosuicidealliance.com/) (free) - Powerful training developed by Merseyside NHS around having conversations about suicide and preventing it if you come across a situation.

SEND Educational [Psychology](https://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer/local-offer-identifying-special-educational-needs-and-disabilities-0-25/send-service-0-25) Services - SEND Services provide targeted support and training to staff supporting students with all aspects of special educational needs, but particularly those experiencing social and emotional difficulties.

**Other mental health training**

* [CPSL MIND](http://www.cpslmind.org.uk/training-services/) offer training to businesses and community groups
* [Learning Together Cambridgeshire](https://www.cambslearntogether.co.uk/social-care-development-1/learning-and-development-adults/adults-learning-and-development-offer/) offer a range of adult learning courses
* [YMCA Trinity Group](https://ymcatrinitygroup.org.uk/mental-health-training/) provide online and face to face training for a range of organisations and audiences including youth work, residential staff, early years, parents, community groups, businesses and