

Training workshop

Learners with mental health difficulties

Outstanding support, Dismantling barriers, Improving inclusion

What is this training about?

Inspection continues to have a high focus on safeguarding, supporting vulnerable learners and meeting individual learner needs.

Did you know that one in five learners aged between 16 and 25 will have a mental health difficulty? Are admissions, IAG and student services staff clear on how best to support learners with mental health difficulties into learning? Do tutors know how to provide effective support for learners experiencing these difficulties?

Why should staff attend?

Just as steps in a building are barriers that need to be dismantled for learners who are wheelchair users, there are a number of common psychological barriers that need to be dismantled for learners with mental health difficulties into learning, and while learning. But do teaching and business support staff know how to do this?

Are tutors and learning support assistants aware of the practical strategies to ensure sensitive, responsive and effective support both in and outside of the classroom? Do tutors know how to personalise their teaching and learning to ensure learners with mental health difficulties are successful? How does all this tie in with integrating and promoting E&D and British values in the curriculum? What about safeguarding implications such as confidentiality, consent to share information and students who self-harm?

This is an engaging and interactive workshop that explores these and other key themes, sharing best practice in the sector.

Why should we run this event?

This course will help your organisation to:

- Ensure staff are adept at working with and supporting learners with mental health difficulties.
- Make certain that the support of learners with mental health difficulties is fully integrated within teaching, learning and assessment.
- Drive up learner success, narrow achievement gaps and improve inspection outcomes.

Excellent day. Great to see a social model approach being adopted to mental health difficulties.

Jeff Morgan, Newcastle College

Absolutely brilliant. This event was full of information and ideas.

Tamasine Penford,
West Notts College

Superb. Very useful information and lots of questions answered.

Julie Catrall,
King George Sixth Form College



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Who should attend?

Tutors, learning support staff, admissions, IAG and student services staff, curriculum managers, advanced practitioners, equality champions, mental health coordinators.

What will delegates learn?

Objectives of a one-day event are to:

- Understand the **mental health continuum** and the **social model** for supporting learners
- Explore **case studies** and **knotty issues**
- Discuss the **barriers into learning and while learning** that learners with mental health difficulties may experience, the **impact** on the learning experience, and how **teaching staff and business support staff** can **dismantle these barriers**
- consider the **practical and emotional support** within teaching and learning and outside the classroom, to **more effectively support learners**
- Consider actions you can take to **challenge mental health stigma and discrimination** and **improve the experience of learners with mental health difficulties**

Are there any options?

There are a number of options, including;

90 minute workshops, repeated in a day.

Two-hour or a Half-day workshop, either as a single event or repeated in a day.

Train the trainer session; an intensive training session that provides skills and confidence, together with materials, activities and DVD clips to allow attendees to cascade training to others.

Tailored training; for example learning support staff, equality champions or tutors with a specific interest in supporting learners with mental health difficulties.

More questions?

Contact Christine for indicative content, programmes, amount for delivery of training sessions and anything else you need to know.

Dr Christine Rose

Christine is an experienced equality, diversity and inclusion consultant and a registered trainer with MIND the mental health charity

Nationally recognised as an expert, she has worked with over 300 providers, supporting a significant number to achieve outstanding

status for E&D at inspection.

She has helped thousands of staff improve their practice.

She uniquely combines an ability to inspire with extensive experience and an in-depth knowledge of best practice.

Her training events are engaging, interactive and highly practical.

