



# SCHOOL MENTAL HEALTH AWARD

Improve resilience, emotional intelligence, mental health and wellbeing for all members of your community.

This award takes a community approach to mental health providing a framework to evidence policies and initiatives that work towards improving mental health and wellbeing for both staff and pupils within the wider school community. Using a development framework, schools will evaluate current mental health practices, identify gaps, develop and strengthen these and work towards building an emotionally healthy community for all.

## WHAT DOES THE SCHOOL MENTAL HEALTH AWARD COVER?

The award takes a whole school approach to mental health and covers eight key competencies each with a series of statements that schools will work to embed.

The eight competencies are:

- Leadership & Strategy
- Organisational Structure & Culture - Staff
- Organisational Structure & Culture - Pupils
- Support for Staff
- Support for Pupils
- Professional Development & Learning
- Working with Parents & Carers
- Working with External Services



## WHAT IS THE PROCESS?

The award process allows schools to make mental health and wellbeing a guided strategic priority for school development. The School will develop an implementation plan and guide the school community through a process of building the skills and knowledge needed to bring about whole school improvements in mental health and wellbeing. Your school will work with an allocated coach to create a personalised action plan for your school. Together, you will develop a portfolio of evidence for your school set against the competencies of the framework. Once submitted, your evidence will be verified against the three levels : bronze, silver and gold. As well as being recognised as a thought leader in School Mental Health and Wellbeing you will have the opportunity to showcase your practice with other schools, engaging in research and support the building of a professional community.

Your school will receive:

- A self-assessment diagnostic.
- An allocated coach who will support the school through the process.
- A paper and e-certificate.
- An e logo to display on your website and school stationery.

Your school will gain a profile by appearing on our 'School Mental Health Hall of Fame' on the Carnegie Centre for Excellence for Mental Health In Schools website.

## WHY ATTAIN THE AWARD?

- Creates a culture of an awareness of mental health, tolerance and acceptance, helping to reduce behavioural problems and promotes positive mental health strategies.
- Improves community wellbeing for all.
- An opportunity for the school to identify its own priorities and areas for development using the framework.
- Addresses the needs of all mental health needs of your community including pupils and staff.
- Increases staff retention rates meaning continuity of care and attract high calibre staff.
- Demonstrates commitment to adhere to and exceed professional and government guidance. Allows specific professional development opportunities for all levels of staff whether house based or as part of a whole school team.

## HOW MUCH DOES THE AWARD COST AND HOW LONG IS IT VALID FOR?

The award costs £495 excluding VAT and lasts for three years, after which you can apply for reassessment to maintain your level or strive for higher quality standards.

## CONTACT

For further information please make contact with Martina Sanna - [schoolmh@leedsbeckett.ac.uk](mailto:schoolmh@leedsbeckett.ac.uk)

or call 0113 812 2423.

*"This has had a significant impact on our mental health journey and the mental health of our children. Also a key factor in being named TES Wellbeing and Mental Health School of the Year. Wherever you are in your journey, it will make a difference for your children."*

**Ben Levinson**, Kensington Primary School

TES Headteacher of the Year, TES Wellbeing School of the Year