

Mental Health Awareness Programme for Universities

*For creating and embedding a mental
health and wellbeing friendly environment*

About the Programme

Setting a national standard for those leading on mental health and wellbeing ethos in universities, the Programme seeks to support the development of a strategy and action plan, plus also recognise the skills of those involved. The Programme is focussed on the conversations and considerations of the strategic leaders in mental health and wellbeing, including considering what proactive interventions would benefit your staff and students.

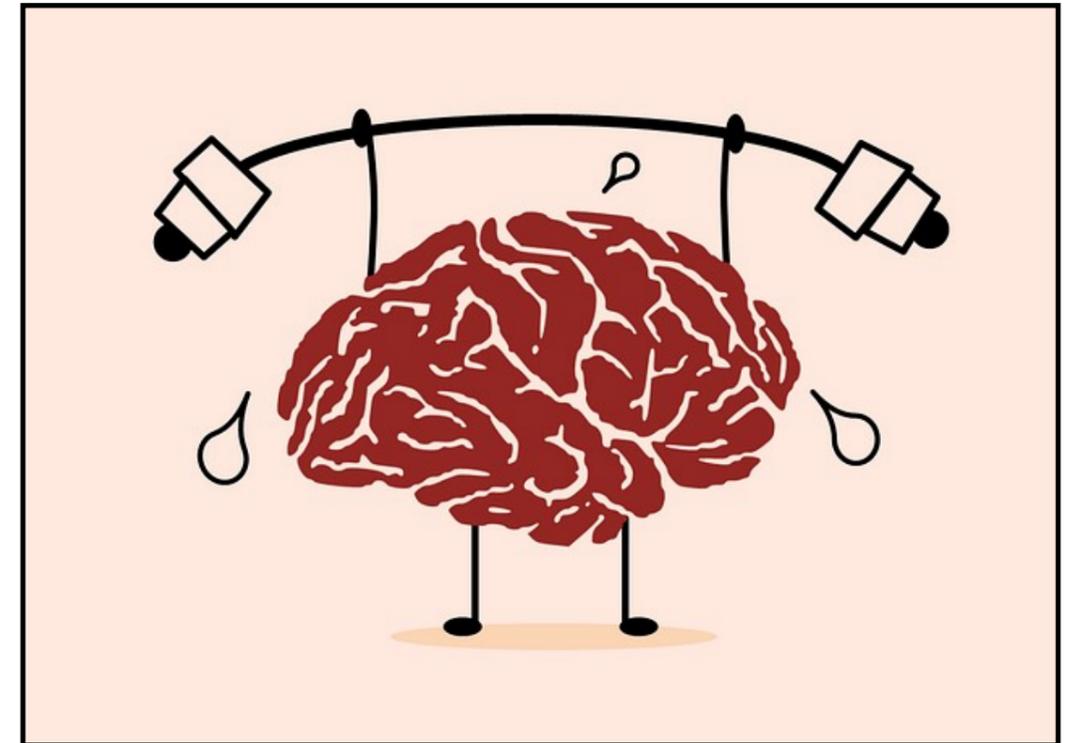
About the provider

The Root Of It are multi-award winning mental health inclusion experts, covering the whole UK. Founded by behaviour expert Richard Daniel Curtis in 2013, they have provided training and consultancy to educational settings across the country. They run the National Special Educational Needs and Disability Awards, a free-to-enter annual celebration of good practice for 0-25 year olds. They also run the Mental Health and Well-being Awards.



MORE INFO

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Mental Health Awareness
PROGRAMME

the **root**
of it

WHAT IS IT

The **Mental Health Awareness Programme for Universities** is a year-long Programme designed to recognise those with the greatest influence over policy and practice in educational settings, plus also develop their own action plan for ensuring a mental health and wellbeing friendly environment. Suitable for both academic and non-academic departments.

Delivered in a cohorts, the Programme covers topics affecting the leadership of mental health and wellbeing in the university environment. Beginning with an audit of current need, the 3 whole-day sessions (or 12 online seminars) encourage the discussion of topics related to the development and implementation of a strategy to address the needs of both staff and students.

Participants study core modules with a facilitator, deliver a short session and self-study an additional two modules, allowing them to ensure the Programme is most suitable for their situation. They are assessed through a portfolio submission, to become a National Leader in Mental Health.

IS IT FOR US

If your University or Faculty has a number of key leaders all invested in ensuring they lead a mental health and wellbeing friendly environment, then this Programme is suitable.

As the Programme facilitator guides the group through the self-audit, content and action planning, this often suits situations where approaches are fragmented or there are gaps.

COMMITMENT

In-person

3 x full days, plus four group-led peer sessions.

Online

12 x monthly 60 minute seminars.

Additional commitment

Between sessions there are workplace activities. In addition leaders self-study two units.

HOW IS IT ASSESSED

Participants on the Programme are entitled to submit a portfolio to gain the National Leader certificate. This consists of reflections on the Programme, delivery and implementation, in addition to their own self-studied learning.

WHO SHOULD ATTEND

If being delivered at a University Executive Board or University level, then a strategic leads from each faculty should attend.

If being delivered at a faculty or departmental level, then appropriate leaders should attend. A cohort might consist of: the faculty lead, academic lead, student support lead, admin staff lead, and postgraduate student representation. Suitable for non-academic departments too.

PROGRAMME CONTENTS

Facilitated sessions:

- Auditing and action planning
- Leadership in mental health
- Ethos
- Values and beliefs
- Reactions to mental health difficulties & unconscious bias
- Workplace wellbeing
- Student wellbeing
- Common mental health difficulties

Self-studied units, choose two of the following:

- Multi-team working
- Voice of the student
- Voice of staff
- Support for students
- Support for staff
- Disabilities and medical conditions
- Mental health difficulties
- Mental wellbeing

BENEFITS

- Ethos development
- Unified approach
- Action planning
- Staff and student engagement
- Improved knowledge, skills or behaviours
- Evidence of good practice
- Accreditation

MENTAL HEALTH TRAINING

Self-audits often identify a need for awareness training for staff. As an additional part of the Programme, we can also arrange for all of your staff to access universal online Mental Health Awareness training, in addition to Mental Health First Aid for those in appropriate roles.