

# Mental Health Awareness Programme for Governors

*A national programme for designated  
Governors*

## About the Programme

A Programme studied over 2 days spread over a term to help designated governors for mental health and wellbeing understand their responsibilities, duties and how to perform them.

## About the provider

The Root Of It is a multi-award winning inclusion service covering the whole UK. Founded by behaviour expert Richard Daniel Curtis. In 2013, they have provided training and consultancy to over 1% of schools in 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

For more information contact:

The Root Of It

3 Merridale Road, Southampton, SO19 7AB

[www.rootofit.com](http://www.rootofit.com)

[info@rootofit.com](mailto:info@rootofit.com)

02381 120010

Mental Health Awareness  
PROGRAMME

the **root**  
of it

## WHAT IS IT

The **Mental Health Awareness Programme for Governors** is a term-long course designed to empower those who support, guide and oversee educational settings.

Suitable for the designated Governor for Mental Health and Wellbeing in educational settings (any age).

Delivered in a group, the programme covers topics affecting the governance of social, emotional and mental health in our young people and staff. Sessions encourage the sharing of good practice, plus the development of new knowledge and skills.

Participants study core modules with a facilitator and self-study an additional two modules, allowing them to ensure the learning is most suitable for their situation. The course is assessed through a portfolio submission, marked by the facilitator in order to gain the accreditation.

## BENEFITS

- Improved knowledge, skills or behaviours
- Reviewed systems
- Evidence of good practice
- Empowered governors
- More effective governance
- Accreditation
- School improvement

## COMMITMENT

### In-person

2 x full days, with a half a term in-between them.

### Online

6 x monthly 90 minute workshops (with a gap for the summer holidays).

### Additional commitment

Between sessions there are activities which a Governor may need to undertake. In addition governors self-study two units.

## HOW IT IS DELIVERED

The Programme can be delivered online or in-person for local cohorts.

The Root Of It also work with selected local partners on a Train the Trainer basis, such as Educational Psychology services, teaching schools, special schools or consultants.

## HOW IT IS ASSESSED

Governors submit a brief portfolio based on their learning from the Programme:

- Reflection on the learning from the course
- Evidence of self-studied units
- Workplace testimony

## PROGRAMME CONTENTS

Facilitated sessions:

Expectations of Governing Bodies  
Requirements of educational settings  
Staff wellbeing  
Pupil wellbeing  
Common mental health difficulties

Self-studied units, choose two of the following:

Multi-disciplinary working  
Voice of the student  
Voice of staff  
Partnership with parents  
Support for students  
Support for staff  
Disabilities and medical conditions  
Mental health difficulties  
Mental wellbeing

