

## Professional Development

for a whole school approach to mental health and wellbeing

Level One Introductory Workshop					
<b>Day one</b>	<b>Introduction</b>	Break	<b>Resilience</b>	Lunch	<b>Change, loss and grief</b>
	Mental health – Promotion, prevention and early intervention		Belonging and friendship		Safety, control and trust
	Whole school approach		Problem-solving and coping		<b>CommunityMatters</b>
	Mapping current practice		Protective and risk factors		Diversity, mental health and wellbeing
	Resource familiarisation		Social and emotional learning		Community, culture and identity
<b>Day two</b>	<b>Reconnect, reflect and plan</b>	Break	<b>Curriculum, teaching and learning</b>	Lunch	<b>Educating for life</b>
	Dealing with bullying and harassment		<b>Understanding mental illness</b>		Suicide prevention
	Empathy and safety		Promoting understanding and help-seeking		Self-harm
	Curriculum, teaching and learning		Keeping connected		<b>Planning to implement MindMatters</b>
			Understanding the issues		As an individual or as a whole school/organisation

Level Two Planning Workshop					
<b>Day one</b>	<b>Introduction</b>	Break	<b>Beliefs and perceptions</b>	Lunch	<b>Check current capacity</b>
	MindMatters planning overview		Student diversity		Leadership
	MindMatters models				Effective core teams
	Protective factors and risk factors				Staff wellbeing
<b>Day two</b>	<b>Analyse data</b>	Break	<b>School plan</b>	Lunch	<b>Implement school plan</b>
	Plan your outcome		Curriculum		Marketing
	Policies for mental health and wellbeing		Program selection		Communication
			Staff professional development		

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Focus Modules		
<b>Leadership</b>	1 day	<i>For school leaders and aspiring school leaders</i> Focuses on personal leadership aspects and a systems approach to enable mental health promotion, prevention and early intervention.
<b>Staff Matters</b>	2 days	<i>For all school staff</i> Supports staff wellbeing using social and emotional learning and connecting this with engaging staff in mental health promotion, prevention and early intervention for students.
<b>Student Empowerment</b>	1 day	<i>For school staff and students, as a prerequisite for other youth workshops</i> Overview about maximising the role of students in a whole school approach to mental health and wellbeing (also connects with a series of student-led youth empowerment sessions).
<b>Communities Do Matter</b>	1 day	<i>As part of a series of seminars/workshops</i> Overview of the positive connections schools can make with culture and community using the MindMatters community development process (also links to a range of sessions with key stakeholders in community development).
<b>Students Experiencing High Support Needs in Mental Health</b>	2 days	<i>For school counsellors, school support staff and health workers</i> Recognises the pivotal role of school support staff in leading, managing and working with others for mental health promotion, prevention and early intervention for students with high support needs and how this can be supported.
<b>The Whole Student Approach</b>	1 day	<i>For all school staff including year/house leaders</i> Develops understanding of how schools can work with students as individuals and provide successful experiences by recognising the richness they bring with them to the school setting.
<b>Teaching and Learning for Engagement</b>	1 or 2 days	<i>For all school staff</i> Reflects on the needs of young people, the importance and nature of pedagogies that engage them, and the educational and mental health connections.
<b>Measuring Our Progress</b>	1 day	<i>For school staff managing data</i> Expands understanding of how to collect and analyse school mental health and wellbeing data to measure the effectiveness of a whole school approach.
<b>Transitions</b>	1 day	<i>For school staff managing transitions</i> Examines the broad concept of transition within a school setting from a personal and professional perspective and explores the strategies that support people through change.