



## Pastoral Conference – ReTHINK

Developing a culture for managing, supporting and developing a positive approach to mental health in schools.

**Wednesday 23<sup>rd</sup> September 2015**

No-one can be unaware of the growth of mental health issues in young people and the huge pressure on CAMHS/CYPS. Schools are naturally left to identify and support students with poor mental health and emotional wellbeing; but, with limited expertise and finite funding available, schools themselves are frequently left to wonder how best to support all their students.

With media and political momentum currently on the side of young people, schools more than ever have the chance to rethink their mental health strategy. The aim of this year's conference is to inspire schools to make good mental health a priority throughout their community and to provide practical guidance for some of the most common issues in schools.

We are excited to be linking our conference to some of the most prominent providers of youth mental health support in the UK: Mental Health First Aid England, Maudsley Learning and Place2Be - making this the leading conference in the North of England for schools looking to improve their approach to health and wellbeing.

### Final Programme

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| 9.00  | Registration and coffee   |
| 9.30  | Welcome from Dr Bernard Trafford Headmaster Royal Grammar School  |
| 9.45  | Dr Pooky Knightsmith – What are you going to do about it? Turning talk into action to improve mental health   |
| 11.00 | Break   |
| 11.00 | Caroline Hounsell – Mental Health First Aid   |
| 12.00 | Q&A   |
| 12.15 | Lunch   |
| 13.15 | 2 x Workshop sessions – choose from:  |
|       | <ul style="list-style-type: none"><li>• How to ensure your counselling provision is the best it can be. Sharing good practice and new ideas</li><li>• Workplace mental health - building a culture that understands, manages and promotes mental health</li><li>• Responding to self-harm</li><li>• Eating Disorders</li><li>• The myth of anger management: listening to young people's anger and hatred</li><li>• Trials, tribulations and triumphs: supporting young people with sex and sexuality</li><li>• Using transactional analysis techniques when supporting students</li><li>• Teaching resilience</li><li>• Using games to help young people to interact and open up</li></ul> |
| 15.15 | Closing remarks   |
| 15.30 | Tea and departure   |

## Our speakers and workshop providers include:



**Dr Pooky Knightsmith** completed her PhD in child and adolescent mental health at the Institute of Psychiatry, London, where she specialised in developing practical strategies for supporting self-harm and eating disorders in schools and other non-clinical settings. In addition to freelance training, speaking and writing, Pooky is currently the mental health and emotional wellbeing advisor at the PSHE Association, an associate trainer for the Charlie Waller Memorial trust, a trustee of Beat, the eating disorders charity and a trustee of the Kidstime Foundation which supports children of parents with mental health issues. Pooky will be speaking personally about the importance of effective intervention



**Dr Caroline Hounsell** was one of the first MHFA England Instructors to be trained by the organisation's founder, Betty Kitchner and joined the national MHFA England training team in 2007, taking on the role as national Quality Assurance Lead in 2012. In 2015 she was appointed into a new role as MHFA England's Director of Partnerships and Business.

During her time at MHFA England, Caroline has been involved with the design, content development and writing across a range of MHFA courses, including Youth MHFA, Armed Forces MHFA and MHFA Lite. With a previous background as a careers consultant and psychometric testing expert for schools across Europe and UK, Caroline has a clear understanding of how MHFA fits into the Youth market and is very informed around this subject area.



**Karen Cromarty** is the British Association for Counselling and Psychotherapy's Senior Lead Advisor. As an experienced counsellor, supervisor, trainer and researcher in the field of children and young people's counselling, Karen works across the UK endeavouring to ensure that all counselling for children and young people is accessible, of the highest standard, and based upon the most recent research.



**Nick Luxmoore** is a trainer, school counsellor, teacher, youth worker and psychodrama psychotherapist (UKCP registered). He has over 35 years' experience of working with young people and with the professionals who support them. Nick's career has included teaching English and Drama in schools and prisons, teaching counselling at Oxford Brookes University, running a youth centre and youth theatre, setting up and managing a young people's counselling and information service, working as a school counsellor and as a counsellor with young refugees and asylum seekers.

He is the author of eight books including most recently: School Counsellors Working with Young People and Staff: A Whole-School Approach (2013); Essential Listening Skills for Busy School Staff: What to Say When You Don't Know What to Say (2014)



**Terry Henderson** is a Master Practitioner in Eating Disorders with an extensive background working in Mental Health. He is also a Therapist in EMDR ( Eye Movement Desensitisation Recovery), Psychotherapy and a Registered Mental Health Nurse. He currently works in an Inpatient Ward for patients with severe Eating Disorders where he assesses and participates in providing evidence based therapies to patients with a diagnosis predominantly around Anorexia Nervosa. Evidence based research during his last role as Senior Specialist Practitioner at Durham University found that, early recognition and support of all aspects of eating disorders at all ages is vitally important, and coupled with early access to Professional Services does enable "recovery".

## Booking and Travel Information

The price for this one day conference including coffee, a good lunch and tea is:

**One delegate £90 (additional delegates from the same school £70 per person).**

To book a place please email your details to [s.ellis@rgs.newcastle.sch.uk](mailto:s.ellis@rgs.newcastle.sch.uk) (please note that a place cannot be guaranteed until full payment is made). Please indicate in your email your name, position, contact details and whether you require access arrangements or specific dietary requirements. Proof of a place being allocated will be emailed back to you. Please send a cheque made payable to Newcastle Royal Grammar School to:

Sandra Ellis  
The Royal Grammar School  
Eskdale Terrace  
Newcastle Upon Tyne  
NE2 4DX

Newcastle upon Tyne is well served by the East Coast, Transpennine and Cross Country lines and our excellent Metro system will bring you to the school within 10 minutes. Unfortunately we cannot offer any car parking on site although there is metered parking nearby. If you are intending to arrive the day before and stay overnight, we have negotiated a delegate rate of £90 B&B with the nearby Holiday Inn in Jesmond (3 minute walk from the school); please quote RGS Conference when booking.

