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| Summary Notes Mental Health Leads: Preparing for the school yearIf you do just one thing… Creating a culture of mental wellbeing **is not about one person making it happen** - it’s about ensuring one person coordinates setting up the structures so that **all stakeholders in the school can make the culture happen** |

## Key points from the session

* Work strategically with HR, DSL, Pastoral team, Parents, Students, External agencies
* Plan each half term with a strategic focus which you aim to develop over the course of the year and then track
* measure impact on a micro level with learning outcomes sheet for interventions and individual feedback from student/parent/staff
* measure impact on a macro level with annual student/staff parent surveys

## Today’s Trainer – Clare Erasmus

* Clare Erasmus is currently the Designated Mental Health Lead Advisor  & Head of the  Digital Technology & Communication Faculty at Brighton Hill Community School.  Clare has worked with a range of mental health experts from clinicians to NHS and CAMHS representatives, often sitting as an advisor on behalf of schools.  She has given keynotes at many national mental health conferences and is regularly invited to deliver lectures to university students. Clare has collaborated with staff, students and mental health and Tech experts to help create an award winning, bespoke Mental Health and Wellbeing App for her school, with PSHE styled podcasts, called *BHCS My World*. Clare is also the author of two books
* Books: The Designated Mental Health Lead Planner : A guide and checklist for the school year and The Mental health and wellbeing Handbook for schools. Transforming mental health support on a budget
* LinkedIn: @cerasmusteach
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* YouTube: [Rosie and Claire Erasmus: Strengthening family relationships by really communicating and listening- #familymh5aday | TED Talk](https://www.ted.com/talks/rosie_and_claire_erasmus_strengthening_familiy_relationships_by_really_communicating_and_listening_familymh5aday)

## Further resources

### Recommended Books:

* Book 1 – Self Harm and Eating disorders for schools; Pooky Knightsmith; JKP
* Book 2 – Essential listening skills for busy schools; Nick Luxmoore; JKP
* Book 3 – Mind Mechanics; Sarah Rawsthorne; JKP
* Book 4 – The mentally healthy schools’ workbook practical tips, ideas, action plans and worksheets for making meaningful change, Dr Pooky Knightsmith; JKP