



Bradford Educational  
Psychology Team



Mental Health  
Champions

## **\*\*Important information regarding Healthy Minds wellbeing intervention training\*\***

**The Healthy Minds wellbeing intervention training is an offer for schools to access training and follow up support in one of four interventions that can be put into place in school.**

We are aware that there has been a lot of confusion over eligibility and access to the training videos and follow up support.

**For clarity, eligibility is strictly limited to schools who are actively involved in either:**

- Mental Health Champions PLUS. By actively involved, we mean that you must have completed your audit and action plan and have discussed this with your link member of the EP team.
- Bradford Healthy Minds Chartermark.
- The Bradford version of the DfE Senior Mental Health Leads training.

**Unfortunately, if you are *not* actively involved in one of the afore mentioned projects then you are *not* eligible to access this offer.** If you are only an MHC CORE school, or you are registered as MHC PLUS but have not yet completed an audit and action plan and you request this training, we will unfortunately have to decline.

**Eligible** schools are asked to select one of the following training videos to support them in putting the intervention in place in school:

- Zones of Regulation
- Emotion Coaching
- Restorative Practice
- Mindfulness

There are also optional online follow up support sessions and other ways of getting support for your school to implement these interventions.

**Please do not request access to more than one training topic.** Schools interested in more than one intervention will be able to select a second option in Autumn, if they are still eligible to do so (i.e. if they are still actively involved in at least one of the above projects).

If you are interested in becoming an MHC Plus school in order to access this intervention training, please discuss this with SLT in your school first in order to ensure you can commit to the project requirements. You will need to wait until the next round of auditing/action planning in the Autumn term before you become eligible for the wellbeing intervention training, but you could still access the MHC Plus Network meeting in the summer term. Further information can be found on our pages on BSOL (links are below).

**MHC Core:** <https://bso.bradford.gov.uk/content/www.mentalhealthmattersinschools.org.uk>

**MHC Plus:** <https://bso.bradford.gov.uk/content/mental-health-champions-plus>