

Mental Health

Are You Ticking The Right Boxes?



Includes
White Paper
implications
session

NORTH-EAST REGIONAL CONFERENCE

Monday 2nd March 2026
Holiday Inn, Gosforth Park

SCHEDULE

HOLIDAY INN,
GOSFORTH PARK



2ND MARCH 2026

9.30

THE 8 PILLARS OF MENTAL
HEALTH STRATEGY

10.30

WHAT'S IN YOUR
COPING CASE?

Parallel Workshop
ARE YOU TICKING THE
AVOIDANCE BOX? ~
STAFF MENTAL HEALTH
IN RISK ASSESSMENTS

11.30

SUPPORTING SCHOOLS IN
NEWCASTLE TO SUPPORT THOSE
AFFECTED BY EMOTIONALLY BASED
SCHOOL NON-ATTENDANCE

Parallel Workshop
"IT'S ALL TOO MUCH" ~
MAKING SURE YOU ARE
RESPONDING TO STAFF
STRESS CORRECTLY

1.15

1.15

WHAT YOU
ARE YOU TICKING THE INSPECTION
BOX? ~ 7 OPPORTUNITIES FOR
MENTAL HEALTH TO SHINE

2.15

WHAT THE WHITE PAPER MEANS
FOR MENTAL HEALTH STRATEGY

SCHEDULE

HOLIDAY INN,
GOSFORTH PARK



2ND MARCH 2026

9.30 | THE 8 PILLARS OF MENTAL HEALTH STRATEGY

In this session, Richard Daniel Curtis will introduce the 8 pillars of effective mental health strategy in education. This evidence-based approach has been developed over the last ten years to ensure that schools and colleges are able to put in place the mechanisms for supporting student and staff mental health needs.

10.30 | WHAT'S IN YOUR COPING CASE?

In this interactive workshop, we'll explore what resilience really means and how coping strategies can help us—and the young people we support—navigate adversity. Using the BASIC Ph Model, we'll look at six channels of coping: Belief, Affect, Social, Imagination, Cognition, and Physical/Physiological. You'll learn how to identify your own dominant coping styles, expand your coping repertoire, and discover practical ways to help young people access these channels in times of stress.

Parallel Workshop
ARE YOU TICKING THE
AVOIDANCE BOX? ~
STAFF MENTAL HEALTH IN
RISK ASSESSMENTS

This practical workshop looks at universal Health and Safety risk assessments and demonstrates how staff mental health should be risk assessed. Reflects HSE employer requirements.

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11.30

SUPPORTING SCHOOLS IN
NEWCASTLE TO SUPPORT
THOSE AFFECTED BY
EMOTIONALLY BASED
SCHOOL NON-ATTENDANCE

This session will explore psychological frameworks underpinning the understanding of and support systems for children and young people experiencing emotionally based school non-attendance (EBSNA). We will share our experiences of introducing a psychologically-informed, authority-wide approach to support schools and services in Newcastle Upon Tyne, and consider next steps on this journey.

Parallel Workshop
"IT'S ALL TOO MUCH" ~
MAKING SURE YOU ARE
RESPONDING TO STAFF
STRESS CORRECTLY

Using a tool developed from HSE advice, this session gives leaders the skills to have 1:1 conversations about stress and assess what the employer can do to support the employee.

1.15

ARE YOU TICKING THE INSPECTION
BOX? ~ 7 OPPORTUNITIES FOR MENTAL
HEALTH TO SHINE

Following the release of the updated OfSTED framework in 2025, Richard looks for 7 possible hidden gems for allowing your mental health strategy to shine through. You may be doing 1 or 2, but are you demonstrating all 7?

2.15

WHAT THE WHITE PAPER MEANS TO MENTAL
HEALTH STRATEGY

Monday 23rd February 2026 saw the release of the Government's White Paper "Every Child Achieving and Thriving", here national mental health strategy expert, Richard, talks through the implications.