

Mental Health

Are You Ticking The Right Boxes?



EAST REGIONAL CONFERENCE

Monday 22nd June 2026
Delta Hotel, Peterborough

SCHEDULE

DELTA HOTEL
PETEBOROUGH



22ND JUNE 2026

9.30 | THE 8 PILLARS OF MENTAL
HEALTH STRATEGY

10.30 | A TRAUMA-INFORMED
APPROACH TO NURTURE, BRAIN
DEVELOPMENT AND
EMOTIONAL WELLBEING

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

11.30 | INTERSECTIONALITY
AND SEEING THE WHOLE
CHILD

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

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

2.15 | WHAT THE WHITE PAPER MEANS FOR
MENTAL HEALTH STRATEGY

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DELTA HOTEL,
PETERBOROUGH



22ND JUNE 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 | A TRAUMA-INFORMED APPROACH TO NURTURE, BRAIN DEVELOPMENT AND EMOTIONAL WELLBEING

The Six Nurture Principles for Learning are a framework designed to guide educators in creating compassionate, developmentally led environments. This highly inclusive, trauma-informed framework is backed by the neuroscience of learning, mental health and wellbeing. This mindset places emotional safety, relationships, reflection, and equity at the heart of education.

We will be presenting the six nurture principles for learning and explaining how by embedding the principles can support your teaching and learning in the classroom.

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 INTERSECTIONALITY AND SEEING THE WHOLE CHILD

So often when we are viewing a child's mental health difficulties we do so through a biased lens. Considering the intersectionality of the child is one solution for reducing the risk of bias affecting our response. This session explores the impact of considering intersectionality on pupils and the whole school.

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

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.