

Evans, Stephanie (2017) Mental health in children: awareness raising with beginning teachers. In: 8th Teacher Education Advancement Network (TEAN) Annual Conference: Thinking Deeply About Teacher Education, 11-12 May 2017, Birmingham, UK. (Unpublished)

Downloaded from: <https://insight.cumbria.ac.uk/id/eprint/3944/>

Usage of any items from the University of Cumbria's institutional repository 'Insight' must conform to the following fair usage guidelines.

Any item and its associated metadata held in the University of Cumbria's institutional repository Insight (unless stated otherwise on the metadata record) may be copied, displayed or performed, and stored in line with the JISC fair dealing guidelines (available [here](#)) for educational and not-for-profit activities

provided that

- the authors, title and full bibliographic details of the item are cited clearly when any part of the work is referred to verbally or in the written form
- a hyperlink/URL to the original Insight record of that item is included in any citations of the work
- the content is not changed in any way
- all files required for usage of the item are kept together with the main item file.

You may not

- sell any part of an item
- refer to any part of an item without citation
- amend any item or contextualise it in a way that will impugn the creator's reputation
- remove or alter the copyright statement on an item.

The full policy can be found [here](#).

Alternatively contact the University of Cumbria Repository Editor by emailing insight@cumbria.ac.uk.

Session 2 - Workshop (13.30 – 14.15/14.30) Thursday May 11th
2M22 Session lead: Stephanie Evans
Room: Meeting Room 122

Title: Workshop: Mental Health in Children: Awareness raising with beginning teachers

Lead Presenter: Stephanie Evans – University of Cumbria

Aim: A group of student teachers put together a short video presentation entitled 'Are the kids alright?' covering the topic of mental health issues in children. They expressed concern that currently there is a lack of support and knowledge for new and experienced teachers in this area, despite all the current agendas on children's mental health due to over testing, for example. This chimed with my own interests in this area as I enter the world of health provision from a background of education, with my training in cognitive behaviour therapy.

Content: This workshop will seek to engage with others in exploring the research in progress of an introductory session that aims to support new teachers in developing their knowledge, awareness, empathy and role within supporting mental health issues in children, within a climate of well being agendas. This is the first step in developing a professional development package on the issue.

Thinking deeply about teacher education: The workshop will not only focus on the well being of pupils but the well being of teachers, particularly those early in their career. It will explore feedback from trainees and the emotional support that is needed to enhance their survival in the profession.

Workshop structure:

1. Overview of research to date, in particular feedback from trainees
2. Focussed activities for participants to contribute/question research so far
3. Plenary – next steps – network for collaborative work

The country/ies to which the presentation relates: The area of study is relevant across the UK and internationally.