



Invest in You and an I Matter Community Building Strategy: Parents and Carers are Part of Your Workforce

**I MATTER IS A DEVELOPMENT PROJECT BUILDING STRONG ROOTS IN KENDAL-MORECAMBE BAY
HOW CAN WE BE MORE EFFECTIVE AT SUPPORTING CHILDREN'S MENTAL HEALTH AND WELL-BEING?
WHAT DOES THE RESEARCH EVIDENCE REALLY SAY?**

**THE I MATTER CHALLENGE HELPS PROFESSIONALS AND PARENTS DISCOVER THE I MATTER FRAMEWORK
INTRODUCTION**

PHASE 1 INFORMED PRACTICE

REGISTRATION

FIRST STEPS NUGGETS AND GEMS CHALLENGE

FIRST STEPS CRASH COURSE CHALLENGE

FOUNDATION STAGE A and B

INTERMEDIATE STAGE A and B

CHILD PRACTITIONER CERTIFICATION

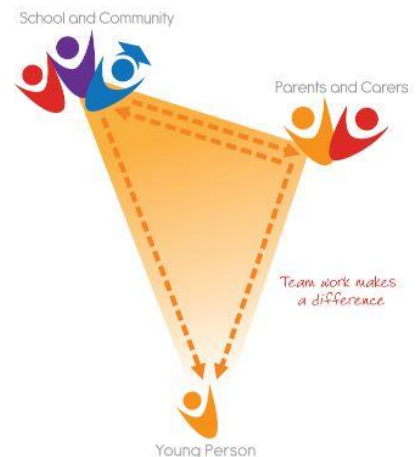
PHASE 2: ADVANCED PRACTICE: SUPPORTING OTHERS

SENIOR LINK CERTIFICATION

SUPPORTING STAFF AND PARENTS ACCESS - LINK, LINK PLUS,

SUPPORTING PARENTS - LEAD

ADVANCED PRACTITIONER



**THE I MATTER CHALLENGE AWARD SCHEME REQUIRES AN ADVANCED PRACTITIONER AND A LEAD/LINK
TO OVERSEE PROGRESS OF STAFF OR PARENTS AS THEY:**

1. COMPLETE AN I MATTER ASSESSMENT WITH A CHILD IN MIND & A SKILLS-PRIORITIES AUDIT SET GOALS
2. STUDY I MATTER THEORY THROUGH ONLINE LEARNING AND COMPLETE REFLECTIONS ON LEARNING
3. TAKE PART IN DISCUSSIONS ABOUT THE I MATTER LEARNING WITH APPROVED PROFESSIONALS
4. WATCH FOCUS CHILD AFFECTIONATELY IN CONTEXT OF OWN ROLE WITH I MATTER INSIGHTS
5. WORK WITH LINK OR LEAD TO IDENTIFY & COMPLETE A COMPLEMENTARY SKILLS TRAINING ACTIVITY
6. WORK WITH LINK OR LEAD TO ASSIST IN ORGANISING SOMETHING IN OWN COMMUNITY
7. CELEBRATE MISSION ACCOMPLISHED COMPLETION

PHASE 1: GET STARTED: FOUNDATION INTENSIVE STARTER PACKAGE

REGISTRATION – 1 hour

FIRST STEPS NUGGETS AND GEMS – 3 or 6 weeks (starter place for most parents)

FIRST STEPS CRASH COURSE – 24 hours, 1 week or 6 week crash course

FOUNDATION A – 2 half terms – revisit and deepen your understanding -

PHASE 2: I MATTER SCHOOL OR SERVICE WITH A LINK OR LEAD PROGRAMME

LINK LICENCE - SUPPORTING ACCESS TO THE I MATTER CHALLENGE

You need to build an informed Link Professional Team – once team in place, more flexible training steps

LEAD LICENCE - RUNNING THE I MATTER CHALLENGE

You need to build an informed Lead Professional Team – once team in place, more flexible training steps

PLEASE NOTE: We are building carefully so places on Phase 2 are limited and based on an application



ABOUT THE I MATTER FOUNDATION INTENSIVE

DISCOVER THE I MATTER FRAMEWORK AND CHALLENGE

OVERVIEW: How can we improve the mental health and wellbeing of children, and especially the struggling or challenging child? This course provides professionals in education and health and community practice, and parents with a fast overview of the I Matter Framework. The intent is to offer a practical accessible approach clarifying what the research evidence is really saying about how to help children. The I Matter Framework weaves together insights about stress states, child development, brain development, and the adult role including the power of our beliefs and attitudes. It is highly pertinent in COVID-19 times.

Phase 1: Informed Practice Understanding the I Matter Framework will help you and your staff team to see everyday situations differently so that more clarity and effectiveness can be brought to your responses

Phase 2: Supporting Others: Becoming licensed as a Link or Lead Professional or School enables you to support staff and parents in accessing training via referrals (Link role) or inhouse support (Lead role)

Suitability: PHASE 1: INFORMED PRACTICE IS FOR

+ Senior leaders in any role with a team supporting children who struggle or challenge

+ Any professional in a front line position supporting children who struggle or challenge

+ Professionals working with parents who are concerned about children who struggle or challenge

The training and approach is for senior or middle leaders in education with responsibility for pastoral support, safeguarding, SEN, Mental health champions as well as GP's, Health Visitors, School Nurses and Social and Community Workers. I Matter Thinking supports whole-setting thinking and targeted work

Course Structure: The core Foundation course is structured into 6 modules - you will complete a registration questionnaire and work through online content keeping a focus child in mind. You can go at a fast or slower pace via our Crash Course option – around 90mins study plus group check in per module:

Module 1 – recognising stress and wellbeing in adults and young people with an I Matter approach

Module 2 – recognising the essential contributors to stress states

Module 3 – understanding the significance of attachment relationships and the role of the adult

Module 4 – understanding the brain based underpinnings of stress states

Module 5 - how children start thinking - the developmental foundations of social competence

Module 6 - the power of our beliefs and attitudes and Final Review

The First Steps and Crash Course offer a fast paced overview. Any professional wanting to progress beyond Foundation A must take part in at least 6 x 1 hr supported calls to complement the Foundation A learning

By the end of the I Matter Foundation Intensive: You will have an overview of how the I Matter Framework can underpin an evidence based informed approach to the delivery of services that are more effective in supporting the mental health and wellbeing of young people and families in all settings. You will have gained an understanding of why some urgent shifts are need in policy and practices and a vision for how to take I Matter thinking forward through the delivery of **The I Matter Challenge Award Scheme**

PHASE 2 LINK ROLE AND LINK SCHOOL STATUS to support access for Staff and parents requires

School or service membership subscription – by school size

Phase 2 Trainee Senior Link Level 1 Certification – minimum 1 progressing

Phase 2 Trainee Link Professional Certification – minimum 1 progressing

PHASE 2 LEAD ROLE AND LEAD SCHOOL STATUS to support inhouse staff and parents requires

School or service membership Lead Practitioner Certification

Phase 2 Trainee Senior Link Level 2 Certification – minimum 1

Phase 2 Trainee Link Professional Certification – minimum 1

Phase 2 Trainee Lead Professional Certification – minimum 1