

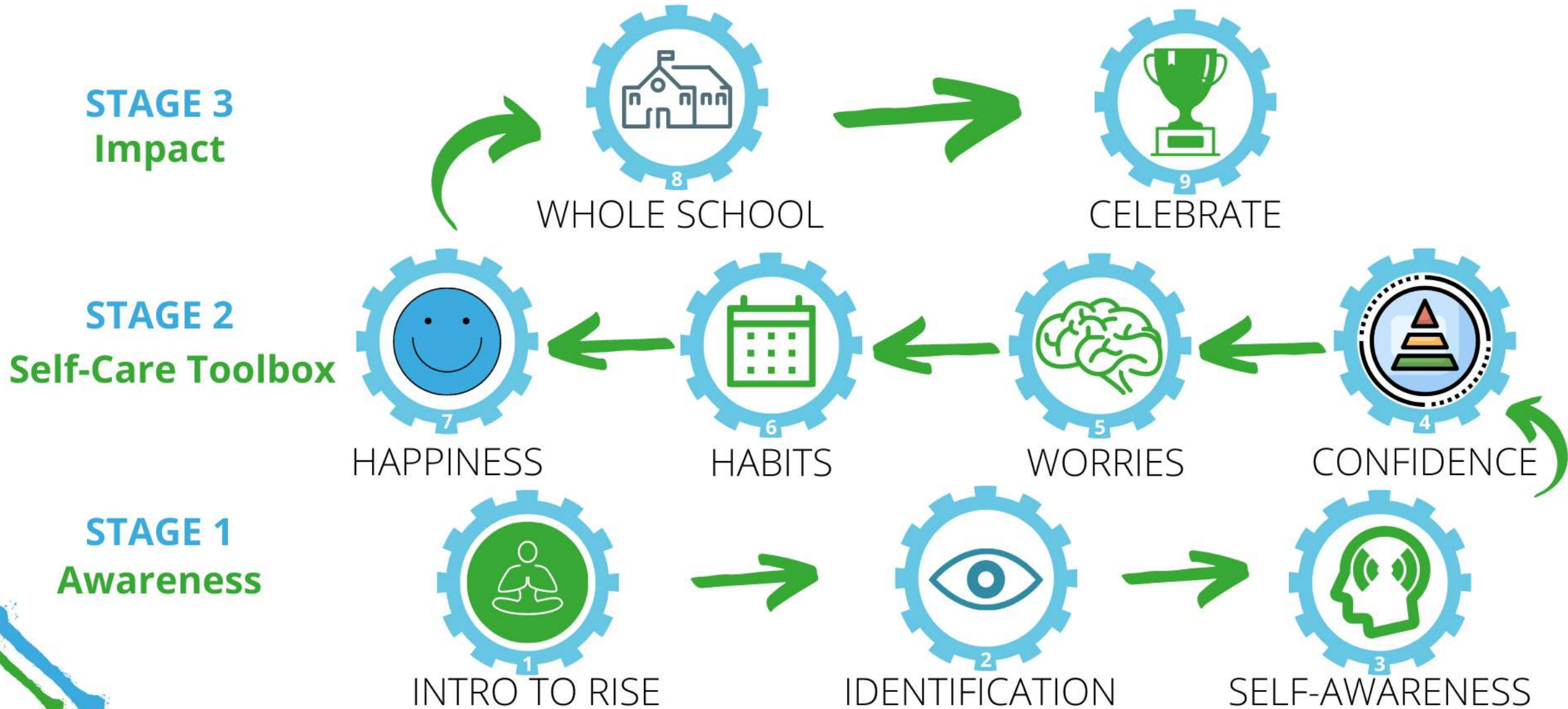


## **THE RISE UP EARLY INTERVENTION PROGRAMME**

**A TEACHER TRAINING COURSE TO TRANSFORM STUDENT  
AND STAFF WELLBEING**

# THE RISE UP ROADMAP

A proven step by step process that guides innovative teachers to reduce students' anxiety, build their confidence and create a sustainable early intervention wellbeing programme within 90 days.





## THE PROBLEM

- The leading cause of death in the UK in 2020 for 5-19 year olds and 19-34 year olds was intentional self harm.[1]
- The World Health Organisation state that 1 in 5 of us will suffer from a mental health disorder at some point in our lifetime.
- The rise of social media over the last decade has been a key catalyst for this decline. Since 2011 when social media has been available on mobile phones, incidents of self-harm & suicide for teenage girls in the US has increased by 62% in girls aged 15-19, and by an enormous 189% for 10-14 year olds. [2]

[1] According to the Office for National Statistics. [2] According to the Centres for Disease Control and Prevention.





## THE PROBLEM

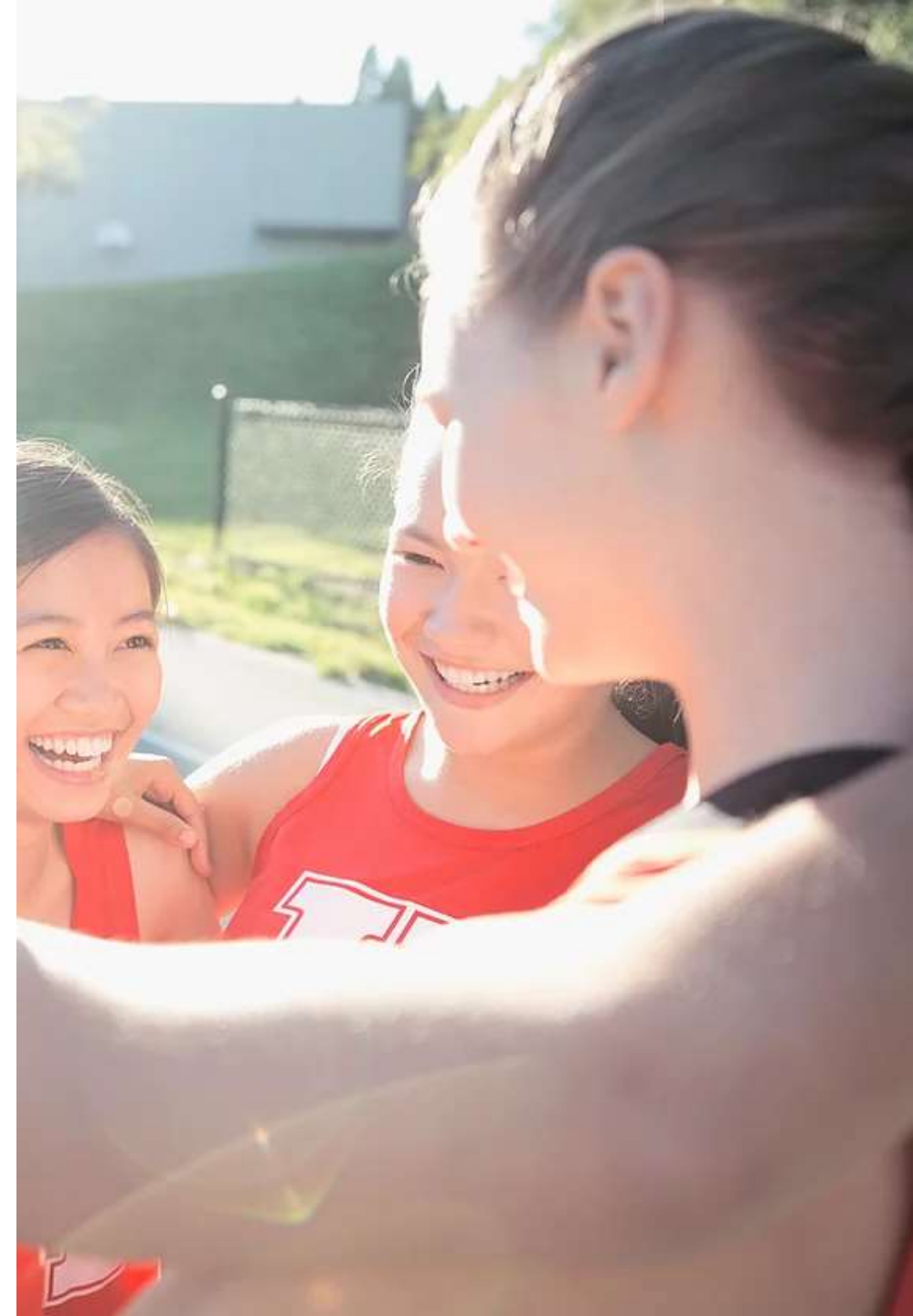
- Covid-19 has exacerbated the problem. There has been a 77% increase in the number of young people referred to NHS mental health services in 1 year.
- It is estimated that 1.5 million young people will need support for their mental health as a direct result of the pandemic over the next 3 to 5 years. [3]
- It is clear that we need a proactive early intervention approach that will empower all of our young people to take control of their mental wellbeing, and identify those students who need specialist support as early as possible.
- Schools are the perfect place to offer this programme so that we can tackle the stigma that surrounds mental health and help as many young people as possible.

[3] According to the Centre for Mental Health

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# WHAT IS THE RISE UP TEACHER TRAINING PROGRAMME?

- A sustainable, whole school, early intervention programme for students aged 11-18.
- Proactive self care strategies to keep the wellbeing of your students and staff in great shape and help prevent mental health issues such as depression and anxiety from escalating both now and later on in life.
- Alongside a range of practical activities to help PE teachers incorporate the programme into their existing curriculum model.
- Online teacher training videos and editable resources to save your busy teachers time, and enable them to adapt resources and the programme to the needs of your students.
- A proven model for PE departments to drive whole school improvement based on academic research such as trauma informed practice.



# WHERE THIS PROGRAMME FITS INTO YOUR EXISTING MENTAL WELLBEING PROVISION

## 3 Phase Mental Wellbeing Strategy For Schools

### Early Intervention For All

Identify those who need support  
Teach self care strategies to all (RISE Up)  
Trauma informed frontline

### Internal Specialist Support

Specialist support for mental health conditions through trained counsellors  
Refer to external specialist support if required  
(MHST, Wellbeing Zone, ELSA, Safeguarding)

### External Specialist Support

Specialist support for those young people in crisis  
(CAMHS)



# WHAT IS THE RISE UP TEACHER TRAINING PROGRAMME?

- This is phase 1 of a 3 phase approach that is best practice for schools to follow:
- Phase 1 – Early Intervention for all young people, and identify those who are struggling as early as possible for phase 2 support.
- Phase 2 – Internal Specialist support from trained counsellors and safeguarding team for phase 3 support.
- Phase 3 – External Specialist support from providers such as CAMHS.
- It is the new and improved version of the ‘Building Mental Fitness’ programme based on tried and tested techniques in over 35 schools across the world over the last 18 months.



# OUR 9 STEP RISE UP ROAD MAP

## STAGE 1 -AWARENESS

1 - Intro to RISE 🧘♀️

2 - Identification 👁️

3 - Self-awareness 🎗️

## STAGE 2 – SELF CARE STRATEGIES

4 - Confidence & self-kindness 💪

5 - Worries as a positive 🧠

6 – Habits 📖

7 – Happiness 😊

## STAGE 3 - IMPACT

8 - Whole school impact 🏫

9 – Celebrate 🏆

# OUR 9 STEP ROAD MAP

In Stage 1: We develop awareness of what the ‘RISE Up’ programme is and how we can identify those students who are struggling but sneaking under the radar to create a proactive culture. We then give students and staff tools to have greater awareness about how they feel.

In Stage 2: We equip students & staff with a toolbox of self care strategies to build confidence & kindness, use worries as a positive, raise aspirations, develop healthy habits. We show you how to access the happiness chemicals to keep your students’ and staff’s brain and emotional health in great shape and help prevent mental health issues from escalating both now and later on in life.

In Stage 3: We show staff how to embed the programme across the whole school community in multiple ways to have maximum impact and celebrate your students and success within 90 days.





## BENEFITS TO YOUR SCHOOL

- Reduced behaviour issues as students' brain stems are calmed reducing fight, fright, flight response.
- Calmer, happier students and staff
- Better peer and student-staff relationships
- Students more engaged in learning
- Increase in student progress and attainment.
- Increase in numbers of students on roll.
- Pupil wellbeing is the top factor for parents when choosing a secondary school (65%) ahead of location (62%), culture and ethos of the staff (59%), facilities (57%), OFSTED rating (57%) and exam results (48%). [1]
- We send out a personalised certificate for your school to display in a prominent place to prompt discussions on your wellbeing provision with prospective new parents and students.
- As the course is online, your teachers can watch at any time to save you cover costs. This makes sure your best teachers are in front of their classes.

[1] according to YouGov research carried out on behalf of YST in February 2021 among UK parents of school age children.

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## BENEFITS TO YOUR STUDENTS

- Improved mental wellbeing.
- Increased confidence and belief in themselves.
- Enhanced relationships with peers and staff.
- Reduction in behaviour incidents.
- Increase in progress and attainment
- Improved knowledge of practical strategies to apply to build their mental wellbeing.
- Improved mindfulness, flexibility, strength and balance.
- Improved sleep and nutrition.
- Further ideas on how to exercise if low on confidence.
- Greater awareness of the dangers of social media.
- 'Mental Health Hero' certificates to celebrate their progress.





## BENEFITS TO YOUR TEACHERS

- Opportunities for middle management to lead on whole school improvement with guided support from experts.
- All teaching staff within your school can develop expert subject knowledge on how to improve student wellbeing.
- Editable scheme of learning, student powerpoints, lesson resources, and knowledge planners included to save your teachers hours of time planning.
- A proactive methodology to improve the mental health of your teachers.
- Each staff member who completes the course receives a personalised Future Action RISE Up' tutor certificate.
- Able to access the course content at a time and place that suits their busy lives.
- Ideas on how to implement in your school in seven different ways.



- Access to the online programme for all staff with individual logins for a year.
- An editable student booklet so you can brand it with your own school logo and personalise to the specific needs of your children.
- 23 editable powerpoints.
- An editable scheme of work.
- An editable knowledge organiser.
- A range of posters and resources promoting healthy habits for students and staff to have whole school impact.
- A certificate for the school to promote the work you are doing to improve the wellbeing of your young people.
- Personalised certificates for all staff who complete the training for their CPD records.
- Mental Health Hero certificates for students.
- Kindness Cards.
- Access to your relationship manager to ensure that the programme is embedded in your school successfully within 90 days and then that support continues throughout the year.

## WHAT YOU RECEIVE





# RISE UP & MOVE TO TRANSFORM YOUR WELLBEING



Name	Repeaters	Inclusive Teams	Stress Busters	Energisers
Examples	<ul style="list-style-type: none"> <li>Running</li> <li>Swimming</li> <li>Cycling</li> <li>Walking</li> <li>Yoga</li> </ul>	<ul style="list-style-type: none"> <li>Any team sport</li> </ul>	<ul style="list-style-type: none"> <li>Boxing</li> <li>Weight training</li> <li>Contact rugby</li> <li>Smashing a ball</li> <li>Yoga</li> </ul>	<ul style="list-style-type: none"> <li>Circuit training</li> <li>Dance</li> <li>High Intensity Interval Training (HIIT)</li> </ul>
Benefits	<ul style="list-style-type: none"> <li>Feel calmer and more relaxed through your amygdala being soothed</li> <li>Increase your window of tolerance</li> <li>Stabilise your mood</li> </ul>	<ul style="list-style-type: none"> <li>Develop deep relationships with friends away from a screen</li> <li>Feel loved through releasing Oxytocin</li> </ul>	<ul style="list-style-type: none"> <li>Relieves stress &amp; tension by releasing endorphins</li> <li>Increase your confidence through release of Serotonin</li> </ul>	<ul style="list-style-type: none"> <li>Boost confidence and motivation by releasing Dopamine &amp; Serotonin</li> <li>Feel energised and happier</li> <li>Increase your confidence</li> </ul>



## TESTIMONIAL

'It's crucial, now more than ever to consider how schools and colleges are developing both the academic and the wellbeing of every young person.

At City Academy Norwich we place a core emphasis on every child having the same opportunity in life. Being mentally fit, happy, energised and productive are key attributes that everyone can benefit from having.

Our work with Future Action and the RISE Up programme has allowed us to ensure we consider a proactive approach to these areas, working with all our young people to become the very best versions of themselves and achieve future successes.'

Paul Collin, Headteacher, City Academy Norwich





## TESTIMONIAL

‘The RISE Up programme is a course that we would definitely recommend to other PE departments who are looking to upskill in their delivery of teaching the knowledge needed for young people to recognise and develop strategies for their own mental wellbeing.’

The course tutor, Neil Moggan, is passionate, extremely knowledgeable, and keen to engage with staff to develop this brilliant opportunity for all students. The training is user friendly and with the online resources can be used continually to aid planning of lessons.’

Nick Austin, Head of Physical Education, Hethersett Academy


















**HETHERSETT**  
ACADEMY

## DRIVING WHOLE SCHOOL IMPROVEMENT IN MULTIPLE WAYS:

1. Within PE lessons
2. Within RSHE lessons
3. In school clubs
4. During Enrichment days
5. During Form times
6. Cross curricular opportunities
7. Student Voice
8. Staff wellbeing programmes
9. Social media content to improve the wellbeing of the whole school community
10. Transition Preparation
11. Intervention



# RISE UP COURSE PACKAGES

PACKAGE FEATURES	 BRONZE	 SILVER	 GOLD
Number of personal logins to your 'RISE UP' early intervention mental wellbeing online training course for a year.	1	Unlimited per setting	Unlimited per setting
Number of online consultations to personalise implementation	1	3	Unlimited per setting
Reflective tasks and editable resources			
Unlimited access to 'Trauma Informed Frontline Educators' and 'Trauma Informed PE' training courses for a year			
3 days of in-person staff training and support			
Celebratory RISE Up event for students			



Can't find what you are looking for?

Get in touch with us at [info@futureaction.co.uk](mailto:info@futureaction.co.uk) for a bespoke quote to match your exact needs.





## IMPLEMENTATION PROCESS

Schools that have implemented the programme with maximum impact have set up logins for staff in this order:

- [1] Main PE, Mental Health &/or RSHE leads responsible for driving the programme.
- [2] Rest of the PE team and RSHE team.
- [3] Form tutors and any other relevant staff who would like to complete the course.

We hold an onboarding session with the main leads to help them introduce the programme.

We will then be on hand every step of the way to answer any questions and support your staff to deliver this programme so that it has a transformational impact on your school.

# SOURCES OF FUNDING

As well as the usual sources, headteachers we have partnered with have accessed funding from the following sources to provide this programme to their school community:

- Pupil Premium funding
- Opportunity Area funding
- Trust funding
- Council Virtual Schools





# ABOUT US – DESIGNED BY TEACHERS FOR TEACHERS

- Our vision is: 'to guide 15,000 teachers around the world to transform the life chances of their young people.'
- Our founder is a current Director of Sport, Health & RSHE in a secondary school in the UK, with over 17 years experience of teaching and leading.
- All of our resources have been used successfully in the classroom to deliver maximum impact.
- We pride ourselves on providing proactive, practical strategies that enable your staff and students to have maximum impact immediately.
- We have won numerous awards for our cutting edge work in schools.
- We welcome the opportunity to work in partnership with you and be your trusted guide, so take action today to transform the wellbeing of your school community.

We look forward to hearing from you.

Book a call: [calendly.com/info-33513](https://calendly.com/info-33513)

[www.futureaction.co.uk](http://www.futureaction.co.uk)







# THANK YOU

We appreciate that you are incredibly busy so thank you for taking the time to explore our programme in more detail.

We would love to partner with you and your school.

Don't miss this opportunity to unlock you and your colleagues potential.

Give them the skills to become a transformative educator creating a future where every young person can thrive now and in the long term.

**Together, let's make a difference!**