



MindMatters Plus: Supporting Secondary School Students With High Needs in The Area of Mental Health

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**Australian Guidance and
Counselling Association**

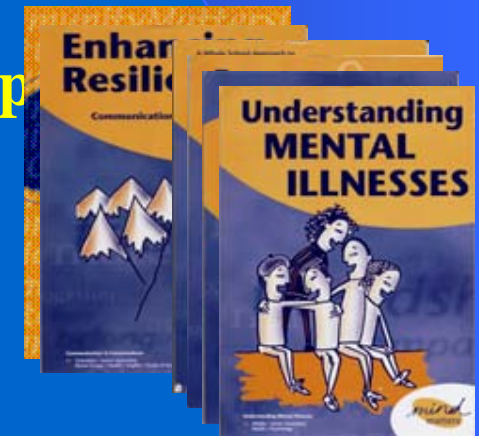
MindMatters

- **The 1996 audit of Mental Health Education: recommended schools as settings for the promotion of mental health among young people.**
- **MindMatters is a national resource for promoting wellbeing for all secondary Australian schools.**
- **Funded by the Dep. of Health and Ageing.**
- **Managed by APAPDC (Australian Principal's Associations Professional Development Council).**

What is MindMatters?

Promoting mental health for all secondary school students by:

- **A whole school approach based on WHO Health Promoting School Framework**
- **Staff Training**
- **SchoolMatters: mental health in schools**
- **CommunityMatters: working with diversity**
- **Resources/ curriculum addressing:**
 - **Resiliency: communication/ stress and coping**
 - **Bullying and harassment**
 - **Loss and grief**
 - **Suicide and self-harm prevention**
 - **Understanding mental illness**
 - **www.curriculum.edu.au/mindmatters**



Why Focus On Schools?

- **One in five students is experiencing a mental health problem**
- **Almost half have three or more mental health problems**
- **Students with mental health problems are five times more likely to have low academic achievement**
- **Student mental health problems have been associated with bullying, absenteeism, suspensions, truancy**

Why Focus On Schools?

- **Mental health problems often first identified at school**
- **The first person young people turn to is usually the school psychologist or counsellor (Sawyer, et al, 2000).**
- **Parents with concerns are much more likely to seek assistance from school personnel**
- **Schools constitute a unique opportunity for the delivery of mental health promotion and early intervention strategies (NHMRC 1996; Education Victoria, 2001)**



What is MindMatters Plus?

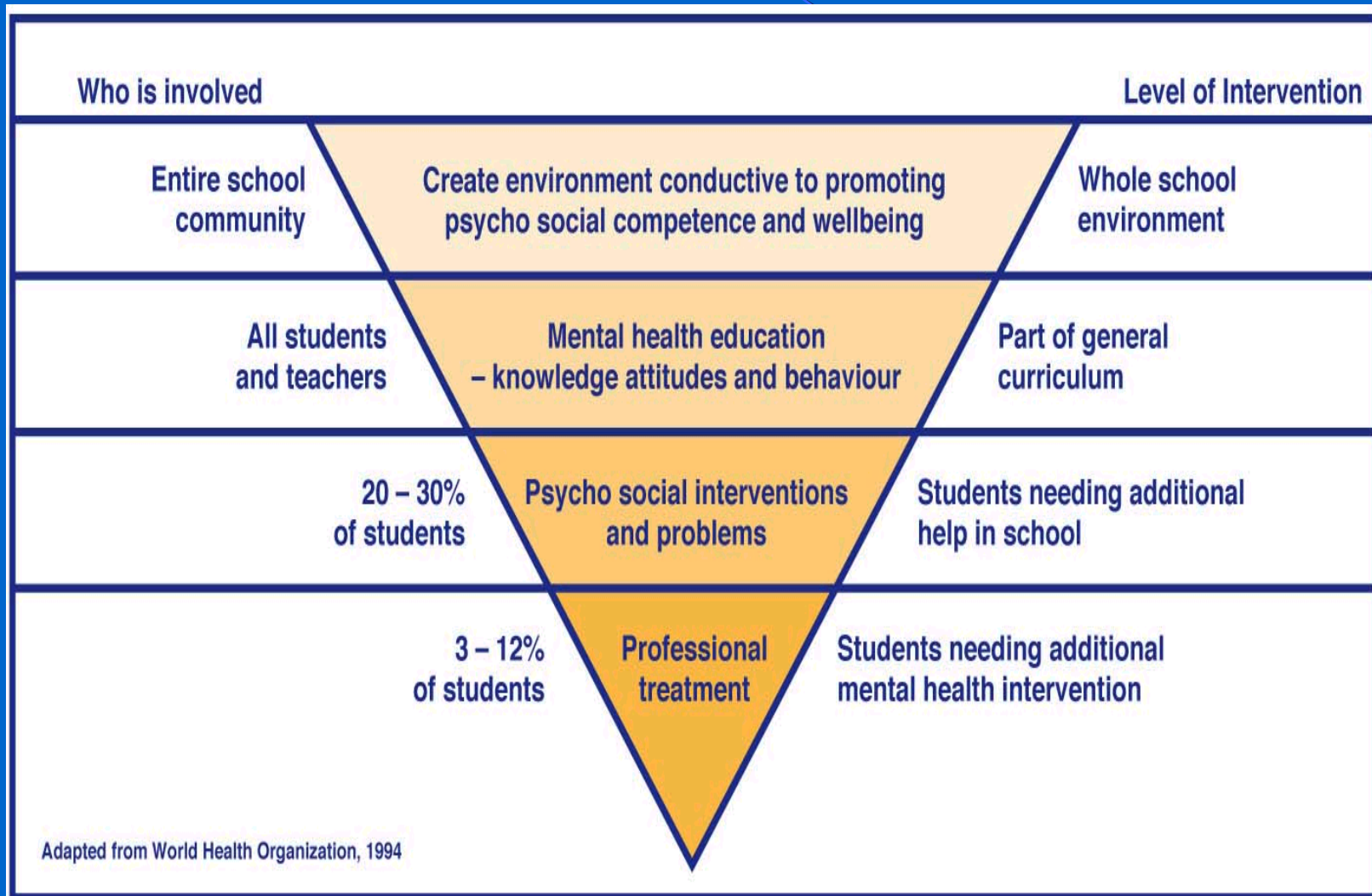
- **MM+ commenced in July 2002 and is funded by the Commonwealth Department of Health and Ageing.**
- **Managed by AGCA (Australian Guidance and Counselling Association) and APAPDC (Australian Principal's Associations Professional Development Council)**



What is MindMatters Plus?

- Builds on MindMatters
- For a subset of 20-30% of students, who may require more intensive selection and intervention processes
- Aims to increase the capacity of schools to support students with high needs the in area of mental health

WHO model for school mental health promotion





What is MindMatters Plus?

- **Action Research**
- **17 Demonstration schools around Australia involved in project.**
- **The schools were encouraged to identify innovative curricular and related activities that further supported the mental health of students**
- **Provide models of best practice**

MindMatters Plus Schools

- **NT** Taminmin (8-12)
- **QLD** Trinity Bay (8-12)
St Mary's College Dalby (8-12)
Coombah State High School (8-12)
- **NSW** Narara Valley High School (7-12)
Liverpool Girls High School (7-12)
Walcha Central School (K-12)
- **ACT** Melba High School (7-10)
- **VIC** Mill Park Secondary School (7-12)
Berengarra School (7-10)
Lavalla Catholic College (K-12)
Whitefriars College (7-12)
- **TAS** St Michael's Collegiate
- **SA** Fremont Elizabeth High School (8-12)
Woodcroft College (K-12)
Open Access College (7-10)
- **WA** Girrawheen Senior High School (7-10)

MindMatters Plus Schools

Implementation of MM+ by:

- **Establishing core teams**
- **Assessing student needs**
- **Examining current school processes, strategies & structures**
- **Looking at ways of working with SWHSNs without stigmatising or alienating them**
- **Providing to MM+ schools a number of best practice, evidence-based mental health programs**

MindMatters Plus Schools

Implementation of MM+ by:

- **Training and implementation of strategies and programs**
- **Adapting and promoting school initiatives**
- **Strengthening community partnerships (e.g. GP, mental health services)**
- **Networking with other schools**
- **MM + Professional Officer Support**

BUILDING CAPACITY

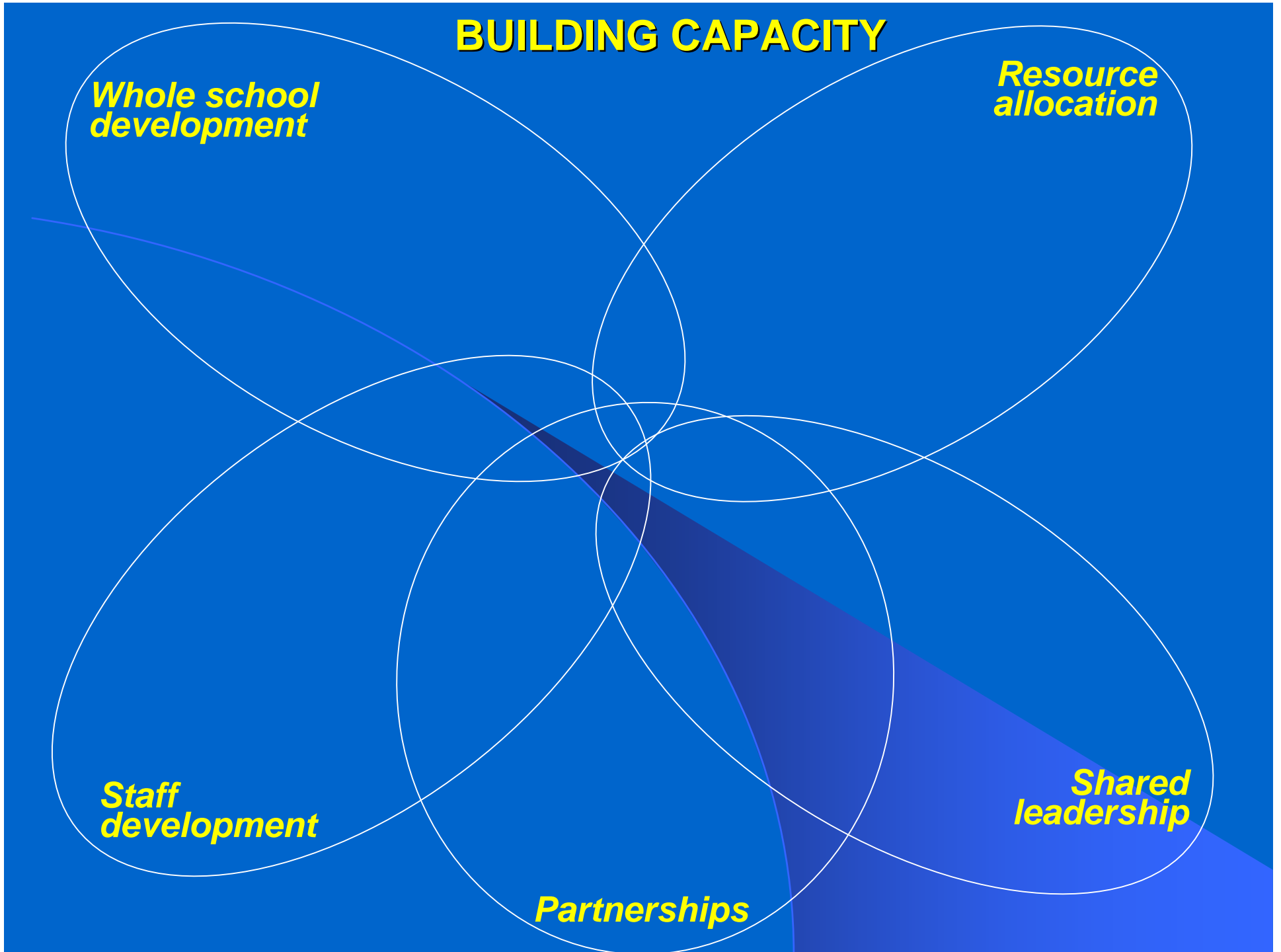
***Whole school
development***

***Resource
allocation***

***Staff
development***

***Shared
leadership***

Partnerships



BUILDING CAPACITY

Whole school development

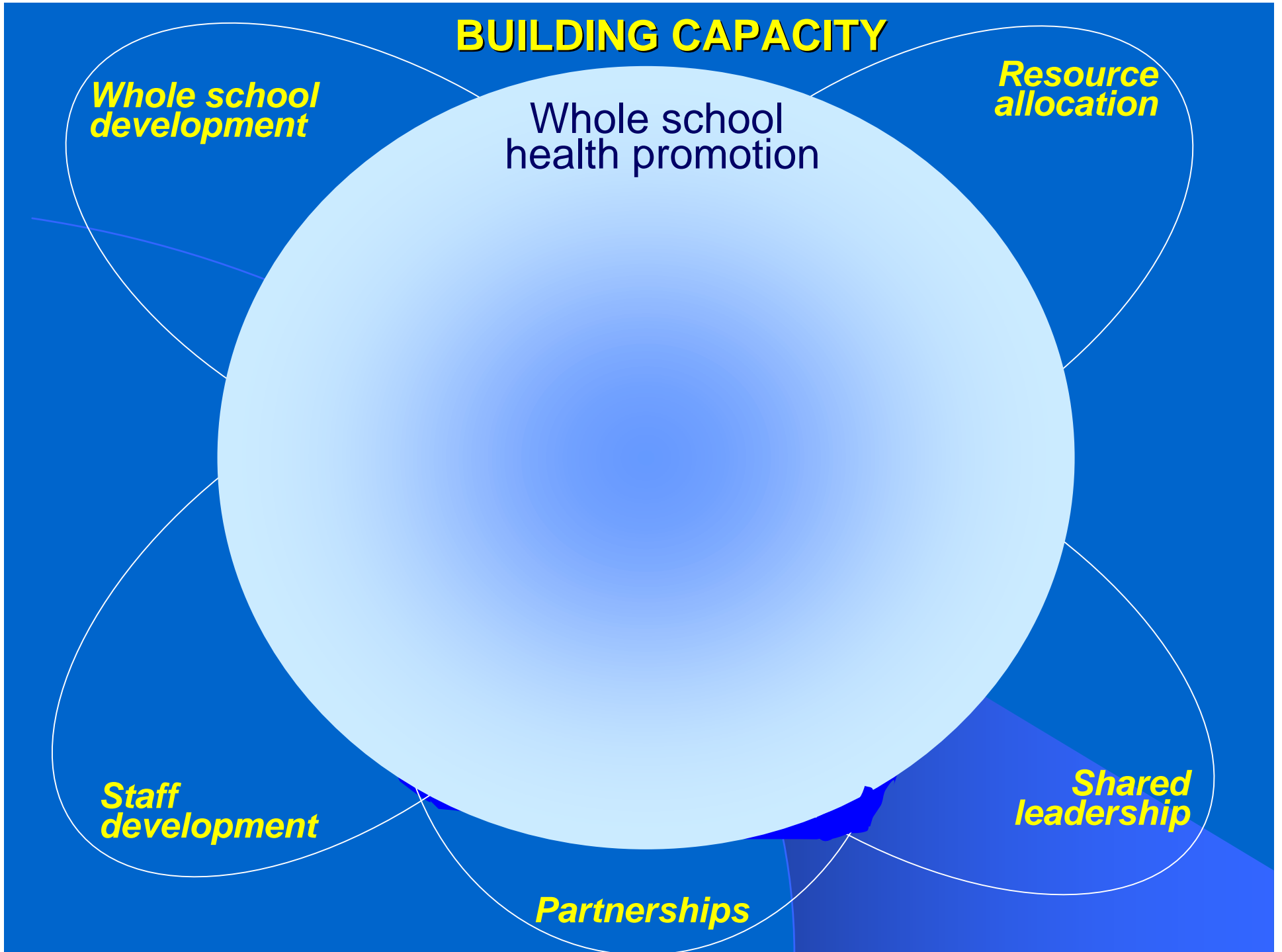
Resource allocation

Whole school health promotion

Staff development

Shared leadership

Partnerships



BUILDING CAPACITY

Whole school development

Resource allocation

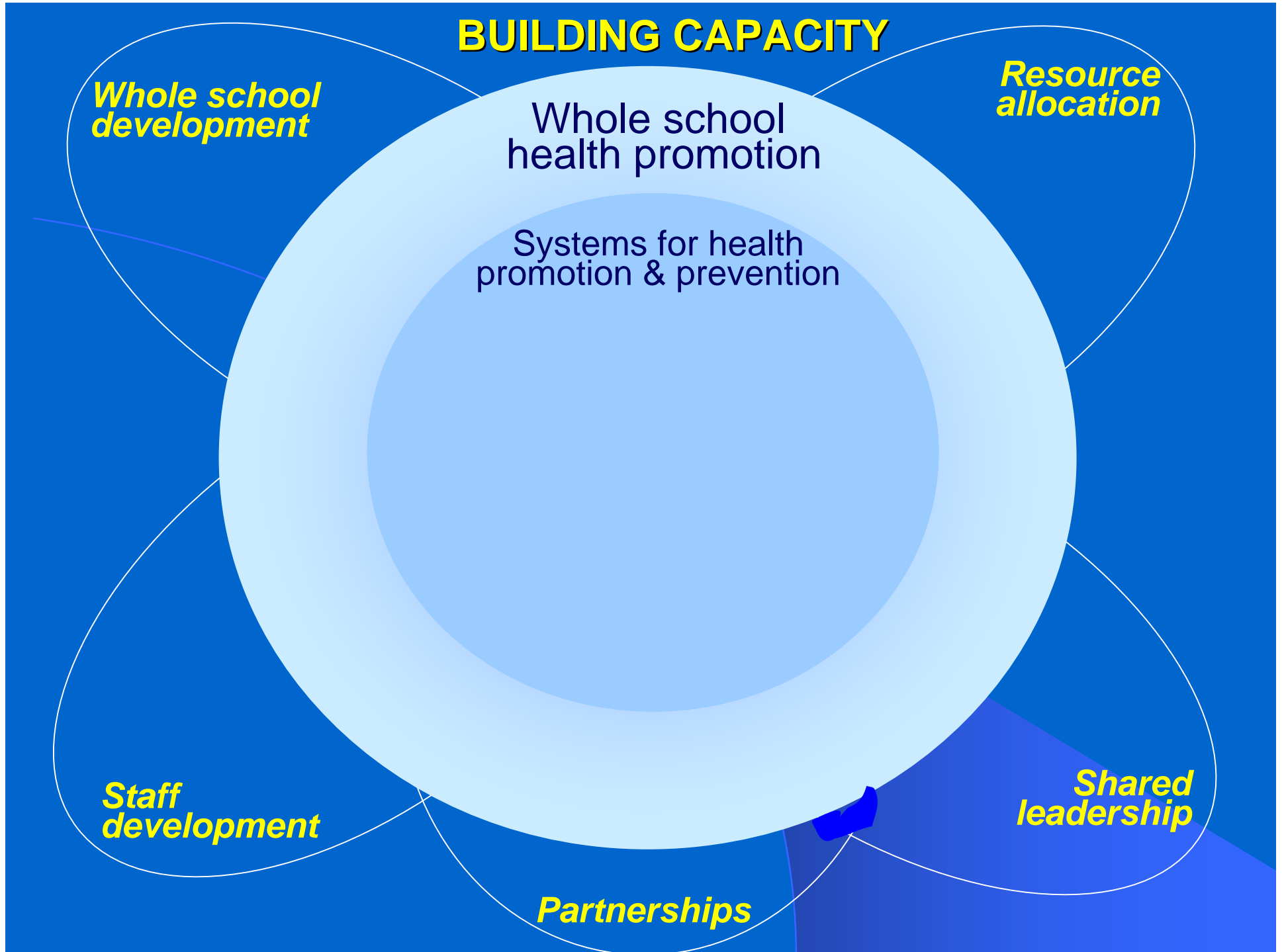
Whole school health promotion

Systems for health promotion & prevention

Staff development

Shared leadership

Partnerships



BUILDING CAPACITY

Whole school development

Whole school health promotion

Resource allocation

Systems for health promotion & prevention

Early intervention

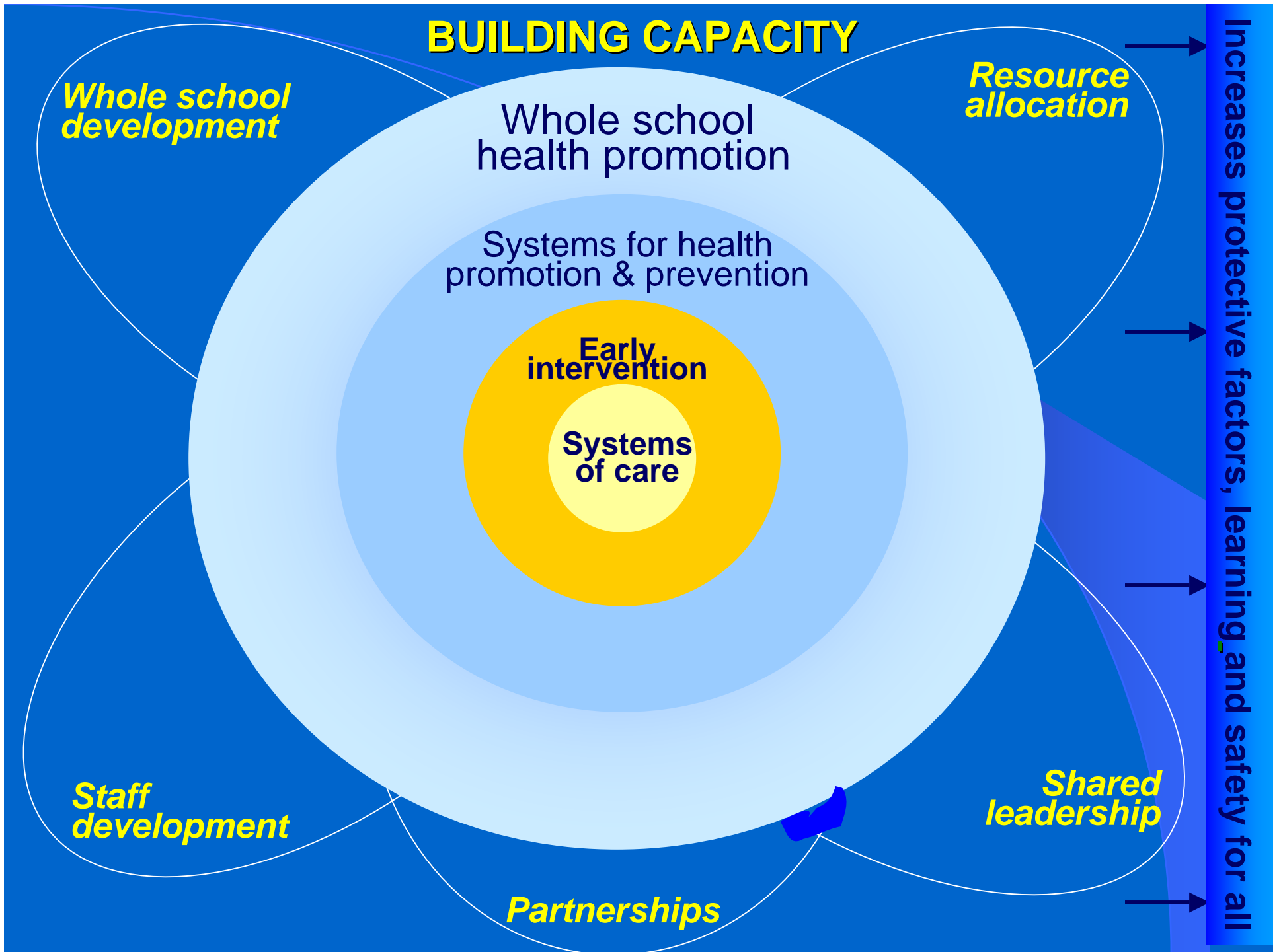
Systems of care

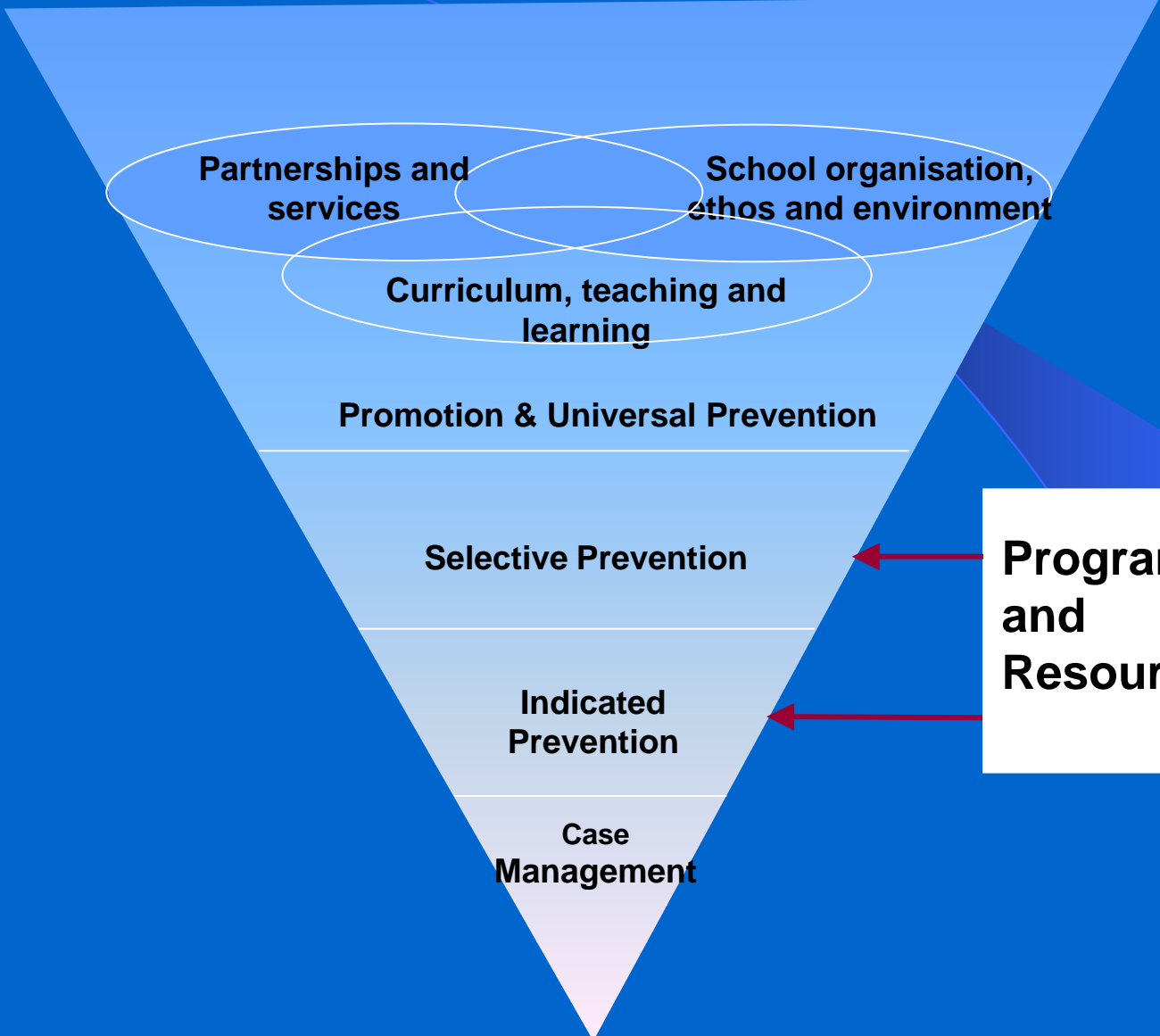
Staff development

Shared leadership

Partnerships

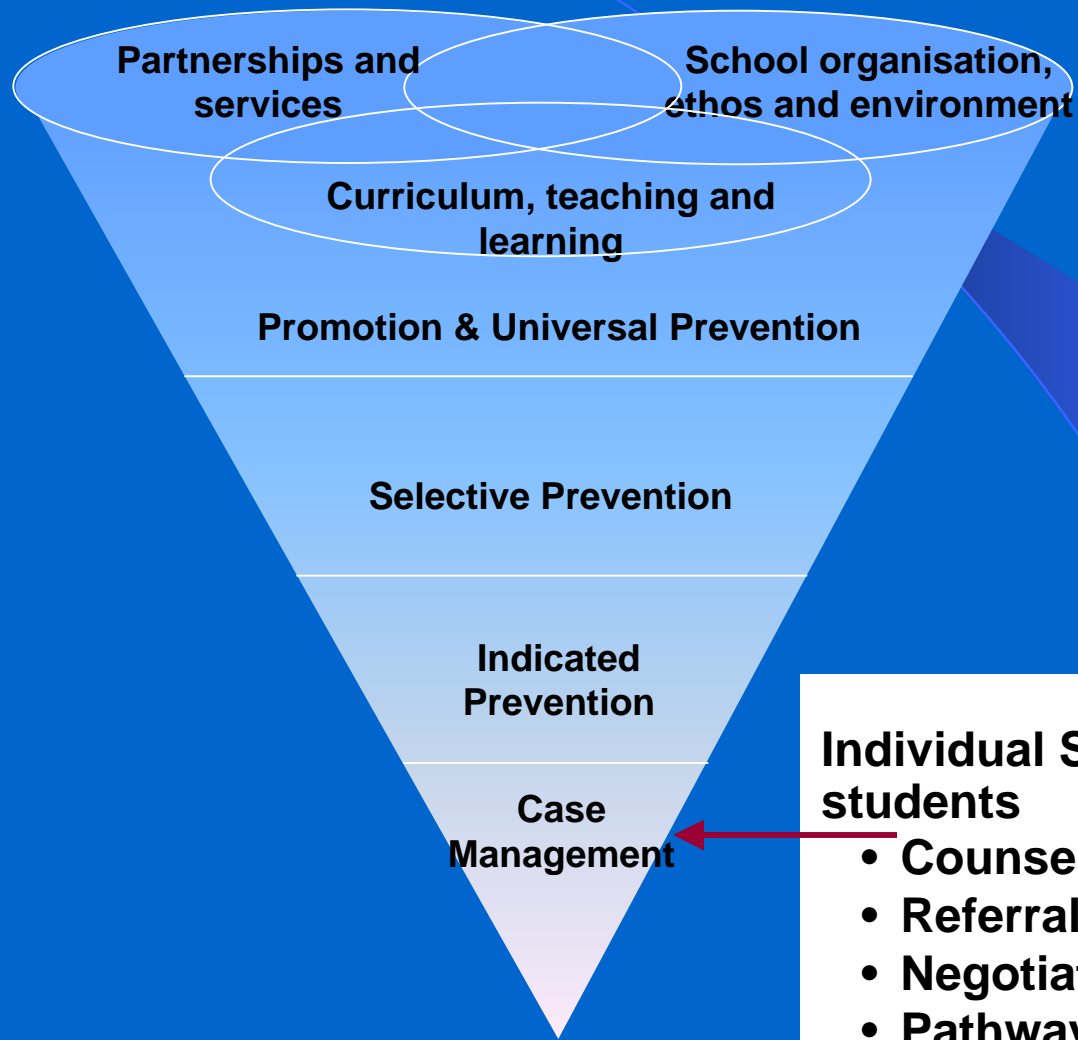
Increases protective factors, learning and safety for all





Mental Health Programs

- **Adolescents Coping With Emotions (ACE)**
- **ASIST**
- **Aussie Optimism**
- **Cool Kids**
- **Friends**
- **Kids Help Line Peer Skills**
- **Living Works: ASIST**
- **Teen Triple P**
- **Resourceful Adolescent Program (RAP)**
- **Seasons for Growth**
- **Heart Masters**
- **Mental Health First Aid**



Individual Services (3-12%) students

- **Counselling**
- **Referral**
- **Negotiated curriculum**
- **Pathways of care**

Individual Services

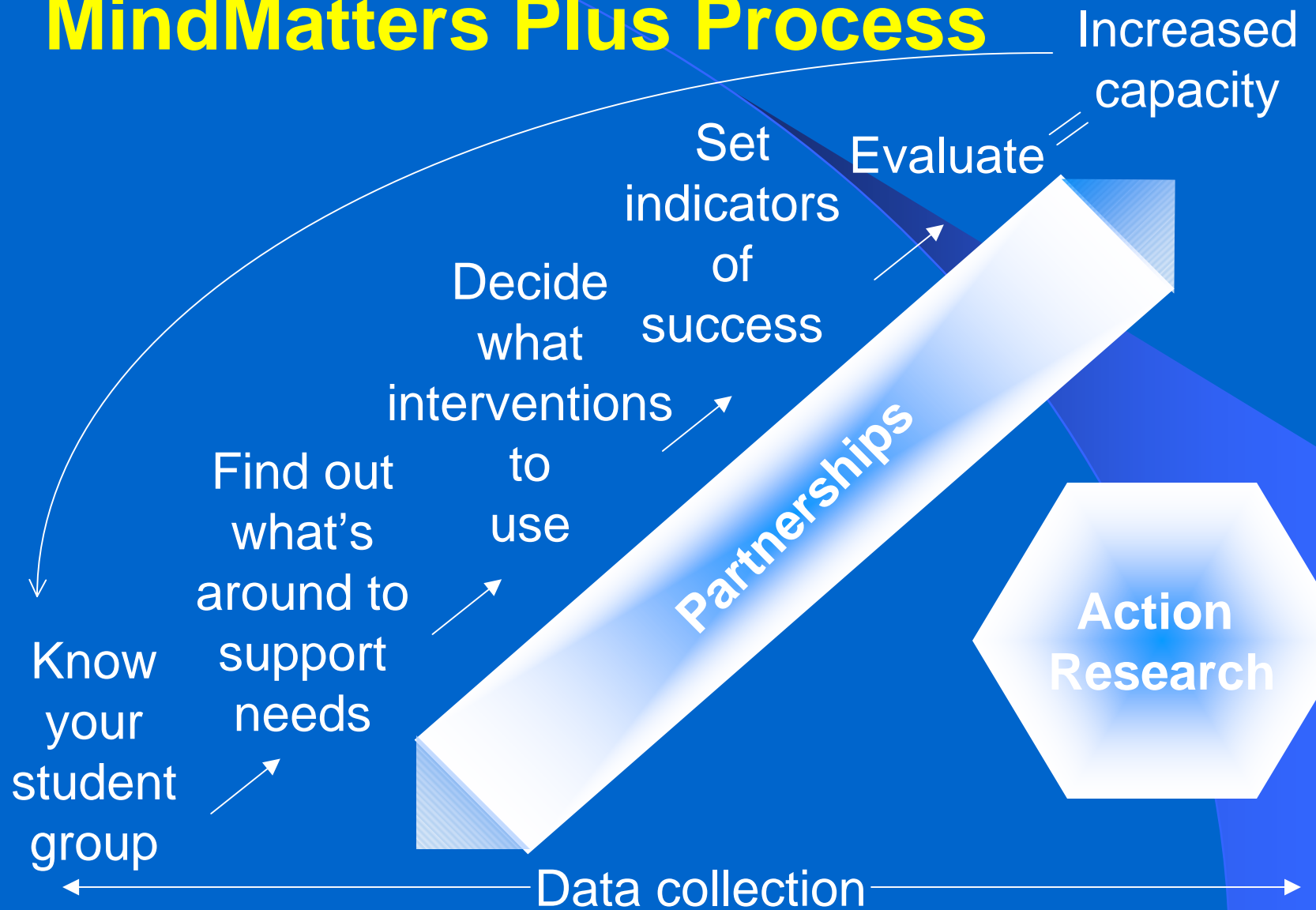
Pastoral Care Structures

- **In School counselling services**
 - **School Psychologists**
 - **Counsellors**
 - **School Nurses**
 - **Youth Workers**
 - **School Chaplains**
- **Negotiated curriculum**
- **Pathways of care**
 - **MM+GP (ADGP)**
 - **Referral to primary care**

MM+ ADGP

- Increase the capacity of demonstration schools to link with their local GP - to provide support for students with high support needs.
- In particular, to promote referral pathways and networks of care.

MindMatters Plus Process



Expected Outcomes

Provide schools with an increased ability to support young people with high support needs in the area of mental health through:

- **A framework for decision making in building the capacity of schools to support SWHNs**
- **A database of evidence-based programs, strategies and processes**
- **Researched handbooks of successful practice**
- **Tools for good practice**
- **National directions for all schools**

Dissemination

MindMatters National Conference 2005

School led Workshops 2004-2005

Conference Presentations

Publications

Index of Programs and Resources

MM+ Index of Programs and Resources

- **The Index provides summary details of a wide range of programs/resources relating to the well-being of Secondary school students**
- **To be used to assist students with high support needs in the area of mental health**

TYPES OF ISSUES

- Alienation/Disconnection
- Anger
- Anxiety
- Boys' Programs/Resources
- Bullying
- Conduct Disorder/Delinquency
- Cross-Cultural Understanding
- Depression
- Domestic Violence
- Drug Use
- Final School Years
- Girls' Programs/Resources
- Grief, Loss or Change
- Indigenous Youth

TYPES OF ISSUES

- **Internet Resources**
- **Low Achievement**
- **Mental Health Literacy**
- **Parenting/Caregiving**
- **Peer Support**
- **Physical Activity**
- **Physical/Sexual Abuse**
- **Resiliency And Coping**
- **Respect**
- **Risk Behaviours**
- **Sensory Or Learning Impairments**
- **Siblings Of Children With Special Needs**
- **Statistical Data About Students**
- **Suicide Prevention**

Applications

Anyone with an interest in finding out about programs/resources for students with high support mental health needs

e.g. school teachers, psychologists, guidance officers, social workers, parents

MM+ Index

The Index provides summary details:

- 1. Target audience**
- 2. Description**
- 3. Materials required**
- 4. Duration**
- 5. Facilitators required**
- 6. Training required**
- 7. Availability**
- 8. Cost**
- 9. Evidence of effectiveness**
- 10. Contact details, internet address**
- 11. Related articles**

Like to know more?

Please check the AGCA website at www.agca.com.au

or

MindMatters website on
www.currentaffairs.com.au/mindmatters

