

# Mental health is not extracurricular

**Katrina Jenkins** 

Families, Children and Young People's Programmes

Mental Health Foundation

# Overview

- ➤ Our work the Mental Health Foundation
- Focus on Prevention
- ➤ Campaign: 'Make it Count'
- ➤ Our Programmes Families, Children and Young People
- ➤ Peer Education Project





Dedicated to finding and addressing the sources of mental health problems



Our **vision** is to make the same progress for the health of our minds that we have achieved for the health of our bodies

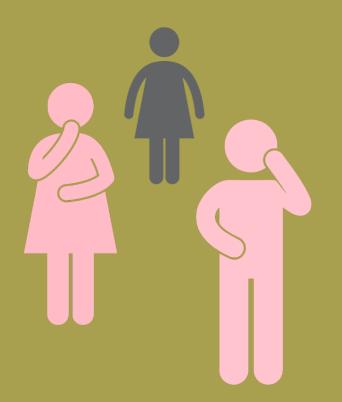
Our **mission** is to help people understand, protect and sustain their mental health



# We focus on Prevention

2 in 3 of us will experience mental a mental health problem at some point in our lives 1 in 6 people in the past week experienced a common mental health problem

The estimated cost to the UK economy: over £100 billion each year







# Areas of work

- Programmes practical, innovative, asset-focused
- Research evidence-based
- Influencing policy
- Campaigns and awareness-raising events
- Information tools





BeMindful.co.uk

MINDFULNESS is a way of managing your thoughts and feelings by focusing on the present, and can reduce stress and anxiety.



Let's Get Physical





# Are you Anxiety Aware?

Mental Health Awareness Week 2014 12–18 May

> mental health foundation

56% of people think we are more anxious today than 5 years ago.\*

We're all anxious at times, and in small amounts anxiety can be motivation for personal achievement or survival.

However persistent and excessive anxiety, if left unchecked, can cause long term mental health problems and affect our ability to deal with everyday life.

Anxiety disorders are among the most common mental health problems in the world; recognise the signs and manage your anxiety before it seriously affects your wellbeing.

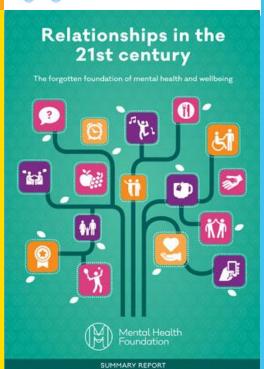
Find out more about anxiety and how to develop positive coping strategies www.mentalhealth.org.u

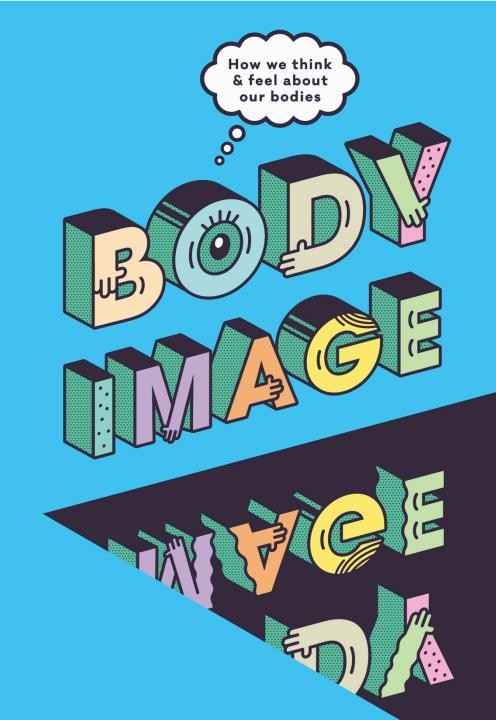
DOING GOOD DOES YOU GOOD

A pocket guide to helping others













# Campaign launch – World Mental Health Day

- Public petition
- Guides for parents, pupils and school staff
- Policy briefing









# Why 'Make it Count' now?

- Children spend approx. 30 hours/week in school
- 96% teachers believe they have come into contact with pupils experiencing a mental health problem (NASUWT Survey)
- 60% trainee teachers are not confidence about identifying students' mental health needs
- 73% trainee teachers feel that mental health is not given enough priority in their training (Glazzard, 2018)
- More than 1 in 10 children (11%) have no one to talk to at school if they feel worried or sad (YouGov survey)
- Incidence of mental health problems in children is increasing (Pitchforth et al, 2018)

# Top five asks

- 1. Peer education in mental health
- 2. Training for all school staff
- 3. Education about mental health for all
- 4. Expert support in schools
- 5. Measurement of wellbeing



# Leadership and strategy

- 1. School leaders to promote mentally healthy ethos and culture
- 2. Evidence-based and strategic implementations
- 3. Measuring wellbeing (e.g. Good Childhood Report, 2018)
- 4. Ofsted inspection framework accounting for wellbeing
- 5. Training for school leaders/teachers in interpreting wellbeing data

### By 2020:

Let's give school leaders the evidence to understand what works in supporting their own pupils' mental health by introducing a mental wellbeing measure in our schools.



# **Expert in-school support**

- 1. Independent, trained counsellors on site
- 2. Mental health support worker in every school
  - a. Clear links to external/specialist services

### By 2021:

Let's provide independent counsellors in every school to help give pupils the timely support they need in an environment in which they feel comfortable.



# Focus on teachers

- 1. Sustained and ongoing training for teachers in children's mental health
- 2. Prioritising children's mental health in ITT and CPD
- 3. Mental health in training to include child development, adolescent brain, mental health promotion
- 4. Supporting teachers' mental health a workplace issue
- 5. Review of teacher workload
  - a. Increase time for professional development (e.g. MH training)
  - b. Reduce workload in other areas

### By 2020:

Let's give teachers the knowledge and confidence to make schools mentally healthy places by guaranteeing at least one day a year of Continuing Professional Development (CPD) dedicated to learning about children's mental health and adolescent brain development

# Focus on curriculum

- 1. Mental health as a meaningful feature of school curriculum
- 2. Quality, evidence-based syllabus with resources to aid delivery
- 3. Regular, timetabled lessons
- 4. Setting minimum hours/week for teaching about mental health
- 5. Ensure greater attention for teachers delivering lesson content

### By 2020:

Let's guarantee all school children a minimum of one hour a week of the new Health Education curriculum focused on practical strategies for staying well and seeking help, delivered appropriately by well-trained teachers.

## Focus on children

- 1. Including children in creating a mentally healthy culture
- 2. Peer support to improve wellbeing
- 3. Peer education to reduce stigma
- 4. Peer involvement to increase engagement with interventions/support

### By 2020:

Let's help young people support one another and break down the stigma often associated with mental health by introducing a peer-led mental health programme in every school





Questions?

# Top five asks

- 1. Peer education in mental health
- 2. Training for all school staff
- 3. Education about mental health for all
- 4. Expert support in schools
- 5. Measurement of wellbeing

**Discussion**: What could these policy asks look like in practice?

Ideas and challenges









**Preventative** 



**Evidence-based** Co-produced

# Our Programmes

**Creative** 



**Interactive** 



**Community-building** 





# Families, Children and Young People's Programmes

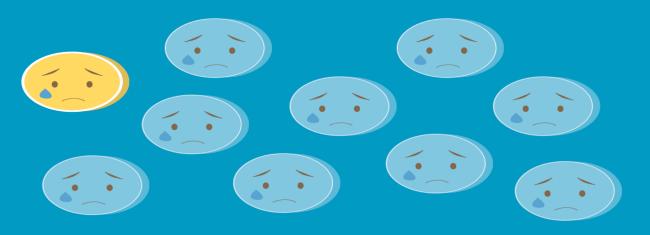
Earliest opportunity – perinatal

Childhood – school

Young adults – university



# **Evidence of Need**



- On average, over 30 hours per week on school grounds.
- Over 1 in 10 children (11%) have no one to talk to in school when they are worried or sad.
- 51% of surveyed young people said that they did not ask for help because they did not understand what they were going through.

# From the Mental Health of Children and Young People in England (2017):

- One in eight (12.8%) 5 to 19 year olds had at least one mental health problem.
- The prevalence of mental disorders in 5 to 15 year olds has increased from 9.7% in 1999 to 11.2% in 2017.



# **Peer Education Project**

Equipping young people with knowledge and understanding of mental wellbeing and how to safeguard their mental health and that of their peers

# What is the Peer Education Project?

- Schools-based programme
- Peer-to-peer education
- Five-lesson syllabus
- Delivered to Year 7s
- Delivered by year 12s





# Why Peer Educators?



### Evidence suggests that:

- More credible, clear and relevant sources of information
- More comfortable asking questions
- Opportunity to develop role models
- Sustained social relationships developed through Peer Education

# Why Year 7?

- Prevalence: 1 in 10 young people aged 5-16 have a mental health problem
- Key life transitions:
  - Primary to secondary school
  - Puberty and adolescence
- "Peak empathy" for others at age 9-11
- Friends and school are key sources of support at this age
- Opportunity to start whole-school culture from day 1



# The project so far...

Year 1	Year 2	Year 3	Year 4
Consultation with Y7 students	Adaptations to content and design process	Content adaptations based on evaluation feedback from teachers and students	100+ schools currently signed up
Development of syllabus content, 5 lesson structure	Delivered in 7 schools  Independent evaluation:	Train-the-trainer model	Over 20,000 school children
Testing with Y12 students	Anna Freud National Centre for Children and Families	Delivered in circa 40 schools	New module: Body Image (May, 2018)
Delivered in 3 schools		9,000 school children	PEP Platform
Small-scale evaluation		Testing adaptations (e.g. SEN)	Trialling: Webinar training
			<u>Overview</u>

# **PEP Materials**

- Year 7 workbook
- Peer Educator handbook
- Implementation Guidance
- Parents' Resource
- And more!



Give them your full attention

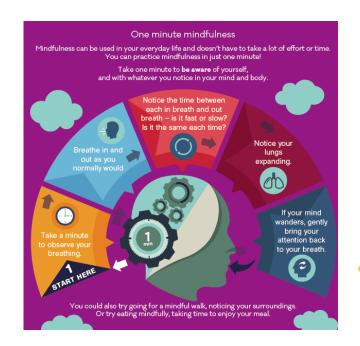
Acknowledge how difficult it might be to open up Reassure them that you are there for them



Offer to help them talk to an adult Listen without judging

Be positive! Things will get better



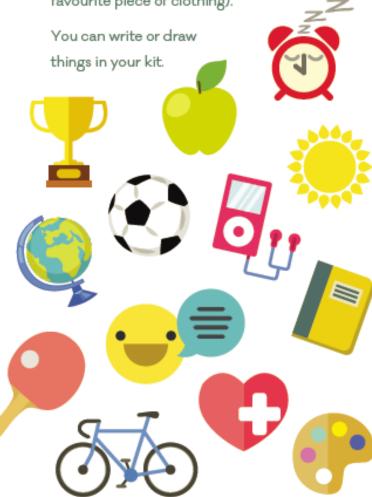


### Wellbeing Toolkit

### Wellbeing toolkit

Add things to your toolkit that can help you feel better when you're down, stressed or worried.

These might be things you can do (e.g. rest, talk to someone) or objects (e.g. a journal or a favourite piece of clothing).



### acation Project- Pre-Project Evaluation

### on Project- Evaluation Information

#### What are we doing?

Your school is running a Mental Health Peer Education Project. This is a series delivered by older students to younger students. The lessons aim to improve students health awareness, their ability to seek help when they need it and their confidence of the state of the series of the

### Why are we doing this?

We want to know whether the Peer Education Project helps young people develop mental health awareness and feel more able to seek support and advice. We also v compare how well the project works in different schools around the country. To fir are asking about your experience of taking part.

#### What will I be asked to do?

You will be asked to complete an online questionnaire. This questionnaire ask feel, how much you know about mental health, and how comfortable you are others about your mental health. It also asks some general questions abounderstand if the programme works better for some people than others.

The questionnaire will take no longer than 15 minutes to finish



### - Intervention Evaluation: Peer Educators

### Peer Education Project- Evaluation Information

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### Education Project- Evaluation Information

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## **PEP Evaluation**



"I realised after doing these sessions that I didn't know much about mental health.

It really helped me personally, and it was rewarding – and fun."

Peer Educator

# How well does it work?

Our 2016-17 evaluation by the Anna Freud National Centre for Children and Families found that:

- Students would recommend that others take part (98% PE's, 88%
   Y7)
- Year 7 find it helpful to learn about mental health from their Peers
- Students improved on key terms (mental health, stigma, discrimination)
- Students improved on key skills and attitudes (knowing when and where to seek help, talking openly, supporting friends and staying well)

"I think it was easier that they were close to our age - they understood our feelings a bit more "



our feelings a bit more."

Year 7 student

Mental Health Foundation

# Lucy's feedback

TO MHF SUPPORTERS My name is Lucy and I am 12 years old , I go to TRS, were the course took place. First os all, I really liked the layout of the books, with activitys at the back incase you ginished early. it pecause it I liked calm me down agter helped all my lessons at school. Also, the slideshows that were shown, were easy to read and the ingormation mae needn! nelped and my sprm understand about Mental Health. The two girls that were mentoring us. knew what they were talking about and didn't hesitate to answer question my for them. They didn't miss any weeks and were very clear when talking to us. Orecall the conise mas really usegul in giving me good understanding about mental health how to comport someone who may have to deal mental health with issues.

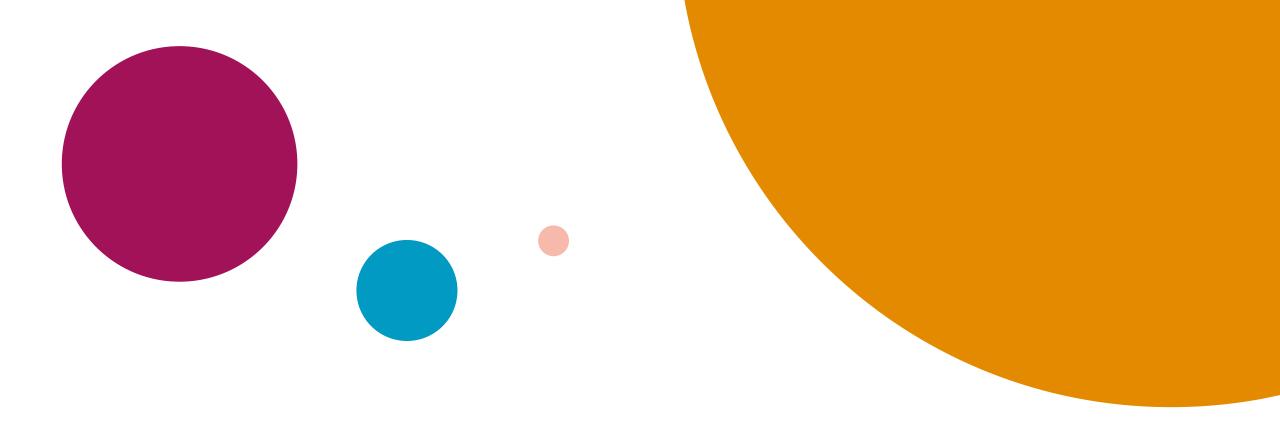
> Thank you gor listening!

> > Lucy

I hope you can help more children like me to take part.







**Reflection: Taking from today** 

What can you do to support children's mental health in school?

# **Get involved**

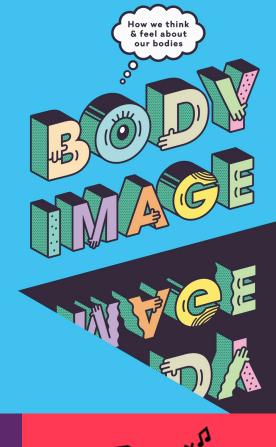
Mental Health Awareness Week: <u>Body Image</u> 13<sup>th</sup> - 19<sup>th</sup> May 2019

Parent, pupil and teachers guides

'How to' ...guides

Wellbeing Week









# Get in touch

Email: schools@mentalhealth.org.uk

Visit: www.mentalhealth.org.uk

**Socials:** 



Twitter - @mentalhealth

Facebook - @mentalhealthfoundation

Instagram - @mentalhealthfoundation

