

Provided by Mind Matters at  
Adelaide Learning into Suicide  
in Australia  
4/5/10.

*Mind Matters*



## World Health Organization Model for school mental health promotion.

Who is involved

Level of intervention

Entire school  
community

Creative environment conducive to promoting  
psycho-social competence and wellbeing

Whole school  
environment

All students  
and teachers

Mental health education  
—knowledge, attitudes and behaviour

Part of general  
curriculum

20-30%  
of students

Psycho-social interventions  
and problems

Students needing  
additional help in school

3-12%  
of students

Professional  
treatment

Students needing additional  
mental health intervention

Adapted from WHO 1994

Adapted from WHO, 1994

# mindmatters



Leading mental  
health and wellbeing

**M**indMatters is a national mental health initiative for secondary schools funded by the Commonwealth Department of Health and Ageing and implemented by Principals Australia Inc (formerly APAPDC).

The MindMatters initiatives were developed in recognition of the need to address the mental health and wellbeing of young Australians. Based on the World Health Organisation Global School Health initiative and the National Health Promoting Schools framework, MindMatters supports promotion, prevention and early intervention for schools.

MindMatters promotes a whole school approach to mental health and wellbeing, focusing on entire school communities, not just individual students with identified needs. It aims to enhance the development of school environments where young people feel safe, valued, engaged and useful.

## MindMatters aims to:

- Embed promotion, prevention and early intervention activities for mental health and wellbeing in Australian secondary schools
- Enhance the development of school environments where young people feel safe, valued, engaged and purposeful
- Develop the social and emotional skills required to meet life's challenges
- Help school communities create a climate of positive mental health and wellbeing
- Develop strategies to enable a continuum of support for students with additional needs in relation to mental health and wellbeing
- Enable schools to better collaborate with families and the health sector.

Mental health and wellbeing has been linked to young people's:

- sense of connectedness to school and their academic success
- social development
- resilience in the face of adversity
- capacity to contribute to the workforce and community.

**MindMatters has been used successfully in Australian secondary schools for over 10 years**

In a national survey in 2005, ACER found that:

- 71% of all schools with secondary enrolments use MindMatters
- 52% of secondary schools use MindMatters as a key resource
- 18% of schools use the resource as a whole school organiser.

Schools with secondary enrolments have access to:

- continuous national professional development for staff
- state and territory-based project officer support
- the MindMatters website with:
  - resource materials for a whole school approach to mental health and wellbeing
  - links to other national initiatives.



## Level One Introductory Workshop

MindMatters Level One Introductory Workshops provide an introduction to the MindMatters resource kit and to the concept of a whole school approach to mental health and wellbeing.

This practical hands-on workshop provides school classroom ideas around the following topics:

- Bullying and Harassment
- Resilience
- Understanding Mental Health,
- CommunityMatters
- Change: Loss and Grief
- Teaching and Learning.

Individuals and teams are invited to register online for Level One Introductory Workshops.

## Level Two Planning Workshop

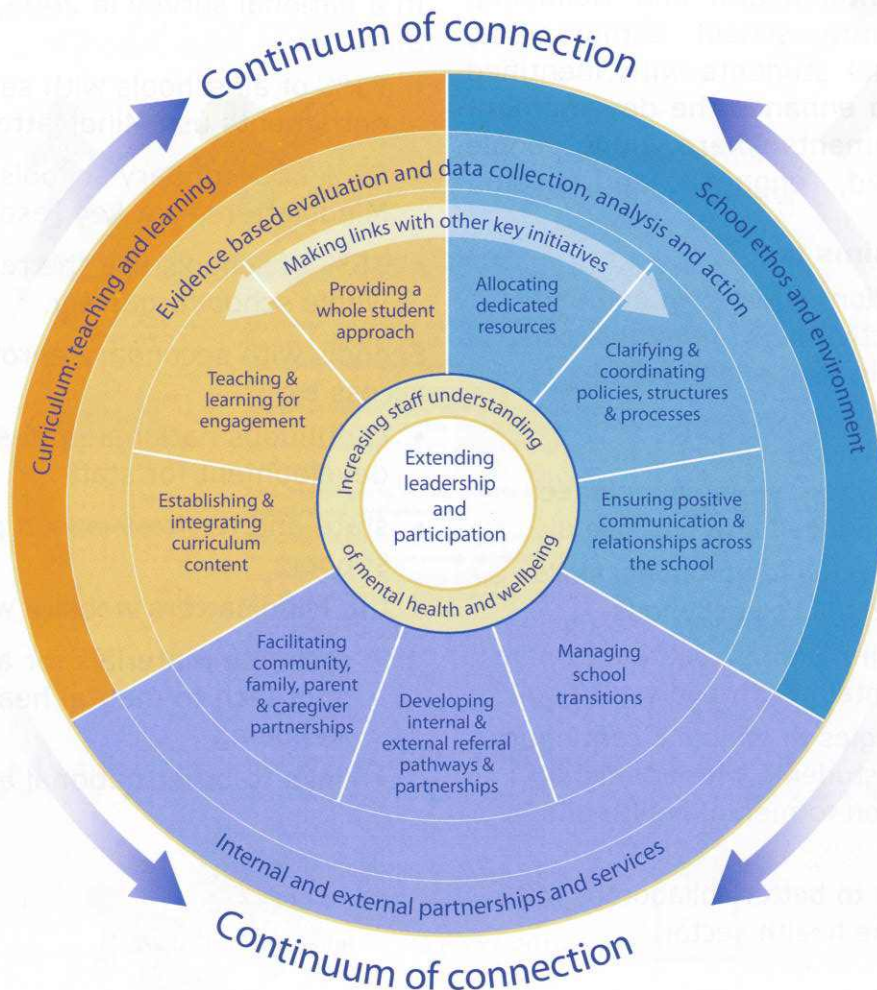
MindMatters Level Two Planning Workshops are directed at school core teams with experience of MindMatters. The core team develops a school action plan with a view to measuring progress in mental health and wellbeing. These workshops are only available to school community core teams of four or more people – including a member of executive leadership. Ideally some of the team have attended a Level One workshop, and the school taking part is familiar with MindMatters and uses the resource.

The workshop includes: leadership, student diversity, staff mental health and wellbeing, protective and risk factors, curriculum mapping, staff professional development, marketing and communication.

The Level Two process is based on a whole school approach to mental health and wellbeing with schools using the MindMatters Implementation Model, (below) the MindMatters Planning Cycle and other tools. Schools that use the process and can demonstrate effective change for positive outcomes will be offered recognition as a MindMatters school. The Level Two Planning Workshop is followed up by undertaking a range of MindMatters Focus Modules.

## MindMatters Implementation Model

for a whole school approach to mental health and wellbeing



# MindMatters Professional Development Planning Overview - for a whole school approach to mental health and wellbeing



## MindMatters Focus Modules

### Leadership (1 day)

#### For school leaders and aspiring leaders

Leadership emerged from the MindMatters evaluations as a key factor in school success in addressing mental health and wellbeing. The focus module considers the importance of the leader's own mental health and wellbeing, the aspects in which whole school action can occur including ethos, resources, policy, structures, communication and relationships across the school, as well as the leaders role in managing people and systems through change. Links are made with the Principals Australia L5 Leadership frame.

### Staff Matters (2 days)

#### For all school staff

This module looks at the critical role that staff mental health and wellbeing plays in the life of the school as a whole, and as a precursor to student wellbeing. The Staff Matters Wellbeing at Work model is used to explore a range of materials and strategies to improve staff wellbeing. The workshop explores personal mental health and wellbeing, interpersonal processes as well as the professional aspects of people's work that relate to mental health and wellbeing. Schools reflect on how they survey, plan for and check on their progress in this area.

### Student Empowerment (1 day)

#### For all school staff and students

This module is designed to increase adults' understanding of student empowerment and the benefits associated with authentically engaging young people within a whole school approach to mental health promotion. Participants explore their own beliefs about youth, power and empowerment and the role of adults within these processes, the skills required for empowerment and consider planning for youth empowerment within the MindMatters Implementation Model. An introduction to the MindMatters Youth Empowerment Process (YEP) will be presented. In NSW this module is based around the SRC resource 'Creating Connections'.

### Communities do Matter (1 day)

#### For staff and community working together

Culture, community, identity and family contribute to a sense of identity, wellbeing, connection and self worth. This module explores the diversity within communities and considers how schools can work in respectful partnerships to enhance school and community mental health and wellbeing planning and action. The module leads on to a series of seminars and workshops for community leaders, health agencies, Indigenous Education workers, Aboriginal young people and others interested in community development. agencies, Indigenous Education workers, Aboriginal young people and others interested in community development.

### Students Experiencing High Support Needs in Mental Health (2 days) For school counsellors, school support staff and health workers

Students experiencing mental health difficulties are most successfully supported by a whole school approach to mental health and wellbeing. Promotion, prevention and early intervention strategies are considered in relation to meeting the needs of a diverse range of students. Staff involved in working closely with these students, examine proactive approaches, strategic planning and their own mental health and wellbeing. The areas of identification, self-referral, case management, online counselling, debriefing, referral pathways, transitions, agency networks, re-entry and confidentiality will be considered.

### The Whole Student Approach (1 day)

#### For all school staff including year/house leaders

Focusing on the whole student is a crucial part of implementing a whole school approach for mental health and wellbeing. Connectedness and success at school for all students are important protective factors for their mental health. This module explores strategies to work with individual student strengths, build relationships, set realistic expectations, teach social and emotional skills and spiritual understandings and plan for authentic participation for all students.

### Teaching and Learning for Engagement (1 or 2 days)

#### For all school staff

This module highlights the link between mental health and student learning outcomes and models a range of methodologies to create positive relationships, safe environments, and engagement in learning. Participants explore the changing world of young people, their own beliefs about teaching and the role quality teaching plays in learning and wellbeing. Participants plan for a change in their practice to increase students' levels of engagement, based on data.

### Measuring our Progress (1 day)

#### For school staff managing data

This module considers the sources, types and levels of data and information that exists for mental health and wellbeing within the school and community. This is considered in relation to the MindMatters Implementation Model, the MindMatters Data Plan and the roles of staff. Clarifying the importance of data and what to collect: sharing how to use and analyse data for school improvement; and effective communication and reporting of data results are the key areas addressed.

### Transitions (1 day)

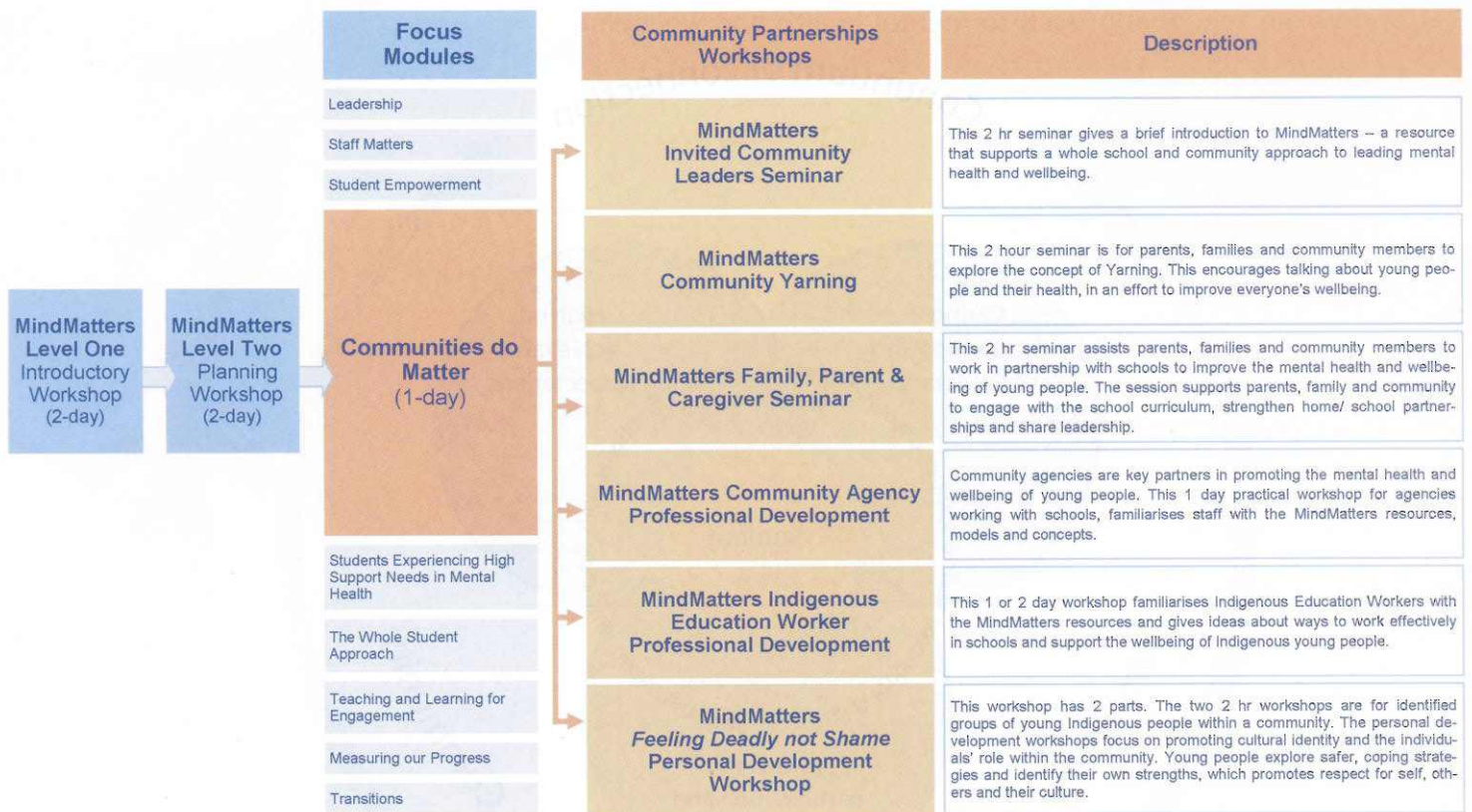
#### For school staff managing transitions

Transitions are a part of life and yet they are times when staff and students can lose their connection with school. This module explores a range of transitions including adolescence, between classrooms and schools and between cultures and health agencies. Participants explore the concept of the "third space" and use a set of principles to plan for managing key transitions more effectively.

The MindMatters Professional Development Calendar provides details of free MindMatters professional development activities.

The calendar can be accessed on the website at <http://www.mindmatters.edu.au>

# MindMatters Community Partnerships Workshops

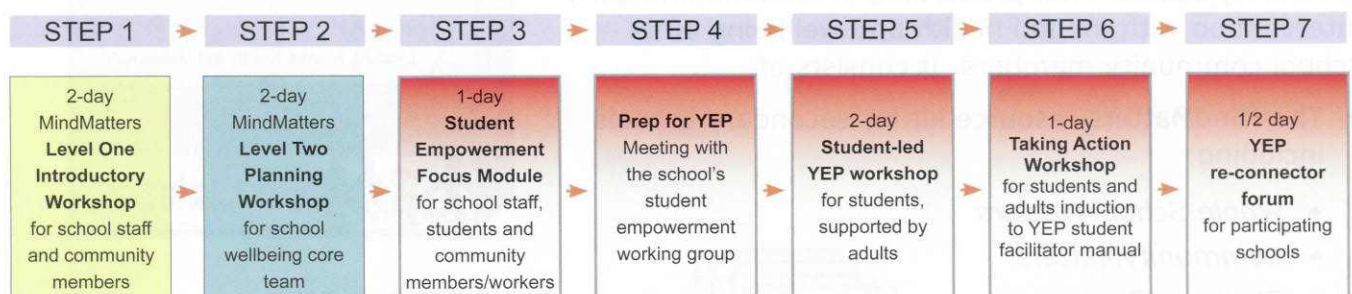


## MindMatters Youth Empowerment Process

Supporting secondary schools in empowering young people to lead and take part in promoting mental health.



Overview of the seven-step implementation sequence



The Youth Empowerment Process (YEP) aims to strengthen student leadership and participation for mental health promotion by:

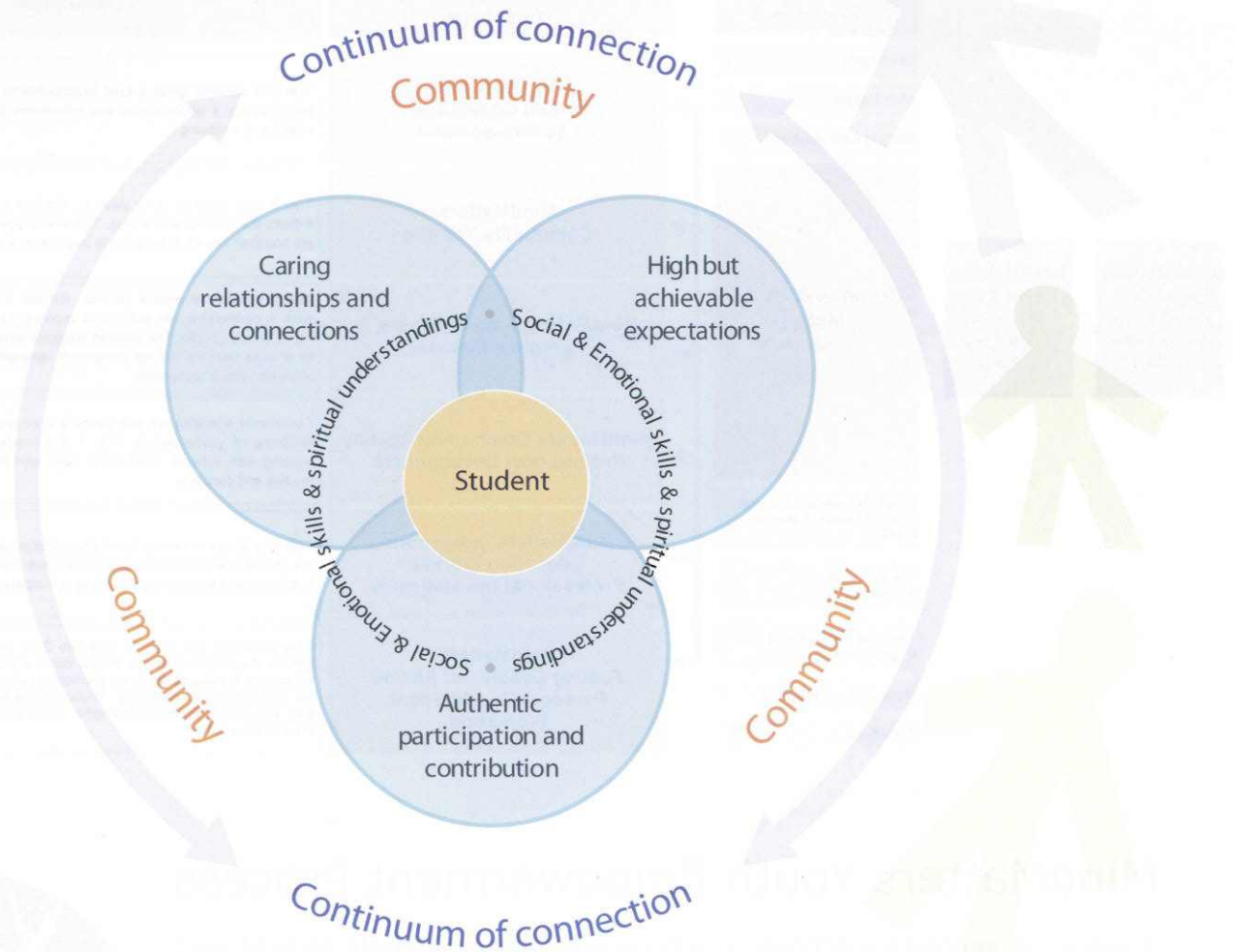
- Reinforcing the commitment of school communities in providing an active role for young people
- Developing mental health and mental health promotion knowledge and skills using the MindMatters resources

- Building the confidence and capacity for young people to lead
- Identifying opportunities and responsibilities with students to lead, act and participate
- Providing supportive teacher strategies



# MindMatters Whole Student Approach

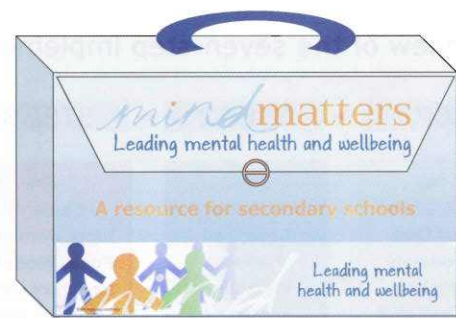
for a whole school approach to mental health and wellbeing



## MindMatters resource suite

The MindMatters resource suite supports Australian secondary schools with promotion, prevention and early intervention with mental health and wellbeing of its school community members. It consists of:

- The MindMatters resource kit for secondary schools including:
  - *Whole School Matters*
  - *CommunityMatters*
  - *Students Experiencing High Support Needs in Mental Health*
  - *Teaching and Learning*
  - *Change: Loss and Grief*
  - *Empathy and Safety: Bullying and Harassment*
  - *Enhancing Resilience*
  - *Toolkit for Making Connections*
  - *Mental Health and Mental Illness*



- *MindMatters* DVD
- *CommunityMatters* DVD
- *Community Partnerships* DVD
- Professional development in all states and territories, 2-day Level One and Level Two workshops, 9 focus modules and 5 Community Partnerships workshops.
- A website, with online resources
- Evaluation reports

# Contact us

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MindMatters VIC  
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MindMatters WA  
(08) 8245 9821

Other events related to the mental health and wellbeing of students and their communities are also included on the MindMatters website. If you wish to advertise an event, please forward details to: [mindmatters@curriculum.edu.au](mailto:mindmatters@curriculum.edu.au)

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## mindmatters

Leading mental health and wellbeing

About Professional Development Whole School Approach Resources and Downloads Mental Health Help

Find out what's happening in your state

WA NT QLD NSW SA VIC Tas

**NEW! School Stories**  
Submit your school's MindMatters story

Professional development online registration

MindMatters is a national mental health initiative for secondary schools funded by the [Australian Government Department of Health and Ageing](#).

MindMatters is a resource and professional development program supporting Australian secondary schools in promoting and protecting the mental health, social and emotional wellbeing of all the members of school communities.

**Resource for young people affected by natural disasters and emergencies**

Red Cross has created *After the Emergency* - an MP3 resource and website for young people affected by disasters. Visit the [Red Cross website](#) to see stories from teenagers who've been through emergencies, share your own story, find information about trauma recovery and get music and messages of support from Australian artists like Lisa Mitchell and Bluejuice.

**What's new**

MindMatters School Audits and Surveys... [more](#)

► [National Newsletter 1 2010 \(pdf, 226kb\)](#)

**Major events**

Professional development calendar for information about events in your state or territory... [more](#)

**Downloads**

MindMatters resource kit booklets... [more](#)

[www.mindmatters.edu.au](http://www.mindmatters.edu.au)



Australian Government

**mindmatters**  
Leading mental health and wellbeing

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# MindMatters Professional Development Planning Overview

for a whole school approach to mental health and wellbeing.

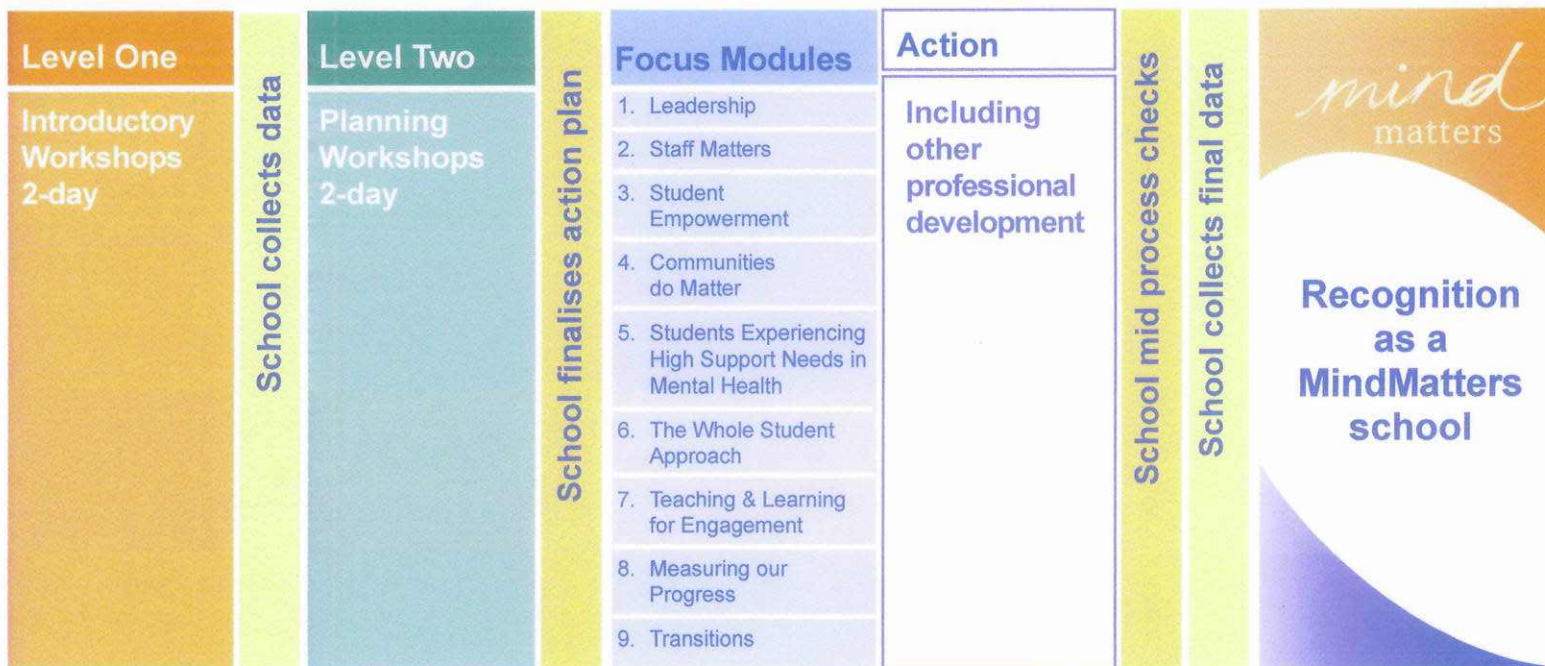


Core team established

Core team reviewed

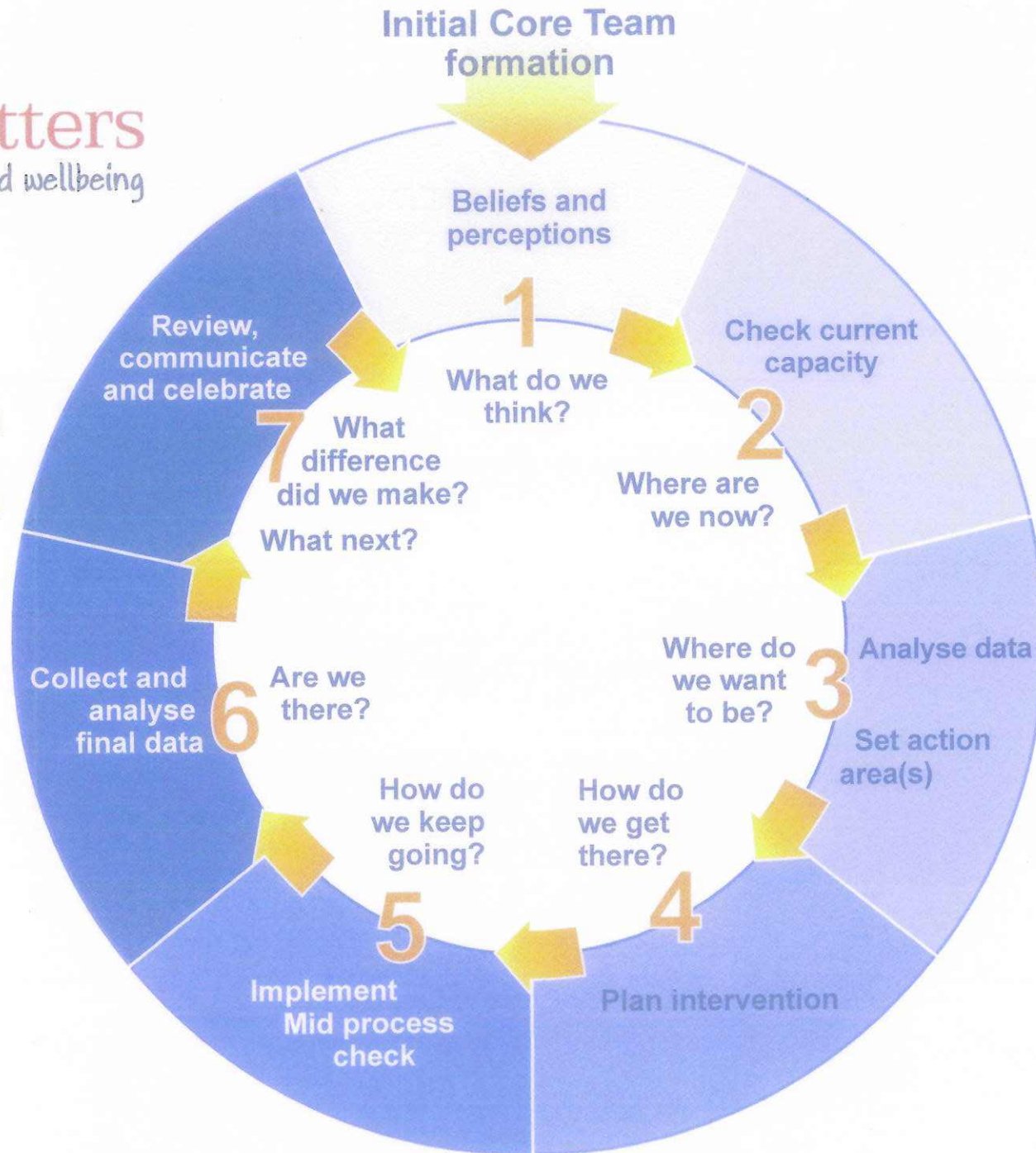
Core team reviewed

Timeline 18 months to 3 years



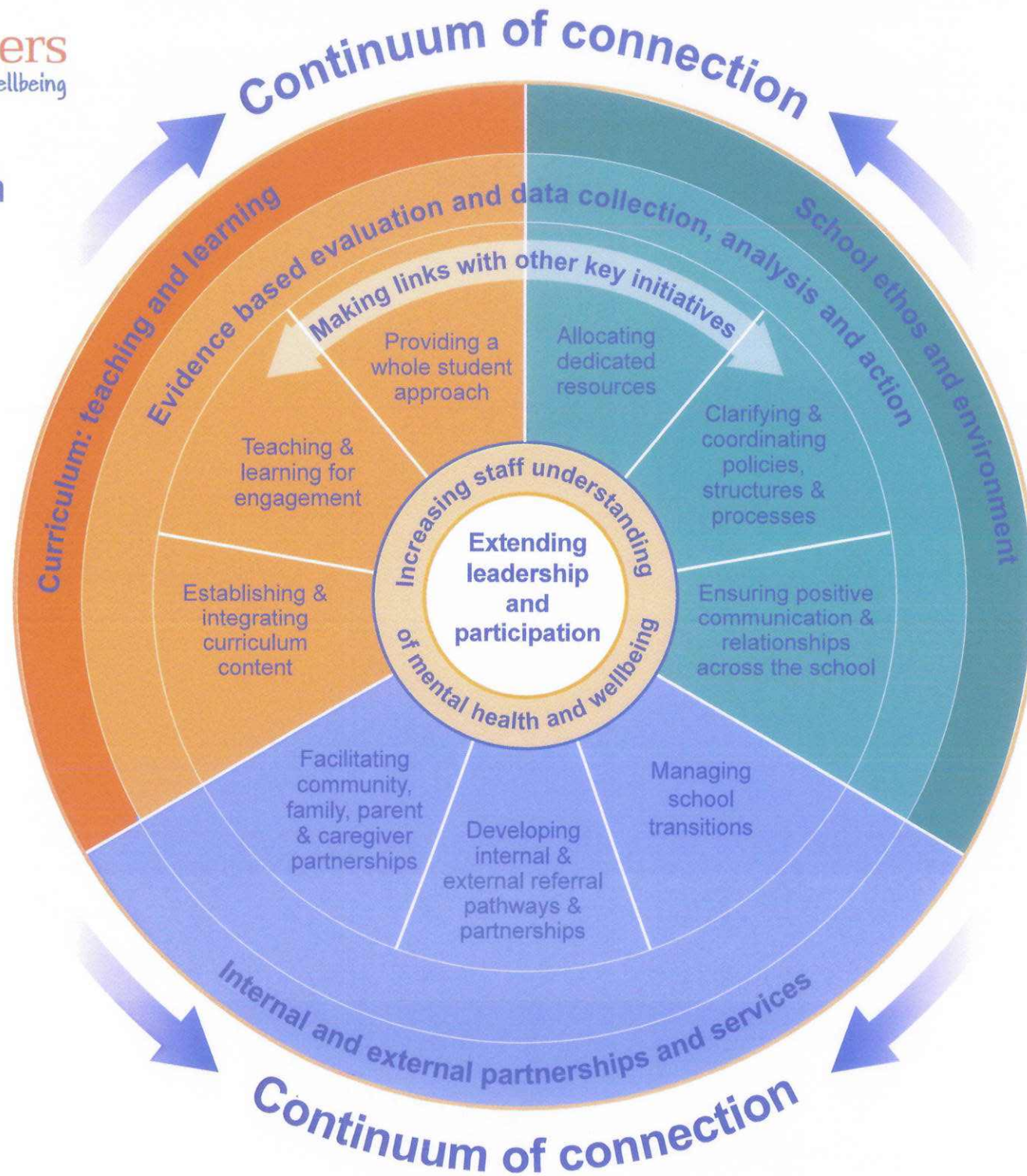


**MindMatters  
Planning  
Cycle**  
for a whole school  
approach to  
mental health and  
wellbeing



## MindMatters Implementation Model

for a whole school  
approach to mental  
health and wellbeing



# MindMatters Professional Development



Level One		Level Two		Focus Modules	
Introductory Workshop		Planning Workshop			
Day 1	Day 2	Day 1	Day 2		
<p><b>Session 1</b> <b>Introduction</b> Mental health - Promotion, prevention and early intervention Whole school approach Mapping current practice Resource familiarisation</p> <p><b>Break</b></p>	<p>Reconnect, Reflect and Plan</p> <p><b>Session 5</b> Dealing with Bullying and Harassment Empathy and safety</p>	<p><b>Introduction</b> MindMatters Planning Overview MindMatters Models Protective Factors and Risk Factors</p> <p><b>Break</b></p>	<p><b>Analyse data</b> Plan your outcome Policies for mental health and wellbeing</p>	<p><b>1. Leadership</b> Consider your leadership of mental health promotion, prevention and early intervention within the school through both a personal and a systems approach.</p> <p><b>2. Staff Matters (2 days)-for all school staff</b> A two-day module about supporting staff wellbeing within schools using social and emotional learning and engaging staff in mental health promotion, prevention and early intervention for students.</p> <p><b>3. Student Empowerment (1 day)-for staff and students</b> An overview about maximising the role of students in leading a whole school approach to mental health and wellbeing (this also connects with a series of student-led youth empowerment sessions).</p> <p><b>4. Communities do Matter (1 day)-as a part of a series of seminars/workshops</b> An overview of the positive connections schools can make with culture and community using the MindMatters community partnership process. Follow-up workshops and seminars are available for community members.</p> <p><b>5. Students Experiencing High Support Needs in Mental Health (2 days)-for school counsellors, school support staff and health workers</b> A two-day session recognising the pivotal role of school support staff in leading, managing and working with others for school-wide mental health promotion, prevention and early intervention for students with high support needs and how this can be supported.</p> <p><b>6. The Whole Student Approach (1 day)-for all school staff including year/house leaders</b> The module develops our understanding of how schools can work with students as individuals and provide successful experiences by recognising the richness they bring with them to a school setting.</p> <p><b>7. Teaching and Learning for Engagement (1 or 2 days)-for all school staff</b> A one or two-day module reflecting on the needs of young people, the importance and nature of the pedagogies that engage them and the educational and mental health connections.</p> <p><b>8. Measuring our Progress (1 day)-for school staff managing data</b> The session aims to expand our understanding of how to collect and analyse school mental health and wellbeing data to measure the effectiveness of a whole school approach.</p> <p><b>9. Transitions (1 day)-for school staff managing transitions</b> The session examines the broad concept of transition within a school setting from a personal and professional perspective and explores the strategies that support students (and staff) through change.</p>	
<p><b>Session 2</b> <b>Resilience</b> Belonging and friendship Problem solving and coping Protective and Risk Factors Social and emotional learning</p> <p><b>Lunch</b></p>	<p><b>Session 6</b> Curriculum, Teaching and Learning</p> <p><b>Session 7</b> <b>Understanding mental illness</b> Promoting understanding and help seeking Keeping connected Understanding the issues</p>	<p><b>Beliefs and perceptions</b> Student diversity</p> <p><b>Lunch</b></p>	<p><b>School plan</b> Curriculum Program selection Staff professional development</p>		
<p><b>Session 3</b> <b>Change, Loss and Grief</b> Safety, control and trust</p> <p><b>Session 4</b> <b>CommunityMatters</b> Diversity, Mental health and wellbeing Community, culture and identity</p>	<p><b>Session 8</b> <b>Educating for Life</b> Suicide prevention Self Harm</p> <p><b>Session 9</b> <b>Planning to implement MindMatters</b> As an individual or as a whole school/organisation</p>	<p><b>Check current capacity</b> Leadership Effective core teams Staff wellbeing</p>	<p><b>Implement school plan</b> Marketing Communication</p>		