

WHITEHILL SECONDARY CARES
we seek...Enjoyable Learning & Teaching
we seek...a Resilient Attitude
we seek...Equity
we seek...Success
we seek...a Happy, Healthy Better Life
...we seek higher things...

C A R E S
 COMMITMENT AMBITION RESPECT EQUITY SUCCESS

Mental Health and Wellbeing Award Level 4 & 5

Whitehill Secondary School

Nicki Dillon, Faculty Head of Inclusion
 Leigh Anderson, Faculty Head Social Subjects, RMPS & Wider Achievement

Why this award at Whitehill?

- An increasing number of young people are presenting with a range of Social / Emotional / Behavioural and Mental health barriers. Over the last 5 years, there has been a dramatic increase in the number of young people displaying signs of poor mental health.
- Young people face barriers to learning and engage with a range of services within and outwith the school community such as CAMHS / Life-Link / Mentoring services / specified group work.
- School demographic – SIMD Levels 1-3 76% of Young People - East End Glasgow – focus on healthy mind and healthy body.
- Focus on the idea of changing mindset of young people, e.g. ‘Growth Mindset’.
- Wider achievement opportunity
- Aim is to engage the young people in a topic that is relevant to them and try to help them understand what mental health and wellbeing means to them and why it is important that we study
- An increasing number of our senior phase pupils struggle with the pressures of exams so we are trying to teach resilience & coping strategies
- Relevant to social subjects course work, e.g. RMPS Higher Unit, Morality and Justice, Modern Studies, Crime and the Law and PSHE.

Promoting Positive Mental Health

2017/18 Current Provision

- 1/1 – Life-link Counselling 2 days per week – PEF Funded.
- 1/1 – Y-People – 5 young people.
- Group work – Lifelink – 20 young people.
- Group work – Y Care – 10 young people.
- Life-link Mentoring Programme – 1 young person.
- PSHE - Range of topics covered in relation to Health and Well-being.
- Blairvadach - Study Weekend - Resilience and positive mental health workshops.
- Targeted pastoral support pre-exams
- Pastoral Care input into 'Night School'
- PC Staff and support staff trained as Mental Health First-aiders.
- PC staff trained in 'What's the Harm' – Self harm Prevention Strategies.
- FH Inclusion ASIST Trained.
- 30 S6 young people trained on 'Safe Talk' Suicide Prevention – used in Buddy Training.
- Effective partnership working at transitions.
- Early and enhanced transition programmes at all stages to support Mental Health.
- Mental Health Assemblies.

Mental Health

Young people in Whitehill actively seek the counselling service and often self-refer.

In session 2017/18, 29 young people have accessed the Lifelink service (6% of school population).

2016/17 – 38 sessions

2017/18 – 58 sessions

Young people have reported that they are more able to cope with their feelings, felt better about going to school, recognized improvements in their communications and relationships with their peers, friends, teachers, parents/carers and family.

Client issues have included

Low mood/Depression / Stress/ Anxiety / Self-harm / Bereavement /Peer/Relationship issues/ Low self esteem/Family difficulties/Bullying /Anger.

Promoting Positive Mental Health and Wellbeing

Improvement Priorities 2018/19

- Continuation of the PEF Funding – 2 full days of Life-link counselling.
- Implementation of the Action for Children's 'Blues' Programme to support young people in S5/6.
- Resilience programme implemented into Study Support study weekends.
- Delivery of Mental Health Assemblies.
- Train staff on 'Seasons of Growth.'
- Promote YCSA counselling service.
- Support 1/1 Mentoring with PC Scott (new Campus Officer).
- Implementation of Mental Health and Wellbeing Award.
- Mentoring Programmes.
- Incorporate Resilience Toolkit into PSHE Programme.
- Participation in Whole School Gender Based Violence Programme.

Unit 1: Understanding Mental Health Issues

Three outcomes:

1. Describe/ Explain what is meant by mental health and wellbeing for individuals and wider society:

Social Subjects

- Prior learning from PSHE
- Internet research task for young people to explore a wide range of resources on mental health and wellbeing and look for accessible definitions that we will use as a class
- Use of media as a means to engage with the debate surrounding mental health, e.g. recent number of male suicides, celebrity
- Health & Wellbeing focus in the Scottish curriculum and why that is a responsibility for schools to deliver.

PSHE

- Mental Health Assemblies
- S1 – ‘Inside Out’
- S1-6 – Sound Sleep Course
- S1-3 Health and Wellbeing Profile
- CEOP Internet Safety
- Young Carers Resource Pack

Unit 1: Understanding Mental Health Issues

2. Describe / Explain a range of mental health issues

Social Subjects

- Whole class discussion/carousel task on what they know/think a mental health issue is
- Discuss various forms of mental health issues
- Discuss recent examples of mental health related issues in the media.
- Look at the spectrum of mental health related issues, from the most severe cases to the most mild

PSHE

- 'On-Edge' – Self-harm resource pack
- Stress Management Programme
- Goks – The Naked Truth – Body Image resource pack.
- 'Rosie Project' – S1-6.
- 'Crush' Resource pack.

Unit 1: Understanding Mental Health Issues

3. Identify / Describe the role of the brain to mental health and wellbeing

Cross curricular project – Faculty of Science to lead this block of learning for 4 weeks looking at the role and importance of the brain and how it affects the behaviour of the person

Unit 2: Influences on Mental Health and Wellbeing

Two outcomes:

- 1. Identify / Describe factors that may influence mental health and wellbeing on individuals**
- &**
- 2. Identify / Describe the influence of technology and social media on mental health and wellbeing.**

Unit 2: Influences on Mental Health & Wellbeing

Social Subjects

- Avoiding re-inventing the wheel, work on this area will be part of the PSHE curriculum.
- Their learning in PSHE will be accredited as part of this award; making learning more relevant to them
- 4 week block of work with PSHE
- Working with partners from Mental Health Charities who will come in and speak to the young people
- Tie in with YPI

PSHE

- On Edge Resource Pack
- CEOP Resources
- Friendship and Anti-bullying units
- Transition Support
- Substance Misuse
- Tutor Time – Mental Health Focus

Unit 3: Coping Strategies and Building Resilience

1. Explore helpful and unhelpful coping strategies

Social Subjects

- The importance of friendship and talking/finding a support network v use of the term 'man up', importance of the language we use
- Use of mental health websites and visiting speakers from Mental Health Associations – working with partners to achieve this outcome
- Life-link / Y-People / Headspace / Action for Children

PSHE

- Resilience Toolkit (NHS)
- Relaxation and Stress Management Workshops.
- Study Weekend – Focus on building resilience and stress management.
- Seeking Support Lessons.
- Workshops e.g
 - Life-link
 - Early Intervention Team
 - Y-People

Unit 3: Coping Strategies and Building Resilience

Explain how to promote good mental health and wellbeing in self and others:

Social Subjects

- Case Studies exemplifying ways in which to promote good mental health
- Growth Mindset learning & teaching
- Importance of relationships
- Exploring the dangers of social media and how this can have an effect on a person's mental health & wellbeing in both a positive and negative way
- Health & Wellbeing week in school

Unit 3: Coping Strategies and Building Resilience

3. Explain different types of support and ways to address barriers to support mental health and wellbeing.

PSHE

- Working with partners again to deliver this outcome, contact with Mental Health Charities to come in and speak to our young people
- Young people will deliver an assembly to the school community to talk about their learning journey and the support that is available
- Buddy Training

End goal...?

- The need to make this a sustainable wider achievement opportunity
- Raise awareness of and increase understanding of Mental Health and wellbeing and how to access support to overcome barriers.
- Aim to try and address the stigma surrounding mental health
- We want our school to be a place where all our young people feel safe and looked after
- Mental Health issues no longer a taboo subject – young people feel safe to come forward
- Promote the importance of wellbeing across our school community
- Mental Health Champions
- Posters over the school opening talking about mental health
- Non-Uniform day in December in aid of Mental Health for suicide prevention