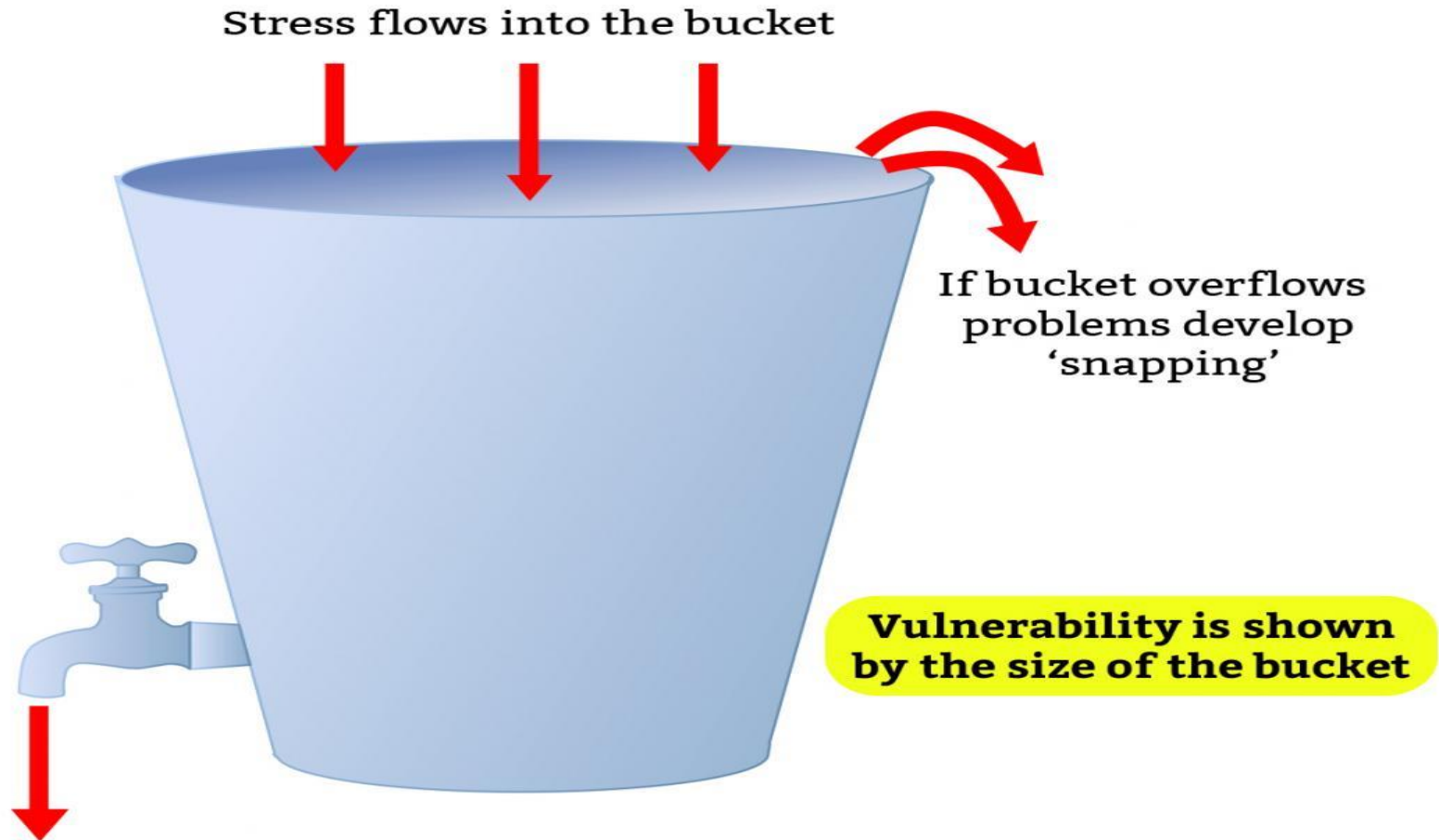


Mental Health

We all have it!!!

Stress vulnerability bucket



Good coping = tap working let the stress out
Bad coping = tap not working so water fills the bucket

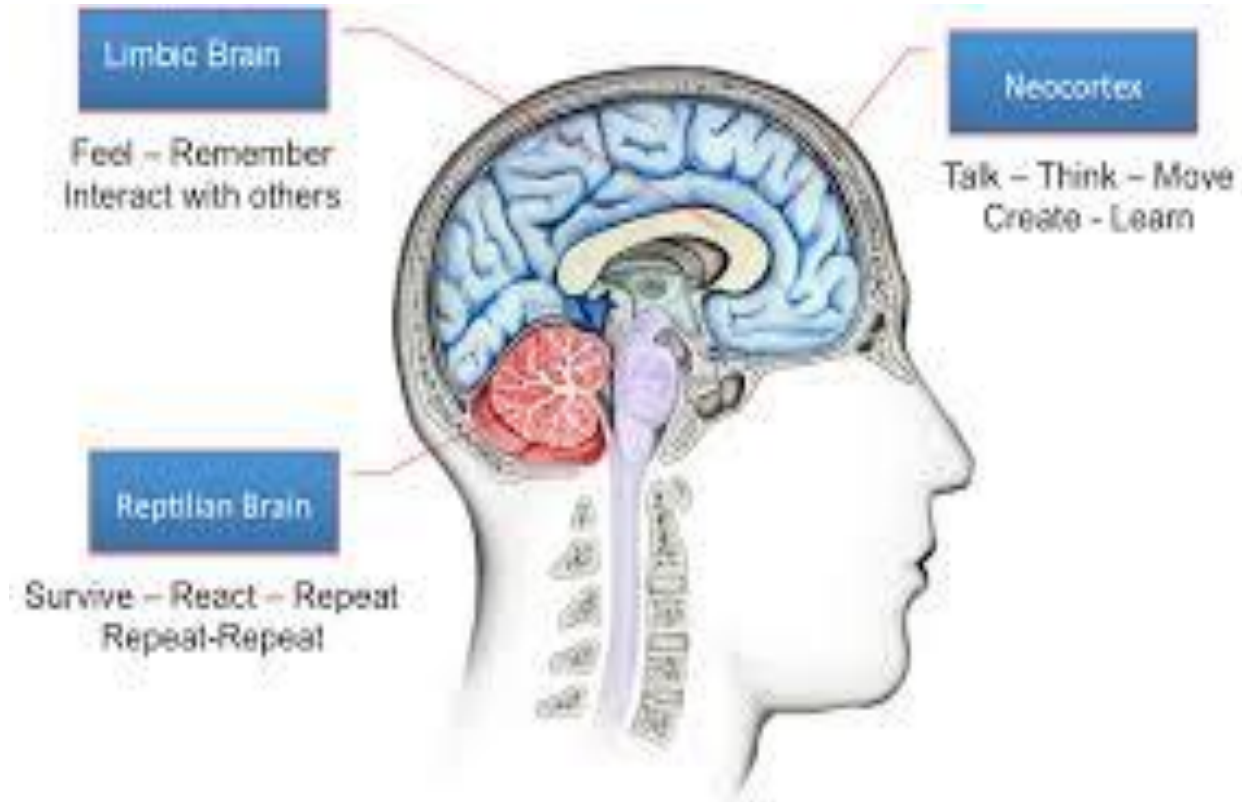
the 'vulnerability - stress' model

Zubin & Spring 1977 suggest that....

'...as long as the stress induced by challenging events stays below the threshold of vulnerability, the individual... remains well within the limits of normality. When the stress exceeds the threshold, the person is likely to develop a psychopathological episode of some sort... when the stress abates and sinks below the vulnerability threshold, the episode ends.'

How the Brain is built

<https://www.youtube.com/watch?v=LmVWOe1ky8s>



People who are mentally healthy have:

- A sense of contentment
- A zest for living and the ability to laugh and have fun.
- The ability to deal with stress and bounce back from adversity.
- A sense of meaning and purpose, in both their activities and their relationships.
- The flexibility to learn new things and adapt to change.
- A balance between work and play, rest and activity, etc.
- The ability to build and maintain fulfilling relationships.
- Self-confidence and high self-esteem.

Factors that contribute to MH issues

Abuse/Neglect

Domestic Violence

Alcohol and substance misuse

Young Carers

Looked After Children

LGBTQX

Trauma- bereavement

ADHD/ASD

Exam pressure

Types of Mental Health

Anxiety

Depression

Self-harm

Suicide

Eating disorders- anorexia, bulimia.

Attachment Disorder

Psychosis

Obsessive Compulsive Disorder

Stand up kid

How does it actually feel for a student with a mental Health issue?

https://www.youtube.com/watch?v=SE5Ip60_HJk

Black dog

<https://www.youtube.com/watch?v=XiCrniLQGYc>

ASD

Autistic Spectrum Disorders

A neurodevelopmental disorder . All people with ASD share 3 main areas of difficulty.

1. Difficulties in communicating with people.
2. Difficulties in recognising and understanding the feelings of others.
3. Difficulties with behaviour and activities.

Aspergers Syndrome Affects 1 in 100 children. 3 to 4 times more likely to occur in boys. More likely to have mental health issues because they feel different to their peers.

ADHD

Attention Deficit Hyperactivity Disorder.

Signs

Disruptive behaviour- not age appropriate.

Inattentiveness- easily distracted, forgetful, unable to listen or concentrate.

Hyperactivity- Unable to sit still, constantly fidgeting, excessive talking.

Impulsiveness- Unable to wait for a turn, acting without thinking, little or no sense of danger.

Cause

Genetic, physiological and environmental factors.

Treatment

Medication, counselling, diet, parenting support.

Attachment Disorder

Occurs when attachment between a young child and his or her primary caregiver does not occur or is interrupted due to grossly negligent care.

Students are at higher risk for:

- Depression
- Aggressive/disruptive behaviour
- Learning difficulties
- Inability to form meaningful relationships
- Low self-esteem

Fight, Flight, Freeze

Anxiety- Social anxiety

Feel like you are in danger

Like trying to get water out of the boat with a whole in it.

Subconscious mind needs to believe you are safe in social situations. Fix the problem rather than just staying above the water.



Resilience- 7 C's

1. Competence- Helping children focus on their strengths while empowering them to make good healthy decisions.
2. Confidence-Giving praise but not pushing more than the child can realistically take on.
3. Connection- creating a solid sense of security. Emotional connection while fostering healthy relationships.
4. Character- supporting developing a solid sense of morals and values, a caring attitude towards others.

Resilience- 7 C's

5. Contribution- helping them to understand that the world is a better place because they are in it. Serving others by modelling generosity.

6. Coping- with stress. Model coping strategies. Understanding that negative behaviours may be attempts to alleviate stress and pain.

7. Control- Children who realise they control the outcomes can bounce back quicker. Empower them by helping them to understand that there are consequences for all actions. Things don't just randomly happen.

Helpguide's 6 Keys to Mental Health



Foods that adversely affect mood

- Caffeine
- Alcohol
- Trans fats or anything with "partially hydrogenated" oil
- Foods with high levels of chemical preservatives or hormones
- Sugary snacks
- Refined carbs (such as white rice or white flour)
- Fried food

Foods that boost mood

- Fatty fish rich in Omega-3s such as salmon, herring, mackerel, anchovies, sardines, tuna
- Nuts such as walnuts, almonds, cashews, peanuts
- Avocados
- Flaxseed
- Beans
- Leafy greens such as spinach, kale, brussel sprouts
- Fresh fruit such as blueberries

Personal emotional wellbeing

To be able to successfully support others going through a difficult time you must be able to ensure that you yourself are emotionally well.

<http://www.actionforhappiness.org/10-keys-to-happier-living/live-life-mindfully/details>

Support

“It is not the things in themselves which trouble us,
but the opinions we have about these things”

Epictetus 55-135AD

External resources

CAMHs- counselling

CAMHs crisis team

CBT- Cognitive Behavioural Therapy

Art Therapy

In school support

- The Emmaus Centre
- The Good Shepherd Centre
- Counselling-
 - a) Independent counsellor
 - b) Chaplain
- Named mentor- linked to SENDCo
- Pastoral Team

Students

- Awareness-
 - a) Assemblies
 - b) Visible posters around the Academy
 - c) PSHCE- resources
 - d) Student Well being group
 - e) Mental Health Week

Actions

1. Identify the area of need.
2. Who is best to support?
3. Devise an individual plan for that student.
4. Who needs to see the plan- then share.
5. Have review dates set for the plan.
6. Team around the child meetings- external agency involvement. EHA etc.