



* This current edition of MindMatters resources remains unedited and is intended as a school consultation DRAFT. This DRAFT material may be updated when additional MindMatters resources are completed. Please refer to the disclaimer attached to this material and on the website for details of the Commonwealth's limitation of liability in relation to this material.

© Commonwealth of Australia 2010.

This work is copyright. Provided acknowledgement is made to the sources, schools are permitted to copy material freely for communication with teachers, students, parents or community members. No part may be reproduced for any other use than that permitted under the Copyright Act 1968, without written permission from the Commonwealth of Australia. Requests and inquiries concerning reproduction and rights should be addressed to the Commonwealth Copyright Administration, Attorney-General's Department, Robert Garran Offices, National Circuit, Barton ACT 2600 or posted at <http://www.ag.gov.au/cca>.

While all care has been taken in the preparation of this material, the Commonwealth accepts no liability for any injury or loss or damage arising from the use of, or reliance upon, the content of this publication. Furthermore, the material herein does not necessarily represent the views of the Department of Health and Ageing nor of any mental health service provider.

Every effort has been made to contact the copyright holder of material used in the MindMatters materials. If accidental infringement has occurred, please contact the publisher.

MindMatters is funded by the Australian Government Department of Health and Ageing.





CONTENTS

Introduction	1
The MindMatters initiatives.....	1
MindMatters – the background	1
The MindMatters approach to mental health and wellbeing.....	2
MindMatters’ aims.....	2
CommunityMatters and the 2010 MindMatters resource.....	3
Introducing CommunityMatters	4
How to use this booklet	5
The audience for this booklet.....	6
How members of the school community can use this booklet	6
References	7
Part A: A Whole School Approach to Valuing Community, Culture and Identity for Mental Health and Wellbeing	8
Section 1: Rationale and key concepts.....	9
1.1 Introduction	9
1.2 The CommunityMatters rationale	9
1.3 Key concepts	10
1.5 Australia: a multicultural society.....	17
1.6 Staff Activities for Professional Development.....	19
References	21
Section 2: The MindMatters approach.....	22
2.1 Introduction	23
2.2 The MindMatters Whole School Approach to Mental Health and Wellbeing.....	23
2.3 Resilience, protective factors, risk factors and transitions.....	24
2.4 The WHO model	28
2.5 The Whole Student Approach	29
2.6 Leadership for cultural competence	29
2.7 Addressing community, culture and identity using the MindMatters Planning Cycle	30
2.8 Involving diverse cultural communities using the MindMatters Community Partnership Process	31
2.9 The CommunityMatters approach	32
2.10 Staff Activities for Professional Development.....	34
References	35
Part B: Mental Health Issues and Strategies for Specific Cultural Groups	37
Section 3: Aboriginal and Torres Strait Islander issues.....	38
3.1 Introduction	38
3.2 Aboriginal and Torres Strait Islander people.....	38
3.3 Mental health and wellbeing	40
3.4 Critical issues for young Aboriginal and Torres Strait Islander people.....	42
3.5 Strategies for a Whole School Approach to social and emotional wellbeing.....	50
3.6 Indigenous leadership and staff.....	56
3.7 The Reconciliation Movement and the 2008 Apology.....	59
3.8 Staff Activities for professional development	63
References	65

Section 4: Rural and remote issues	68
4.1 Introduction	69
4.2 Mental health and wellbeing	69
4.3 Critical issues for young people living in rural and remote areas.....	71
4.4 Strategies for a Whole School Approach to mental health and wellbeing.....	76
4.5 Staff Activities for professional development	80
References	82
Section 5: Disability issues	84
5.1 Introduction	85
5.2 Young people and disability	85
5.3 Mental health and wellbeing	87
5.4 Critical issues for young people with a disability.....	88
5.5 Strategies for a Whole School Approach to mental health and wellbeing.....	91
5.6 Key mental health and disability websites	95
5.7 Staff Activities for professional development	96
References	97
Section 6: Same-sex attraction issues	99
6.1 Introduction	100
6.2 Mental health and wellbeing	101
6.3 Critical issues for same-sex attracted students	102
6.4 Strategies for a Whole School Approach to mental health and wellbeing.....	105
6.5 Resources for students	108
6.6 Staff Activities for professional development	109
References	110
Section 7: Culturally and linguistically diverse issues.....	111
7.1 Introduction	112
7.2 Multicultural Australia	112
7.3 The nature of multicultural Australia.....	113
7.4 Mental health and wellbeing	115
7.5 Critical issues for culturally and linguistically diverse young people.....	116
7.6 Strategies for a Whole School Approach to mental health and wellbeing.....	121
7.7 Online resources.....	125
7.8 Staff Activities for professional development	126
References	127
Part C: Culturally inclusive teaching, learning and partnerships	129
Section 8: Culturally inclusive teaching and learning	130
8.1 Introduction	130
8.2 Teaching and learning for engagement and cultural inclusivity	130
8.3 Behaviour education and management in a cultural context.....	135
8.4 Culturally inclusive classroom strategies – implementing the Whole Student Approach	137
8.5 Culturally inclusive classroom strategies for students experiencing high support needs in mental health ..	144
8.6 Staff Activities for professional development	146
References	148
Section 9: The school and the community	150
9.1 Introduction	151
9.2 What is a partnership?	151
9.3 The value of effective school–community partnerships	151
9.4 The MindMatters Community Partnership Process.....	153



9.5	Case studies illustrating the MindMatters Community Partnership Process.....	154
9.6	Strategies for building effective partnerships.....	155
9.7	Complexities and challenges.....	161
9.8	Taking action	163
9.9	Links to community organisations and relevant resources.....	164
9.10	Staff Activities for professional development	165
	References	166
	Appendices.....	167
1.	MindMatters Planning Overview and Recognition	168
2.	MindMatters Implementation Model	169
3.	The Whole Student Approach model	170
4.	MindMatters Planning Cycle.....	171
5.	MindMatters Planning Cycle - guiding questions for communities	172
6.	The Staff Matters health and wellbeing at work model	173
7.	Principles for a successful transition	174
8.	MindMatters Youth Empowerment Process (YEP).....	175
9.	MindMatters - The Self and the Community Concept.....	176
10.	MindMatters Community Partnership Process	177
11.	MindMatters - Our Community Audit	178