

MindMatters



e-Newsletter

Welcome to the Term 2 edition of the MindMatters ACT newsletter for 2008. For further information, email Libby Porter: libby.porter@act.gov.au

The aim of the publication is:

to keep everyone informed on the latest MindMatters developments at both state and national level; to provide a place to share the mental health and wellbeing work that is being carried out in schools across the ACT and the nation; to share ideas that promote and protect the social and emotional wellbeing of members of school communities; and to provide information about MindMatters related resources.

ACT MindMatters Project Officer on leave

Please note, Libby Porter is on leave between April 7 and May 19.

The MindMatters Level 1 Training scheduled for May 5 & 6 will still go ahead.

To register for MindMatters Workshops

If you wish to register for any ACT MindMatters workshops, please register online at http://cms.curriculum.edu.au/mindmatters/act/training/act_train.htm

To register for the MindMatters Drama Festival

Please send Drama Festival Registration forms to the fax no. on the form, (6205 8230) marked attention Satish Singh.

To enquire about the Drama Festival or any other aspect of MindMatters

Please ring Jill Pearman, MindMatters National Coordinator School Community Development, on 02 9244 5484, mob. 0421 644 030 or email jill.pearman@det.nsw.edu.au



Territory News



Free Professional Development

MindMatters now offers more professional development to schools.

To **register** online, please go to the link below or go to the ACT homepage and follow the links to the ACT training schedule.

http://cms.curriculum.edu.au/mindmatters/act/training/act_train.htm

Upcoming events in the ACT include:

May 5 & 6 – Level One Introductory Workshop

June 16 & 17 – Level Two Planning Workshop

June 24 & 25 – Level Two Focus Module *Students Experiencing High Support Needs in Mental Health*

What can I expect from the MindMatters Focus Module: Students Experiencing High Support Needs in Mental Health?

Students experiencing mental health difficulties are supported by a whole school approach. Staff involved in working closely with these students examine proactive and strategic planning as well as their own mental health and wellbeing. A range of promotion, prevention and early intervention strategies are considered. Focus areas include referral pathways, transitions, agency networks, re-entry *and confidentiality*.

Registration Requirements Frequently Asked Questions

Why are Level Two schools required to register a core team of staff, plus an executive leader?

The MindMatters evaluation found that schools who were most successful in adopting a whole school approach had a strong group of staff who were able to work effectively together to advocate for change. Active leadership support was crucial in ensuring that decisions could be enacted and supported.

Does every one on the school's core team need to have attended a MindMatters Level One workshop?

It is important that some members of the core team have attended the Level One workshop and /or have experience of MindMatters concepts and resources. Participant feedback from Level Two Planning workshops and other modules has reinforced this need as those who attend without this prior knowledge have felt overwhelmed with the new concepts presented.

Can you attend the MindMatters Level Two Focus Area Module Workshops without having attended the Level Two Planning workshop?

Schools may only attend up to a maximum of two focus area modules before being requested to attend the Level Two Planning workshop. This is a response to the MindMatters evaluation which found that strategic planning of professional development for a variety of school staff was essential in building a whole school approach.



Territory News



MindMatters 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 the progress made by the school.

Level Two Planning Workshops are only available to school community core teams of four or more – including a member of the executive leadership team. It is preferable that some of the team have attended Level One professional development and it is expected that schools taking part are familiar with MindMatters and use the resource.

The Level Two process is based on a whole school approach to mental health and wellbeing. Schools that use the process and can demonstrate positive change for the mental health and wellbeing of students will be offered recognition as a MindMatters school. The Level Two Planning workshop is followed up by undertaking additional focus modules.

Comments from participants at the last ACT Level Two Planning Workshop (October 2007)

Good to ensure that core team members are approaching this venture with the same beliefs and perceptions.

Great to have some time to set goals and map out directions.

Empowering, the tool to get us moving.

A great conference with excellent resources and an eye opener as to how much work is required to create an inclusive MindMatters curriculum.

Very supportive with materials and strategies to drive change to achieve wellbeing for staff and students.



A participant demonstrates how to market your outcomes to colleagues at the Level Two Planning Workshop.



Wellbeing News

Online Resources available from ACT Youth Coalition

Big Red Book: Version 3 Launched A Handbook and Directory for People who Work with Young People in the ACT

The Big Red Book is the first directory of the youth sector in the ACT and a handbook on how to work better with young people. It is a great collaborative effort with over 90 services and young people contributing to its development. The new and updated edition was launched at the February Youth Coalition Monthly Forum. This is the third version of the Big Red Book produced by the Youth Coalition within the last 12 months.

This version of the Big Red Book includes:

7 additional service profiles

10 new strategies-based Ways of Working

Over 50 extra services and resources

The Coloured Kit: Empowering young people who have a parent with a mental illness / dual diagnosis and their families

The Coloured Kit is a resource that provides support and information for young people who have a parent with a mental illness / dual diagnosis and their families. The Kit was designed to support and empower young people and their families. It was produced as a collaboration between a group of experienced young people, the Youth Coalition and the Children of Parents with a Mental Illness Project, Mental Health ACT.

See a sample of the Coloured Kit at the MindMatters Level One Training .

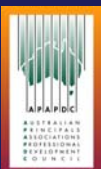
Download copies of these resources at www.youthcoalition.net/

Contact MindMatters ACT

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National Update

MindMatters Planning Overview and Recognition

for a whole school approach to mental health and wellbeing.



Schools starting the MindMatters planning process are required to collect baseline data to measure their progress towards achieving their desired outcome, allowing for a timeline of two to three years. All Level Two schools receive in-school support from the state project officer and have first priority for attendance at focus area workshops that are offered throughout the year.

What is APAPDC?

The Australian Principals Associations Professional Development Council (APAPDC) is a not-for-profit, incorporated body owned by the four peak Australian principals associations, representing secondary and primary Government, Catholic and Independent education sectors.

APAPDC receives no financial support from its four member associations, and is funded for managing a number of national projects, including: **MindMatters**, **KidsMatter** and **Dare to Lead**. APAPDC self-funds the remainder of its work, including **Leaders Lead** and APAPDC events.

- APAPDC's major funded projects have project officers in all states and territories.
- APAPDC also has state and territory branches which provide local, on-the-ground advice and support for the work of APAPDC. The branches are a critical aspect of APAPDC's communication network.
- Local APAPDC officers are Libby Porter libby.porter@act.gov.au (MindMatters) Judanne Young judanne@netspeed.com.au (KidsMatter) and Dennis Flannery flanvase@iimetro.com.au (Dare to Lead)