

Structures, policies and practices for health and wellbeing

Second Workshop series

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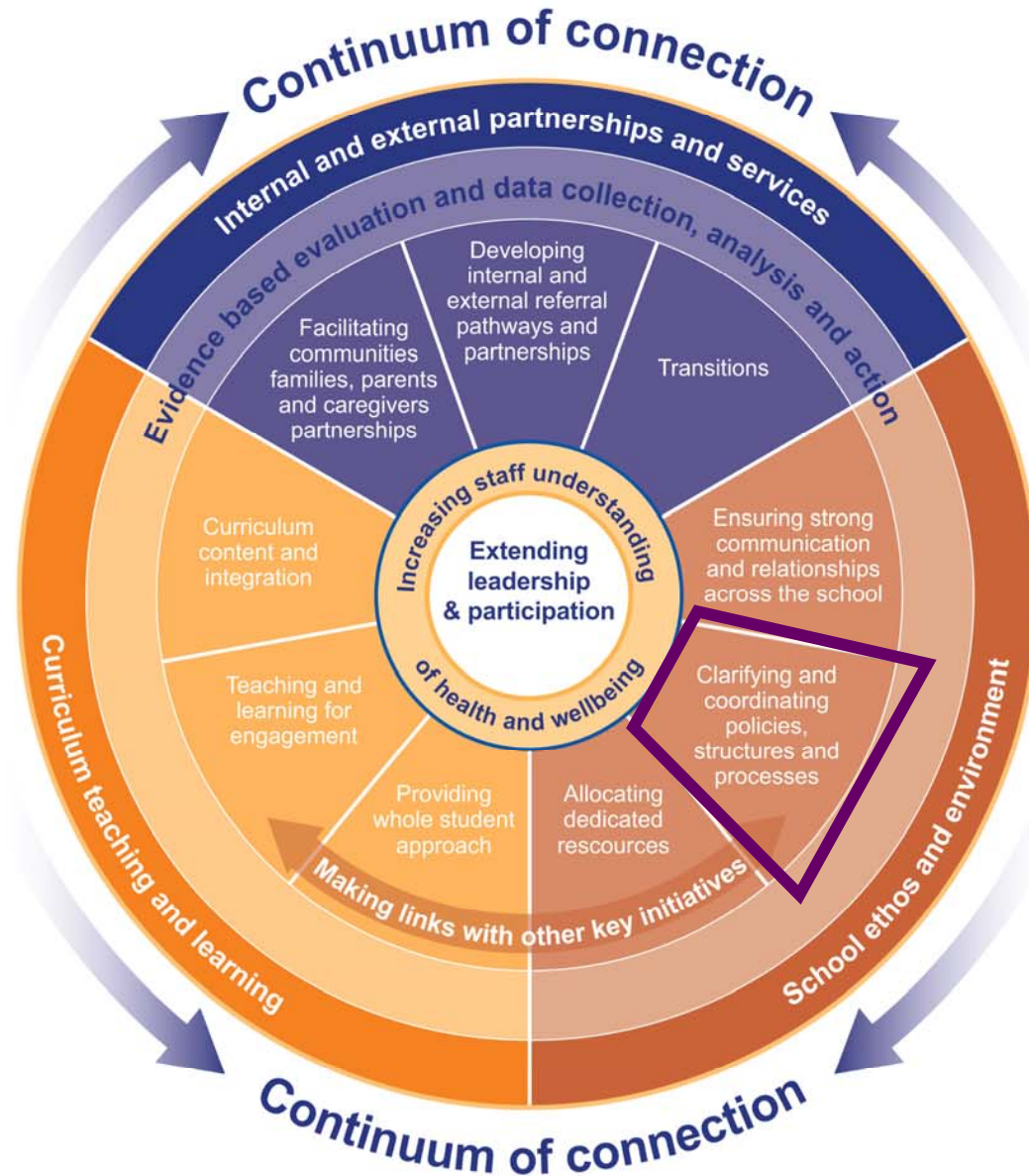
Acknowledgement of Country

I would like to acknowledge the traditional custodians of this land and pay my respects to the Elders both past, present and future for they hold the memories, the traditions, the culture and hopes of Indigenous Australians.



MindMatters Implementation Model

for a whole school approach to mental health and wellbeing.



What is a Policy?

- ☞ A resource
- ☞ A symbol
- ☞ The start of a paper trail

Authentic policies are current, inclusive and describe reality

Mental Health and Wellbeing Policies Map



The Clayton's Policy

Think of a policy that is not effective at your school or site.

- ❧ How can you make it work?
- ❧ How can it have a health & wellbeing focus?
- ❧ How will you make it real?

Overall Tips for Activating Policies?

Feedback from large group for ideas



Qualities of an effective policy

- ❧ Concise
- ❧ Framed positively
- ❧ Authentically consulted with all stakeholders
- ❧ States what currently occurs
- ❧ Sustainable
- ❧ Able to be communicated
- ❧ Considers all groups of people in school community

Content of an effective policy

An effective policy needs to be stated in a positive manner and be clearly expressed.

- ❧ A strong statement
- ❧ A succinct definition
- ❧ A declaration of the rights of students, staff, community and school
- ❧ A statement of the responsibilities of the above groups to support the policy
- ❧ A general description of what the school will do to support the policy definition
- ❧ An undertaking to evaluate the policy

Policy Consultation

A policy will be supported by the school community if it:

- ❧ makes sense to them
- ❧ inspires them
- ❧ has aims and processes that are clear
- ❧ benefits them
- ❧ is remembered by them
- ❧ was consulted and they feel ownership
- ❧ is how they operate

What are the implications for policy, structures and processes?

- ❧ Student returning from hospitalisation as a result of a mental illness eg eating disorder or depression
- ❧ Staff member returning from episode of mental illness
- ❧ Student returning to school after a suicide attempt