

MindMatters



e-Newsletter

Welcome to the Term 2, 2008 edition of the *MindMatters* QLD newsletter. For further information email Jane Taylor: jtayl124@eq.edu.au

Welcome to the MindMatters QLD newsletter!

The aim of the publication is:

- to keep everyone informed on the latest *MindMatters* developments at both a state and a national level;
- to provide a place to share the wellbeing work that is being carried out in schools across QLD 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.

MindMatters Workshops

Requests Welcome

MindMatters is committed to providing support to QLD schools and regions. We can negotiate flexible delivery and support of the all the MindMatters professional development as well as the new Level Two Planning Process for secondary schools in QLD.

If you would like to have a MindMatters workshop delivered in your school or region please contact

Jane on 0412 304497 or e-mail

jtayl124@eq.edu.au

Coming Soon

Level Two Focus Module: StaffMatters – Brisbane	June 11 & 12, 2008
Level One Introductory Workshop – Gold Coast	June 16 & 17, 2008
Level One Introductory Workshop – Dalby	June 19 & 20, 2008
Level Two Focus Module - Students Experiencing High Support Needs in Mental Health – Brisbane	June 23 & 24, 2008



Check out our website www.curriculum.edu.au/mindmatters for the latest information on workshops

State News



Supporting secondary schools in empowering young people to lead and take part in promoting mental health and wellbeing

A first for QLD!

Professional Development for staff and students together

As part of the MindMatters approach to empowering young people to lead and take part in promoting positive mental health, students were invited to attend the March MindMatters Focus Module: Student Empowerment with secondary school staff.

Schools attending took the opportunity to bring students along to discuss student empowerment in the context of mental health and wellbeing, as well as the role and influence of adults in the student empowerment process.

The students were supported by Gemma Frampton and Samuel Chong from Queensland. Samuel and Gemma are members of the MindMatters Youth Empowerment Presenter team and were able to provide their perspectives and experience of the MindMatters Youth Empowerment Process.

Students and supporting staff members from the Moreton Indigenous Youth Leadership Initiative also attended. The students were able to share their stories of what actions they had taken to promote mental health and wellbeing within their school as part of the MindMatters Youth Empowerment Process, which is embedded within the Moreton Indigenous Youth Leadership Initiative.

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 together to advocate change. Active leadership support was crucial in ensuring that decisions could be enacted and supported.

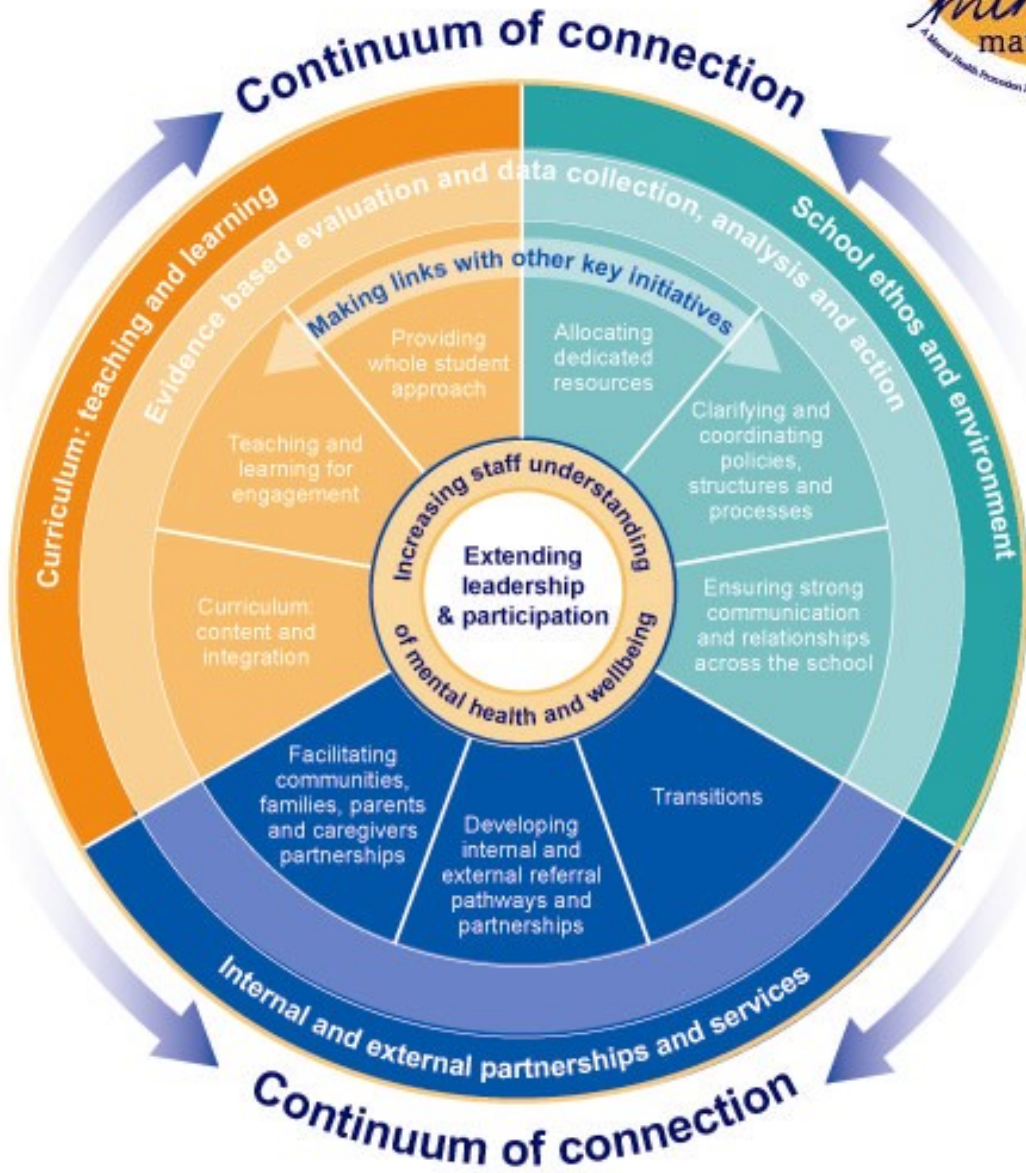
Does everyone on the schools' core team need to have attended a MindMatters Level One workshop?

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 have reinforced this need.

Can you attend the MindMatters Level Two Focus Modules workshops without having attended the Level Two Planning workshop?

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

National Update



MindMatters Implementation Model: for a whole school approach to mental health and wellbeing

Leadership of mental health and wellbeing is at the core of the MindMatters Implementation model for developing a whole school approach to mental health and wellbeing. The approach is built on the 'health promoting schools' model that outlines three key areas; school ethos and environment, curriculum, teaching and learning, and internal / external partnerships and services. It is action oriented in the sense that it describes core elements of the implementation process that emerged from the evaluation studies undertaken by MindMatters. There are nine focus areas of action which are supported by MindMatters professional development.

APAPDC News



Queensland Reference Group for KidsMatter / MindMatters

In QLD, the KidsMatter and MindMatters initiatives aim to improve outcomes in mental health and social emotional learning through the active promotion of mental health and wellbeing in QLD school communities. Project Officers, Michael Hardie (KidsMatter) and Jane Taylor (MindMatters) are supported in the management and dissemination of their projects by a state reference group which is made up of representatives across education sectors, health and non-government organisations.

This group meets once a term and assists with identifying new issues and trends in curriculum, disseminating information, providing advice, sharing current research- and evidence-based practice, identifying gaps in service provisions and offering possible solutions, and promoting the projects to their networks and organisations.

What is the APAPDC?

The Australian Principals Association 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, KidsMatters 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.

QLD APAPDC Project Officers

In QLD there are three people employed to work as part of the APAPDC team:

Peter O'Beirne (Dare to Lead)
State Coordinator
peter@apapdc.edu.au

Michael Hardie (KidsMatter)
State Project Officer
m.hardie@qut.edu.au

Jane Taylor (MindMatters)
State Project Officer
jtayl124@eq.edu.au



"Images of a Hero"



In late 2007, the Child and Youth Mental Health Service (CYMHS) of the Royal Children's Hospital and Health Service District, Brisbane created a unique mental health promotion resource with the first edition of a calendar, entitled *Images of a Hero*, to help maintain the message from Mental Health Week 2007 that "every person's life is a hero's journey".

CYMHS staff worked with eleven clients and a professional photographer to generate images of their strengths in coping with mental health problems. Participants were aged between 13 and 18 years, with their backgrounds representing a wide range of adverse experiences, including contact with the Juvenile Justice and Child Safety systems, parental mental illness and/or substance use, young parenthood, adjustment to acculturation and exposure to abuse. Despite these challenges, the participating young people brought with them much energy, creativity and enthusiasm in making a difference for others like them.

The resulting image and a brief story generated by each participant and peer mentor was collated for inclusion in a calendar for 2008, *Images of a Hero*. Assistance with graphic design and funding from the Royal Children's Hospital Foundation enabled the production of 5000 calendars to be given away. The calendar included a foreword by Professor Graham Martin and also included information about mental health problems and the details of relevant local services and websites.

The inaugural *Images of a Hero* calendar was launched at the 1 in 4 Youth Mental Health Concert at the Gallery of Modern Art on Saturday 13 October in celebration of Mental Health Week, 2007. Peer mentor Pamela Siebrecht introduced the participants in attendance on the night, who were eagerly sought out by other guests to sign their respective pages in the calendar! Their stories and the calendar were subsequently circulated via articles in the local media, and distributed to a range of local stakeholders.

Feedback on the calendar from young people, parents, service providers and the general public has been very positive. For example, one young mother experiencing substance issues commented, "I think this calendar is a great eye opener for heroes out there. It made me feel like I wasn't alone." Demand for the calendar has been so great that, little more than a month after its launch, virtually all of the 5000 copies produced had been distributed. On the basis of this response, funding from the Mental Health Branch successfully enabled the printing of an additional 10,000 copies. The second edition has incorporated feedback provided on the first edition, and includes more space for calendar entries, inclusion of public holidays and additional support websites. It was launched on 3 March to an inter-agency audience of more than 100 people, by Elizabeth Leitch from the Mental Health Branch. Ms Leitch commented, "The calendar is an example of mental health promotion at its best, being accessible to young people as well as the general community through the means of moving personal stories and beautiful photography. The Branch is proud to be associated with ensuring its distribution to a wider audience of Queenslanders via funding of the second edition."

Those interested in obtaining a free copy/ies of *Images of a Hero 2008* are able to do so by calling the Alcohol and Drug Information Service on 1800 177 833.



Wellbeing News



Queensland

Learn:Lead:Succeed

A resource to support the building of leadership in Australian schools (revised 2007) APAPDC's very successful professional development resource for school leaders has been revised and updated.

One copy is \$30, which includes GST, standard postage and handling within Australia. There is 10% discount for orders of six or more.

Learn:Lead:
Succeed

A resource to support
the building of leadership
in Australian schools
November 2007

For orders email:

finance@apapdc.edu.au

New Website Launched!

Queensland Health has a new Mental Health website which is now available at www.health.qld.gov.au/mentalhealth.

www.health.qld.gov.au/mentalhealth is a one-stop shop for people whether they are trying to locate a mental health service, need information on mental illness or are looking at working in mental health. The web site also provides up-to-date information on mental health and wellbeing and information on the Government's mental health programs and events, including information on COAG mental health such as the Better Access and the Personal Helpers and Mentors programs.

Check it out. New Website Launched!

Headspace has worked with young people and the community to develop Australia's leading website on youth mental health issues and services.

<http://www.headspace.org.au/>

Mental health promotion and illness prevention – Aboriginal and Torres Strait Islander people .

The next in the Ausinet series "Settings and Populations: Mental health promotion and illness prevention" is available online now. This paper explores the meaning of social and emotional wellbeing for Aboriginal and Torres Strait Islander people and looks at influences, data, policy and practice. You can access this document at www.auseinet.com/ppei/atsi.php.

Contact MindMatters QLD for more details.

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