



# Implementing a whole-school mental health initiative

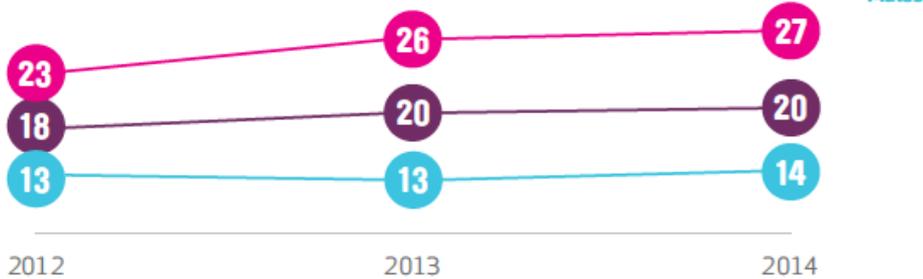
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# Youth Mental Health 2015

## % of 15-17 year olds with a probable serious mental illness



## Differences between young people

**WITH** a probable serious mental illness

**WITHOUT** a probable serious mental illness

### % of 15-17 year olds who are personally concerned about:

#### Stress



#### Study



#### Body image



### % of 15-17 year olds who would seek help from:

#### Friends



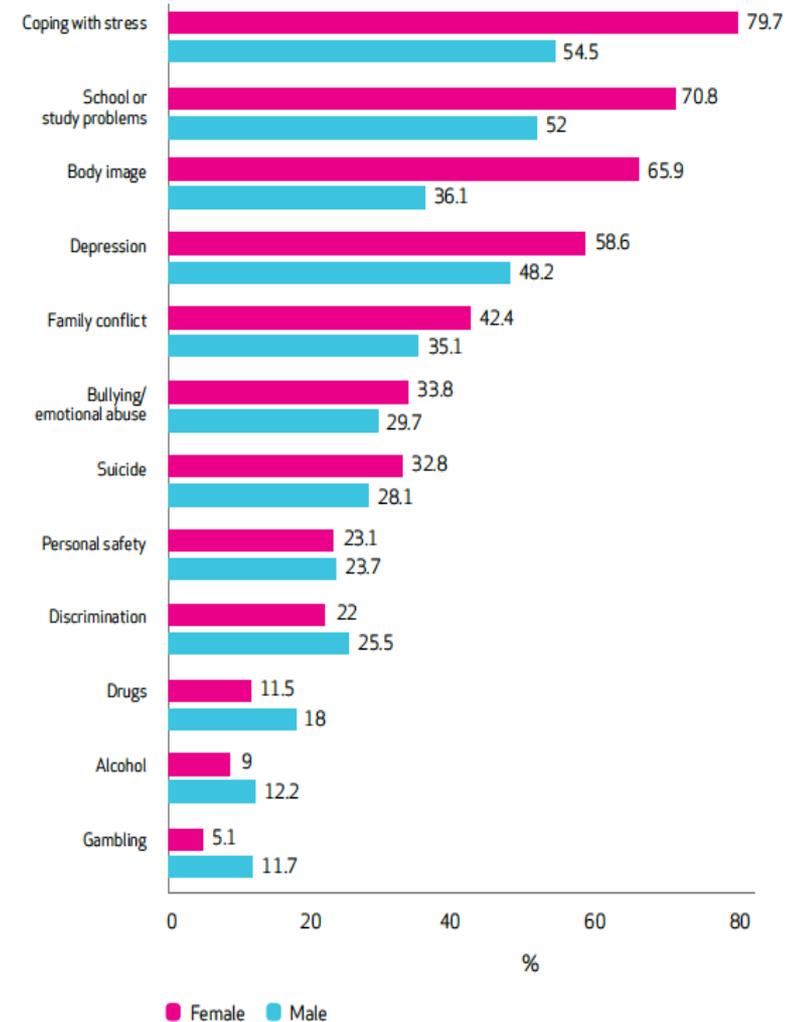
#### Internet



#### Parents



Figure 3: Young people aged 15-17 with a probable serious mental illness who were 'very' or 'extremely' concerned about issue, by gender, 2014



# Youth Mental Health 2016

 **21,846**   
respondents aged 15-19 years

## Top 3 personal concerns:

**stress** (44.4%)

highly concerned



**school** (37.8%)

highly concerned



**body image**

(30.6%)

highly concerned



The % of young people indicating **mental health** as a top national concern has **DOUBLED** in the last **6 years**

## Top 3 national issues:

**alcohol and drugs**



**28.7%**

**discrimination and equity**



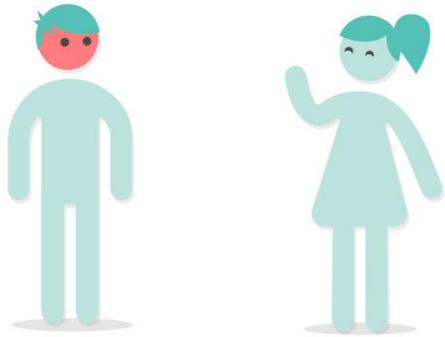
**27.0%**

**mental health**



**20.6%**

# Why improve mental health in secondary school?



- Mentally healthy students cope can engage socially and are more likely to achieve educational success.
- About **10-20%** of adolescents will experience some sort of **difficulty with their mental health.**
- When we have positive mental health we are more likely to enjoy relationships, benefit from opportunities and contribute productively to society.

# WHAT IS MINDMATTERS?



# Mind Matters Framework

- Component 1 - **Positive school community**
- Component 2 - **Student skills for resilience**
- Component 3 - **Parents and families**
- Component 4 - **Support for students experiencing mental health difficulties**





# Mind Matters in Action

- **Teen Triple P Seminars**
- **R U OK Day**
- **Fresh Faced Fridays**
- **Wear it Purple Day**
- **Staff wellbeing classes**
- **Health Committee**
- **National Day Against Bullying**



# Mind Matters in Action

- Youth Focus partnership
- Health Expo Day
- Year 12 Chill Out day
- National Psychology Week
- Mental Health Week
- Student Wellbeing Committee
- Mindfulness lessons in Middle School



# The School Psychologist's Corner

[ifilipovska.wixsite.com/schoolpsychcorner](http://ifilipovska.wixsite.com/schoolpsychcorner)



# Mindfulness

*"Mindfulness is moment-to-moment awareness of one's experience, without judgment"*

**The Oxford Mindfulness Center**

# Resources and Apps

- [Smiling Mind](#)
- Flourish program – [Mindfulness Seed](#)  
(Fiona Gauntlett)
- [MindUP](#)
- [Oxford Mindfulness Centre](#)
- [Mindful in May](#)
- [Mindfulness: Finding Peace in a Frantic World](#)

# Short Mindfulness Practice

Adult / Mindfulness 105: Everyday Mindfulness

**1 of 1**



# Questions