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CELEBRATING

115

YEARS

1903 - 2018

# Mental Health in Education

A STRENGTHS BASED APPROACH TO MENTAL  
HEALTH AWARENESS AND INTERVENTION



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**A Waverley student** builds positive, resilient relationships through a variety of leadership offerings, quality sport, curriculum, co-curricular and pastoral programs; in the context of strong communication between his teachers and parents who ensure his positive wellbeing.

The College supports his growth by researching and implementing the best wellbeing models for his school; and connecting him with broader community agencies to enhance support and options for his personal development and leadership.

Ultimately, a Waverley graduate is accepting and welcoming, fostering right relationships and committed to the common good.





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## OVERVIEW:

- Nurturing mental fitness in students by understanding trends.
- Building positive social connections through school culture.
- Increasing resilience and self-awareness .
- Promoting help seeking behaviours in boys.



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## AITSL STANDARDS

### 4.4 Maintain student safety

Ensure students' wellbeing and safety within school by implementing school and/ or system, curriculum and legislative requirements.

### 7.4 Engage with professional teaching networks and broader communities

Participate in professional and community networks and forums to broaden knowledge and improve practice.



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## RAISING AWARENESS OF MENTAL HEALTH

What is the first word that pops into your head when you think “Mental Health in Schools”?





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## WHAT IS MENTAL HEALTH?

According to the World Health Organisation (2014):

Mental health is a state of wellbeing in which an individual;

Realises his or her own potential,  
Can cope with life's challenges,  
Can manage emotions,  
Can work productively '  
Interact appropriately with others  
Contribute to her or his community



<https://www.aihw.gov.au/getmedia/fcd738e4-def0-4068-bdb4-546a316a9ad5/ah16-3-11-mental-health.pdf.aspx>



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## WHAT IS MENTAL ILLNESS?

- Mental illness refers to a range of conditions which affect a person's thinking, emotional state and behaviour.
- This can interfere with their ability to work or carry out other daily activities and engage in satisfying personal relationships.
- Mental illness and Mental Health Problems do not discriminate
- They may occur regardless of age, gender, income, social status, race/ethnicity, religion/spirituality, sexual orientation or background
- 3/4 of all mental illnesses begin by age 24.

<https://www.psychiatry.org/patients-families/what-is-mental-illness>





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## NURTURING MENTAL FITNESS BY UNDERSTANDING TRENDS



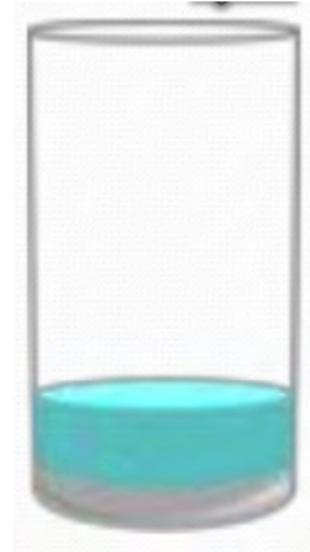


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## WHAT IS A STRENGTHS BASED APPROACH TO MENTAL HEALTH?

- 1 in 5 young people will develop a mental illness.
- 4 in 5 young people will not
- Early identification and early intervention.
- How do we extend our students beyond coping and surviving to thriving.





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# IS AUSTRALIA IN THE MIDST OF A MENTAL HEALTH CRISIS?

What does the data tell us?





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## NATIONAL SURVEY OF MENTAL HEALTH AND WELLBEING (2007)

*The 2007 National Survey of Mental Health and Wellbeing provides information on the prevalence of mental disorders in the Australian population.*

*This refers to the proportion of people in Australia who meet the criteria for a diagnosed mental disorder at a given point in time.*

<http://www.abs.gov.au/ausstats/abs@.nsf/Latestproducts/4326.0Main%20Features32007>





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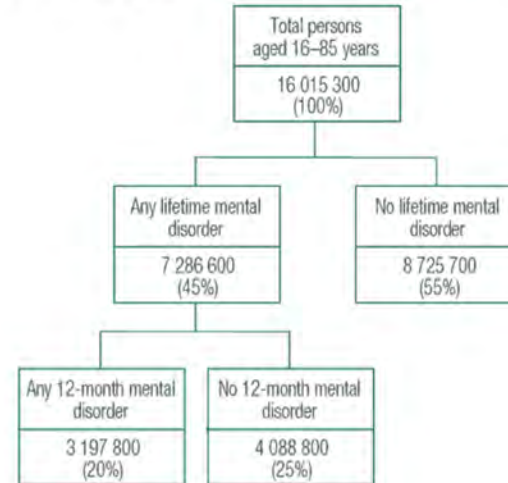
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## OVERALL MENTAL HEALTH STATUS OF AUSTRALIANS AGED 16-85 YEARS.

Figure 1: Overall mental health status of Australian aged 16-85 years



### Text version of figure 1

The top level of this chart shows total persons aged 16-85 years: 16,015,300 (100%). This box is split into two parts:

- Any lifetime mental disorder: 7,286,600 (45%) and
- No lifetime mental disorder: 8,725,700 (55%)

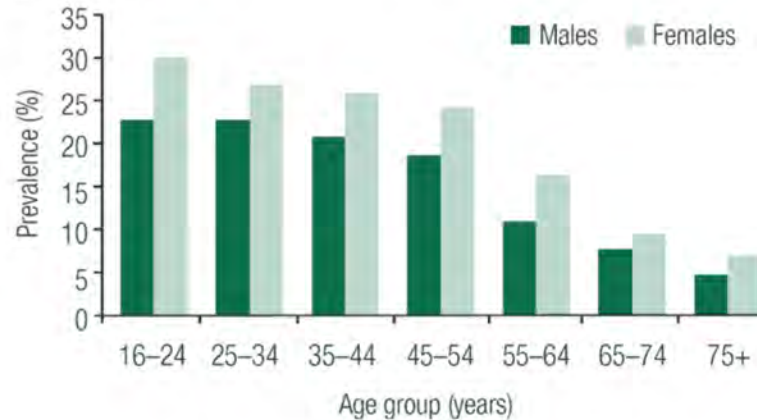


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## PREVALENCE OF MENTAL DISORDERS IN THE PREVIOUS 12 MONTHS (2006-2007)

Figure 3: Prevalence of mental disorders in the previous 12 months by age and sex





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## SUICIDE IS THE BIGGEST KILLER OF YOUNG AUSTRALIANS

**Suicide accounts for more deaths  
than car accidents (2012)**

324 Australians aged 15-24 died  
by suicide (10.5 per 100,000)

198 died in car accidents (6.4 per  
100,000, the second highest  
killer).

[https://www.blackdoginstitute.org.au/docs/default-source/factsheets/facts\\_figures.pdf?sfvrsn=8](https://www.blackdoginstitute.org.au/docs/default-source/factsheets/facts_figures.pdf?sfvrsn=8)

### Mental Health and Mood Disorders In Australia

ALMOST HALF OF ALL AUSTRALIANS WILL EXPERIENCE A  
MENTAL ILLNESS IN THEIR LIFETIME



1 IN 5 AUSTRALIANS EXPERIENCE MENTAL ILLNESS  
EVERY YEAR

**65% OF PEOPLE WITH  
MENTAL ILLNESS DO NOT  
ACCESS ANY TREATMENT.**



**AUSTRALIANS ARE MORE LIKELY TO DIE  
BY SUICIDE THAN SKIN CANCER.**

#### DAILY SUICIDE STATS



#### DEATHS FROM SUICIDES



researchnutrition



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## SUICIDE IN AUSTRALIA

- At least seven people die from suicide each day.
- A further 30 will attempt to take their own life.
- 75% of deaths by suicide are Males.
- Men are at greatest risk of suicide but are far less likely to seek help.

[https://www.blackdoginstitute.org.au/docs/default-source/factsheets/facts\\_figures.pdf?sfvrsn=8](https://www.blackdoginstitute.org.au/docs/default-source/factsheets/facts_figures.pdf?sfvrsn=8)







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## RISK FACTORS VS PROTECTIVE FACTORS

RISK FACTORS	PROTECTIVE FACTORS
<ul style="list-style-type: none"><li>- Previous suicide attempts</li><li>- Alcohol/ substance misuse</li><li>- Mental illness/ disorders</li><li>- Access to lethal means</li><li>- Loss of hope</li><li>- Relationship breakdowns</li><li>- Unemployment</li><li>- Financial strain</li><li>- Social Isolation</li><li>- Current/ Past Trauma</li></ul>	<ul style="list-style-type: none"><li>- Employment</li><li>- Future oriented planning</li><li>- Social Support/ Connectedness</li><li>- Relationships</li><li>- Access and availability to effective mental health care</li><li>- Sense of purpose</li><li>- Well balanced physical health</li><li>- Life skills/ coping resources</li></ul>

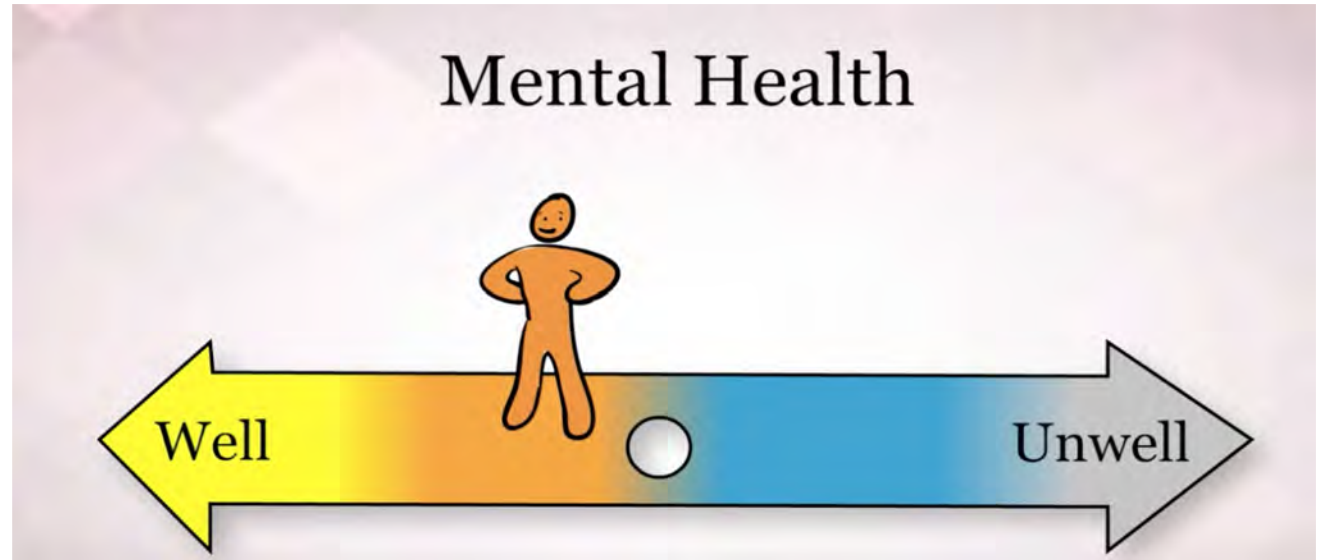
<https://www.lifeinmindaustralia.com.au/about-suicide/risk-and-protective-factors>



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## Mental Wellness Continuum





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# MENTAL FITNESS

- What is Mental Fitness?
- Why is it important?
- What can schools do to develop mental fitness?





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## BUILDING POSITIVE SOCIAL CONNECTIONS THROUGH SCHOOL CULTURE





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## CONNECTEDNESS AND BELONGING

“Social connectedness and good interpersonal relationships are considered protective factors that have a positive impact on mental (and general) health and well-being.”  
(Beyond Blue 2014)





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*“Youth is supposed to be the time of your life  
to have the time of your life”*





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## HOW CAN SCHOOLS AND FAMILIES LIMIT POTENTIAL NEGATIVE IMPACTS OF TECHNOLOGY?

- Agree upon expectations.
- Set some ground rules.
- Consistent boundaries.







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## WHAT WORKS AT WAVERLEY?

- Continuity of Care
- Heads of House
- Vertical Peer Relationships
- 1:500 counsellor: student ratios
- Wellbeing Mentors
- Student counsellor/psychologist
- House Spirit and House culture
- Big Brother / Little Brother Programs





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## 2018 NATIONAL DAY OF ACTION AGAINST BULLYING

Year 12 student leaders' vision statement...

*“SPEAK THROUGH ACTION”*





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## BRINGING MENTAL HEALTH OUT OF THE SHADOWS AND INTO THE LIGHT

Awareness raising campaigns/  
national days of significance.

National Day of Action against  
Bullying  
Men's Health Week,  
RU OK Day,  
Movember,  
October - Mental Health Month





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## FIND YOUR OWN HEROES AND CELEBRATE YOUR SUCCESS STORIES



Prince Franklin: "I feel much better about myself now."

Photo: Saturday Night Footy, Channel Seven



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## A COMMITMENT TO UPSKILLING STAFF

### Mental Health First Aid **ACTION PLAN**



- A**pproach, assess and assist with any crisis
- L**isten non-judgmentally
- G**ive support and information
- E**ncourage appropriate professional help
- E**ncourage other supports



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## STAFF WELLBEING IS A SHARED RESPONSIBILITY





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## EARLY IDENTIFICATION AND EARLY INTERVENTION



- Can staff, students, parents and peers spot the early warning signs?





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## PROMOTING HELP SEEKING BEHAVIOURS IN BOYS



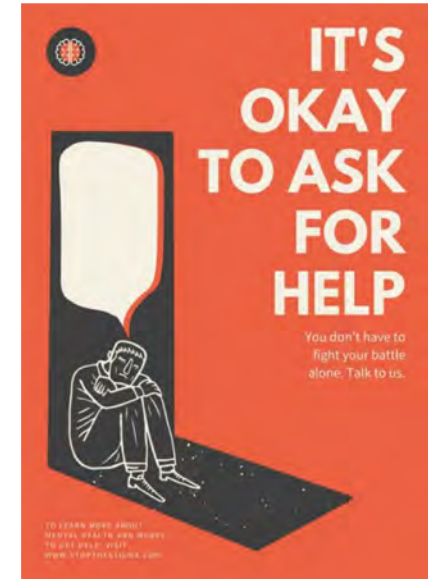




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## DESTIGMATISING MENTAL HEALTH





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## COMBATING TOXIC MASCULINITY





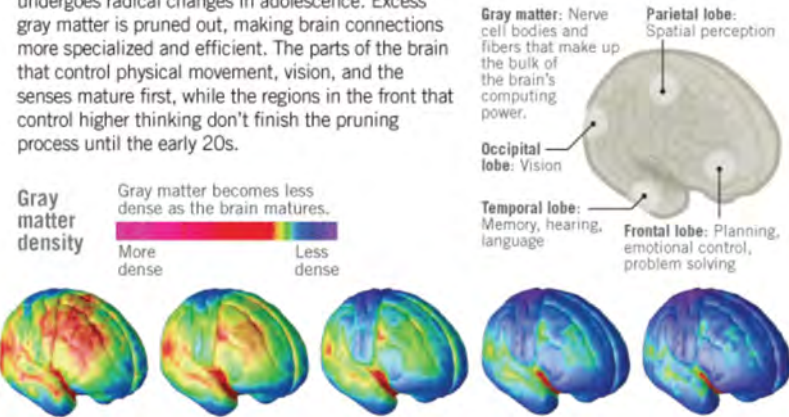
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# ENHANCING ADOLESCENT DECISION MAKING (WITH OR WITHOUT THE HELP OF THE PREFRONTAL CORTEX)

## Growing a Grown-up Brain

Scientists have long thought that the human brain was formed in early childhood. But by scanning children's brains with an MRI year after year, they discovered that the brain undergoes radical changes in adolescence. Excess gray matter is pruned out, making brain connections more specialized and efficient. The parts of the brain that control physical movement, vision, and the senses mature first, while the regions in the front that control higher thinking don't finish the pruning process until the early 20s.





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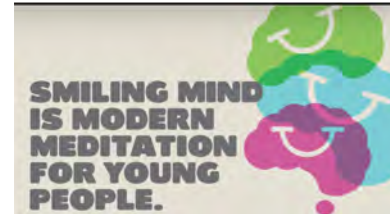
## SELF AWARENESS AND SELF REGULATION

3 Breath Mindfulness.

Draw a box.

Take 5.

Mindful walks.





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# PSYCHOLOGICAL SKILLS TRAINING



## Year 5-12 WELLBEING MENTOR TIME | SCOPE AND SEQUENCE 2018

### TERM 1- 11 weeks

#### 2018 Student Leader's Vision Statement - "Speak through action"

A Waverley Graduate is accepting and welcoming, fostering right relationships and committed to the common good. He strives to bring the words and actions of Jesus alive within his community and society. (Waverley College Strategic Plan) Students lead by example and demonstrate a commitment to these core values not by what they say or by how they say it, but rather through their conduct and their every day actions and interactions with the world around them. *"An ounce of practice is worth more than tons of preaching."* — (Mahatma Gandhi)

Week1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11
<b>Building Positive Social Connections</b>				<b>Respecting difference and resolving conflict</b>			<b>Making a positive impact in the lives of others</b>			
<ul style="list-style-type: none"> <li>26/1/18 - Australia Day</li> <li>27/1/18- International Day of Commemoration in Memory of the Victims of the Holocaust</li> <li>1/2/18 - Year of Youth</li> <li>13/2/18- National Apology Day.</li> <li>13/2/18- Shrove Tuesday.</li> <li>14/2/18- Ash Wednesday.</li> <li>20/2/18- UN Day of Social Justice</li> </ul>				<ul style="list-style-type: none"> <li>4/3/18 - Clean Up Australia Day</li> <li>8/3/18 - International Women's Day</li> <li>15/3/18- World's Greatest Shave</li> <li>15/3/18- National Close the Gap Day.</li> <li>16/3/18- National Day of Action Against Bullying</li> </ul>			<ul style="list-style-type: none"> <li>21/3/18- International Day for the Elimination of Racial Discrimination / Harmony Day</li> <li>22/3/18 - World Water Day</li> <li>24/3/18 - Earth Hour</li> <li>30/3/18 - Good Friday</li> <li>2/4/18 - Easter Monday</li> <li>6/4/18 - UN International day of</li> <li>13/4/18 - ANZAC commemoration</li> </ul> <p>Lent Appeal/ Project Compassion Social justice awareness raising campaigns.</p>			



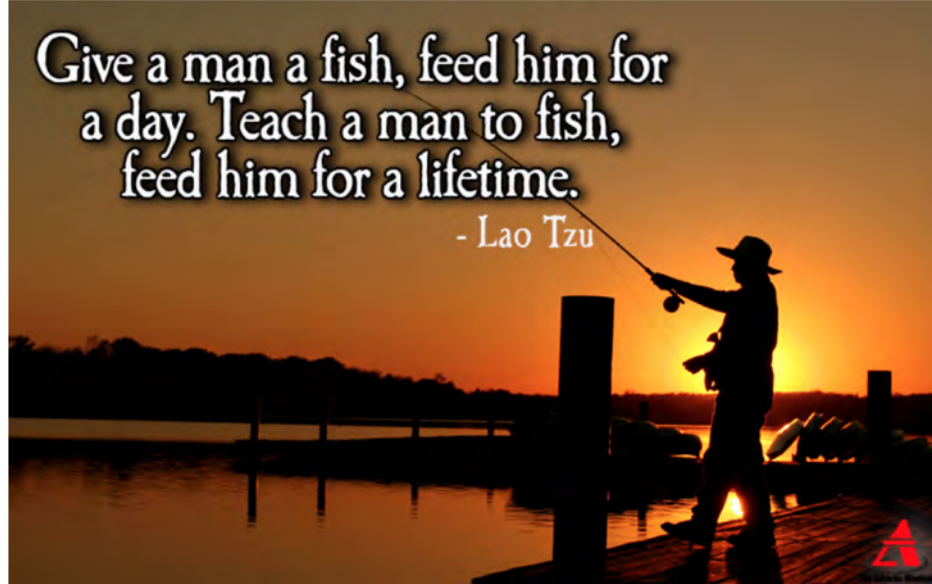
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## TEACH THEM TO FISH

Give a man a fish, feed him for  
a day. Teach a man to fish,  
feed him for a lifetime.

- Lao Tzu





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## WHERE TO GET HELP



**Black Dog**  
Institute







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# Keep the conversation going...

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