

Developing a whole school approach to mental health and wellbeing

Using a resilience approach

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On behalf of

Charlie Waller Memorial Trust

*Raising awareness
fighting depression*



*Raising awareness
fighting depression*



We will.....

Look at an overview of and discuss key issues relating to children and young people's mental health

Examine what a mentally healthy school might look like

Explore what we mean by resilience

Examine two approaches to building resilience - one for the whole school / the other for individuals

Be sign posted to other key sources of support

Mental Health

* “Mental health is emotional and spiritual **resilience**, which enables us to enjoy life and survive pain, disappointment and sadness. It is a positive sense of well being and an underlying belief in our own and others’ worth”

World Mental Health Day Campaign

*Raising awareness
fighting depression*



Eight principles



Leadership and management

School ethos and environment

Curriculum, teaching and learning

Student voice

Staff development /support

Identifying need and monitoring impact

Working with parents/carers

Targeted support

Raising awareness
fighting depression



Resilience = foundation to positive mental health



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Some definitions of resilience

- * “The power or ability to return to the original form, position etc. after being bent, compressed or stretched.”



Collins Dictionary

* The capacity of an individual to restore good mental and emotional health following the onset of challenging and adverse situations



* Mentor ADEPIS 2015

* “overcoming adversity whilst also potentially subtly altering, even dramatically transforming aspects of that adversity”



* Boingboing.org.uk

Defining Resilience



It is linked with stress:

When demand outweighs capacity to cope the reaction can be:-

Behavioural

Emotional

Withdrawal

Anger and defiance

* Building resilience is linked to:

* capacity to reverse the stress response and instead find a solution



Why do some children have more resilience than others?

The bad things that happen to us and the good things that don't!

Using a resilience approach



Simple things we can do
or adaptations to school
life that can make small
improvements



Ordinary Magic
Anne Marsten

Some useful links to support and resources

Parents' helpline

<https://youngminds.org.uk/>



<https://www.mentallyhealthyschools.org.uk/whole-school-approach/parentcarer-engagement/#>

<https://www.cwmt.org.uk/>

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<https://mindedforfamilies.org.uk/>

