

Rethinking

MENTAL HEALTH

6.0

A Whole of Health Approach

**Student Wellbeing and
Engagement Program:
Working with student to
improve their lives**

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#RTMH

Rethinking Mental Health – A Whole of Health Approach

Young People, Mental Health and Early Intervention :
The Student Wellbeing and Engagement Program (SWEEP) – An
Initiative of

3Bridges Community, Youth Services



Brain and Mental Health in 3Bridges Community



Emphasis on mental health, brain health and early intervention and support across all 3BC programs



Each program across the organisation has a different model of care, depending on clients



Student Wellbeing and Engagement (SWEEP) Program



Pilot program established as a result of ongoing and close connection with local schools in South Eastern Sydney



Evidence based interventions and programs embedded in SWEEP Whole program evaluation to produce evidence for effectiveness at end of 2019



Response to the growing need within schools for additional support, but using flexible, responsive and adaptive approaches
 Individual schools have different needs
 Individual students in each school will have different needs



Specialised positions which places qualified and experienced workers *in schools* to work alongside school wellbeing teams to support YP



Uses proactive and targeted approaches to identify and support students with additional needs/ at risk



Bridge between formalised school support (school counsellors, SSO's) and young people reluctant to access supports



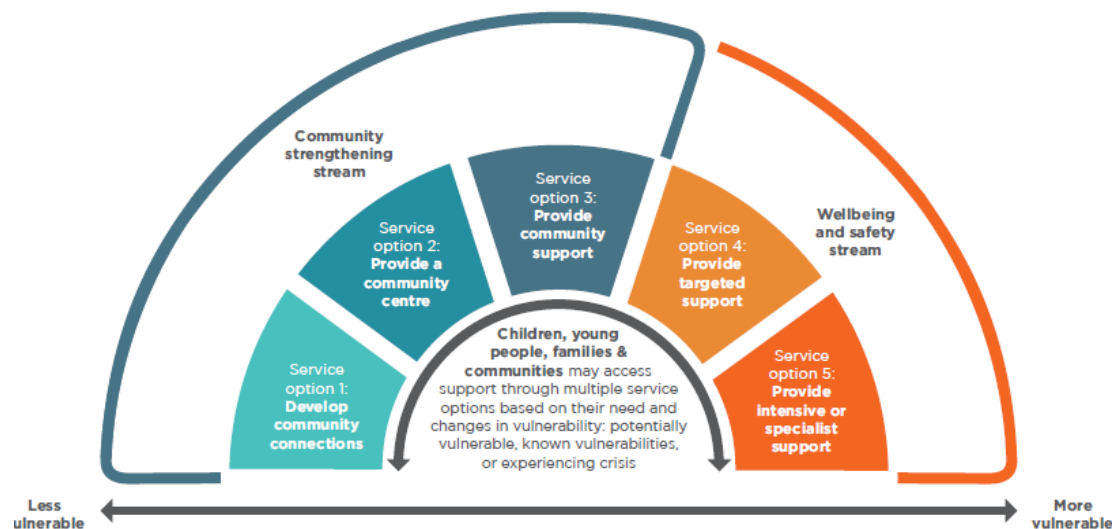
Advocacy for the rights and needs of young people within a complex system



Any time, any place, formal or informal engagement for students



The TEI Program has five service options:



Family and Community Services Targeted Early Intervention (TEI) Framework

- District priorities include targeting YP and families at risk of mental-ill health
- Emphasis on psychosocial factors which contribute to risk of mental health concerns

Mental Health and SWEEP



SWEEP workers treat mental health and overall wellbeing as interrelated



Early identification and support as key to intervention and appropriate supports being implemented



Keen awareness that mental health impacts young people's ability to engage

Our Framework

Safe and welcoming school environment

- Self referrals (agency)
- Visibility
- Non-judgemental, young person centred
- Qualified and experienced youth-specific workers

Fostering positive connections

- Young person centred, strengths-based, trauma informed
- Positive and active members of school community

Students positively engaged in their learning

- Holistic support to aid in academic engagement
- Empowering active participation in learning
- Supporting transitions to alternative pathways
- Proactive (not reactive) support of young people at risk of disengagement

Social and emotional learning

- Trauma informed
- Flexible delivery to meet needs of schools
- Positive role modelling
- Encouraging and supporting whole school socio-emotional initiatives

School wide approach

- Young peoples input and participation
- Collaboration and strengthening of existing wellbeing approaches

Community Engagement

- Connecting young people and their families to the community
- Collaborating and connecting to local services, and encouraging young people to connect to them
- Recognising, respecting and celebrating diverse community

What SWEEP Involves



INTENSIVE 1:1
CASEWORK



TARGETED EARLY
INTERVENTION
PROGRAMS



ASSERTIVE
OUTREACH TO
VULNERABLE YP
AND THEIR
FAMILIES



ENGAGEMENT OF
FAMILIES AND SCHOOL
COMMUNITY TO
SUPPORT YP



INCIDENTAL
COUNSELLING AND
SOLUTION-FOCUSED
BRIEF THERAPIES



COLLABORATION WITH EXISTING
AGENCIES AND SCHOOL
WELLBEING TEAMS HOLISTICALLY



PROFESSIONAL
DEVELOPMENT OF
TEACHERS/ SCHOOL STAFF

SWEEP Indicators of Wellbeing

Learning and
Participation

Healthy and
Connected

Safe and
Supported

Measuring Impacts: Statistical and Personal

- *current engagement (formal and informal) 5 schools is in excess of 400 YP per month*
- *Whole School Wellbeing Week (now to be implemented in all schools)*
- *SWEEP looks different in every school*

	Yes %
Better equipped to make better choices	94.90%
More confident in their ability to navigate challenges	88.80%
Achieve most important goals	81.40%
Taught something about teamwork	88.40%
Better awareness of their emotions and how to manage them	88.60%
Awareness and consideration of interpersonal relationships	88.70%
Insight into their actions and consequences	93.30%