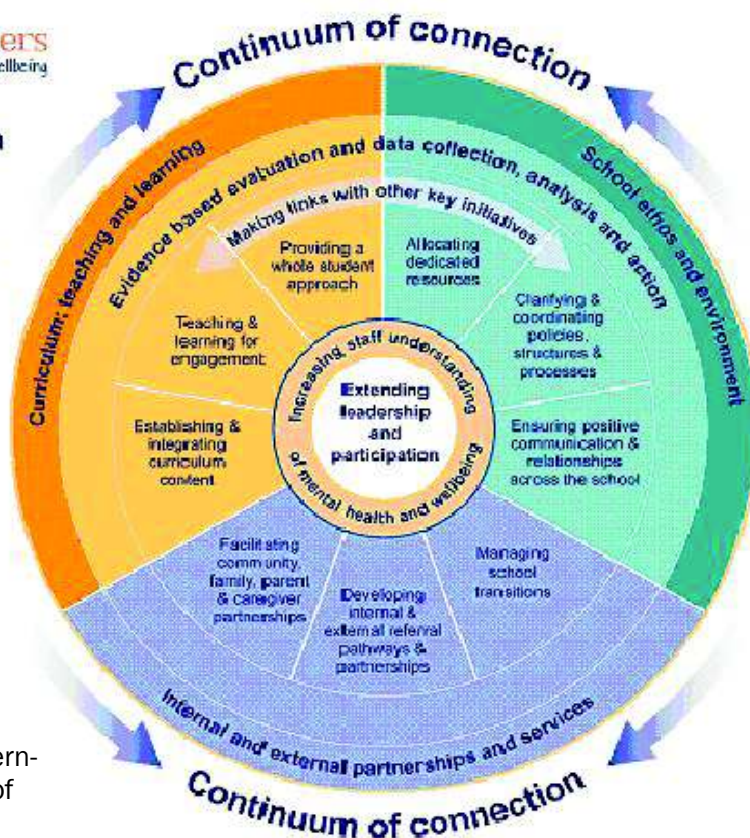


# guest writer: MindMatters...



## MindMatters Implementation Model

for a whole school approach to mental health and wellbeing



MindMatters is a national mental health initiative for secondary schools funded by the Australian Government Department of Health and Ageing.

MindMatters is a resource and professional development program supporting Australian secondary schools in promoting and protecting the mental health, social and emotional wellbeing of all the members of school communities.

MindMatters is beginning its 10th year of working with schools. During this time MindMatters has trained over 100,000 school-based or school-related participants and has successfully placed mental health and wellbeing on the education agenda. MindMatters is now the most used mental health promotion, prevention, and early intervention resource in Australia for schools with secondary enrolments and the most attended national professional development for Australian schools.

MindMatters provides a strategic whole school approach to mental health and wellbeing through the resource and a suite of Professional Development. The whole school approach uses multiple strategies that have a unifying purpose and reflect a common set of values. It requires that

all stakeholders, parents, students, staff and the community work together to create a protective environment that promotes mental health and wellbeing on both the social and emotional levels.

The MindMatters whole school approach is an implementation process with clear action. It is fundamentally about creating a Continuum of Connection to support the mental health and wellbeing of all students, including those experiencing high support needs.

The MindMatters Implementation Model is presented in the following diagram.

The key dimensions are clearly differentiated by colour.

- School ethos and environment
- Curriculum; teaching and learning
- Internal and external partnerships and services.

The model also identifies four enablers for a whole school approach:

- Extending leadership and partici-

pation

- Increasing staff understanding of mental health and wellbeing
- Making links with other key initiatives
- Evidence-based evaluation and data collection, analysis and action.

The redeveloped resource, with new suite of professional development are foundational and continuing supports for the development of the 'Whole School Approach'.

An essential part of this approach is the support of all students including those experiencing mental health difficulties. MindMatters run a two day workshop for staff working closely with these students. During the two days participants examine proactive strategies for maintaining mental health and wellbeing. Identification, self-referral, case management, online counselling, debriefing, referral pathways, transitions, agency networks, re-entry into formal schooling and confidentiality. All of these are considered in the context of the whole school approach to most successfully supports students. For more information about MindMatters professional development please visit [www.mindmatters.edu.au](http://www.mindmatters.edu.au) or contact your state project officers;

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### Focus Module:

*Students Experiencing High Support Needs in Mental Health*

*18th and 19th of March*

The Glades Wedding and Conference Centre 270 Hillsborough Rd Warners Bay NSW

*29th-30th of June*

Liverpool Catholic Club, Cnr Joadja and Hoxton park Roads, Liverpool NSW

2010 dates for other sessions are on the Mindmatters website for registration. ●