

Midlothian Early Action on Mental Health 100 day challenge

Team CAKE!

Confidence, Action, Knowledge, Enthusiasm

GOAL

We will achieve a 75% increase in confidence amongst trusted adults to support young people with their mental health within Beeslack High School, relative to baseline at the start of the 100 day challenge.

- We will achieve a 60% increase in awareness and knowledge about mental health, and what is available, among young people within Beeslack senior phase, relative to our baseline collected at the start of the 100 day challenge.

- Talk to young people about what they want here and now
- Mental Health First Aid for diverse types of professionals and families and carers



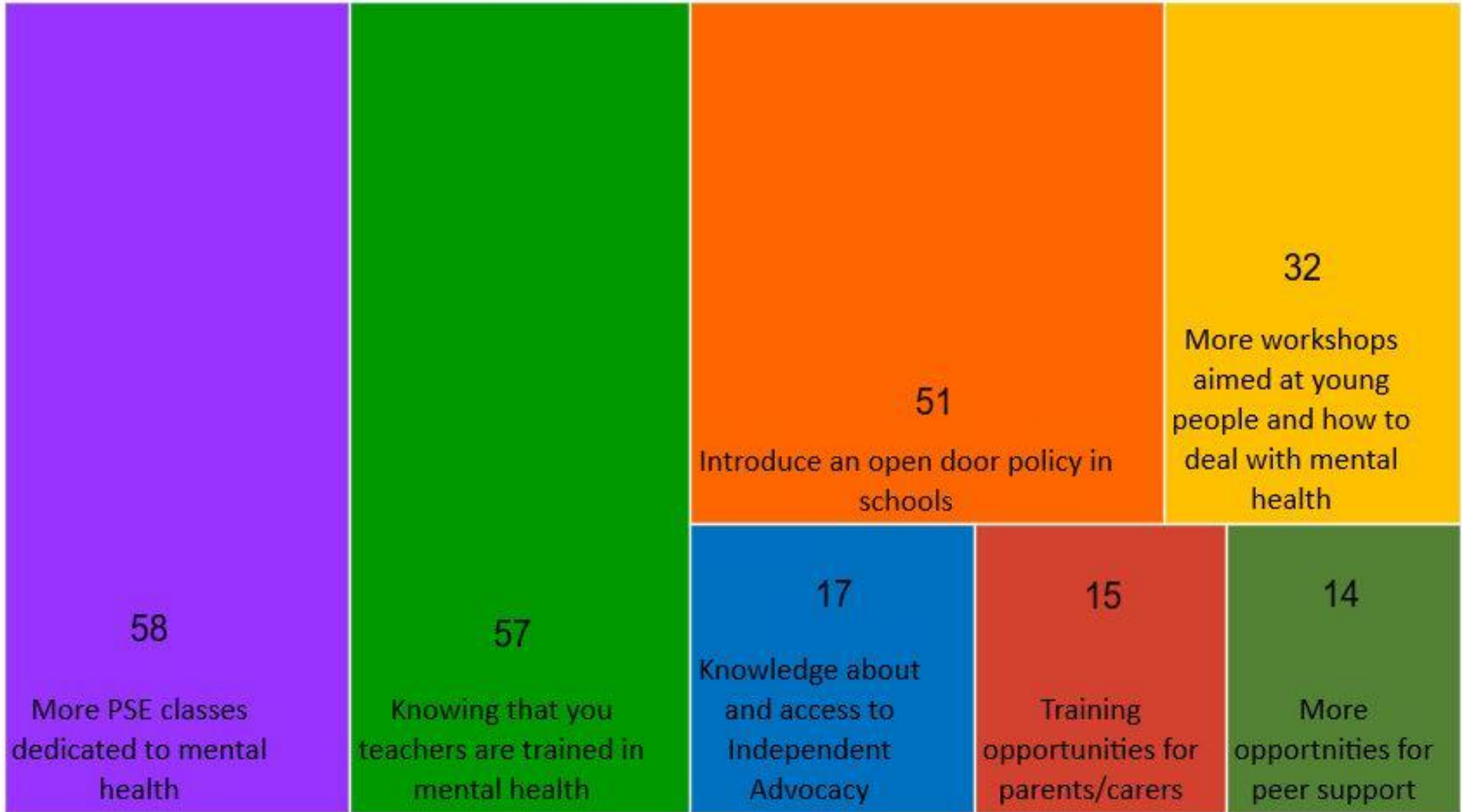
- Sessions to support young people to be experts in their own mental health
- Develop a simple resource about mental health and services for young people
- Create champions in school and college e.g. peer support
- Identify new ways for young people to self identify and ask for help

- CAPS & MYP designed an independent survey that was issued across 3rd, 4th, 5th & 6th year at Beeslack high school

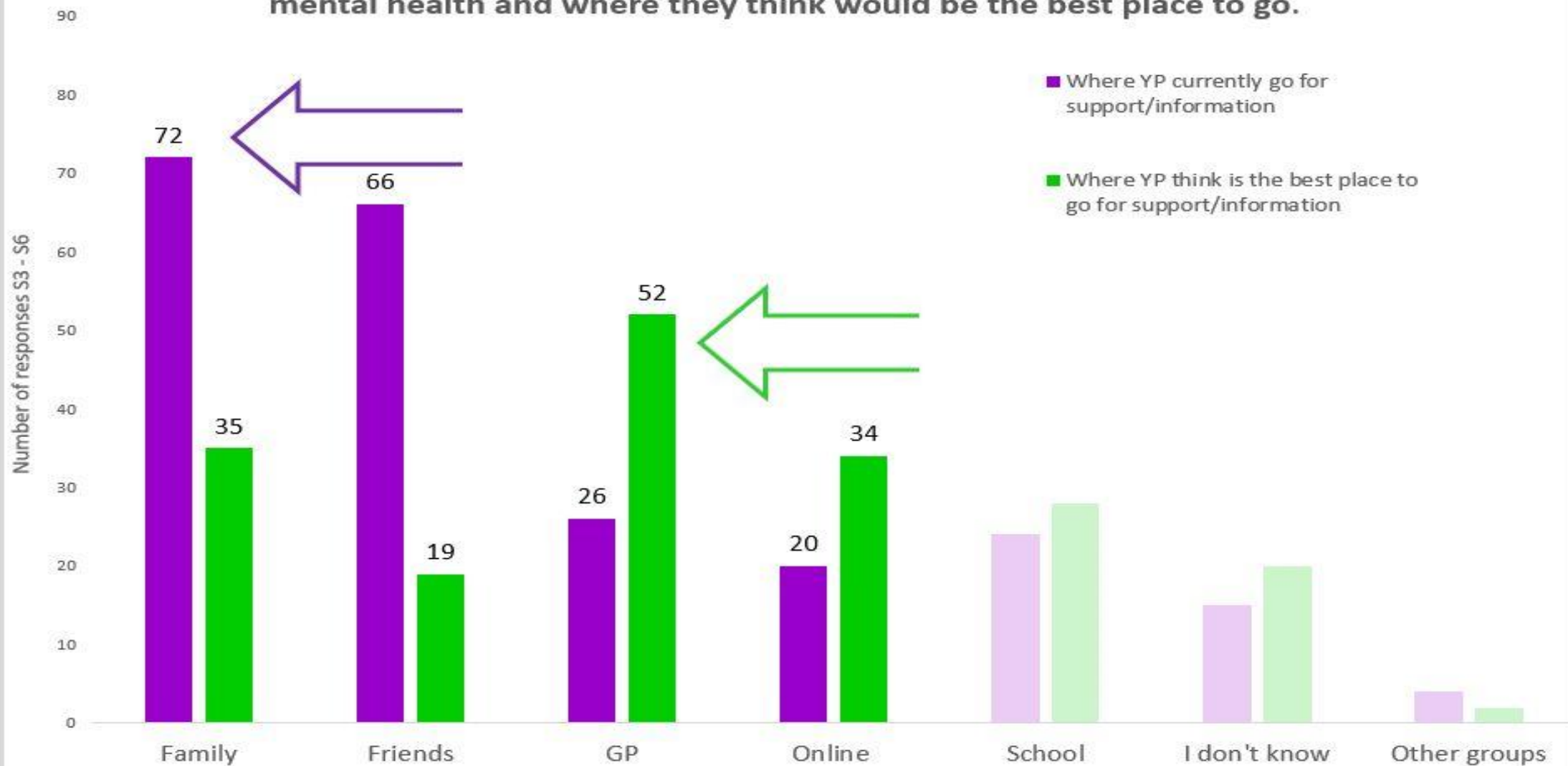


- 320 surveys distributed – 126 completed (40%)
- 18 further surveys were completed by young people aged 16 – 19 not in school attending Skills Development Scotland.

What young people said they would like to see change



Difference between where young people go for information and support for their mental health and where they think would be the best place to go.



- Sessions designed between Midlothian CAHMS, MVA, Health In Mind & Scottish Youth Parliament
- **Session 1: Speak your Mind - 16 pupils:**



7 – Made me think about me

9 – It was helpful

12 – Easy to understand

3 – Want to learn more

0 – Difficult to understand

4 – Learned something new

9 – Interesting

5 – Done it before

0 – Wouldn't want to do again

1 – Boring

1 – Not helpful

3 – Gave me new ideas

56.25% of participants had an increase in knowledge of their own mental health.

- Sessions designed between Midlothian CAHMS, MVA, Health In Mind & Scottish Youth Parliament
- **Session 2: My wellbeing toolkit- 19 pupils:**



7 – Made me think about me

8 – It was helpful

10 – Easy to understand

3 – Want to learn more

1– Difficult to understand

4 – Learned something new

7 – Interesting

3 – Done it before

2 – Wouldn't want to do again

1 – Boring

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8 – Gave me new ideas

63% of participants shared “I feel I know more about my own mental health after this session.”

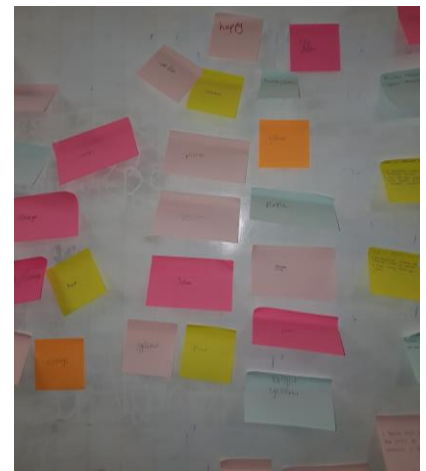
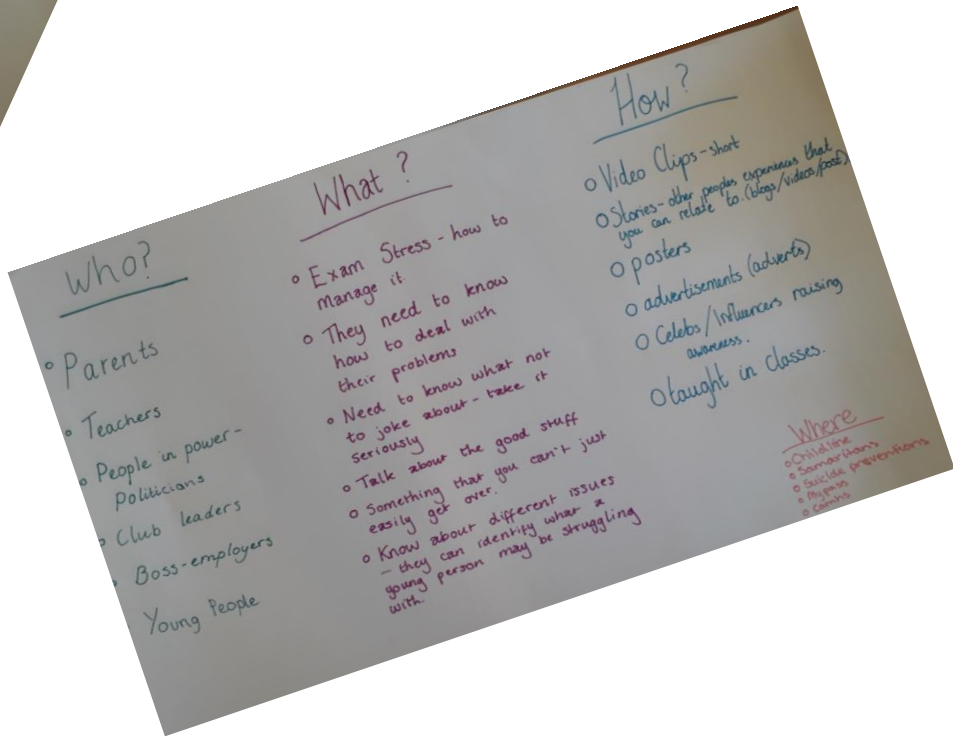
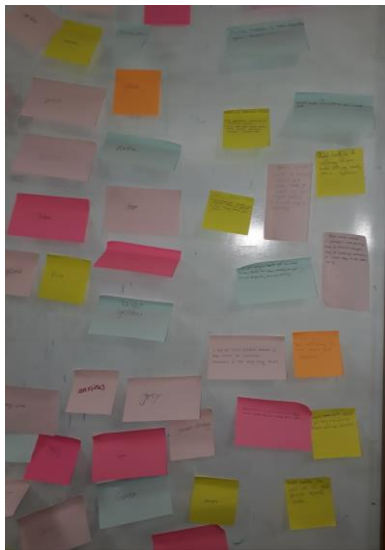
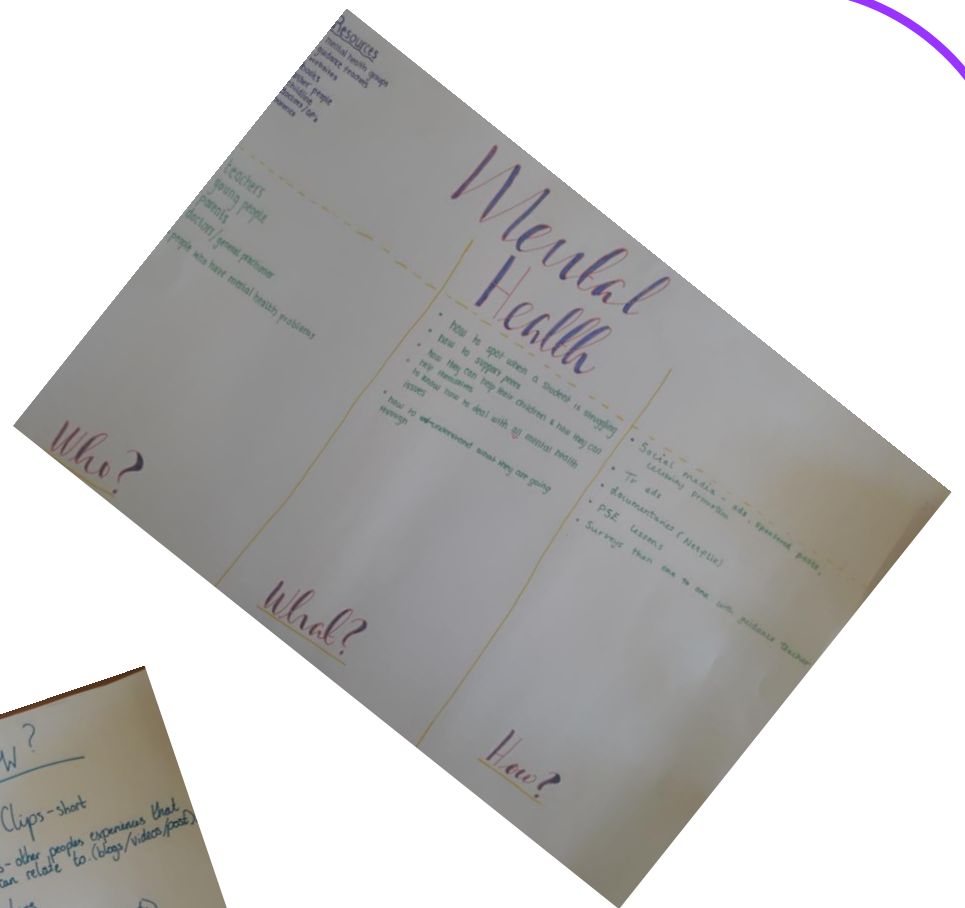
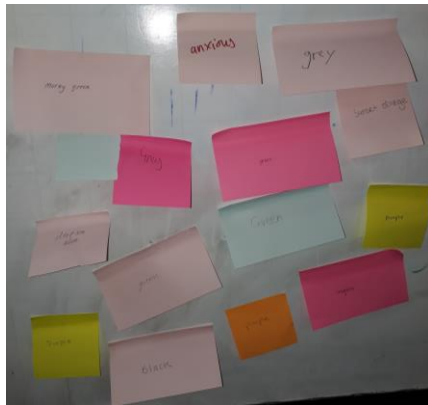
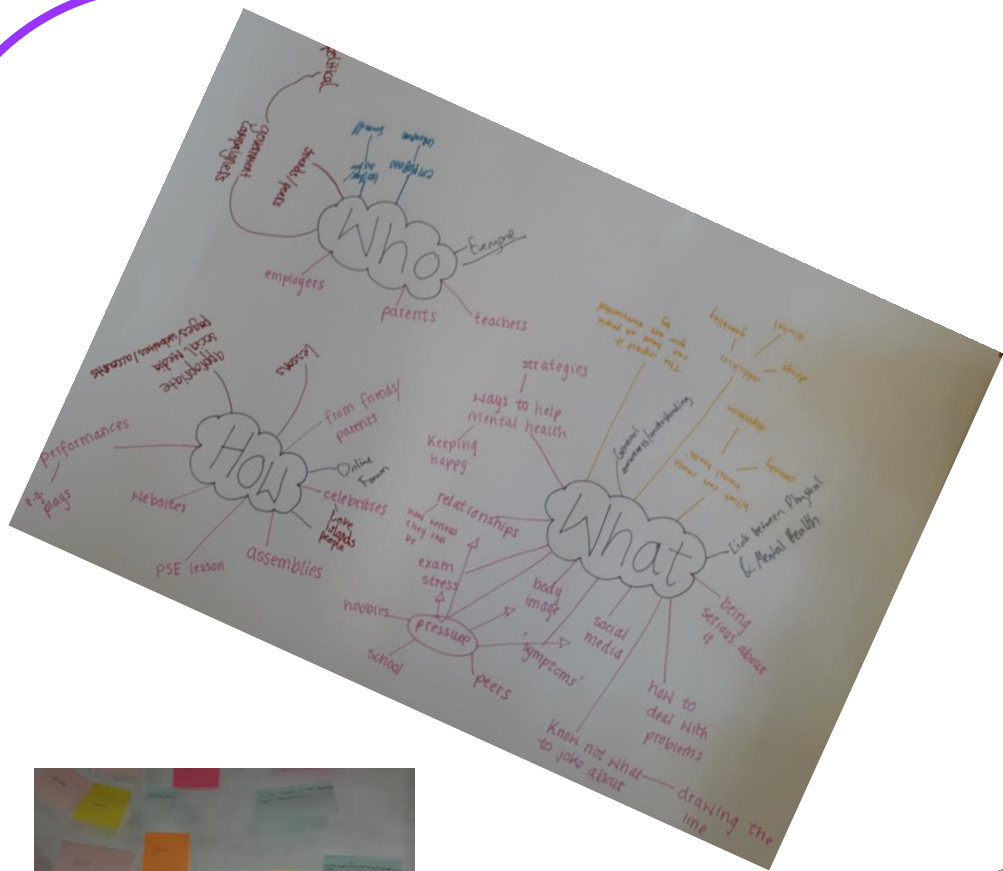
- **97** trusted adults have been trained in Mental Health First Aid since the start of the 100 day challenge.

Beeslack teacher, parents and carers

SD staff - Career Advisors, Personal Advisors, Work Coaches, Post School Career Advisors and the Midlothian management team.

100% of participants in this training saying that their confidence to support young people with mental health increased as a result of the training!

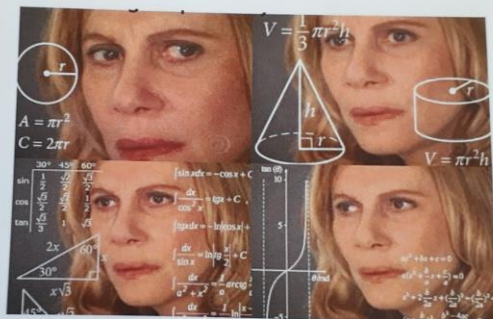




MEME'S!!!!



#summerready
#beachbody
#selfrespect
#Ilove me



#Overthink

When someone asks if you're on your period and your just in a bad mood:



#You Do You

When teachers finally realize young people suffer from mental health problems to:

YOU DON'T SAY?



nobody:
me:



- Beeslack High school Mental Health champions group S4 – S6 involved with distributing and collecting surveys.



- Beeslack newly formed S3/4 champions group part of resource design.
- Edinburgh College engaged in discussion about introducing pilot scheme for Beeslack students attending the college to be introduced to their 'belonging scheme'.

It feels like we are being listened to. I would like to continue meeting & being heard.

- 1- Fun
- 2- No
- 3- Keep doing this.

- Very engaging exercise/discussion
- I feel more confident talking about mental health

It felt good knowing I'm able to make a difference
 • more meetings, presentations

not really.
 don't like it when people talk about suicide tho, as it is triggering.

- ① It has been nice to put down my opinion
- ② I feel like it would be very good if some ideas worked out →

It felt good.

I enjoyed doing this activity. I feel like everyone is more understanding after today. I think we should continue to do those meetings.

Think its been really good and I feel happy to make a difference to mental health
 • Yes, because I feel that this would make a difference on how its being tackled

I can make an impact
 I have an even better understanding and I can help
 Continue to share my thoughts with others

I would like to be invited as a champions group. In School.

- 1) Its has self engaging, interactive and helpful to be involved
- 2) I'ded more confident
- 3) Keep doing this

...ing discussion, able to share my ideas.
 More confident
 Keep arranging meetings

I liked doing all the activities and I feel quite comfortable talking about mental health. I like having someone external coming to do activities in school.

- 1. I feel like we will be able to make an impact on the new group a young people
- 2. Feel like our ideas have been listened too
- 3. Stay in a group with regular meetings

> I now feel more confident + informed about Mental health and what this group does
 > more meetings and starting to improve awareness in school

- Introduced a post box within the school for young people to post questions and concerns.

- Designed and purchased **150** wrist bands for all staff to be trained in MH First Aid

‘HERE to HEAR’

