

# Georgie Harman

CEO, Beyond Blue

**Be You – Growing a Mentally  
Healthy Generation**







# **Be You: a national approach to supporting the mental health & wellbeing of children & young people**



# Our vision

## VISION

Every Australian early learning service and school is a positive, inclusive and resilient community where every child, young person, staff member and parent/carer can achieve their best possible mental health.



# Be You – Growing a mentally healthy generation













# Understanding mental health: It's not a static state





## Examples

	Green	Yellow	Orange	Red
<b>Feeling changes</b>	<ul style="list-style-type: none"> <li>• Normal mood fluctuations</li> <li>• Sense of purpose</li> <li>• Enjoyment of life</li> </ul>	<ul style="list-style-type: none"> <li>• Irritable</li> <li>• Impatient</li> <li>• Some loss of pleasure in usual interests</li> </ul>	<ul style="list-style-type: none"> <li>• Overwhelmed</li> <li>• Persistent self-doubt</li> <li>• Loss of pleasure in usual interests</li> </ul>	<ul style="list-style-type: none"> <li>• Depressed mood</li> <li>• Panic attacks</li> <li>• Guilt</li> <li>• Hopelessness</li> </ul>
<b>Thinking changes</b>	<ul style="list-style-type: none"> <li>• Good concentration</li> <li>• Positive attitude</li> </ul>	<ul style="list-style-type: none"> <li>• Some lapses in concentration</li> <li>• Forgetful</li> </ul>	<ul style="list-style-type: none"> <li>• Poor concentration</li> <li>• Bad decisions</li> <li>• Negative attitude</li> </ul>	<ul style="list-style-type: none"> <li>• Inability to concentrate</li> <li>• Frequent suicidal thoughts</li> </ul>
<b>Behaviour changes</b>	<ul style="list-style-type: none"> <li>• Consistent work performance</li> <li>• Socially active</li> <li>• Taking things in stride</li> </ul>	<ul style="list-style-type: none"> <li>• Subtle changes in work performance</li> <li>• Decreased social activity</li> </ul>	<ul style="list-style-type: none"> <li>• Noticeable changes in work performance</li> <li>• Social avoidance or withdrawal</li> </ul>	<ul style="list-style-type: none"> <li>• Substantial changes in work performance</li> <li>• Isolation, avoiding social events</li> <li>• Angry outbursts</li> </ul>
<b>Physical changes</b>	<ul style="list-style-type: none"> <li>• Physically well</li> <li>• Good energy level</li> </ul>	<ul style="list-style-type: none"> <li>• Muscle tension</li> <li>• Low energy</li> </ul>	<ul style="list-style-type: none"> <li>• Increased tension, aches and pains</li> <li>• Increased fatigue</li> </ul>	<ul style="list-style-type: none"> <li>• Physical illness</li> <li>• Constant fatigue, exhaustion</li> </ul>



560,000 Australian children (1 in 6) experience a mental health condition in any 12 months

(Child & Adolescent Survey 2015)

Up to 10% of Australian children experience self-harm

1 in 6 students disengage from school in late primary years and have lost a year in numeracy compared to peers by secondary school

Murdoch Children's Research Institute 2018

Half of all 'at risk' children have health issues before the age of 14

(Kessler et al. 2005)

41% of children experience mental health issues

and need support

(Child & Adolescent Survey 2015)



# POLICY BACKGROUND

## **December 2014: National Mental Health Commission Review:**

- Vital to start early in life: education settings are vital to prevention and early intervention
- Endorsed KidsMatter/MindMatters' approach to improve mental health and wellbeing in early learning services and schools – should be scaled up
- But raised concern about duplication/siloed implementation – need to consolidate the plethora of initiatives in early learning and schools
- Current programmatic approach can't and doesn't address important transition points in young lives



# POLICY RESPONSE

## November 2015: Australian Government response:

- Joining up mental health programs in education settings, from the early years to adolescence
- National Support of Child & Youth Mental Health Program
  1. **National Workforce Support grant** (up to \$34.7 million/4 years 2017-21) – education and training to clinicians and non-clinicians working with children aged 0-12 and their families outside of education space
    - **June 2017** awarded to Emerging Minds consortium
  2. **Mental Health in Education grant** (up to \$98 million/4 years 2017-21)
    - **June 2017** awarded to Beyond Blue and delivery partners Early Childhood Australia and headspace



# Lancet Commission on Global Mental Health & Sustainable Development: 2018 Report

- Universal social and emotional learning interventions...promote children's social and emotional functioning, improve academic performance and reduce risk behaviours.
- The **most effective universal social and emotional learning interventions** use a **whole-school approach** in which **social and emotional learning is supported by a school ethos** and a physical and social environment that is health enabling **involving staff, students, parents, and the local community**.



# I see it everyday & it's part of my job

- **Mental health was most commonly nominated health issue facing children and young people in Australia**
  - Nearly 90% of respondents considered *depression, anxiety and other mental health issues* in the top three major health issues (with obesity and )
  - 60% nominated anxiety as most common mental health condition
- **Addressing mental health was recognised as a key part of an educator's job**
  - 80% agreed it was their responsibility to help address the mental health of learners





# I need help with the ‘how’ and ‘when’

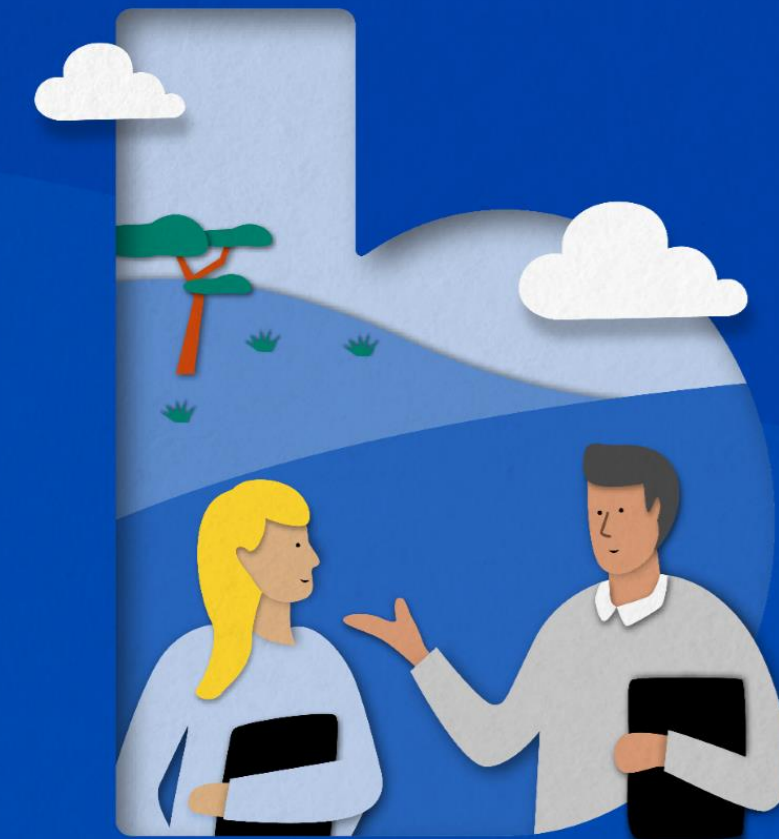
- **Respondents more likely to discuss concerns about a student’s mental health with another staff member than with parents**
  - More likely to initiate a conversation about a learner’s mental health with other educators (88%) or non-educator staff (86%), compared with their parents/carers (67%)
- **Nearly half said they didn’t feel well-equipped – particularly around the how and when – to address the mental health needs of children and young people**
- 63% agreed they have the confidence to address the mental health needs of learners, but...
- 48% agreed they lacked the necessary skills or training to address learners’ needs
- 45% agreed they had difficulty knowing when it’s appropriate to provide support





# I'm hungry to learn, but time is precious

- **Nearly half of educators reported that 'on the job' learning and advice from other staff members were their main tools for addressing mental health concerns**
  - Most commonly used resources came from on-the-job experience (46%); non-educator staff (45%), other colleagues and staff (39%)
  - Seeking out other staff members who have some training in the mental health area (36%)
- **Common barrier to providing support was time and number of students**
  - 64% agreed demands of teaching mean they lacked the time to attend to the mental health concerns of learners







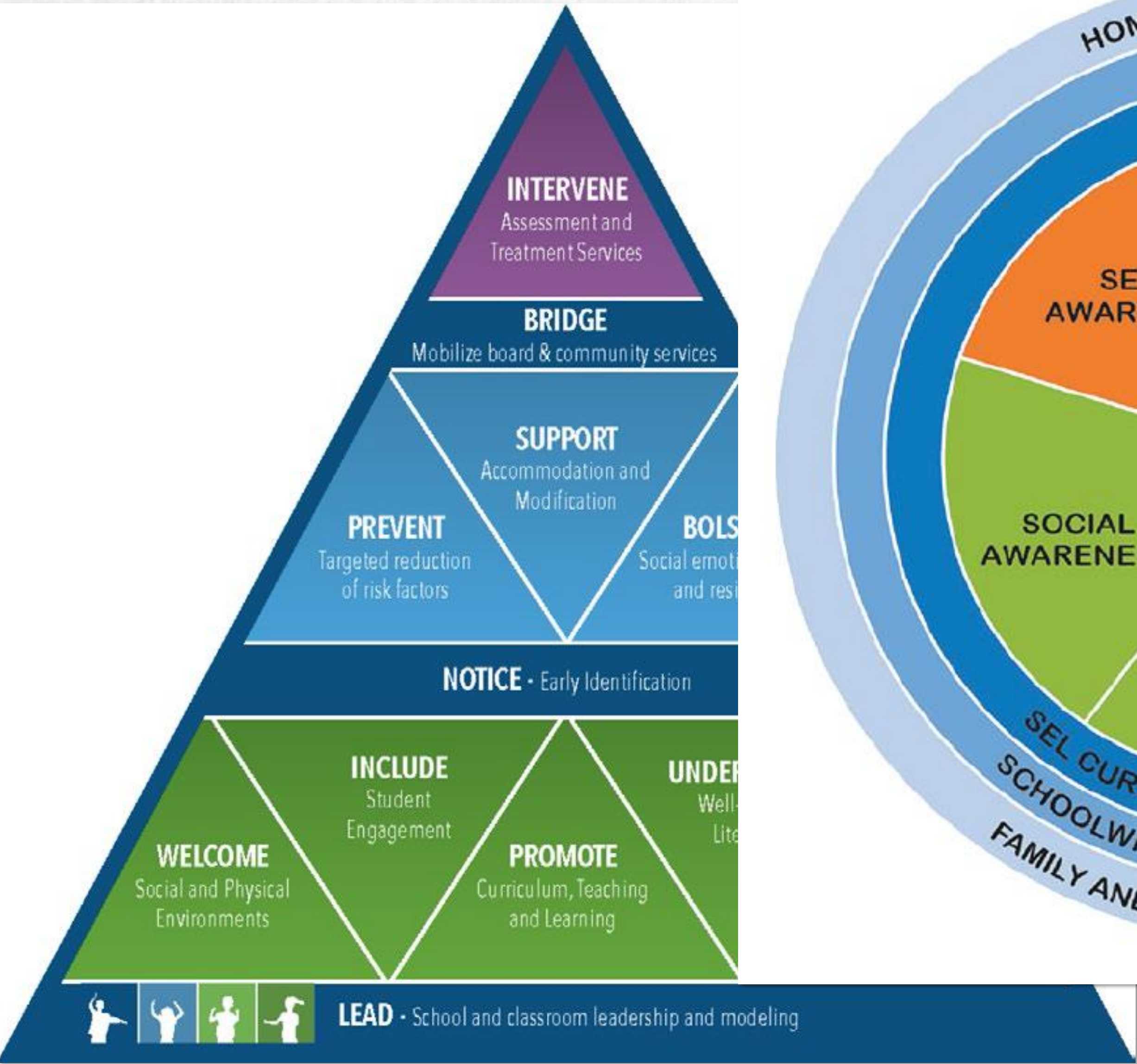




Growing  
a mentally  
healthy  
generation



# Building on conceptual frameworks



**MEANING**  
a sense of connection to something bigger than ourselves



**ACCOMPLISHMENT**  
the belief and ability to do the things that matter most to us



**HEALTH**  
eating well, moving regularly, sleeping deeply

positivity to boost our resilience

those things we're good at and enjoy doing

connections





# Why Be You?

- **PROMOTE** the development of mentally healthy learning communities
- **FOSTER** partnerships with families and community
- **BUILD** educators' capacity to teach skills for wellbeing and resilience
- **GUIDE** educators to support children and young people experiencing mental health issues
- **SUPPORT** communities back to mental health following a critical incident





# Be You basics

Free national initiative for educators which aims to promote positive mental health in children and young people in every Australian early learning service and school

- **Integrated, end-to-end:**
  - from early learning to 18 years
  - from pre-service to most experienced educators
  - from promotion, prevention to early intervention, critical incident response and recovery
- **Online platform** with accredited professional development package
- Backed by **70+ trained staff** on the ground
- Together they support a **continuous improvement** and **whole of setting approach**







# Multiple entry points...





## Be You

### Individual user benefits


- Professional Learning, totalling 13 hours of evidence based mental health related content
- Tailored handbooks outlining how to plan for, and navigate your Be You journey
- Online events specific to key wellbeing and mental health topics
- Tools and resources to support own and others wellbeing
- News updates highlighting the latest ideas and research





### Whole school benefits


- Support from a Be You Consultant
- Access to your Action Team Leader Dashboard
- Access to planning and implementation tools
- Access to Be You events




beyou.edu.au

If you or one of your students need urgent support contact us on  1300 22 4636

  Learn  Resources  Support About Contact

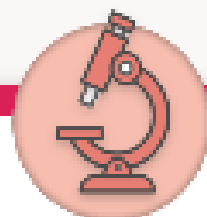
 Search [Sign up](#) or [Log in](#)

# Where educators come to learn mental health strategies

 [Play Video](#)

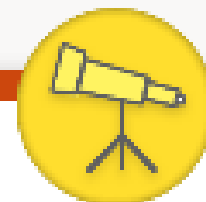
[Get started](#)

## Start Learning, tell us who you




### Educator

How do we define mental health? How do you develop an effective whole-school plan to improve mental ...




### Leadership

How do we define mental health? How do you develop an effective whole-school plan to improve mental ...



### Action team

How do we define mental health? How do you develop an effective whole-school plan to improve mental ...



### Pro service

How do we define mental health? How do you develop an effective whole-school plan to improve mental ...



# Learning

0/3 COMPLETE

Which content level are you interested in?

Early childhood

Primary school

Secondary school

Create an account to save progress

> Sign up

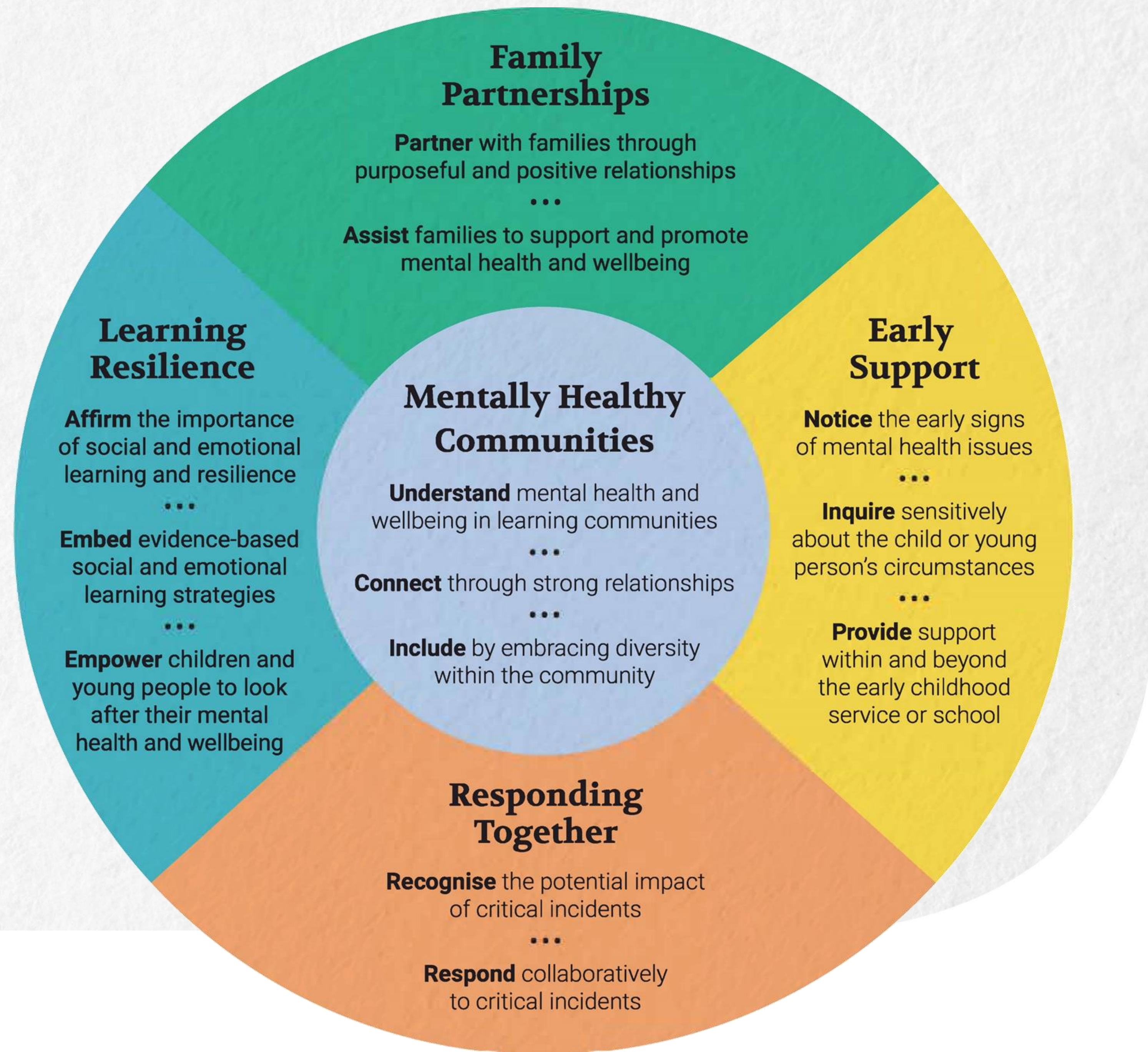
> Login

Transcript



# Be You Professional Learning

- Non linear
- 5 Domains
- 13 Modules
- Individual learning accounts, transportable





Modules in this domain will provide educators with an in-depth understanding of social and emotional learning and why it is important for mental health and wellbeing. Further, they will provide educators with an understanding of how to intentionally teach social and emotional learning skills, and foster resilience in education settings. It will cover key skills for resilience, respectful relationships, and help-seeking. The modules will also address how to create an empowering environment for children and young people to foster independence and responsibility in everyday learning contexts, experiences and activities.

## Modules

0%

LEARNING RESILIENCE

65 MINS

### Affirm

Affirm the importance of SEL and resilience.

[Get started](#) > [Learn more](#)

0%

LEARNING RESILIENCE

63 MINS

### Embed

Embed evidence-based SEL strategies.

[Get started](#) > [Learn more](#)

0%

LEARNING RESILIENCE

51 MINS

### Empower

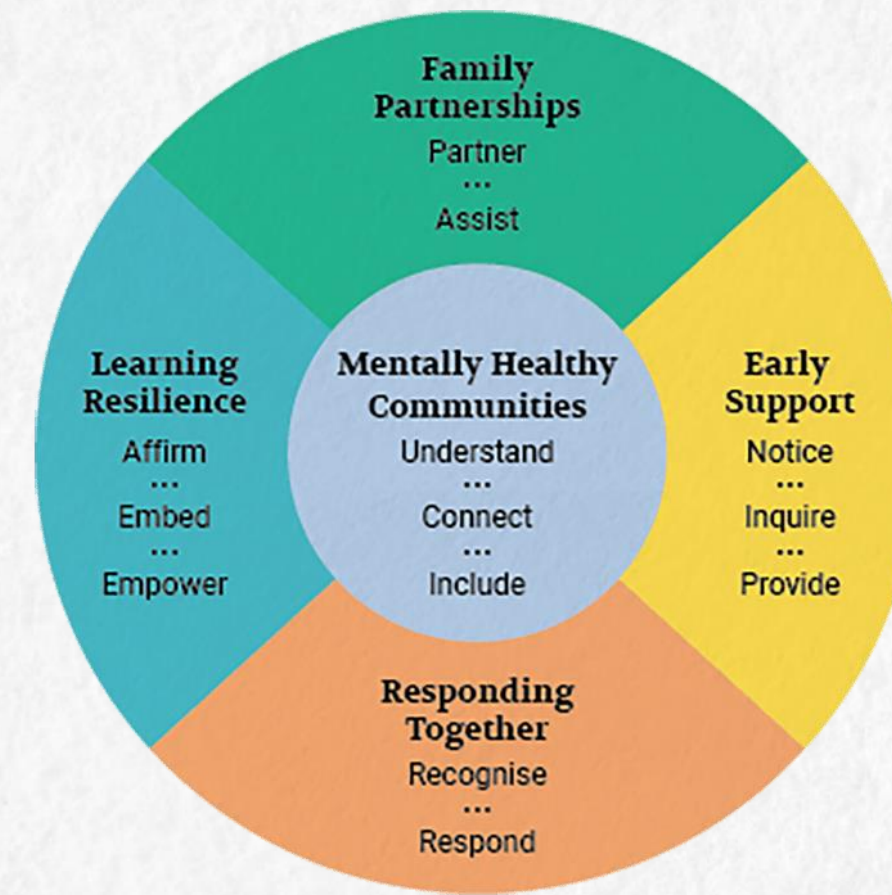
Empower children and young people.

[Get started](#) > [Learn more](#)



# The Be You ecosystem

## Professional Learning



## Handbooks

Leaders

Action Teams

Educators

Pre-service  
educators

## Tools & Guides

Wellbeing Tools  
For You

Programs  
Directory

Suicide  
Prevention and  
Response

Wellbeing Tools  
for Students

Organising  
Speakers  
Guide

Always Be You

## Planning & Implementation Tools

Statement of  
Commitment

Be You  
Surveys

Reflection Tool

Action Plan

Actions  
Catalogue

Share and  
Extend Guide

## Be You Fact Sheets

Wellbeing

Development

Your  
wellbeing

Relationships

Mental Health  
Issues &  
conditions

## Events

National  
Check-Ins

Be You  
Essentials

Webinars



# Factsheets

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Fact Sheets

Depression

Depression is more than just feeling sad or down and can have serious negative impacts on a child or young person's wellbeing if left untreated.

What is depression?

Feeling depressed is more than just feeling sad or unhappy

Depression is a serious condition that affects people's mood, behaviour and their thoughts about themselves and the future. The person may think they are worthless or that things will never get better.

From time to time, everyone feels depressed, but it usually doesn't last

A diagnosis of depression is made only when the:

- depressed mood has lasted more than two weeks
- behaviour is seen in more than one situation (for example, at home and at school)
- symptoms are severe enough to limit the child or young person's ability to cope with everyday situations or cause problems at home, at school and with friends.

Learn more about the [different types of depression](#).

How does depression affect children and young people?

+

What signs should I look out for?

+

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Fact Sheets

Child development

As an educator your relationship with children and young people shapes how they learn and develop, and their mental health and wellbeing.

Healthy child development

Child development refers to the physical, social, emotional and cognitive changes that occur in the early childhood years from birth to school age.

Early experiences shape children's development and can have a lasting effect on mental health and wellbeing. While families are the first and most important influence on children's development, educators also play an important role in supporting and promoting positive child development.

Key stages of development in the early years


+

Developmental milestones

+

The importance of play



+

 be you


Positive Education Schools Association Conference 2019



# Programs Directory




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 Search

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## Programs Directory

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Keyword search 

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Select setting(s) ▾

Topics

Select topic(s) ▾

Domain alignment

Select domain(s) ▾

Locations

Select location(s) ▾

Apply

Sort by A-Z ▾

211 results

YEAR 7,8

### #GameOn

#GameOn is a cybersafety video series following the online experiences of a group of lower secondary students. It inclu...

Learn more

### 1-2-3 Magic and Emotion Coachi...

1-2-3 Magic and Emotion Coaching is a selected, targeted, prevention and early intervention program, designed for parent...

Learn more

### 1-2-3 Magic and Emotion Coachi...

1-2-3 Magic and Emotion Coaching is a selected, targeted, prevention and early intervention program, designed for parent...

Learn more

YEAR P ♦ 6

### 5-Week Mindful

YEAR K-8

### 6 Kinds of Best

YEAR K-8

### 6 Kinds of Best



# Suicide prevention and response

< [Resources](#)

## Suicide Prevention and Response

As an educator, your response helps guide and support children and young people who may be thinking about or have been affected by suicide.

### Suicide is the leading cause of death for young people in Australia

As a school, you play a key role in supporting young people who may be thinking about suicide or have been affected by suicide. But suicide can be a confronting issue and it can be difficult for schools to know how to respond.



## Suicide Response Resources: *Complete Toolkit*

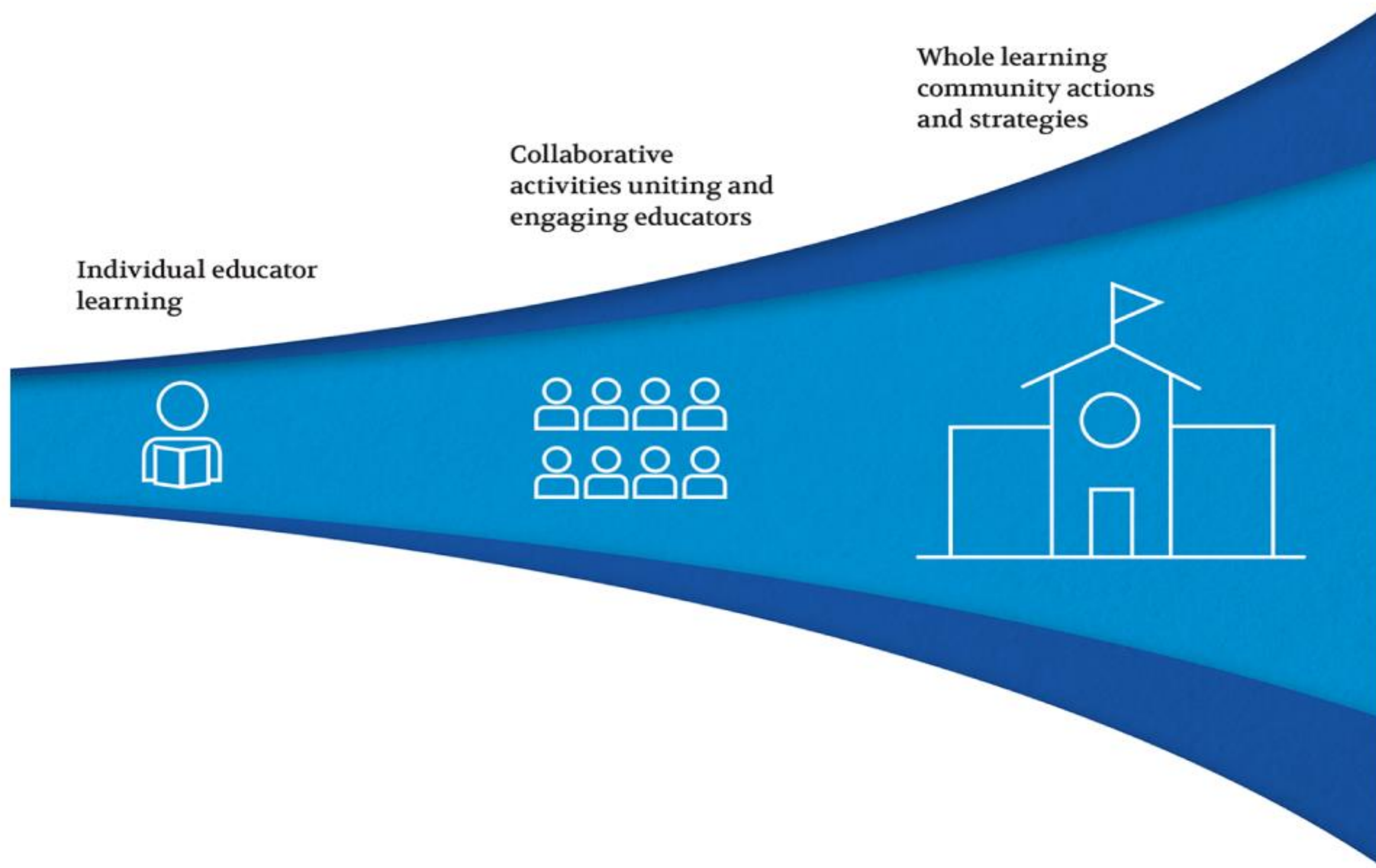


# Always Be You



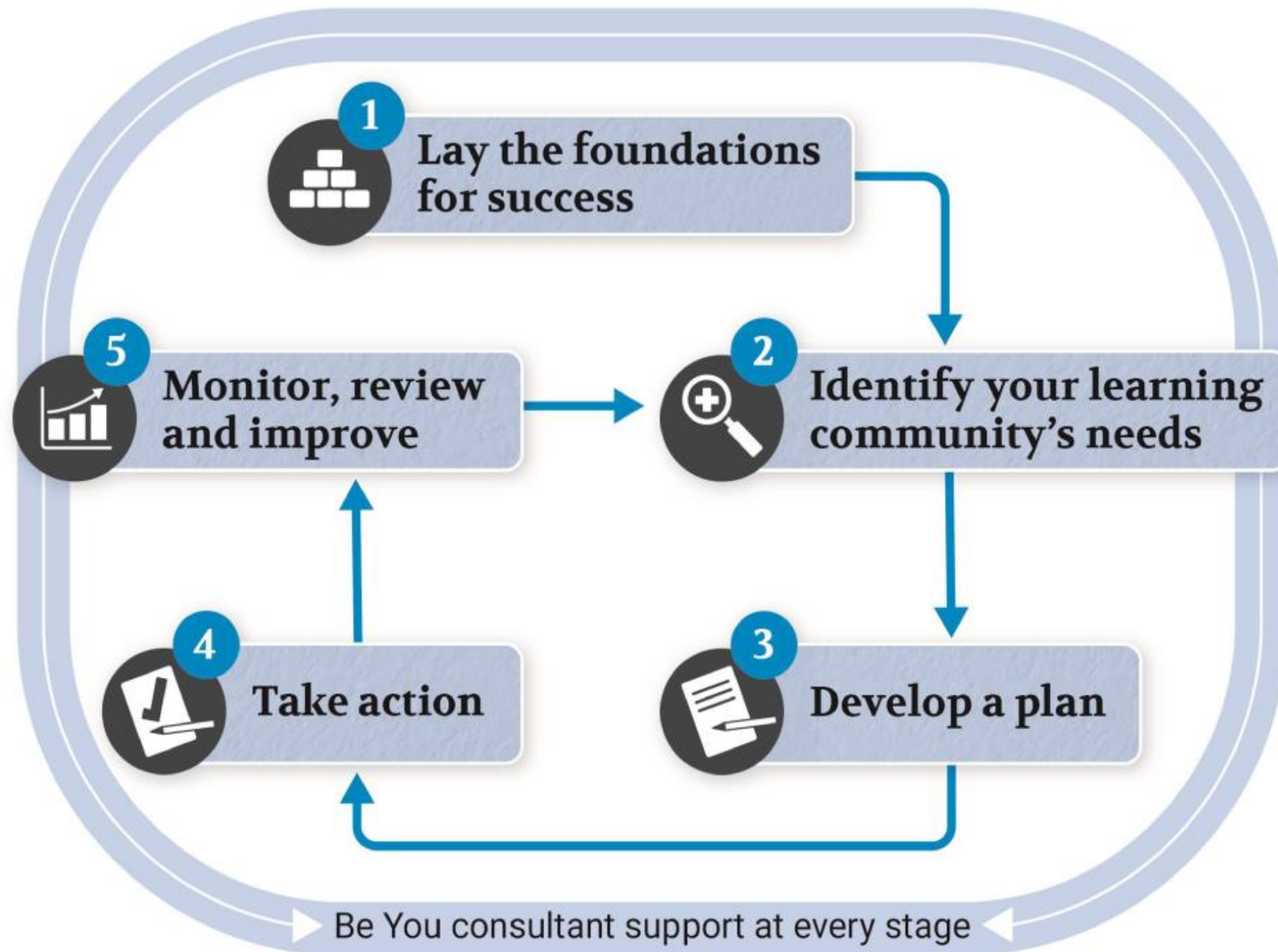
- Bringing Aboriginal and Torres Strait Islander perspectives and ways of doing to the materials, resources and experiences of Be You
- Developed in partnership with Secretariat of National Aboriginal and Islander Child Care (SNAICC) and Early Childhood Australia





**Be You whole learning community approach**





# Be You implementation process

1. Lay the foundation for success
2. Identify your learning community's needs
3. Develop a plan
4. Take action
5. Monitor, review and improve







# Since launch in November 2018

- 43,000+ individual user accounts created
- 20,000+ professional learning modules completed
- 2,100 early learning services and nearly 3,800 primary and secondary schools have registered to become Be You learning communities
- Just under 30% in outer regional/remote/very remote areas
- Nearly 180,000 unique visitors to website





# Some challenges

Be You builds literacy, capacity and capabilities of educators and staff...

- What happens when services are limited or non-existent?
- Reliable internet access, IT infrastructure
- Reaching kids who aren't regularly at school

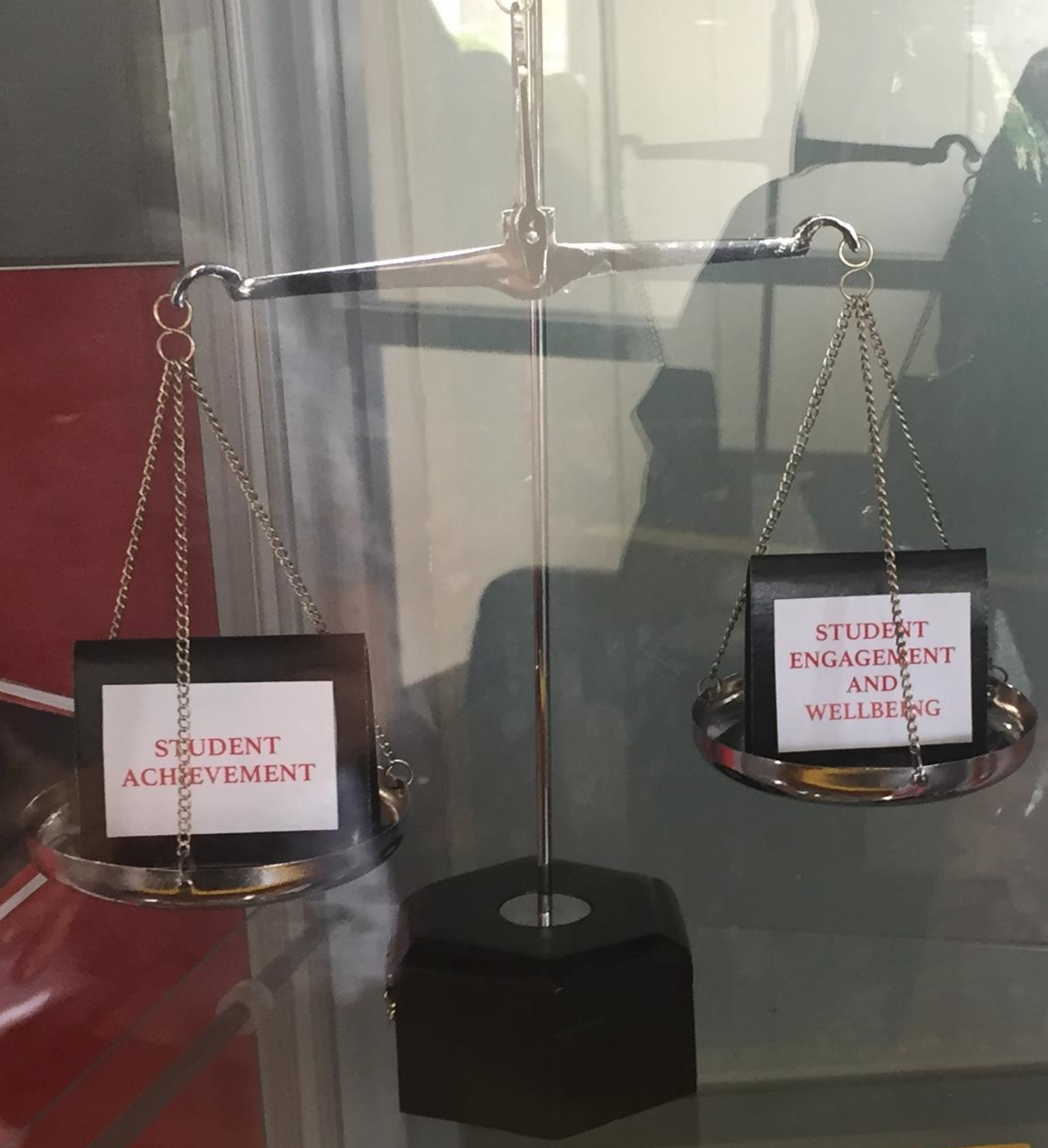






Positive Education Schools Association Conference 2019





STUDENT  
ACHIEVEMENT

STUDENT  
ENGAGEMENT  
AND  
WELLBEING



MONMIA PRIMARY SCHOOL  
- Learn and Achieve -  
Monmia's Secret Sauce

B A L A N C E

"Great teachers do more than promote their students' academic learning. They teach the whole child, recognising that a focus on teaching social and emotional skills enhances students' academic outcomes as well as their capacity to form positive relationships and cope with the 'ups and downs' of their lives".

McGrath, H. & Noble, T. (2018/In Press) Resilience Program. Pearson Education.















# Thank you

