

**MIND MATTERS PLUS PROGRAMS ACTIVITY REPORT AS AT**

**02/12/2005.**

**School Name: Woodcroft College, SA**

**Objectives: (commonwealth requirements)**

- Information gained from the MM Plus initiative is widely disseminated at national, state and local levels and within the three education sectors to increase the number of MindMatters Plus schools and promote the initiative as “ best practice” approach for supporting students with high support needs in mental health.
- Stronger partnerships are developed between schools, AGCA and APAPDC and organisations and activities which support greater youth participation in mental health promotion in secondary schools such as AICAFMHA
- Current and useful Information about mental health intervention strategies and programs and good practice in application is available on the internet.
- A sustainable plan for universal land targeted mental health promotion and suicide prevention is developed by each demonstration school with support from APAPDC and AGCA
- Elements of MindMatters Plus good practice are embedded into school policies, practices and structures, learning and curriculum areas and their broader community partnerships to ensure sustainability.
- All students with high support needs in mental health have access to timely and accessible support within schools including appropriate referral pathways to service providers

**Brief Project description and target groups:** *(include school context and intent of project in 2-3 line 'media' description of project and target group( year level ,gender )*

Woodcroft College, situated in Southern suburban Adelaide is a coeducational, Anglican school whose population is drawn mainly from the local area, some 17% of which receive government assistance due to family disadvantage. The student body includes short-term overseas exchanges and fee-paying overseas students in years 10 and 12. The goal is to provide students with a rounded, Christian education and a broad curriculum to meet intellectual, physical, social and emotional need and seeks to:

- Provide strategies for students R-5 and 6-12 to school community to cope with loss and grief through [Seasons for Growth](#)
- assist students to cope with anxiety, loss and grief through provision of [ACE](#) for middle & senior school, [FRIENDS](#) for middle school, Years 6–9.

**Intended Project Outcome**

- Teacher awareness raised about identifying mental health needs of SWHSN
- Teacher awareness raised about how to refer SWHSN for additional support within the school
- Teacher capacity to support SWHSN in mental health increased through skill development and awareness raising
- Student capacity raised to identify need for seeking help and how to seek help

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<b>Sustainability plan</b> <i>Pastoral care time has been re configured as a result of involvement in demonstration project and Pastoral care review. Program materials will be added to student book lists ( Friends for Youth, Seasons for Growth and ACE)</i> All students now have access to mental health information through school planner and intranet as a result of partnership with ADGP MMplus..	
<b>Significant Milestones</b>	<b>Deliverables Achieved Against Each Milestone ( include quantitative data)</b>
Mental health promotion strategy embedded in Pastoral Care Policy and practices	<ol style="list-style-type: none"> <li>1. Mind matters training opportunities offered and promoted to all staff (2002) N=10</li> <li>2. Interested staff invited to participate in MMplus training ( Dec 2002)</li> <li>3. Expectation of Year Level Managers as key component of MM+ team (Dec 2002)</li> <li>4. Parents and staff trained in Families Matter (N= 1 staff, 2 parents ) 2003</li> <li>5. Position, Manager pastoral programs established to ensure continued integration of MM+ programs into Pastoral Care (2004)</li> <li>6. MM+ training (2003, 2004, 2005)</li> <li>7. Mental health promotion strategy will be reviewed, monitored and implemented on an annual basis (2005)</li> <li>8. Identify staff access MM training (2003) N=4</li> </ol>
Strategy to embed student well being within Pastoral Care curriculum	<ol style="list-style-type: none"> <li>1. Teachers at the school have access to <b>ACE</b> (2004) programs N=2 to be implemented by June 2003) N=10 students</li> <li>2. All teachers at the school have access to <b>Heartmasters</b> resources ( by June 2003) N=</li> </ol>
Target programs implemented on an ongoing basis	<ol style="list-style-type: none"> <li>1. Programs are selected ( by Dec 2003)</li> <li>2. Selected teachers are invited to participate in training and implementation of programs with students ( Jan 2003) N=2</li> <li>3. <b>ACE</b> implemented with 16 year 8-11 students (2003) (N=10)??</li> <li>4. <b>Friends</b> trialled in conjunction with already existing program achieve program with n year 6&amp;7 students ( 2003) N=90</li> <li>5. <b>The Seasons for Growth</b> introduced to staff as Pastoral Care development (N=130 staff) 2003</li> <li>6. One student involved in Reach Out! Youth Ambassador Program training and made presentations to year 10&amp;11 students (N= 1 )</li> <li>7. <b>ACE</b> incorporated into group work for year 10 students (2004) (N= 10 )</li> <li>8. <b>S for G</b> implemented with selected year (R-5) students N=10</li> <li>9. <b>ACE</b> will be implemented with year 10 students (2005) (N=2 )</li> <li>10. <b>S for G</b> implemented with selected year (R-5) students (2005) N=5</li> </ol>

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<p>Implementation of referral pathways with ADGP Stories</p> <ul style="list-style-type: none"><li>• Pastoral Care review – conclusive scope program</li><li>• Web counselling website linking to other programs on home page</li><li>• Planner incorporating ADGPL pamphlet</li></ul>	<ol style="list-style-type: none"><li>1. Negotiations with the Southern Division of General Practice regarding improved referral pathways and networks of care for students commenced (2005)</li><li>2. Planner in Place</li><li>3. 1 Local GP, 1 Local psychologist and ADGP coordinator available to assist students</li><li>4. 2006 version of current student planner developed for junior school</li><li>5. 2006 parent version of information about mental health in planner to be developed. .</li></ol>
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<p><b>Comment and Analysis re results/ barriers/ delays/ issues/ ideas/ unexpected outcomes:</b></p> <p>Program Achieve has replaced Friends at year 6 and 7. Considerable discussion has gone into incorporating activities from programs across all curriculum areas ( eg Grief and Loss incorporated into Society and Environment)</p>
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