Design the 'dream school' for good mental health

A partnership between:

Rethinking Education: Lessons from Lockdown
&
My Mind is My Own

Rethinking Education

my mind is my own

young people taking responsibility
for their own mental health

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Project 1

Working with a group of young people with lived mental health experience, aged 16-21 years old, we explored the two questions.

- What do young people need to take responsibility for their own mental health?

- What does society need to do to support them to take responsibility?

The young people collaborated to further explore our initial conversations.

Resulting themes:

- Internal Responsibility (personal control)

- *Space to engage without being pushed and the opportunity to build coping mechanisms*

- External Responsibility (lack of personal control)

- *Education and training, stigma and media*

- Support

- *Choice, accessible information including online support and mental health services and the role of 'community' including schools, parents and friends etc.*

- Barriers

- *Stigma, medical racism and 'the pressure to get better'*

Project 2

A project looking at the efficacy of a schools mental health strategy from the perspective of the YP.

Young people from the school's 6th form worked with me as a Young Research Team by collaborating with younger participants to explore the strategy. They were involved in the design, data collection, analysis, findings and recommendations.
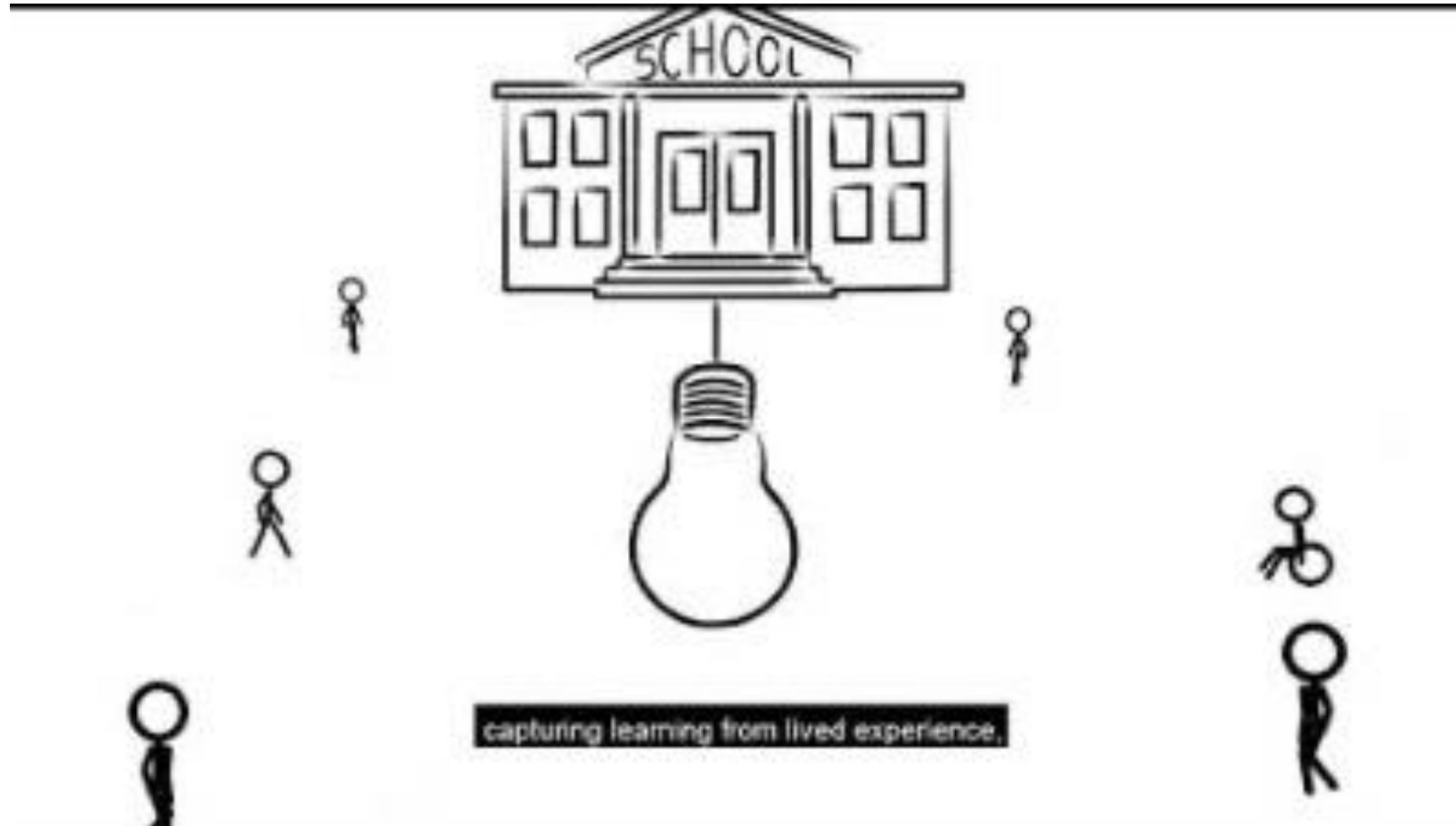
Key findings:

- Through the collaborative building of an 'open' research process with a young research team, improved their confidence, trust in school, and empowerment.

- Staff/student relationships are of the utmost importance if we want young people to come forward.

- The Young Research Team played a vital role with the younger participants by developing mentor type relationships.

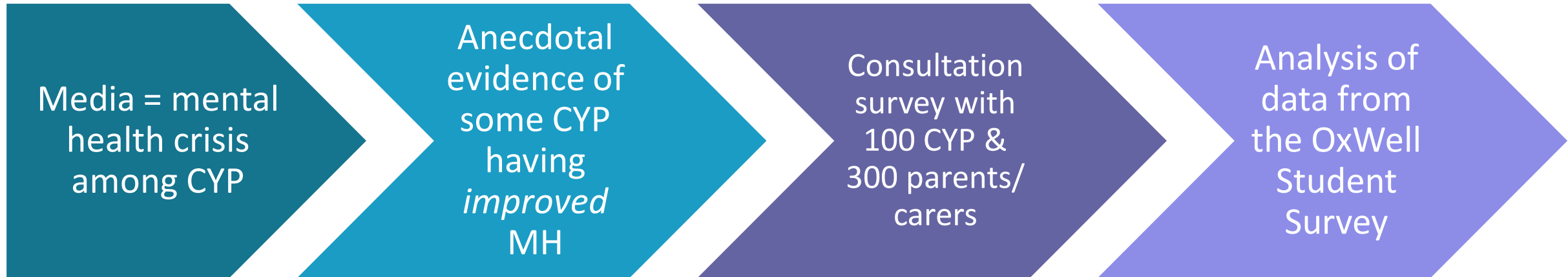- The school curriculum could be developed further to support young people.
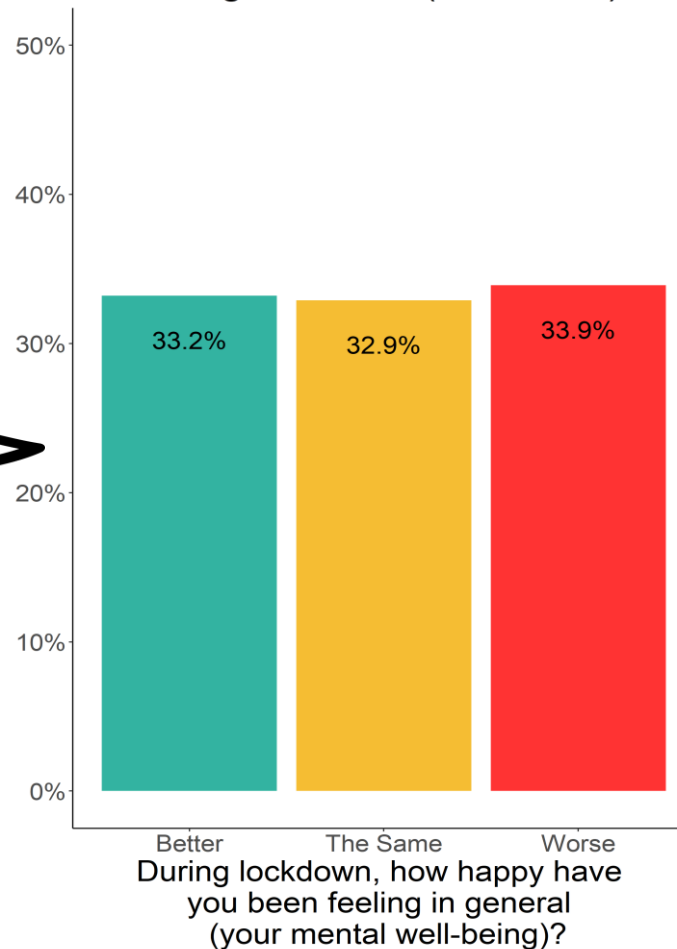
Rethinking Education: Who We Are

Happier During Lockdown?!

Media = mental health crisis among CYP → Anecdotal evidence of some CYP having *improved* MH → Consultation survey with 100 CYP & 300 parents/ carers → Analysis of data from the OxWell Student Survey

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Results

(1) Change in happiness during lockdown (n = 16940)

| | 33.2% | 32.9% | 33.9% |

During lockdown, how happy have you been feeling in general (your mental well-being)?

Better   The Same   Worse

1 in 3 reported **better** mental wellbeing

- Better relationships with friends and family
- Less left out/lonely
- Less bullying
- Managing school better
- More sleep & exercise

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Changing the narrative…

Third of young people saw wellbeing boost during lockdown

Pupils who went to school every day most likely to report improved wellbeing.

One in three young people say they felt happier during lockdown

CORONAVIRUS | News

1 in 3 young people said mental health improved during COVID-19 lockdown: study

One in three young people stayed happier during lockdown

Potential contributing factors include feeling less lonely, avoiding bullying, and getting more sleep and exercise.
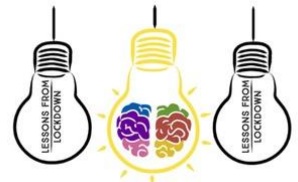
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Lessons Learned?

The Dream School for Good Mental Health