

'Inspiration and Excellence'



Mental Health – Raising Awareness and Challenging Stigma

Bishop Vesey's Grammar School
Ofsted 2014:

“This school is a pioneer in the development of young people's attitudes to mental health”

The Background



- *Key: Proactive response to any issues student present*
- Began in 2009
- 'Time to Change' link - used their posters, literature
- Assemblies on 'Time to Change' campaign, self-harm, eating disorders and stress.
- Staff Training
- In 2012, we attended a Time To Change course and became the first school in the Midlands to sign up to their campaign and became a partner school in 2013.

'Time to Change'

AIM: To promote awareness and reduce stigma

We're pledging to take action
to reduce mental health
discrimination as part of
Time to Change.

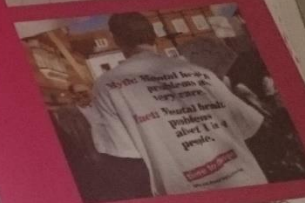
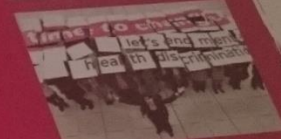
20 June 2013

Ruth Hearn
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Bishop Vesey's Grammar School

Kate Steadman
Senior Leader
Bishop Vesey's Grammar School

Leroy McConnell
Regional Campaign Manager
Time to Change

Myth: People with mental illness can't work.
Fact: You probably work with someone with mental illness.



Mind
for better mental health

RETHINK
Mental
Illness.

FUNDED BY
**COMIC
RELIEF**

Funded by the Department of Health



Department
of Health

www.time-to-change.org.uk



The facts

- 1 in 10 young people will suffer from a mental illness.
- That's 3 in every average classroom.
- 1 in 4 adults will suffer from a mental illness.
- Suicide is the second biggest cause of death in young men aged 14-25.

https://www.youtube.com/watch?v=SE5lp60_HJk



- Time to Change trained 25 members of the Lower Sixth.
- These 25 students became our Mental Health Ambassadors.
- Led assemblies across the three Key Stages of the school.
- Two of the Ambassadors were selected to become Officers, a senior position of responsibility within the school.



A Mental Health Awareness unit of work was incorporated into Year 10 PHSE/Citizenship

In Year 7, a unit of work on emotional well being was also added.

'Time to Change' Day

AIM: To promote awareness and reduce stigma

Badges, pens etc given out & in return, pupils pledged their support to reduce stigma surrounding mental illness



'Time to Change' Day

AIM: To promote awareness and reduce stigma



'Time to Change' Day

AIM: To promote awareness and reduce stigma

My name is ... Omaisr Quayam

I pledge to...
actively support those with
Mental health issues.

My name is ... Jessica
Naulbank

I pledge to... raise awareness
of mental health discrimination
and challenge any discrimination
I hear!

'Time to Change' Day

AIM: To promote awareness and reduce stigma

My name is ...

Guham-mendi Sumar

I pledge to... Support anyone who suffers from mental health illness.

My name is ... Suhpreet Dalivaal

I pledge to... to be supportive of those with a mental illness.

We appeared on BBC Breakfast showcasing
our actions towards ending mental health
discrimination

3 students were filmed training pupils from
Year 10 on how to reduce stigma



Recent actions - 2015-16:

- Outgoing Officers trained another 25 new Ambassadors
- 3 selected as Officers (16 applications)
- Constant consolidation of work of their predecessors and then extending it.
- Face book page which *THEY* manage and add posts to
- AIM: always to raise awareness and reduce stigma
- Led a Parents Information Evening about mental health and illness .



Mental illness is nothing to be ashamed of. Neither is talking about it. It's **#TimetoTalk**.

@TimetoChange
time-to-change.org.uk



- Quizzes about mental illness given to prospective students and parents on Open Evenings (answers to which are placed around the school).
- Spoken at two local primaries - focus group - Year 6 pupils.



Consequently, a Head Teacher at one of the schools visited wrote to the Officers stating that:

“As staff it has made us consider the emotional well being of those in our care. It has shown us that we need to ensure the children know that being mentally or emotionally ‘under the weather’ is common place and that it is important to express these feelings and ask for support.”

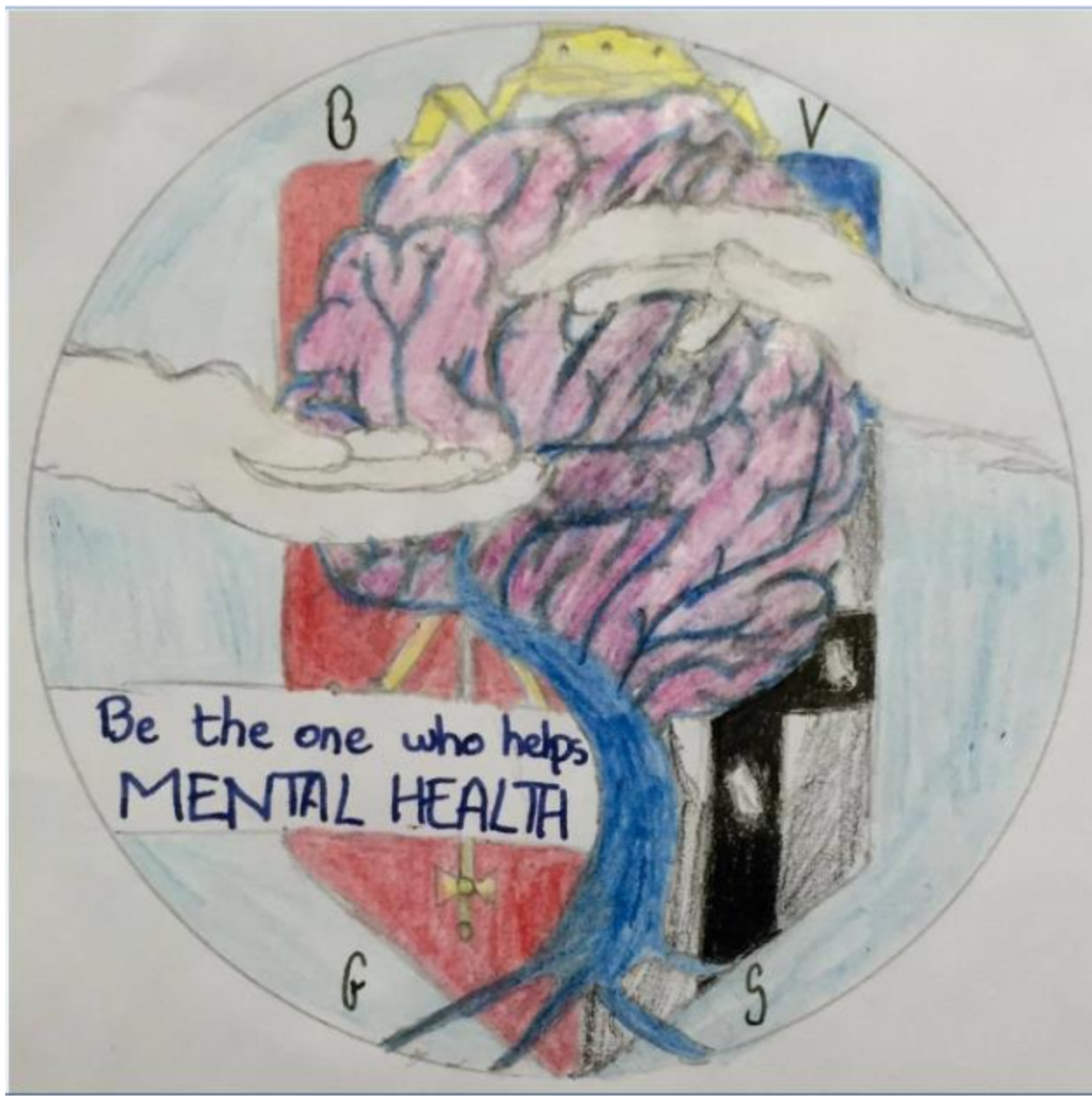


Involving Lower Years



Curriculum Involvement:

- Art competition organised by the Officers to design new posters.
- Task set as homework
- Each students provided with a circular template on which to produce their design.
- A prize was awarded for the best entry in each form and three overall winners were selected.







Outside Experts



- We offer:
 - Assemblies
 - Outside speakers to all students:
 - To liaise with, educate and inform our ambassadors
 - To discuss potential careers in Mental Health with students
 - To speak to those students studying Psychology and prospective medics.

These have included a speaker from the organisation **ACAS**, **David Wait**, and **Professor David Sallah** who is the **Clinical Lead for Mental Health, Learning Disability and Dementia for Health Education England**.



Alistair Campbell

- Two of our Ambassadors decided to make a film incorporating a variety of people talking about mental illness.
- They contacted Alistair Campbell and he sent them the following clip in return.





Impact:



- Following our initial assemblies, there was a rise in the number of pupils reporting issues related to mental health.
- Over time, what we have found is that pupils come forward for help sooner.
- Reason: School has created an ethos where difficulties related to mental and emotional well being are discussed. The stigma has been reduced. It is NORMAL.
- ***Staff are also willing to discuss experiences and feelings

What's next?



- Developing outreach programme to more local primaries.
- Email address that pupils can send concerns and questions to.
- Invite speakers from more local and national mental health charities into school to speak in assemblies
- Quizzes for form periods
- Appoint Ambassadors throughout the school years
- Involved in Birmingham's Head Start (if they get funding!)
- Community outreach

Advice



- It HAS to be a whole school initiative but should be led by staff with a real interest in raising awareness and reducing stigma.
- ALL staff need training
- Get resources for free from Time To Change, Mind and other charities
- Have a clear long term vision but changing attitudes takes time and commitment.
- Your students are your greatest resource- use them!
- It's Time To Talk. It's Time to Change.
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