

# Mental Health in Schools

Roles and Responsibilities

Workshop

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# RKBU Vest

- The primary objective of the Centre is to strengthen the quality of the services relevant to children and youth mental health and child welfare
- This is achieved by developing, disseminating, and implementing clinically (service)-relevant, multidisciplinary, and scientific knowledge about child and adolescent mental health and bring it out  
RKBU conducts research and provides post-graduate training.

- Important tasks are:
  - to conduct research
  - to ensure that clinical activities in the field of child and adolescent mental health and child welfare are based on best derived knowledge
    - Educations programs,
    - Courses and conferences
    - Networking
    - Implementation of interventions
    - Communications

# The aim of the workshop is to....

Have a fruitful discussion on how the different roles and responsibilities of health and education sectors intersect in mental health promotion in schools



# Plan for the workshop

- Introduction
- Group work
- Group work presentation
- Discussion and Conclusion



we can only do bits and pieces .... skulls, chest, pelvis,  
metatarsals. For the bigger picture you need to  
see the public health guys!



# The Health and Education sector

## Public Health

- Central organisation
- Health and Care Act
- Public Health Act
  
- Health for all!
- Health promotion, disease prevention, diagnosis and treatment

## Education

- Local organisation
  
- Education Act
  
  
- Individual competences
- Individual development



# LÆRING, LÆRINGSMILJØ OG PSYKISK HELSE - en dialogkonferanse

HJEM PROGRAM FORELESERE PRAKTISK INFORMASJON ARRANGØRER PÅMELDING FOREDRAG

## Learning, Learning Environment and Mental Health – a dialogue conference

- Initiated by Directorate of Health in collaboration with the Directorate of Education
- Working group
- Participants
- Interdisciplinary program
- Report

## Recommendations



# Factors that schools should focus on when addressing (mental) health promotion

- Identity and Self-Esteem: feeling of being something, worth something
- Meaning in life: the feeling of being part of something larger than themselves, that there is someone who needs you
- Coping/mastery: feeling that you are good at anything
- Belonging: feeling of belonging to someone and to belong somewhere
- Security: could feel, think and express themselves without fear
- Social support: have someone who knows one, cares if something, be there if needed
- Social network: someone to share thoughts and feelings, being part of a community



Deputy Director General,  
Professor Arne Holte  
National Institute of Public  
health

# Analysis of the contributions

- Students, patients, clients, prevention and promotion
- Coping/mastery
- Belonging
- Self regulation / self – esteem
- Collaboration and interaction
- Participation
- Kunnskapsbasert

Læring, læringsmiljø  
og psykisk helse

– Rapport fra dialogkonferanse 20-21.2013

Have a fruitful discussion on how the different roles and responsibilities of health and education sectors intersect in mental health promotion in schools

1. Is mental health prioritised in schools in your country?
  1. How? Who is involved? What is the focus? How is it organised and how is the collaboration between the health and education sectors? Are all the aspects of Holte's list included? What is similar and different between countries? Give examples
2. Come up with ideas (for instance methods or models) on how the health and education sectors can intersect?
  1. What are the success criteria
  2. What are the challenges
3. What can the SHE – Network do to facilitate better collaboration between the sectors? Give examples.

## Group 1

- Shane
- Matthieu
- Pawel
- Mairéad
- Bas

## Group 2

- Claudia
- Agnieszka
- Kate
- Aoife
- Kate  
Cassidy

## Group 3

- Anna
- Rianne
- Maria
- Rosie
- Tim

# Thanks!

