
Key understandings from School Mental Health Promotion in Australia

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Shaped by: What is mental health?

How does using the school as a starting point shape practice?

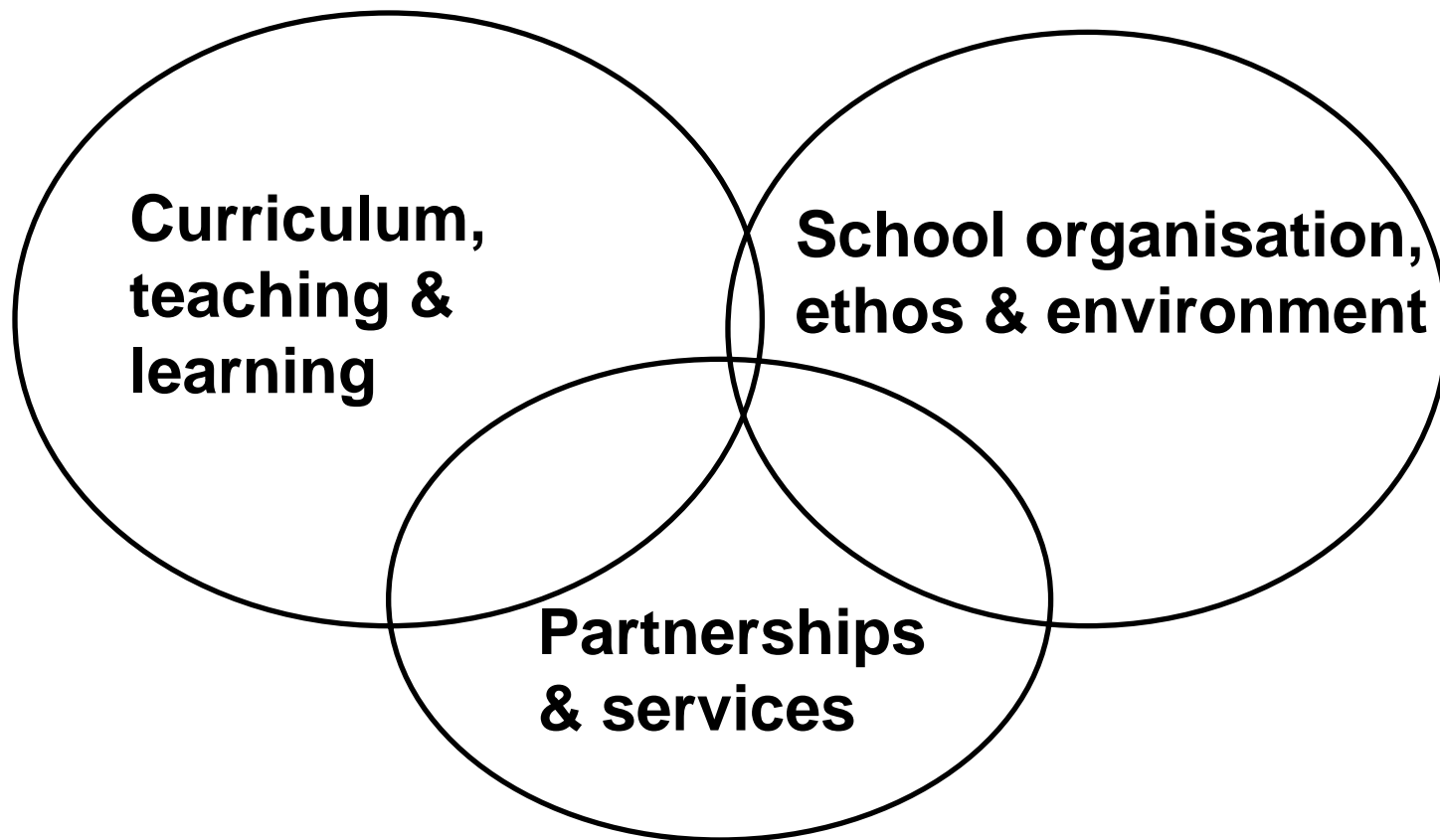
What processes are involved on schools to create environments that promote mental health?

Identifying who are the mental health promoters?

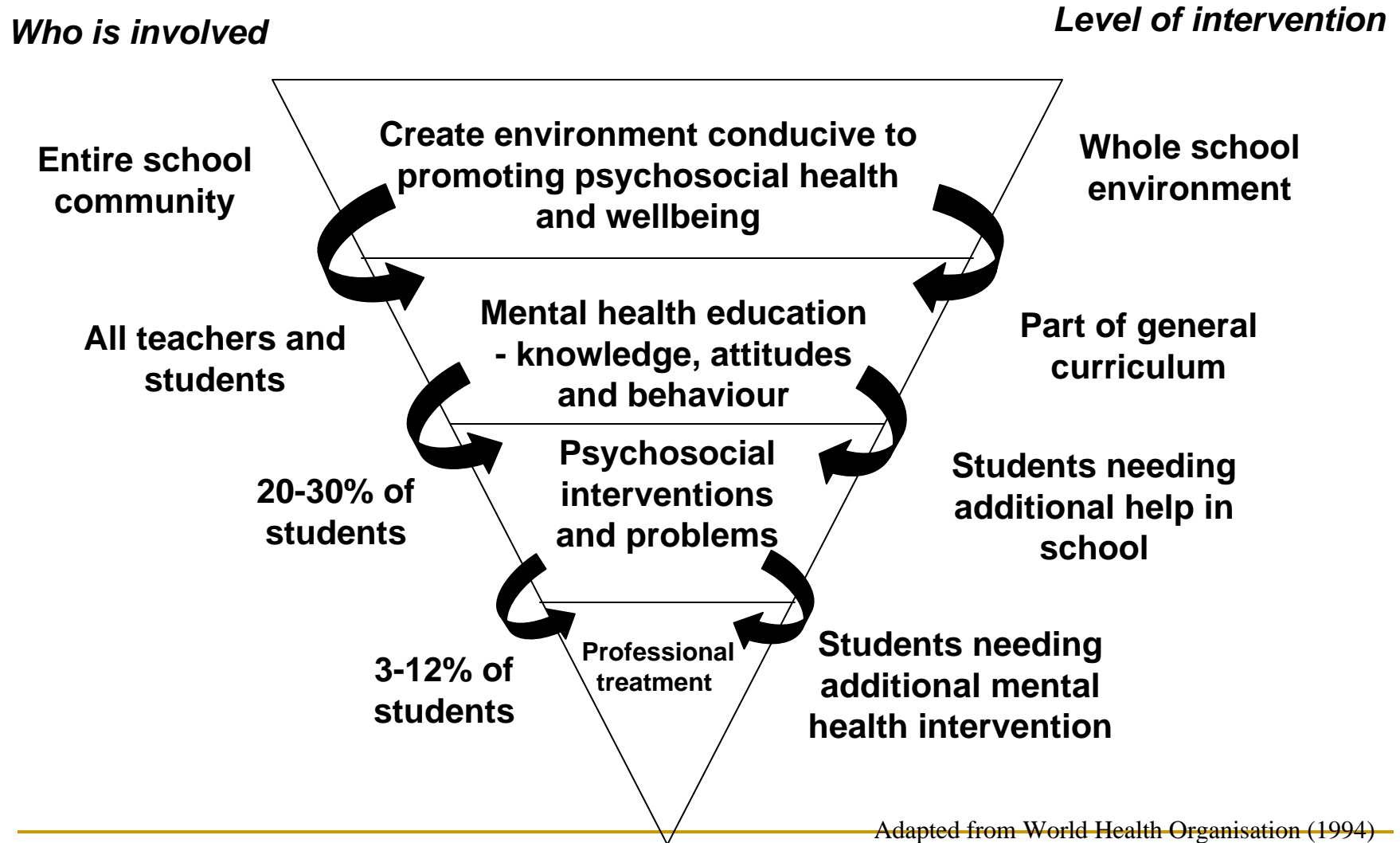
How do multidisciplinary teams work together?

What research designs are appropriate for school mental health promotion?

The Health Promoting School Framework



Comprehensive School Mental Health Program



Challenges

- ☞ **Local level**

- ☞ **Reorientation/strengthening of roles and practice**

- ☞ **Global level**

- ☞ **Shared vision**
 - ☞ **Leadership**
 - ☞ **Resources**
 - ☞ **Time**
 - ☞ **Organisational development**
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Promising Signs for Change

Recognition of:

- ☺ **concurrency of factors that are not only linked to mental health, but to crime, drug abuse and academic achievement.**
 - ☺ **need for communication between sectors around conceptualisations of mental health, schooling and health promotion.**
 - ☺ **Collaborative approaches between health and education sectors for school based mental health promotion**
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Problems that hinder improving the mental health of young people

- 👉 **Despite the knowledge about the importance of young people's social and cultural context, understanding their lives may still be based on research conducted on adults.**
 - 👉 **Concentration on research on risk factors for the development of mental illness in adulthood.**
 - 👉 **Research still limited on mental health, how to keep young people connected to their community and schooling, what school conditions support the development of resilience and social capital.**
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Evidence and Mental Health Promotion

Challenge:

How do we collect data about quality implementation in mental health promotion in a rigorous and systematic way?

Judge quality in research by reporting: theoretical framework/literature review; aims and objectives; description of context; sample; data collection method/s; attempts to establish reliability and validity, and citing of data

Harden et al. (2001)

The Way Forward

 **Acceptance of a new way of researching in school mental health promotion**

 **Linking of health and education priorities**

 **Valuing teachers in research and development activities for mental health promotion**



International Alliance for Child and Adolescent
Mental Health and Schools

Join free, online at

www.intercamhs.org

and take part in the discussion about defining
‘promoting mental health in schools’

Boosting the Sparks

An AGCA-INTERCAMHS-SPA workshop on school based mental health promotion

20th February 2007

Perth, Western Australia

A Pre-conference workshop to

Kindling the Flame: Promoting Mental Health and Wellbeing

21-23rd February 2007

<http://www.eventedge.com.au/kindlingtheflame2007/>
