



**Mental Health in School**



Psykisk helse  
1999-2008

# National action plan "Mental Health in School"

- Financed and run by: The Norwegian Directorate for Health and Social Affairs in cooperation with Norwegian Directorate for Education and Training
- Along with five NGO`s in the field of mental health

# School Programme VIP-

- **V**- Veiledning – Guidance
- I** - Informasjon – Information
- P** - Psykiske problemer – Psychological problems and suffering

An interactive programme to prevent the development of emotional and behaviour problems in adolescents

All classes in Upper Secondary Schools

- The VIP programme is initiated from Asker and Baerum Hospital
- Members of the Patient Association started the process
- After 6 years, 14 Counties are involved
- 140 different schools use the VIP-programme in first year of Upper Secondary School, to all students



# Main goals in the Programme

- To equip students to look after their own psychological well-being and to make them aware of the kind of help that is available
- To assist teachers, educational advisors and school nurses to identify students who need mental help at an early stage

## **Strategies to implement the Programme:**

- VIP- is based on a collaborate work between:
  - students
  - teachers
    - school nurses, EP- service
- local Mental Health Service

## **Implementation process:**

- Information about the program in the counties headmasters, teachers, and health personal
  - Booklets to be used in the programme
- Meetings with leaders of mental health service
  - 2-days training workshop for participants
    - Contract signed by headmaster



## **Implementation process:**

- All employees in school are informed about the Programme : 2 hours
- Class sessions: 3 hours supervision by class teacher using the booklets
- Mental health worker and school nurse meet in each class: 2 hours
- Possibility for students to have an individual consultation
- Evaluation of the process

# What has been achieved:

- The collaborate work is improving
- Students get earlier help
- Teachers are important in the program
- The attitude towards mental health problems in schools gradually changes
- Teachers are no longer alone with their worries about students

# Important issues:

- The VIP-programme has been included in yearly school-plans
- The programme has “local owners”
- The programme has been developed without extra resources given to mental health service

## **The success:**

- Local “owners” continue pursuing the programme year by year
- Students demand the program
- Explore the field –adjust programme to local possibilities

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# How to carry on:

- Mental Health Programme in school must be a part of the curriculum in Upper Secondary School
- Mental health care must be a topic in all training programme for teachers
- Government's strategy plan for children and young people must be carried on after 2008
- We have to research for effects of the programme

# The “Critical” issues

- How to support “the local owners” into ongoing educational policy?
- How to develop a local mental health service for adolescents in local area?
- How to develop knowledge and act of Resilience in Upper secondary School?

# Essense of professional competence



Knowledge

Practical skills,  
routines



Clinical wisdom and  
professional attitude

“In your present choice, include  
the future wholeness of Man  
among the objects of your will”

– *Hans Jonas (1903-1993)*

*THANK YOU FOR LISTENING*

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# ”VIP”

for grunnkurselever og lærere

- - står for **V**eiledning og **I**nformasjon om **P**sykiske problemer og lidelser
- utviklet i samarbeid med brukere og Asker/  
Bærum HF
- mer enn 40.000 elever har deltatt
- over 140 skoler har fått tiltaket inn i årsplaner
- VIP bygger på tett samarbeid med skoleledelse og helsetjenesten på alle nivå.