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Southern
Queensland

A Case Study Approach to Supporting Student Mental Health and Wellbeing

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Hearts and Minds

Mental Health
Support for Schools



Edited by
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and
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Support Professionals

- Postgraduate support professionals knowledge, skills, and abilities
- Guidance counsellors, learning support teachers, and special needs teachers
- Better identify and support the mental health and wellbeing needs of students



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Focus Groups

- Two focus groups
- First group school Principals, Deputy Principals
- Second group Teachers
- Identified a need for knowledge and skills required in identifying and implementing support strategies for autism spectrum disorder, depression and anxiety, suicidal ideation, and post-traumatic stress disorder.



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Mental Health Statistics 2019 (ABS 2020)

- More than 1 in 3 students experienced depression (11-17 year olds)
- Increase in major depressive disorder
- Anxiety and ADHD reported to be the most common mental health disorders
- 1 in 6 youth reported making a suicide plan



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Masters Students

- Two hundred postgraduate education students
- Developed generic case scenarios on autism spectrum disorder, depression and anxiety, suicidal ideation, and post-traumatic stress disorder.
- Diverse in age, years of teaching experience, and teaching qualifications
- Experiences in both primary and secondary settings, special schools



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Case Scenarios

- Mental Health assessment task
- The focus of the case scenarios identified cognitive, behavioural, and social symptoms specific to a mental health and wellbeing context
- Discussed the impact on student engagement, home and school context
- Provided suggested intervention strategies for teachers, support staff, guidance officers.



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Depression and Anxiety

- Sadness, withdrawal, friendships
- School refusal, tummy aches, headaches, nervous



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ASD/ ADHD

- Communication, comprehension, social skills
- Inability to sit still
- Fidgeting, concentration



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PTSD/Suicidal Ideation

- Events outside of school
- Nightmares
- Crying, aggressive behaviour
- Thoughts, conversations, change in behaviour



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Learning Café Activity

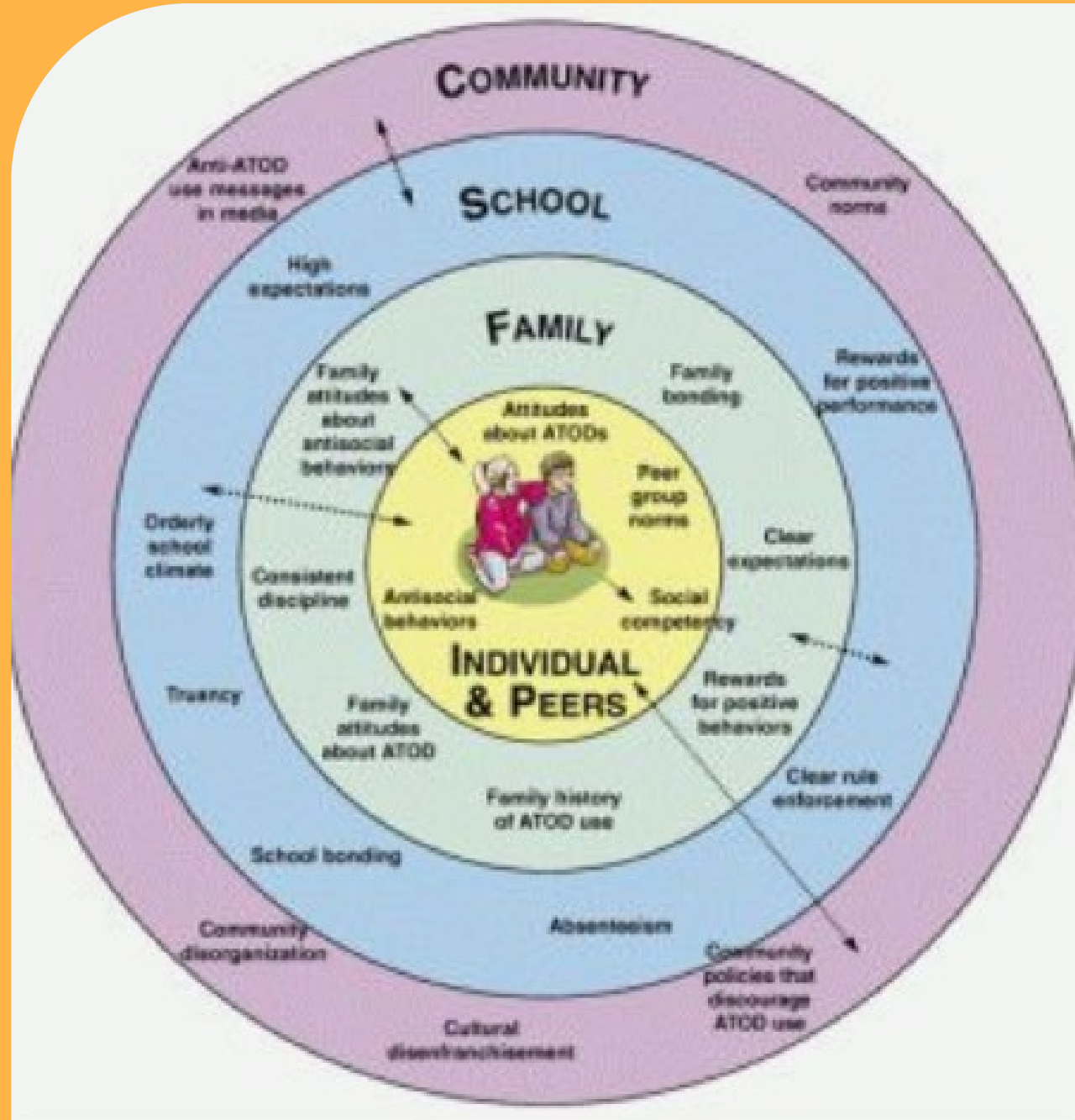
- Individual case scenarios based on a specific mental health concern
- Depression, Anxiety, ASD, ADHD, Self-harm, PTSD, Bullying, Suicidal Ideation
- Facilitate a discussion on impacts and strategies to support that student in learning and engagement



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Bronfenbrenner

Inter-relationships



Cases Activity

- Identify significant behaviours
- Consider case management strategies
- Teacher support in class
- Academic engagement outcomes
- Social engagement with peers

E Book

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Mental Health Support for Schools

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