



MENTALLY HEALTHY COLLEGE PROJECT



Setting the Scene at Clyde College - The Evidence

Presenting Issues to Extra Learning and Inclusion Support Teams for Mental Health across ALL Three Campuses

2014/15 = 40 students

2015/16 = 154 students

2016/17 = 231 students

577% increase in students disclosing Mental Health issues from 2014 - 2017

AIMS & OBJECTIVES

- ▶ Enable culture change that reduces stigma and discrimination around mental health issues (by embedding new learning and best practices into all aspects of college life)
- ▶ To capacity build with Clyde college staff to confidently recognise, understand and support mental health problems within the college environment (by equipping with new skills and tools)
- ▶ To contribute to the skills development and resilience building with students in their preparation for economic activity

YEAR 1 2017/2018

- ▶ Capacity Building Approach – Not a clinical delivery model
- ▶ Student Baseline Surveys – 690 completed
- ▶ Staff Learning and Development Plan - A tiered Approach to involve staff at all levels with relevant mental health awareness training
 - SAMH Mental Health Awareness sessions and Mental Health at Work sessions
 - ASIST Suicide First Aid training, Suicide Talk, Scottish Mental Health First Aid and
- ▶ Bespoke training approach – Responding and tailoring training to staff and student needs

Student Mental Health Survey Results

How concerned are you about your mental health?

- ▶ Not concerned at all - 21%
- ▶ A bit concerned - 32%
- ▶ Concerned - 25%
- ▶ Very concerned - 19%
- ▶ Unsure - 4%
- ▶ Total of 76% expressing concerns about their mental health

Do you know what mental health support is available in the college and how to access this?

- ▶ Yes - 34%
- ▶ No - 45%
- ▶ Unsure - 21%

2/3 of students are unaware or unsure of what support is available or where to go to get support and help

Would you speak to a lecturer about your mental health ?

- ▶ Yes - 35%
- ▶ No - 43%
- ▶ Unsure - 23%

What Would encourage to approach a lecturer/member of staff about your mental health?

- ▶ They do not judge me - 46%
- ▶ They show respect for my confidentiality - 51%
- ▶ They are approachable - 61%
- ▶ They listen to me about my concerns - 44%
- ▶ Knowing that they care - 42%

“ Trusting Relationships are vital to encourage us to seek out help”

Have you found that certain times of year can affect your mental health

- ▶ Exam/Assignment deadlines = 60%
- ▶ Start of course = 25%
- ▶ End of course = 13%
- ▶ During holiday periods = 16%
- ▶ Going out on course placements = 10%
- ▶ Delivering a Presentation = 34%
- ▶ Others = 28%

What would make a positive difference to improving your mental health as a student at Clyde college ?

- ▶ Improved mental health awareness for students (e.g. how to cope with stress/anxiety/knowing where to get help) = 67%
- ▶ Staff training and awareness on mental health issues (e.g. Suicide prevention, listening skills, awareness of help and support services) = 46%
- ▶ Knowing how to keep yourself or someone you know safe in a crisis.= 28%
- ▶ Having clearly identified places to get help from on campus = 38%
- ▶ Better access to counselling services = 30%
- ▶ Having easy access to support services information (e.g. money and welfare advice, housing support, carers responsibilities) = 33%
- ▶ Being able to sleep properly = 41%
- ▶ Doing more physical activity and eating more healthily = 33%

Creative Approaches to a whole College Approach

- ▶ Monthly Staff Drop Ins, Information Hubs in College Libraries and Online self help resources
- ▶ Integrate SAMH's National Programmes within the whole college approach Model e.g. See Me and Respect Me Campaigns
- ▶ SAMH Five Ways to Better well-being for Students
- ▶ Walking and Talking Counselling
- ▶ Dance Movement Therapy
- ▶ Baking Classes- Kneading Support
- ▶ Links with Students Association



YEAR 2 2018/2019

- ▶ Train **50** staff to sustain and embed training beyond life of project.
- ▶ **60** staff trained in Mental Health Awareness by adopting Training for Trainers approach
- ▶ Train **50** volunteers to co-deliver training by end of Year 2.
- ▶ **200** students link with SAMH Employability
- ▶ Develop college policies – **Mental Health Student Agreement**
- ▶ Create a vibrant Healthy College



Future Activities to Increase Support for Students Mental health

- ▶ Student Peer Mental Health Support Groups being set up with Students Association
- ▶ Training for Students in Mental Health Awareness - Work with Class Representatives
- ▶ Working with the National Union of Students and College to create a Student Mental Health Agreement and to achieve the Healthy Body healthy Minds Awards
- ▶ Stress Busting and Anxiety Management workshops with students and staff
- ▶ Co produce online stories of mental health experiences of student and online self- help resources to help build student resilience and coping strategies
- ▶ Library Resource Hubs and signposting to College Support Services