

WORKSHOP: CHILDREN AT RISK FOR MENTAL DISORDERS AND THE IMPACT OF TEACHERS ON CHILD MENTAL HEALTH PROMOTION

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Schedule.....(60 min)

Introduction to the workshop's objectives (5 min)

Ullrich Bauer, Paulo Pinheiro

Exercise: Shaping the participants' views..... (10 min)

Ester Lopes, Luís Saboga-Nunes

Guiding questions:

- What experiences have you made with student's mental health issues?
- What are the current practices at schools in dealing with students' mental health issues? What are the difficulties and challenges when schools are exposed to students' mental health issues?
- Are there any mental health promoting approaches implemented at schools? How useful and helpful are such programmes? Which needs for support remain unmet?

Schools, teachers and child mental health: Increasing the teachers' mental health literacy to promote child mental health; Three approaches:

1. Promoting the teacher's mental health literacy to promote health of children of mentally ill parents (5 min)
Paulo Pinheiro
2. Mental health promotion and suicide prevention: Teacher training in MOOC environment (5 min)
Agar Almeida
3. Is there a screening tool to increase the teacher's awareness on suicidal behaviors? The role of the sense of coherence and salutogenesis paradigm(5 min)
Luís Saboga-Nunes

Group discussion and exercises: Working out the framework and prospects (25 min)

Agar Almeida, Ester Lopes, Ullrich Bauer

Guiding questions:

- Mental health and schools: How should mental health promotion be placed in the school settings, in education at schools, and in school lifes?
- Framing the teacher's role: What are do's and don'ts?

Wrap-Up: Summary and conclusions (5 min)

Paulo Pinheiro, Ullrich Bauer

Abstract

Purpose

The workshop aims to highlight the potential contribution of teachers to promote child mental health in schools. We will figure out the current practices in schools by questioning how professionals deal with children at risk for mental disorders. The diagnostic perspective will be complemented with an outline of strategies to promote child mental health in schools.

Background

Up to one in five children and teens suffer from mental health problems, and the number is growing making mental disorders by 2020 one of the five leading causes of childhood illness, disability and death. Psychosocial and socio-structural strains significantly contribute to the emergence of mental disorders what, in turn, offers opportunities to target children at risk with primary preventive and health promoting measures. The different burden patterns and attempts at coping often become manifest in children's school lives. While some children react with withdrawal and drop in achievement, others become aggressive or display behavioural problems. The coping strategies expose the children to a higher risk of experiencing a "school handicap" and being excluded from regular schools once a special need of support has been diagnosed. It is obvious that such loading factors increase the probability of having a problematic educational biography. We will discuss the opportunities and strategies for child health promotion in the school setting. The discussions will be exemplified with three teacher training programmes (addressing health promotion of children of mentally-ill parents, suicide prevention, and prevention of sexual abuse in primary schools).

Key points

(a) Outline of the concept of mental health literacy. (b) Awareness rising of the impact of schools and educational professionals on child mental health promotion. (c) Recommendations for actions in teacher training and school development to promote child mental health.

Description of the participants

The intended audience covers all people professionally involved in school teaching and development (e.g. teachers, health educators, health professionals, decision- and policymakers). The maximum number of participants is 40.

Keywords

School health promotion, mental health disorders, mental health literacy, child health promotion, primary prevention.