

# Welcome to



# In collaboration with





This is Devon's dedicated service for school staff and young people



Our aim is to:

Share with you the work we are embarking on with Teignmouth Community School to help their school become a mentally healthier place to work, learn, have fun and grow.

# What is Mental Health?

# Mental Health: A definition

‘The strength and capacity of our minds to grow and develop, to be able to overcome difficulties and challenges and to make the most of our abilities and opportunities’



YoungMinds 2006

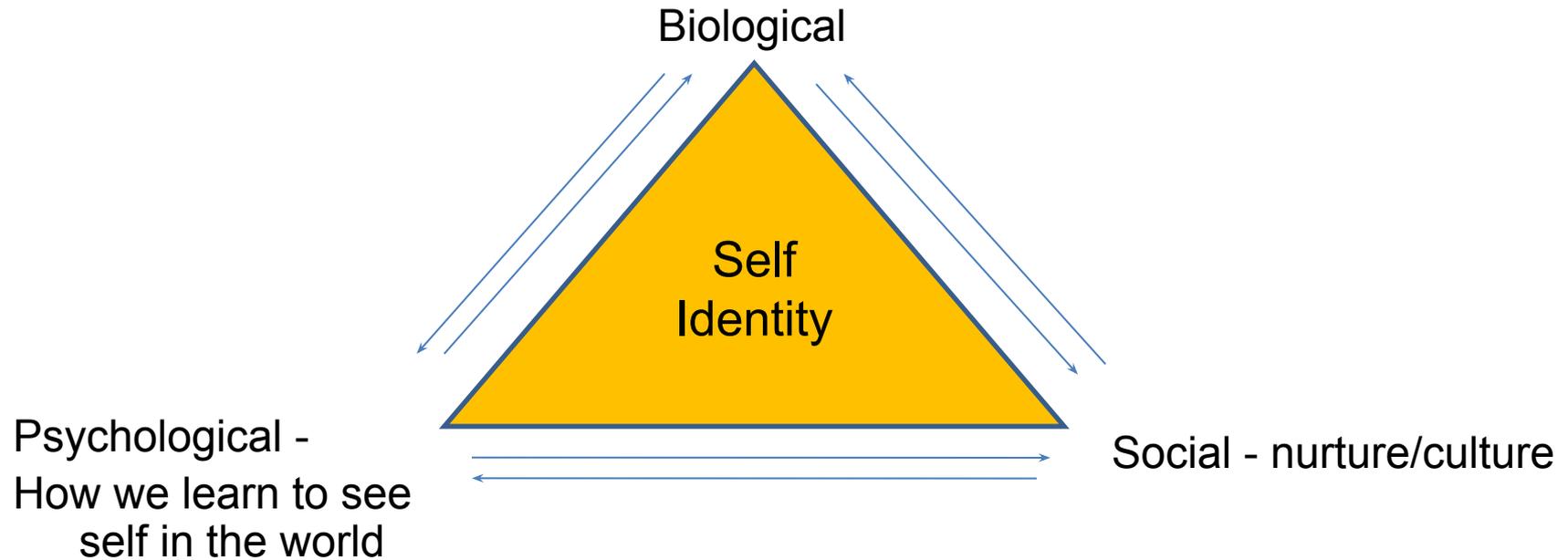
# How do we learn to BE physically healthy?

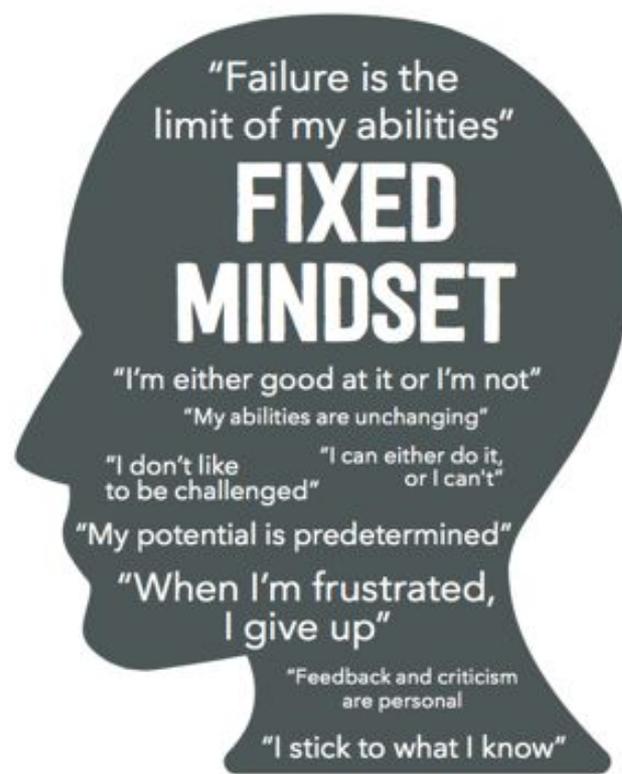
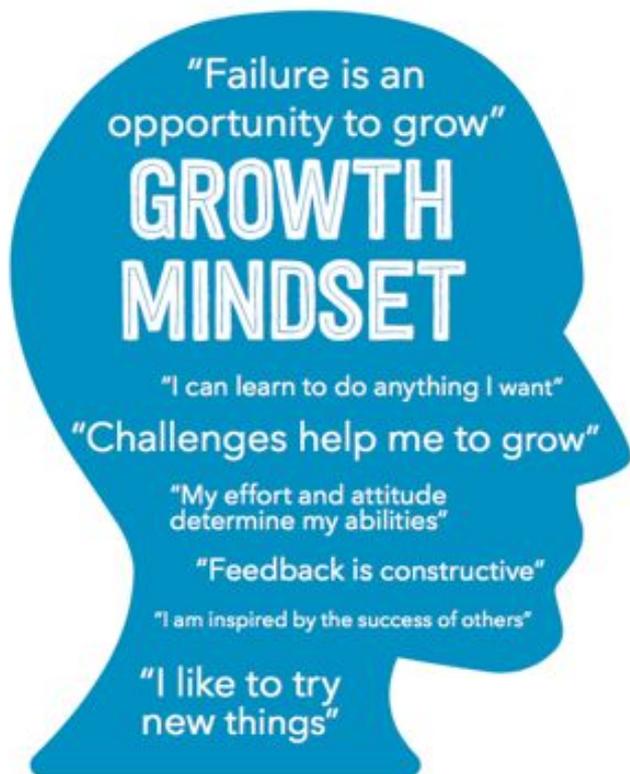


# *How do we learn to BE mentally healthy?*



# A Bio-Psycho-Social model

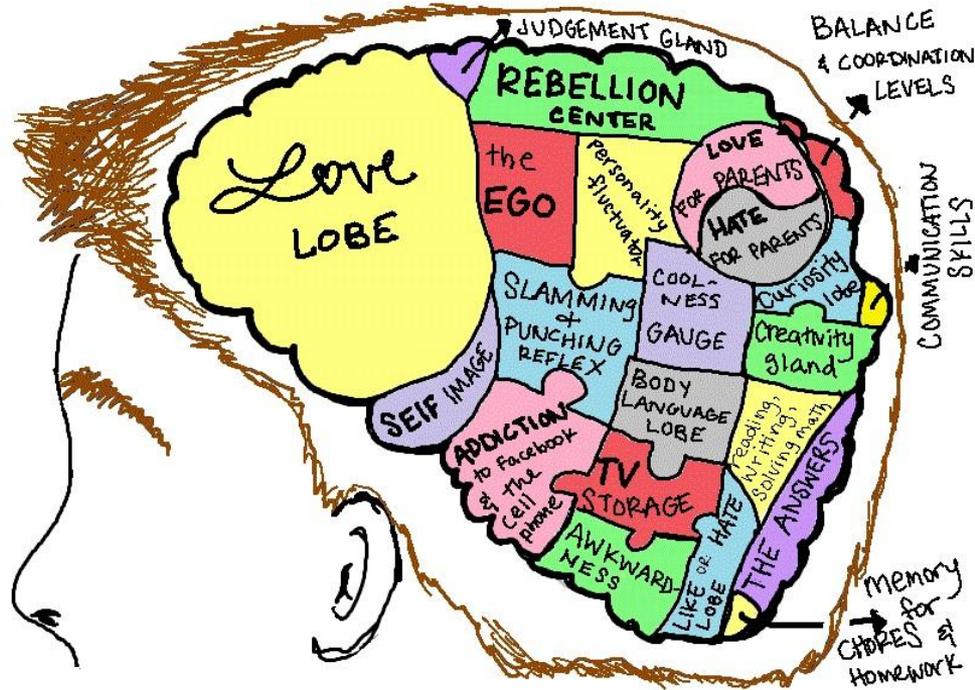




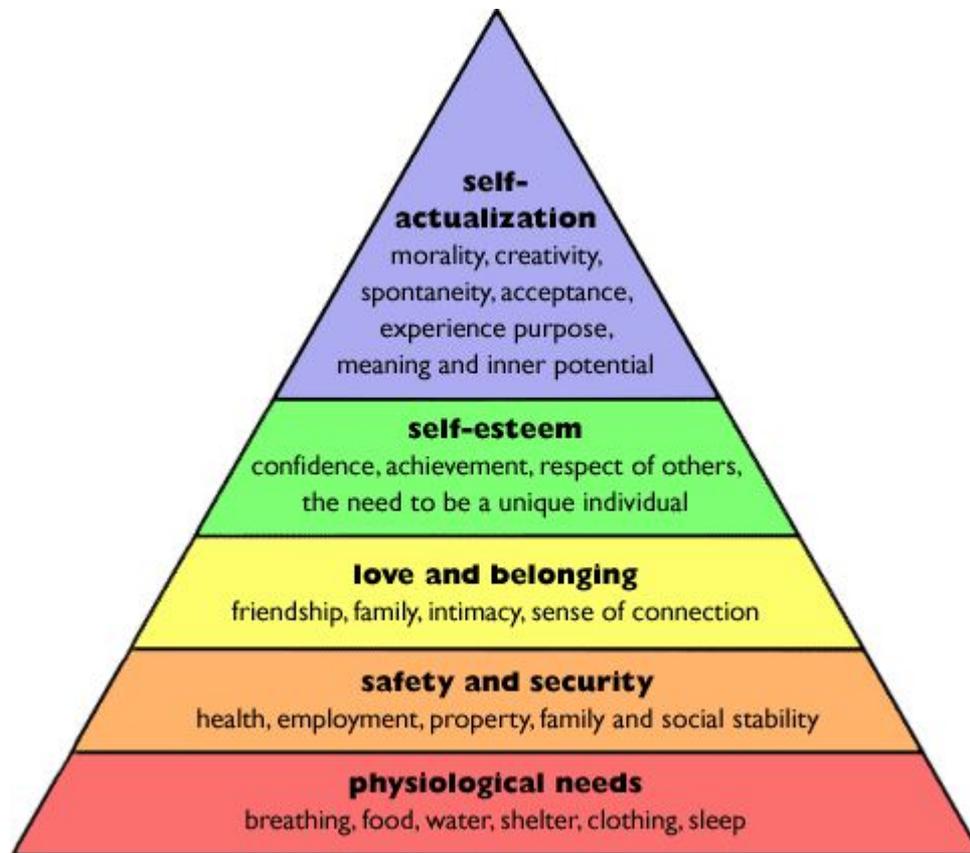
The brain does not begin to resemble that of an adult until the early 20s.



# The Teenage Brain...



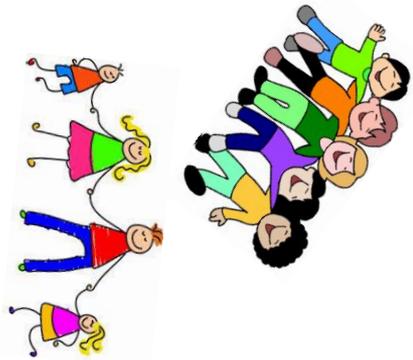




Maslow: 1943



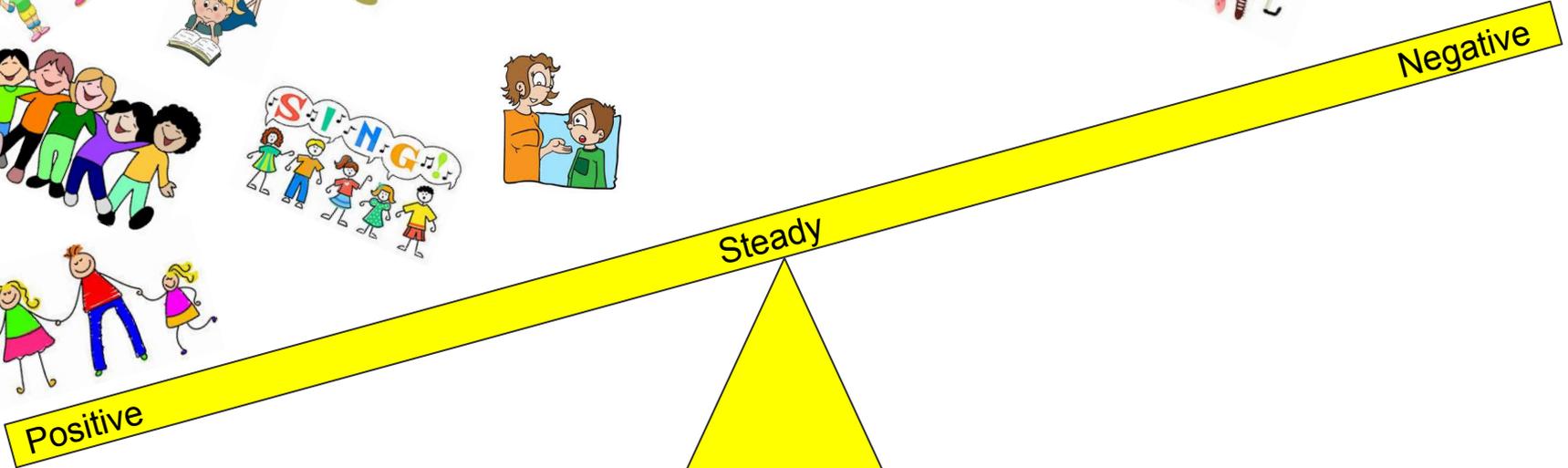
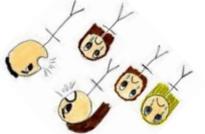
Positive



Steady



Negative



**M** = ME! How you are BEING is crucial to successful listening. Check the lid on your inner rescuer.

**A = Active Listening**

**G** = Generate their “what next.”

**I** = Inspire and be Inspired

**C** = Compliment - notice and feed the qualities of the Growth Mindset.



## Ostrich Style

**'Burying head in sand'**

**Avoid thinking or talking about problems.**

**Signal given: too busy and unavailable to support.**

**'Swerving' the issue.**

## Kangaroo Style



**Protective**

**wanting to keep everyone safe, as if in a pouch.**

**Too accommodating and controlling**

**Inner rescuer at play.**

## Jellyfish Style



**Wobbly, see through, and reactive to a prod.**

**Being in a raw emotional state, with all feelings close to the surface.**

**May be swept away by currents of emotion and beliefs.**

**Intense and visible reactions.**

# How are we Being?

# And communicating that Being?



## Dolphin Style

**A calm, warm, nurturing style**

**Guiding, coaching, encouraging and subtle.**

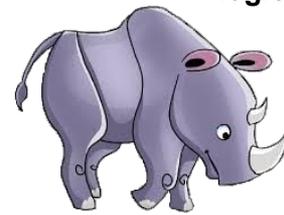
**Think of calmly swimming alongside and gently nudging in the right direction occasionally.**

## Rhinoceros Style

**Attempts to persuade and convince the person to change by argument**

**As if charging at and trying to smash through the behaviour and beliefs using logic.**

**Rushing in to make change.**





**Do you need to put a lid on your  
'inner rescuer'?**

**And explicitly notice out loud how  
the child or young person is able  
to help themselves...**



## *Our very own Normal Magic*

To repair, recover and sustain good mental health these are musts:

Talk about your feelings.

Ask for Help.

Take a Break.

Eat Well.

Stay Hydrated.

Keep in Touch with People you Care About.

Stay Active in Mind and Body

Do Something you are Good at and Enjoy

Actively Care for Others

Be Proud of your very Being

Until March 31st 2019 we offering development opportunities to schools across Devon in the following areas:

Mental Health Strategy

Mental Health Ambassador Programme

Parent Workshops

Living Life to the Full

Normal Magic in the Classroom

From Timid to Tiger

**Thank you!**

*“I’ve learned that people will forget what  
you said, people will forget what you did,  
but people will never forget how you  
made them feel”*

*Maya Angelou*