

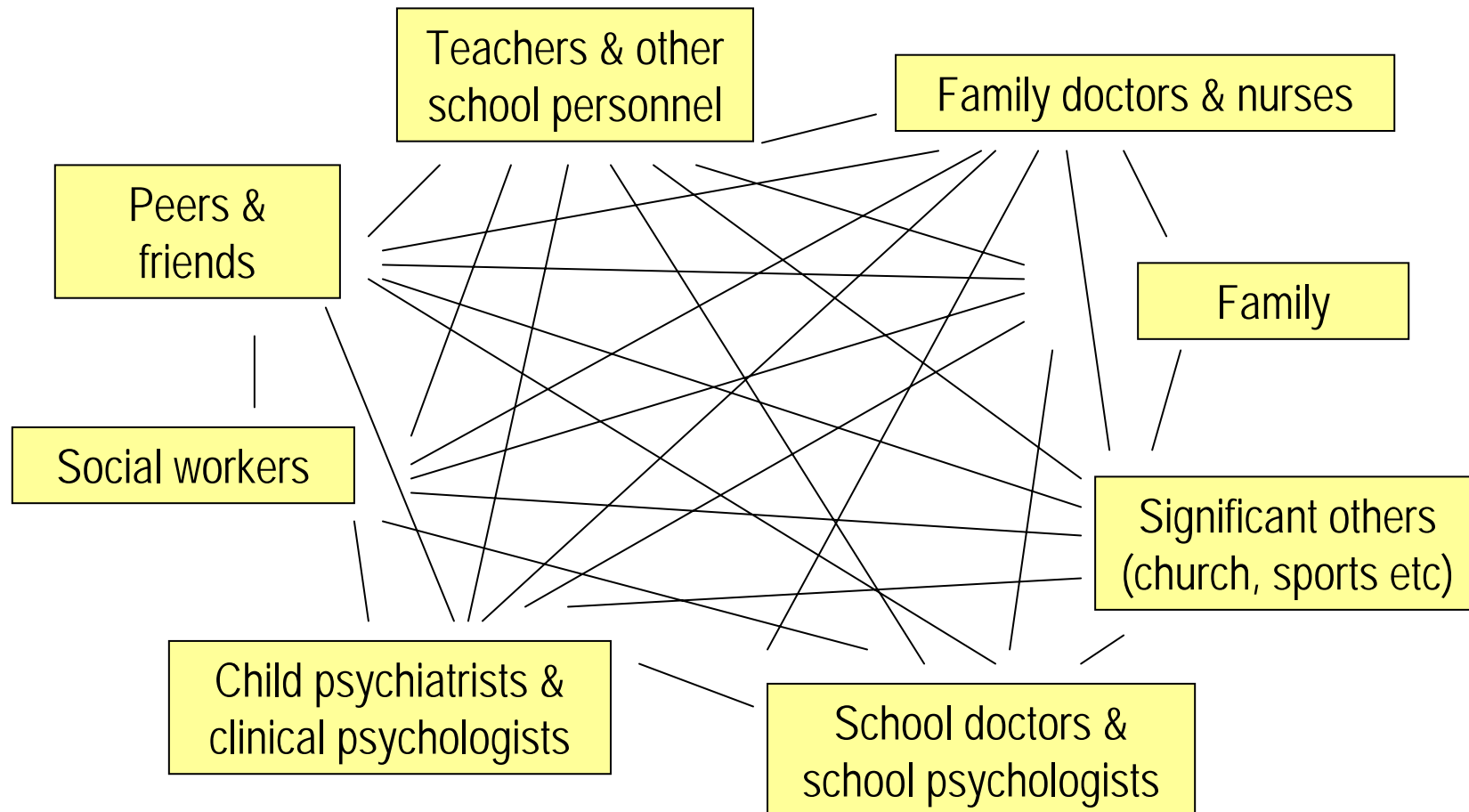
Mental health promotion and protection SCHOOLS

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Network supporting child's mental health



Why school?

- Young people go there almost every day and they spend there a good proportion of the day.
- Schools have a significant influence on the behaviour and development of all children and adolescents.
- Schools provide an efficient means of promoting the health, academic and emotional development of young people.
- Young people can be easily reached for implementing mental health promotion and protection programmes.



Definition

- Schools, educational settings for children and adolescents
- Educational systems within European community differ substantially
- ProMenPol context:
 - Educational settings include children and adolescents in formal education (from 5/6 years) on to university students
 - Preschoolers and kindergarten not included
- Limitations, ProMenPol do not target directly:
 - Family, home
 - Out of school and marginalized children & adolescents



GENERAL POLICY CONTEXT

Public health, Mental Health, Educational



SCHOOL ENVIRONMENT

physical, aesthetic, emotional

- Schoolhouse & classroom
- Leisure (library, sports hall etc)
- Equity
- Connectedness & coherence
- Traditions & customs

SOCIAL NETWORK

relationship

- School personnel
 - Recognition
 - Screening
 - Referral
 - Help
- Peers
 - Education → Awareness
- Parents
 - Communication & support
 - Education
 - Responsibility

INDIVIDUAL LEVEL

self-help, coping

- Awareness
- Stress management
- Raising self esteem
- Cognitive functioning
- Emotional regulation
- Social competence & skills
 - Problem-solving
 - Conflict resolution



OUTCOME INDICATORS

Academic achievement, drop-out, risk behaviour, suicidality (acts, plans, thoughts), MH problems, addiction (alco, drugs), bullying, distress, well-being, sense of mastery, optimism, social support etc

Conceptual task of school as a setting is to rise up mature citizens, who are aware of moral and ethical categories, lifespan, family life, problem solving and who are prepared to take responsibility concerning themselves, and also acting on micro- and macro level society.



Thank You!

'www.mentalhealthpromotion.net'

'www.suicidology.ee'

