



Mit psychischer Gesundheit
gute Schule entwickeln

The MindMatters Programme Developing good schools with mental health



MindMatters – A Resource for Primary- and Secondary schools

Prof. Dr. Peter Paulus, Center of Applied Health Sciences, Leuphana University Lüneburg, Germany;
National SHE-Coordinator



Agenda

- What is the Mind Matters Programme and how does it provide support to schools to improve school quality through the promotion of mental health? How does it involve the whole school community in mental health promotion?
- How does this programme encourage further action around mental health promotion, as a catalyst for improved educational outcomes and healthier schools?
- What is the impact of this programme on primary and secondary schools in Germany and how can this be multiplied and scaled across the EU?

What is the Mind Matters Programme and how does it provide support to schools to improve school quality through the promotion of mental health? How does it involve the whole school community in mental health promotion?

Background of MindMatters

MindMatters is a practice- and research based resource. It supports schools to improve school quality through promotion of mental health. It is based on the concept of the good healthy school.

MindMatters integrates the whole school (pupils, principals, teaching and non-teaching staff, parents and the community around the school). Some of the modules are directed to pupils from primary and lower secondary schools, others are for school staff only.

MindMatters originates from Australia. In a pilot phase it was adapted to German and Swiss schools. Evaluation results in Australia and Germany demonstrate positive effects.

Shift in perspective: MindMatters Germany

From the health promoting school to the Good Healthy School

- ▶ Originally a mental health promotion program within the tradition of the health promoting school
- ▶ Now mental health promotion is seen as a catalyst to improve education in general and health education in particular in schools
- ▶ Focus is on education and quality of schools and on effective schools

MindMatters: To develop a good school with mental health

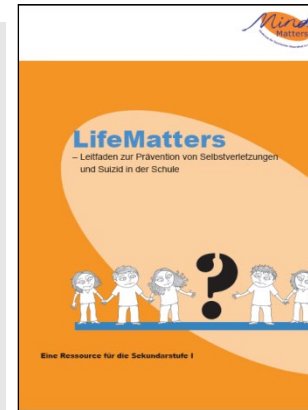
Join the world-wide „Good Health School Initiative“ and contact Maren Jennings:
jennings@leuphana-gmbh.de

MindMatters Secondary School Modules (Approx. 90 pp each)



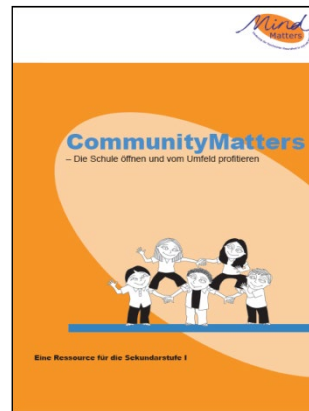
SchoolMatters –
Developing good
schools with mental
health

T, SS



Guidelines for
prevention of self-harm
and suicide in the
school

T,SS



Open up the school und
benefit from the
community setting

T, SS



Mobbing? Not in our
school– Prevention
strategies

Pu, T, SS, Pa

MindMatters Secondary School Modules (Approx. 90 pp each)



To cope with stress –
stay in balance –
Promoting resilience in
the school

Pu,



Coping with loss and
grief in the school

Pu



Find friends, stay with
them and be connected
– Promoting resilience
in the school

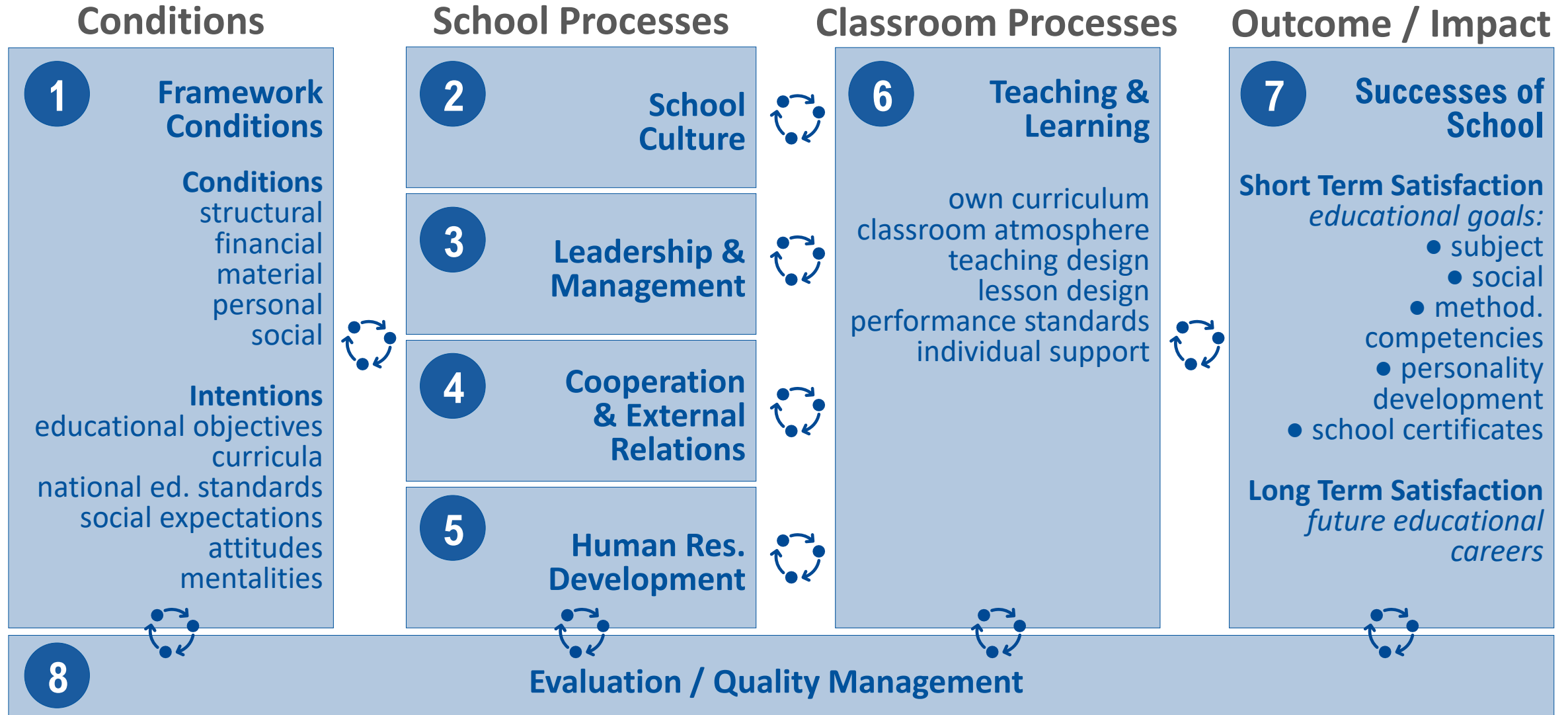
Pu, T, SS, Pa



Learning to understand
mental disorders in the
school

Pu

The Eight Dimensions of School Quality (Ditton & Müller 2015)



MindMatters and the good healthy school: Support the core business of schools

Quality dimensions of schools	Contribution of MindMatters, e.g.
Framework conditions	Integrating mental health into the school program Creating guidelines and intervention plans
School culture	Valueing diversity as a resource, promoting connectedness; Prevention of mobbing
Leadership and management	Support in coping with situations of crises
Cooperation and linking with external partners	Co-work of parents in the MM team Integration of external experts
Professionalisation of teaching staff	Getting knowledge and competences on how to promote mental health
Teaching and learning	Developing rules and regulations in a participatory approach Friendship building and feelings of connectedness
Results and successes	Competence to cope with stress Knowledge about mental disorders
Evaluation/ Quality management	Status-Quo analyses

How does this programme encourage further action around mental health promotion, as a catalyst for improved educational outcomes and healthier schools?

- MindMatters: translated, adapted, evaluated, analog / digital and free of charge for schools
- Accepted on contract bases by Ministries of Education as programme to be used in schools
- Health and Accident insurances are funders with long term investment planning; also distributing the programme by request of schools
- Target groups: pupils, teachers, head of schools, school social worker, school psychologists etc.
- Leuphana University Institute as partner who guarantees that the modules are evidence based
- National Programme Centre at Leuphana University and in each participating „Bundesland“ there are trained multipliers to support schools often in cooperation with in-service teacher training institutions or support institutions of the ministries of education; in progress of building up this structure

- From a time bound project to an enduring programme
- From reactivity to proactivity by developing a strategy for scaling up in Germany

- General aim for the 2022-2025: Further dissemination and implementation of MindMatters in primary and secondary schools in Germany in all „Bundesländer“. Each year up to 1200 schools already join in.

What is the impact of this programme on primary and secondary schools in Germany and how can this be multiplied and scaled across the EU?

- The program is requested by up to 1200 schools every year.
- We know from feedback from orders that schools find the program easy to use in schools, that it includes relevant topics and that it effectively supports schools in the quality development of their school.
- Evaluation results support these assessments.
- The evaluation of the whole-school approach appears to be difficult. In Germany, we have not yet reached the point where we can reliably map the quality of the holistic school (mental) health promotion or good healthy school interventions. For the primary school module, we expect evaluation results from an 18-month pilot project with over 30 elementary school in spring this year.

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Thank you!
peter.paulus@leuphana.de



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