

WHAT'S BEEN HAPPENING IN SCHOOLS?

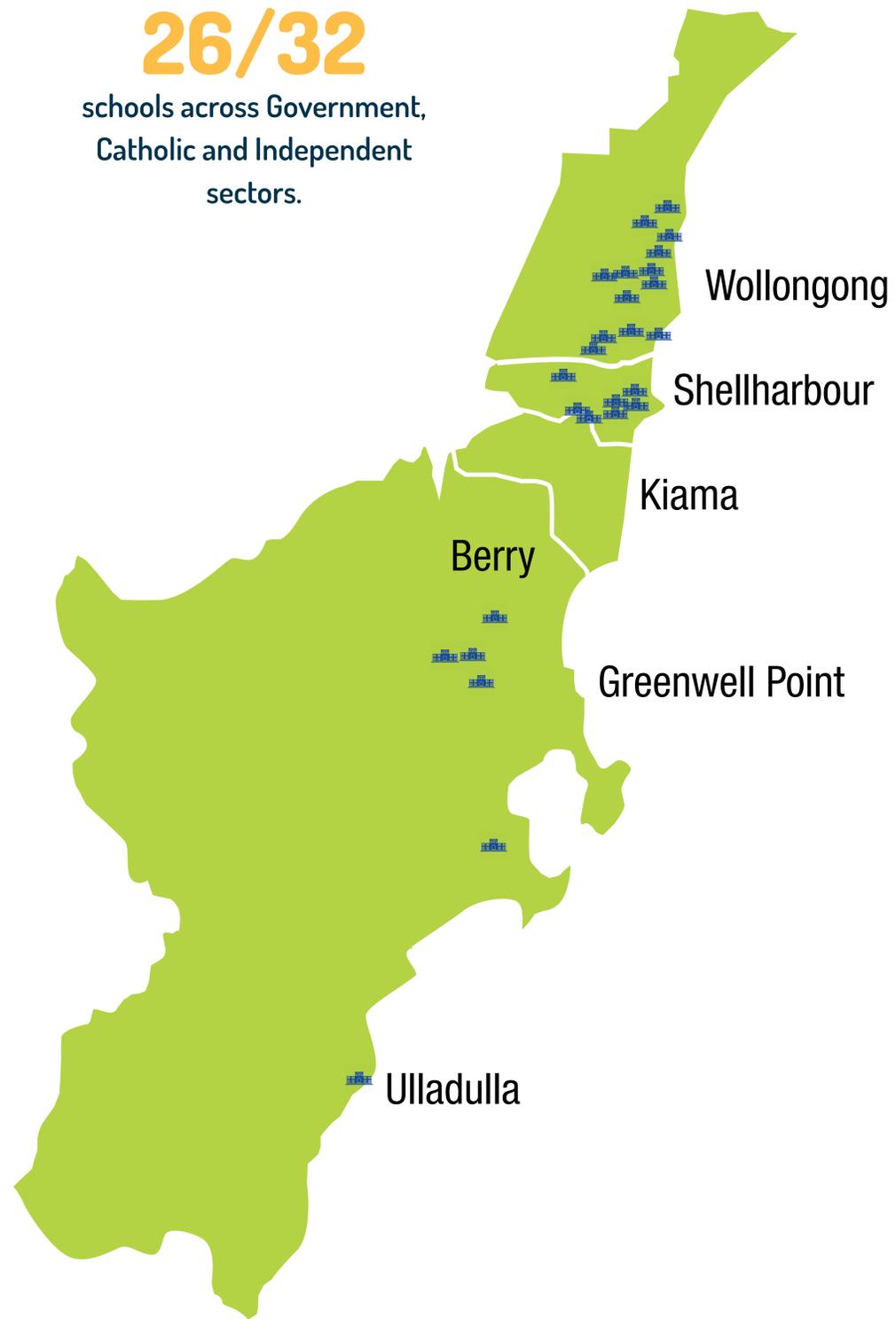
Youth Aware of Mental Health (YAM)



HOW MANY SCHOOLS DID YAM IN 2018?

26/32

schools across Government, Catholic and Independent sectors.



HOW MANY STUDENTS PARTICIPATED IN YAM?

3700+
STUDENTS



TRAINING FOR THE WHOLE SCHOOL COMMUNITY

455

QPR* online training licenses purchased for school staff and parents from 7 schools

95%

of Catholic and Public school counsellors with Advanced Training in Suicide Prevention



WHO DELIVERED YAM?

35

YAM Facilitators



95

YAM Helpers

*QPR = Question Persuade Refer

WHAT DID PEOPLE SAY?

About Youth Aware of Mental Health (YAM)



STUDENT



"I know we aren't meant to share personal stories but I just wanted to say after last week's role play I went home and spoke to my mum about how I felt every time I was about to leave to go visit my dad. I told her the words she said made me feel sad and I would feel stressed and upset before going and seeing him. I asked to consider my feelings and even though her and dad don't get along he is my dad and I love him. We ended up speaking for an hour, mum cried I cried and it was really good"

"For me the moment where I realised the power of the YAM program came during our second week of delivery. The students had started to role play a scene of a student getting support at school. The role play got a bit serious and during the debriefing afterwards students were able to identify where to get help within the school. The following week 4 students told me that they had gone to see one of those support staff and got help for them or a friend. For me this is YAM in action. Empowering youth to identify when support is needed and how to get it."

YAM FACILITATOR



SCHOOL COUNSELLOR



"I saw a Year 9 student whose best friend Betty* cut their wrists and tried to kill themselves. The student said that because of YAM they knew what to do. They connected Betty* with the school counsellor, who brought in the family. Betty* was diagnosed with depression and is now receiving therapy."

*not their real name

"If we're to reduce suicides, we need to keep doing programs like this."

YAM HELPER



WHAT DID STUDENTS SAY?

About Youth Aware of Mental Health (YAM)



YAM Facilitator:
Do you think we should be doing YAM with students?

Student:
“Absolutely”. “It’s so important”.
“If we don’t talk about it here, when else will we?”

What would you notice about someone who was in good mental health?

Student:
‘They would be living their life freely.’



“we’re not adults yet!, they always want to treat us like adults but we’re not yet... we are still kids and they need to remember to take care of us”

“I know we aren’t meant to share personal stories but I just wanted to say after last week’s role play I went home and spoke to my mum about how I felt every time I was about to leave to go visit my dad. I told her the words she said made me feel sad and I would feel stressed and upset before going and seeing him. I asked to consider my feelings and even though her and dad don’t get along he is my dad and I love him. We ended up speaking for an hour, mum cried I cried and it was really good”

YAM was a great program that allowed us to rethink how we treat others that may be having mental health issues, because of this program I believe I am now able to better listen to my friends that need help and devise ways that I can help my friends get better quickly.

WHAT DID SCHOOLS SAY?

About Youth Aware of Mental Health (YAM)



'Months after YAM was delivered at our school I asked the class what they remembered about it. A student pulled the YAM booklet out of his bag and stated that he brings it to school every day just in case he gets asked a tricky question about mental health or he has to help someone.'

- School staff

"(Students) love the open forum and the external facilitators creating an honest and informative learning environment; one that the students do not feel threatened in."

- Principal

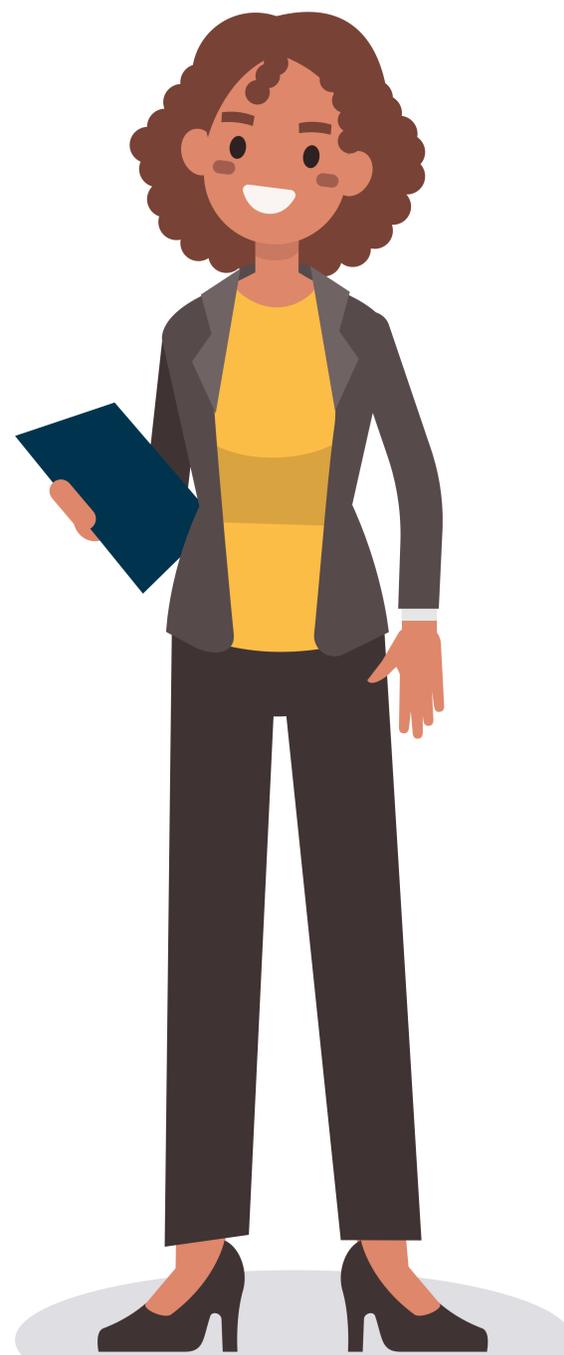
The week after YAM a Yr 9 student had made her first ever appointment to see the school counsellor to discuss a friend she was concerned about.

The student reported that participating in the YAM Program the week before had given her the knowledge and the confidence to make the appointment and try to help her friend.

"I saw a Year 9 student whose best friend Betty* cut their wrists and tried to kill themselves. The student said that because of YAM they knew what to do. They connected Betty* with the school counsellor, who brought in the family. Betty* was diagnosed with depression and is now receiving therapy."

- School Counsellor

*not their real name



WHAT DID YAM HELPERS SAY?

About Youth Aware of Mental Health (YAM)



"I feel this program is extremely important and only wish it was around in my school days and time of need"

"I really enjoyed the interaction with the students, even with those who disengaged from the program"

"I enjoyed hearing students discussions about the MH issues, enjoyed their creative role plays, and knowing we were helping them think about important wellbeing issues"

"Students get a better understanding of when and how to help each other and the support options available"

"(I enjoyed) Engaging with young people of diverse backgrounds and different needs. Raising awareness of suicide and mental health problems associated with suicide"



"If we're to reduce suicides, we need to keep doing programs like this"

"Programs like YAM benefit our young people"

"The students were responsive, the facilitator had a lot of experience and knowledge... I think it is a great early intervention initiative"

"It's such a fulfilling and rewarding experience and I really like that this entire program has such a strong evidence base!"

WHAT DID YAM FACILITATORS SAY?

About Youth Aware of Mental Health (YAM)



“YAM gives students the freedom to talk about issues they would normally avoid”

“YAM provides hope for students”

“YAM is a shaft of light for students in a dark world”

“When students say “Thank you” as they walk out the door, you know the program is working”

“After teaching year 9 students for close to 40 years I believe YAM is connecting with students. After (the) last closing session at all 6 schools I’ve delivered so far, at least 90% of students say ‘thanks’, ‘we needed that’ or just give me a smile or nod... From year 9 students that is a WIN!”

“YAM moment that warmed my heart and showed how much young people want to support each other was during a role play when a male student was trying to support another male student who was distressed. They were talking about how he was feeling when he got up, stood behind the student who was distressed and asked “How can I help you?” while rubbing his back. Beautiful!”



“For me the moment where I realised the power of the YAM program came during our second week of delivery. The students had started to role play a scene of a student getting support at school. The role play got a bit serious and during the debriefing afterwards students were able to identify where to get help within the school. The following week 4 students told me that they had gone to see one of those support staff and got help for them or a friend. For me this is YAM in action. Empowering youth to identify when support is needed and how to get it.”

“Loved seeing and hearing how much students wanted to help and support friends who are doing it tough. Challenges how they can sometimes be portrayed and showed their compassion and determination to look after each other.”