

**MIND MATTERS PLUS AGCA PROGRAMS ACTIVITY REPORT AS AT****Lavalla Catholic College – Vic****Objectives: (commonwealth requirements)**

- Information gained from the MM Plus initiative is widely disseminated at national, state and local levels and within the three education sectors to increase the number of MindMatters Plus schools and promote the initiative as “ best practice” approach for supporting students with high support needs in mental health.
- Stronger partnerships are developed between schools, AGCA and APAPDC and organisations and activities which support greater youth participation in mental health promotion in secondary schools such as AICAFMHA
- Current and useful Information about mental health intervention strategies and programs and good practice in application is available on the internet.
- A sustainable plan for universal and targeted mental health promotion and suicide prevention is developed by each demonstration school with support from APAPDC and AGCA
- Elements of MindMatters Plus good practice are embedded into school policies, practices and structures, learning and curriculum areas and their broader community partnerships to ensure sustainability.
- All students with high support needs in mental health have access to timely and accessible support within schools including appropriate referral pathways to service providers

**Brief Project description and target groups:**

Lavalla Catholic College, situated in rural Victoria, on three separate campus, with a population of approximately 1,500 students, of whom less than 1% are of indigenous, with a significant proportion of second and third generation families of Italian and Dutch heritage, seeks to:

- build resilience and help-seeking skills
- strengthen student voice and leadership
- promote value of diversity in school culture
- build respectful relationships and partnerships between staff, students, parents

based on a foundation of pastoral care using Mindmatters as curriculum guide

and utilizing:

- [Heart Masters](#) for all year 8 students
- [FRIENDS](#) , Seasons for Growth and ACE , for selected students year 7-9
- mentoring programs with SRC at the senior level
- peer support program ( buddies) for all students at the middle school campus
- SRC camps, conferences, workshops

**Intended Project Outcomes:**

- All students have developed a sense of belonging and connectedness to peers, teachers, school and wider community and family.
- All students are supported to believe in their own ability to cope and deal with the demands of everyday living
- All students are encouraged to develop help seeking strategies
- Students, staff and parents have built respectful, supportive, compassionate and trusting relationships between each other

**Sustainability plan**

*The pastoral care program is embedded in curriculum structure and school ethos. The program is implemented and understood by all teachers at the school. Teachers are provided with training, resources and lesson plans. Positions such as pastoral care coordinator have been created to support implementation. The Mindmatters core team continues to develop and adjust the pastoral care program according to student needs. Heartmasters is a fundamental part of year 8 curriculum and other programs are used for selected groups of students. This will continue as part of the school support program. (the pastoral care curriculum matrix is attached)*

<b>Significant Milestones (dated)</b>	<b>Deliverables Achieved Against Each Milestone ( include quantitative data)</b>
Universal Mental health promotion strategy in place for staff and students through pastoral care policy and practice  Level 1, WHO; organisational ethos	<ol style="list-style-type: none"> <li>1. Universal mind matters training provided to all staff ( Dec 2002)</li> <li>2. Strategies to strengthen pastoral care program such as co-facilitators, role of pastoral care coordinator, middle school programs identified, all staff trained in protective behaviours (Dec 2002)</li> <li>3. All staff participate in MMplus training ( Dec 2003)</li> <li>4. Local schools staff and parents have access to MMplus training, using Michael Fuller(2003)</li> <li>5. Year 10-12 mentoring programs introduced (2003)</li> <li>6. Time tabling structure re-organised to allow bigger blocks of time for pastoral care (2003)</li> <li>7. Health promotion strategy reviewed annually or as needs arise</li> </ol>
Transition support middle and senior years  Level 1, WHO; Organisational ethos	<ol style="list-style-type: none"> <li>1. Potential targeted incoming Year 7 students from year 6, 2003 cohort nominated by teachers and support staff ( Feb 2004) for additional assistance</li> <li>2. EXPO held annually for years 5,6 students from La Trobe Valley Catholic schools as part of induction to secondary school and students at higher levels attend business and careers expo annually.</li> </ol>
Strategy to embed student well being within curriculum  Level 2, WHO; curriculum, teaching and learning	<ol style="list-style-type: none"> <li>1. 'Mind Matters' and 'Community Matters' material integrated in curriculum and on school webpage N=approximately 900 students years 7-10 (2003,04,05)</li> <li>2. Development of curriculum units based on Emotional Intelligence and Resilience (2003,04,05)</li> <li>3. Focus on increasing student engagement through innovative/effective teaching and positive classrooms (2003,04,05)</li> </ol>

<p>Target programs implemented on an ongoing basis</p> <p>Level 3, WHO; curriculum, teaching and learning</p>	<ol style="list-style-type: none"> <li>1. Programs are selected ( by March, 2003)</li> <li>2. <b>Seasons for Growth</b> implemented with selected year 7-9 students ( 2003) N= 6 students, N= 1 staff</li> <li>3. <b>ACE</b> training by counsellor N= 1 staff</li> <li>4. <b>Friends for Youth</b> implemented with year 9 students (2004) N= 7 students, N= 1 staff</li> <li>5. <b>Seasons for Growth</b> implemented with selected year 7-9 students ( 2004) N= 7 students, N= 1 staff</li> <li>6. The <b>HeartMasters</b> implemented with all year 8 students ( 2004) N= 270 students</li> <li>7. The <b>HeartMasters</b> implemented with all year 8 students ( 2005) N= 270 students</li> </ol>
<p>Develop referral pathways with Central West Gippsland DGP</p> <p>Level 4, WHO; partnerships and services</p>	<ol style="list-style-type: none"> <li>1. Liaison between school and local DGP (2003)</li> <li>2. Doctors linked to school (2003) N= 5 ( met and ran sessions for all year 7 students N=250</li> <li>3. Referral pathway agreed between school and division doctors (2004)</li> <li>4. Promotional material and joint school/DGP information sessions to parents (2004) N= 60 parents</li> <li>5. Students referred to GP's N= 10 students (2004)</li> <li>6. Students referred to GP's N= 10 students (2005)</li> </ol>

**Emerging themes for stories:**

Arts Billabong – art therapy program

Expo to the whole school community

Buddy system – year 8 trained in preparation for year 9 help year 7's – relationship building to support learning