

Health Promotion stand

Promoting Mental Health and Well-being in children



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BE HAPPY - FEEL HEALTHY



HEALTH PROMOTION



What is Health Promotion?

- According to the WHO (2023) it is the process of enabling people to increase control and improve health.
- (WHO, 2023) defines health as a state of physical, mental, and social wellbeing, not the absence of disease.
- Catford (2011) explains how the 1986 International Conference lead to the Ottawa Charter, which is widely followed today.
- Ottawa Charter: 5 step model.
- Building healthy policies: seatbelts-smoking restrictions.
- Creating supportive environments: healthy work environments & learning spaces.
- Strengthening communities: healthy ideals & community support.
- Reorientating health services: holistic approach followed by health practitioners.
- Developing personal skills: supporting personal and social development, providing information, education and enhancing good habits and life skills.
- Strategies = Advocating, policy support – Mediating, making it a process – Enabling, activating partnership and empowerment

Education Approach



The education approach is closely linked with the behaviour change approach. Tones & Tilford (2001) Quinn (2000) Naidoo & Wills (2016) all agree that using the education approach to health promotion can:

- Deliver information to support children - informed choices about positive health behaviours.
- Offers activities to improve health and wellbeing
- Provides strategies to build resilience to improve lifestyle and actions

Education approach of health promotion, promotes positive health and wellbeing:

- healthy nutritional diet
- importance of exercise
- understanding of emotions
- building resilience to improve lasting healthier habits & outcomes

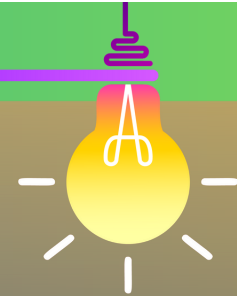


Cwtch approach

What is a Cwtch Approach?

A Cwtch approach (Nurture room) provides support to a child by promoting behaviours through mentorship and supporting the child's psychological, social and emotional wellbeing. This is because the Nurture room provides freedom for thoughts and feelings through initiative techniques for individuals to express themselves.

A nurture room helps provide support around social emotional and behavioural issues.
(Binnie and Allan, 2018)



Children from unhealthy functioning families have a higher rate of having mental health issues. Green states, In the last 3 years this has increased by 50%. (Green, 2015)

DID YOU KNOW ?

Previous Provisions

Mental health in the 1960's were seen as having psychotic disorder (Rabkin, 1974). People seen to have disabilities or mental health issue were put into mental health hospitals.

A decade later In 1970 Nurture group were put into place to help children with social and emotional behavioural issues (Binnie and Allan, 2008)

Current Support

What help is out there for children with mental health issues ?

- Doctors
- CYPMHS within the NHS
- School teachers
- Early Help (GOV Scheme)

The Demand

In a classroom of 30 children, 5 are likely to have a mental health condition.

Specialist services are becoming overstretched and young people are often refused due to a high demand and are joined on a long waiting list. (Worlper, 2012)

Activity time - Worry monster

There are many different types of childhood fears, some that have a detrimental factor on children's wellbeing and may affect their learning (Swan et al, 2016). The worry monster is designed to help children acknowledge and express their feelings, helping them let go of anxiety and worries. Baird (2023) states that worries come from faulty thinking, tricking our brains to imagine that something bad will happen. Cognitive behavioural therapy has been introduced into schools with a worry monster. This treatment has been effective to decrease anxiety. (Carroll, 2013).

How does a worry monster work?

Children can express how they are feeling by writing down or drawing an image to feed to the worry monster. The worry monster will eat this worry. This can later be discussed with a teacher, but the worry monster keeps it forever.

Aim: To educate children how to understand low and high wellbeing and that support is available if needed, this links in with the educational approach.



Biopsychosocial model

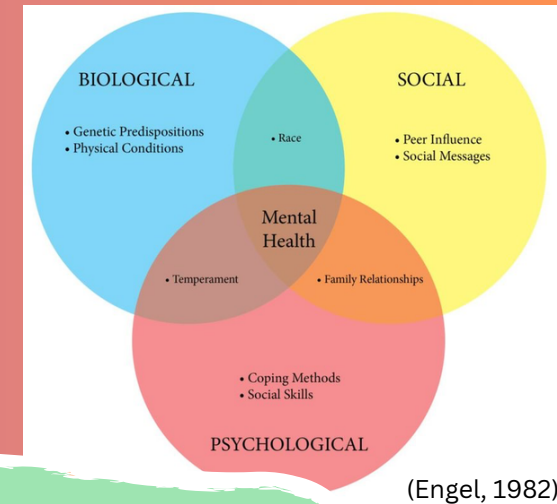
Three core systems

- **Biological**
Physical health and genetics

- **Psychological**
Thoughts feelings / self esteem

- **Social**
social interactions, culture, religion, beliefs

- The Biopsychosocial model was conceptualised through George Engel. Proposing an individual's medical condition it is not only the biological factors but also the psychological and social factors (Engel, 1977).
- Such model, allows to look into the three intertwined systems surrounding mental health. One system can cause a positive or negative affect on another.



Using the Social Learning Theory in Health Promotion

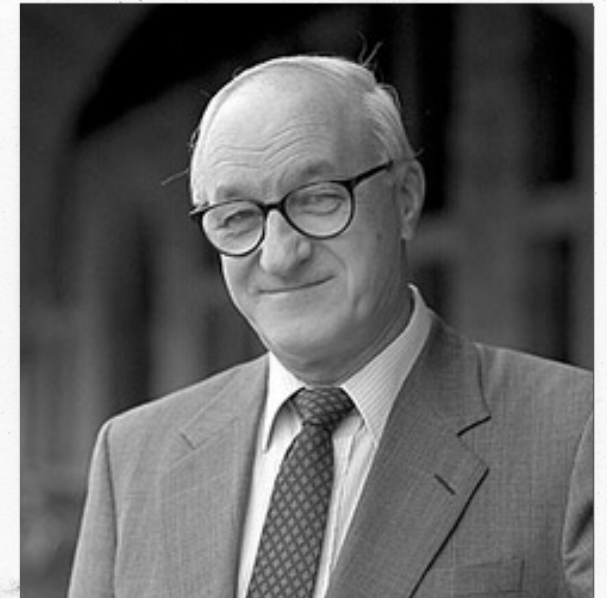
20th century Canadian behavioural psychologist Albert Bandura created the Social Learning Theory:

- 1961 Bobo the doll experiment: witnessing behaviours of children after observing other people's social interactions in different environments.

Bandura explained that through:

- Observational learning – positive role modelling, children learn
- Intrinsic reinforcement – concerns your own motivation
- Learning occurs through observation, imitation and copying others behaviours and habits.
- Does not always work – but positive reinforcement can aid outcomes and behaviours

(Bandura, 2004)



Albert Bandura

(Bandura, 1961)



Advantages Disadvantages and recommendation

Vranda (2015) explains that using NIMHANS model can facilitate distinguishing outcomes in health and wellbeing behaviours:

Advantages

- Positive habits to lifestyle
- Promotes encouraging strategies
- Can support healthier outcomes



Disadvantages

- May not change behaviours or habits
- Different environments might enable poor habits

Recommendations:

- Local authority policies
- Staff training
- Healthier practices in schools

**THANK YOU FOR
LISTENING**



ANY QUESTIONS??



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