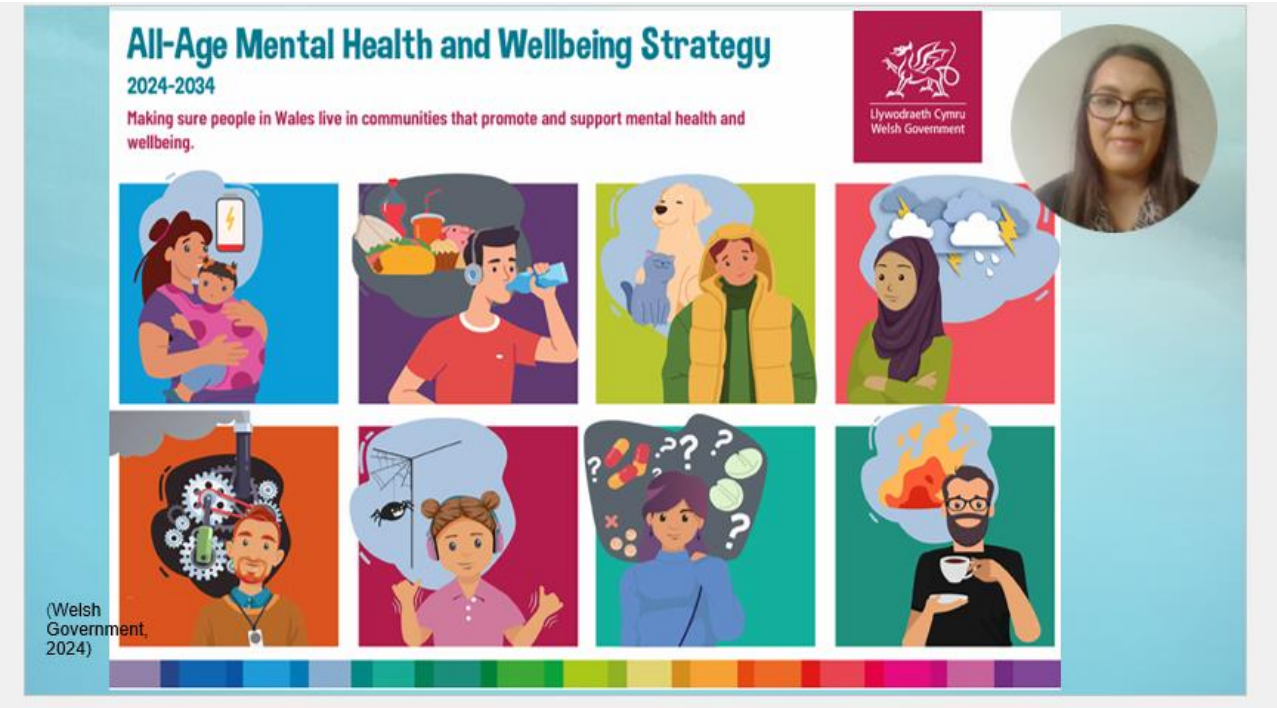
Group Video Presentation Choose one of the 'Wicked problems' from the module and develop a Pecha Kucha style video pitch presenting a solution to alleviate your chosen problem in an educational context

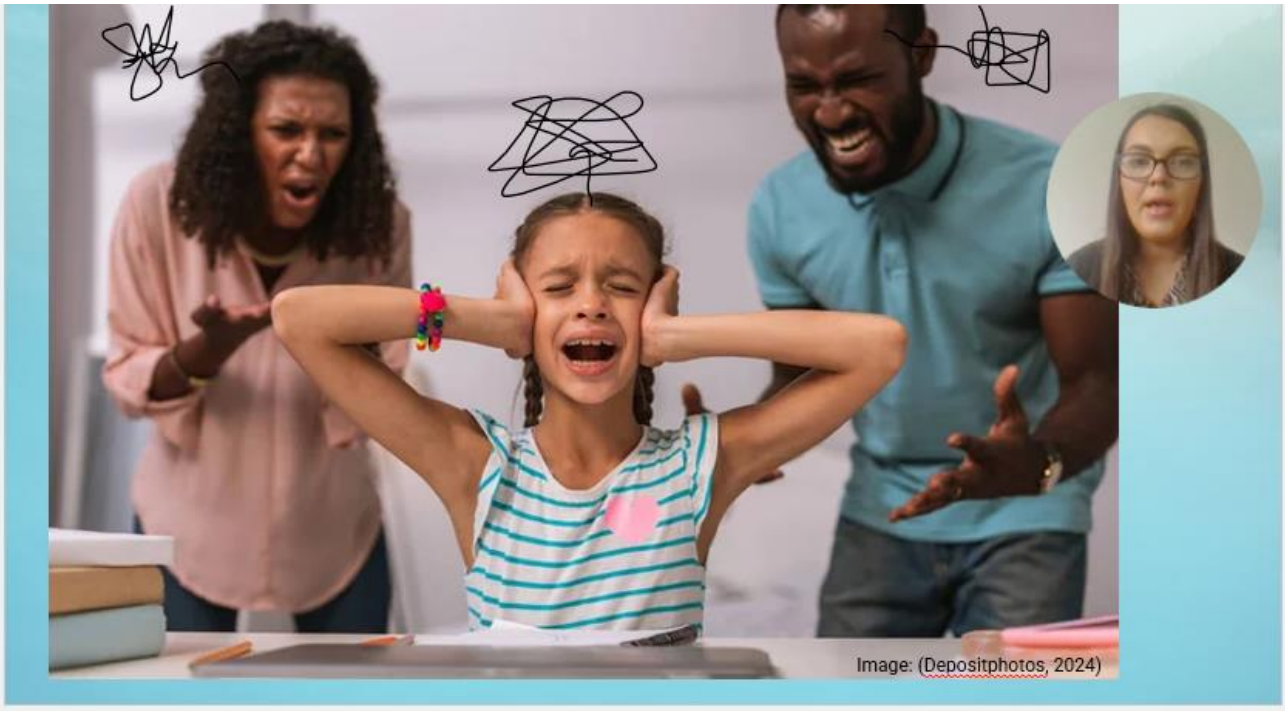
Link to Presentation: https://youtu.be/v9RZ23mgDPU

Slide 1



Slide 2

Slide 3



Slide 4

Slide 5

Slide 6

Transcript for Presentation

Slide1

Emphasising the current mental health crisis, the mental health and well-being strategy (Welsh Government, 2024) a decade later highlights the importance of prevention, early intervention and support to battle stigma, build resilience, and increase knowledge using a trauma-informed whole-sector approach. Fundamental is supporting the Global Goals (United Nations, 2015) and UNCRC Rights (UNCIEF, 2022) of building a compassionate society with a dedication to justice and equality, where individuals are listened to and taken seriously. A 2015 study (Ahad, Gonzalez and Junquera, 2023) suggested that community-based mental health initiatives could enhance outcomes and lower stigma, hence creating a collective duty to us all.

Slide 2

Dangerous, Unfriendly, Attention-seeking, Compose yourself (MIND, 2024). How many times have you thought these things? Research indicates that stigma and biases prevent young individuals with mental health problems from seeking help. Sixty-eight percent of people hide their mental health to avoid addressing it (Time to change Wales, 2024), and nine out of ten encounter discrimination (Time to Change Wales Attitudes towards Mental Illness Wales 2024 Evaluation Report Opinion Research Services, 2024). Bullying rose six percent in Wales from 2021 (Public Health Wales, 2024), with twenty seven percent fewer people desiring to be friends with someone struggling with mental health Misconceptions about mental health are revealed by the forty

eight percent of people who think it is a taboo subject (Time to change Wales, 2024).

Slide 3

A recent poll found seventy seven percent of teachers suffer from poor mental health due to stress, challenging behaviour and a feeling of incompetence as contributing factors (Education Support, 2024; Hall and Webster, 2023).. Many using behaviourist approaches expose those with ACES to further rejection and shame (CYPMHC, 2023). Seventy eight percent of students feel school make their mental health worse (NIESR, 2025).. A recent study where one hundred children were told they had ADHD by school, only three were correctly diagnosed, others exhibited trauma (Stevens, 2014). Bennet's (2017 as cited in Rainer, Le and Abdinasir, 2023, p. 13) behaviour management review proposed there was a 'national problem with behaviour', but it could be argued there is a national problem of traumatized individuals lacking an emotionally available adult to speak to.

Slide 4

A staggering 910,567 referrals were made to CAMHS in 2023/24 (YoungMinds, 2023) nineteen percent up from 2021, but according to a Youngminds (2023) survey fifty two percent are waiting over a year for mental health support, with over 171,000 referrals being closed without accessing it! Young people are waiting on average 392 days after referral to get the help they desperately need (YoungMinds, 2023). Local Charity Mind report up to 7500 adults are still

waiting for talking therapies each month in Wales (MIND, 2024) This is a clear indication for the growing need of mental health services in our community.

Slide 5

Poor mental health is costing the Welsh economy £4.8 billion annually (ITV News, 2022), with mental health being the NHS's largest expenditure (Welsh Government, 2024). The top medical admission is due to self-harm, also the strongest factor to suicide, tragically claiming almost 350 lives a year in Wales (Government, 2024). Additionally, one in four PIP reward payments are due to depression, making it a primary condition for those economically inactive (MIND, 2024). Imagine a scenario where we can invest in a solution to not only enhance well-being but reduce costs and increase a workforce of happy ethical citizens.

Slide 6

Mental health has made significant strides in the last century but there is still an incredible journey ahead. It's time to liberate the future of mental health and embrace the *"Justice of Recognition",* reshaping our social dynamics (Arshad, Wrigley and Pratt, 2019, p. 24). According to research empathetic conversation can strengthen and rewire the brain structure (Ans, 2024). Now is the moment to start talking and break the cycle of mental health challenges that can ensnare families for generations. So how can we take this forward?

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