

Mental Health and Psychosocial Support (MHPSS) in schools:

MY MENTAL HEALTH programmes



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Team overview

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Graphic - Filip Menšl

Basic information - Ukrainian students in Czech schools



Ukrainians are the largest group of foreigners in the Czech education system



22 %

of Ukrainian children in the ages of 3 and more don't know how to speak Czech

43 %

know only some words and basic sentences



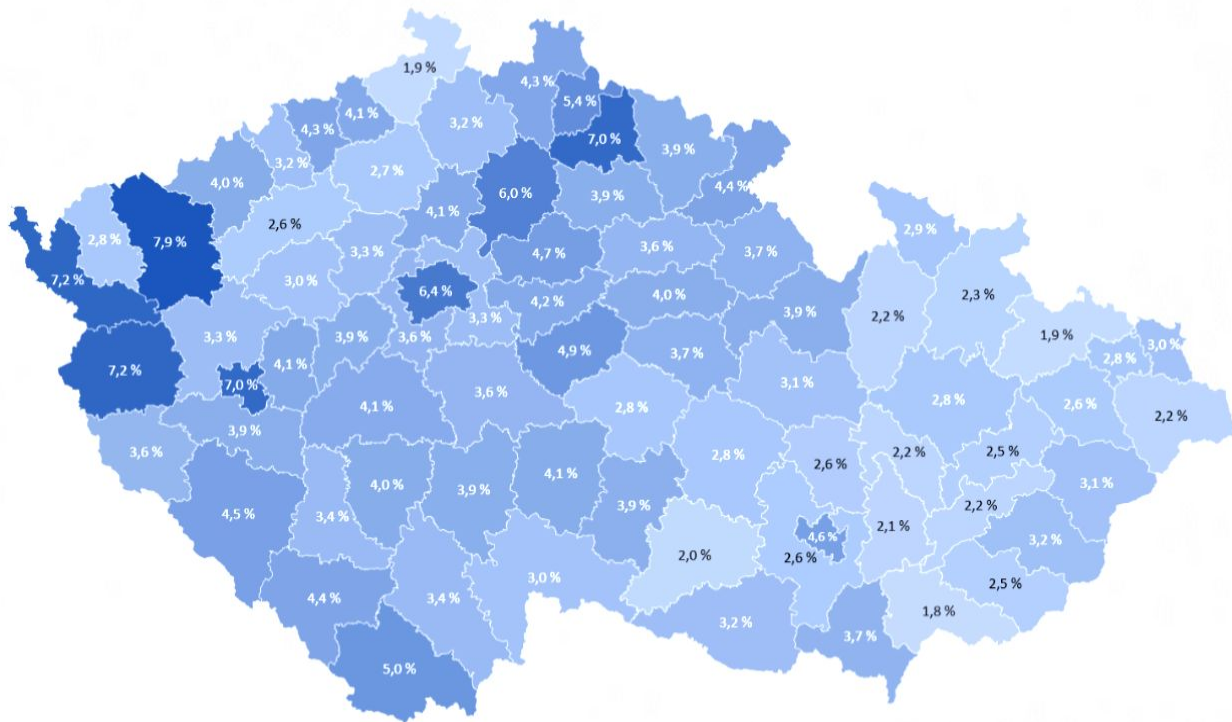
39 415

Ukrainian children were enrolled newly into Czech schools as a result of the war...



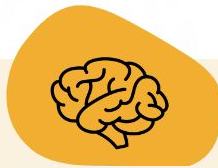
...but very few Ukrainian children participate in leisure activities after school

Share of Ukrainian students in Czech schools



Ukrainian families perspective

Factors that have an impact on learning, integration and mental health of Ukrainian children



Mental health stigma



Separation from family



Traumatic experiences, loss, endangerment



Uncertainty, if and when they will return to Ukraine

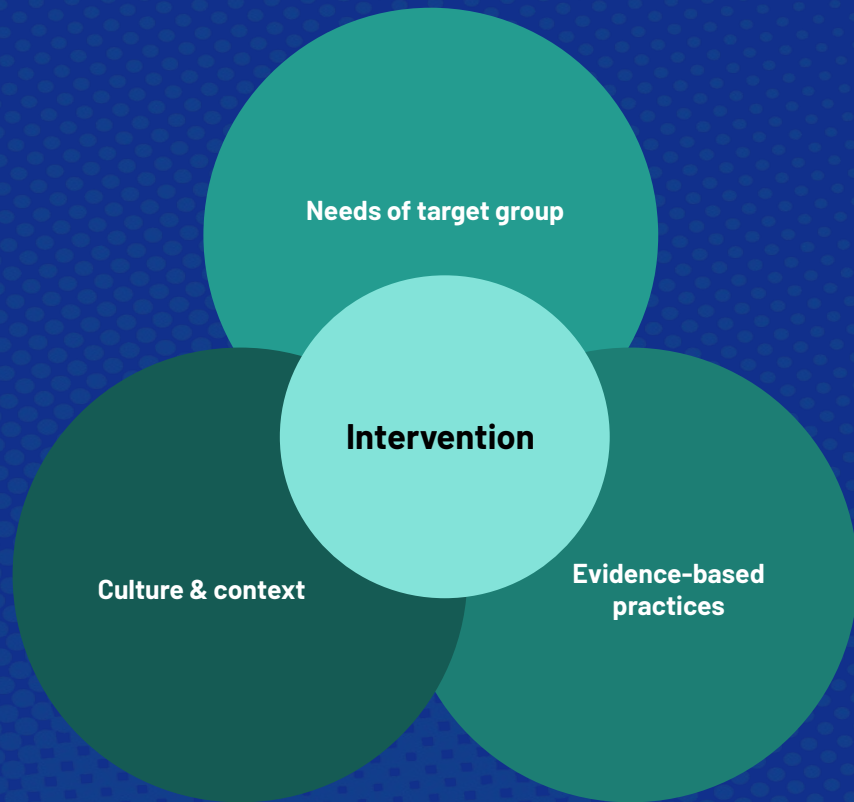


Double education of Ukrainian children - overload



Disruption of friendships

Programme development



Key needs and priorities

Teachers:

- understanding of social determinants of mental health
- recognising trauma and stress in self and students
- coping with personal trauma & burnout prevention / self-care
- learning skills via scenarios (problem-solving in class & appropriate help-seeking / referral pathways)
- how to communicate and navigate conversations about trauma with families

Key needs and priorities

Ukrainian students:

- Lack of motivation, not wanting to go to school or be friends with Czechs
- Isolation – difficult when there is no other Ukrainian
- Communication problems due to language barrier
- Misunderstanding of how a new student should be treated
- Prejudices from other students
- Having no one to turn to when feeling sad

When asked 'what would help...'

- Desiring more motivation and support from teachers instead of being too strict
- Sharing war experience not desired
- Help with integration
 - Realising that UA & CZ have common values - culture, family, history
 - An opportunity to start living "from scratch"
 - Help with communication barriers

Our programmes

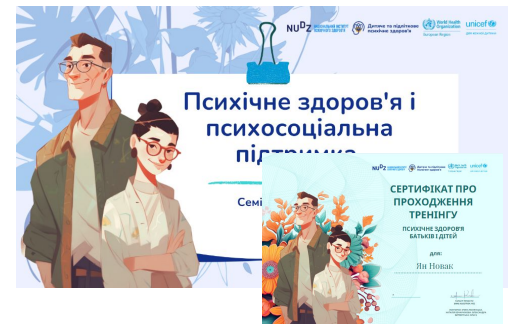


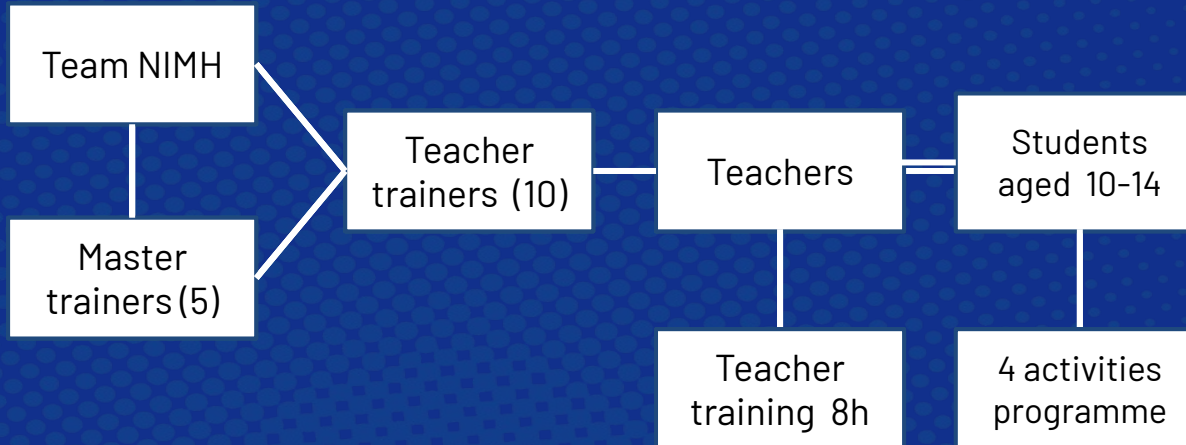
Teacher training

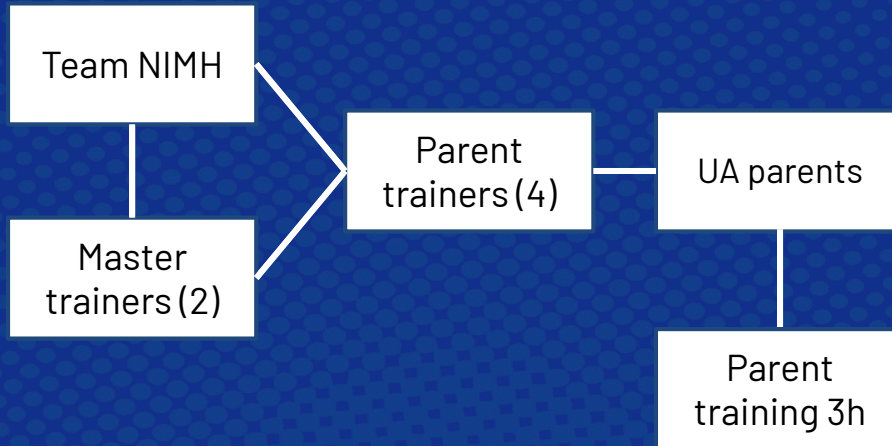
- Teacher first
- Mental health literacy
- Nervous system and stress
- Coping with challenging situations and resilience
- Seeking help
- Classroom interventions

Parent training (UA)

- Mental literacy
- Traumatic experiences
- Family and resilience
- Self care and seeking help







Project Overview

Teacher trainings

- 38 trainings + 7 online trainings
- 652 / 600 teachers trained
- 170 / 90 schools reached

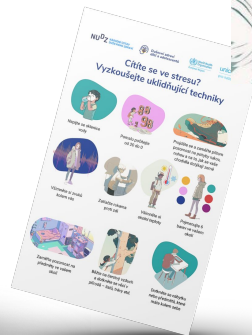
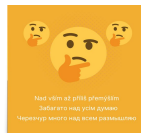
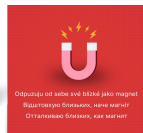
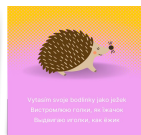
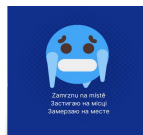
Parent trainings

- 13 trainings
- 201 / 200 parents trained

Children and adolescents

- 70,469 / 70,000 accessing MHPSS in their schools via a trained teacher
 - Original target: 20,000
- 7,082 / 5,000 participating in structured classroom interventions
 - Original target: 3,000

Teacher training



Teacher training content

Teacher well-being and self-care	Life as a teacher Health and self-care Limits in the classroom and where to find support
Mental health literacy	Mental health compass Social and emotional development of children and adolescents
Autonomic nervous system and stress	The brain and nervous system Manifestations of stress Regulation of the nervous system
Coping with stress and building resilience	Defining resilience Finding your 'Ok zone' Coping mechanisms for stress
Stigma and help-seeking	Case studies for help-seeking Resources for MHPSS and crisis interventions

Classroom interventions

4 main activities to be implemented

- 1) Empathy building
- 2) Autonomic nervous system and stress
- 3) Coping with stress
- 4) Stigma reduction and help-seeking

Additional educational child friendly materials on mental health related topics:

What is mental health

When to ask for help

Child and adolescent mental health
resources

Self-harm

Suicide

Acts of kindness

Grounding technique

How to talk to peers about
mental health

Hormones infographics

What are emotions

How to face strong emotions

Sleep hygiene

Self-esteem

Autonomic Nervous System

How we react to trauma

How to communicate with parents

What is trauma

Help-seeking checklist for children

Panic attacks

Grief and loss

Inside my brain

[Contact video](#)



Feedback from children

"It was a wonderful project, which I also found interesting in the fact that these are things that really concern us."

"The brochures we received are absolutely amazing."

"I really liked it. I think it's important to talk about mental health and I'm glad that our school got involved."

Feedback from teachers

Most of the participants were teachers, but school psychologists, prevention methodologists, special pedagogues and assistant pedagogues (in this case mostly from Ukraine) also came to the training.

78% of participants rated the overall training 5 stars

80% would definitely recommend the training to a colleague

When looking at the difference in knowledge scores before and after the training, participants report that they feel more confident in teaching about mental health and providing the right support to their students when it comes to their mental health.

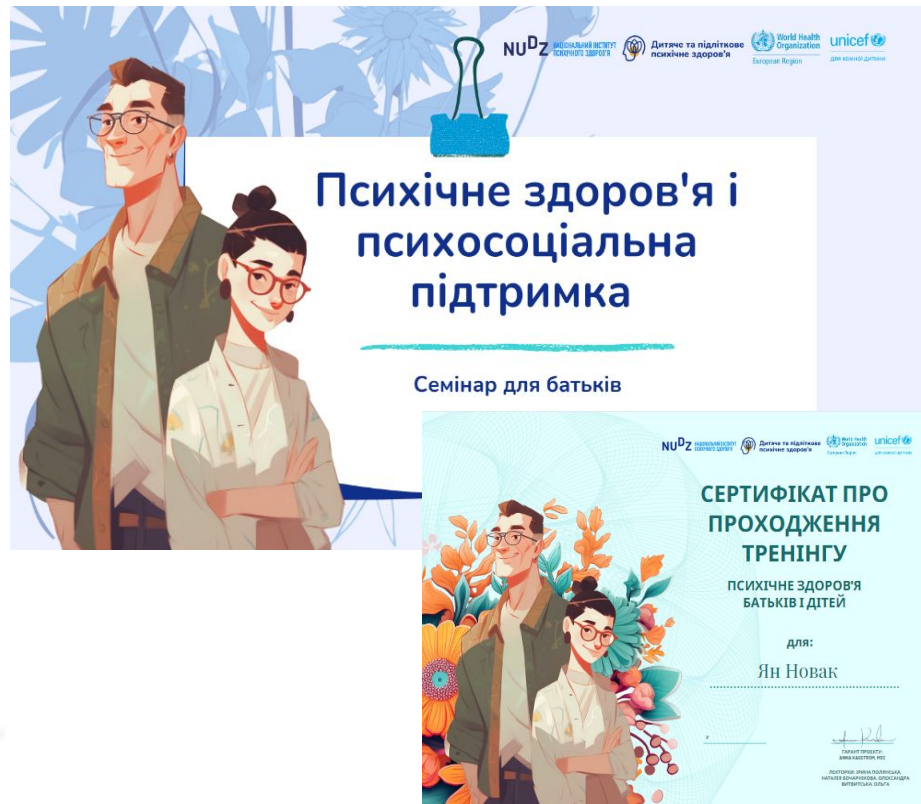
Feedback from teachers

"I highlight the topic and the processing of the materials, plus the very beneficial transfer of information from the lecturers, thank you." - teacher, Litvínov-Janov

"I like combining theory and activities. I would like another such training for entire teaching staff as part of team building (just an example), when the training is also practical and could open the eyes of pedagogues who are sceptical about these topics." - teacher, Brno

"I give praise for a comprehensive program that can help many children navigate what they are experiencing and how they can help themselves" - school psychologist, Brno

Ukrainian parent training



Parent training content

Introduction to mental health	Introduction to mental health - risk and protective factors for mental health Understanding your child and yourself better - what is the link between thoughts, behaviors, actions, body
Physiology of trauma	How our brains respond to traumatic experiences Behavioural reactions to trauma Chronic/acute stress reactions in children Self-harm, behavioural regression & why this happens?
Coping with stress/traumas	Building resilient families through routines and lifestyle What is supportive parenting How to respond to these changes (case studies activity) Tools/practical activity for guiding children and adolescents through adversity and stress Children learn most through example - modeling healthy coping
Self-care	Why self-care? What you can do for yourself? Mindfulness-based techniques and sleep Where to seek help?

Feedback from parents

“I really enjoyed the training. I learned how to help my child and myself. Thank you for organizing free time for the children.”

“Interesting and understandable training. Good tips for family communication and the need to take care of yourself.”



What we do

Child and adolescent mental health research

Let's talk about children's mental health!



Чим ми займаємося

Дослідження психічного здоров'я дітей та підлітків

Поговоримо про психічне здоров'я дітей!

У Національному інституті психічного здоров'я ми працюємо над кількома проектами, які допомагають надавати вичерпну інформацію та науково обґрунтовані результати.

На цих сторінках ви знайдете інформацію про проекти, а також різноманітні матеріали, висновки та цікавинки, пов'язані з психічним здоров'ям дітей та підлітків.

Матеріали, призначені для дітей та дорослих, можна використовувати у викладанні, як натхнення для роботи чи саморозвитку або як перевірене джерело інформації про психічне здоров'я дітей та підлітків.

А ви знали, що...?

www.dzda.cz

Thank you!

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