



HandsOnScotland

Wellbeing on the Web

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Why?



Mental health should be mainstreamed within children's services.

SNAP report, PHIS, 2003

The workforce is seeking information on troubling behaviours

They want practical advice about how to deal with these behaviours.

Only Connect, 2006 (Part of SNAP process)

What is it?



- A website
- A range of descriptions & practical tools
- What to do and what not to do
- Not about diagnosis
- Reassurance about existing skills
- Confidence-building
- When to ask for further support

Who for?



Frontline workers with no specific mental health experience:

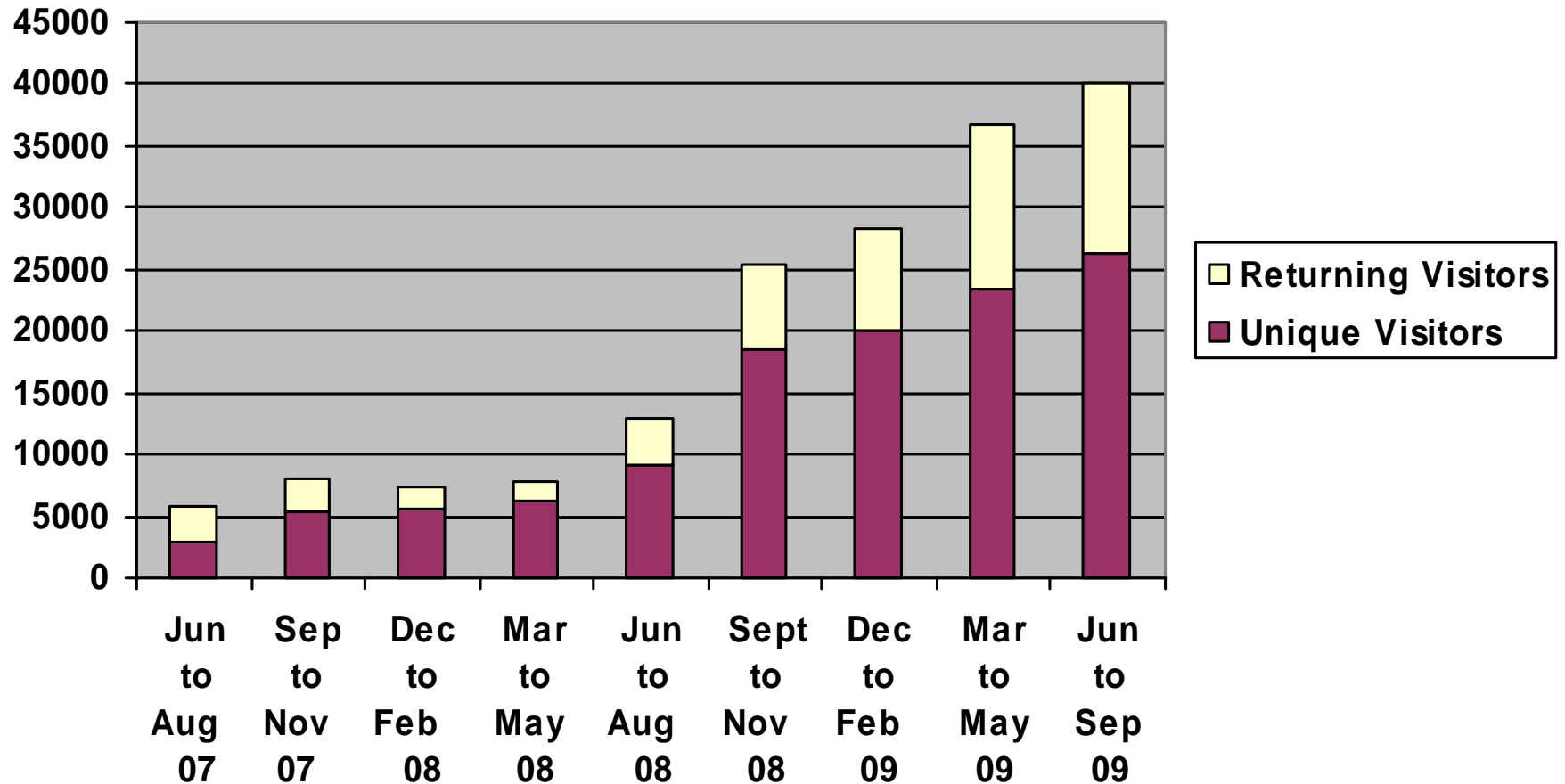
- Foster carers
- Social workers
- Teachers
- Nursery staff
- Youth workers
- Healthcare workers
- etc.

Launch



Launched in June 2007

Website Usage



How many use website?



10,000 visitors per month

The study showed



Understanding of troubling
behaviours had significantly
increased

The study showed



Workers felt significantly more confident when managing troubling behaviours and felt that they were managing these behaviours more effectively

The study showed



The website has had an impact on their relationships with the children and/or young people they work with, the amount of help they had been able to provide, as well as the behaviours of the children and young people in their care

And some quotes....



“I think the toolkit is an excellent resource for workers and carers”

And some quotes....



“The young people seem to be reacting positively to my increased confidence – we are forming stronger bonds and clearer expectations of each other”

Demonstration



www.HandsonScotland.co.uk

Current Development: Flourishing Minds



- Scottish Government funding to extend the HandsOnScotland website to fulfill Commitment 1 of the Scottish Government's policy and action plan 'Towards a Mentally Flourishing Scotland' (TAMFS)
- New portal in existing HandsOnScotland website focusing on mental health improvement
- To be launched in spring 2010

We need your help!



What do you think encourages children and young people to flourish mentally?

We need your help!



How would you describe a child or young person who is flourishing?

Some topic ideas.....



Friends and family: e.g. connecting with others and building relationships

Early years and parenting: e.g. bonding with your baby

School life: e.g. love of learning, focusing on strengths

Attitudes: e.g. self worth, identity, resilience, optimism, gratitude, being in the moment

Feelings: e.g. happiness, love, joy, contentment

Body: e.g. being outdoors, exercise, relaxation, enjoying food

Creativity: e.g. music, drama, art, play

Purpose: e.g. goals, values, passions

Have a go!



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Thank you!