
Feeling Good For Schools

Information and Q&A



Introduction

- Intro to the Feeling Good for Schools team!
 - Dr Sheila Ross
 - Serena Steptoe
 - Becky Tapper
- If you have a question at any time during the webinar, please write it in the chat box and we'll pick it up at the end.
- (If you would like to ask a question anonymously, please message Serena directly.)

www.foundationforpositivementalhealth.com



**Scottish
Ambulance
Service**
Taking Care of You



NHS

**EVERY MIND
MATTERS**

- Charity
- Promotes recovery from emotional distress (depression/anxiety/stress)
- Came out of our experience as GP and working in health promotion
- Sports mental training techniques + relaxation + positive psychology
- Audio programme - applied to everyday life for recovery & resilience
- Research - Evidenced based - NHS digital accredited
- Used in NHS/universities/public health 'Every Mind Matters'
- 13+ years

NHS
Digital

70
YEARS
OF THE NHS
1948 - 2018

Feeling good: positive mindset App



**Three quarters of adults
with mental illness first
experience symptoms
before age 25**

Adult Psychiatric Morbidity Survey, 2014





Half of all mental health conditions start by 14 years of age.





Learning fundamental skills for maintaining general mental health is the key to helping adolescents thrive.



Feeling Good for Schools



Future Ready Fund Grant Winner

- Integrated, 3-part intervention for increasing pupil
 - Resilience and coping
 - Motivation
 - Self-perception



by building core non-cognitive skills in secondary-aged students.

- Builds positive emotions, good psychological function, autonomy, competence and relatedness, underpinning self esteem and intrinsic motivation.



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Daily Listening

- **What**
 - Modular audio tracks
- **Why**
 - Repeating embeds skills
- **When**
 - Tutor time /as an alternative to silent reading in e.g. English



Some feedback from a pupil and a teacher who took part in our pilot programme this year

“It was relaxing and something that you kind of looked forward to for the start of the week before going to a period of learning you get a wee bit of time.”

“It benefits kids who just need some help to calm down. I’d say it’s particularly helpful there, it grounds them in a lesson, helps them find a calm zone that they are able to work in for the rest of the period and hopefully the rest of the day.”

Pupils made reference to the way listening

- ★ calmed them down,
- ★ was relaxing,
- ★ provided a moment of quiet,
- ★ was peaceful or
- ★ prepared them for the day.

"I've really loved listening to the relaxing tracks before I start English and it helps me concentrate."

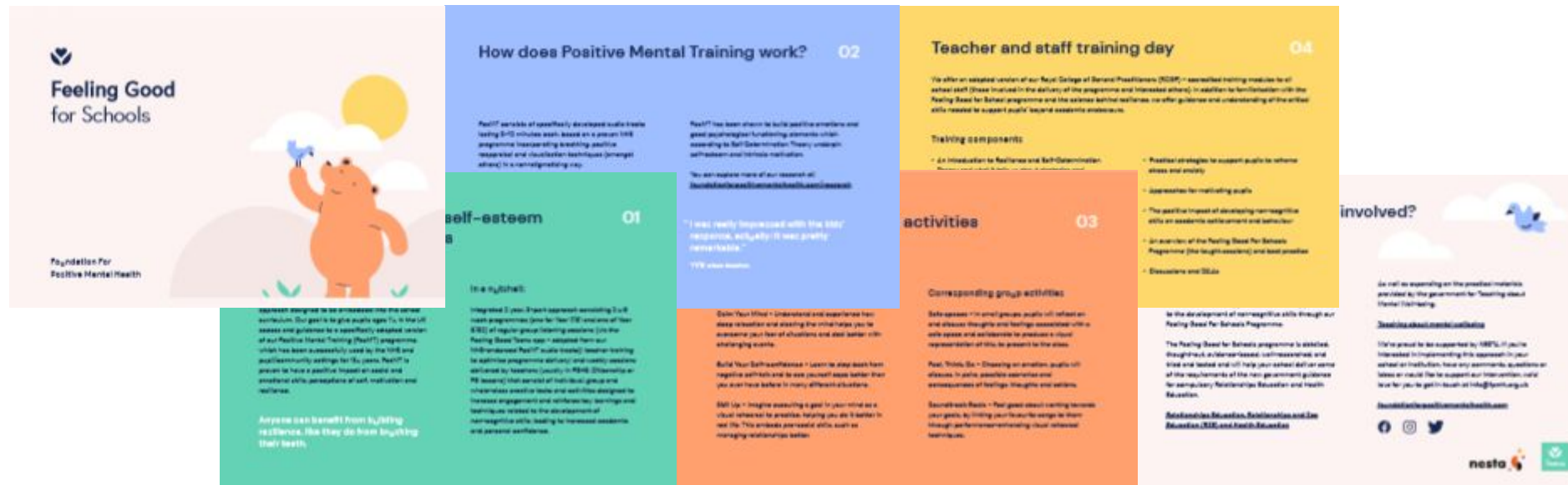
Feeling Good Teens App

Username: Feeling
Password: Good



The programme:

- An integrated 2-year approach.
- 2 x 6 week programmes (one for Y7/S1 and one for Y8/S2).
- For whole year group - inclusive/non-stigmatising
- Detailed information in our brochure.



Taught sessions

- **What**

Six weekly, sequential lessons that develop skills in resilience, self-perception and motivation in Y7/S1 followed by six in Y8/S1. PPTs, lesson plans, pupil booklets.

- **Why**

To increase engagement with the audio tracks and embed key learning and techniques/strategies.

- **When**

Once per week in PSHE/PE/Citizenship (or a combination).

Feedback from taught sessions

"It got me to feel positive and more confident for myself also the audio tracks made me more positive."

"It let me feel calm and confident for the day ahead and the activities let me open up."



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Teacher training

- Online modules
- Live webinar combined with online modules
- Optional refresher/drop-in webinars throughout the year
- Ongoing remote support throughout via forum, email and phone calls



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Wider community

- Teachers, whole-school approach
- Offer adult app for free to parents and carers
- Send information to parents/carers (brochures and recordings of webinars)

Free app access codes for COVID



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For the UK :

app login username: **coboost**

app login password: **positive**

Download Feeling Good & start your positive mental journey



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Expectations

- Take a whole-school approach
- Disseminate information of programme
- Provide feedback where possible
- Support our pupil and teacher evaluation
- Integrate daily listening and taught sessions
- Deliver the programme as recommended

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Thank you for expressing an interest in our wellbeing programme. Our fully resourced programme is free of charge thanks to funding from the innovation foundation Nesta.

What to expect from us	We expect schools to:
<p>A programme training day/half-day or online training for staff on mental health, wellbeing and their impact on non-cognitive skills.</p> <p>Free access to our NHS-accredited Feeling Good app for adults and Teens app for young people.</p> <p>A teacher overview of lesson plans, Classroom ready PowerPoints, downloadable resources and pupil booklets</p> <p>Ongoing remote support from the FPMH team (consisting of teachers, psychologists and doctors) via Slack</p> <p>Access to a network of schools who are also delivering our programme.</p>	<p>Take a whole- school mental wellbeing approach</p> <p>Disseminate information of the programme to other teachers and supply emails of all teachers involved in listening/class delivery and/or sign up to Slack for communication.</p> <p>Provide feedback when possible- your opinion matters to us!</p> <p>Support our pupil and teacher evaluation</p> <p>Integrate daily listening (e.g in form time) and weekly taught sessions (e.g in PSHE/PE)</p> <p>Deliver the programme as recommended, our research shows consistency and enthusiasm from teachers is most effective.</p>

The 6-week programme consists of:

Daily listening to audio tracks lasting 3-10 minutes (adapted from our NHS programme) and weekly creative, interactive taught sessions. This programme for S1/Y7 and S2/Y8 aims to increase pupil resilience, positive perception of self and motivation; and instill teacher confidence in mental health and wellbeing





Pupil Positive benefit:

Wellbeing and emotional regulation

- ★ feeling calm or relaxed
- ★ reduced stress
- ★ increased capacity to cope with such feelings and difficulties
- ★ increased confidence

Knowledge and use of relevant skills

- ★ building increased self-confidence

Academic and behavioural change

- ★ better concentration

Pupil comments

"I liked that it gave me time to relax and breathe"

"It was very relaxing and you could forget about all the bad stuff that has been happening in life"

"The fact I now worry about things way less and feel more relaxed because of the audios"

"It helped me calm down when I was feeling really stressed and really down."



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Question and Answers

1. When can we start delivery of the six week programme(s) for Y7/S1 and/or Y8/S2?
2. Which subject should we deliver the programme in?
3. How much time do we need to allocate for delivery of the programme?
4. How will the staff training be delivered?
5. How will the impact of the programme on our pupils be assessed?
6. What do I need to do/have done to sign up for the programme?
7. Is there any cost involved?
8. Can I deliver the programme in tutor time?
9. Is the programme suitable for delivery in alternative settings?
10. Any other questions?



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Do you foresee any challenges to delivering the programme in your school?

- Please comment in the group chat.
- If you would like to comment anonymously message Serena directly.



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Thank you!

If you have any further questions, please don't hesitate to contact us and if you'd like to register for our programme, please confirm this by **Friday 3rd July**.

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