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HOW CAN WE MAKE MENTAL HEALTH SKILLS THE HEART OF SCHOOL CULTURE?

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Did you know that MIELI Mental Health Finland is the oldest non-governmental mental health organisation (NGO) in the world?

It was founded in 1897.

MIELI Mental Health Finland

- We focus on promoting mental health and preventing mental health problems
- We defend everyone's equal right to good mental health
- We coordinate and operate national crisis centre network together with local mental health associations
- We advance the mental health literacy of children, adolescents, adults and the elderly
- Major part of the MIELI's operations are financed by Veikkaus Oy, a gaming company owned by the Finnish State with a special mission to fund activities that benefit society at large.

**ALL ADULTS WORKING WITH CHILDREN
AND YOUTH ARE RESPONSIBLE FOR
STRENGTHENING THEIR MENTAL HEALTH**



New curriculum emphasises mental health skills

The national core curriculum for **basic education** (2016) acknowledges the pupils' mental health and holistic wellbeing as the basis of their ability to learn

- Secondary school health education and primary school environmental education both contain elements that strengthen students' mental health, and creative subjects, such as art, foster self-expression and creativity

The national high school curriculum (2021) is referred to as the "wellbeing curriculum"

Trainings for Professionals in different arenas

Arenas

- Child health clinics
- Early childhood education
- Elementary schools
- Secondary schools
- Mental health skills for immigrants training
- Youth work
- Other arenas, e.g. sports

Examples of the trainings

- Mental health as a resource
- Skills for everyday life, values
- Emotional skills and empathy
- Strengthening self-knowledge and self-esteem
- Social skills
- Sense of community
- Support in crisis situations



MENTAL HEALTH SKILLS COMPETENCE OF ADULTS

KNOWLEDGE AND UNDERSTANDING

- mental health as a resource,
- mental health as a part of overall health,
- protective and risk factors of mental health,
- ways to strengthen mental health,
- attitudes and perceptions toward mental health

SKILLS

- to teach and strengthen mental health skills
- to engage and listen
- how to ask, listen and support if concerns arise
- know when and how to direct to receive help

BUILDING BLOCKS FOR A SCHOOL THAT PROMOTES MENTAL HEALTH



LOW-THRESHOLD SUPPORT

PRESENCE AND ENGAGEMENT

SAFETY AND SENSE OF COMMUNITY

PRACTISING MENTAL HEALTH SKILLS

IDENTIFYING STRENGTHS

**LISTENING AND STUDENT
INVOLVEMENT**



SAFETY AND SENSE OF COMMUNITY

How do we ensure a safe environment
and that all students feel included?

How do we teach and practice
resolving conflicts and getting along
with others?

PRACTISING MENTAL HEALTH SKILLS

How do we systematically strengthen the students' mental health skills? How do we practice, for example, universal life skills, processing emotions and coping skills?



PRESENCE AND ENGAGEMENT

How do we encounter and pay attention to students?

What about adults? How do we ensure that everyone feels valued and accepted as themselves?





IDENTIFYING STRENGTHS

How do we strengthen our students' self-esteem? How do we practice identifying our strengths and strengths of others?

LISTENING AND STUDENT INVOLVEMENT

What things can students have an impact on? How do we enable each student to feel that they are heard?



LOW-THRESHOLD SUPPORT

How do we identify the students that need more support? How do we provide and arrange individualized support?



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Thank you!

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