

Student Mental Health & Wellbeing Strategy 2019-2024

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Date of Origin	Last Updated	Proposed Review Date	EQIA Date	Responsibility For Review
25 Mar 2019	25 Mar 2019	Mar 2020	March 2019	Head of Faculty: Care & Science

STRATEGY

This strategy document is intended to provide all stakeholders who have a responsibility in supporting the mental health and wellbeing of New College Lanarkshire (NCL) students with a clear understanding of our purpose and definition of our priorities and objectives.

It should be read in conjunction with the following documents which present the detailed direction upon which this strategy will be implemented:

- Student Mental Health Agreement March 2019
- Student Mental Health and Wellbeing Action Plan 2019 – 2024

This document covers the five year period AY 2019/2020 – 2023/24 and reflects regional commitments as detailed in Lanarkshire’s Outcome Agreement (OA) and in line with Scottish Government’s Mental Health Strategy 2017-2027.

PURPOSE

The purpose of this Strategy is to ensure the college supports the mental health and wellbeing of its students by removing barriers and ensure all students who experience mental health difficulties are supported throughout their studies.

COMMITMENT

In January 2018 NCL committed to ‘The Pledge’ for a Stigma Free Lanarkshire which is to:-

‘Positively promote equality and inclusion for all in an atmosphere that is supportive and inclusive of the diversity of our students and staff. As a college we recognise and understand that mental health stigma can be a significant barrier / obstacle preventing people seeking support and negatively impacts quality of life for themselves, families, friends and wider community’.

The college’s Student Mental Health and Wellbeing Steering Group (SMHWSG) working jointly with New College Lanarkshire Students’ Association (NCLSA) will provide specific guidance and formal support to staff and students. The primary purpose of this joint working to lead, monitor and report on the progress of the college’s mental health and wellbeing strategic objectives and related action plan. This includes the Student Mental Health Agreement in line with the principles of the National Union of Students (NUS) Think Positive’ national project.

We are committed to building and improving staff and student training in mental health and wellbeing and ensuring existing external partnerships within Lanarkshire such as; NHS Lanarkshire, Lanarkshire Links, SAMH, See Me, etc, support all staff and students.

DELIVERY

NCL will support learners experiencing mental health difficulties by raising awareness of the internal and external support available and provide effective sign posting to access support.

Internal support available includes experienced faculty and support staff (including counselling services). NCL will ensure all students have access to relevant external support via its' various partnerships throughout Lanarkshire.

NCL will continue its programme of delivery in; Mental Health First Aid, Applied Suicide Intervention Skills Training (ASIST), stress control and My Rap, for staff and students providing clear identifiers for trained staff and students.

NCL will engage in targeted activities throughout the academic year to support disclosure of mental ill health, accessing support available and support improved mental health and wellbeing self-management. Focus on key periods, ie, Student Induction, end of semester/exam, national campaigns such as Mental Health Awareness Week.

NCL will facilitate the continued development of online resources for all students. Learners will be encouraged to access online resources via the Mental Health and Wellbeing (MH&WB) tile on the 'My Day' app for ongoing guidance and support.

NCL will support the Students' Association in its continued achievement of the Healthy Body Healthy Mind Award, tackling the stigma of student mental health. NCL will take account of student data to identify key emerging trends; sharing areas of good practice and implementing specific action where required.

NCL will endeavour to embed coping strategies to support positive mental health and wellbeing within the curriculum.

The Vice Principle for Curriculum, Planning and Performance will support the Heads of Faculty and Support Heads and Managers by providing leadership, guidance and direction in order to ensure that strategic priorities and objectives are achieved.

STRATEGIC PRIORITIES

Supporting all
Learners

Promote positive mental
health and wellbeing

1

Develop and
Nurture

Develop and sustain
resources internally

2

Stakeholders

Continue to develop
strong partnerships with
key external
organisations

3

Supporting
Success

Celebrating Positive
Mental Health &
Wellbeing

4

STRATEGIC OBJECTIVES

1.1 'The Pledge' emphasising the college as a supportive and inclusive environment and partnership with Lanarkshire Links.

1.2 Display Student Mental Health Agreement highlighting joint priorities and goals to support learners in their studies.

1.3 Prevention, intervention, self-management and support for all learners. Highlighting access to relevant support at any stage of their learning journey.

1.4 Analysis of student data to identify key emerging trends and support the development of appropriate actions.

1.5 Embedding of mental health and wellbeing coping strategies within the curriculum.

2.1 College communication mechanisms to raise awareness of internal support and resources available through effective sign posting.

2.2 Analysis of the current counselling provision across all campuses.

2.3 Continued development of on-line resources for all learners via the 'My Day' app.

2.4 MH&WB Training Matrix developed to support ongoing relevant staff and student training.

2.5 Staff and student Mental Health First Aid Trained and ASIST Trained identified by lanyard and/or badge.

3.1 College communication mechanisms to raise awareness of external support and resources available through effective sign posting.

3.2 External stakeholder activities/events throughout the academic year including external guest speakers and training events for staff and students.

3.3 'My Day' app to link directly to the external support available relevant to the Lanarkshire region and beyond.

4.1 Tracking the data to identify improvements in student retention and attainment following MH&WB initiatives.

4.2 Impact analysis / progress tracking of the actions in the SMHA and MH&WB Action Plan.

4.3 Focus Groups and 'Be Heard' events focusing on MH&WB outputs for evaluation.

4.4 National Healthy Body Health Mind Awards: Support NCLSA in their ambition to achieve further recognition for this award.

4.5 Showcase positive MH&WB student case studies.

College Staff and Student Association

The SMHWSG facilitates the joint ambition of staff and students with representation from faculties, support areas and the students' association. The purpose of the group is to empower its members to provide ideas and initiatives to support the mental health and wellbeing of learners. We will continue to support the needs of its learners by providing opportunities for staff and students to participate in relevant training and providing platforms for ideas and initiatives to be considered.

Communication

Communication is key to raising awareness, removing barriers and providing relevant support and guidance. College communication mechanisms to be developed and evaluated to ensure as many staff and students as possible are aware of the support and resources available internally and externally to support mental health and wellbeing.

Partnership Working

The partnership of college staff and students' association; is it joint priorities and goals, is key to supporting student mental health and wellbeing. Build on existing strong links within the region and nationally to ensure a multi-agency approach to support the complex and diverse needs of learners when dealing with mental health and wellbeing issues.

Monitoring

Analyse relevant data to track emerging themes and support the ongoing evaluation in terms of the success of; The Pledge, Student Mental Health Agreement, associated strategy and action plan. Chair of the SMHWSG to provide periodic reports to Principal, SMT and Student President.

Key Indicators

Support all Learners: Promote Positive Mental Health and Wellbeing

1.1	1.2	1.3	1.4	1.5
<p>Learner and staff focus group on The Pledge.</p> <p>Engage with Lanarkshire links for next steps.</p>	<p>Learner survey</p> <p>Impact of SMHA: uptake of internal and external support/resources tracked and evaluated.</p>	<p>Learner survey</p> <p>Tracking of student advisor, counsellor and external third party organisations.</p> <p>Participation in training events, guest speaking and related mental health activities.</p> <p>Monitor and evaluate the use of the MH&WB tile on the student 'My Day' App and track use of other online resources.</p> <p>Specific student lead events with focus on Be Engaged.</p> <p>Pilot 'My Rap' training.</p>	<p>Monitoring and evaluation of applications, PLSPs, Student Progress Reviews to track disclosure and support put in place.</p> <p>Retention and attainment data monitored for learners disclosing MH issues.</p> <p>Monitor and evaluate the use of the MH&WB tile on the student 'My Day' App and track use of other online resources.</p>	<p>Areas where MH&WB is embedded in the curriculum to highlight to other faculties.</p> <p>Frameworks including new NPA in Mental Health & Wellbeing delivered across relevant curriculum including Skills for Life/Schools provision.</p>

Develop and Nurture: Develop and Sustain Resources Internally

2.1	2.2	2.3	2.4	2.5
<p>Evaluation of online resources and their effectiveness to communicate; Mental Health Awareness Website, My Day App, The Clan.</p> <p>Learner satisfaction survey.</p> <p>Uptake of internal and external support/resources tracked and evaluated.</p> <p>Participation in training events, guest speaking and related mental health activities.</p>	<p>Evaluation of counselling provision, track and monitor sessions per learner and evaluate against national/sector/regional data.</p>	<p>Evaluation of online resources and their effectiveness to communicate; Mental Health Awareness Website, My Day App, The Clan.</p> <p>Learner satisfaction survey.</p> <p>Be Heard event.</p>	<p>Staff training matrix maintained.</p>	<p>Staff/Student identifiers introduced with feedback to SMHWSG on results.</p>

Stakeholders: Continue to Develop Strong Partnerships with Key External Organisations

3.1	3.2	3.3		
Track learner uptake to external resources. Survey to key stakeholders on effective sign-posting and communication methods.	Annual event planner highlighting external events and activities published on My Day app and The Clan. Push notifications for up-coming events.	Track learner uptake to external resources. Survey to key stakeholders on effective sign-posting and communication methods.		

Supporting Success: Celebrating Positive Mental Health & Wellbeing

4.1	4.2	4.3	4.4	4.5
Retention and attainment data monitored for learners disclosing MH issues.	Feedback to SMHWSG to track progress of SMHA and Action Plan. SMHWSG Chair bi-annual report to Principal.	Show casing good practice and impact at events and activities. Encourage activities to be part of the Be Engaged initiative and track certificates awarded.	Support NCLSA in their pursuit of further recognition of the Healthy Body Healthy Mind Award and publish results.	Publish positive case studies and events throughout the college including on-line.