

Mental Health Literacy by Design: a Website With and For Teachers to Support Mental Health at Work and School

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Why this, why now?

- In Canada, 500,000 workers (~40,000 teachers) are absent from work each day because of mental health problems at a cost of \$30 B/year
- Regulated professions, like teachers, have more responsibility, and place more demands on people (Cadieux & Marchand, 2014)
- 40-50% of teachers leave profession in the first 5 years
- 93% of Canadian teachers are stressed by lack of work-life balance (CTF 2014)
- The leading single condition for LTD for ON teachers is mental illness (40%)
- Healthy teachers miss less work and are more 'present'
- Direct links have been established between between emotional exhaustion and student outcomes (Arens & Morin, 2016)
- To date, most School Mental Health initiatives are about *students*



Children and Youth Mental Health

- Individuals from 12 to 25 years of age have the highest prevalence of mental illness (McGorry, Bates & Birchwood, 2013).
- 1 in 5 young individuals experience a state of distress at a level that could potentially lead to a diagnosable mental health illness or disorder (Offord, Boyle, et. al., 1987).
- Many do not obtain diagnosis and thus fly “under the radar” (Flett & Hewitt, 2014)
- Most children go to school. Teachers’ work puts them on ‘the front lines of mental health’

TIMELINES AND ACTIVITIES

2013

- SETTING THE STAGE: SURVEY OF TEACHER EDUCATION ABOUT MENTAL HEALTH IN CANADA
- ONLINE PRESERVICE COURSE IN MENTAL HEALTH

2014

- NATIONAL TEACHER RESOURCE FOR MENTAL HEALTH PROPOSAL FUNDED
 - To develop, enhance and support mental health literacy for teachers
- NATIONAL SURVEY ON TEACHER MENTAL HEALTH IN CANADA

2015

- WORK BEGINS ON THE TEACHER RESOURCE FOR MENTAL HEALTH
 - TEAM DEVELOPMENT, DESIGN STUDIO, RESOURCE DEVELOPMENT
 - TOOLS: GRADE ANALYSES, PODCASTS, VBLOGS, TEACHER-TO-TEACHER RESOURCES

2016

- DESIGN AND CONTENT PRODUCTION FOR WEBSITE
- DEVELOPING NETWORK FOR PILOT TESTING
- PILOT TESTING WEBSITE FALL 2016

Mental Health...For Students AND Teachers

- **Awareness:** *Attuned and accepting of your own needs and others – body, mind, emotion and spirit.*
“I’d like to see mental health become more like dental health...most people brush every day and see a dentist once or twice a year – why can’t we take a few minutes for ourselves every day and get a mental health check at least once a year?” (Peter, Secondary Teacher)
- **Balance:** *Finding ways to engage in all the important areas of your life*
“I work full time, teach part time at the university, have a partner and two teenage children. Everybody asks how I make time for long distance running, triathalons, hockey and soccer teams? Everyone in my family knows that I need that time to recharge...or I’m no good to anybody. Especially in teaching when you’re not only caregivers to your own children, but also caregivers to other people’s children.” (Robyn, Elementary Teacher)
- **Connection:** *To oneself, to others, and to your mission*
“You have to find the people you can tell your story to.” (Patti, Elementary Teacher)

What we are doing

- Design Studio:
 - a ‘workplace for designers engaged in conceiving, designing, and developing new projects’
 - Co-development and co-production with those who live it
- A Working Group of 28 teachers, school administrators, mental health leads, community mental health providers, and researchers
- Partnering with porticonetwork.ca

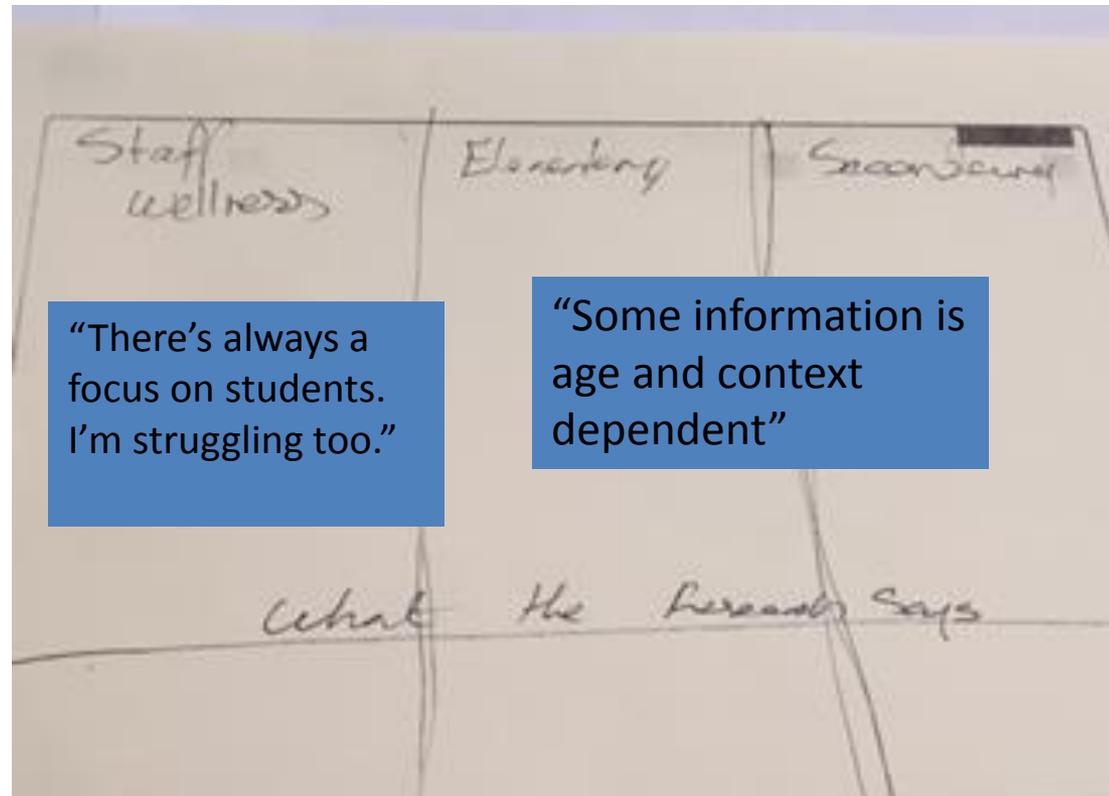


The Content Educators Want

A voice and a community

Talking points (tough conversations, how to say you notice, how to talk to kids, teens, parents, para-professionals)

Quick help and more info options (balance between user contribution and validated resources)



Evidence on school-based interventions

A Virtual Staff Room (Gord, Elementary Teacher)

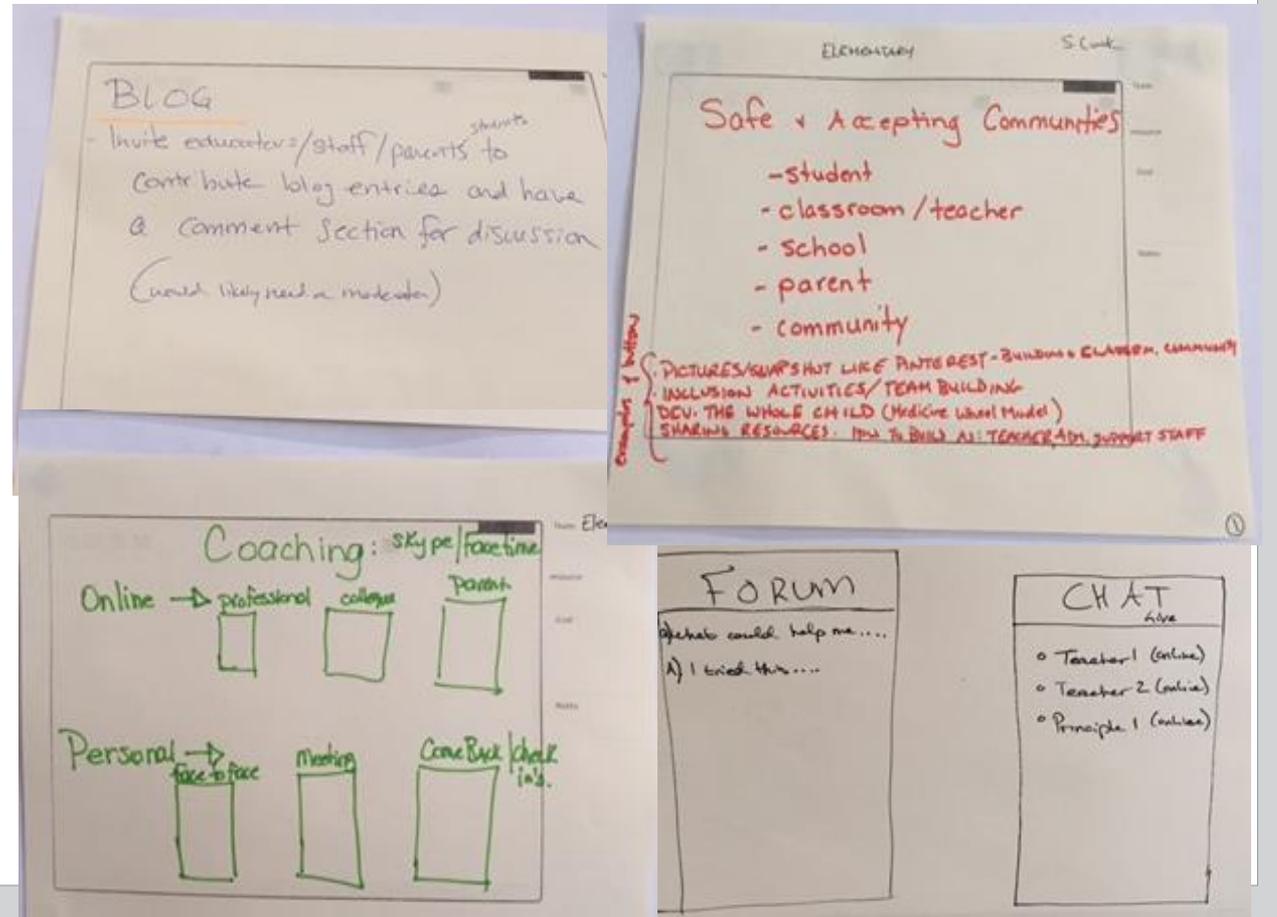
"If I don't tweet #math I don't have a voice."
(Robyn, FNMI consultant)

"We want a safe discussion forum. There's a Facebook group but confidentiality could be an issue." (Advisory Group)

"Can there be online coaching?" (Paul, Principal)

"I want to share pictures and search for ideas for safe and accepting classrooms."
(Becky, Behaviour Consultant)

"We want to share and hear other success stories."
(Advisory Group)

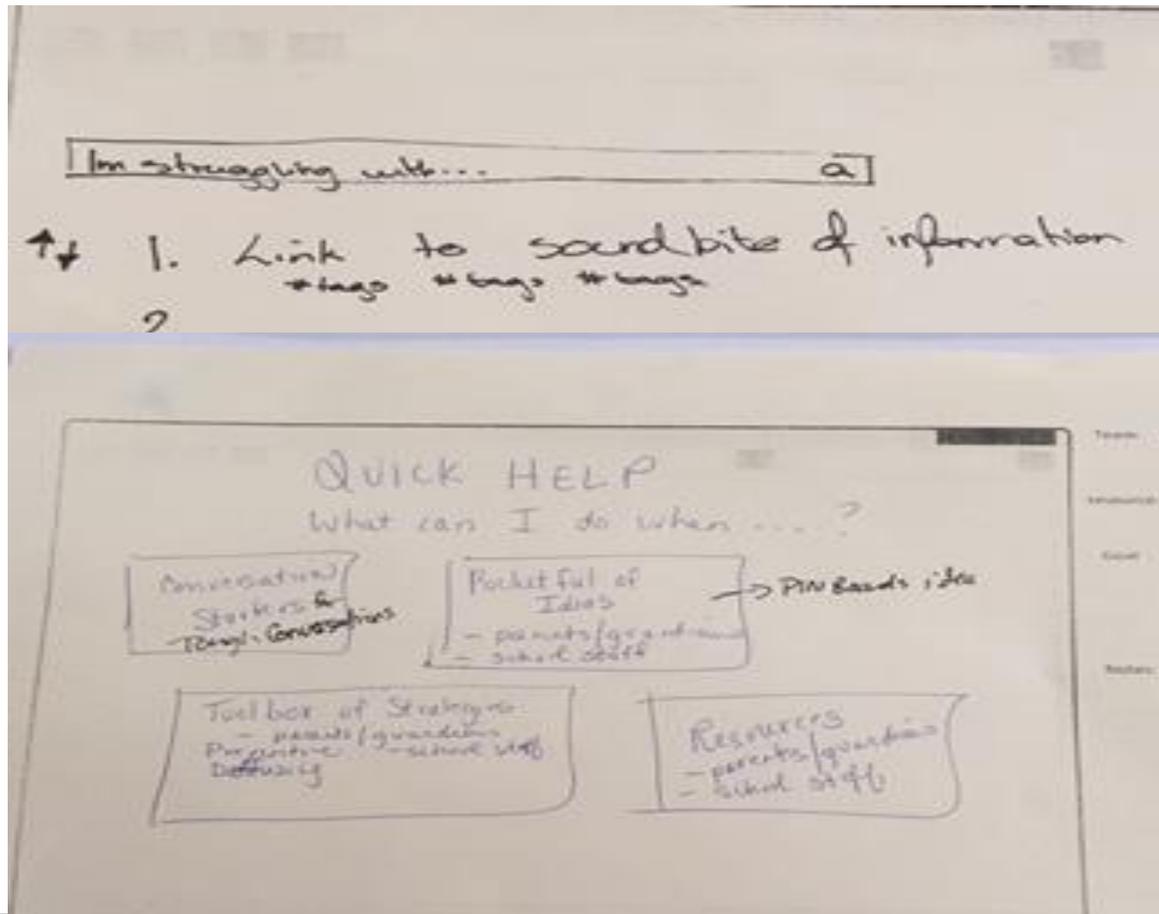


I Need Help With....

"I maybe have time for a top 10 tip list."

"Make it searchable by topics."

"Balance quick helps with more in-depth information."



TIP SHEET

- Created by the Working Group

What did you wish you knew as a new teacher?

- 1 HOW TO TALK TO PARENTS ABOUT THEIR CHILD'S MENTAL HEALTH.**
 - Engage parents HOW TO
 - if they are angry/upset
 - Not answering
- 2 THE IMPORTANCE OF ASKING FOR HELP.**
 - What are my resources? How do I access?
- 3 HOW TO SEEK SUPPORT FROM ADMINISTRATION**
 - Build good relationships at work
 - Have a plan for the discussion topic!
- 4 HOW TO MANAGE BEHAVIORS IN THE CLASSROOM.**
 - What to do w/ problem behaviors, who to go to for help?
- 5 YOU AREN'T ALONE**
 - We're in this together!
- 6 EMBRACE HUMILITY**
 - Don't take things personally. The world's not on your shoulders.
- 7 STAY TRUE TO YOURSELF.**
 - Develop a that course plan that feels good to you. Focus on your STRENGTHS
- 8 HOW TO REFRAME NEGATIVE EXPERIENCES**
 - YOUR KIDS ARE SO NOISY!!!
 - NO! THEY'RE ENGAGED!
 - Too much noise!
 - when you're overwhelmed, change your perspective
- 9 TAKE TIME FOR SELF CARE YOURSELF.**
 - SELF CARE O'CLOCK
- 10 SET REALISTIC GOALS FOR YOURSELF.**
 - SUCCESS expectation
 - SUCCESS REALITY
- 11 BE SENSITIVE TO A CHILD'S PERSONAL LIFE**
 - Co created with teachers, and the research team at the faculty of education at Western University

mindyourmind

Western UNIVERSITY CANADA

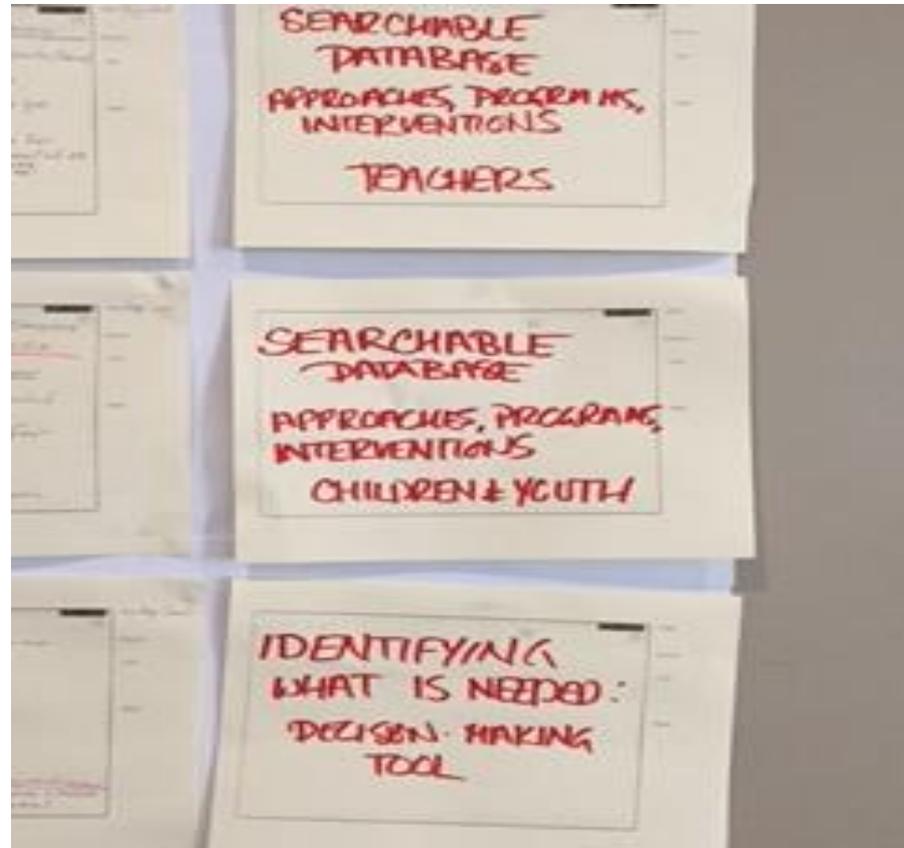
PHE Canada

EPS Canada

School-friendly Evidence

“I need links to connect parents to community resources” (Lisa, Principal)

“I look to sources like Edugains for summaries of research evidence” (Sandi, Principal)



Finding the programs with the best evidence for schools

- **GRADE: Grading of Recommendations, Assessment, Development and Evaluation** (Tsertsvadze & Moher, 2009)
- **GRADE** examines the strength of the evidence in addition to producing an assessment of **the quality of the evidence and strength of the recommendation**.
- Searched for the best studies, then looked at these in terms of the resources needed to adopt them (time, money, ‘experts’, etc.)
- Linked these to a searchable database (Decision Support Tool)
- Helping schools evaluate programs not included in the database (Program Assessment Tool)

Making the GRADE Being Evidence Informed ...

13

An assessment of the quality of a body of evidence for 6 factors:

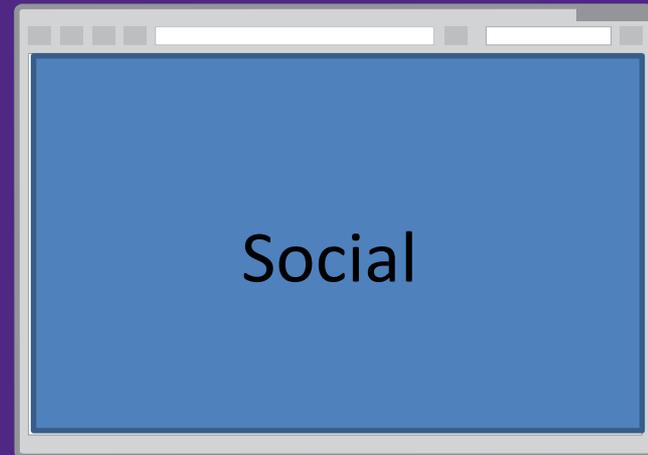
1. Within-study risk of bias (methodological quality)
 2. Directness of evidence
 3. Heterogeneity (any kind of variability among studies)
 4. Precision of effect estimates
 5. Risk of publication bias
 6. Transferability
- Child and youth mental health prevention, promotion, and early intervention (99 studies)
 - Teacher/workplace mental health prevention, promotion, and early intervention (54 studies)

GRADE analyses

- Trauma
- Depression
- Anxiety
- Troubled eating
- Stress Reduction
- Mindfulness
- Emotional intelligence
- General psychological resilience & mental wellness



The Top Three?



Tools

- Tip sheets
- Podcasts
- Videos
- Book corner
- Resources
- Practical, transferable research based practice
- Decision support tool
- Program assessment tool
- community

Teach Resiliency

It's about connecting:

- To practical, evidence-informed resources and tools that support mental health and wellness
- To new research
- To your peers—teachers, administrators, mental health professionals and researchers



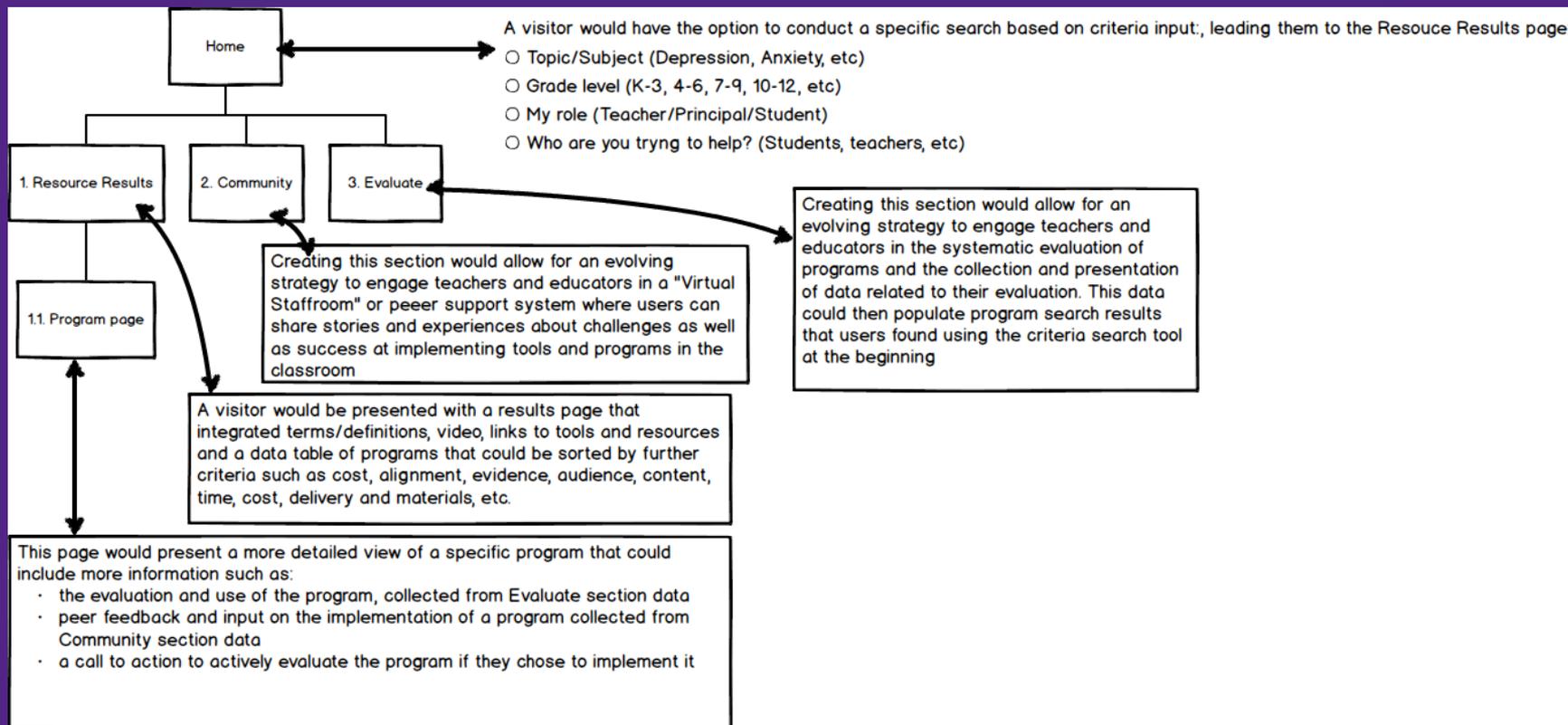
Building *Teach Resiliency*

The Portico team began by:

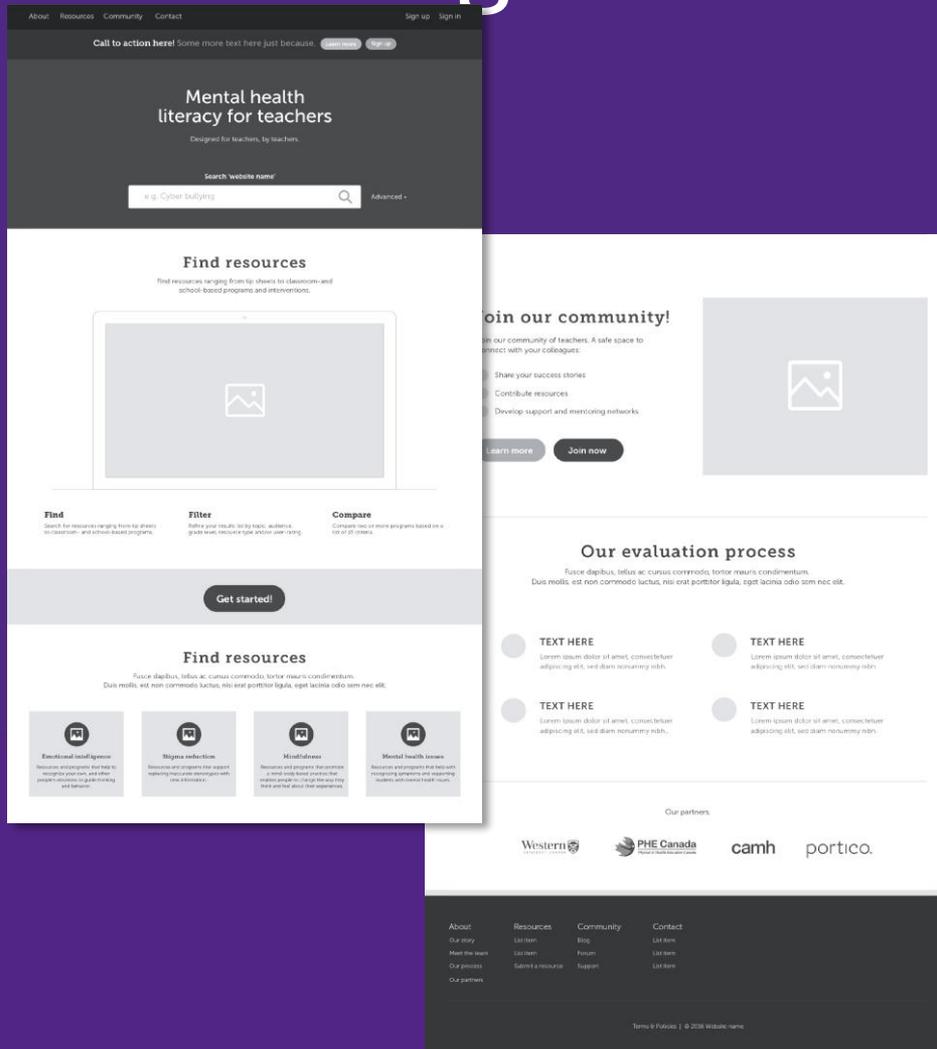
- Reviewing project documents that outlined the research behind the project and Working Group's process for developing and curating resources
- Analyzing user stories that illustrated how teachers would use the site
- Meeting with members of the Working Group



It might look something like this...



Design: Phase 1



A project worksite was used to collaborate on site development

“We have space at the top of the home page (1a home in the wireframes) to add a blurb that introduces the page. On the annotated wireframes we've included suggestions from the meeting about what to include in the blurb. Can you suggest a draft?”

“I like the sound of these buckets, it includes all the main factors we discussed when reviewing the prototype.

I think its a good idea to make the names of the buckets intuitive. As a user who arrives on this website, I should have a good hint as to what is in the bucket (and whether or not it's something I'm looking for) at a glance, or within about 2-3 seconds”

The screenshot shows the Portico website's site development interface. At the top, it says "portico. CANADA'S MENTAL HEALTH & ADDICTION NETWORK" and "Powered by camh | Français". Below that is "BROWSE ALOUD". The main heading is "The Mental Health Literacy for Teachers Project" with a "WEB CONTENT DISPLAY" button. A search bar contains "Search for resources...". The navigation menu includes "BACKGROUND DOCUMENTS", "SITE DEVELOPMENT" (which is active), "PROGRAM ASSESSMENT TOOL", and "DISCUSSION". There is a "My profile" link. The main content area shows "Mental Health Literacy for Teachers Home > Site development" with an "Add New" button and an "ASSET PUBLISHER" button. A tooltip says "Select existing web content or add some web content to be displayed in this portlet." The "Site development" section is titled "For discussion" and lists items added on 6 April, 3 March, and 25 February, including wireframes, draft workplans, and site maps. The footer includes the Bell Let's Talk logo and links for camh.ca, Privacy, Disclaimer, Terms of Use, Site Map, and Contact Us.

Design: Phase 2

General notes:

- Save favourites
- Auto-generated emails asking for endorsement after downloading resource
- Top searches
- What's trending
- Toolboxes/Starter kits
 - statements describe whats in it
- Definitions: Create information sheets on each topic on mental health → version for educating teacher and version to educate kids
- Word wall → click on word to get a definition; click on word to get ideas, activities
- Linking definitions to Portico site which already has this info
- Changing the conversation
- How will it be maintained/moderated?
- SEO - what keywords need to be associated with this site so that it shows up on Google searches?
- Disclaimer to add:
 - * Not for diagnosis
 - * Talk to staff team (?)
 - * To foster resilience
 - * Providing steps – What to do and what not to do

Most comments are on this suggestion.

SUGGESTION 1

You have expertise to add

Mental health literacy for teachers
Designed for teachers, by teachers.

Search website name
e.g. Cyber bullying

Blurb about the purpose of this site / Guiding principles
Not everyone has time to watch video.

Video

Should focus on the purpose of the site, not how to use it.

Find Search for resources on teaching that fit needs in classrooms and school-based programs.

Filter Filter your search by topic, audience, grade level, resource type and/or user rating.

Compare Compare two or more programs based on a list of 22 criteria.

Get started!

Building resiliency
Factor description, title, ac, curcus, communit, torto, munit, conditio, munit.
Duk, mollis, est non commo, datus, nisi, est, portitor, ligula, eget, laetia, odio, sem, nec, est.

Re-frame to Wellness and Health Promotion
Less about mental illness and more about resilience
Mental Health Resiliency + Building Blocks → to equip with skills and resources in a progressive way

- Mention that the site for teachers, student teachers, administrators and more... (pre-service teachers)
- Reading, Writing & Resiliency
- More emphasis on practical ways to provide resources for awareness + supporting resilience
- Less reactive, more proactive = wellness + knowledge
- This is what mental health and wellness are → needed as some might arrive on site with low level of knowledge or comfort with MH
- What is mental health literacy?
- What is mental health – common understanding, WHO/dual model (??)

Teacher Self Care
- resources and a guide to mental wellness - stress busters

Creating safe places

Positive relationships
- teacher + child + colleagues

Student wellness
- facilitating student wellness

Find resources
Factor description, title, ac, curcus, communit, torto, munit, conditio, munit.
Duk, mollis, est non commo, datus, nisi, est, portitor, ligula, eget, laetia, odio, sem, nec, est.

Programs - GRADE analysis

Wellness - promoting resiliency in our classrooms

Stress - how to manage and reduce stress

Stigma reduction

Creating a healthy learning environment
Factor description, title, ac, curcus, communit, torto, munit, conditio, munit.
Duk, mollis, est non commo, datus, nisi, est, portitor, ligula, eget, laetia, odio, sem, nec, est.

Healthy Students

Healthy Staff

Healthy Classrooms

Healthy Schools

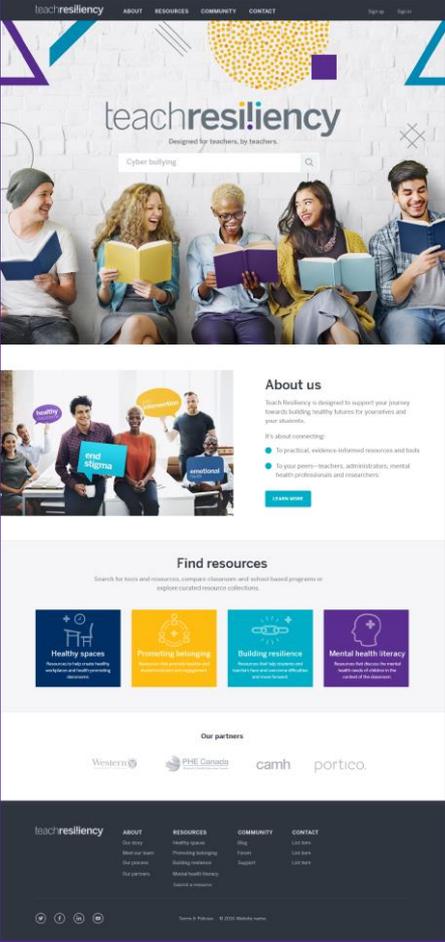
EACH BUCKET TO COVER
- Promotion
- Prevention
- Early intervention

SUGGESTION 2

SUGGESTION 3

All options:
- link goes to an 'education' page
- provides description of bucket title/overview + some suggested resources that fit the definition
- suggest to incorporate user quotes (endorsements) on all resource overview pages

From wireframe to production



Search results

The screenshot shows the search results page for 'Anxiety' on the teachresiliency website. The page features a dark green header with navigation links (ABOUT, RESOURCES, COMMUNITY, CONTACT) and a search bar containing the term 'Anxiety'. Below the header, a dark green bar indicates '25 results for Anxiety'. The main content area is a grid of search results, each with a colorful graphic, a title, a subtitle, a description, and a star rating. The footer contains a navigation menu, social media icons, and copyright information.

teachresiliency ABOUT RESOURCES COMMUNITY CONTACT Sign up Sign in

Anxiety REFINED SEARCH

25 results for Anxiety

Selected filters: No filters selected

Sort by: Relevance 0

Resource title goes here
Subtitle goes here
Lorem ipsum dolor sit amet, consectetur sed dolor non adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Resource title goes here
Subtitle goes here
Lorem ipsum dolor sit amet, consectetur sed dolor non adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Resource title goes here
Subtitle goes here
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Program title goes here
Subtitle goes here
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Resource title goes here
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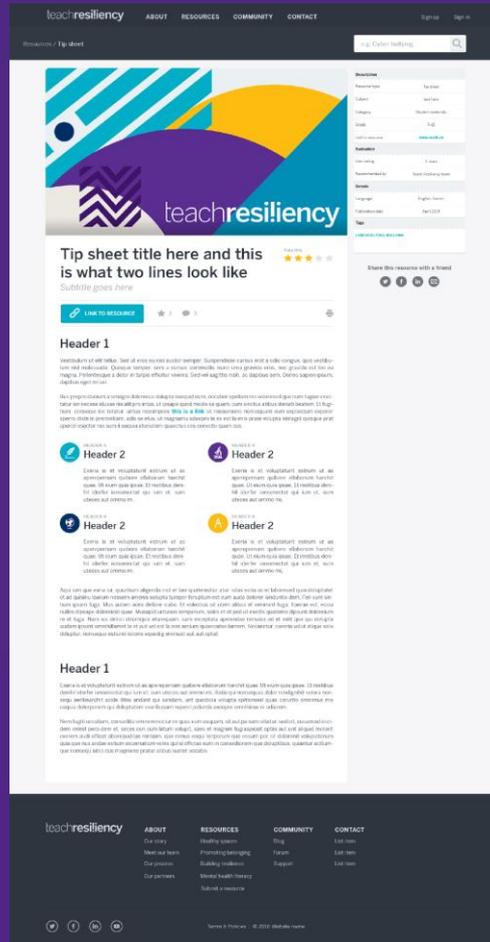
teachresiliency ABOUT RESOURCES COMMUNITY CONTACT

Our story Meet our team Our partners Our journey
Healthy spaces Planning belonging Building resilience Mental health literacy Submit a resource
Blog Forum Support
List item List item List item

Terms & Privacy © 2018 Website name



Resource detail



Pilot testing

- Pilot testing begins in October
- Phase 1 (October 17-28): testing of site navigation, search and compare functions





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