



Supporting Vulnerable Students 

Who should we be particularly aware of?

- people who are physically or mentally frail
- people with learning differences or disabilities
- people with a mental health condition or personality disorder
- people who are ill
- people with physical disabilities
- people who have undergone trauma
- people who, for whatever reason, are in abusive relationships, difficult living conditions or are undergoing stress
- people who are or feel marginalised or stigmatised
- people who are experiencing culture shock

Supporting Vulnerable Students 

Who should we be particularly aware of?


YOU!!!

Supporting Vulnerable Students 

Aims

1. Boost Wellbeing in **all** our students
2. Be alert to the signs of someone in distress
3. Know when, where and how to refer or ask for help
4. Have appropriate policies in place
5. Implement appropriate training for all staff

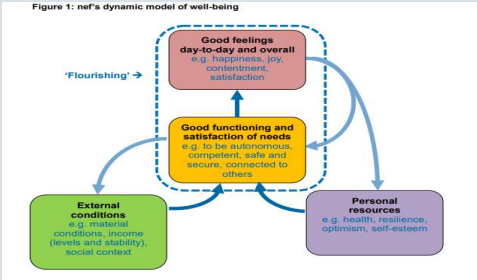
Supporting Vulnerable Students




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What is Wellbeing?

Figure 1: nef's dynamic model of well-being



Supporting Vulnerable Students



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What is Wellbeing?

- Being able to deal with and manage situations.
- Healthy expression of all emotions/ feelings.
- Living in a way that is good for you and good for others around you.
- Feelings of contentment, enjoyment and engagement with the world, these include self-worth and self-awareness.
- Flourishing or thriving.
- The balance point between an individual's resource pool and the challenges faced.


Worth-it Education

PERMAH

Martin Seligman




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POSITIVE EMOTIONS	ENGAGEMENT	RELATIONSHIPS	MEANING	ACHIEVEMENT	HEALTH & PHYSICAL WELLBEING
Doing things that make you feel good. Remembering past happy events. Looking forward to things you enjoy.	Doing something absorbing that you enjoy, but that challenges you and uses your strengths. Eg. Music, sport, study, art	Connecting with others in the way that suits you best. For some people this will be parties – for others a quiet chat over a drink.	Finding purpose in what you are doing. Feeling that it contributes to a bigger plan in your life, for specific others, for humanity, or spiritually.	Setting and achieving specific goals. These can be small or much bigger. If big goals are chosen, they can be broken down into smaller, achievable steps.	Eating well, resting enough and exercising regularly all contribute to overall wellbeing and happiness



Strengths and Wellbeing



Creativity Perspective
 Judgment Curiosity
 Honesty Bravery HUMOR Fairness
PERSEVERANCE Teamwork
 Love Kindness Leadership
 Social Intelligence Love of Learning
 Forgiveness Humility PRUDENCE
 Appreciation of Beauty & Excellence Gratitude SELF-REGULATION
 Spirituality

<https://www.viacharacter.org/www/Character-Strengths-Survey>

A C.A.L.M. Attitude for the M. O.





You meta-cognitive observer is your mind's eye or "inner audience of self"



Foster an attitude in your **Meta-cognitive Observer** that is:

- **C**urious
- **A**ccepting
- **L**oving/Compassionate
- **M**otivated to Learn More and Grow from a Position of Security

Acceptance





what is acceptance?


IT'S RAINING

I don't like rain. I wish it wasn't raining. my day would be better if it wasn't raining. my day is ruined. every day is like this. It's always like this. why does it always rain when all I want is for it to be sunny?

IT'S RAINING


yup.



EXAMPLE COPING STRATEGIES

CALMING	DISTRACTING
Deep breathing	Journalling
Mindfulness	Three good things
Think of a time when you felt calm and happy	Do a sporting or creative activity ...Football, drawing, dancing
Reframe – use positive self-talk	Break down your worries into SMART goals and plan them.
Yoga	Music, reading, Netflix


Tailor yours to your individual strengths... **Avoid Maladaptive strategies...**



Behaviour

Amber indicators

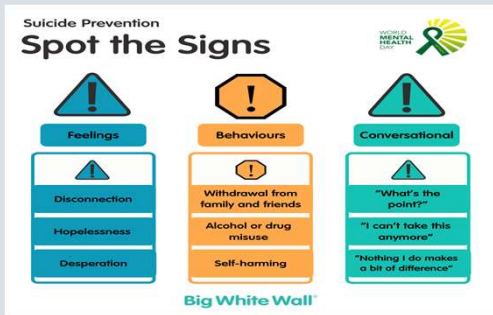
- Low or sad mood/Crying
- Mood swings/agitation/hyperactivity
- Difficulty in concentrating or making decisions
- Irritability
- Excessive tiredness/Issues with poor sleep
- Weight loss/weight gain
- Loss of enjoyment in activities
- Unexplained aches and pains
- Concerned friends/social isolation...



Behaviour

Red indicators

Self-harm	Risk-taking
Inappropriate sexual behaviour	Telling staff of suicidal intentions
Observable issues around food (e.g. not eating in front of others, visiting the bathroom after every meal)	Seeing things, Hearing voices or perceiving reality in a distorted fashion
Alcohol, drugs or other substance abuse	Unexplained injuries
	Attempted suicide
	Etc...



Suicide Prevention
Spot the Signs

Feelings

- Disconnection
- Hopelessness
- Desperation

Behaviours

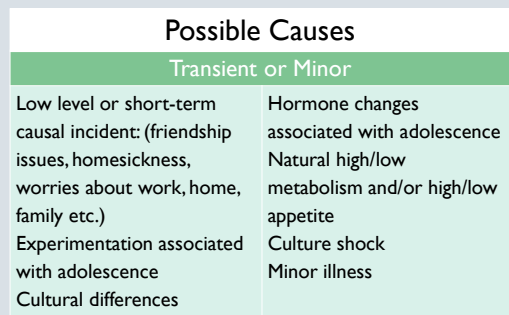
- Withdrawal from family and friends
- Alcohol or drug misuse
- Self-harming

Conversational

- "What's the point?"
- "I can't take this anymore"
- "Nothing I do makes a bit of difference"

Big White Wall

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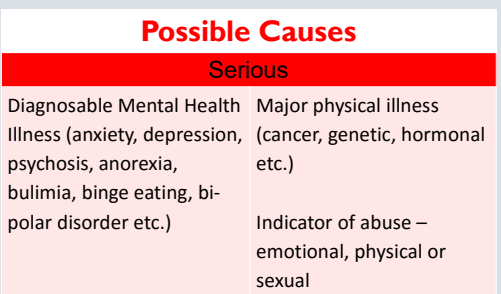


Possible Causes

Transient or Minor

<p>Low level or short-term causal incident: (friendship issues, homesickness, worries about work, home, family etc.)</p> <p>Experimentation associated with adolescence</p> <p>Cultural differences</p>	<p>Hormone changes associated with adolescence</p> <p>Natural high/low metabolism and/or high/low appetite</p> <p>Culture shock</p> <p>Minor illness</p>
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Possible Causes

Serious

<p>Diagnosable Mental Health Illness (anxiety, depression, psychosis, anorexia, bulimia, binge eating, bipolar disorder etc.)</p>	<p>Major physical illness (cancer, genetic, hormonal etc.)</p> <p>Indicator of abuse – emotional, physical or sexual</p>
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If you are unqualified, support - but always call for help...



UK	International
<ul style="list-style-type: none"> • 999 • Your local GP surgery • Local counsellor • Samaritans on 116 123 (24 Hrs) • Saneline (out of hours mental health and emotional support and information) – 0300304700 • Mindline (information) – 03001233393 • Drinkline (helpline) – 03001231110 • Talk to Frank (drug education service) 0300 1236600 • No Panic Youthline (anxiety) – 01753840393 • Your organisation safeguarding lead or local authority safeguarding team 	<ul style="list-style-type: none"> • 911 • Local Medical Centre • Befrienders Worldwide https://www.befrienders.org – support & suicide prevention in 400 international centres in 39 countries • Mental Health First Aid http://www.mhfainternational.org/international-mhfa-programs.html training programmes and advice - licenced in 26 countries

Pre-agreed procedures at admission



In the event that xxxxx experiences a mental health crisis, we will.....


I agree to.....

Critical Incident policies

Think about scenarios such as aggression, erratic behaviour, inappropriate sexual contact (or unwanted attempted sexual contact) with another student or staff member, attempted suicide, disclosure of abuse etc. *in advance* of it happening...

Any case studies?

Further Training...



Company	Offers	Contact
Curious Human	Evidence-based wellbeing and cultural transition training to promote good mental health, based on positive psychology and coaching psychology.	Ruth Hughes Website: www.curious-human.co.uk Email: office@curious-human.co.uk Tel: 07511638116
Student Minds	Online resources Student Helpline Publications & resources available to institutions Bespoke training	Website: www.studentminds.org.uk Email: info@studentminds.org.uk +4401865264168
MHFA UK	Training in Mental Health First Aid for children, young people and adults.	Charlotte Wiseman Website: www.mhfaengland.org Email: info@mhfaengland.org charlotte@step-inside.org +4407764898444



Thank you for being here today.

Any further questions?

Get in touch:

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Go to our website: www.curious-human.co.uk

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