

About KidsMatter Background resources for the initiative

The following resources have been compiled for parents, carers and teachers who may be seeking further information about the KidsMatter approach. The selection below includes key policy documents and research reports that have informed the KidsMatter initiative. It also includes links to key mental health, parenting and education websites. These resources complement the information in the *KidsMatter Overview*, but the list is not exhaustive. Further information on specific topics relating to children's mental health and wellbeing is available in the respective KidsMatter resource packs.

General information

The KidsMatter Website provides more information about the Initiative, including links to the *KidsMatter Overview* document and several brochures and newsletters. Available from: www.kidsmatter.edu.au

Key policy documents on children's mental health and wellbeing

Australian Health Ministers. (2003). *National Mental Health Plan 2003-2008*. Canberra: Australian Government.

Available from: www.health.gov.au/internet/wcms/publishing.nsf/Content/mental-pubs-n-plan03

This is a key policy document that identifies mental health promotion, prevention and early intervention as national priorities.

Council of Australian Governments (COAG). *National Action Plan on Mental Health*. Canberra.

Available from: www.coag.gov.au/meetings/140706/docs/nap_mental_health.rtf

The *National Action Plan on Mental Health*, agreed to by the Council of Australian Governments in 2006, is a key document that recognises the importance of schools in the promotion of mental health.

Raphael, B. (2000). *Promoting the mental health and wellbeing of children and young people. Discussion paper: Key principles and directions*. Canberra, ACT: Department of Health and Aged Care, National Mental Health Working Group.

Available from: www.health.gov.au/internet/wcms/publishing.nsf/Content/mental-pubs-p-promdisc

This discussion paper outlines the mental health and well-being needs of Australian children and adolescents and provides suggestions for developing a comprehensive service system.

Sawyer, M.G., Arney, F.M., Baghurst, P.A., Clark, J.J., Graetz, B.W., Kosky, R.J., Nurcombe, B., Patton, G.C., Prior, M.R., Raphael, B., Rey, J.M., Whaites, L.C. & Zubrick, S. R. (2000). *Mental Health of Young People in Australia: Child and Adolescent Component of the National Survey of Mental Health and Well-being*. Available from: [www.health.gov.au/internet/wcms/publishing.nsf/Content/70DA14F816CC7A8FCA25728800104564/\\$File/young.pdf](http://www.health.gov.au/internet/wcms/publishing.nsf/Content/70DA14F816CC7A8FCA25728800104564/$File/young.pdf)

This report presents findings from the national survey of mental health and well-being on the prevalence and severity of mental health issues in Australian children and adolescents.

Children's social and emotional learning

Collaborative for Academic, Social, and Emotional Learning. (2003). *Safe and sound: An educational leaders' guide to evidence-based social and emotional learning (SEL) Programs*. Available from: www.casel.org/downloads/Safe%20and%20Sound/1A_Safe_&_Sound.pdf

This document provides a detailed introduction to the framework for social and emotional learning (SEL) in schools developed by the Collaborative for Academic, Social and Emotional Learning in the USA. A further comprehensive range of articles and resources relating to SEL is available via the CASEL website.

Elias, M. J. (2003). *Academic and social-emotional learning. Educational Practices, 11*, Brussels, Belgium: International Academy of Education. Available from: www.ibe.unesco.org/publications/EducationalPracticesSeriesPdf/prac11e.pdf

This UNESCO publication provides a succinct introduction and rationale for integrating social and emotional learning into schools.

Whole school approaches to mental health promotion

Stewart, D., Sun, J., Patterson, C., Lemerle, K., & Hardie, M., (2004). Promoting and building resilience in primary school communities: Evidence from a comprehensive 'Health Promoting School' approach. *International Journal of Mental Health Promotion*, 6, 3, 26 – 33. Available from: <http://eprints.qut.edu.au/archive/00001281/>

This article provides a concise rationale for a whole school approach to mental health promotion in schools.

World Health Organisation (2006). *What is the evidence on school health promotion in improving health of preventing disease and, specifically, what is the effectiveness of the health promoting schools approach?* Geneva, Switzerland: Author.

Available from: www.euro.who.int/Document/E88185.pdf

This document provides a review of international research on the health promoting schools model.

Kay-Lambkin, F., Kemp, E., Stafford, K. & Hazell, T. (2007). Mental health promotion and early intervention in early childhood and primary school settings: A review. *Journal of Student Wellbeing*, 1, 1, 31-56.

Available from: www.ojs.unisa.edu.au/index.php/JSW/article/viewFile/115/95

This article from the new Australian publication, *Journal of Student Wellbeing*, considers the role of education and educators in promoting mental health and wellbeing among children.

Related mental health websites

Auseinet, the Australian Network for Promotion, Prevention and Early Intervention for Mental Health, outlines a clear rationale for supporting the mental health of children in schools including links to key policies, programs and initiatives.

Available from: www.auseinet.com/ppei/schoolprogs.php

ResponseAbility is an education initiative for pre-service teachers that aims to provide information and strategies that will help teachers to respond more effectively to mental health issues affecting the children and young people they teach. Information on a number of children's mental health topics is available to be downloaded from the ResponseAbility website.

Available from: www.responseability.org/site/index.cfm?display=25577

Kids Helpline is a free, national counselling service for young Australians. Children can access confidential counselling 24 hours a day by calling 1800 55 1800. Further information is available from: www.kidshelpline.com.au

Related parenting websites

Raising Children Network. This national website aimed at helping families care for children has a series of comprehensive and clearly written articles on a range of issues relevant to parenting and children's development. Available from: <http://raisingchildren.net.au/>

Australian Childhood Foundation is a national organisation that is aimed at protecting children and preventing abuse and violence. A range of useful resources for parents and carers, including information in a range of languages, is available from: www.childhood.org.au

Government Education Departments

KidsMatter has been designed to complement a number of related national, State and Territory education initiatives. Information about national and State Education Department policies and projects that relate to student mental health and wellbeing, is available via the listed Commonwealth, State and Territory Education Department websites. Many of the websites have search functions that assist users in locating resources relevant to children's mental health and wellbeing.

National www.dest.gov.au/sectors/school_education

ACT www.decs.act.gov.au

SA www.decs.sa.gov.au

NSW www.det.nsw.edu.au

TAS www.education.tas.gov.au

QLD education.qld.gov.au

VIC www.education.vic.gov.au

NT www.deet.nt.gov.au/education

WA www.det.wa.edu.au/education

This resource is part of the KidsMatter Primary initiative. The team at KidsMatter welcomes your feedback at www.kidsmatter.edu.au