

PRESSURE POINTS
PROTECTIVE FACTORS
– IS YOUR STUDENT CULTURE
– FIT FOR PURPOSE ?

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YOUR Student Culture ... What are yours?



PRESSURE POINTS
WHAT AUSTRALIANS SAID...
ARE THESE COMMON FOR
YOURS?
CHECK YOUR ASSUMPTIONS ?



PROTECTIVE FACTORS
WHAT AUSTRALIANS SAID...
ARE THESE THE SAME FOR
YOU ?



FIT FOR PURPOSE ?
FIT FOR OUR TIMES ?
THINGS YOU CAN DO
NOW!

STUDENT STORIES

“Universities need to have inclusive and safe spaces for people to escape to”

“I applied for 26 universities – clinical psychological masters program (all over Australia) and got knocked back for all of them ... apparently I’m not good enough even with 10+ years of clinical rural experience, working with the most vulnerable groups, , spoke at multiple conferences, published a peer review paper, having supervised 2 psych registrars passing their national psych exams – I have 5 students now .. My own professional peers refuse to let me study ! Many of my psych students that have graduated do not feel their mental health are even taken into consideration.”

‘Reverse Mentors’ – check your assumptions

What are they
socialized to do,
socialized to know ?

40 Tribes – Bwngcolman Country – PALM ISLAND / 40 Nations

- Where am I today and how is it important to you !?



Ways of learning / ways of help-seeking

- **Example: Men and Clinicians – it's a health equity issue ...!**

ClinPSY Dr Zac Seidler (Movember Funded)

<https://www.sbs.com.au/news/the-feed/high-therapy-dropout-rates-reveal-failure-to-connect-with-men-study-shows>

- **Situational Mindfulness** - **allowing the action of study include these tips**
- **Assignment Mindfulness** - *simple measures – global outcomes*
- **Professions taking the lead**

Disaster – 'an authorizing window'

Floods – Earthquakes

Tumaini– **Covid**

Policy

PDF LINK: **PILLAR SIX Pages 21-23**

http://www3.weforum.org/docs/WEF_Davos_Lab_Youth_Recovery_Plan_2021.pdf



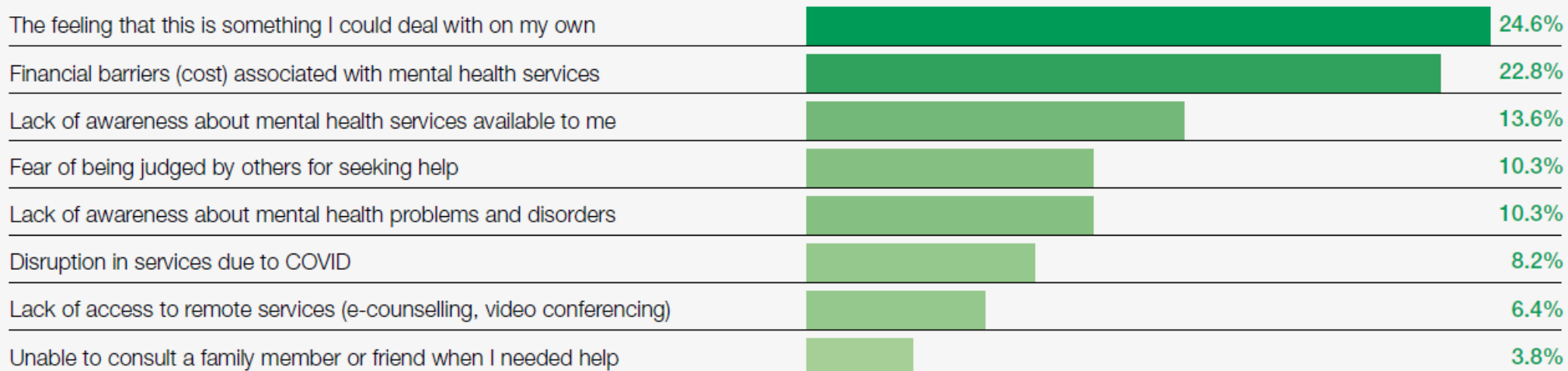
World Economic FORUM – Youth Recovery Plan – August 2021

<https://www.weforum.org/reports/youth-recovery-plan>

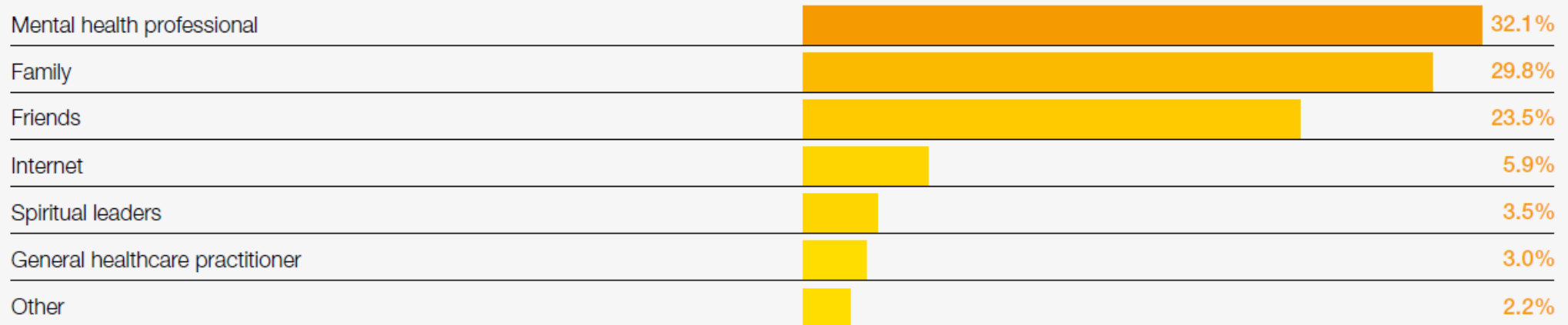
Do you think mental health is a human right?



What prevented you from reaching out to a mental health professional at a time when you needed help? (Select all that apply)



If you needed mental health support, who or where would you turn to first?



Source: Davos Lab Survey results

EXTRA READING :

<https://unitedgmh.org/listening-young-peoples-mental-health-stories-guide-recovery-now-and-future>

Supported by the **National Mental Health Commission of Australia**, batyr partnered with researchers at ConNetica to conduct a thematic analysis on young people's stories to learn what commonly contributed to experiences of mental ill-health and recovery.

- Some of the factors contributing to mental ill-health identified were:

- Perfectionism
- High expectations on young people from parents, society or at times themselves
- Trauma

Factors contributing to recovery included:

- Self-acceptance
- High quality therapeutic relationships
- Receiving unconditional love. Having an anchor person who held onto hope when it was difficult to do so themselves was significant.

thematic analysis



Table 3 below illustrates these 4 themes and associated key elements.

Table 3 - Being Herd – Themes & Associated Elements of Young People's Lived Experience of Mental ill-health & Recovery

Themes	Personal and Contextual Journeys (non-linear)			
	Precipitating Factors	Additional Variables	Transition to Recovery	Recovery & Wellbeing
Benefits	High expectations - general societal, family and self-striving	Experiences of trauma in general and included family violence and sexual assault (high frequency, varied impact)	'Anchor person' who holds fast with unconditional love and/or support	Acceptance of self
	Family history of mental illness	Bullying, discrimination, exclusion and/or isolation (high frequency, varied impact)	Persistent reaching out for professional help. Multiple attempts to find the 'right' support	Anchor person
	Family communication difficulties	Family separation (moderate frequency, major impact)	Finding a 'good fit' therapist/ professional for long enough (often a few)	Quality therapeutic relationship - effective professional care
	Perfectionism - free of failure	Migrant family background (low frequency, major impact)	Reconnecting with others	Social connections - plenty of social scaffolding
	Childhood anxiety - not addressed	Relationship breakdown (low frequency, major impact)	Taking time out for self, and/or slowing up	Unconditional love/support of parent-s/sibling-s/friend-s
	Poor coping skills	Sexual Identity (low frequency, major impact)	Developing a range of self-care practices	Common variable - effective medication
	Low self-esteem	Difficult transitions (moderate frequency, moderate impact)	Stopping or reducing alcohol and other drug consumption/use	Common variable - forming an intimate relationship
	Self-stigma	Alcohol and other drug use/abuse/bingeing (low frequency, major impact)	Supportive school/university/ workplace policies	
			Changes in career, study, friendship groups	

Worth a look at ...



Roses in the Ocean

stemming the tide of suicide



Date Claimers

- **10th September** International Suicide Prevention Day – Hope through Action – 2021 Theme
- 8.00pm YOUR TIME - light a Candle for hope and remembrance **and HASHTAG #AMHHEC2021**

