

MHiPS Research Update

Mental Health in Primary Schools



Thank you!

As the Mental Health in Primary Schools (MHiPS) initiative continues into its 4th year, we would like to say a big THANK YOU to all the parents and carers who have participated in our surveys and helped us to understand what impact this initiative is having.

With your support, we have been able to collect a huge amount of information that has been important for helping us make MHiPS better, both for our existing MHiPS schools and for new schools that come on board.

We've also greatly appreciated parent feedback about the survey and have made changes wherever possible in response to this feedback.

There has been a lot happening within MHiPS since we last made contact and we wanted to share this with you. In future updates, we look forward to providing you with a summary of the feedback and results we have received so far from participating schools and the school community.

We also look forward to continuing to learn more from you about your understanding of child mental health and wellbeing, and any experiences you may have of seeking support for your child from your school or other services.

Prof Frank Oberklaid, Director
Dr Simone Darling, Program Manager

In this edition:

THANK YOU!

WHAT IS MHiPS?

MHiPS IS EXPANDING!

**PARENT/FAMILY DATA
COLLECTION 2023**

**MEET OUR 2023 DATA
COLLECTION TEAM**

**VICTORIA'S SENIOR
AUSTRALIAN OF THE
YEAR 2023**

FIND OUT MORE!

What is MHiPS?

MHiPS places support in primary schools (a Mental Health and Wellbeing Leader, or MHWL) to identify mental health and wellbeing concerns early.

GETTING SUPPORT EARLY IS THE KEY TO BETTER MENTAL HEALTH AND WELLBEING.

The MHWL provides training to teachers and other school staff about student mental health and wellbeing.

THE MHWL ALSO HELPS TEACHERS WITH STUDENTS WHO NEED EXTRA SUPPORT FOR THEIR EMOTIONS OR BEHAVIOURS.

The MHWL creates links between schools and other mental health and wellbeing services in the community.

THEY CAN HELP STUDENTS FIND EXTRA SUPPORT OR SERVICES IN THE COMMUNITY IF NEEDED.

Each MHWL receives training and support to do their job well. Other school staff can also attend training.

MORE THAN 460 MHWLS AND 560 OTHER SCHOOL STAFF HAVE PARTICIPATED IN THE MHiPS TRAINING PROGRAM SO FAR.

MHiPS is expanding!

In 2022, MHiPS received additional funding of \$200 million from the Victorian State Government. This is the largest amount of funding ever allocated to student mental health in Australia.

The funding will allow every government and low-fee non-government primary school in Victoria to have MHiPS in their school. In 2023, schools in Barwon, Brimbank Melton, Hume Merri-bek, Goulburn and Outer Gippsland areas joined the MHiPS initiative. By 2026, all government and low-fee non-government schools across Victoria will be participating.



Parent/family data collection 2023

Each year, the MHiPS team collects data from school leaders, teachers, MHWLs, and parents/families to find out what impact MHiPS is having on schools and students.

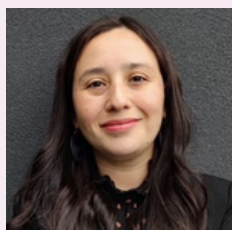
This year, we will be asking many of you to participate in follow-up surveys relating to your child's mental health and wellbeing (including your understanding of child mental health, your access to child mental health services if needed, and your experience of child mental health support at your school).

Surveys will take place from Week 2 of Term 3 through to the second last week of Term 4.

Existing parent participants from MHiPS schools and 'business as usual' schools (schools that do not yet have the MHiPS initiative in place) will be asked to take part.



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Meet our 2023 data collection team



It truly takes a team effort to collect and analyse all the information we receive from parents and carers, teachers, school leaders, and Mental Health and Wellbeing Leaders.

As we commence the next round of data collection, we wanted to introduce you to some of the members of our friendly data collection team; you may hear from some of them shortly.



Rebekah Beard
Project Officer



Sarthak Gandhi
Research Student




Victoria's Senior Australian of the Year 2023

We are thrilled to congratulate Prof Frank Oberklaid, MHiPS Director, on being awarded **Victoria's Senior Australian of the Year 2023** for his internationally recognised career in children's health and development.

Find out more!

You can keep track of our progress by:

- visiting our website: mhips.org.au
- following us on Twitter:  [@MCRI_for_kids](https://twitter.com/MCRI_for_kids) (Murdoch Children's Research Institute)
[@CCCH_AU](https://twitter.com/CCCH_AU) (Centre for Community Child Health)
[@EduMelb](https://twitter.com/EduMelb) (Melbourne Graduate School of Education)
- subscribing to CCCH news: rch.org.au/ccch/contact/mailling-list/

We also frequently publish articles about MHiPS, including the following:

Mental health and wellbeing coordinators in primary schools to support student mental health: protocol for a quasi-experimental cluster study.

<https://bmcpublikehealth.biomedcentral.com/articles/10.1186/s12889-021-11467-4>

Supporting children's mental health in primary schools: a qualitative exploration of educator perspectives.

<https://doi.org/10.1007/s13384-022-00558-9>

Barriers and enablers faced by regional and rural schools in supporting student mental health: A mixed-methods systematic review.

<https://doi.org/10.1007/s13384-022-00558-9>



Mental Health in Primary Schools, or MHiPS, is a partnership between the Centre for Community Child Health (CCCH) at the Murdoch Children's Research Institute (MCRI), Melbourne Graduate School of Education (MGSE) at the University of Melbourne, and the Victorian Department of Education.

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