

## **Quality Education Fund Thematic Networks – Tertiary Institutes (QTN–T) (2022/23)**

### **Project Title:**

### **Mindshift Educational Networking Programme (Phase IV)**

#### **1. Support Service Coordinator**

School-based Professional Support Section, Curriculum Support Division,  
Education Bureau

#### **2. Network Coordinating Organisation**

Department of Psychiatry, The University of Hong Kong

#### **3. Objectives**

The project aims:

- to enhance teachers' understanding of mental health (including mental health problems such as acute stress disorder and post-traumatic stress disorder induced by frequent exposure to stressful events) and their knowledge and skills in handling students' stress-induced emotional and behavioural issues of students
- to promote a positive mental health culture in primary and secondary schools by enhancing students' wellness of mind and body and increasing students' capacity to address mental health concerns
- to cultivate a friendly campus environment by promoting mental health in primary and secondary schools
- to enhance students' understanding of mental wellness and illness, skills to cope with stress and emotions, and empathy towards people with mental illness (in particular psychosis)

#### **4. Foci of Support**

- To promote a positive mental health culture in accordance with the needs of each participating school
- To develop a student ambassador programme which promotes mental health and forms a sustainable personal development structure for student ambassadors
- To establish an interschool mental health support network
- To provide an online platform to promote mental health

#### **5. Modes of Support**

- On-site talks
- 3 student ambassador training workshops of knowledge building and communication skills and 5 teacher professional training workshops
- 6 sessions of experiential contact with people with mental disorders and a 3-day attachment at the University
- 1 – 2 theme-based projects on promoting a positive mental health culture
- Music programme
- Parent-child music workshop for primary schools
- Regional mental health seminars for teachers

**6. Expectations on Participating Schools**

- Participating schools have an open and positive attitude towards the discussion of mental health issues and assign 2 – 3 teachers as core members to closely collaborate with the support team and to make appropriate arrangement to facilitate teachers in participating in related collaborative and professional development activities as well as promoting a positive mental health culture in the school
- Participating schools support hosting project events related to mental health at schools
- Participating schools support an interschool Mental Health Network and share the experience gained from the project with other participating schools
- Participating schools attend two Executive Committee (EC) meetings and an annual dissemination seminar to share the good practices generated and effective ways to cope with challenges encountered
- Participating teachers share with other teachers their experience in school-based curriculum development and the materials and resources they develop, e.g. work plans, learning and teaching materials, research reports and student work (The copyright of these materials will be owned by the Quality Education Fund.)
- Participating schools observe strictly their legal obligations and, in all cases, comply with the Copyright Ordinance in developing school-based learning and teaching materials

**7. Others**

To promote a positive mental health culture in schools, schools may apply for this service as **an additional service** on top of the two preferences they intend to apply.

**8. Project website**

<https://mindshiftenp.com>