

Quality Education Fund Thematic Networks – Tertiary Institutes (2023/24)

Project Title:

Mindshift Educational Networking Programme (Phase V)

1. Objectives

The project aims:

- to enhance teachers' understanding of mental health (including mental health problems induced by being frequently exposed to stressful events, such as acute stress disorder and post-traumatic stress disorder) and skills in addressing students' stress-induced emotional and behavioural problems
- to promote a positive mental health culture in primary and secondary schools by enhancing the wellness of mind and body and increasing capacity to address mental health concerns
- to cultivate a friendly environment by promoting mental health awareness 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)

2. Foci of Support

- To assist schools in promoting 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 inter-school mental health support network
- To set up an online platform to promote mental health

3. Modes of Support

- On-site school talk
- 3 student ambassador training workshops on knowledge building and communication skills related to mental health and 3 teacher professional training workshops
- 4 sessions of experiential contact with people with mental disorders and 3-day attachment at the University
- 1 - 2 theme-based projects on promoting a positive mental health culture
- Music programme for secondary school students
- Parent-child music workshop for primary schools
- Regional mental health seminars for teachers
- 2 workshops for parent education

4. Points to note

- The duration of the support services normally lasts for one year
- Participating schools have an open and positive attitude towards the mental health issues and will assign 2-3 teachers as core members to promote a positive mental health culture in the school
- Participating schools support hosting project events related to mental health at schools

- Participating schools support an inter-school Mental Health Network and share the experience gained from the Project with other participating schools
- Participating schools arrange regular timeslots for teachers concerned to attend meetings and participate in various professional development activities
- 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 experiences in school 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 should comply with relevant laws, such as compliance with the Copyright Ordinance in developing school-based learning and teaching materials
- Please visit the project website (<https://mindshiftenp.com>) and QEF website (<https://qcrc.qef.org.hk/en/fund/activity.php?cate=7>) for details
- To promote mental health culture in schools, schools may **additionally apply for “recommended services” item** “Mindshift Educational Networking Programme (Phase V)”

5. Support Service Coordinator

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