

## 2022 Match Summary

Name of Match: - **INSPIRING INCLUSION, RESILIENCE, AND GROWTH THROUGH SCHOOL MENTAL HEALTH LEADERSHIP**

Location of Match: Virtual

1. Describe the **purpose** of the match: (Maximum 500 words)

The match brought together leaders from Australia, New Zealand, Canada, the USA and Europe to share approaches that deliver mental health support and promotion in schools, from universal and early intervention approaches through to targeted responses to significant events.

The match sought to explore how leaders had considered and addressed stigma, culture (particularly in relation to indigenous peoples), political imperatives and working across health, education, and social sectors.

The match included population, whole school, digital, group and targeted approaches developed and implemented, for the most part, in response to significant events including the Christchurch earthquakes, flooding and bush fires in Australia, school shootings and the war in Ukraine.

2. Describe the **leaders** who participated in the match (for example, were some of them peers, youth, family/caregivers, practitioners, policymakers, clinicians? Were they from community settings, government, NGOs, clinical settings?): (Maximum 500 words)

Leaders involved in the match included the following:

- Professors and professionals in School Behavioral/Mental Health – Mark Weist (USA), Kathy Short (Canada), Sharon Hoover (USA), John Weisz (USA), Brian Daly (USA), Robert Porzak (Poland), Eric Bruns (USA), Vanessa Cobham Professor in Clinical Psychology (University of Queensland Australia), Karaitiana Tickell, CEO of a Kaupapa Maori NGO - Purapura Whetu Trust, Aotearoa New Zealand, Ciaran Fox (The Mental Health Foundation, Aotearoa NZ) and Lucy Daeth (Community Public Health, Aotearoa NZ)
- Youth – Romy (NZ)
- Grant-funded program – Grant Rix, Director of Mindfulness Aotearoa, New Zealand ,

3. What do you see as the **game changer** for this match topic? (Game changer is defined as: a newly introduced element or factor that changes an existing situation or activity in a significant way.) (Max 500 words)

One of the presentations described an effective school mental health collaboration between school mental health leaders from Poland and the USA around responding to youth impacted by the war in Ukraine. The game changing factors included sharing of best-practice resources for trauma, training of mental health responders by personnel from different countries, and suggestions for sustaining and even growing these collaborations.

Other presentations described how digital interventions can augment in-person interventions in schools and communities to promote resilience among youth experiencing mental health challenges. Although these digital interventions require more refinement, there exists potential to be a game changer in meeting youth where they are at and with an engagement strategy that is responsive to their interests (i.e., digital tools and apps).

Discussion across leaders focused on being thoughtful when designing and implementing interventions for youth exposed to trauma or potentially traumatic events that mental health personnel and professionals are thoughtful surrounding our messaging in crisis. Leaders noted that having an emotional response to a trauma

is normative and we need to be aware of the danger of setting up expectations for pathology following potentially traumatic events at the community level.

Leaders agreed that our goal should be to situate our communication to youth, families, and the media within a resiliency framework, noting the challenge of changing the dialogue in mental health from the traditional medical frame to one that focuses on wellbeing and building capacity across family, whānau and community.

4. How will the match **support inclusion, resilience and growth** for this match topic and for the leaders who attended: (Maximum 500 words)

Presenters shared their experiences of addressing inequity, designing, and prioritizing responses with and for indigenous communities, reducing stigma, increasing access to care and embedding responses in wider school system responses.

Scalability, sustainability, and culturally relevant programs and content were themes considered and discussed across all topics.

Resources from leaders across the various countries were shared and will be posted on websites of the participating organizations.