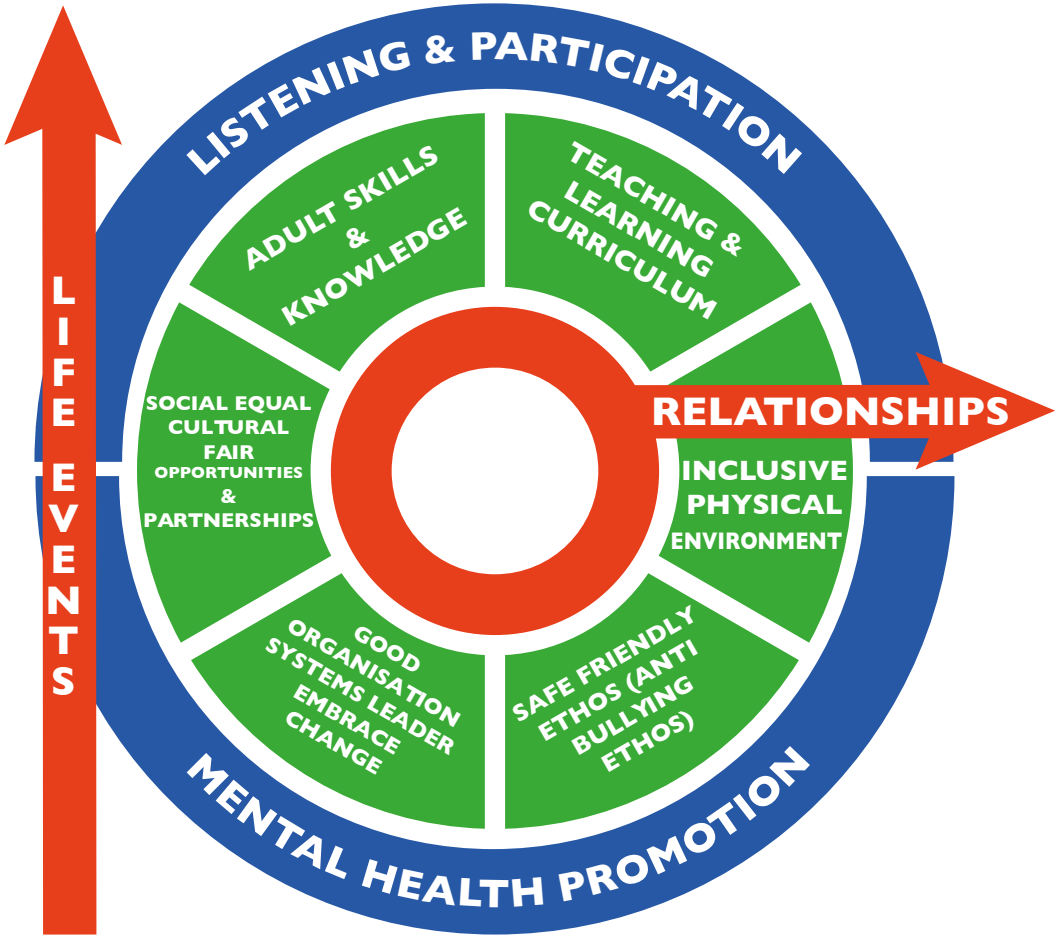
Mental Health Promotion and Inclusion.
An Ecologicial approach



Meso Level - Setting Climate Focus

Adults Skills, Knowledge & Support

Young people want adults to have positive, non-judgemental attitudes and consistency. Adult support & supervision is vital for positive mental health.

Teaching & Learning Curriculum

A flexible curriculum with a variety of options to suit individual needs can bring out the best in everyone.

Inclusive Physical Environment

Demand for '**Universal Design**' has increased in recent years. These designs revolve around access for all rather that sepearate.

Safe Friendly Ethos

45% of Children under 18 experience a form of Bullying

Good Organisation Systems Leader Embrace Change

Young people want good leaders with organised systmes to promote positive behaviour, attendance, learning and support empowering (Aston, 2012).

Social Equal Cultural Fair Opportunities & Partnerships

Employment of people with disabilities increased by **26%** Between 2014 & 2018

Macro Level - Community & Setting Culture Focus

Listening & Participation

"Sense of Belonging"

John-Akinola et al (2014) found that children most wanted to have a sense of belonging in a learning environment to help better their overall learning participation

Mental Health Promotion

15% of the World's Disease is Mental Illness

This highlights the importance of positive Mental Health Promotion in Schools and Communities.

Meso Level - Individual & Relationship Focus

Life Events

SRRS Social Readjustment Rating Scale

States that there are life changing events, which will affect stress levels. However, Kanner (1981) claims that SRRS misses out daily life events, which also cause stress. Both scales give insight onto levels of stress.

Relationships

The quality and nature of relationships, attachments and bonds are impactful to develop a sense of **secure trust**, connectedness and positive genuine person centred ethos.