
RECRUITMENT AND TRAINING OF HEADUCATE MEMBERS TO ENABLE THE DELIVERY OF A SCHOOL-BASED EDUCATIONAL INTERVENTION.

N. Allen¹, C. Robertson¹, S. Parker¹, A. Bhutto¹, R. Lavarack¹, L. Piper¹, R. Smith¹, T. Wade¹, J. Beezhold²

¹Norwich Medical School, The University of East Anglia, Norwich, United Kingdom ; ²Central Norfolk Acute Service, Norfolk & Suffolk NHS Foundation Trust, Norwich, United Kingdom

Introduction

Mental health education is not compulsory in the UK therefore adolescents have very varied experiences despite half of people with mental health illnesses reporting having experienced symptoms by 14 years old. University students are ideal for delivering a relaxed, educational intervention aimed at this age group, providing an opportunity to for them to learn necessary tools for recognising signs of poor mental health and tackle associated stigma.

Aim

To expand Headucate's membership, including other disciplines within the University of East Anglia (UEA) and provide core training enabling members to deliver a school-based educational intervention

Methods

Recruitment of members has been a multifaceted approach utilising social media sites such as Facebook and the Headucate website, and on-campus events and 'awareness campaigns' including several successful evening talks and lectures.

Three training sessions, which include 'Introduction to Mental Health', 'Workshop run-through' and 'Child Protection', have been developed for all members wishing to partake in the delivery of workshops.

Results

We have recruited approximately 300 members since summer 2012; 70 fully paid members in 2012/13 academic year and currently 45 paid members for 2013/14.

A total of 18 members are fully trained and ready to deliver workshops within schools and 17 other members have just one training session remaining.

Conclusions

We are looking forward to delivering our first workshops in October and building on a successful first year. We are confident we can provide workshops for approximately 600 children per year.