

## why consider SKIPS for your school?

SKIPS increases teachers' understanding of mental illness and their confidence in supporting children who live with a parent with mental illness.

SKIPS gives grade 5/6 students appropriate language for talking about mental illness and increases their understanding of people who live with mental illness.

SKIPS (Supporting Kids in Primary Schools) is a national mental health promotion program for primary schools.

Visit our website to find out more:  
[www.skips.each.com.au](http://www.skips.each.com.au)

Contact SKIPS via email:  
[skips@each.com.au](mailto:skips@each.com.au)



## supporting kids in primary schools

a program for primary schools about mental health and illness and the children of parents with mental illness

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SKIPS is a program of each

apr 2013



# SKIPS helps primary schools understand and support children and their families when a parent has a mental illness.

## overview

- One in five adults will suffer mental illness at some time in their life. Many have children at primary school.
- SKIPS helps primary schools understand and support children and their families when a parent has a mental illness.
- SKIPS is direct and honest about mental illness in families and includes speakers for both teachers and students who talk about their lived experiences.
- SKIPS offers teachers and schools practical strategies for working with children and families when a parent has a mental illness.
- SKIPS was created as a joint project of **EACH** and Eastern Health and has been presented in Victorian Primary schools since 2000.
- SKIPS is now running in all Australian States..
- SKIPS is an award-winning program (Australia and New Zealand Mental Health Service Achievement Award—Silver 2005).

## staff workshops

### workshop 1

Gives information about the range, nature and treatability of mental illness and looks at its potential impact on families.

### workshop 2

Looks at how teachers can support children and how schools can support families when a parent is mentally ill. A feature of this workshop is a guest speaker who grew up with a parent suffering mental illness telling their story and answering questions.

## SKIPS+ staff workshop

SKIPS+ is an optional enhancement session for staff. It includes a review of mental illness and principles, policies and practices that can support children and families.

All workshops above run for 90 minutes.

## parents sessions

This is an optional parent information evening about SKIPS or about mental illness, if requested or required by the school or parents. This session usually runs for 75 minutes.

## classroom sessions

### session 1

Session 1 provides a brief introduction including:

- physical health: from wellness to illness
- mental health as a similar continuum from good mental health to mental health problems
- similarities and differences between physical and mental health and illness

### session 2

Session 2 focuses on:

- the language we use for mental illness
- the nature and possible causes of mental illness
- the impact of mental illness on families and the children in those families.

### session 3: the person behind the illness

A person with a mental illness tells students their story and answers their questions. Each session lasts one hour and includes interactive activities, games, worksheets and lots of discussion.

All workshops above run for 60 minutes.

## SKIPS+ for kids: caring

SKIPS+ for kids is an optional enhancement session focusing on caring for ourselves and others.