



HEA Conference 'A Whole of Institution Approach to Health & Wellbeing' - Dublin, June 5th, 2024

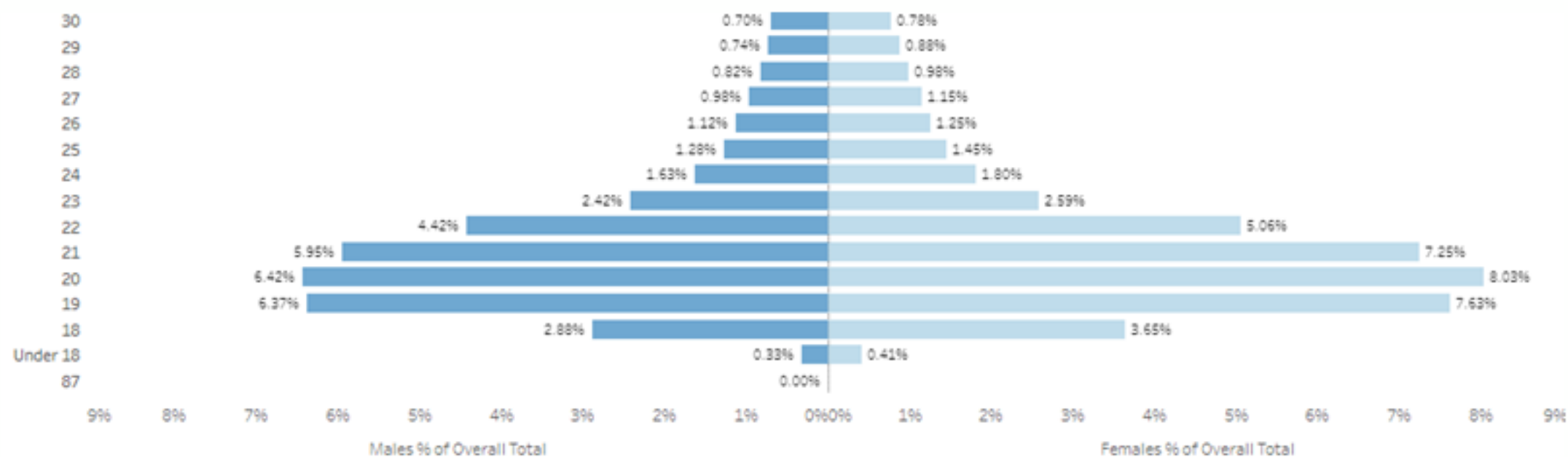
Curriculum + Students = The Only Guaranteed Point of Contact

Dr. Eithne Hunt, Occupational Science and Occupational Therapy, UCC

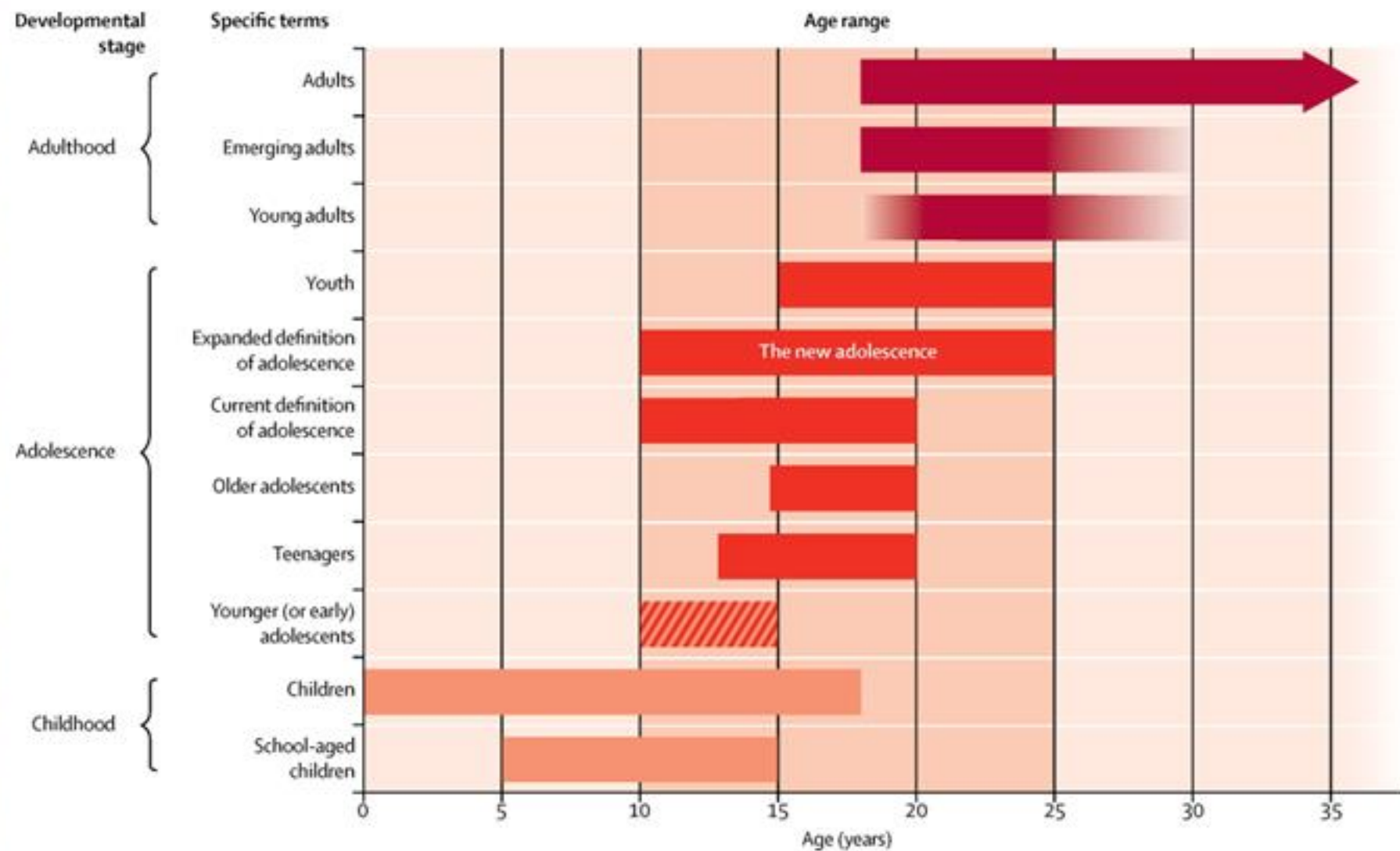
“Academics have a critical role to play in fostering student mental wellbeing. This is because the academic curriculum structures and gives coherence to student life. Increasingly, the curriculum is the one consistent element of the student experience.”



Median Age of Students 2022/2023



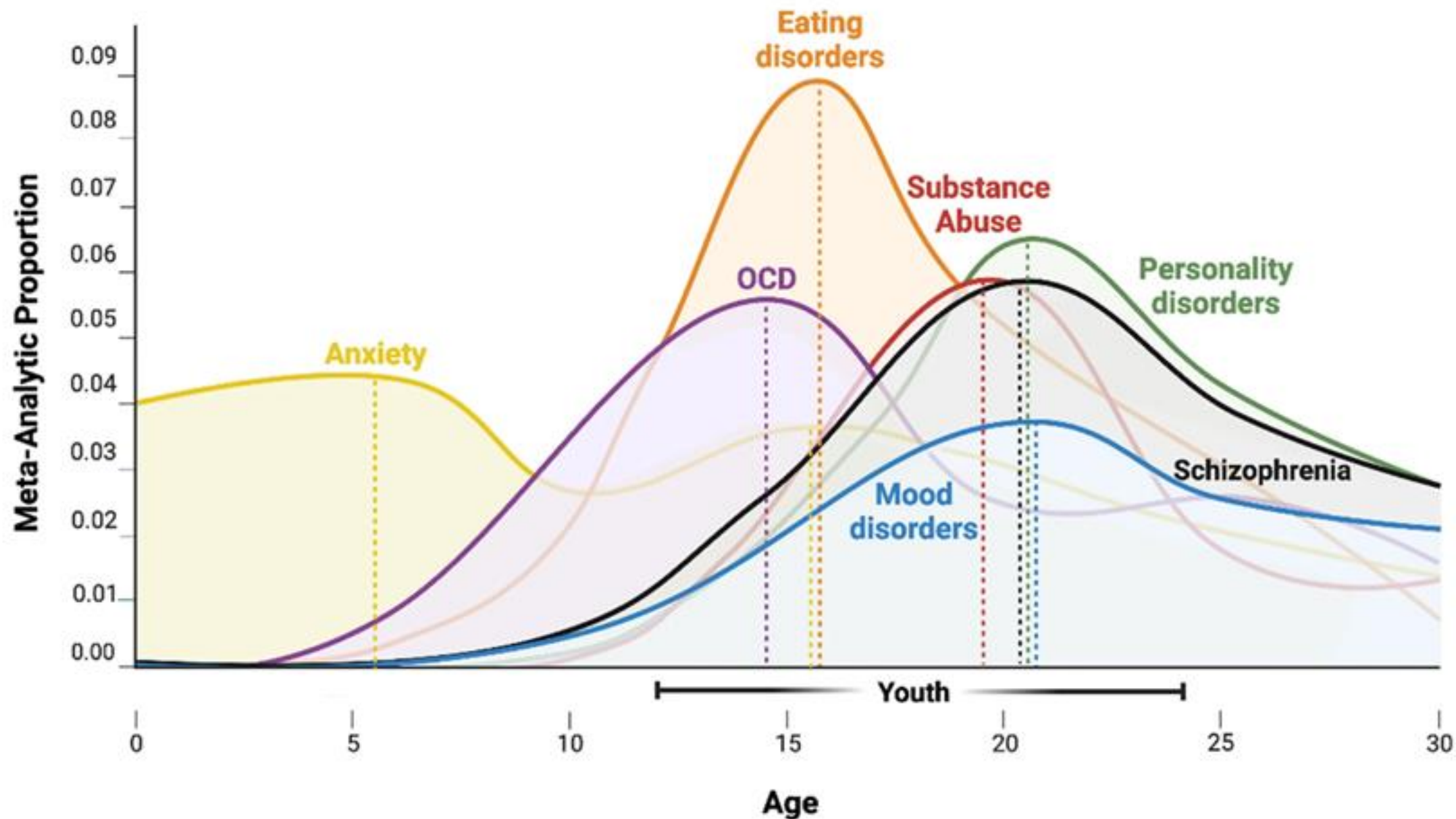
The age of adolescence



Reprinted from *The Lancet Child and Adolescent Health*, 2(3), Sawyer, S.M., Azzopardi, P.S., Wickramaratne, D., Patton, G.G. The age of adolescence, p. 223-228, 2018, with permission from Elsevier.

Fig. 1: Age of onset of mental disorders.

From: [Towards a youth mental health paradigm: a perspective and roadmap](#)





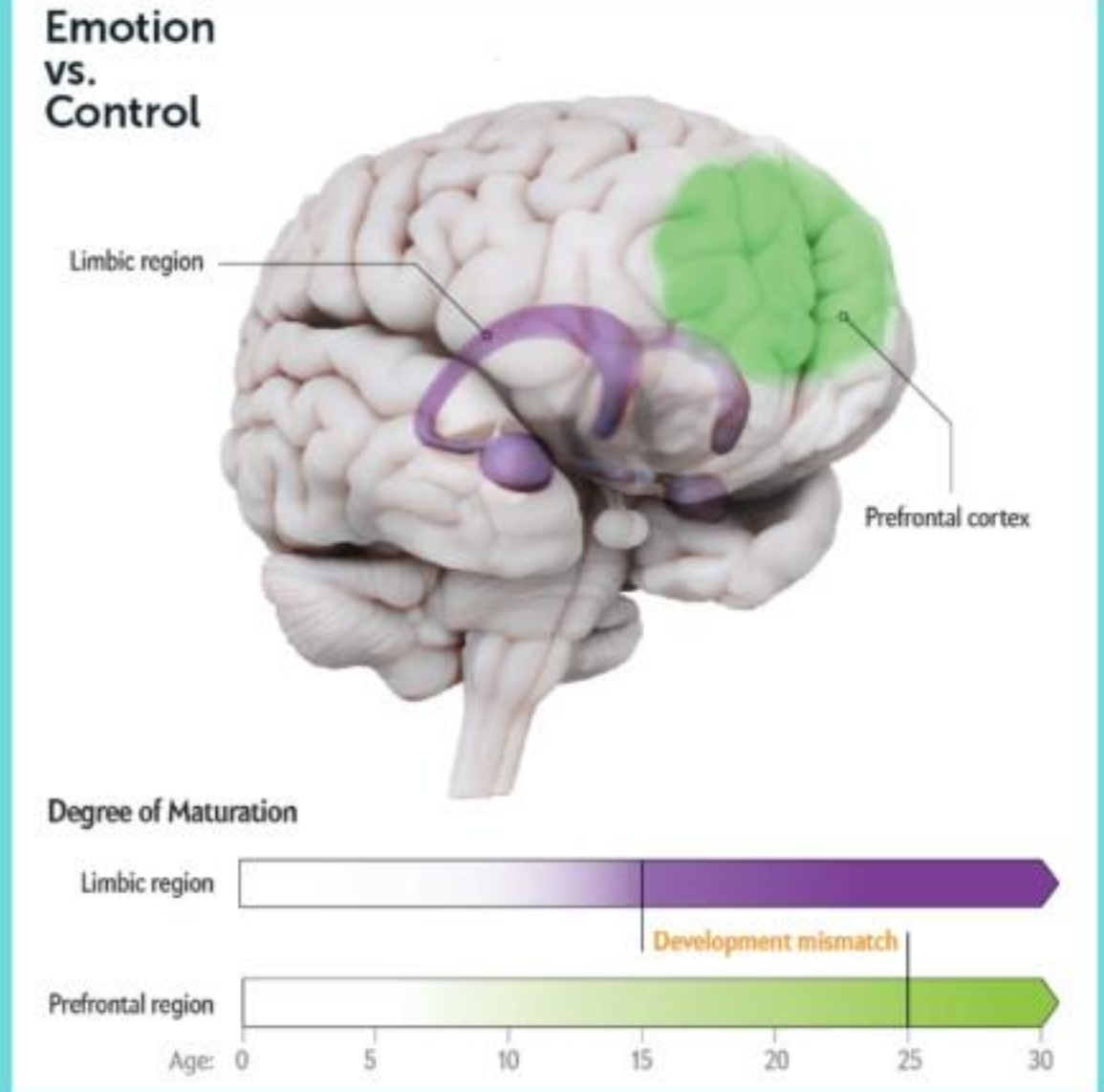
‘Although adolescence is often thought of as a time of turmoil and risk for young people, it is more accurately viewed as a developmental period rich with opportunity for youth to learn and grow’.

The adolescent brain

Cognitive, social, emotional and self-regulatory capacities are still developing right through the mid-20s.

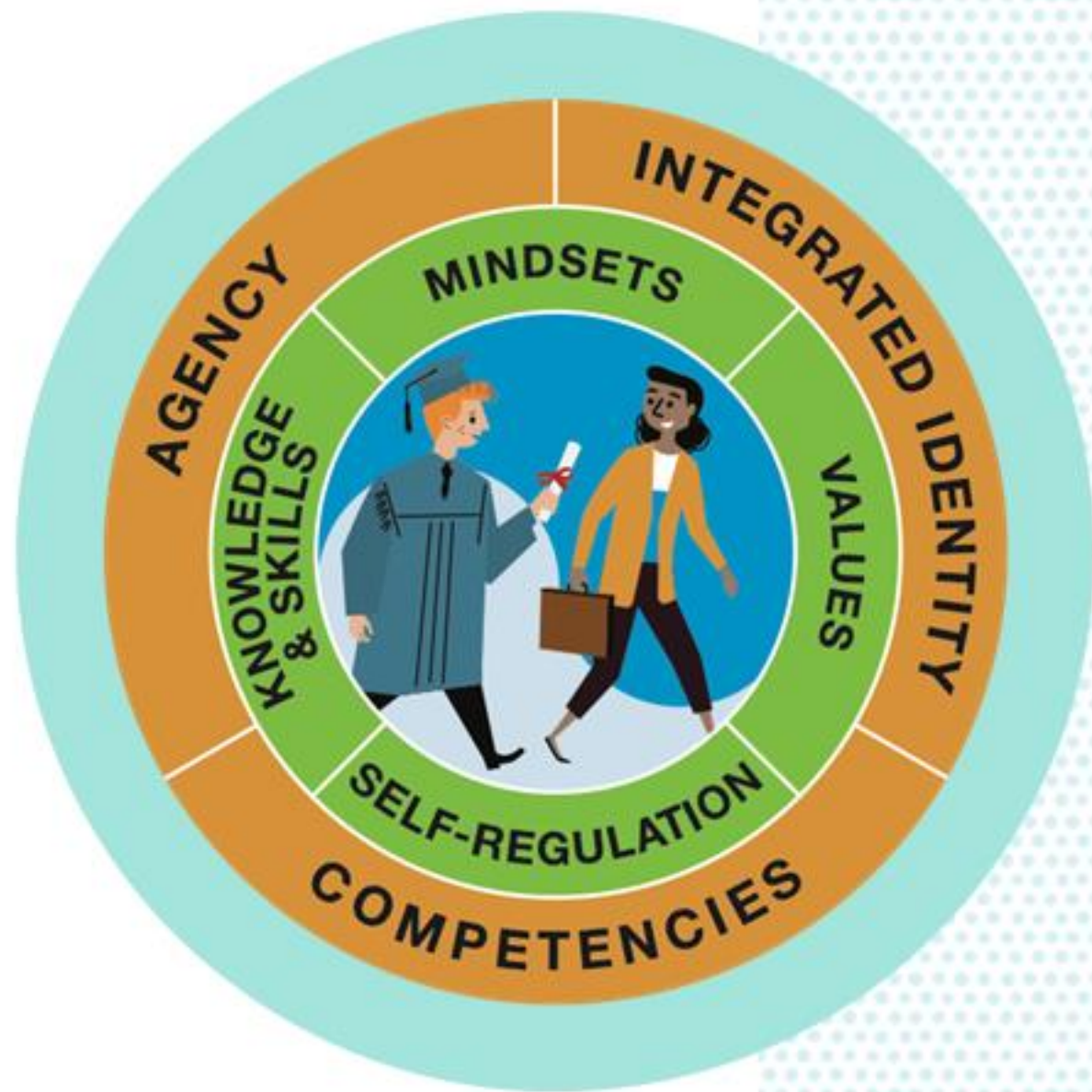
"three Rs"

- regulatory system
- relationship system
- reward system

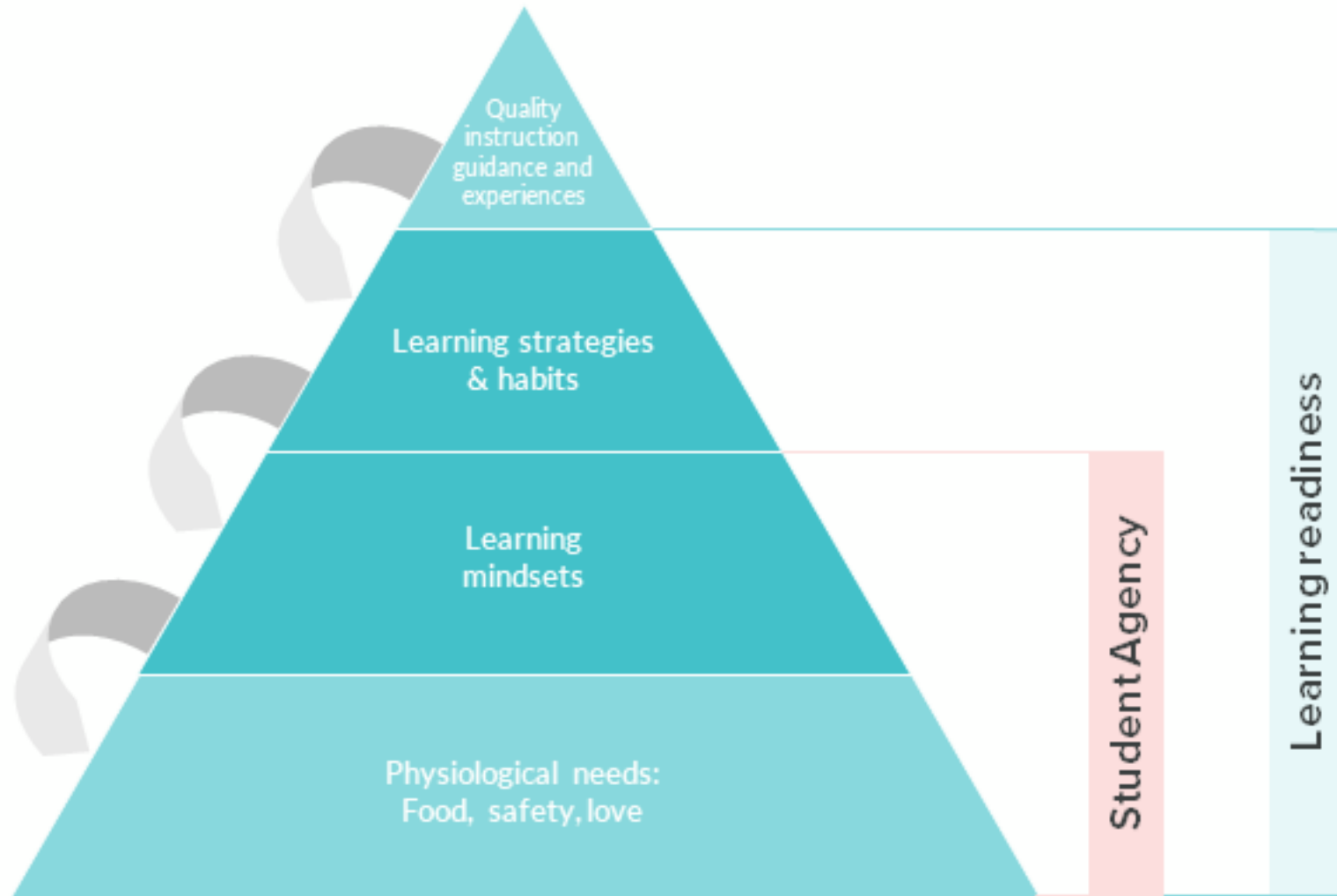


Developmental framework for young adult success

Young Adulthood (Post-Secondary, Ages 19-22)



Hierarchy of learner needs



Learning mindsets:

I belong in this community

I can change my abilities through effort

I can succeed

This work has value and purpose for me

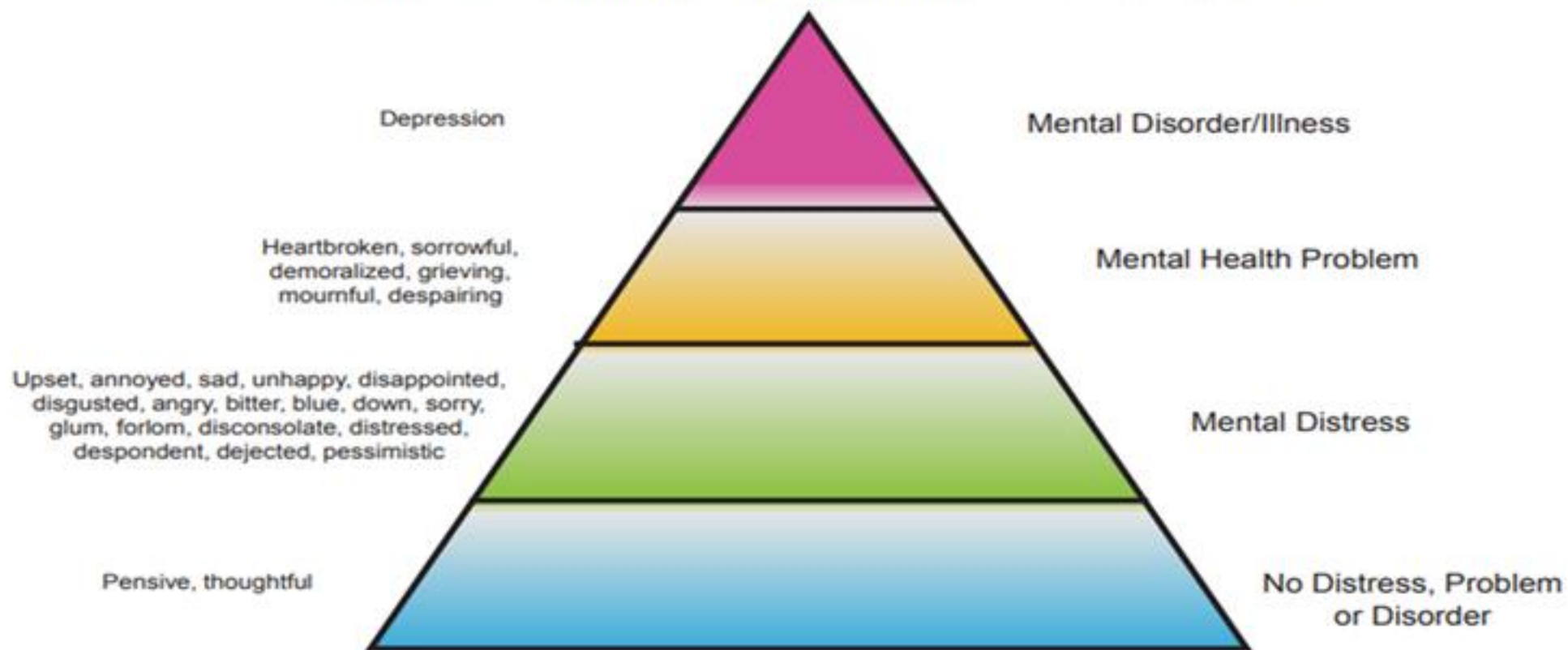


“Our students need to know that resilience is possible and within their developmental - communal reach, and they need to see themselves as resilient.”

Daugherty & Steenbergh (2020, p. 21)



The Inter-Relationship of Mental Health States: Language Matters



Depression is not the same as having a bad day.

OCD is not the same as being organized.

ADHD is not the same as being hyperactive.

Anxiety Disorder is not the same as feeling stressed before an exam.

PTSD is not the same thing as feeling upset.

Schizophrenia is not a split personality.

Panic Disorder is not the same thing as being afraid.

Bipolar Disorder is not the same as being moody.

#getliterate

www.teenmentalhealth.org



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Optimal mix of services for mental health

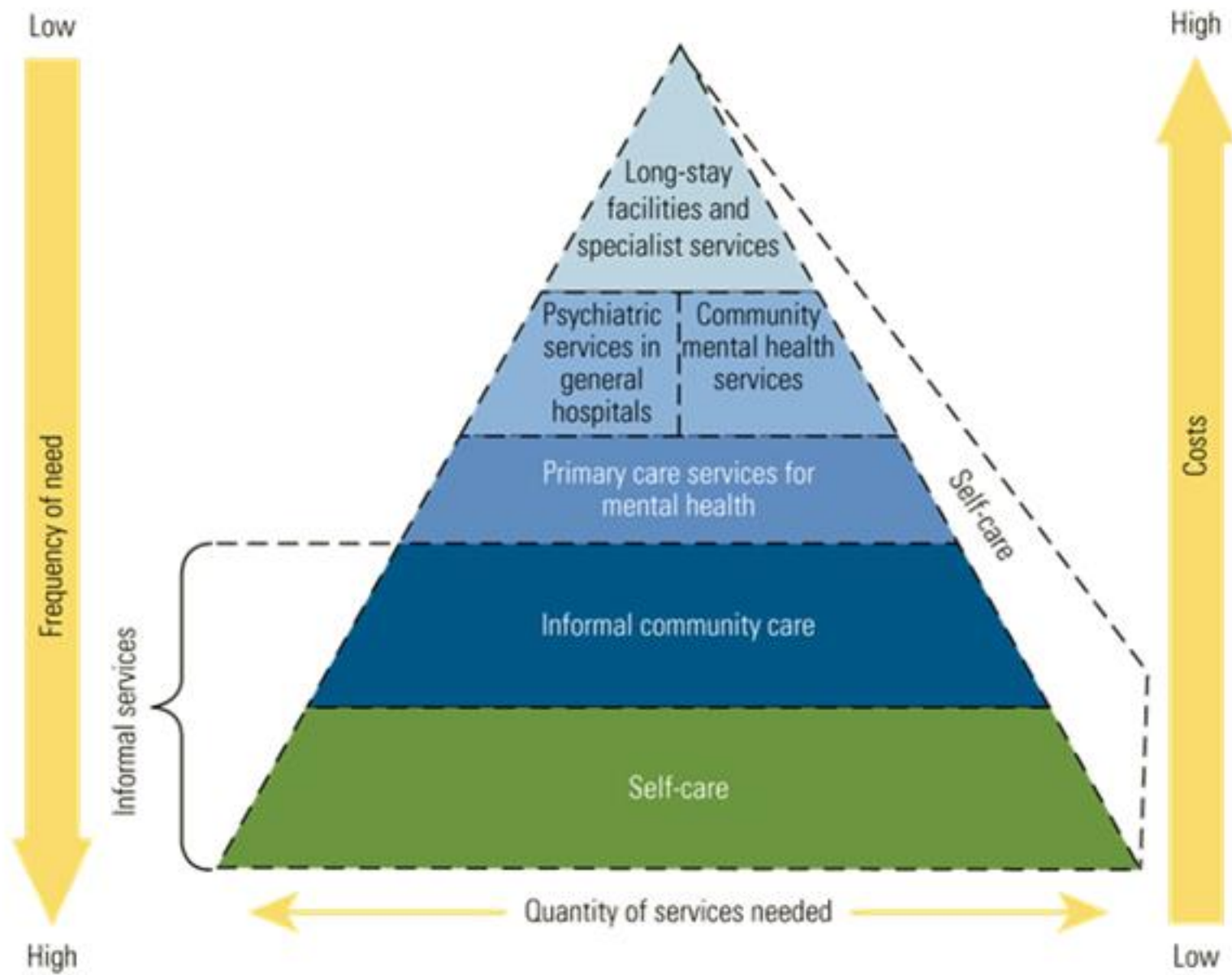


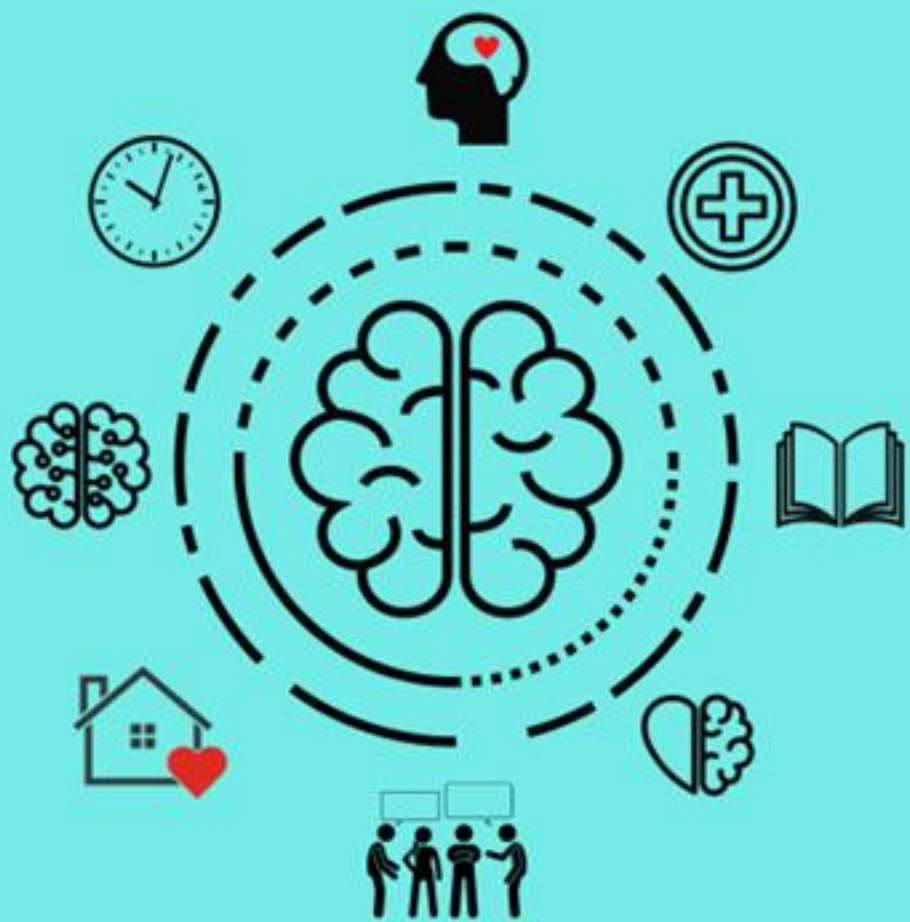
Table 1. Adapted WHO model of support for university students.

Level of support	Type of support	Examples	Severity of students' mental health problems
Level 5 Level 4	External specialist support University support services	Specialist mental health services Counselling Disability services Computerised therapy	Severe problems requiring specialist care Students with more severe or diagnosable problems
Level 3	Structured university support	Personal tutors Study and wellbeing skills Peer support or Buddy system	Students with varying levels of distress
Level 2	Informal university/personal support	Friends Social support via university societies with some offering talks on mental health issues	Students with varying levels of distress
Level 1	Self-care – or readiness for university	Family Budgeting and cooking skills Friendship skills Coping with academic demands (e.g. time management, essay skills, sleep) Emotional coping skills	Students with varying levels of distress

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- ✓ resilience
- ✓ growth mindset
- ✓ sleep health
- ✓ occupational balance
- ✓ gratitude
- ✓ self-compassion

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“
 Everyday Matters has been one of the most interesting and practical lessons I have learned in my university education.
How I wish I had this knowledge before now!”

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Skills Centre

Top 10 skills of 2023

- | | |
|---|--|
| 1.  Analytical thinking | 6.  Technological literacy |
| 2.  Creative thinking | 7.  Dependability and attention to detail |
| 3.  Resilience, flexibility, and agility | 8.  Empathy and active listening |
| 4.  Motivation and self-awareness | 9.  Leadership and social influence |
| 5.  Curiosity and lifelong learning | 10.  Quality control |

Type of skill

 Cognitive skills  Self-efficacy  Management skills  Technology skills  Working with others

Source

World Economic Forum, Future of Jobs Report 2023.

Note

The skills judged to be of greatest importance to workers at the time of the survey

“To the extent that these interventions alleviate stress, they might also reduce prevalence of mental disorders, and, by virtue of the strong associations known to exist between mental disorders and academic performance improve the academic performance and subsequent life-long well-being of students.”





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Showcasing a Tiered Public Health Occupational Therapy Approach to Supporting Student Participation, Health, Wellbeing and Success in Higher Education

Thank You

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