

Port Glasgow High School & Man On! Inverclyde



Kirstin Fraser - PT Health and Wellbeing

Chris Paul - Founder & CEO



Agenda

Trigger Warning

Exploring the partnership between Port Glasgow High School and Man On! Inverclyde, using an innovative approach to wellbeing to support young people in our community.

Themes Explored

Our Wellbeing Journey

The Joint Approach to Mental Health and Wellbeing

Practical Ways to Support Young People

Keeping Young People Safe

The Impact of the Partnership

Whole Community Approach to Wellbeing



Chris Paul
CEO
Man On! Inverclyde

Lived-experience of the youth justice system

Worked within the 3rd Sector since 2008

Supported young people in mainstream education since 2017

Founded Man On! in 2020

Passionate about:

Suicide Prevention, Lived-Experience, Youth Justice, Trauma-Responsive Practice and Children's Rights



Kirstin Fraser
PT Wellbeing

Wellbeing journey in PGHS started in 2017

Co-designed spaces with young people

Developed and delivered a Wellbeing Plan within the school since

Pivotal in creating, sustaining and developing partnerships

Took a chance on the pilot project with Man On!

The key contact for Man On! Inverclyde in PGHS



Man On! Inverclyde is a suicide prevention, mental health and wellbeing charity based in Greenock, Scotland.

We have an Adult Universal Service and a Young Person's Service that supports everyone (12+) in the Inverclyde community and beyond.

Born out of lived-experience and innovation due to gaps in mental health and wellbeing provision, our team of lived-experience workers and volunteers have directly prevented at least 70 suicides in the community and supported over 600 people with various supports.

We believe that getting support for your mental health and wellbeing should be easy and barrier-free.

MISSION STATEMENT

Man On! exists to prevent suicides and enhance wellbeing by providing safe, inclusive, relationship-focused and trauma-informed environments that remove the stigma attached to mental health.

2. What is Time Space Compassion?

“If you work with people, this is for you.”
(practitioner)

Time Space Compassion is about securing better outcomes for people experiencing suicidal crisis. It does this by focusing on people's experience, human connection and relationships, offering a shared language, resources, and ways to connect and take action together.



Man On: Young Person's Hub

"There is no them and us"

- SAFETY
- TRUST
- PEER SUPPORT
- COLLABORATION
- BELONGING



Man On



- **PGHS 550 pupils**
- **Joint Campus with SSHS, Craigmarloch School and PG Enterprise Centre**
- **Catchment area Port Glasgow, East Greenock, Kilmacolm and Quarriers Village**
- **57% SIMD 1&2**
- **Free meal entitlement 39%**

Pupil Support Team

DHT Lead for Health and Wellbeing
PT Health and Wellbeing
PT Support for Learning
4 PT Guidance

Health and Wellbeing Support

Space 2B & Space 4U Bases
Targeted support
Universal support
SQA Mental Health Award
Partnerships to support HWB
Peer Learning



Man On





PGHS
Wellbeing
Journey

Man On



**Wellbeing Spaces co-designed
with pupils in 2017**

Group Space
Quiet 1-1 Room
Family Space
Partner Room





Wider
Wellbeing

Peer Education
/ Outdoors



Man On! Inverclyde: YP Roadshow

In October 2021, the Man On! team visited various secondary schools to talk about our work and find out what gaps were evident in mental health support. During assemblies and via Mentimeter presentations, the findings were:

- **91%** said they struggled with their mental health and wellbeing during the pandemic
- **87%** said they supported a friend or family member with their wellbeing during the pandemic
- 85%** said they never had an adult that they trust enough to speak with if they were struggling
- 95%** agreed that having somebody that listened and could relate to what they were going through was important

The Man On! YP Service was then co-designed and developed with Inverclyde's young people

Man On



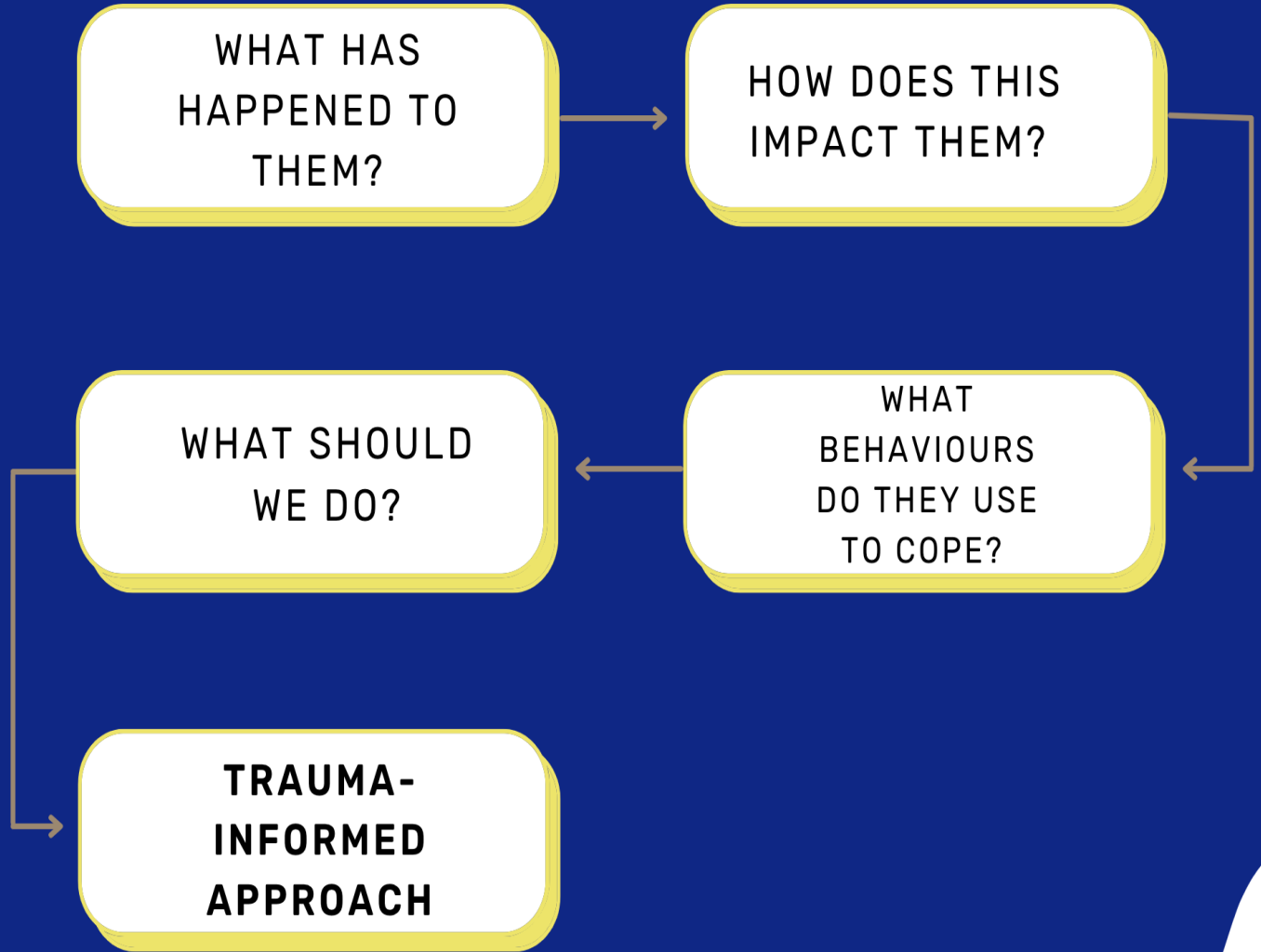


Trauma Responsive Approach



MAN ON

Suicide Prevention Services



Well-being Star (Healthy Living)™

The Outcomes Star for staying healthy and enjoying life

Person

First Review Retrospective

Worker

Completed by: Person and worker

Date of completion

Worker only

Person only

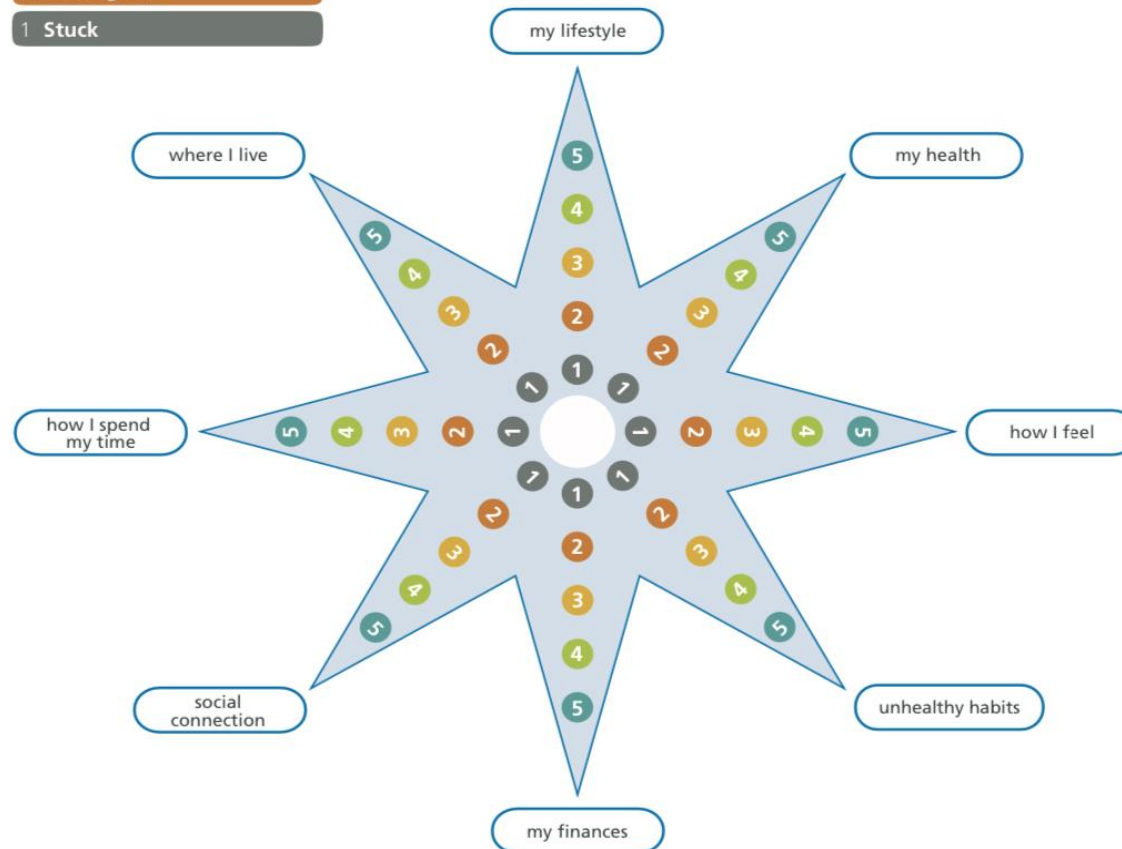
- 5 Managing well
- 4 Finding what works
- 3 Making changes
- 2 Finding out
- 1 Stuck

3 How I feel

Feeling positive, coping with ups and downs, ways to relax, mental health



- 5 I mostly feel OK or positive. I can relax and cope with life's ups and downs as well as possible, and I manage any mental health problems well
- 4 I'm finding what works to feel more positive, relax, cope with life's ups and downs or manage any mental health problem, but there are still a few issues
- 3 I'm trying to make changes to feel better, worry less, relax more or deal with any mental health problem, but it's hard to stay on track
- 2 I feel low, anxious or stressed most or all of the time, or I have a mental health problem that isn't diagnosed or isn't treated, but I'm finding out what I could do about it
- 1 I feel low, anxious or stressed most or all of the time, or I have a mental health problem that isn't diagnosed or isn't treated. It's hard for me to change that just now



6 Social connection

Family, friends, neighbours, social activities, community



- 5 I feel connected with others and have the friends, family or other social connections I need
- 4 I'm finding ways to be more connected with people, get out more or improve relationships with family or friends, but there are still a few issues
- 3 I'm trying to get more connected with people, improve things with friends or family or find new social activities, but it's difficult
- 2 I'm isolated, don't feel connected or don't have healthy relationships with family or friends, but I'm finding out what I could do about it
- 1 I'm isolated, don't feel connected or don't have healthy relationships with family or friends. It's hard for me to change that just now



Outcomes Star

Man On





Safety Planning

Man On



My Safety Plan

Remember:
Help is always available.

Name: _____

- 1 My warning signs are:

- 2 My triggers may impact my mood. They are

- 3 People I can reach out to for distraction:

	_____		_____
	_____		_____
	_____		_____
- 4 People I can reach out to for help:

	_____		_____
	_____		_____
	_____		_____
- 5 Steps I can take to make my environment safer. Please list:

- 6 In the event of a crisis:
Call Emergency Contact #1:
Call Crisis Hotline:
Call Emergency Services:

- 7 Things I do not find helpful in making me safe are...

- 8 A safe place I can go to if I feel out of control or at risk...

- 9 Things people around me can do to keep me safe from further harm...

- 10 What others can do or say when they notice possible triggers or warnings to help prevent a crisis...

- 11 These things are important to me and a sign that when I am engaged with them I am doing ok...

- 12 In the event of a crisis:
Call Emergency Contact #1:
Call Crisis Hotline:
Call Emergency Services:



TALK

Social-Education Group



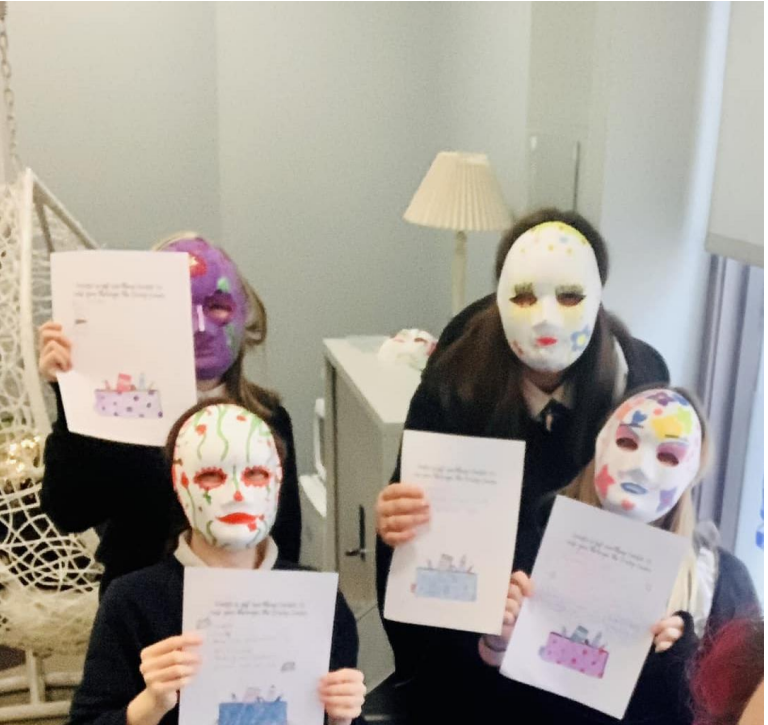
MAN ON

Suicide Prevention Services





Head, Heart & Hands Creative Wellbeing Group



Supporting the school community

1-1	Group	Reach Out	Staff	Parents
1-1 Scheduled	TALK	JST	CPD	Open Nights
1-1 Drop-in	STIGMA	PSE	1-1 Scheduled	Parents Nights
	HHH	HWB Calendar Dates	1-1 Drop-in	
	Group Drop-in	Peer Support Training		
	Pupil Voice Group			



- 74 official 1-1 referrals including a small amount out with the school building - 13.5% of the school
- 138 pupils supported through 1-1, drop-in and group work -25% of the school
- Universal support through PSE and whole school input - including the offer of support for staff

- Man On! 1-1 and small group interventions involved 74 pupils (13.5% of school), SIMD 1- 4 82%
- 90% identified skills to support positive social, emotional and mental wellbeing
- 47% improved attendance, 28% maintained 90% + attendance

the texts are amazing
always smile when i leave
come and go when you want
huge asset for our school
there for whole family
easy to talk to the guys
literally saved my life
no conditions just help
passionate and sincere
easy to come in
it felt safe
made me feel comfortable
my son seems happier
i am stronger now
the football is amazing
instantly feel welcome
always listening to me
it feels relaxed
the guys get me
the guys really care
good to know people care
gets me out the house

Man On! Inverclyde: The Journey

2019: Idea formed through Lived Experience

March 2020: Formed as a grassroots community group, with volunteers

March - December 2020: Supported 250 people during year 1 of the pandemic

January 2021: Became a SCIO (Charity)

October 2021: Young Person Education Roadshow

November 2021: PGHS and Man On! Pilot Project

February 2022: NDHS joining with Man On!

August 2022: Early-intervention Community Support service funded

April 2023: 16-month procurement contract secured for partnership

September 2023: Over 300 young people supported since 2021. Three schools now involved in partnership approach





Never forget why we started...





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Thank you

