



Mental health care in School for nurses Vinogradska

14th of February 2023



Višnja Pranjić, principal

Nada Mudrovčić, School pedagogue

Ivana Merlin, school psychologist

Milica Mikecin, school librarian

Our wonderful teaching staff

- 52 dedicated teachers



“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.”

(WHO, 2022.)

Importance of mental health in adolescence

- According to WHO data we have a global problem with mental health issues in adolescence, one in seven 10-19 year-olds experiences a mental disorder;
- Depression, anxiety and behavioral disorders are among leading causes of illness among adolescents. (WHO, 2021)
- The results of research in Croatia at the national level showed very similar findings (Institute for Social Research 2021., Faculty of Education and Rehabilitation Sciences at University of Zagreb, 2018)

The most common difficulties that our students face:

- ▷ Mental health issues
 - Emotional
 - Cognitive
 - Behavioural
- ▷ Learning difficulties
 - Lack of motivation and work habits

Additional difficulties that affected mental health of our students

The mental health of young people in Croatia has been further damaged due to:

- the COVID-19 pandemic /isolation/on-line school
- and the earthquakes in Zagreb and Banovina



BIOPSYCHOSOCIAL MODEL OF MENTAL HEALTH



Our goals in school environment are:

1. To recognize **first symptoms** of mental disorders and **early intervention**
2. To raise awareness of the **importance of mental health** in our society and **reduction the stigma of mental disorders**
3. To develop **social, emotional** skills and **positive self-image** in young people
4. To develop mechanisms for additional **youth empowerment** through learning **problem-solving and decision-making** skills

1st

To recognize first symptoms of mental disorders and early
intervention

A. Screening questionnaire

- At the beginning of School year
- the goal is to check if there are any difficulties in any of the following segments:
 - family life
 - school
 - social life
 - **mental health**



Upitnik za više razrede 2022.-2023.

Ovaj je upitnik namijenjen isključivo za prikupljanje podataka o učenicima Škole za medicinske sestre Vinogradska u svrhu rada na poboljšanju uspjeha i zadovoljstva naših učenika. Pristup podacima koje upišete će imati samo psiholog škole. Molimo da sve odgovore upuniš pažljivo i iskreno. Ispunjavanje bi trebalo trajati do 15 min. Puno hvala na vremenu i suradnji!

ana.merlin@gmail.com Promijeni račun



Obavezno

pošta *

How we conduct the questionnaire

- on -line, Google Forms
- on a voluntary basis

Parts of questionnaire are:

- ▷ General information
- ▷ Socioeconomic status
- ▷ Plans for future/satisfaction with School
- ▷ RSS (Rosenberg self-esteem scale)
- ▷ SDQ (strength and difficulties questionnaire)
- ▷ DASS (depression, anxiety, stress scale)

Our results

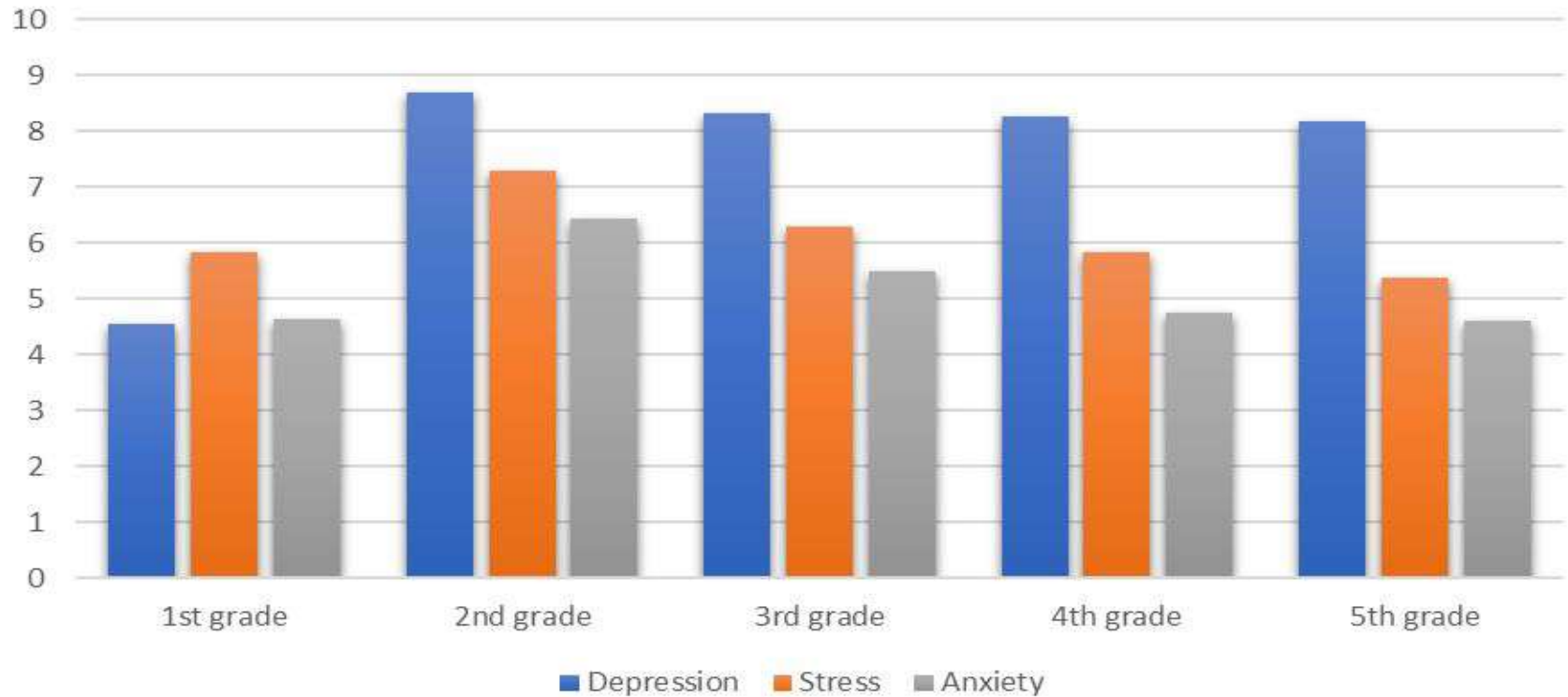
- ▷ 429 out of 518 (83%) students filled out questionnaire
- ▷ 38% have medium or low self-esteem
- ▷ 60% show some anxiety symptoms (mild or severe)
- ▷ 42% show some depression symptoms (mild or severe)
- ▷ 30% are under stress

Problems

- ▷ We depend on the honesty of the participants
- ▷ We don't have data for every student

	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V
163	3.d	Ž	S oba roditelja	S oba roditelja	prosječna	niš sam zad	35	13	5	2	5	1	8	5	13	10					
164	3.d	Ž	S oba roditelja	S oba roditelja	prosječna	djelomično s	47	22	7	5	8	2	8	5	17	14					Ništa, nemam poteškoću
165	3.d	M	S oba roditelja	S oba roditelja	prosječna	u potpunosti	41	8	1	2	3	2	7	17	11	10					nomam ništa za poručiti
166	3.d	Ž	S oba roditelja	S oba roditelja	prosječna	djelomično s	43	7	2	1	3	1	7	2	2	2					2 Ništa, sve je u redu.
167	3.d	Ž	S oba roditelja	U domu	prosječna	u potpunosti	38	10	4	1	4	1	8	1	4	5					
168	3.d	M	S oba roditelja	S oba roditelja	prosječna	u potpunosti	38	16	4	3	5	4	7	11	7	6					
169	3.d	Ž	S oba roditelja	S oba roditelja	prosječna	u potpunosti	41	14	3	3	4	4	9	3	7	7					Nemam
170	3.d	Ž	S oba roditelja	S oba roditelja	prosječna	u potpunosti	37	11	3	2	3	3	7	2	5	3					
171	3.d	Ž	S jednim roditelje	U domu	prosječna	u potpunosti	43	11	5	1	4	1	8	1	4	5					ništa
172	3.d	Ž	S oba roditelja	S drugim članor	iznadprosje	djelomično s	30	18	4	4	5	5	7	10	12	7					Ništa
173	3.d	M	S jednim roditelje	S jednim roditel	prosječna	u potpunosti	40	4	0	1	1	2	7	0	3	6					-
174	4.a	Ž	S jednim roditelje	S jednim roditel	prosječna	u potpunosti	33	12	3	2	7	0	6	3	4	4					Sjećam se svog prošlog ispunjenja svakvog sličnog upitnika i mogu reć da sam
175	4.a	Ž	S oba roditelja	S oba roditelja	prosječna	u potpunosti	30	21	7	4	8	2	8	9	11	13					Voljela bih dući na razgovor kod psihologice mislim da bi mi dobro dosao
176	4.a	Ž	S oba roditelja	S oba roditelja	prosječna	djelomično s	44	9	7	1	1	0	8	8	11	10					Poteškoća: smatram da se previše stresiram u nekim situacijama
177	4.a	Ž	S oba roditelja	S oba roditelja	prosječna	niš sam zad	35	10	3	1	3	3	6	2	3	3					...
178	4.a	Ž	S oba roditelja	S oba roditelja	prosječna	u potpunosti	49	15	4	2	7	2	8	2	13	14					...
179	4.a	M	S oba roditelja	S oba roditelja	prosječna	niš sam zad	42	8	3	1	4	0	6	0	1	0					Volio bi imati razgovor vezano za moj život
180	4.a	Ž	S oba roditelja	S oba roditelja	prosječna	u potpunosti	43	7	2	0	2	3	6	1	3	0					
181	4.a	M	S jednim roditelje	S jednim roditel	ispodprosje	u potpunosti	30	6	2	3	0	1	6	0	0	0					ništa
182	4.a	M	S oba roditelja	U domu	prosječna	djelomično s	25	24	9	3	8	4	6	10	17	13					Nema ništa za napisat :)
183	4.a	Ž	S oba roditelja	S oba roditelja	prosječna	djelomično s	45	11	3	1	5	2	8	1	8	6					ništa, dobro rade svoj posao
184	4.a	Ž	S jednim roditelje	S jednim roditel	prosječna	u potpunosti	50	6	2	1	2	1	8	0	0	0					nemam
185	4.a	Ž	S oba roditelja	S oba roditelja	prosječna	u potpunosti	14	18	5	2	7	4	5	10	14	3					ne znam
186	4.a	Ž	S oba roditelja	S oba roditelja	prosječna	djelomično s	39	8	2	1	3	2	6	3	4	1					Prcučila bi da sam dobro i da ne trebam njihovu pomoć 😊
187	4.a	Ž	S oba roditelja	S oba roditelja	prosječna	u potpunosti	43	10	5	1	4	0	8	0	0	3					ništa.
188	4.b	Ž	S oba roditelja	S oba roditelja	prosječna	u potpunosti	41	9	4	1	4	0	5	0	7	4					

DASS results



Based on those results we...

- plan workshops for our students
- work with student individually (only if they want to) and parents
- we give suggestions for further therapy if needed
- we work with class teachers to improve the class climate



B. Individual counseling C. “Drop-in” for teachers

- With students, class teachers, teachers and parents
- For teachers who notice learning and behavioural disabilities

D. Work with students who have special needs

- We have 17 students who need help and individualized approach

E. Professional Development of our teaching staff

- Some of educations we had:
 - The nature and determinants of **sexting** among young people” (Croatian Science Foundation)
 - Education “Education “**Mental health promotion** “PoMoZiDA” (Youth Health Center)
 - Education “**Young people and mental health - I hear you**” (Teaching Institute For Public health dr. A. Štampar)
 - Educations “**For the responsible upbringing of youth**”, **Psychological resilience of children and young people** - how to respond to today's challenges” and “**Communication with adolescents**” (Counseling center TESA)



Stvaramo zdraviju budućnost

2nd

To raise awareness of the importance of mental health in our society and reducing the stigma of mental disorders

A. Workshops for students

- “Nicotine bags (SNUS) - the new danger?”(2022)
- “**Mental health - how are we?**” for 1st and 2nd grade (2022)
- “**Permission to be imperfect**” (Center BEA 2022)
- Project **SextYouth**, workshop for students about sexting (Faculty of Philosophy Zadar,2022)

B. School subjects

- Zdravstvena njega - zaštita mentalnog zdravlja (Health care - Mental health care)
- Psihologija (Psychology)
- Načela poučavanja (Teaching principles)
- Intersubject topics (Domain: Mental and Social Development)



3rd

To develop social, emotional skills and positive self-image in young people

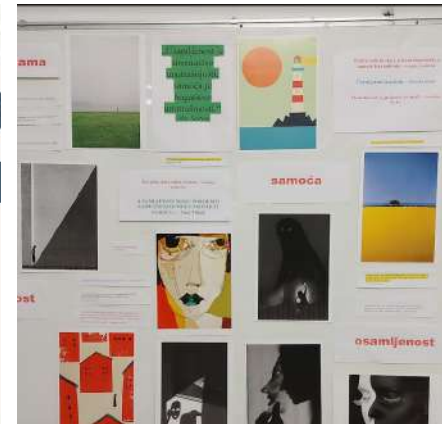


A. School prevention program (ŠPP)

- The program has been implemented since 1995
- Lectures, workshops, forums, debates, role playing to prevent risk behaviours and disabilities



B. Volunteer club Vinogradska



C. School projects

School projects to mark the **European Year of Youth - 2022**

- “Loneliness in adolescence”
- “Art-therapy”

Loneliness in Adolescence

- Workshop, Lecture and Questionnaire (short UCLA loneliness scale and Preference for solitude scale) in 2nd grade

U ovom dijelu upitnika nalaze se tvrdnje koje se odnose na Vaše doživljavanje sebe. Uz svaku tvrdnju na skali odaberite jedan broj. Brojevi označuju u sljedeće.

- 1 - uopće se ne odnosi na mene
- 2 - uglavnom se ne odnosi na mene
- 3 - niti se ne odnosi niti se odnosi na mene
- 4 - uglavnom se odnosi na mene
- 5 - u potpunosti se odnosi na mene

	1	2	3	4	5
Nedostaje mi društvo	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Već dugo nisam ni sa kim blizak	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
S drugima ne dijelim svoja mišljenja i ideje.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Niko me dobro ne poznaje	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Moji socijalni odnosi su površni	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nesrećan/Nesretna sam što sam tako povučen/a.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ljudi su oko mene, ali ne i sa mnom.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Art therapy

- Cooperation with art therapist Krunislav Stojanovski
- Our students had opportunity to try out some of art therapy techniques



- **Project “Students to students”**

- our students educate students from other schools about mental health topics (Topics: Physical activity, Sleep and Rest)

- **Nurses Readers**

- our students read to our senior citizens in nursing homes and to our kindergarten children to emphasize the importance of reading

Udaka, razine šećera u krvi, samopregled dojke

SAN I ODMOR
Voditeljica: Sazana Avgustinović, mag. med. techn.
23. svibnja 2022.
Radionica za osnovnu i srednju školu

ZANIMANJE MEDICINSKA SESTRA
Voditeljica: Dajana Antunović, mag. med. techn.
9. svibnja 2022.
Radionica za vrtić/predškolska dob

PRANJE ZUBA I ORALNA HIGIJENA
Voditeljica: Alina Karabegović, mag. mod. techn.
2. svibnja 2022.
Radionica za vrtić/predškolska dob

VAŽNOST TJELESNE AKTIVNOSTI
Voditeljica: Ines Grgarević, mag. med. techn.
29. ožujka 2022.
Radionica za srednju ili osnovnu školu

KAKO RIJEŠITI SUKOB?
Voditeljica: Sonja Biski, mag. med. techn.
8. lipnja 2022.
Radionica za osnovnu školu

ŽIVJETI ZDRAVO
Voditeljica: Snježana Čipčić, dipl. mod. techn.
20. ožujka 2022.
Radionica za osnovnu školu

BITI MEDICINSKA SESTRA
Voditeljica: Tatjana Antčević, dipl. med. techn.





Project “Being Fit is A Hit” (Jarun Lake, 2022)



E. European projects



Media Youth Power - Veli Lošinj 2022

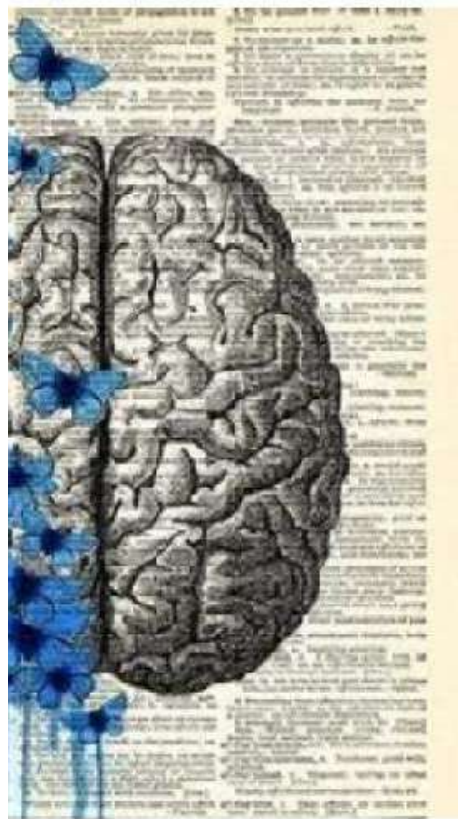


4th

To develop of mechanisms for additional youth empowerment through learning problem-solving and decision-making skills

A. School group for culture and art

- students write articles about mental health for the **library's website** and for the **school magazine** "Infuzija" ("Infusion")



Zaštita mentalnog zdravlja

Klara Kos, *Stigmatizacija oboljelih*

Ivona Grljić, *Samostalno donošenje odluka i suočavanje sa stresom*

Karla Golomeić, *Korona problemi u braku*

Mladen Brnadić, *Dosada*

Matea Perić, *Izolacija*

B. Workshops for peer education

- Education of students for peer education as part of project "The creative reaction for nonviolence" (Organization "Imagine")



C. Student-student tutoring

- Student help students with learning and revising
- Helping and encouraging students who are in need

D. Teacher-student class and Teacher-parent meetings

- the class where teacher discusses different topics, including mental health with students and with parents
- Workshops for students and parents

We couldn't do our job without:

- School doctor
- Counseling centers Tesa, Pragma, BEA, Plavi telefon...
- Health center - West
- Polyclinic for the protection of children and young people
- Psychiatric hospital for children and youth, Zagreb
- Psychiatric hospitals Sveti Ivan and Vrapče, Zagreb
- Teaching Institute For Public health dr. A. Štampar
- Youth Mental Health Center
- Organizations and associations (CroMSIC, STUP, Imagine...)
- The Faculty of Education and Rehabilitation Sciences
- The Faculty of Philosophy Zadar
- The Faculty of Philosophy Zagreb
- Education and Teacher Training Agency (AZOO)
- City libraries

Thank you!

Any questions?