

Scouting Million Hands Campaign: Mental Health - Beavers

Introduction (5 minutes)

Scouting has started a four-year campaign called 'A Million Hands'

- Half a million Scouts are helping with four big issues.

Leaders Notes

The other three big issues are:

- Dementia
- Helping those disabled by society
- Ensuring everyone, everywhere has access to clean water and sanitation

- The 9th North Leeds Scout Group – the Leaders of Beavers, Cubs and Scouts – have chosen **Improving the wellbeing and resilience of our community.**

Notes for Leaders and Parents

What do we mean by Wellbeing?

Feeling healthy and happy.

What do we mean by Resilience?

Our capacity to cope with or recover quickly from difficulties.

Who is part of our community?

The people who are part of our lives and those we depend on for the important things of life e.g. food, shelter, health, friendship, learning, etc.

- (For Beavers) This means:
 - Learning how we can help ourselves, and those who are close to us, feel healthy and happy
 - When things happen that make us feel sad, learning how we can help ourselves, and those who are close to us, feel better and find whatever help is needed
- Why should you do this?
 - It will help lots of people feel better
 - You will feel good about helping
 - It will be fun
 - You will learn how important it is for everyone to feel happy and healthy
 - It will be an adventure
 - It will make you a better person

Scouting Million Hands Campaign: Mental Health - Beavers

We all have feelings (15 minutes)

Walk in a circle feeling:

Happy

Sad

Angry

Superhero (you can do anything)

Exhausted (mentally tired)

Thinking (trying to solve a problem in your head)

Anxious (worried about something)

Confident (you can do it)

Scared (really frightened)

What did you notice?

Key Messages

- Everyone has feelings
- We can notice our own feelings and notice them in others through their body language and behaviours (e.g. what people did when walking in the circle).
- Feeling frightened of bad things and wanting to either fight back or run away to stay safe is normal. Feeling frightened and wanting to fight or run keeps us safe from danger).
- Sometimes we may not be able to win a fight (e.g. tiger in the jungle, or a lorry coming down a narrow road) or run away (e.g. from a test at school or a bully in the school playground) so you can get stuck in the feeling.
- We all experience problems with our mental health when these very normal feelings stay with us for too long.

Activity:

WHAT MAKES US HAPPY?

1. UNDERSTAND THE NEED
2. Plan Action
3. Take Action
4. Learn and Do More
5. Tell the World
6. Risks and Considerations
7. Connecting with Others

Section

Beavers, Cubs (Scouts with adaptation)

Overview Description

Exercise designed to get Beavers and Cubs talking about what makes them happy or sad

Outcome

Scouts talk about what makes them happy and sad and they understand this is linked to mental health

Time

15-20 minutes

Equipment

- Flip chart paper, pens.

Linked badges



Activity Instructions

- On four pieces of flip chart paper, write the following:
 - 'What do you like doing at Beavers/Cubs?'
 - 'What makes you happy?'
 - 'What makes you sad?'
 - 'What do the words **mental health** or **mental illness** mean to you?'
- Put the flip chart paper on the walls, around the room.
- Supported by a leader, the young people gather around each piece of flip chart paper and discuss their answers to each of the four questions.
- Dependent on group size, the activity can either be done as one large group, or smaller groups.
- Answers can be given in a number of different ways such as talking in groups, drawing their answer, writing their answer and acting out their answer.
- When addressing the question, what do the words mental health mean to you, it may be that the young people cannot think of anything. If this is case, encourage them to think about the words separately, mental or 'health. Do these mean anything?
- Based on their answers it should be possible to discuss:
 - What makes us happy or sad is related to our mental health.
 - Everyone is different – what makes one person happy, might make another person sad.
 - Discuss/provide suggestions on what young people can do if they feel sad.

Adaptations

This can be used as an activity for older Scouts, if shortened and the focus is on discussing terms they don't understand etc. Swap the flipchart to choosing pictures to make a collage, mime or a creative activity.

Scouting Million Hands Campaign: Mental Health - Beavers

High Five – Ways to improve my wellbeing and resilience (10 minutes)

Connect

Talk to my friends, family and other people. Spend time with them.

Be Active

Do a sport or something else I enjoy that requires physical effort.

Take Notice

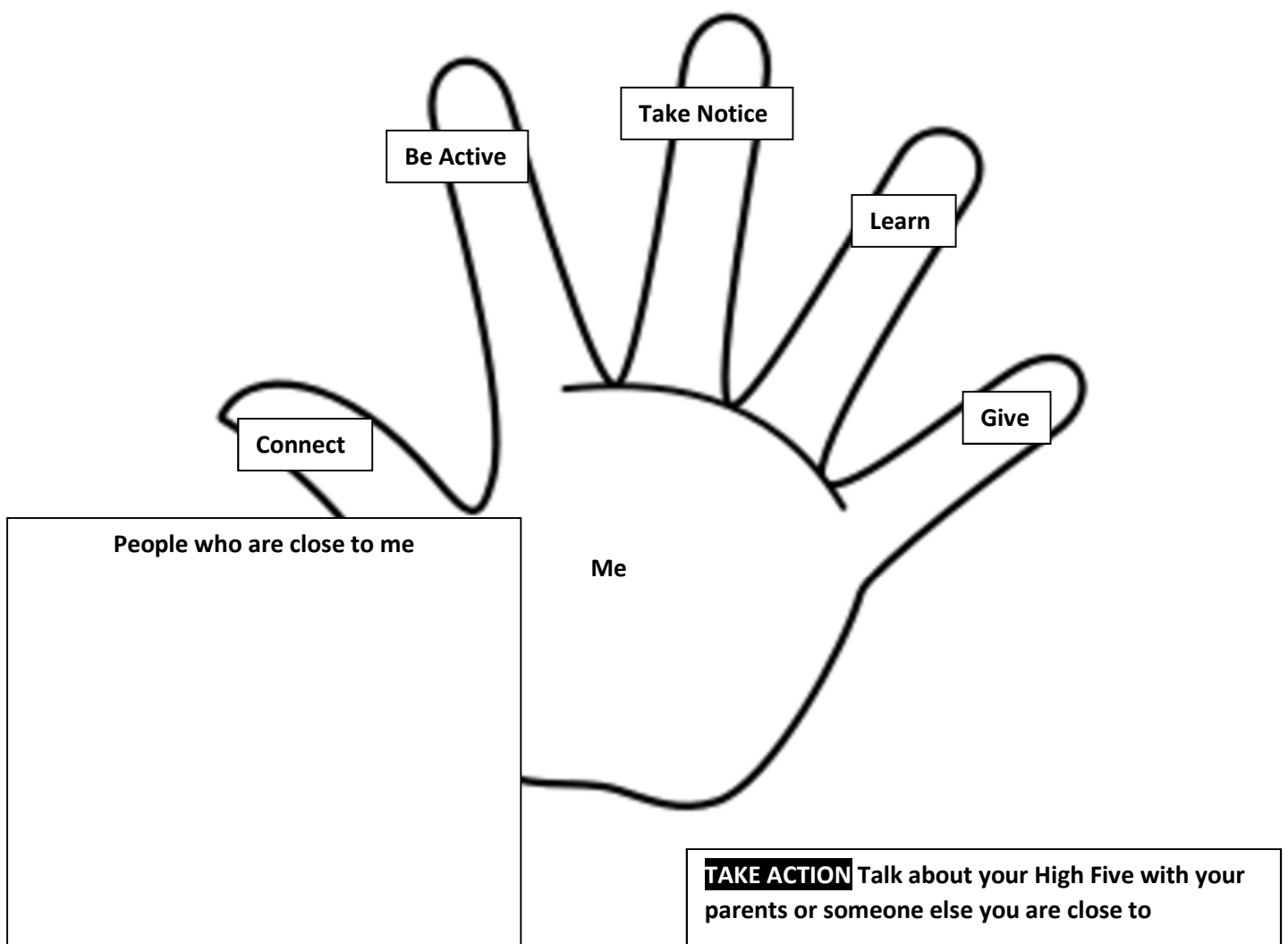
Learn to notice when I feel stressed about something and take time out to remember what helps me relax and enjoy what I am trying to do now (i.e. live in the present).

Learn

Acquire new knowledge (something I would like to know about) or a new skill (something I would like to be able to do).

Give

Share my knowledge and skills, and time (just being there) with other people.



Scouting Million Hands Campaign: Mental Health - Beavers

Notes for Leaders and Parents - The Issue

Mental health problems include anxiety, depression, obsessive compulsive disorder (OCD), self-harm (both physical and behavioural), post-traumatic stress disorder, eating disorders, bipolar disorder and schizophrenia.

According to the World Health Organization, by 2020 depression will be the second most common cause of ill health after heart disease.

Whatever form they take, experiencing a mental health problem can be scary and you might think you are the only one feeling like that.

Mental health problems can affect anyone. But too many people still feel unable to say that they're struggling to cope, and this means you don't get the help you need.

Here in the UK this year, like last year, 1 in 4 adults will experience a mental health problem. (This week 250,000 people will visit their doctor about a mental health problem.)

75% of adults with mental health problems first experience them before the age of 18.

Tens of thousands of young people here in the UK are affected. One in ten (10%) young people are experiencing mental health problems right now and research suggests that two in ten (20%) will have a mental health problem during the course of each year.

1 in every 10 boys aged 8 to 11 are suffering right now – you almost certainly know someone who is affected but you may not be aware of it.

This year in the UK about 6,000 people will feel so bad that they deliberately end their own lives. Three quarters of those who end their own lives are male. That's 4,500 males and 1,500 females every year. Suicide is now the most common cause of death among people under 35.

Each year 1,700 people a year are killed on our roads. We talk a lot about road safety.

Most of us don't talk about our mental health and wellbeing.

We all need to learn to talk more openly about our mental health and wellbeing, and encourage friends and family to do the same.

Million Hands Campaign - Objectives

We have all learned to manage our physical health e.g. *"When I feel physical pain I tell someone so they help me, or they find someone who can."*

1. We can all learn to manage our mental health in the same way. Take Notice when something might be wrong, talk with someone about it and ask them to help or to find someone who can.
2. Learn to talk more openly about your everyday wellbeing and resilience, and encourage friends and family to do the same.

Scouting Million Hands Campaign: Mental Health - Beavers

Notes for Leaders and Parents – Words

Stress

The feeling of being under too much mental or emotional pressure.

Pressure turns into stress when you start to feel unable to cope. People have different ways of reacting to stress, so a situation that feels stressful to one person may be motivating to someone else.

Anxiety

A feeling of unease, such as worry or fear, that can be mild or severe.

Everyone has feelings of anxiety at some point in their life – for example, you may feel worried and anxious about sitting an exam, or having a medical test or a job interview. During times like these, feeling anxious can be perfectly normal – a helpful part of our natural self-protective ‘flight or fight’ mechanism.

However, some people find it hard to control their worries. Their feelings of anxiety are more constant and can often affect their daily lives.

Depression

A mental condition characterized by feelings of severe despondency and dejection.

There are many symptoms of depression, including:

- low mood
- feelings of hopelessness
- low self-esteem
- lethargy and sleep problems

The more symptoms someone has and the longer they last, the more likely they are to be depressed.

Obsessive compulsive disorder (OCD)

A mental health condition where a person has obsessive thoughts and compulsive activity.

An obsession is an unwanted and unpleasant thought, image or urge that repeatedly enters a person's mind, causing feelings of anxiety, disgust or unease.

A compulsion is a repetitive behaviour or mental act that someone feels they need to carry out to try to temporarily relieve the unpleasant feelings brought on by the obsessive thought.

For example, someone with a fear of their house being burgled may feel they need to check all the windows and doors are locked several times before they can leave the house.

Scouting Million Hands Campaign: Mental Health - Beavers

Self-harm

Is usually a way of coping with or expressing overwhelming emotional distress and can also be a cry for help.

When somebody intentionally damages, or injures their body the intention is often to punish themselves, express their distress or relieve unbearable tension. Sometimes the reason is a mixture of both.

Self-harm may also be intended by someone who recklessly damages their relationships, prospects, possessions, resources, engages in excessive drinking, gambling, risk taking, etc.

Post-traumatic stress disorder (PTSD)

An anxiety disorder caused by experiencing or witnessing stressful, frightening or distressing events such as a road accident, a natural disaster, warfare, violent attack, abuse, etc.

Someone with PTSD often relives the traumatic event through nightmares and flashbacks, and may experience feelings of isolation, irritability and guilt.

They may also have problems sleeping and find difficulty concentrating.

Symptoms are often severe and persistent enough to have a significant impact on the person's day-to-day life.

Eating disorders

Are characterised by an abnormal attitude towards food that causes someone to change their eating habits and behaviour.

A person with an eating disorder may focus excessively on their weight and shape, leading them to make unhealthy choices about food with damaging results to their health.

Bipolar disorder

Is characterised by extreme mood swings.

These can range from extreme highs (mania) to extreme lows (depression). Episodes of mania and depression can often last for several weeks or months.

Schizophrenia

is a long-term mental health condition that causes a range of different psychological symptoms

These may include:

- Hallucinations – hearing or seeing things that do not exist
- Delusions – unusual beliefs not based on reality that often contradict the evidence
- Muddled thoughts based on hallucinations or delusions
- Changes in behaviour

Doctors often describe schizophrenia as a psychotic illness. This means sometimes a person may not be able to distinguish their own thoughts and ideas from reality.

Talking about mental health

The key thing to remember when talking about mental health is the principle of respect. Remember, we talk about people before illnesses and we don't distance ourselves from anybody experiencing a mental health problem.

Mental health problems	This is the term Mind generally uses, particularly for public audiences. Research showed it was the most commonly understood term and resonated with all audiences.
Mental distress	This is a term preferred in some circles as more inclusive than mental health problems. However, for some people this isn't engaging.
Mental illness	This is a more specific term than mental health problems, and tends to be used to refer to more severe and enduring conditions. Some people are more familiar with it than mental health problems. Others prefer it as they want their condition to be recognised as an illness. However, others reject it as part of a medical model of mental health. Some feel it's stigmatising.
Mental disorder or psychiatric disorder	This term is only to be used in the context of an official document that uses them, for example the Mental Health Act. Otherwise, they can be offensive.
People with a diagnosis of... Paul has...	These terms should be used rather than using a diagnosis as a noun: a schizophrenic or a depressive. Remember: people are people not a diagnosis. Don't use suffering with or victim of, this can be seen as negative and patronising.
Survivor or mental health survivor	This term is preferred in some networks of those with direct experience
Self-harm	This is the appropriate term. Don't use self-mutilation or self-injury.
Suicide	Generally, we would refer to someone taking their own life. Be sensitive when writing about suicide, consider the feelings of friends and family. Don't use the phrase committing suicide, it's not a crime. The Samaritans' media guidelines are a useful guide: samaritans.org/media_centre/media_guidelines

Points to consider

- Who will be reading what you write?
- Is there anything in it that could be distressing or upsetting for someone with mental health problems to read?

Never use the following words

Sane, insane, mad, crazy, nutter, loony, maniac, barmy, fruitcake, retard, psycho, schizo.

END