

# Why Mental Health Matters



# Biological

- Gender
- Physical Health
- Nutrition
- Genetic Vulnerabilities
- Stress Response
- Sleep Quality

# Psychological

- Attitude and beliefs
- Attention/ Attachment
- Coping Skills

# Social

- Education
- Socio Economic Status
- Family / Peer Relationships
- Social Support



## Trauma

- Bullying/cyberbullying
- Chaos or dysfunction in the house
- domestic violence,
- substance abuse or incarcerated)
- Death of a loved one
- Emotional abuse or neglect
- Physical abuse or neglect
- Separation from a parent or caregiver
- Sexual abuse
- Stress caused by
- poverty

## Adverse Childhood Experiences

- domestic violence
- parental abandonment through separation or divorce
- a parent with a mental health condition
- being the victim of abuse (physical, sexual and/or emotional)
- being the victim of neglect (physical and emotional)
- a member of the household being in prison
- growing up in a household in which there are adults experiencing alcohol and drug use problems.

Biological

Psychological

Social

## Foetal Alcohol Syndrome

- Small head size.
- Shorter-than-average height.
- Low body weight.
- Poor coordination.
- Hyperactive behavior.
- Difficulty with attention.
- Poor memory.

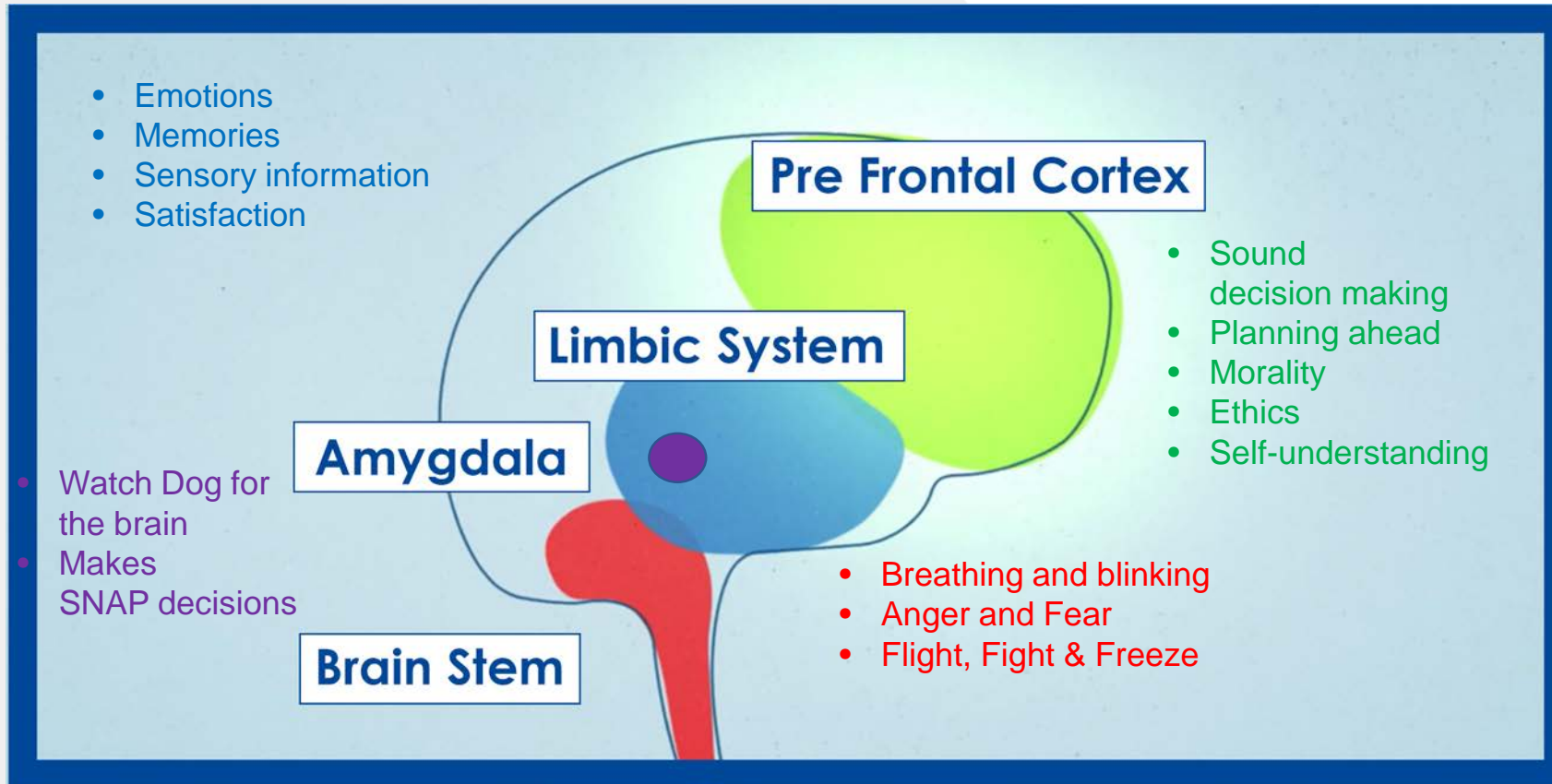
## Parental Mental Health

- 20% Mothers develop Mental Health difficulties during or after pregnancy
- Toxins - Alcohol, Tobacco, Drugs
- 1 in 6 adults suffer common MH difficulties.



**RIVER TEES**  
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# The Brain



# The Bucket

Disrupted  
Routine

Poor  
environment

Tired

Hungry

Friendship problems

Unwell

Noise level

Cold

Late bus

Wanting Things

Hygiene problems

Medication  
change

Impulsive

Short attention  
span

Social Media

A change



# Function of Behaviour

## 1. Social Attention

Some people learn that behaving in a particular way is a reliable way of attracting other's attention (even if it is negative)

For a variety of reasons, limited communication skills, boredom, difficulties occupying self, limited access to individual attention

It is not bad to want attention from others  
Not attention 'seeking' but attention 'needing'

## 2. Tangible Gain

This is the desire for items / things (food, drink, objects, activities)

When people are not able to predict when they will have access to the things they value or find meaningful, may use challenging behaviour to have these needs met

## 3. Escape

People may use challenging behaviour to avoid or get away from something they do not like or find difficult. E.g.. Noisy environments, demands, group activities.

## 4 Sensory

Sometimes behaviour is internally rewarding / self reinforcing

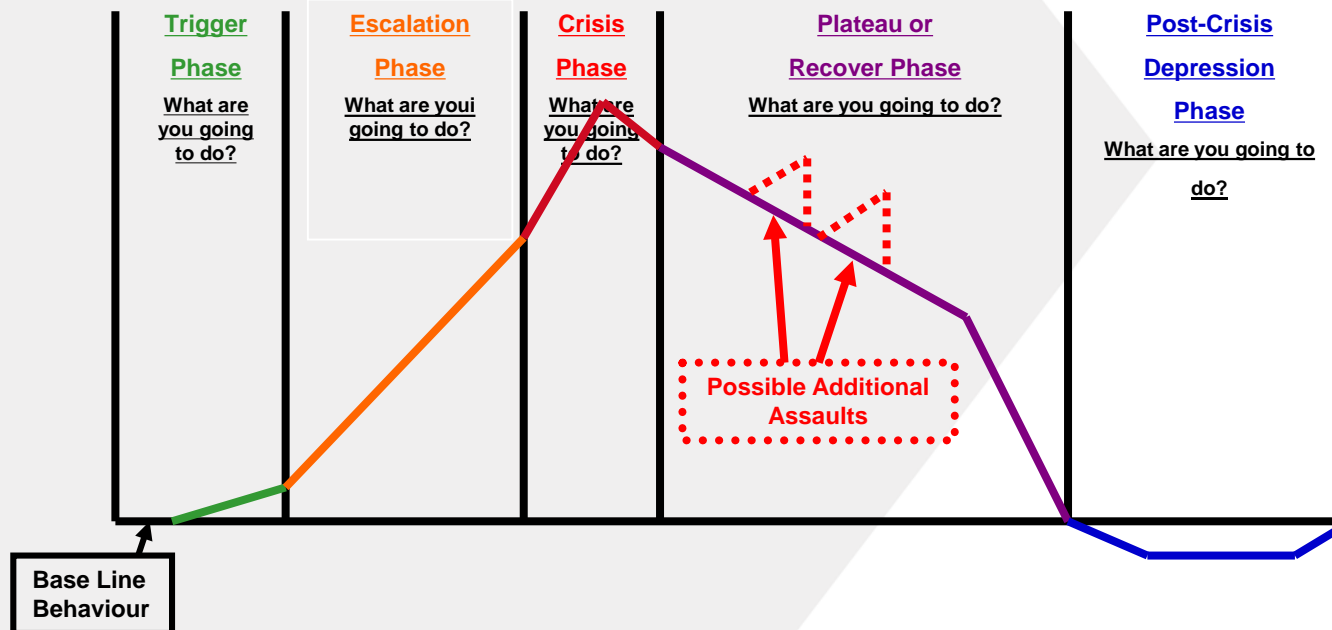
Creates a sensation / is stimulating

Like the way it feels / tastes/ smells



# The Typical Arousal Cycle

*Kaplan & Wheeler  
(1983)*





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