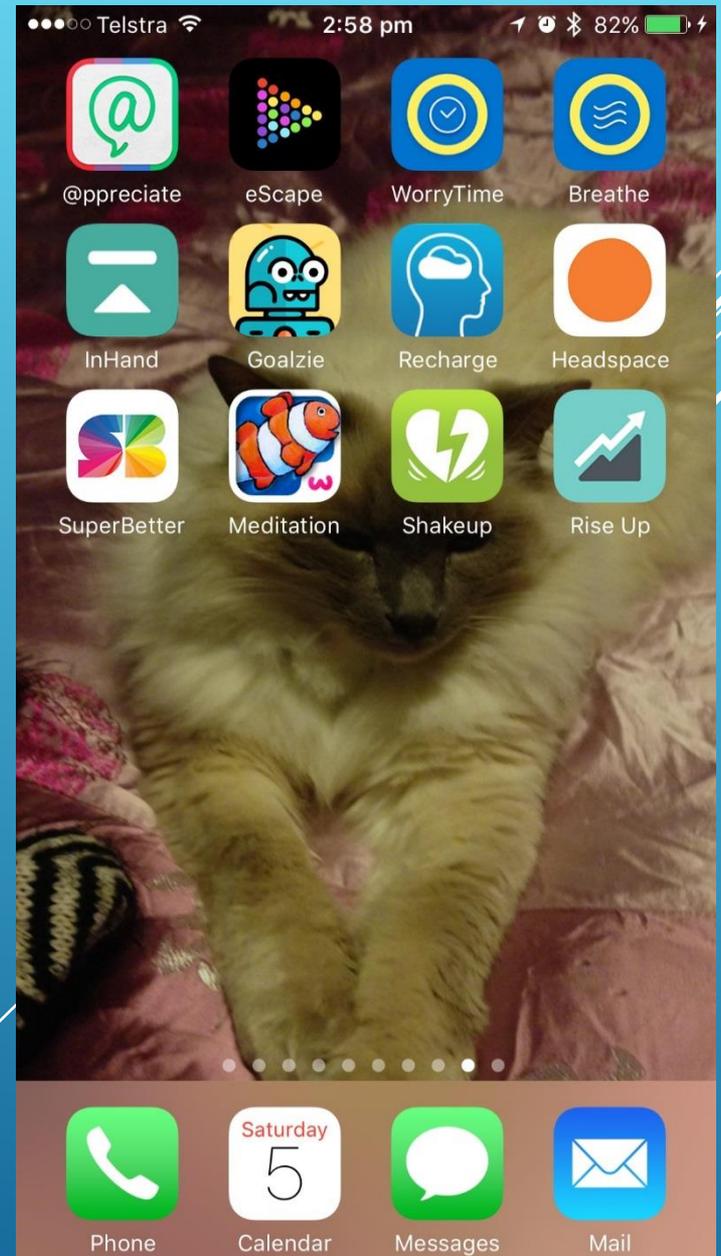


# USING TECHNOLOGY AND SOCIAL MEDIA FOR STUDENT MENTAL HEALTH AND WELL- BEING



AFTER ATTENDING 'THINKER IN RESIDENCE' LAST OCTOBER I WAS MOTIVATED AND INSPIRED TO USE THESE APPS FOR HEALTH WELLBEING AND TO SHARE THIS INFORMATION WITH MY TEACHING COLLEAGUES.

I PRESENTED A SUMMARY OF PROF BURN'S PRESENTATION WITH ELABORATIONS ON SOME OF THE APPS TO MY COLLEAGUES AT **SSEN:MMH** TEACHER MEETING

# ROLE OF THESE APPS IN THE TEACHER'S TOOLBOX

Reduce/overcome obstacles to teaching and learning and in fact support the process

- Builds rapport
- Empowers students
- Reduces anxiety
- Builds resilience
- Enhances motivation to learn particularly maths and coding -particularly **e Scape**
- Focusses attention on positive strategies
- Can be integrated into personal safety plan as part of exit plan from MH ward
- Targeted and personalised - right care at the right time

# APP TOOLS: SMART PHONE + INTERNET ALREADY IN THEIR HANDS MOST FREQUENTLY ACCESSED TECHNOLOGY BY MAJORITY YOUNG PEOPLE

- ▶ Self empowerment
  - ▶ Easily accessed from app provider platforms
  - ▶ Successful apps have high 'Usability' and 'Accessibility'
  - ▶ Free or reasonably priced
  - ▶ Offer Anonymity
  - ▶ Help at hand within the apps link to services immediately if needed.
- 
- A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against the blue background.

# CHECK OUT THE REACHOUT.COM TOOL BOX

- ✓ over 50 health and wellbeing tools and apps
- ✓ endorsed by professionals and
- ✓ reviewed by people under 25 years

<http://au.reachout.com/sites/thetoolbox/apps#health-and-fitness>

The screenshot displays the ReachOut.com website interface. At the top, there is a navigation bar with a '137 people online' indicator, social media icons, and links for 'Log in | Sign up', 'Emergency Help & Info', and 'More from ReachOut'. Below this is a main menu with categories: 'REACH OUT.COM', 'Tough Times', 'Wellbeing', 'The Toolbox', 'Get Involved', and 'Forums'. A search bar is located below the menu. The main content area features a green header for 'THE TOOLBOX' and a blue section titled 'THE BEST APPS FOR YOUR BRAIN & BODY'. This section includes a list of three steps: 1. Work out your goals, 2. Download the apps, and 3. Help others by leaving reviews. A 'SIGN UP' button is prominently displayed, with a 'SIGN IN' link for existing members. An illustration of a hand holding a smartphone is shown on the right side of the page.

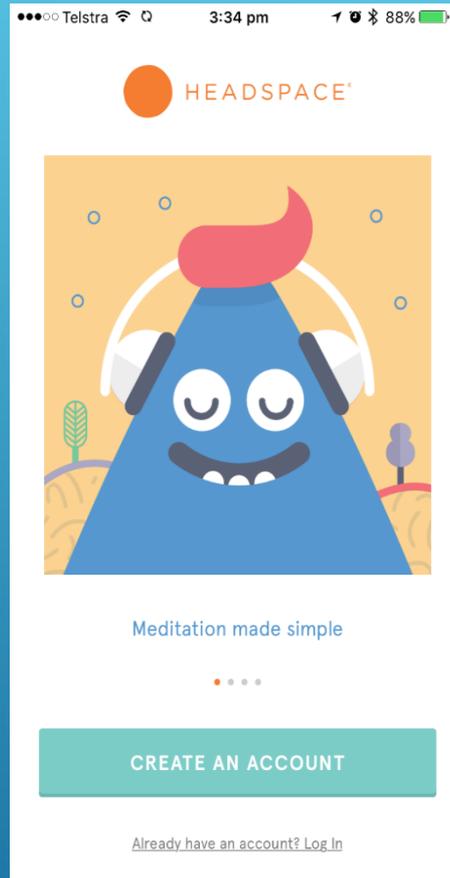
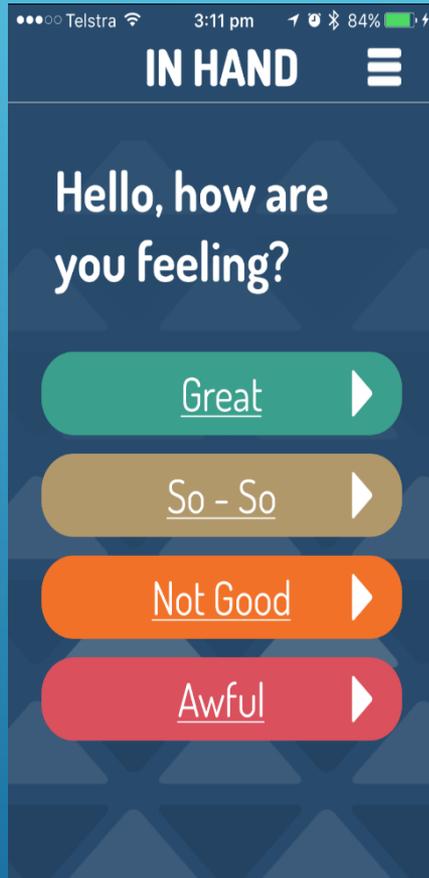
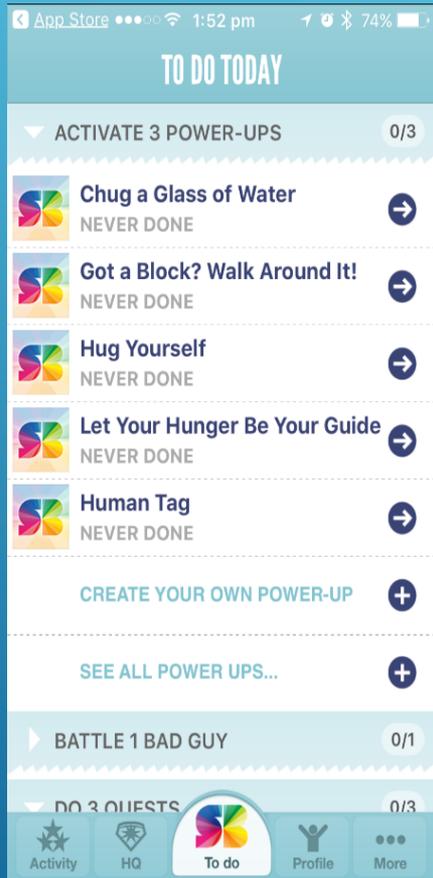
# SUPER BETTER

# IN HAND

# HEADSPACE

# MEDITATION

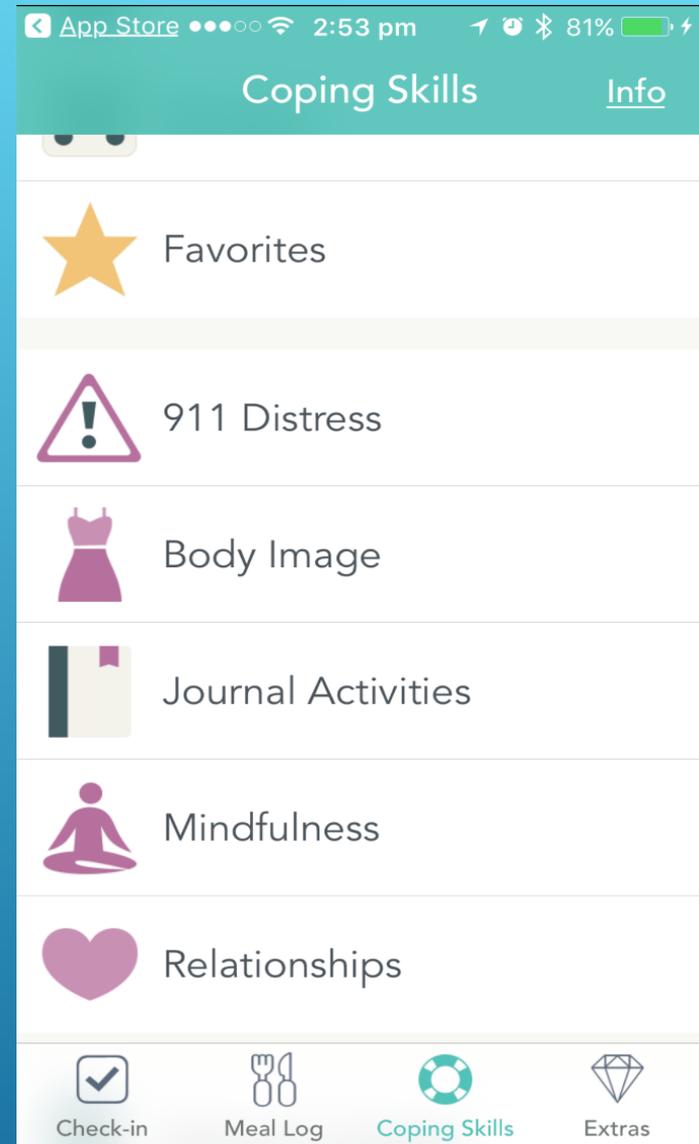
WELLBEYOND



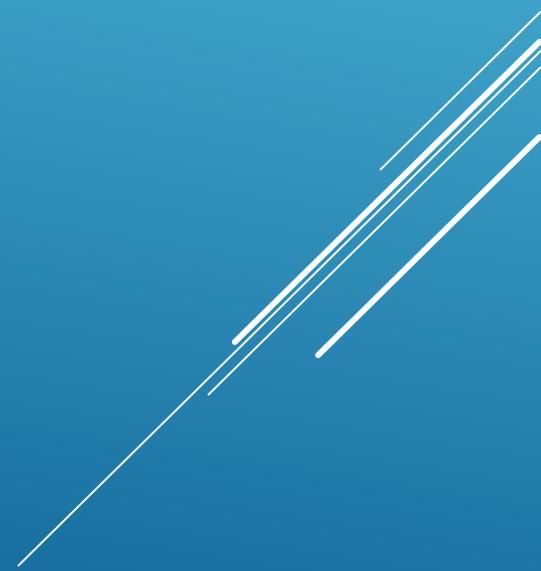
## With the Rise Up + Recover app you can:

- Log your meals, emotions and behaviours from the privacy of your mobile phone
- Export PDF summaries of your Meal Log and Check-In to share with your treatment team
- Set custom reminders to inspire you to keep moving forward
- Rest assured that your personal information is protected behind a pass-code
- Share motivational and inspirational quotes, images and affirmations
- Access a wide range of resources to build a strong recovery warrior mindset
- Find support and professional treatment nearby

Rise Up + Recover is the perfect addition to your professional treatment for an eating disorder including anorexia nervosa (AN), bulimia nervosa (BN), obsessive eating disorder (OED), binge eating disorder (BED) and compulsive eating disorder (CED).



# MY FAVOURITE (MOST USEFUL) APPS

1. *E scape*
  2. *Breathe*
  3. *Worry Time*
  4. *Appreciate*
  5. *Break-up Shake-up*
- 

# BREAKUP SHAKEUP



Cool. If you can make the line move you can change how you feel.

See? Happy! Sad. Happy! Sad.

Well, it's not quite that easy. But it's a start, eh?

OK

## How did you want to feel?

Choose a category to get started



MY FAVES



DE-STRESS



CHEER UP



FEEL ENERGISED



TAKE MY MIND OFF IT



FEEL COMFORTED



FEEL MOTIVATED



FIGURE IT ALL OUT



FEEL CONFIDENT

# @PPRECIATE

Appreciate a Mate

**Lets you create beautiful inspirational quotes and share them via Instagram, Tumblr, Facebook, Twitter or however you like.**

is a fun app that instantly generates messages of appreciation.

Each message is individually crafted by 33 graphic artists from around the world.

You can shake it, swipe it and mix up the colours before you share them.

Features:

- ▶ Over 50 custom illustrated quotes designed by graphic artists.
- ▶ Includes unique quotes written by young Australians.
- ▶ Shake to shuffle quote, background and colour combinations!
- ▶ Swipe side to side to scroll through quotes and colour palettes.
- ▶ Integration with Facebook, Twitter, Instagram, and Tumblr to share with friends.
- ▶ Size: 1.0 MB
- ▶ Language: English

Seller: ZUNI PTY LIMITED

© Young and Well Cooperative Research CentreRated 4+

Compatibility: Requires iOS 7.1 or later. Compatible with iPhone, iPad, and iPod touch.

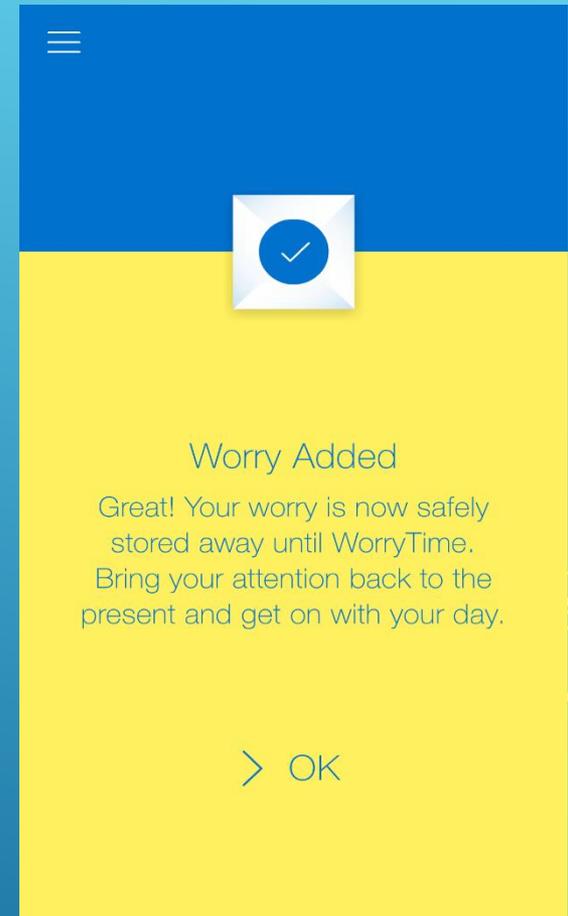


# WORRYTIME

Free app that gives you a place to store your worries, and alerts you when it's time to think about them.

This app helps to:

- ▶ Manage your stress levels.
- ▶ Make you feel more in control of your anxiety or stress.
- ▶ Develop a regular and effective method of dealing with day-to-day worries.
- ▶ Make you feel less overwhelmed.
- ▶ The WorryTime app allows you to control everyday stress and anxiety by acting as a place to store your daily worries.
- ▶ Choose a time in the day that works best for you, and WorryTime will send you an alert when it's time to think about what's been stressing you out.
- ▶ Age: 12+
- ▶ Compatibility: Requires iOS7.0 or later. Compatible with iPhone, iPad, iPad touch. The app is optimised for iPhone 5, iPhone 6, and iPhone 6 Plus. Also available on Android.



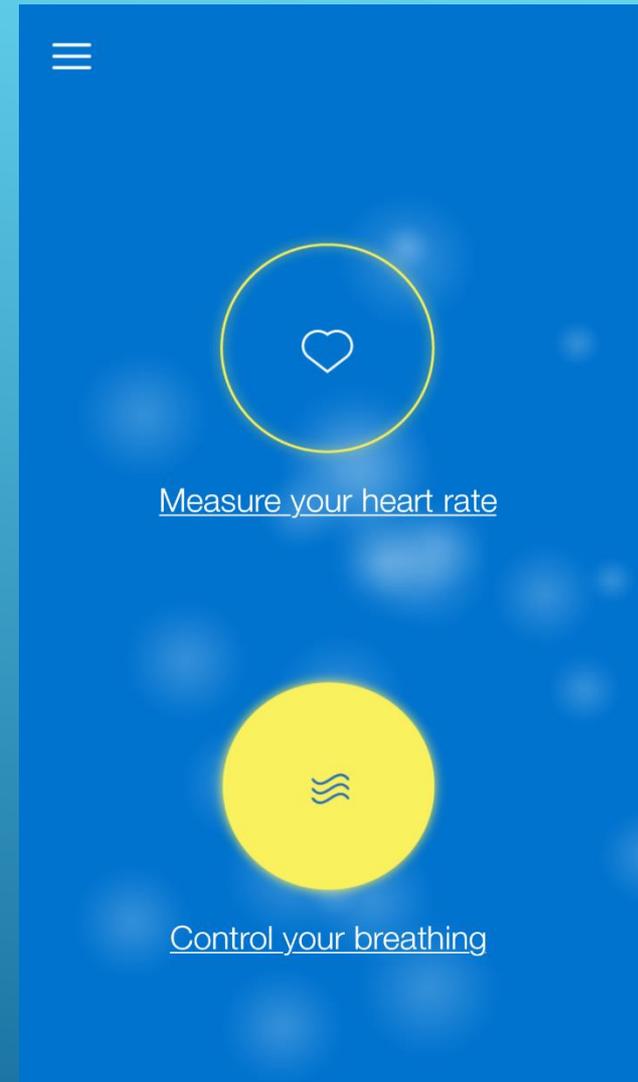
# REACHOUT BREATHE

ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone or Apple Watch.

Research shows that slowing your heart rate can increase feelings of calmness in your body.

- Using simple visuals, ReachOut Breathe helps you to control your breath and measures your heart rate in real-time.
- Your heart rate is measured by analysing changes to the colour of your fingertip, using your camera and flash.
- To measure your heart rate, hit 'start' and gently hold your finger over the camera and flash on the back of your device.
- When the recording is complete, you will be able to compare your heart rate with your last measurement.

Free  
ReachOut Australia  
© ReachOut 2015 Rated 4+  
Compatibility: Requires iOS 7.0 or later. Compatible with iPhone, iPad, and iPod touch.



# E SCAPE

By Queensland University of Technology

*Do happy songs annoy you when you're feeling angry? Ever wondered why you feel depressed when you listen to dark music?*

**Music can have a powerful effect on our mood. We use it daily whether we are happy, angry, bored or depressed. It gives us energy when we work out and it helps us wind down.**

Music eEscape, powered by the Echo Nest, lets you:

- ✓ create a mood map of your music library
- ✓ develop dynamic playlists to match your music to your mood
- ✓ create or select a music journey to express, enhance or change your mood

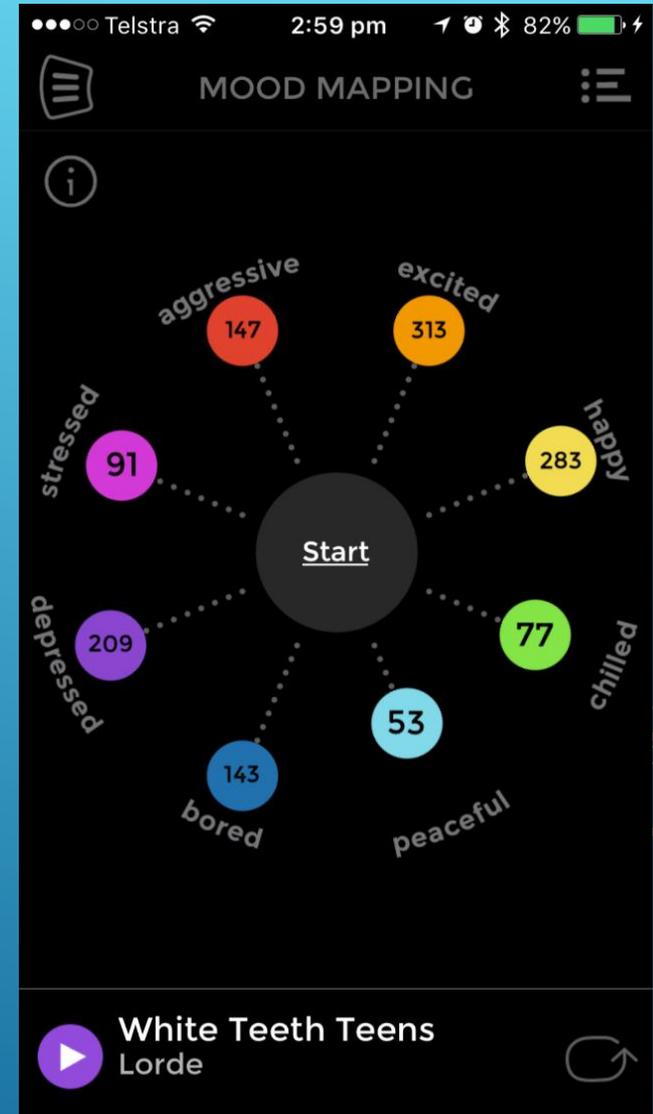
With just the swipe of a finger

- you can draw a music journey starting at how you currently feel and ending at how you want to feel.
- or just make it fun – draw your own shape and see what it sounds like.
- have fun and use the power of music to help you take charge of your feelings.

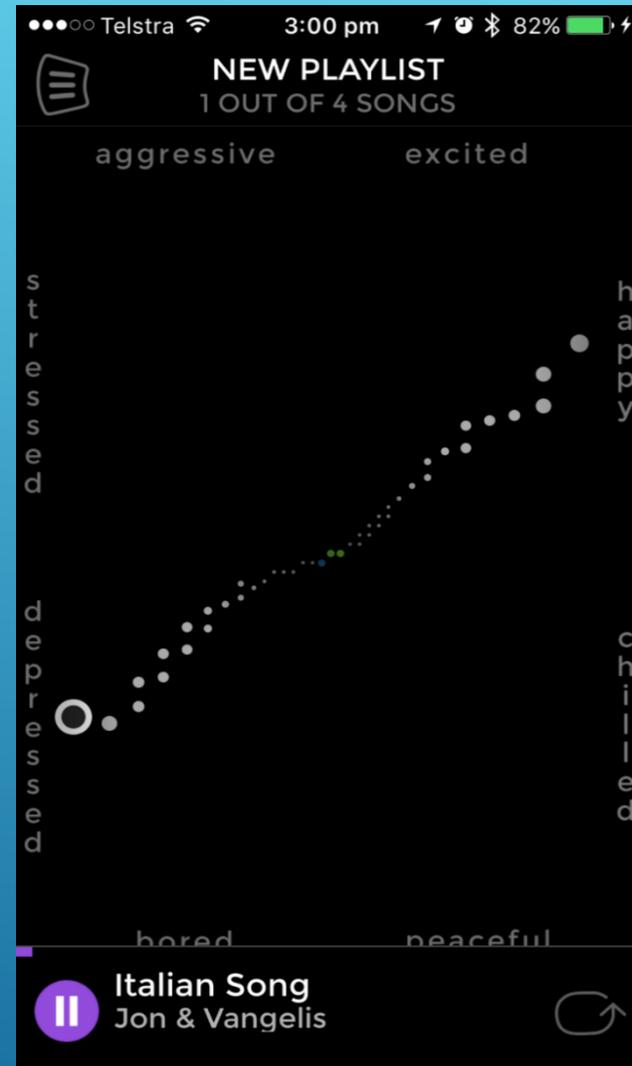
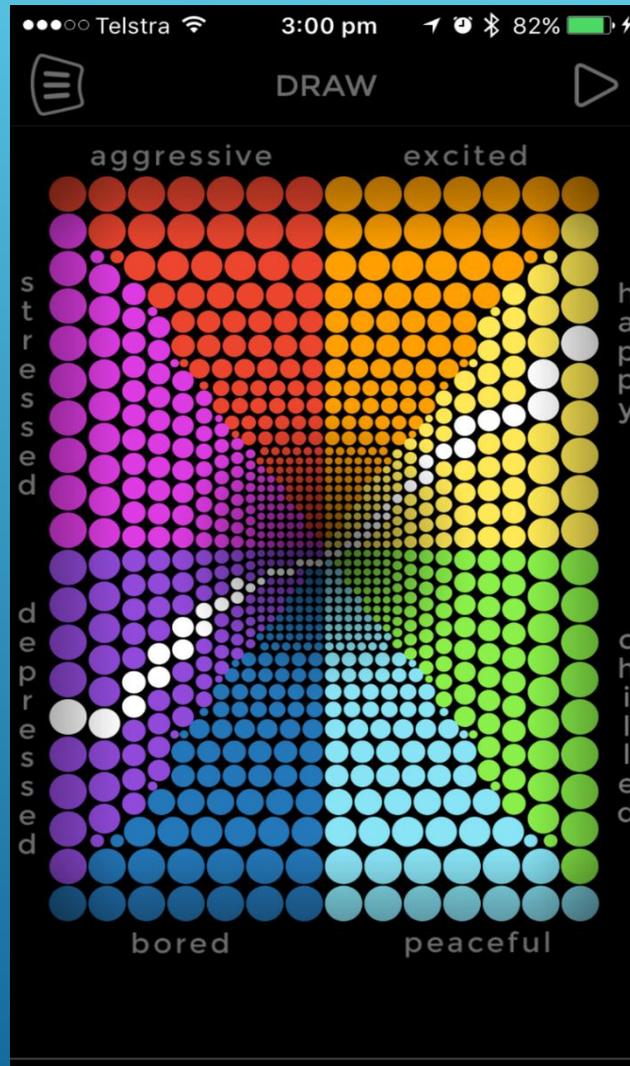
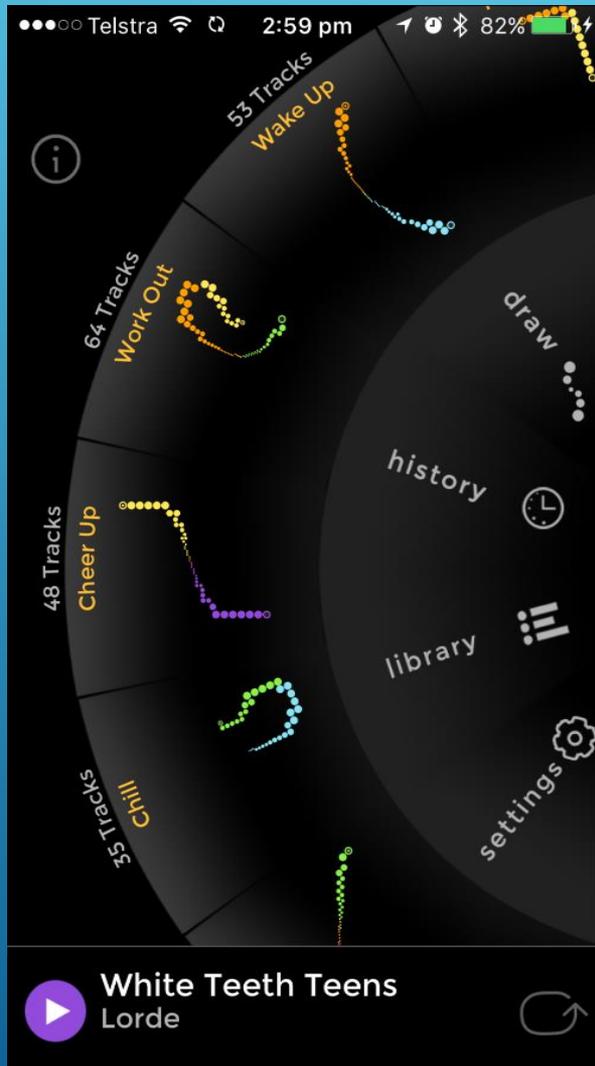
Free

Queensland University of Technology

© Copyright is shared between Young and Well CRC, 2012, and Queensland University of Technology, 2012. Rated 12+ for the following: Compatibility: Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.



# MUSIC ESCAPE



THE MEDICAL SETTING IS OFTEN INNATELY STRESSFUL FOR BOTH STUDENT AND CAREGIVER

I USE ONE OR MORE OF THESE APPS EVERY DAY OFTEN A NUMBER OF TIMES WITHIN DIFFERENT CONTEXTS WITH BOTH STUDENTS AND CAREGIVERS

THEY ARE AN **IMPORTANT** AND **INTEGRAL** PART OF MY **TEACHING TOOLBOX** IN MY DYNAMIC CLASSROOM

# STORIES FROM THE FIELD

- ▶ Time spent getting to know a student's situation.
- ▶ If pain and anxiety are the first issue to overcome and engage student Reachout Breathe shown.
- ▶ Helpful to reduce anxiety be physiologically mindful.
- ▶ Many students and parents love music and I show **E scape** on my phone to enable them to draw a mood journey through MY MUSIC LIBRARY....then I apologise for my music choices and assist them in downloading it onto their devices.
- ▶ **Worry-time** and **Appreciate** are also great apps to use to build rapport.
- ▶ These apps enable me to build rapport, establish my students needs in the current situation.
- ▶ Thus I can liaise accordingly with school and the Medical team to see how my student can be assisted with educational plans /work support.

# STORIES FROM THE FIELD

In the *Mental Health* setting

Students work on their own recovery and in their personal Safety Plan often develop and use a music playlist to listen to when they are feeling anxious to help de-escalate, coping strategies.

The *Mood Mapping* provided by *e Scape* has been an invaluable tool to facilitate a positive approach to this existing valuable recovery tool

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against the blue background.

# WHERE TO NEXT...

- ▶ Enable kids on the wards/schoolrooms to download these apps **on their** devices by providing WIFI/hotspot
- ▶ Link the apps to *survey monkey* or other means of gaining feedback on a regular basis - perhaps be able to measure their efficacy through qualitative and quantitative data
- ▶ Hold targeted workshops for Teachers/Caregivers/Health Team/Pastoral Care /interested people
- ▶ Ensure all the apps (e Scape) are available on android phones too