

Port Macquarie

Community College Inc.

CCA Conference: Taking the Lead – Building Community
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Social & Emotional Wellbeing (SEWB) for Students & Staff in Community Colleges

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Researching the Issue of MH & SEWB

- Surveyed CCA member colleges re SEWB in mid-2018
- Investigated USA CC experiences with MH & SEWB
- Reflected on PMCC's 5 years of working with vulnerable communities for MH/SEWB trends arising
- Compared with MH/SEWB trends in Schools, TAFE and Universities, plus the National Workforce

What's showing up?

- Survey Monkey results from Aug-Sept 2018 showed mixed results from CCA members, re the importance of them engaging with MH/SEWB issues
- Some see this as a matter to be referred out, others see it as a core & growing challenge
- Over 70% of CCA members have a Pastoral Care or Wellbeing Program of some sort

Common Problem Areas

- **Depression & Anxiety** are very prominent
- **Bullying** is a significant factor
- Aspergers Spectrum Disorders are significant
- Low rates of ADHD, Psychosis, Bipolar, Addiction, Eating disorders, Self-harm

How well do CCAs Respond

- 18% believe they respond with comprehensive Pastoral Care to ensure SEWB
- 28% believe they give Reasonable support
- 27% said they currently give No support
- 46% operate with a Whole College Culture of WB, while 36% use Outside Referrals to support people

Interest in Doing a Better Job of SEWB

- 80% of CCAs said they are very interested in better development of their SEWB program
- 55% of CCAs said they would like a CCA program for all colleges in SEWB
- 35% said they were somewhat interested

Challenges to overcome in improving SEWB in CCAs

- The National VET Qual. CertIV TAE has no component on MH/SEWB, yet we encounter these issues in every class
- The ACE sector has no funding provision for MH/SEWB, yet it's acknowledged in Schools, TAFE and Unis
- ACE hasn't made any noise about this, so no one is hearing about the need, or knows that we specialise in vulnerable communities as core business
- Yet ACE is a goldmine of warm, caring, learner-centred Communities of Belonging, unlike schools, unis & TAFE

USA Experience

- US Community Colleges see MH/SEWB as major issues for their cohort of students & growing
- Over 90% reported increased student MH problems
- Depression & Anxiety escalating – 17% of students in 2009, 11% with suicidal ideation
- Stress, Transitioning from School, Relationship & Family problems, Financial problems

Solutions

- Introduce intentional Pastoral Care, SEWB support
- Generate open dialogue about MH/SEWB at college
- Build “Communities of Support” in colleges, and start “upreach” and “downreach” to support Transitions to/from Unis, TAFE & Schools
- Prof. Development programs for college staff and Outreach to college communities about MH/SEWB

PMCC's NESAC-Accredited Prof Dev Program in SEWB for Students & Staff

- For locally customised adaptation for Colleges, ECCs & OOSHs, Schools and Youth Services; also adapted for Aged & Disability Care Services
- Mapped against each relevant industry standard & linked to relevant VET Units of Competency
- Four X 3 hour Modules + 1 Take Home; can be run in 12 X 1hr; 8 X 1.5hr; or 4 X 3hr sessions + on-line follow-up support; with a Community of Practice peer support and mentoring network possible

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